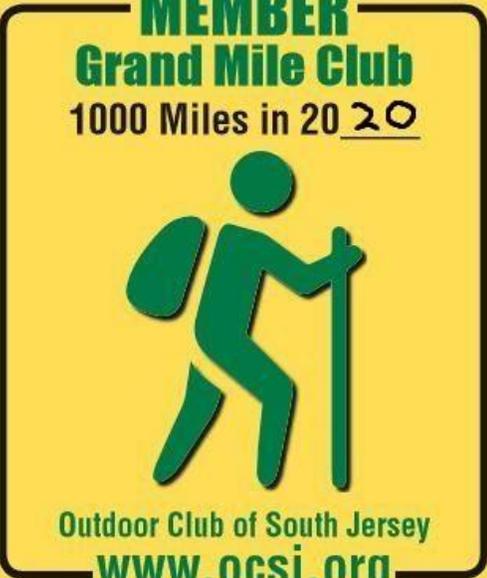


Outdoor Club of South Jersey Newsletter

January, 2021

Happy New Year to All
from the Outdoor Club of South Jersey

Spotlight on OCSJ Mileage Groups

 <p>MEMBER Grand Mile Club 1000 Miles in 20<u>20</u></p> <p>Outdoor Club of South Jersey www.ocsj.org</p>	<p>The Grand Mile Club is its name and hiking/walking/running 1,000 miles in a year is its aim, and has been since about 15 years ago, when Joe Hummel came up with the idea and Bill Poulson started keeping track of members' miles (and continued doing so until two years ago). Since then, at least two dozen participants have achieved their aim every year, despite the usual unfortunate circumstances that tend to occur (such as rain, ice, heat and humidity, ticks and chiggers). 2020, however, was anything but grand, presenting myriad challenges never before faced by the Outdoor Club's intrepid hikers. In the face of the pandemic, many of the club's most beloved hikes were cancelled; indeed all hikes were cancelled for a time, and then limited (and continue to be) in</p>
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participation so that members could be as safe as possible and social distance.

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There were the usual hiking limitations due to giant potholes caused by a very wet year and hunting season, and many GM members suffered illnesses and injuries that kept them off the roads for a period of time and limited the miles they were able to achieve.

However, 23 stalwart hikers achieved their goal of 1,000 miles in 2020, some by the hair of their chinny chin chin, and some by many more miles. Due to unforeseen problems, such as the COVID19, illness or other issues, 7 other club members failed to reach their goal, though all of them completed at least 500 miles.

The fact that Joe Hummel, who recently celebrated his 91st birthday, and Dave Chamberlain, another senior member of the GM club, hit their target and then some, should be an inspiration to anyone regardless of age.

We look forward to a resumption of favorite hikes such as those in Philadelphia; to Bowman Tower; the complete Batona Trail and Gary Patterson's historical hikes of the Mount Misery area in 2021.

As to the origin of the GMC, according to Bill Poulson, Joe DID start it; but he said the idea originated with another OCSJ member (and a long time friend of ours from our days at CIGNA -- Bruce Doorly). "Bruce had started recording his mileage, and set a personal goal of 1000 miles for the year. He succeeded and told Joe and me what he had done. Joe, who

never met a challenge like this that he didn't embrace -- did the same thing the following year. He then decided that we should open this to other OCSJ hikers, which we did. Membership grew quickly... and STILL seems to be thriving."

Bill said Bruce came up with the Grand Mile Club name and his first annual report was prepared for 2001 and included Joe Hummel, Bruce Doorly, John Bauer (former Hiking Chair, former Board Chairman), Heddy Bauer, Sal Tucci, Bill Poulson. In 2004, he created the first spreadsheet report, listing Dot Abbott, Hedy and John Bauer, Bob Bruneau, Dave Chamberlain, Bruce Doorly, Joe Hummel, Joan Moretti, Bill Poulson, Chuck Swartz, Sal Tucci and Ray Wittkop.

The 2020 members who completed the Grand Mile challenge include:

Faye Bray, 2012.78; Larry Buffington, 1000.97; Jenny Buffington, 1889; Dave Chamberlain, 1661; Ken Cable, 1445; Regina Coeby, 1056.92; Mae Cox, 1036.65; Doug Gilmore, 1781; Michelle Grosser, 1121; Janet Hahn, 1548; Jeff Heilbrun, 1332.87; Fran Horn, 1247; Joe Hummel, 1145.7; Laurie North, 1654.13; Gary Patterson, 1145.80; Trudy Patterson, 1194.5; Jon Peterson, 1987.9; Mark Schultze, 1329.2; Lynn Scheer, 2660.5; Joan Seddon, 1731.95; Vera Stek, 4718.94; William Tahirak, 3289.32.

