
Happy Holidays to All from the Outdoor Club of South Jersey

December, 2020

Spotlight on Andre Ferland



While most of us might be able to make a guess as to when we joined the Outdoor Club, it seems doubtful we could name the exact date. Andre Ferland's experience has been so positive, that he can do just that.

Spurred on by his bike-racing daughter to do something to get fit, Andre bought a new bike, rode it for 2 miles and then had to rest while he wondered what he'd gotten himself into. But soon he was cycling like crazy, completing a century (100-mile) ride just a year later.

He's also begun to lead bike rides and encourages those stuck inside, due to the pandemic, to consider taking up the sport which allows socializing while maintaining social distancing, riding in fresh air and sunshine and making new friends.

By Vera C. Stek

Here's his story:

Q. Tell us about yourself.

ANDRE: I was born just outside of Quebec City, Quebec, Canada in 1957. We moved around a lot and in 1967 we moved to New Jersey. I received an engineering degree in 1983 and am now the customer service manager at a small local company. My wife and I have 3 grown children: a chef, a nurse, and an engineer.

Q. When and why did you join the Outdoor Club? I understand you are a biker. Do you also participate in other Outdoor Club activities?

ANDRE: I been in the Outdoor Club since since 29 June 2016. I joined because I was tired of riding by myself. While I love biking, bad knees and lower back prevent me from doing other strenuous activities, so I only participate in the bike portion of the club.

Q. When did you first start biking? Do you aim to do a certain number of miles per year? Do you bike year around?

ANDRE: I started biking about 5 years ago when my youngest child, Danielle, called me and said something to the effect of "Padre, you are out of shape! Let's go get you a bike!" She had gotten into racing bikes the previous year and the team had incredible sponsorship from Trek and Brielle Cyclery, so off to Brielle we went.

That Saturday, I picked up a cyclocross bike. After getting it home, I rode 2 miles to a friend's shop and took 45 minutes to recover before I could go home. 366 days later, I did my first century with the club! My mileage goals are always the same, more than last year! During the winter and when the weather does not cooperate, I ride the original bike which has been permanently set up as an indoor trainer.

Q. What are some of your favorite rides?

ANDRE: There have been so many great rides that it is hard to single one out. Was it the first club ride where I learned what fun it was to ride with others? Was it the first century? Was it the first ride to my friend's shop? Was it the ride with a 7-mile break-away with Chuck and Kevin? Was it the first ride I lead or was it just the last ride I went on? I don't think I can actually answer that question.

Q. Have you had any scary or funny incidents on any rides? What's the longest ride you've done?

ANDRE: Scary rides: fell off the bike going 2 miles per hour at 9:30 a.m. and came out of surgery at 9 p.m. with a new hip. I fell down on a club ride, "skinned my knee" and took 3 months to recover. I played in WAY too much traffic! As far as funny things happening, see the previous answer about favorite rides! The longest ride I have been on was just a hair over 107 miles.

Q. What equipment would you recommend to newer bikers? And what's your favorite piece of biking equipment? What kind of bike do you ride?

ANDRE: Equipment for a new rider is difficult to nail down, as a lot of it would depend on the type of riding they are going to be doing. That being said, a good helmet, appropriate clothing, gloves and a quality pair of shoes are a must. Next would be a bike appropriate for the type of riding they are planning on doing, i.e. hybrid bikes pose a significant challenge on longer road rides.

The biggest piece of advice I would give anyone who is considering getting into biking would be to seek out someone who is proficient and experienced in their particular type of biking and ask a ton of questions about what is involved, especially equipment. Too many

people go out and buy a bike without knowing what will properly meet their needs and become dissatisfied and quit riding.

The question about my favorite piece of biking equipment is too funny as it IS my bike! I ride a Trek Domane SLR7. This bike is a serious upgrade from my original cyclocross bike that I outgrew.

Q. Do you go on biking vacations? If so, where have you been?

ANDRE: I do not go on biking vacations as most of my free time is spent with my wife, who does not share my addiction to biking.

Q. Any places that you'd like to go in the future?

ANDRE: My bucket list of places to go is way too long to go into in this forum. I have only been on two continents and too few countries in those two!

