

Outdoor Club

of



South Jersey

July Newsletter



July Calendar Photo - "Ridley Creek Ruins" by Katherine Peterson

President's Message

Joe Fabian



OCSJ Members,

I hope everyone has been enjoying a great summer in the wonderful outdoors with OCSJ activities. First, there is a significant change in club participation policy regarding attendance by non-members. Previously, we have allowed non-members to attend one event in each activity without joining the club and paying dues. This policy in conjunction with Meetup has posed significant issues for the club's administration. Our membership secretaries and others have tried to police violations of this practice with little success. Often we have nearly a thousand non-members registered on the club's Meetup site. Some never attend activities, but they are carried on our books. Others attend numerous activities, like members, many times. We have even had activity leaders who have not joined the club. Our membership secretary and activity chairs, many of whom have full time jobs, have been unable to enforce the rules of non-members attending only one event per activity without joining the club.

We have decided soon to require, with almost few exceptions, that all activity participants be club members. Details are being posted of this policy change with an effective date. An exception to 'members only' for example might be a visitor traveling from out of town to accompany a close personal friend with the expressed permission of the event leader. Our annual dues are only \$20 per year for an individual, which helps cover various administrative expenses including website maintenance, insurance premiums, donations to environmental organizations and other operating expenses. A year's worth of opportunities to enjoy the great outdoors with our experienced leaders is a cheap at \$20...about the same cost as a large pizza with one topping. We know some non-members will be upset with this change, but with our volunteer staff, such action has been decided by the board as necessary for sound club administration.

Second, a note on safety and following safety requirements. You can see in the photo from a non-club outing, that both the president and club member are wearing personal floatation devices otherwise known as life jackets. We were on the Delaware River in NY kayaking. PFDs are required there and on all OCSJ watercraft activities. I mention this because in the three days before our outing, three adult men drown on the Delaware River along our route. None were wearing life jackets despite signing forms with the outfitter that they would keep them on at all times on the river.

Unfortunately, they must have thought they were an unnecessary precaution. They thought wrong. I am also aware of an incident a few years ago near Bull's Island on the Delaware where one kayaker got herself in trouble not wearing a PFD and another kayaker rushed to help also without a PFD. Both drown. I also see plenty of South Jersey cyclists riding without helmets. Our cycling leaders enforce the rule that riders must wear helmets and our members comply. If you see anyone violating basic safety rules in the outdoors, talk to them about the risks they are creating for themselves.

Enjoy the outdoors safely.

Joe Fabian President OCSJ President@ocsj.org

Vice President's Message

Barbara Berman

If you haven't already read or heard, OCSJ changed its Meetup policy, effective 07/08/21. In order to be approved for Meetup, you must join OCSJ. We are giving those who are already on Meetup, but are not members of the club, the opportunity to join OCSJ by 10/15/21 or they will be removed from Meetup. For many years we touted "join us for one free event for each of the activities", however, we decided that it was important for our membership and the running of the club to start charging. Personally, I belong to several different Meetup groups, and I have to pay for some. Meetup, by the way, is not free. The organization you belong to has to pay. For your membership of \$20 as a single or \$25 as a family, you get to enjoy a myriad of activities in addition to helping defray the Meetup cost.

One of the biggest benefits, as I see it, is that the waitlists may not be as long. This is because you won't be able to get on a Meetup activity if you are not a member of the club. As a member, you can bring a guest one time for free. That particular guest can only come one time for free, but you may bring other guests who may want to try an event. Please remember to check with the leader first.

I will reiterate, because it might be a little confusing in the beginning, that you have to join OCSJ first. Then, through the website, you can join the various Meetup groups for those activities in which you are interested. Meetup is only our scheduling tool.

Looking forward to seeing you at events!

Barbara Berman Vice President OCSJ vpocsj.org

Activity Chair's Message

Frank Pearce

Want to get more involved with the Club? The club is made up of volunteers. All leaders, board members and section chairs are volunteer members. There is a club meeting once a month that you may attend, presently via Zoom, where the business, overhead and other matters of the club is managed. Most trips and events are created and organized by individual leaders themselves and posted on our and Meetup sites.

How do I become a leader or helper? The first step may be to approach a leader to volunteer. You may start out by helping the leader or find out more information on how to become a leader and what our requirements are. You can contact any board member, as well, for that information. We encourage you to be involved.

