

To: Frank/Kathleen



Outdoor Club of South Jersey NEWSLETTER DECEMBER 2022



Hiking in The Franklin Parker Preserve
by Jeff Heilbrun

President's Message

Joe Fabian



The 1808 Trail Opening Song Being Sung

I recently had the privilege of approving several new activity chairs and thought that all of our board spots were filled. Regrettably, that is not the case. Janine Padgett has told me that she is stepping down from the board. She has done a truly wonderful job serving as the Editor of our widely read newsletter; polishing up the rough submissions, organizing the activity sections and correcting countless submissions. Houston - we have a problem! I do not know how we can possibly fill her role, so consider this a **shout out for a volunteer** to step up and serve as editor of your monthly newsletter. The board is still hoping to continue publication of the newsletter monthly or bimonthly. PLEASE, we need someone to come forward.

On another note, we had a solid year running a variety of hikes, bike trips, kayaking adventures, CPR lessons and cross country ski trips. We are very proud of our devoted board members, activity leaders, and active members. Our membership has doubled to approximately 1,600. This is great. Back in

the 1980s we were around 2,000 members. I encourage everyone to convince at least one person or family you know to join. The year is not over yet.

I especially wanted to call to everyone's attention that on December 17th we are running our annual holiday hike and bike rides out of Pakim Pond in Brendan T. Byrne State Forest. There will be good food and great company for all after the various events are over. The 10 mile hikers better hustle before all the food is gone!

I would also be remiss if I did not mention the New Year's Eve Campfire event. As the year turns over, oh my, it will be 2023, I want to mention that we have at least 5 cross country ski trips planned with trips in New Hampshire, Vermont and New York State. Maybe, we will even have some popup trips should snow conditions arise. With our new activity chairs and the former ones still helping out, we are hopeful that the best is yet to come next year.

Joe Fabian, President OCSJ President@ocsj.org

Vice President's Message

Barbara Berman

I would like to wish everyone a very happy holiday season, no matter what you are celebrating. Without our members and leaders, we would have no club.

Personally, I have met some wonderful people through all the different activities in which I have participated, and I am honored to call them my friends. Here's to an active, healthy, and peaceful 2023!

Barbara Berman, Vice President OCSJ vp@ocsj.org

Activity Chair's Message

Frank Pearce

We welcome several new board members. Paul Beatty will replace Neil Kornhauser as Bicycling Chair. Neil has done a terrific job in building the cycling program and will continue leading rides.

Rebecca Strickland will take over as Hiking Chair from Diane Mason. Diane will continue to train new hike leaders, and be a vital part of the Trail Crew.

Fran Horn, our longtime Treasurer, is handing over the duties to Mark Laible. Fran has made certain your dues are spent wisely. Fran will remain on the board and continue leading rides.

Janine Padgett has been the Editor of our newsletter. Janine has decided it is time to hand over the duties to someone else. Janine does not plan to remain on the board. We all wish Janine the best now and always.

We thank those who have served and those who have volunteered.

Stay safe,

Frank Pearce hornet71@verizon.net

**OCSJ'GIVE THANKS AND GIVE BACK
2021-2022**



Vicky Gordon presenting a check for \$1,000 to the Whitesbog Preservation Trust



Frank Pearce presenting a check for \$1,000 to Woodford Cedar Run Wildlife Refuge

The OCSJ donated \$1,000 to nine much deserving local nonprofit organizations for our November 2021-22 Give Thanks and Give Back initiative and continuing community engagement.

These nonprofits received generous donation monies from our membership:

- Pinelands Preservation Alliance
- Woodford Cedar Run
- Rancocas Nature Center
- Rancocas Conservancy
- The Bicycle Coalition of Greater Philadelphia
- Citizens United for the Maurice River
- NJ Conservation Foundation for the Franklin Parker Preserve
- Black Run Preserve
- Whitesbog Preservation Trust

Thank you to all our members for making these donations possible for our nonprofit neighbors.

TRAIL MAINTENANCE NEWS

Trail Maintenance Representative:
Ro Mason



Anthony and Scott “*pinking up*” the Batona Trailhead Sign at Ong’s Hat.

