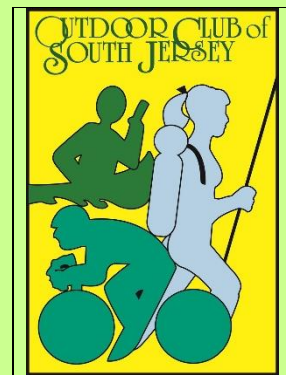


March, 2021

# March Newsletter

## Outdoor Club of South Jersey



March Calendar Photo - "Alpine Glow at Whitesbog" by Toni Pasquale

## President's Message

Joe Fabian

Spring is coming and daylight evening hours are being extended. While the intended original purpose was to avoid confusing the animals, whatever that means, our members will be able to take advantage of not only the long awaited warmer weather, but also more hours of after work daylight. Not all of our members are retired and able to regularly enjoy weekday mornings and early afternoon events.

I wanted to bring to the leaders and members attention a few procedural issues:

**Sign-in Sheets:** Recently, we had an incident where a participant had a serious health problem and had to be hospitalized. I learned that the participant, apparently a nonmember, had not signed in on the event sign-in sheet (which includes a liability waiver and emergency contact phone number). No one should be participating in events without signing the sign-in sheet. No one. The waiver protects the leader and club from liability. Without an emergency contact, if the person cannot communicate due to injury or health problem, medical treatment and other issues could become a serious complication. I am bringing the need to sign into the event to the attention of leaders and participants. Sign in, please! It is required per club procedures and protects everyone.

Leaders need to use the current waiver form which clearly states that carpooling is not part of any OCSJ activity. Among other reasons, our liability insurance does not cover operation of motor vehicles. This is more of an issue for backpackers and kayakers than cyclists and hikers. There have been sign-in sheets submitted that are not the correct form posted on our website. So, print out the current sign-in sheet and waiver and have everyone participating sign in.

**Personal ID:** Many cyclists, hikers and runners wear a bracelet sold under the trade name Road ID. The bracelet lists the person's name, address, emergency phone numbers and serious health conditions. This can be a lifesaver if the person has a medical issue during a solo or group activity. I am aware of several times where the police have been unable to identify a cyclist who was seriously injured or killed who had no identification. The same problem can arise for hikers and kayakers.

Two long-term members, Fran Horn, Frank Pierce and I attended a Zoom seminar to bone up on the responsibilities of all board members. The topics discussed had wide application to our corporate governance, meaning meeting procedures. Because the seminar materials are not copyrighted, I will share them as an email attachment upon request.

I wanted to remind everyone that no matter how much everyone is ready for the pandemic to be over, the nasty virus does not care. Please wear masks and maintain proper social distancing. Sadly, I have personally known people who have died from the virus and been seriously stricken.

I saw in our prior newsletter that a former OCSJ cycling leader was mentioned as convincing a member to buy a 10 speed bicycle. 10 speed bikes were a thing many years ago. I got my first one in the late 1960s. The correct spelling of his name is

Joseph Chudzinski. In looking up the spelling error on his last name, I was saddened to learn from a Courier Post obituary that he passed away at the age of 87 on December 4, 2020. Joe was a very tough fellow, a Marine and solid citizen. I know his stepson, Bill Munyon, well who is from Cape May County and rode across the country some years ago. I am saddened to learn of his passing.

Warmer weather is coming. Get the heck outside and safely enjoy our activities!

Joe Fabian President OCSJ [President@ocsj.org](mailto:President@ocsj.org)

## **Vice President's Message**

**Barbara Berman**

Spring has sprung, sort of. We are all feeling a sense of relief for several reasons – the weather is getting nicer, Daylight Saving Time begins, and more and more people are getting vaccinated. We will be able to increase the number of participants on our activities (per state guidelines), and we can now start offering events in PA, DE, and other states too . Our club has done a tremendous job in keeping things going during the pandemic. We all know how hard it has been to get on hikes and/or bike rides as they fill up very quickly. Our leaders work independently of each other, and they schedule their events based on their own individual schedules. Hats off to them for doing such a good job in keeping the club alive and well during these very troubling times! I know how frustrating it can be, because it has happened to me several times as well. Please understand we are doing the best we can. I have to admit that I've never done so much exploring in South Jersey as I have done this past year. I never would have known about all the beautiful places had it not been for the club.

