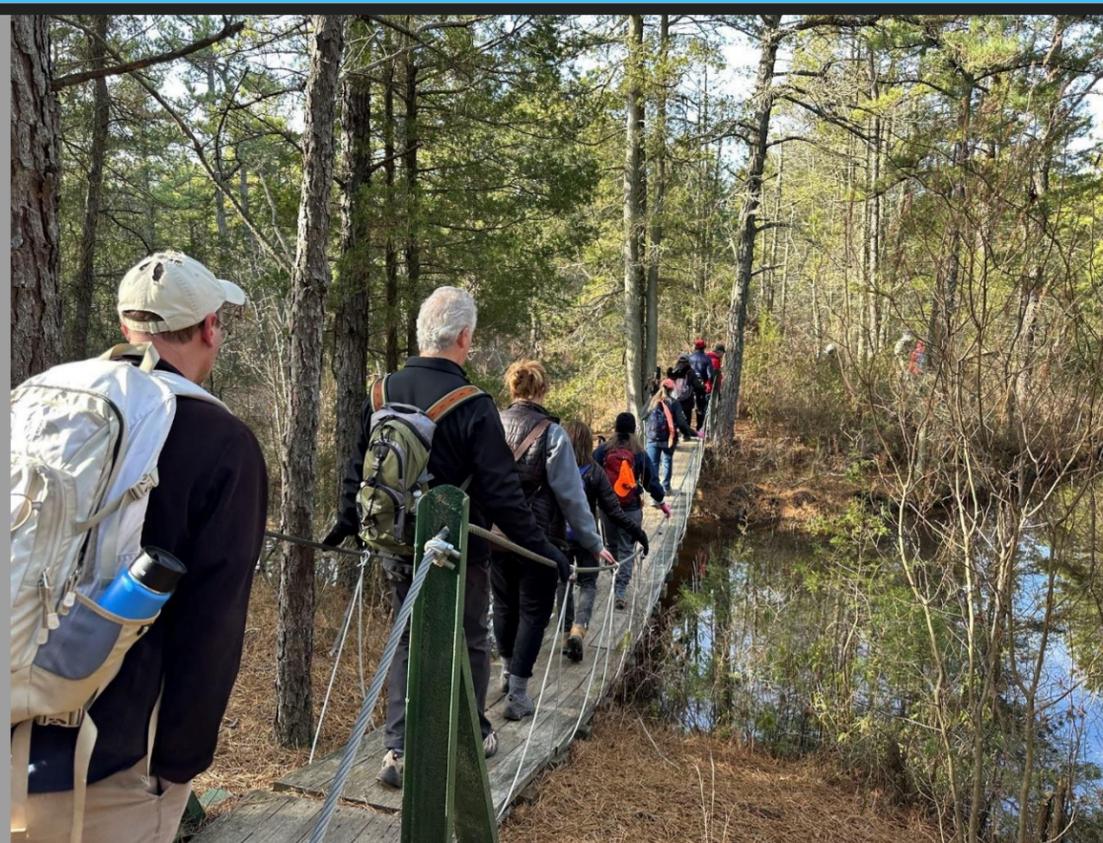




Outdoor Club of South Jersey NEWSLETTER FEBRUARY 2023



President's Message

Joe Fabian

Members, I will be relatively brief. We have a great club with many exceptional club officers, board members, activity chairs, and volunteers. We need more help to become a better club. I am thanking Frank Pearce for stepping up to temporarily serve as editor of our newsletter. We still are searching for a permanent replacement for Janine, who did an excellent job. She is proving hard to replace. Thanks Frank. Also, we have an inducement for those who serve in leadership positions with the club-a leaders' banquet held each March. The banquet honors those who meet certain leadership criteria. The criteria varies by activity section. Check with your activity's chair for the number of events you must lead to qualify. And I can tell you Barbara Berman our Vice President does a superb job organizing the banquet. The venue for this year and next will be the Riverton Country Club. Come on, if you are able and work with your activity's chair to lead a bunch of events. Finally, for our invited leaders to this year's banquet-THANKS!!!

Joe Fabian, President OCSJ President@ocsj.org

Vice President's Message

Barbara Berman

The time has come for us to honor our activity leaders. We are holding our Leaders' Appreciation Banquet (for the 2022 leaders) on March 12, 2023, at the Riverton Country Club in Cinnaminson. Our leaders are the backbone of our club. Without them, we would have no club. To qualify as a leader to attend the banquet, you must lead 5 bike rides a year, 6 hikes a year, 3 canoe/kayaking events a year, 1 overnight trip for backpacking a year, and 1 overnight ski trip a year. We are always looking for leaders, so if you would like to become one, please reach out to your Activity Chairperson. We would love to see you at next year's banquet.