The OCSJ Trail Crew completed trimming and re-blazing the 9.5 mile section of the Batona Trail in Brendan T. Bryne State Forest. Our next section of the Batona to tackle is in Wharton State Forest between Quaker Bridge Road and Carranza Road. In January, we will assist Russell Juelg, NJCF Senior Land Steward, with improving trail conditions within the Franklin Parker Preserve.

Rosemarie Mason, Trail Representative
To volunteer, email Ro at romason@comcast.net

[Click for Trail Maintenance Events](#)

CYCLING NEWS

Cycling Chair: Neil Kornhauser



Chilly temperatures do not stop OCSJ cyclists at all. Roadies may decrease their miles a bit to compensate for the cold, but they are still out there year round. Trail riding in the woods certainly is on the rise as temperatures fall. When the mercury is in the 30's or even in the 20's, you can be certain that shortly after 5 minutes of entering the Pine Barrens you will feel nice and toasty! Remember there are no winds to deal with in the woods. In fact there are no cars to deal with either! Watch the trees, roots and stumps!

Remember to dress in layers. You will certainly need gloves, booties and perhaps a face mask. Wear a base layer, jersey, tights and a jacket depending on how cold it is. Once you warm up, you may want to ditch your jacket. Remember to use a backpack in the woods for any articles of clothing you shed.

A bladder system for hydration comes in handy. It is much easier to drink from the built in hydration system in your backpack than to use water bottles. I highly recommend a sports drink or electrolytes in your water bottle for when you stop. Taking one hand off of your handlebars is not the best practice since there are so many miles of single track with twists and turns galore. You absolutely want to be in control of your bike at all times in the woods.

See you on the roads and trails!
Neil Kornhauser nkornhauser@gmail.com

[Click for Cycling Events](#)

HIKING NEWS

Hiking Chair: Diane Mason

This is it...my final newsletter article as your Hiking Chair. I'm retiring at the end of this year. It has been a rewarding tenure and I thank our members for giving me the opportunity to serve the OCSJ. I'm very pleased to know that on January 1st one of our most dependable hiking leaders, Becky Strickland will be taking on the challenges that come with the Hiking Chair position. Dependable is such a no frills word, but is such an important asset in an OCSJ activity chair. Just as she leads her A Walk in the Park hikes week after week without fail, I know Becky will always be there for our leaders and members. Please support Becky as she tackles her new job duties.

Speaking of support, I want to thank the board members, leaders, and members who are always there when I need a hand. There are a few people (in no particular order) who really helped me muddle my way through in the beginning and keep me motivated today. Our President, Joe Fabian, never, ever fails to give me a thank you for my efforts. Frank Pearce, Activities Chair, helps me navigate the computer programs we use. Janine Padgett, Newsletter Editor, always makes my long winded articles look good. Faye Bray, hiking leader, shares her knowledge of who did what and how in the past to help me in the present. Mike Engel, biking leader, gave spread sheet help when I needed it. There is not enough space to name our almost 50 hiking leaders, but I value every little sticky note, thank you, and smiley face on the sign-in sheets they mail in and in their very kind responses to my too-many-to-count emails. Without our leaders there is no OCSJ, and our hiking leaders are the

best! My biggest shout out goes to Biking Chair Neil Kornhauser. His online Meetup demonstration gives our brand new hiking leaders information on posting hikes, which is such a help to me. Neil is my go-to IT person, Meetup guru, and invaluable second pair of eyes.

I will continue to lead hikes and head up the New Hiking Leader program. With so many hikers the OCSJ always needs more leaders. If you want to become a leader or just find out what is involved in being a leader, please contact the Hiking Chair at the email address below.

See you on the trails!
Diane Mason hiking@ocsj.org

[Click for Hiking Events](#)

Join the winter fun...



Scenery, Exercise, Comradery

There is something for every outdoor enthusiast. All five of our scheduled trips are great both for newbies and more experienced skiers. Check out the trip details here: <https://www.ocsj.org/X/C-SKIING-SCHEDULE>. Equipment rentals and lessons are available.

