



**Outdoor Club
of
South Jersey
NEWSLETTER
June 2022**



Kayaks On The Wading River

President's Message

Joe Fabian

One topic that I have been itching to broach is the most amazing people who belong to our club and step up for leadership and other volunteering positions. Often, I neglect to mention particular members, leaders and board members which should be understandable, since we have so many dedicated volunteers. We can always use some more. Apologies to our great leaders for being unable to constantly compliment them by name.



Above is a picture from an old timers' reunion hike for the Friday Night Fitness Hike done on a few May Saturdays in the daylight. Amazingly, we could see one another and the park in broad daylight. Anyway, three years ago on June 1, 2019, our dedicated leader Bob Hodges passed away. I understand from speaking with his daughter and co-workers that no one outside our group ever called him Bob, only Robert. A few of his regulars spoke with him in the hospital the days before he passed away. Aside from his remarks to me about hopefully obtaining prescription marijuana when he was discharged, he was very concerned about how long it would be until he could resume leading his beloved Friday Night Fitness Hike. He was kind of a quirky one-trick pony hike leader. He would not hike other than Friday night in Brendan T. Byrne State Forest. I recall his concern that the park was underutilized for recreation and that might cause its lands to be developed for housing and commercial development. For those who hiked with us over the many years, we can attest that almost no one was in that park on Friday evenings, especially in the winter.

After he died, a few of his regulars and his co-employees donated funds for a memorial bench which with much effort was assembled near the spot where his old white Jeep would invariably be parked on Friday evenings. Special mention would go to Cathy Edson for helping cut through red tape and park staff opposition to obtain approval by dealing with higher ups in the New Jersey Park Service to obtain approval. In the photo on the left seated on the bench are Mike Baker, a former OCSJ president, his wife Alison aka Ally, also a fill-in hike leader, myself on the right seated, Joe and Liz Amisson, a relative of mine and Steve Umansky. In the middle of the bench is a plaque with Bob's name on it and his role as an OCSJ club hiking leader. The Bakers are rarely seen in these parts as they are enjoying their retirement as recreational vehicle vagabonds, so they organized a popup hike. Do not ask Mike Baker what it costs to fill up his RV with diesel. Hopefully, Bob's long term concerns about New Jersey parks becoming adversely affected by commercial development will be groundless.

Let us get out there and enjoy the great outdoors!

Joe Fabian, President OCSJ President@ocsj.org

Vice President's Message

Barbara Berman

I recently returned from a wonderful 3- week trip in Scotland. We saw and did so much that my head is spinning. One thing I managed to do was to keep track of my walking/hiking miles since I belong to our 500-mile club. This means I have to walk/hike at least 500 miles a year. For me, it's a personal goal. I'm happy if I can hike 500 miles in a year, but if any of you are so inclined, we also having a 750-mile club and a 1000-mile club.

I was thinking about all the different terrain on which we walked/hiked. Other than going shopping, any place we walk can be counted. So, wearing my hiking boots (as you know, it rains a lot in Scotland), I set off with our tour guide and got as much physical activity as possible. It didn't matter whether we were in the woods, in a city, or in rural areas or on flat or hilly terrain. You would be amazed how much you think you can get in for the day/evening.

We all know the benefits of exercise. So, however you decide to schedule it into your day, just get moving. The OCSJ certainly has a ton of activities in which you can participate. Great way to enjoy the outdoors and set some personal goals at the same time if you want.

Barbara Berman, Vice President OCSJ vp@ocsj.org

Activity Chair's Message

Frank Pearce



Bears are slowly migrating to South Jersey, especially around their mating season. The mating season runs through June and July, and bears are out looking for new territory and a new mate.

If you encounter a black bear, the New Jersey Department of Fish & Wildlife recommends that you follow the following safety tips:

- Avoid direct eye contact, which a bear may perceive as a challenge. Never run from a bear. Instead, slowly back away.
- To scare the bear away, make loud noises by yelling, banging pots and pans, or using an air horn. Make yourself look as big as possible by waving your arms. If you are with someone else, stand close together with your arms raised above your head.
- The bear may utter a series of huffs, make popping jaw sounds by snapping its jaws and swat the ground. These are warning signs that you are too close. Slowly back away, avoid direct eye contact, and do not run.