Reminder: Do not forget to remove your name from events if you cannot attend. When you do not remove your name, you prevent someone else from their chance to participate. There are consequences for not being considerate. You can have your privilege to attend events canceled for periods of time based on how often it occurs.

Frank Pearce hornet71@verizon.net

BIKING

www.meetup.com/Outdoor-Club-of-South-Jersey/
Message from the Cycling Chair:

Neil Kornhauser



The heat of July is on! This does not stop OCSJ from getting out and riding the roads and trails. Even during these dog days, we still manage to fill our calendar with rides almost everyday during the week and on the weekends. Leaders do go away on vacation and family events do come up, so do not rely on others to always be there to lead a ride. We want our calendar to always be filled, so step up and give back to your club by leading a ride. Email me and I can set you up with all of the information necessary to lead a ride.

The annual Fourth of July All Paces Rides went extremely well. We had approximately 65 riders and we ran 6 rides. We had 1 B ride for the faster people, 2 C+ rides, 2 C rides and 1 D ride. It was a gathering of people that haven't seen each other in quite some time. Thank you to the leaders who made this possible: Ted Daily, Tim Peek, Paul Beatty, Paul Begley, Neil Kornhauser, Andre Ferland and Carl Williams. Many old friendships were rekindled and some new ones started. Our next scheduled All Paces Rides will be on Labor Day.

Looking ahead, we have an Adventure in NYC coming up in August. This ride is limited to 10 riders and is presently filled, but put yourself on the waitlist, one never knows!

Monthly DIY Tip:

I know we have discussed proper hydration before, but given the extreme heat lately, we need to revisit this topic. While riding in extreme heat, the general rule of thumb is to drink at least 16 to 24 ounces of water every 10 miles. If the rest stop is not for 20 to 25 miles, carrying two water bottles will not be enough. If you have a backpack with a bladder, now is the time to use it! Recently, I have been taking a third water bottle and keeping it in my jersey pocket. The very last thing you want to happen is to run out of water.

Recently on a ride, I was urging everyone to drink when we stopped at stop signs and lights. I did hear this comment: "I am conserving my water so it lasts longer". This is a recipe for disaster...heat exhaustion or the more serious heat stroke. Depriving your body by "conserving" water is totally inappropriate, so just bring extra water with you to avoid an ambulance ride to the hospital... enough said!

Be safe out there and see you all on the roads and trails!

Neil Kornhauser nkornhauser@gmail.com

TRAIL MAINTENANCE

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

Message from the Trail Maintenance Chair:

Ro Mason



In case you're hot, here's a picture of some of the crew last winter to cool you off.

The OCSJ trail crew is on summer hiatus until October 5th, but we received a request from Cynthia Coritz, the superintendent of Bass River State Forest and we could never say no to Cynthia. We will be replacing the 200 foot walkway in a swampy area on the Batona Trail in Bass River SF in September. This project will be funded with a trail grant acquired by the state parks southern district. The crew will supply the labor. This project will be extra exciting as we will be assisted by a local girl scout troop.

Ro Mason

Ro Mason is our Trail Representative

To volunteer, email Ro at romason@comcast.net

HIKING

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

Message from the Hiking Chair:

Evelyn Minutolo

The weather is heating up and so are the opportunities for hiking! Please be aware that the club has amended it's participation policy. We will soon require all participants join OCSJ in order to attend an event. Full details are posted on the website regarding this change.

Let's go hiking!!!

Evelyn SunsetWaterfall@aol.com

OCSJ follows LNT (Leave No Trace)

*For more information on the
7 Principles of Leave No Trace, click the link...*

[click here](#)

Backpacking/Camping

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

Message from the Backpacking/Camping Chair:

Kevin Drevik

Our next backpacking trip is scheduled for August 7 through 14. It is a week long trip on the Appalachian Trail in New Hampshire. This will be strenuous backpacking for experienced backpackers. This is not a beginner hike. We'll have elevation gains/losses of 1,500 – 3,500 each day. See Meetup for details.

Stay safe!

Kevin

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

KAYAKING

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

Message from the Kayaking Chair:

Frank Pearce



The paddle season is here. Thank you to all the leaders. Rosemarie Mason has scheduled several Paddle in the Pines trips. Joe Logan has trips on the Toms River and Kevin Carlin added a trip. Charlie Keys has frequent and

varied trips. Everyone enjoyed his Mullica Trip with a stop at the Sweetwater River Deck for lunch.