Q. Has COVID affected your riding, either in terms of riding in a group or where you ride?

ANDRE: COVID has definitely had a negative impact on my riding. There are way fewer rides available with many leaders not wanting to lead. I feel that the safest place to be is outdoors with that HUGE sterilizing UV dispensing orb called the sun in the sky!

Q. What's something about yourself that might surprise others to know?

ANDRE: I am a LtCol in the Civil Air Patrol, the official auxiliary to the United States Air Force. In that capacity I am an Incident Commander for search and rescue operations, disaster relief, and Home Land Security missions. As IC I am in charge of both land and air assets during missions.

Q. What other interests do you have?

ANDRE: My wife and I have a fairly intensive wood shop at the house and I love to dabble in photography, the film type, not digital.

Q. Is there anything else you'd like to say about anything?

ANDRE: This is the most loaded question I have been asked in a very long time. Ask anyone I know and they will tell you that IF I have an opinion on something, I can probably speak to it for a while! That being said, the Outdoor Club was a godsend when I found it as it has met ALL of my needs! I have found comradery, friendship, excitement, laughter, enjoyment, challenges, training, and so many wonderful things, and all on a bike!

Parting words: Come out and join us, there are rides available for every skill/equipment combinations available with ride leaders who will take good care of you. As the old saying goes "come on in, the water's fine!" It has been a tremendous 4 years!

President's Message



A year, to quote Queen Elizabeth in 1992 in another context, a year best described as 'Annus Horribilis', which is Latin for a horrible year. The coronavirus raged, killing over three hundred thousand U.S. residents. Moreover, the outbreak upset the lives of our members in countless ways. I am optimistic, hopefully, not prematurely that 2021 will be a "Annus Mirabilis" or wonderful year. Not everyone is likely to feel that way and the virus may continue to be raging for some months. Our club has had other challenges in 2020 including technical ones dealing with event attendance limits, mask wearing, social distancing, Wild Apricot and electronic sign in sheets.

Remember the old days? The Trekker was our paper newsletter which was published twice a year. Leaders had to plan ahead, way ahead for their events! What a relief when the Trekker was published four times a year! Now, events pop up often only a few days before they are scheduled to occur, which sometimes brings new challenges. Nevertheless, we soldiered on. The Cycling and Hiking section managed relatively well under the leadership of Neil and Evelyn as activity chairs. Many thanks to them. Kayaking was another story since as a summer event involving carpooling, it posed considerable exposure risks and few Kayaking events went off. Cross Country skiing went well because the events in the winter had occurred before the known outbreak. We have gladly had new blood join the board of trustees including John Del Vacchio as Membership Secretary replacing Regina, a key board member. We also had other board members step down including Millicent "Millie" Moore, a relative of mine, and Eileen Greve our Cross Country Skiing chair. We have had many new leaders step up. I mention Mike Engel especially. He leads countless events. In many Cycling and Hiking events, we have had to impose attendance limits despite overwhelming responses from both members and non-members in order to comply with NJ State gathering mandates. Let us hope for a better year in 2021.

Stay safe

Joe Fabian

President (President@OCSJ.org)

Vice President's Message

- We all are now aware of the restrictions set up for our outside events. Right now, we are limiting our hikes and bike rides to NJ and to a maximum of 25 people. We also want to remind you that our members get first priority. As much as we want to grow the club and introduce new people (they get to go on one event for each activity for free to try us out before joining) to the wonderful things we do, it is not fair to our paying members who want to attend.

Our events are scheduled on Meetup, and there is usually a waiting list. If the leader sees that there are guests signed up, he/she will put them on the waiting list, and the 1st member on the waiting list will automatically be put on the attending list. It seems that we are having a bit of a problem with no-shows and cancellations. If you realize you cannot go on a hike or bike ride, please change your status to not going.

Just to reiterate, this is our policy on **Late Cancellations** and **No-Shows**:

- Members who RSVP for an event and do not show up 5 times within a calendar year will be removed from Meetup for a period of 6 months. They will be reminded of this policy and given a warning after 3 no-shows.
- Members who RSVP for an event and cancel at the last minute (within 24 hours of the event) 10 times within a calendar year will be removed from Meetup for a period of 6 months. They will be reminded of this policy and given a warning after 5 last-minute cancellations.