- If a bear stands on its hind legs or moves closer, it may be trying to get a better view or detect scents in the air. It is usually not a threatening behavior.
- Black bears will sometimes “bluff charge” when cornered, threatened, or attempting to steal food. This can be very frightening for humans but do your best to stand your ground, avoid direct eye contact, then slowly back away and do not run.
- If the bear does not leave, move to a secure area.
- Immediately notify the DEP’s 24-hour, toll-free hotline at 1-877-WARN DEP (1-877-927-6337)
- Families living in areas with high black bear populations such as Mahwah, Oakland, Ringwood, or Wayne should have a “Bear Plan” for children with whistles, air horns, and an escape route.
- If a bear enters your home, provide it with an escape route by propping all doors open.
- If a black bear does attack, fight back.
- Never feed or approach a bear.
- Try to remain calm.
- Make the bear aware of your presence by speaking in an assertive voice, singing, clapping your hands, or making other noises.
- Make sure the bear has an escape route.

The New Jersey Department of Environmental Protection, Division of Fish and Wildlife, and Division of Parks and Forestry provides helpful information about black bears and living or visiting “Bear Country” in New Jersey. The convenient [Be Bear Aware - 2 page Fact Sheet](#) provides advice and safety tips for hiking, fishing, and camping in Bear Country and helpful tips on avoiding bears and staying safe if you live in Bear Country.

Frank Pearce hornet71@verizon.net

TRAIL MAINTENANCE NEWS

Trail Maintenance Representative:
Ro Mason





The new 1808 Trail and the connecting Sand and Water Trail opened on June 5 in Wharton State Forest across from Batsto Village. Rob Auermuller, the superintendent of WSF, opened the ceremony by thanking the OCSJ for clearing old logging roads to create the new trails. Smokey Bear was in attendance along with over 30 members of the OCSJ. Robert Steinfort, a member of the trail crew, wrote an original song that honors the trail and the crew sang along. Many of the trail crew wore special 1808 Trail shirts designed by Vince Kuczynski, another trail crew member.

Thank you to everyone on the trail crew who spent hours and hours of blood, sweat and tick bites to make the 1808 and the Sand and Water trails a reality. You are an awesome group of people to work with.

Ro

Rosemarie Mason, Trail Representative

To volunteer, email Ro at romason@comcast.net

[Click for Trail Maintenance Events](#)

CYCLING NEWS

Cycling Chair: Neil Kornhauser



Are you new to cycling?.....Are you a seasoned cyclist?....nice way to say you are older!.... Are you a weekend warrior?..... Is cycling your passion?.....Do you want to continue to ride as you get older?

If you answered "yes" to any of these questions, then you owe it to yourself to read or reread OCSJ's "GUIDE TO CYCLING". Kristin Fesko and I came up with our own helpful tips for cycling that cover: rules of the road, group riding etiquette, safety, first aid, gear needed for you and your bike, nutrition and many more tips. The guide is located on our website www.ocsj.org, click on the bicycling tab and it is there along with other useful documents. Here is the link if you do not want to go through our website: [Guide for Cyclists](#)

Just like any other activity, the more we do it the better we become at it...but sometimes we do take things for granted...never lose track of the fact that cycling is a dangerous activity since we share the roads with motorists and others and can change your life in an instant. For the trail rider or woods rider, trees, roots, stumps can be your worst enemy!

Take time to read and reread the guide and understand what is being said. If you see other cyclists not adhering to what has been written, make it your business to tell them what they need to be doing. We all want to be cycling (and living) for a very long time...never let your guard down....always be alert to the

dangers out there. If you will still be cycling after reading this, then happy cycling!

SEE YOU ON THE ROADS AND TRAILS!

Neil Kornhauser nkornhauser@gmail.com

[Click for Cycling Events](#)

HIKING NEWS

Hiking Chair: Diane Mason



Warm weather is here and so are the chiggers. Most of us know about ticks, but what do you know about chiggers other than they itch a lot? This month's topic is Hiking in Chigger Season.

What we call "chiggers" are the six-legged larvae of the chigger mite (sometimes called red bugs or harvest mites) and they reside in areas of tall grass and brush. Chances are you'll never see them; the larvae are only 1/120th to 1/150th of an inch. They do not carry or transmit disease. Chigger season usually starts when the soil reaches sixty degrees and usually ends at the first hard frost in Fall.

Contrary to popular belief chiggers do not burrow under your skin and they do not ingest blood. Instead, their bites inject saliva which contains enzymes that break down skin cells. They fall off after feeding. Hours to a day later bumps form, which may look like blisters or hives.