If you have any questions such as, if your canoe or kayak is suitable or if your ability level is adequate for the trip, contact the leader. Do not forget to bring sunscreen, a whistle, and plenty of liquids. Wear closed toed footwear. Allow extra time to attend. Do not expect the leader to wait if you are not on time. That is not fair to those that did. Shuttles are not considered part of the activity. It is your choice if you want to participate. If you do, take an active role.

PFDs are required to be worn. If you do not, you are not considered part of the activity.

See You on the Water!

Frank Pearce HORN71@VERIZON.NET

Cross Country Ski and Snowshoe Trips

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

Cross Country Ski Chair: Vacancy - Volunteer Needed

Spotlight On: Mariette Ackerman

by: Vera Stek

Mariette Ackerman of Barnegat Light found the perfect way to deal with the upheaval that the COVID pandemic caused in the lives of so many; she continued to do exactly what she has always done. Basically, that meant to keep moving as much as possible, on her feet while running, walking or hiking; on wheels, while biking; or in the water, while swimming.

A native of Holland, Mariette said she began her life of being active outdoors very young and has continued it ever since, turning sporting events around the world (races and hikes) into vacations, all while working full time (until recently) and raising a family. She's convinced that exercising not only has kept her physically healthy, but also mentally healthy. Here's her story:

Q. Tell us a little about yourself.

MARIETTE: I was born and raised in Holland. I immigrated to this country in 1976, married, and raised four children in Voorhees. When it came time to downsize, I moved to Barnegat Light where I currently live full time. I am a Registered Nurse and have worked in a hospital setting for over 50 years. I worked in Intensive Care for over 30 years. For the past 4 years I have worked in the Rapid Response Department in a hospital in Toms River where I respond to emergencies throughout the hospital. I retired from my full time position two years ago and currently work per diem, which gives me more flexibility to enjoy life, family and hobbies.

Q. Have you always been interested in outdoor activities? What activities have you pursued throughout your life and where?

MARIETTE: I have always been active. I remember as a high school student, I rode my bike to school five days a week and there were times when I came home with frozen eyelashes. If anybody is familiar with Dutch weather: there is a lot of rain and wind! I guess that taught me endurance.

After my second child was born in 1981, I decided one day I should try running to try to lose some of the baby weight. That was the start of my running career and I still enjoy the sport. I have completed many full and half marathons, 10Ks and 5Ks. I also enjoyed the challenge of a triathlon and participated in many events. One of my proudest moments was getting first place in my age group in a half ironman in New Orleans several years ago.

The running gets slower every year, but most runners know that the running is only a very small part of the enjoyment. Sport in general teaches you to work hard in order to accomplish what you set out to do, and then be so very proud when the job is done. It will clear the mind. Have a problem you can't figure out???? Bet you will have an answer by the time your run is done. Depressed???? Put on a pair of sneakers and see how you feel when the run is done.

Q. Do you have goals, such as a certain miles per week or per year, long-distance hikes?

MARIETTE: I still have a few goals left. I recently finished what I think will be my last half marathon. I ran in Rochester with my daughter, her husband and her in-laws. I hope to downscale and do 5K or 10K runs for as long as I can.

I sew all my running shirts into quilts. So far, I have about 12 queen size quilts. I don't want to have any unfinished quilts, so I keep on running to collect the T-shirts

and sew them into quilts. For hiking my goal would be to hike the entire Batona Trail in sections. Is there a T- shirt for that?

Q. Do you take active vacations? What's on your bucket list?

MARIETTE: Usually my vacations include a sports event: biking, hiking or running. Many times my trips were planned around the race days. I have run races in Dublin, Paris, Amsterdam and in many cities in the USA. I have hiked in the Pine Barrens, Acadia National Park, Grand Canyon and Camino Trail in Spain.

One trip that I will never forget, was a trip to Europe about three years ago. We biked for a week along the Loire in France and visited all the castles along the river and learned about the French history. Then from Paris, we took the train to the South of France. From there, we hiked through the Pyrenees Mountains to Spain. This is the first part of the El Camino Trail. It was a very strenuous hike for about a week.