Congratulations to all the GM members. Anyone who wishes to join them should email Jon Peterson at jonpeterson66@gmail.com ASAP and let him know you aim to hike your 1,000 miles in 2021. He will tell you the few simple rules.

500+ Mile Hiking Club. If you love to hike and are looking for a challenge, consider joining the 500+ Mile Club! Then hike, walk, jog, run, treadmill, snowshoe or x-country ski your way to a 2021 mile goal. You choose your goal either 500 or 750 miles per year - counting any activity of 1 or more consecutive miles. Then log your daily miles and report your monthly total by the 5th of the month to Ann Palaitis. Contact Ann at ann.m.Palaitis@gmail.com for more details and to sign up for 2021.

Below are the 2020 500 Mile Club hikers! Asterisk indicates the hiker met their 2020 mileage goal (500 & 750 mile options). Great job everyone!

*Ann Palaitis, Barbara Brandt, *Bonnie Lindsay, *Claire Farnum, David Bicking,

*Donna Ellis, *FredErika Blatz, Hannah Fidoten, *Jane Paone, Jennifer Quinn,

*John Gimbel, Linda Barba, Lisa Graham, Linette Comisso, Marie Messler.

*Mary Burke, Maureen Heilbrun, *Noel Wirth, *Paul Baumhauer, Rose Curry,

Sharon Hoffman-Manning, Tamara Phoebus, *Toni Pasquale, *Valerie Danzey

Thank you to Valerie Danzey who has been in charge of the 500 mile hikers. This Year Ann Palaitis will be taking over.

Let's give the kayakers who turned in their miles this year a big shout out.

Everyone received a sticker this year because of COVID who turn in their miles. We will be going back to our regular miles count 300 400 and 500.

Make sure you go the club page and print out the Paddling Mileage log. On the sheet there is a space to write the Condition of the river and also the level of the water. This will be very helpful for returning trips.

We had one new kayaker turn in their miles this year. John Dolph he paddled 168 miles.

Our top paddlers this year.

	2020	totally with the club
Charlie Key	885	1540
Ian Blundell	513	2882.
Linda Yeager	409.5	2006.5
Erica Blank	305	1953.85
John Yeager	305.5	14471.05

Thanks to Erika Blank for keeping out Mileage records. To participate in the Paddling club, please contact Erika at powerofpink58@verizon.net

President's Message

Here goes. "No, I have not been hibernating, rather busy. We should be getting ready. The daylight is getting perceptively longer. Spring will come quicker than you think. Many cyclists are using their limited down time to replace threadbare tires, stretched chains and worn cogs. My mountain bike tires about ten years old finally were replaced with lightly used ones purchased on eBay. Neil is doing a fine job as cycling chair.

When our trail maintenance group members led by Ro are not busy improving trails, they are sharpening their loppers, chainsaws and clippers to prepare for their next outing. They received some great press in the Philadelphia Inquirer recently. Unbelievable, someone joined our club to just help out with the trail maintenance crew.

The hikers are not preparing for spring, so much as hiking in mass. Evelyn is doing a great job as hiking chair. Lots of events are being posted, but we cannot keep up with the demand. Because our hikes are over subscribed, I have been scouting out some after work routes around Cherry Hill and Haddonfield to post, after my younger son returns to Purdue next week. I wanted to note that in the past sometimes the Friday evening hike had as few as two participants, a leader plus one. Well last Friday, we had a sellout crowd of 15 hikers who knocked off 9.8 fast paced miles. Round up to ten. This number included myself and two sons. Hikers are looking for events and we have waitlists due to Coronavirus19 spread restrictions. Accolades to our activity chairs, leaders, board officers, board members and club members for keeping up the faith in these challenging times!

Final word to our activity chairs, board members, leaders and members, be safe and nice to one another as the patience of many people is continually tested by the Corona-19 virus spread, the economic downturn and political tensions. Enjoy hiking our forest trails, cycling our lightly traveled roads and one another's company. Stay safe
Joe Fabian

President (President@OCSJ.org)

Vice President's Message

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I know we are all anxious to return to some sort of normalcy. I would even bet that most of us are also suffering from Corona-19 fatigue. However, at this time, we still have to adhere to the state's restrictions for our events. Right now, we are limiting our hikes and bike rides in NJ 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 Waitlist. If you are a non-member of OCSJ, you will be put on the Waitlist if the activity is oversubscribed. Members, please do not add guests who are non-members.

If you have a family membership, please add the alt email address of your OCSJ account for the second person. In addition, you must create a second meetup account.

It seems that we are having a bit of a problem with no-shows and cancellations. If you realize you cannot go on an OCSJ activity, please change your status as soon as possible.