As you know, this is a volunteer organization. Maybe you are even thinking of leading an activity? If so, feel free to contact the Activities Chair of that activity. They will walk you through the process of being a leader and will help you wherever you need help.

I would like to also remind you that the Board meets on the 2<sup>nd</sup> Tuesday of every month from 7:00 PM – 9:00 PM via Zoom. Non-board members are invited to attend. Think about joining us. This is your club, so if you have any suggestions, please let us know. We'll do our best to see if what you suggest can be implemented.

Barbara Berman Vice President OCSJ [vpocsj.org](http://vpocsj.org)

## Activity Chair's Message

**Frank Pearce**

The weather is getting warmer and Covid-19 cases have been falling. This is welcome news, but it is not time to throw away the masks and other measures just yet. Vaccinations are not a "go free pass" to end precautions. Keep others safe until COVID is history.

On another note, do not forget to remove your name from activities if you cannot attend. When you do not remove your name, you keep someone else from a 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.

Stay safe, consider others,

Frank Pearce [hornet71@verizon.net](mailto:hornet71@verizon.net)

## MEMBERSHIP UPDATE

OCSJ membership options have changed!

Auto Renewal Memberships options are now available.

Membership Questions: Please contact OCSJ at [membership@ocsj.org](mailto:membership@ocsj.org)

**HISTORIC  
CAPE MAY  
WEEKEND  
JUNE 18, 19  
& 20, 2021**



To start the summer season,  
you are cordially invited to join us for our annual Cape May outing.

Our headquarters, as in years past, will be:

THE CHALFONTE HOTEL

301 Howard Street

Cape May, NJ 609-884-8409

[info@chalfonte.com](mailto:info@chalfonte.com)

LIMITED TO OCSJ MEMBERS

TO CONFIRM YOUR RESERVATION: please return the application with your payment. Due to the high response to this event, we will accept reservations with payment as they are received by Jim Bodnar [JRBodnar@verizon.net](mailto:JRBodnar@verizon.net)

For more information and a trip application, please use the following link: <https://ocsj.org/TRIP-DETAILS>

## Spotlight

on:  
**Jenny Buffington**  
by: Vera Stek



Talk to a newer member of the Outdoor Club, or get to know a long-timer and you will be constantly amazed at the diverse interests of our membership. They have many other interests besides the one we all share: a love of the outdoors, whether you spend your time outside biking, hiking, kayaking, canoeing or skiing. After several years of doing Spotlights, I still find it fascinating at how little you can tell about people unless you really get a chance to know them and at how caring and giving most people who care about the outdoors and being active are.

Jenny Buffington is a fine example. She joined the club after a single outing and jumped in almost immediately to participate in any way she could and give back to the club and the environment. Not only is she a regular on trail maintenance days,

but she has recently taken over the job of compiling the Grand Mile Club monthly results. Though the pandemic put a little crimp in her activities, no doubt it's Jenny's positive attitude and good health from a lifetime of being active that has kept her going through it all. Here's her story:

*Q. Tell us a little about yourself.*

JENNY: I consider myself a South Jersey girl with New England ties. I grew up outside of Vincentown and currently live near Columbus. My father and I built a greenhouse when I was in high school, which took my gaze off of becoming a veterinarian to the greener fields of horticulture. I have worked in greenhouse production, floral design and landscape design. I am the fourth generation in my family to work in the ag/horticulture industry. I live with my husband Larry and our rescue dog Annie in an old Folk Victorian farmhouse.

*Q. When and why did you join the Outdoor Club? What benefits do you hope to gain by belonging?*

JENNY: After being invited by a club member to go on the Washington, D.C., bus trip in 2016, I decided to join. What could be better than being with such fun people on a regular basis? It was wonderful to find so many great folks who love to be outside like I do! The greatest benefit since joining has been the friendships that have developed. Another benefit of knowing other members is that there is always something new to learn. To get good advice and "pro tips" regarding hiking, backpacking and the wonders of the natural world is priceless.