I met so many interesting hikers from all over the world and everyone had a different story to tell and a different reason to want to hike the Camino trail. I hope to be able to return some day and do the next section of the El Camino Trail.

Q. How did the COVID affect your life and your outdoor activities?

MARIETTE: COVID did not really affect my hiking. I always believed the outdoors is the best place to be and I continued to enjoy being active. Because of my work, I have had a lot of experience and exposure to the COVID 19 virus and formed my own opinion based on my hands-on experience. I have the greatest respect and admiration for all workers who took risks and placed the needs of others over their own fears. I hope that what we will have learned from dealing with this healthcare crisis will motivate people to take better care of their health, physically and emotionally and address their own modifiable risk factors so we are all better prepared when the next crisis will hit us.

Q. What are some of your other interests?

MARIETTE: In addition to my athletic adventures, I like to sew and quilt. I work in my garden every day, spend time with family and friends and yes...discuss politics. I also belong to an investment club and have a keen interest in financial management. I currently also hold a real estate license, more as a personal interest and have not actively worked in that business. Maybe someday ?

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

MARIETTE: I am focused on taking good care of my health. I have been very blessed with great health so far, so in order to continue my good fortune, I take my vitamins and drink spinach juice every day. But... I have a terrible sweet tooth! Nothing is ever too sweet for me. I love my candy, I want the corner piece of the birthday cake with the flowers so I can get the most icing!!!

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

MARIETTE: I would like to thank all the volunteers, hike leaders and organizers of the OCSJ for all the work they do to keep the club running. I certainly have enjoyed the hiking very much and plan to participate as much as I can. Thanks to all of you for a great job.

SOCIAL COMMITTEE

John Kerney - Coordinator

Sneak Peak: A Fall Social for OCSJ Members is in the works for November at Riverton Country Club! More details to follow.

If you have any questions, suggestions, or would like to join the Social Committee, contact John Kerney, Social Committee Chair

(609)7067264 crewkern@live.com

"THE OCSJ MARKETPLACE"

The Place to: BUY - SELL - GIVE - BORROW

FOR SALE: Inflatable Kayak \$50 Good for easy lake paddling.

Air pump \$25

Paddle \$50

Contact Fran: Franhorn@aol.com or 856-287-6565

ISO: In Search Of a used Honda CR-V 2017 or newer.

If you are selling or know of someone who is selling.

Contact Janine: j9padge@gmail.com

TO GIVE: Free Car Bike Rack

Contact Barbara at bberman96@gmail.com

Submit your REQUESTS and OFFERS to: j9padge@gmail.com for publication in the next Newsletter and on our Website. Include a description of the item you are requesting or offering, price or terms of loan, and your contact information. All transactions will be conducted privately between the individuals.



Annual Calendar Contest: If you think you have a great photo, save it to your phone, camera or PC, so you can find it when it is time to submit your entries. Photos must be taken between September 2020 through September 2021 to be eligible for the 2021 contest.

Any questions, contact Mike Engel ikemengel@hotmail.com

ANNUAL MILEAGE CLUBS

Some of our members like to keep track of their annual mileage and have formed groups within the club. If you would like more information, please contact them.

The Grand Mileage Club - These hardy folks strive to hike 1000 miles per year. They report their mileage monthly to Jenny Buffington at TotallyBuff@comcast.net

500 & 750 Mileage Club - These folks strive to hike either 500 or 750 miles per year. They report their mileage monthly to Ann Palaitis at ann.m.palaitis@gmail.com.

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

Kayaking Mileage Club - Kayakers report their miles annually to Erika Blank at powerofpink58@verizon.net.

VOLUNTEER OPPORTUNITIES

We Need You

Board of Trustees - Interested in joining the OCSJ Board? 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

Publicity - Are you an influencer? Love social media and publicity? We would like to get the word out and have the OCSJ appear in more places both in print and online. Contact Janine Padgett at j9padge@gmail.com with any ideas or if you would like to help.

Social Committee - Seeking fun-loving people to help plan our social events. If you would like to join our Social Committee, contact John Kerney at crewkern@live.com

Website/Computer - Help Wanted - We are actively seeking someone with website/database/computer experience. 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. Go to **OCSJ.wildapricot.org** or download the Wild Apricot app to your mobile device. Click on the “**Join OCSJ Here**” button and follow the prompts.
2. Mail a check 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

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

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



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