Barbara Berman, OCSJ Vice President vp@ocsj.org

Activity Chair's Message

Frank Pearce

Barbara Standke & Janine Padgett have decided to step down from our Board.

You may not personally know Janine, but you have seen her work. Janine has been the editor of this Newsletter.

I will, for now, be taking over those duties. It is something new and yet familiar. Having been involved with the "Trekker" our now discontinued printed version.

Join me in thanking Barbara and Janine for all they have done for our Club.

Frank Pearce hornet71@verizon.net

TRAIL MAINTENANCE NEWS

Trail Maintenance Representative:
Ro Mason



Several members of OCSJ trail crew along with other club members volunteered their time on January 16 for a MLK Day of Service at the Franklin Parker Preserve. They remediated an area of the pinelands that was the site of a former dirt bike park.

The trail crew is currently improving the Red Trail on the FPP with re blazing, replacing broken footbridge decking and trimming back brush. We will also improve the other hiking trails in the preserve in the upcoming weeks.

Rosemarie Mason, Trail Representative

[Click for Trail Maintenance Events](#)



CYCLING NEWS

Cycling Chair: **Paul Beatty**



2023 is off to a great start for the cycling group. Through the first half of the month of January, we've had 15 rides, comprised of both road events and mountain bike events. There have been lots of leaders helping out with this, which is greatly appreciated.

For 2023, the biking group has set a number of goals, kind of like New Year's resolutions. These include the following:

- * Add at least 3 ride leaders for 2023
- * Add post-ride learning opportunities -- e.g. fastest/best way to fix a flat, derailleur adjustments, chain cleaning, etc.
- * Ensuring all leaders have access to a first aid kit
- * Ensure safety talks are held before each ride, and educating new members in a friendly way about group riding techniques
- * Make available CPR/First Aid training to all ride leaders
- * Improve knowledge of leaders and members alike of the RWGPS app
- * Simplify the ride setup, sign-up, and status updates processes

We're off to a great start and hope to continue the momentum through 2023.

Paul Beatty pbeattynj@gmail.com

[Click for Cycling Events](#)

HIKING NEWS

Hiking Chair: **Becky Strickland**



Winter Hiking is wonderful – no (or at least fewer!) insects, and less of a chance of overheating. Some reminders: dress in layers so you can peel some off as you warm up, drink water – we dehydrate in winter too, and watch for ice – black ice happens on trails and sidewalks as well as streets. Be safe and enjoy the trail!! See you on the trails!

Becky Strickland becky.ocsjhike@gmail.com

[Click for Hiking Events](#)

Cross Country Skiing/Snowshoeing News

Cross Country Ski Chair: Barbara Brandt



Cross Country Ski Season is Here Unfortunately our first trip to North Conway NH had to be canceled since the leader had lingering Covid and snow conditions were too poor to scramble for a new last minute leader. Luckily the snow gods blessed us with fabulous scenery and perfect snow conditions for the next trip at Stowe VT. 21 people enjoyed a winter wonderland xc skiing and snowshoeing in 4 different groomed locations, - plus a bit of "touristing" in the lovely town of Stowe and surrounding area. Apres ski activities featured the hotel's hot tub and pool, daily happy hours, and evening game time socializing. A big thanks to Paul Dice and Sue Renton-Dice for their excellent job organizing and leading the trip. Check out the more than 100 photos participants posted on the trip's MeetUp site. There are still 3 more trips on our schedule in February: Pulaski NY, Boonville NY, and Weston VT. There may still be room available if you contact the trip leaders. If you think you might want to try xc skiing don't forget about the ski clinic at Washington Crossing Park on February 19 (Please register using the Park's Meetup:

<https://www.meetup.com/washingtoncrossingstatepark>).

Should we actually get snow here in NJ don't forget about Thompson Park in Monmouth County. It features groomed trails and ski rental

Barbara Brandt bbrandt46@gmail.com

[Click for XC Ski Events](#)

KAYAKING/CANOEING NEWS

Kayaking/Canoeing Chair:
Frank Pearce



Congratulations to those that qualified in 2022 for the 300 and 500

Canoe/Kayak mile Clubs.