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

JENNY: Being outside is so important to me! Having spent most of my life working outside, it seems unnatural to be inside for very long. I began hiking when I was 8 years old and have never stopped. I hiked the Monadnock Mountain range in NH throughout my teen years, eventually summiting Mount Monadnock 18 times! I have also hiked in Canada, ME, NY, NJ, PA, DE, MD, VA, WV, and SC. If I am visiting a new place and hiking is not an option, I walk as much as possible. You can learn so much by walking a new area.

*Q. Do you now have goals, such as a certain miles per week or per year, long-distance hikes? Any particular trails you'd like to hike? What made you decide to take over reporting the Grand Mile Club results?*

JENNY: Every January I set up goals and challenges for the year. Being in the GMC is the starting point for all that I plan to do. I make sure to get at least 25 miles per week either walking or hiking, to meet that challenge. This year I plan on doing a wider variety of hikes, such as summit hikes, hikes by waterfalls, and hikes out of

state. I don't have a particular trail in mind this year, but I am planning on what mountains to hike in NH and WV.

Taking on the GMC coordinator role seemed like a natural fit for me. It's a small way I can contribute to the club. I like to encourage people to live their best life every day and to never give up! I enjoy keeping in touch with OCSJ hiking friends, and have missed seeing some of them due to restrictions on hikes and activities.

*Q. What are some of your favorite Pine Barrens hikes? Places you've heard of that you haven't gotten to yet?*

JENNY: Because I am on the Batona Trail almost every week, I have enjoyed exploring other areas, such as the recent Estell Manor hike. Whitesbog is also a favorite. I have yet to hike Jake's Branch and have only hiked a few miles in Bass River. So many trails, so little time!

*Q. What made you get involved with trail maintenance? How difficult is the work and do you recommend others join in?*

JENNY: An OCSJ friend posted her adventures with the trail crew on Facebook, and it looked like fun! I especially liked the aspect of "giving back" to the hiking community and decided to give it a try. I've been hooked ever since! The work ranges from fairly easy to hard. Most days we clip back brush to keep the trails clear, other days there might be berm repair or footbridge repair that can involve heavy lifting or carrying. One thing that is constant is the camaraderie we share. Ro Mason is a fantastic leader and plans what we will do each week. It is amazing what gets done in a few hours. It's not for everyone, but I would recommend anyone interested and can "go with the flow" to give it a try.

*Q. How has the COVID affected your life and your outdoor activities? Do you think being active outdoors has helped you maintain good health?*

JENNY: I am very confident that walking and hiking, especially this past year, has maintained a good quality of life. So many things happen just by walking, besides the physical workout: The mental and emotional health benefits; strengthening the immune system; the absorption of vitamin D; the victory of facing a challenging weather day and going out anyway; and spending time with friends out on the trail to avoid isolation. When the parks were closed, I walked the roads. While there were so many things out of our control this past year, one thing I decided to control is to not be ruled by fear. I am deeply saddened to see the effect of this virus on my friends and their families. The losses are too deep. Words fail.

*Q. What are some of your other interests?*

JENNY: I enjoy anything that has to do with the natural world. I love to visit botanical gardens, especially Longwood Gardens in PA. In 2019 I took the Barnegat Bay Master Naturalist course because I knew very little about the Barnegat Bay

Watershed. What a fantastic course! It has led to volunteer opportunities such as sorting bare root seedling trees at FREC, to participating in bird counts, to taking water samples in local streams. I enjoy reading, meeting new people, hanging out with my friends, and spending time with my wonderful husband.

*Q. What's something about yourself that might surprise others to know?* JENNY: I am a Postcrosser! I send postcards to, and receive postcards from, people all around the world. I have a postcard collection topping 500 cards. It is so much fun to meet folks from different cultures and to "see" their homeland via postcard! Sending the perfect postcard to someone in another country isn't always easy, but the beautiful postcards from Whitesbog help me tie in this area of NJ with some of the things I like to do, such as trail maintenance and hiking, of course! I have found that in all of our diversity, we really do have so much in common.

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

JENNY: Make it a point to see something new, go somewhere new, or learn something new every week! Keep a journal of some sort. I keep three different ones: garden notes, a naturalist notebook, and a hiking notebook. It's fun to record things over the years; your own personal history in your own particular area of interest.