We are want to continue to be a friendly club and be considerate towards our fellow members, so that we can all enjoy the outdoors together.

Most of the members to whom I talk continually say the club has provided them, me included, with a certain amount of solace during these troubled times. Let's continue to make this club even better than it already is. Thank you.

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

Barbara Berman

Vice President (vp@ocsj.org)

PHOTO CONTEST

The results of the 2020 photo contest are in.

Thank you to all our members who sent in their photographs for this year's contest.

Due to pandemic issues, we were not able to print our yearly calendar.

Instead, the thirteen winners will have their photographs reproduced on canvas.

An email was sent out to all members naming the winners and the photographs.

If yours is selected to be printed on canvas we will need as large a file as possible.

[OCSJ PHOTO CONTEST WINNERS 2020.pdf](#)

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 went 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

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



Message from the cycling chair:

OCSJ road and mountain bike cycling is as strong as ever and fortunately we are seeing a growth in membership. We do ride all year round on both the roads and trails. Plummeting temperatures do not scare away many of our riders. My goal is to keep our calendar full; we have been averaging between 30 – 45 rides per month. Now that is EXCEPTIONAL! With all of the new members joining OCSJ, I certainly want to have enough leaders so we can keep our amazing ride calendar full.

I am asking for anyone who has been riding with us for some time now to please step up. If you only lead one ride that would be great. Please don't sit back or should I say stay back behind someone's wheel; become a leader. It is so easy, we have over 700 routes in our RWGPS library, and it's just a matter of picking a route or using your own. With bike GPS, smartphone voice turn-by-turn directions, it couldn't be any easier.

Now is the time to make that decision. It is simply not fair to overburden our present leaders. 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

How many people think about brake pads? To be honest, I do! You should also. I was on a ride recently and every time the person in front of me applied their rim brakes, there was

this scratchy, gritty sound. All I thought about was the sand and grit embedded in their brake pads wearing away at their rims. Would you use sandpaper to clean your bike? Of course not! This is what is happening if you do not clean your brake pads. Your stopping power is also greatly reduced.

To do a proper job, you need to remove both wheels and flush the pads with soapy water and if they are really gunked up, a toothbrush. You will be amazed at how dirty they are. When you apply your brakes now you will not be removing the metal off of your wheels. Your stopping power will also be much greater.

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



Trail Work Tuesdays are back!

Some of our trail maintenance goals for 2021

- Franklin Parker Preserve-assist the staff with installing " beaver deceivers" in the bogs so the beavers and the hiking/biking can coexist
- Work with the Bass River SF staff to repair the swamp boardwalk off Allen Rd
- Work with the Brendan T Bryne SF staff to repair the swamp boardwalk on the Batona Trail
- Trim the Mt Misery Trail where needed
- Trim the Mullica River Trail as needed and finish freshening the yellow blazes
- Assist our Frank Pearce with the NJ State Long Trail

- Assist Jason Howell of the Pinelands Preservation Alliance with the new pinelands trail yet to be named
- Work with the Wharton SF staff to install a 100 ft puncheon boardwalk on the Toms Pond/ Yellow trails that is always flooded
- AND Continue with our regular maintenance schedule of trimming and re blazing trails in South Jersey

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**



Despite Covid-19 shutting us down for months and continue to restrict our hikes, we managed to have tons of hikes in 2020, thanks to our 33 wonderful, creative leaders. New parks and trails were discovered and explored, more in NJ since PA shut us out. I would like to give a special shout out to David Bicking who lead 36 hikes for 136 miles leading 458 hikers, followed closely by Joanne McNally with 32 hikes! Without leaders there is no club. We are going to be sending out a survey to our leaders soon, so be looking for a survey monkey soon, we need and want your input.

Featured hike: Friday night fitness hike. Brisk Pace, 8-10 miles. The ongoing, every Friday night, all year 'round, Friday nite fitness hike, where we try to work up a sweat exploring the sand roads and trails of Brendan Byrne State Forest. Be prepared to walk at an average of 3.5 mph, with few breaks. Bring water and wear well broken in boots, sneakers, or shoes (sneakers are adequate for dry conditions). Socks are also important foot gear; synthetics and wool being better at preventing blisters (avoid cotton socks).

Not for novice hikers. We hike in the dark, and rarely turn lights on. We maintain a brisk pace for the entire hike. There are no shortcuts or wimp-outs. Please, know your limits! Hike is limited to paid OCSJ members. Social distancing requirements will be followed. We leave on time.

Leader: Trish H. 609-440-3303, 1pmhenry@gmail.com

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/

Message from the Backpacking/Camping Chair: Kevin Drevik



There isn't much camping and backpacking done in January (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!

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



OUTDOOR CLUB of
SOUTH JERSEY



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