We are all trying to navigate these new waters as best and as fair as possible. Thank you so much for complying.

Happy Holidays! Stay safe and healthy. To a better 2021!!

This is your club. Please take advantage of everything it has to offer.

Barbara Berman

Vice President (vp@ocsj.org)

PHOTO CONTEST

Our annual photo contest is about to begin for 2020.

Although it has been a trying year for all of us, hopefully you still have been going out, enjoying the outdoors and taking great pictures of your adventures.

Due to the continuing virus situation, we are going to do something different this year. We will not be printing the calendar, but it will be available on line for all to view. And, all submissions will be displayed in a slide show on our website.

There will be the twelve monthly winners plus the overall best picture for the cover. These thirteen selected will then receive a mounted canvas print of their photograph. So, save your best photographs and keep them in their original format. If yours is selected to be printed on canvas we will need as large a file as possible.

Contest rules and method of submission will be available shortly.

Mike Engel ikemengel@hotmail.com

Message from the Activity Chair:

Frank Pearce

2020 is almost gone and 2021 should bring better times. A new outdoor gathering limit goes into effect in New Jersey on Monday 12/21/2020 starting at 6 am. The gathering limit drops to 25 people. In order to accommodate the new limit, I encourage you to consider becoming a leader.

For most, the cold weather brings the end of paddling. A reminder that if a trip is posted during the Winter, participants must wear either a wet or dry suit. This is for your safety.

Again,

Looking forward to seeing you on the water.

For now, stay Safe and Healthy.

Frank Pierce

Would you like more information? Go to our website: ocsj.org/sys/website/?pageId=18104

OCSJ MEMBERSHIP

There are several ways you can join or renew your OCSJ membership.

1. Go to **OCSJ.wildapricot.org**. Then, click on the "Join OCSJ Here" button and follow the prompts.
2. Download the Wild Apricot app to your phone. Then, click on the "Join OCSJ" button and follow the prompts.

You have the option of paying on-line or mailing a check. If you are mailing a check, make it payable to Outdoor Club of South Jersey.

Our mailing address is:

Outdoor Club of South Jersey

PO Box 1681

200 Walt Whitman Ave

Mount Laurel, NJ 08054-9998

Our annual membership rates are:

Individual - \$20

Family - \$25

*Because of Covid-19, we are extending our memberships by three (3) months to all who have paid or will pay in 2020.

Membership Questions: Please contact OCSJ at membership@ocsj.org

OCSJ PARTICIPATION POLICY

1. OCSJ is a member organization. Membership funds pay for insurance and other Club overhead. However, prospective members and guests of OCSJ members may try one regular activity from each of our activity sections without joining. Thereafter they must join to be eligible for the hundreds of activities and events available every year.

2. Participants on trips which charge money must be members of OCSJ, except where the trip is a joint trip with another club and the participant is a member of that club. If there is space available, members of OCSJ may bring guests on a day trip charging money. Participants on overnight trips charging money must always be an OCSJ member.

***NOTE - PRIORITY ON ACTIVITY PARTICIPATION WILL BE GIVEN TO PAID MEMBERS AT THIS TIME.**

Any comments please contact: Joseph Fabian (president@ocsj.org)

MEETUP

To receive up-to-date club information, we encourage everyone to go to our website and to join our Meetup groups. It is helpful to include a photo of yourself on your Meetup profile, so the leader can properly identify and welcome you to the activity you are attending. Our activities are listed on the following Meetup sites.

Click Links Below to Join and View

[* Hiking/Camping/Backpacking Events Link](#)

[* Biking Cross Country Skiing Events Link](#)

***Kayaking Events Link**

Note: You must join each meetup group separately

If you are planning on attending an event, do not forget to RSVP. This is important information for the leader. Of course, if your plans change, please cancel your RSVP. Meetup will automatically send you an email if the activity is cancelled by the leader.

TREKKER

The latest printed Trekker is available quarterly from Board Members and Leaders. The printed Trekker is also available at The Print Shop, White Horse Pike in Stratford, NJ. Contact Doug Hillebrecht at 856-309-8817 if you need more information.