Want to ski close to home? Snowfall is too unpredictable to schedule nearby ski trips in advance, but many people are looking for ski companions if and when it does snow near here. This winter we are encouraging skiers to post spur of the moment “pop up” trips on our Meetup site. They can be posted the night before and as short as a morning or afternoon at a nearby park, beach, golf course, or trail. They could also be a bit longer if it looks like there is snow in North Jersey, nearby PA, or the Hudson River Valley. If you might want to organize a pop up trip when snow hits you must contact me ahead of time so I can make you an xc leader with permission to post on Meetup. This is not a commitment to lead a trip, - just making it possible if you decide to at the last minute. If you want to receive messages when a pop up trip is posted, be sure you are signed up to the OCSJ Bicycling/Cross Country skiing Meetup. If you are looking for a place to ski nearby you’ll get lots of ideas by googling “places to cross country ski in NJ.” etc.

Cross Country Ski and & Snowshoe Clinic:

Washington Crossing State Park NJ –Sunday, January 15 and February 19, 2023 1:00pm to 3:30pm. Register using the Park’s Meetup: <https://www.meetup.com/washingtoncrossingstatepark> and send email to <mailto:DNMCAULIFFE@MSN.COM>. This workshop is a 90 minute lecture and demonstration from 1:00pm-2:30pm INSIDE the Nature Center followed by an hour on snow instruction OUTSIDE. Learn about the different types of equipment, what to look for in selecting your first pair, how to dress, basic 7 skills, your 1st day on skis/snowshoes, and where to go. Handouts are provided. If snow covered, an additional 1+ hour outdoor ski/snowshoe lesson will be offered. If not, trail maps are available for personal hiking on 2 miles of park trails. Participants must provide their own equipment for on snow instruction. Rentals of both skis and snowshoes are available at Big Bear Gear on Rt. 29, 1874 River Road Lambertville, NJ (609) 609-464-4784- www.bigbeargearnj.com. P.S. equipment rental here is quite pricy. See below for another option.

Want to try out xc skiing at home before committing to a trip? Renting xc equipment in New Jersey is not easy, due to the lack of snow. Big Bear Gear in Lambertville is the only one I found and it is pricy. Another possibility is Buckman's Ski Shops with many locations in nearby Pennsylvania. <https://buckmans.com>. It is cheaper and perhaps as convenient depending on where you live and where you want to ski.

Another excellent option is Thompson Park in Monmouth County. They have both free groomed trails and ski rentals. Beware, however, that rental lines are VERY LONG on a snowy weekend. They ran out of rental equipment the day I was there. I would suggest arriving very early and on a weekday if possible.

Email me if you have any questions about our trips or xc skiing in general. <mailto:Bbrandt46@gmail.com>.

Barbara Brandt bbrandt46@gmail.com

[Click for XC Ski Events](#)

KAYAKING/CANOEING NEWS

**Kayaking/Canoeing Chair:
Frank Pearce**

For most, paddling is a warm weather activity; however, a paddle in colder weather might be offered. If a cold weather paddle is offered remember the following policy.

Paddling in Cold Weather Policy as approved by board will be:

During months of November through March paddlers must wear wet or dry suits subject to approval of leaders.

Frank Pearce hornet71@verizon.net

[Click for Kayaking/Canoeing Events](#)

BACKPACKING/CAMPING NEWS

**Backpacking/Camping Chair:
Kevin Drevik**

It's been a busy year for backpacking, with trips all over the Northeast US. We have gone from as far north as New Hampshire to South-Central Virginia. The beginner trip in May was very local (NJ Pinelands) and was a lot of fun (melty S'mores anyone?) Tom led a trip in Maryland in November on the Appalachian Trail to help get some of his miles in.

While the backpacking year is pretty over for the year, plans are afoot for 2023. Some things in the works:

April: Backpacking the AT in South-Central VA

May: Beginner's backpacking trip (location TBD)

June: Moderate/intermediate backpack in New Hampshire, just south of the Whites.

The other leaders are working up other trips in Pennsylvania, Maryland, New Jersey and more. Keep on the lookout for potential trips and check Meetup!

See you on the trail,

Kevin KDrevik@aol.com

[Click for Backpacking/Camping Events](#)

Member Spotlight Spotlight On: Mark Laible by: Vera Stek

Without our active club members, the Outdoor Club couldn't be as successful as it is; but without members who are willing to serve as leaders and officers, there would be no Outdoor Club at all.