Since these bites can itch for days, prevention is best. Consider using a bug repellent that contains DEET, paying particular attention to areas of constriction: ankles, waistband, cuffs, and neck. Treat your clothing (never your skin) with permethrin. Walk in the center of trails avoiding brush. This may be a great time to explore paved urban parks, hiking the beach or boardwalk, or walking sand roads instead of single-track trail. If nature calls, look around carefully before answering; it only takes one stalk of grass. After hiking, brush off clothing or use a lint roller before getting in your vehicle. Shower as soon as you get home and wash your clothes in hot water. If possible, put those clothes in the washing machine before taking that shower. For most people chigger bites can be treated with over-the-counter hydrocortisone cream and taking an antihistamine such as Benadryl. However, contact your doctor for the best treatment for you.

MEETUP TIP

If you are having trouble signing into Meetup, try the following: Clear your browser cache and close your internet browser. Re-open your browser (do not use the meetup app on your phone or tablet), go to [meetup.com](https://www.meetup.com) and sign in from there. You can either click on your groups or visit [ocsj.org](https://www.ocsj.org) and click on the hiking schedule to return to the hiking group.

See you on the trails,
Di

Diane Mason hiking@ocsj.org

[Click for Hiking Events](#)

BACKPACKING/CAMPING NEWS

**Backpacking/Camping Chair:
Kevin Drevik**

Backpacking had a great trip in May with a beginner's backpacking trip at the Mullica River Campground. Ten of us hiked the 4 miles in, even though the temps went all the way up to 97 degrees on Saturday! Luckily, we were able to wade in the river after we arrived to cool off. Everyone got set up, we had a small fire (thanks Nancy!) and made S'mores (even though the chocolate was pretty melty). The next day everyone hiked out strong, and it ended a great weekend.

Backpacking has trips planned by several leaders over the next 2-3 months, so keep an eye out on the calendar. See you on the trail.

See you on the trail!

Kevin KDrevik@aol.com

[Click for Backpacking/Camping Events](#)

KAYAKING/CANOEING NEWS

**Kayaking/Canoeing Chair:
Frank Pearce**



[SAFETY FIRST \(The Basics\)](#)

- PFD (PERSONAL FLOTATION DEVICE) : Your most important piece of equipment! Nearly 70% of all boating fatalities are drownings and 90% of those resulted from NOT wearing a PFD. Pick one that fits, feels right. Some are gender specific. OCSJ requires that it be worn.
- Proper Footwear: Nearly 90% of all paddling injuries occur from walking around with bare feet. Don't wear flip-flops. Footwear should be closed.
- Clothing: Select synthetic fabrics, popular for their wicking qualities (drawing water away from your skin). The synthetic fibers dry quickly and help keep your body warm when it is cold out. Do not wear cotton. In water, the body loses heat 25 times faster than in air. Even on a relatively warm day it is important to wear clothes that dry quickly. This prevents both chilling and chafing. Use a dry bag for storing extra clothes, dry towel, etc. One rule to follow: always expect to get wet. Dress and pack accordingly.
- Sunscreen and a Brimmed Hat: Being on the water often means 100% sun exposure. Using a waterproof sunscreen with a high SPF is essential. UV rays are just as severe reflecting up from the water.
- A whistle for signaling: The Coast Guard requires it. Water Bottle with Water and a First Aid Kit.

Looking forward to paddling with you,

Frank Pearce hornet71@verizon.net

[Click for Kayaking/Canoeing Events](#)

Cross Country Skiing/Snowshoeing News

Cross Country Ski Chair: Barbara Brandt

We have 5 cross country ski trips planned for next winter:

1. North Conway, New Hampshire Jan.16-22
2. Stowe, Vermont Jan. 22-27
3. Pulaski, New York Feb. 17-20
4. Snowy Boonville, New York Feb. 20-24
5. Weston, Vermont Feb. 24-28

Details for all these trips should be posted on the Bicycling/Cross Country Ski Meetup site by the time this newsletter comes out (or shortly thereafter). You can also find the detailed trip information from the skiing drop-down menu on OCSJ.org once the trip is posted.

Note that signing up to attend these overnight events is more complicated than signing up for a day trip. Please read the entire trip description carefully and follow all instructions for reserving your place.

Barbara Brandt bbrandt46@gmail.com

[Click for XC Ski Events](#)

Member Spotlight

Spotlight On: Joe Broski

by: Vera Stek

It's always amazing to learn about the incredibly active and varied lives members of the Outdoor Club lead. Anyone imagining our members are purely athletes or outdoor enthusiasts would be quite mistaken.