Like us on Facebook

Outdoor Club of South Jersey

www.facebook.com/ocsj.org

BIKING

www.meetup.com/Outdoor-Club-of-South-Jersey/

Message from the Cycling Chair:

Neil Kornhauser



In a year filled with uncertainty and turmoil, OCSJ cycling has brought us together [socially distant of course] in a way that we have never seen before. Even though the pandemic has reduced the number of cyclists per event, we still persevered. Since June there have been approximately 250 bike rides. That is quite impressive to say the least! This past month has seen numerous trail rides in the Pine Barrens, the D&R Canal, Lambertville, Frenchtown, Mays Landing, and Egg Harbor.

In the road riding department, we have been predominately riding in Burlington, Gloucester and Salem counties. Our Sunday morning C+ road rides are very popular and we have been running 2 separate rides to accommodate everyone to the best of our ability.

Thank you to all of the people stepping up to lead the extra rides during the pandemic.

We do ride all year round, so please think about stepping up to lead. We want to continue our full schedule of rides. Email Neil Kornhauser, nkornhauser@gmail.com and see how easy it is to get started.

Monthly DIY Tip

If you do not ride in the cold months and store your bicycle on a concrete floor, do not rest your tires on the concrete. Instead, cut pieces of carpet, wood or cardboard and rest the bicycle on these pieces. Resting the tires on cold hard concrete may cause premature dry rot. Fill the tires every month, because if they deflate, you run the risk of flat spots when you pump them up in the spring.

Wishing everyone Happy Holidays and a very Happy New Year!

As always, thank you and see you on the road and trails.

Neil Kornhauser (cycling chairman)

nkornhauser@gmail.com

TRAIL MAINTENANCE

www.meetup.com/Outdoor-Club-of-South-Jersey-Hiking/

**Message from the Trail
Maintenance Chair:**

Ro Mason



Our trail work is highlighted in the following Philadelphia Inquirer article. Check it out!

<https://www.inquirer.com/science/climate/new-jersey-pinelands-national-reserve-pine-barrens-batona-trail-outdoor-club-south-jersey-20201217.html>

Frank Kummer

The Philadelphia Inquirer

Reporter, environment

E: fkummer@inquirer.com

Trail Work Tuesdays are back!

The OCSJ have been working in Brendan T Bryne State Forest trimming and reblazing the Batona Trail. We have one more day of work there and then the entire trail in BTB will be in good shape.

Next, the crew will move south into the Franklin Parker Preserve and will assist Russell Juelg, the director of the FPP, with repairing/replacing two footbridges.

Our trail crew has been requested by Jason Howell of the Pinelands Preservation Alliance to assist with blazing the new state trail as it traverses the pinelands. This project will be coordinated by Jason in conjunction with the Wharton State Forest staff. Our own Frank Pearce has been very involved with creating this new trail which will run from High Point to Cape May.

Ro Mason

Ro Mason is our Trail Representative. Every Tuesday, she will be organizing work days for the BATONA Trail. To volunteer, please contact Ro at romason@comcast.net

HIKING

www.meetup.com/Outdoor-Club-of-South-Jersey-Hiking/

**Message from the Hiking
Chair:**

Evelyn Minutolo



COVID continues to restrict our activities. There are no more PA hikes for now, no Christmas tailgate, and restricted numbers on hikes, but there are still plenty of great hikes and walks out there...just bring a mask and sign up early. I can't wait to do Rich's Wissahickon hikes again.

Featured hike: Dec 14. 9am walk from Bullock. 5-7 miles. These are weekly hikes and a great way to meet new people. Jeff does a great job, and you're done by noon with the rest of the day free and feeling accomplished!

December tip: Nightfall is very early. We've had some great night walks. For many people, your eyes adjust to the dark and you don't need a light. Some people do need a flashlight, however, if you use it near people who are not using one, you ruin their night vision, which can be dangerous. I suggest if you are using a light, please stay to the rear of the group. Safety first! See you on the trails.

If you do not see hikes that fit your pace or distance, then it is time to step up and lead a hike yourself! IT COULD NOT BE ANY EASIER!!! More leaders = more hikes!