So, don't forget to thank your activity leader regularly, and when you encounter a club officer, remember they are giving up their time to ensure the club is well organized and well run.



Mark Laible is a long-time member who will become the new treasurer in 2023. He hails from a large family and spent a great deal of time raising his own four children and teaching them the importance of exercising and appreciating the great outdoors. Here's his story:

Q. Tell us about yourself.

MARK: I grew up in Cherry Hill, NJ. I was one of 6 kids (3 sisters and 2 brothers) and my father was a member of the Outdoor Club for several years. I live in Washington Township with my wife Kate of 35 years and we have 4 grown children. The kids live all over the country (Portland, Maine; Denver, Colorado; Dallas, Texas and San Francisco, California) so we have lots of fun places to visit. I graduated from Rider University with an Accounting degree and acquired my master's degree from St. Joseph's University. I am also a Certified Public Accountant.

Q. When and why did you join the Outdoor Club? What made you step up to be treasurer?

MARK: I've been a member of the OCSJ for over 15 years and have really enjoyed the many outdoor activities that are offered in the club. I have mainly participated in hiking and kayaking but I'm interested in trying out some of the other activities as well, such as backpacking, cross country skiing and attending some of the many trips the club offers.

While hiking the Wissahickon, I ran into Fran Horn and she happened to mention the club was looking for a new treasurer. I previously performed this role at our local swim club, Greenwood Park, so I was familiar with the responsibilities of the position. I was more than happy to step up into this role and give back to an organization that has given me so many great experiences and well needed exercise.

Q. What's the farthest you've ever hiked? Where have you hiked?

MARK: The farthest hike I've ever completed was the 26-mile APEX hike run by Joe Hummel in Washington Crossing State Park. My wife and I have also hiked the Grand Canyon twice with our family and stayed in a cabin at the Phantom Ranch. We recently visited the Pennsylvania Grand Canyon and did a 20-mile bike ride along the Pine Creek Gorge and did some hiking along the West Rim.

Traveling to the National Parks has been a bucket list item for me. I've been to the Smokey Mountains, Yellowstone, Yosemite, Haleakala (Hawaii) and Glacier National Parks. I hope to someday visit all the National Parks.

Q. What are some important hiking safety tips you can pass on? Any advice for newer hikers?

MARK: Preparation is the key to a successful hike. I think it's a good idea to make sure you know where you are going and have a good trail map. Some other hiking essentials are a whistle, small medical kit and some electrolytes in case you are running on empty. It is important to get an early start because you never know what can happen during the trip. My advice to new hikers is to get out there. This is a great way to stay healthy, make new friends and enjoy the beauty of nature.

Q. What are some of your favorite hikes?

MARK: Some of my favorite hikes include Wissahickon Park, Ricketts Glen, and the Palisades. I enjoy hiking on different terrains and seeing new places.

Q. Do you go on active vacations?

MARK: My wife and I have traveled to many different places including Ireland, Mount Rushmore, the Canadian Rockies and Alaska. We always try to do some outdoor activities while vacationing including biking, hiking, kayaking and swimming.

Q. What are some of your other interests?

MARK: When my children were young, I was involved in coaching soccer, softball and basketball. I enjoyed teaching the kids about the game and the importance of sportsmanship and teamwork.

I grew up in a family that was heavily involved in swimming and encouraged my own kids to participate in the sport. It not only taught the kids to be safe in the water but they also learned self-discipline from practicing every morning in a cold pool. The swim club and the many friends they made during the summer kept them busy and healthy all summer long.

I am diehard Eagles fan and season ticket holder. It has been a great season for the Birds and my prediction is another trip to the Super Bowl.

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

MARK: The Board members are very dedicated to the continued success of the club and I am excited to be a new member of the OCSJ Board of Directors. We have many experienced members from various walks of life that bring a different prospect to the organization. I look forward to working with these fine folks for many years to come.

OFFICIAL OCSJ LOGO SHIRTS

The Outdoor Club of South Jersey is happy to announce the availability

of club T-Shirts through **Print Shop Shirts**. Ordering will be ongoing, submitted regularly when there is a quantity sufficient to place the order.