Charles Keys	618.0 miles
Ian Blundell	543.0 miles
George Powitz	331.6 miles
John Dolph	309.0 miles

Honorable Mention

Ira Grindlinger	192.0 miles
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[Click for more information](#)

Frank Pearce hornet71@verizon.net

[Click for Kayaking/Canoeing Events](#)

BACKPACKING/CAMPING NEWS

Backpacking/Camping Chair:
Kevin Drevik



Check Meetup for the backpacking/camping schedule.

Kevin KDrevik@aol.com

[Click for Backpacking/Camping Events](#)

Member Spotlight

Spotlight On: Janet Riley

by: Vera Stek

Like so many senior members of the Outdoor Club, Janet Riley spent her early years doing all the things society expects of responsible adults.

But when she was done with all that, she began a life of adventure, a hiker's dream actually, that has taken her to far-flung places around the world and given her an interest in even more travel.

Janet finally came home to New Jersey and joined the Outdoor Club a little more than a year ago. Encouraged by her friend Jenny Buffington to set goals for annual miles hiked, she aimed for 500 miles in one year, which she easily accomplished. She's going for it again in 2023 and is thinking about eventually moving up to the Grand Mile.

"My life of adventure only began about 7 years ago, which was way too late in life. Unfortunately, like most people, I got caught up in the rat race of life due to schooling, working, getting married, raising my family, and I didn't allow enough time or place enough emphasis on the outdoors or having adventures," Janet said.

"I really wish I had started all this sooner and I strongly encourage others to get outdoors, have adventures, travel, hike, bike, kayak, ski, or whatever rocks your socks, sizzles your bacon, or turns you on. The health benefits will hopefully lengthen your life; just don't fall off the edge!"



Here's her story:

Q. Tell us about yourself.

JANET: I was born and raised in Mercer County, and currently live in Hamilton Township. I'm a widow with two grown sons who live in the area, and in June I will gain a daughter-in-law. I am mainly retired but recently took on a small part-time job, don't ask me why (laugh, laugh), and have a pure wanderlust for adventure and travel.

In March of 2017 I picked up and moved out to Arizona for a job at Grand Canyon National Park. I stayed there for a year, hiking the canyon and traveling throughout the state. In 2018 I moved on to Yellowstone National Park in Wyoming, and then back to the Grand Canyon. In 2019 I took a job at Rocky Mountain National Park in Colorado, and from there I went back to Yellowstone, returning home to NJ in September 2020.

In addition to working and playing the three National Parks, I've also hiked and visited these National Parks: Grand Teton, Zion, Arches, Canyonlands, Bryce Canyon, Saguaro, Mesa Verde, Great Sand Dunes, Mt. Rushmore, Badlands, Everglades, Petrified Forest, Sequoia, and Yosemite, not to mention National Monuments, Historical Towns, National

Battlefields and State Parks. As for my age, I give clues in the article but here's a hint – Dwight Eisenhower.

Q. When and why did you join the Outdoor Club? What benefits do you feel you've gained by belonging?

JANET: I returned from living and working out West in September 2020 and wanted to continue with the outdoor lifestyle I had enjoyed so much out there. My friend and hiking partner, Jenny Buffington, talked about the OCSJ all the time and piqued my interest by telling me about how much she enjoyed the club and all the outdoor activities offered. To reel me in she invited me as a guest to go on the Stairway to Heaven hike up in North Jersey and it worked: I joined the club in October 2021.

I immediately became involved with the trail crew which introduced me to a group of really nice, interesting, and very talented people. In addition to the benefits of being outdoors and working with a great group of people, I've learned about the hand tools and skills required for all aspects of trail maintenance including, clearing, cutting, lopping, chopping, blazing, signage, safety, and about the fauna, flora, and history of the pine barrens.

Q. Do you only hike with the club or do you participate in other outings? How long have you been hiking?

JANET: I am kind of a late bloomer to hiking with only about 6.5 years under my belt, but as they say, "better late than never." I've hiked here and there throughout my life but didn't really start hiking on a consistent basis until the age of 60 when I moved out West. Living and working in the National Parks completely motivates you to hike; I mean who can resist when your backyard is in a National Park. When hiking out West I occasionally hiked with a group but most of the time I hiked by myself with my can of bear spray. Now that I am back in NJ I mainly hike with Jenny, but on occasion I do a group hike with the club or with a small group of friends who call ourselves The 4th Dimension.

Q. What's the farthest you've ever hiked? Do you have goals such as a certain miles per week or per year? Do you hike year round? Has the pandemic interfered with your hiking?