If you need help setting up a hike or have questions or if you are interested in leading, email Evelyn Minutolo at sunsetwaterfall@aol.com

Thank you and see you on the trails.

Evelyn

SunsetWaterfall@aol.com

Backpacking/Camping Trips

www.meetup.com/Outdoor-Club-of-South-Jersey-Hiking/

There isn't much camping and backpacking done in December (unless you are a real "hard core" camper!). However, during the holiday season, its a perfect time to pull your gear out, determine what needs to get replaced or what new items you might need, and then add it to your "wish list" for the holidays. Also take the opportunity to use some of the Black Friday and "after Christmas" sales to upgrade your gear. Before you know it, the weather will change and it will be time to get outside!

Schedule for 2nd qtr 2021 for me is currently looking like this:

Month	Date	Start	End	Timeline	Map	Dist
Apr	11-13	VA56	Salt Log Gap	3 day Wknd	VA 17-18	16.9
May	15-16	PA309	Bake Oven Knob	Wknd	PA 20-21	9.3 Beginner
June	12-14	VT9	North Adams MA	3 day Wknd	VT 9	19.3

Thanks!

Kevin

See you on the trail!

Kevin

If you would like to organize a trip or for backpacking information, contact Kevin at KDrevik@aol.com

Cross Country Ski and Snowshoe Trips

www.meetup.com/Outdoor-Club-of-South-Jersey/

Message from the Ski Chair:

Cross Country Ski Chair: **Vacancy - Volunteer Needed**

Barbara Brandt (bbrandt46@gmail.com) and Jim and Virginia Magee (mageejv@verizon.net) will hold their trip to North Conway, NH Jan 29 to Feb 5, and are currently filled.

Fran Horn (franhorn@aol.com) will be leading the trip to Stowe, VT this year, Jan 24 to 29. We will stay at the Commodores Inn, in Stowe Vt. The trip is from Sunday thru Friday. Meals are the responsibility of the participants. Everyone can RSVP to Meetup and then make their reservations and credit card payments directly with the INN. We will cross country ski, snow shoe or hike everyday.

New Leader is Fran Horn, Phone: 856-786-0048, Email franhorn@aol.com

More information will be available later in January. Of course, everything is dependent on the Vermont COVID-19 restrictions.

Please note: To confirm your place on the trip, you must contact the leader by phone or email. All payments are non-refundable without finding a replacement.

KAYAKING

www.meetup.com/Outdoor-Club-of-South-Jersey-Canoeing/

Message from the Kayaking Chair: Frank Pearce

It is obvious that the paddling season, like everything else, is not normal. The number of trips offered and leaders offering them are down. We are one of the few organizations that are still offering group paddling. If you go on an outing, do not forget to thank the leader. The only way we can continue to offer activities is by everyone being safe. Follow the recommendations of experts. The whole goal is to get us back to normal as quickly as we can.

Everyone must sign the sign-in sheets.

- - PFD's must be worn when on the water.
 - Winter Kayaking rules apply after November 1
 - Paddlers must wear wet or dry suits

Leaders have final say on participation based on safety concerns. Examples would be bringing small children or pets. Some will ask about limits on trip size. This might be set by safety concerns or limited parking. If you have a question, please contact the leader first.

Enjoy the season, but stay safe.

Happy Paddling

If you would like to organize a trip, contact Frank at

HORN71@VERIZON.NET

OCSJ SOCIAL COMMITTEE

Our social committee activities have been difficult to plan and execute due to the pandemic.

John Kerney - Social Committee Coordinator - crewkern@live.com

Leaders Banquet

Our Banquet will be at the Ramblewood Country Club. The date is TBD. Leaders who lead the required number of trips in 2020 will be notified by email.

VOLUNTEER OPPORTUNITIES

Board of Trustees - Interested in joining the OCSJ Board. Come out to a couple of meetings or contact the OCSJ President at President@ocsj.org

Publicity - We would like to have the OCSJ name appear in more places both in print and online. Contact Fran at franhorn@aol.com if you have ideas and would like to help.

Social Committee - If you would like to help with the 2021 Planning, contact the John Kerney at crewkern@live.com

Website/Computer - We could use some help from people with computer or website experience. Contact the OCSJ President at president@ocsj.org