Bike leader Joe Broski of Columbus is a fine example. A retired NJ State Trooper (thank you for your service, Joe!) he always loved the outdoors and has taken part in active vacations not only in South Jersey but also in Europe and even Africa.

He's also a wine aficionado and gourmet cook and spends a great deal of time giving back to the area and his sport by organizing groups to clean up the trash that inevitably accumulates in the "pristine" Pine Barrens.



Here's his story:

Q. Tell us about yourself.

JOE: I'm 65 years old, was born and raised in Runnemede, Camden County, and always enjoyed the outdoors. As a young teen I would give my mother grey hair riding my bike to the mall three towns away! I achieved my boyhood dream of becoming a NJ State Trooper in 1979 from which I retired as a lieutenant in 2004. I then worked as the township administrator in the municipality where I live for five years before retiring full time. My wife passed in 2010 and we have no children. I currently live in Columbus, Burlington County.

Q. When and why did you join the Outdoor Club? What benefits do you feel you've gained by belonging? What made you begin leading cycling trips? Do you belong to other outdoor activity clubs?

JOE: I first joined the OCSJ in the mid '80s and frequently did the Sunday morning breakfast rides. It was a fun group and we would stop at bagel shops or church basements for pancake breakfast. In 1990, I bought a house in Indian Mills and became a regular, attending hikes in the Pines, eventually becoming a trip leader.

In the mid '90s, for several years, I organized an Earth Day Cleanup in Wharton and Lebanon State Forests for the OCSJ. We would get 100

volunteers and made a huge impact cleaning up piles of trash. I moved to Columbus in 2002 and due to time obligations, had to discontinue being a member. I rejoined during COVID and got very involved with the cycling once again. I'm also an avid skier and belong to South Jersey Ski Club.

Q. Do you only cycle with the club or do you participate in other outings?

JOE: When starting back with the club during COVID, I did some hiking and trail maintenance outings but cycling is what I really enjoy. I am very impressed with the Trail Maintenance group and their projects.

Q. Do you have goals such as a certain number of miles per week or per year? Do you cycle year round?

JOE: I generally get out twice a week with the club for rides from April to October and have loops from my house that allow for a third ride that can be done in a pinch. Most rides are 22 to 35 miles, some are longer. I will do an occasional ride during the winter, weather permitting.

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

JOE: Our cycling chair, Neil Kornhauser, along with Kristin Fesko, put together an incredible OCSJ "Guide For Cyclists" with cycling safety and etiquette tips which is available on the club's website. I love the way technology has become part of the sport with computers, GPS, e-bikes, rechargeable headlights, etc. Technology is making the sport more available and interesting to participants.

Most important when signing up for rides is to stay with your ability. Do not sign up for faster or longer distances as it impacts the enjoyment of others and adds logistical/safety concerns for the leader.

Q. What are some of your favorite cycling trips?

JOE: While I do like the local mid-week trips in Burlington County, on weekends I like to cycle the shore towns before a day on the beach. I started leading trips to NYC which were very well received and have a couple new ones planned for this year. Other great places in the past were multi-day cycling trips to Nantucket and Lake Champlain.

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

JOE: I love traveling to Europe for enjoyment and did an organized cycling trip to Croatia in 2019. I am looking at a trip along the Danube (250 miles) ending in Vienna and Bratislava later this year. I have been to Italy 10 times, visiting

many wineries there as well as in France, Spain, Bulgaria. My most incredible vacation ever was 5 weeks in Africa, including a hike up Mt. Kilimanjaro.

Q. What are some of your other interests?

JOE: I have always had an interest in wine and belong to several wine appreciation groups. In 2010, I was elected to the Board of Directors of the American Wine Society and was the national president from 2019-20. I love to cook and belong to a men's gourmet group. Always looking for other men who like food and wine to join in the fun!

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

JOE: My late wife and I were married by the mayor in Siena, Italy, in the world famous Campo.

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

JOE: At \$20, the OCSJ dues is the best deal out there! Live and have a plan to do something every day. I cannot have back 5 minutes ago, 5 days ago, 5 years ago: It's gone forever.

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.

Maura Mawn, Corresponding Secretary mmawn@comcast.net



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.

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

[Marketplace Items](#)

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, 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****

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** 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](#)

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 follows and encourages practicing the
7 Principles of
Leave No Trace

[Click for LNT Info](#)



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