JANET: The pandemic did not interfere with my hiking. It was the one thing that kept boredom at bay, provided me with exercise, sunlight, fresh air and motivated me to join the 500 Mile Club. I decided to start small because I don't like the feeling of not accomplishing a goal I set and I was pretty confident that I could hike 500 miles, which I did, completing 642 miles. I am staying with the 500 Mile Club this year but am reaching for 750 miles, which if I complete that, will move up to the 750 mile club. Then it's on to the Grand Mile Club. I do hike year round and my longest hike in a single day was 20.2 miles, and yes, I developed blisters because I was not wearing the right footwear.

Q. What are some important hiking safety tips you can pass on? What's your most important piece of hiking equipment? Any advice for newer hikers?

JANET: Obviously, water is the #1 necessity when hiking. I have unfortunately succumbed to dehydration and had to learn the hard way so always hydrate, hydrate, hydrate. The most important piece of equipment for me is definitely comfortable hiking boots because without comfortable boots you won't enjoy the hike, may end up with blisters, or worse, lose a toenail. I also layer my clothing so that I can remove or put on a layer should the weather change, and as a woman hiker I always carry a whistle and something to defend myself with. My only advice to newer hikers is to know your limitations, don't over estimate what your capabilities are because it could lead to injury, or worse, death.

Q. What are some of your favorite hikes?

JANET: My favorite trail in NJ is the 1808 Trail mainly because I was part of the team that developed the trail, which I am proud of, and because it truly is a beautiful trail with its tall white cedar trees, swampy ground, and twisty mountain laurel. It's unique and unlike other parts of the pine barrens. On the East Coast in general my favorite hikes are

the multi-day adventures on the Appalachian Trail with The 4th Dimension hiking group.

My favorite hike of all time was Angels Landing in Zion National Park. It's not a long hike at 5 miles round trip but it's a seriously dangerous hike with no chance of survival if you fall off the edge while climbing to the top. It's rated as a Class 3 in difficulty based on the Yosemite Decimal System, and it totally challenged my fear of heights. When I approached the steepest part of the climb and stood there looking up at the peak my first response was sheer fright. I told myself to turn around and hike back down as this was completely out of my comfort zone.

After taking some deep breaths and composing myself I knew I had to conquer this or it was never going to happen. I wanted those bragging rights so I kept my eyes straight down on my feet and the trail, grabbed on to the support chain, and up I went one step at a time, never looking over the side. When I finally made it to the top, the feeling of exhilaration was overwhelming and the views were breathtaking. At the age of 63 I overpowered my fear of heights and hiked one of the six most dangerous hikes in America.

Q. Do you go on hiking or active vacations? Any places on your bucket list?

JANET: This is a loaded question that I could write a book about but I'll try and keep it short. Yes, for me every vacation is either a hiking or an active vacation as I know no other kind. One of my favorite vacations was a 100-mile white-water rafting through the Grand Canyon with my two sons. That was a true adventure.

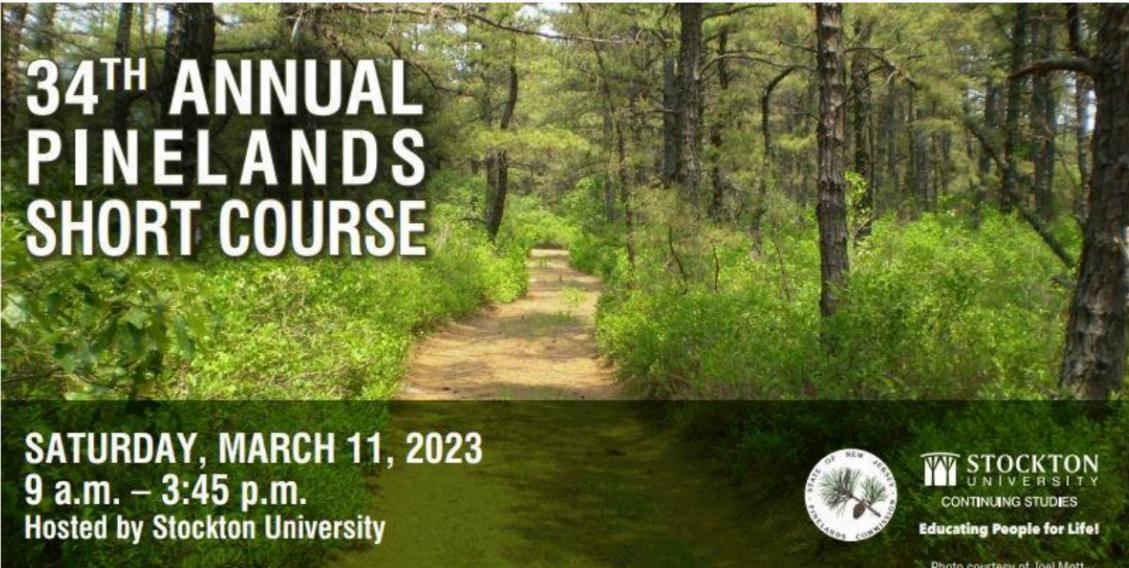
In addition to the National Parks I've worked in and visited which, I talked about above, I've been to Spain, Italy, the Netherlands, Ireland, Scotland, Canada, Mexico, Hawaii, the Caribbean, and many states in the US. My bucket list includes France, Egypt, Australia, New Zealand, Iceland, and Alaska. National Parks on my bucket list include Big Ben in Texas, Death Valley in California, Glacier in Montana, and Acadia in Maine. That might be stretching it so hopefully I will live at least another 25 years!