We have 13 different styles to choose from ranging from simple ring spun cotton shirts, moisture management/antimicrobial performance fabric, to moisture wicking to UPF sun protection. Short sleeve and long sleeve with many different colors to choose from. Choose from full back printing only, or front left breast printing only, or both front & back printing.

The ordering process from Print Shop Shirts is simple:

Please have all orders emailed to: orders@printshopshirts.com

OCSJ

T-Shirt

Order

Form: <https://ocsj.wildapricot.org/EmailTracker/LinkTracker.ashx?linkAndRecipientCode=SNkLkizs6lVG6poYBuQLJzjFy%2FiNE3lIRxhHVepJEYa7FZVQ8PBp2f027gj%2BCbON5DnbCAKaltRDUhOv1pQdlQ4%2BjLXrookMfwsyQo5k7mg%3D>

Corresponding Secretary

Maura Mawn

Caring Cards: If you know of an OCSJ member who would benefit from receiving a card of congratulations for a milestone birthday, life event or a note of condolence, contact the Corresponding Secretary and a card will be sent on behalf of the club.



Shout Outs: Want to submit a "Shout Out"? Have you experienced a leader on an event that exceeded your expectations? Has a particular person gone above and beyond in their capacity as a leader or a participating member of OCSJ and you want to let everyone know? Tell about your experience in an email to the Corresponding Secretary and it will be published in our next Newsletter.

Maura Mawn, Corresponding Secretary mmawn@comcast.net

ANNUAL MILEAGE CLUBS

For members who like to set goals and keep track of activity, join a Mileage Club and get a token of your achievement at the end of the year.

The Grand Mileage Club - Hike 1000 miles per year. Report your mileage monthly to Jenny Buffington at jbuffington924@gmail.com

500 & 750 Mileage Club - Hike 500 or 750 miles per year. Report your mileage monthly to Ann Palaitis at ann.m.palaitis@gmail.com.

Bicycling Mileage Club - Cyclists report their miles annually to Neil Kornhauser at nkornhauser@gmail.com.

Kayaking Mileage Club - Kayakers report their miles annually to Frank Pearce at hornet71@verizon.net.

"THE OCSJ MARKETPLACE"

The Place to: BUY - SELL - GIVE - BORROW

Only newly added items will appear in the newsletter.

Submit your REQUESTS and OFFERS to: i9padge@gmail.com for publication in the next Newsletter and on our Website.

Include a description of the item you are requesting or offering, photos, price or terms of loan, and your contact information. All transactions will be conducted privately between the individuals.

Please update when items are no longer available

Check the Website under Items for Sale. Click the link to see all Items:

OCSJ MEMBERSHIP



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

- Click the button below.
- Go to [OCSJ.wildapricot.org](https://ocsj.wildapricot.org) or download the Wild Apricot app to your mobile device. Click on the "Join OCSJ Here" button and follow the prompts.
- Mail a check payable to: "OUTDOOR CLUB OF SOUTH JERSEY"

Mailing address:

Outdoor Club of South Jersey
PO Box 74
Oceanville, NJ 08231

Membership Level:

- Family Member - **\$25.00** Subscription period: 1 year (No automatically recurring payments)
- Family Auto Renewal - **\$25.00** Subscription period: 1 year Automatic renewal (recurring payments)
- Single Member - **\$20.00** Subscription period: 1 year (No automatically recurring payments)
- Single Auto Renewal - **\$20.00** Subscription period: 1 year Automatic renewal (recurring payments)

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

[Click to Join OCSJ](#)

VOLUNTEER OPPORTUNITIES

Your club is made up entirely of volunteers. You will get more out of it, if you put more into it! There are many opportunities to help behind the scenes and on activities. Ask your leader about it on your next event. Let them know if you have any time or talents you would like to share with the club.

Board of Trustees - The OCSJ Board meets on the 2nd Thursday of each month at 7 pm. Currently, our meetings are on ZOOM. To attend the meetings, contact the OCSJ President, Joe Fabian, at president@ocsj.org

Newsletter/Website/Computer/Social Media - Help Wanted - We are actively seeking someone with website/database/computer knowledge. Contact the OCSJ President, Joe Fabian at president@ocsj.org



OCSJ follows and encourages practicing the
7 Principles of
Leave No Trace

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