Q. What are some of your other interests?

JANET: Traveling is my passion in life and I will never get enough of it. The knowledge and joy that travel brings to my life is invaluable. History and archaeology are also topics that I enjoy learning about.

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

JANET: I love to dance and I'm good at it, or at least I think I'm good at it (laugh, laugh). It's not a talent I display very often.

A promotional poster for the 34th Annual Pinelands Short Course. The top half features a photograph of a dirt path winding through a lush, green forest. The text "34TH ANNUAL PINELANDS SHORT COURSE" is overlaid in large, white, bold letters. Below the photo, the event details are listed: "SATURDAY, MARCH 11, 2023", "9 a.m. – 3:45 p.m.", and "Hosted by Stockton University". On the right side, there are two logos: the Stockton University logo and the logo for the University of Maryland System. At the bottom right, there is a small credit: "Photo courtesy of Joel Mott."

The 34th annual Pinelands Short Course will be held on 3/11/23 at Stockton University. The Short Course is a day long event featuring educational classes that explore the unique history, ecology, and culture of the Pinelands. For the fourth year, OCSJ hiking leaders Rosemarie Mason and Diane Mason will be presenters. Their program, *The Batona Trail*, is a virtual hike of the Batona filled with history and info about the trail. For registration and descriptions of all the courses offered, visit:

[Pinelands Short Course - Continuing Studies | Stockton](#)
[CLICK THIS LINK FOR BROCHURE AND MORE](#)

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: [CLICK HERE](#)

Corresponding Secretary

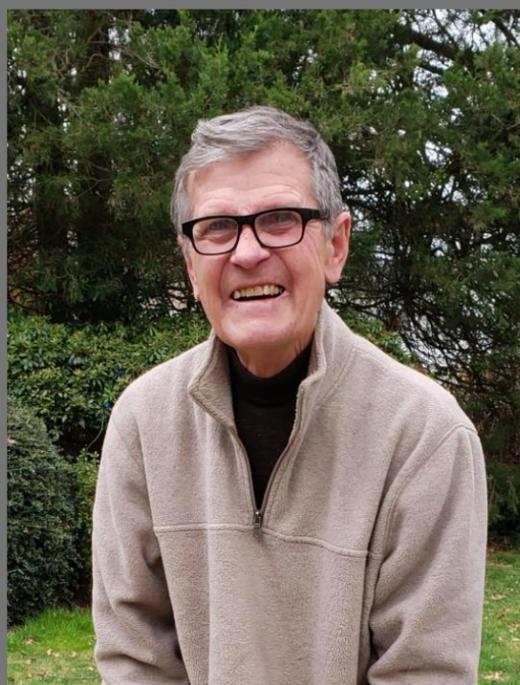
Maura Mawn

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



David L. Hegelein

February 11, 1943, ~ November 17, 2022

Dave was a long time OCSJ member and hike leader, Many will remember his moonlight hikes.

Click below for obituary
[Dave Hegelein](#)

Joseph J. Rottinger

February 26, 1949 -January 27, 2023

Joe Rottinger, a longtime member, and former Board Member, has died . He was a biker leader back in the 80s and has hiked with us many times. In December, he

attended the Holiday picnic. Due to poor health, he hadn't attended any bike rides or hikes recently.

[Obituary of Joseph J. Rottinger | Welcome to Falco Caruso & Leonard... \(carusocare.com\)](#)

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.

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: hornet71@verizon.net 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:

[Marketplace Items](#)



Like us on Facebook:
Outdoor Club of South Jersey

Follow us on Instagram:
#outdoorclubsj



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

[Click for LNT Info](#)

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

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 MEMBERSHIP



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

1. Click the button below.
2. 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.
3. 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](#)