## BIKING

[www.meetup.com/Outdoor-Club-of-South-Jersey/](http://www.meetup.com/Outdoor-Club-of-South-Jersey/)

**Message from the Cycling Chair:**

**Neil Kornhauser**



February was a month of snowstorms, which meant that many road rides were cancelled. We did have a select group of diehards that braved the snow-covered



trails in the forests of South Jersey. The temperatures may have been in the 20's but that did not stop our guru of the Pine Barrens, Mike Engel, from leading trail rides.

Listening to the crunching of the snow under their wide knobby tires is just part of the thrill. Winter cycling clothing definitely feels overkill in a matter of 5 minutes since everyone is generating his or her own heat! Riding in the woods out of the wind is a great experience that everyone should try....if only once! March has come in like a lamb this year and the roadies are a lot more active. We have many rides and Paul Beatty has started to lead some late afternoon rides at 4:30. We have many riders riding 2 rides on the same day..... cabin fever?

As the weather starts to improve, keep watching our calendar for all sorts of rides for all paces from D (entry level) to fast B rides. Watch for our upcoming workshops before rides that will go over basic maintenance, especially hands on flat changing. Thank you to all of our wonderful leaders who certainly keep our club rolling.

Monthly DIY Tip:

As more people get on bikes because of the pandemic, be very careful about straps, laces and bags. Double up your shoelaces, especially on the chain side so as not to become entangled in the chain. This will absolutely ruin your day. Make sure all straps, clothing and bags do not flap in the wind, the last thing you want is a something getting caught in the spokes. Remember accidents happen in a split second.

As always, thank you and see you on the road and trails,

Neil Kornhauser [nkornhauser@gmail.com](mailto:nkornhauser@gmail.com)

## TRAIL MAINTENANCE

[www.meetup.com/Outdoor-Club-of-South-Jersey-Hiking/](http://www.meetup.com/Outdoor-Club-of-South-Jersey-Hiking/)

**Message from the Trail  
Maintenance Chair:**

**Ro Mason**



Hi!

The OCSJ trail crew completed trimming and blazing the 7 miles of the Batona Trail in the Franklin Parker Preserve section along with assisting Russell Juelg, the land steward, with replacing two failing footbridges.

This month we are assisting the Wharton State Forest staff with trimming the Batsto White Trail and installing an "anti-wet feet" trail enhancement on the Tom's Pond and Yellow Trail.

After the Wharton SF projects are complete, we are going to tackle the popular Red Trail in the Franklin Parker Preserve.

Since October, the crew has trimmed and re-blazed approximately 20 miles.

Thank you, Crew Members!!!

*Ro Mason is our Trail Representative. To volunteer, email Ro at [romason@comcast.net](mailto:romason@comcast.net)*

## HIKING

[www.meetup.com/Outdoor-Club-of-South-Jersey-Hiking/](http://www.meetup.com/Outdoor-Club-of-South-Jersey-Hiking/)

**Message from the Hiking  
Chair:**

**Evelyn Minutolo**



Good News! PA is open for hiking, groups up to 25 are allowed! Hopefully Rich Kranz can get us back to the Wissahickon soon! Shimon and Mike can lead us in French Creek and Ridley park and we can spread our wings again! We have gained a few new leaders, which means more hikes. If you are on the fence about leading, please consider stepping up. Last week I was able to hike 40 miles on club hikes! Not bad for working full time.

We also need to be thoughtful hikers. Today, I brought plastic grocery bags and we managed to fill 7 on a hike in Bridgeton. As a club, we need to leave each park nicer than we found it. I encourage you to bring a bag on your next hike and pick up some trash.

Also, the people canceling in under 24 hours are causing those on the waitlist to miss out on the hike. Yesterday we had 9 no-shows and today we had 2 cancellations the morning of the hike, preventing those on the waiting list from getting to the hike on time. Please be considerate of your fellow hikers and try to cancel at least 24 hours in advance. Sometimes people are signed up for more than one hike at a time, which also causes problems for others.

Spring is popping up, the temperature is rising and the sun is shining! Let's Go Hiking!

Thank you, and see you on the trails.

Evelyn [SunsetWaterfall@aol.com](mailto:SunsetWaterfall@aol.com)

## **Backpacking/Camping Trips**

[www.meetup.com/Outdoor-Club-of-South-Jersey-Hiking/](http://www.meetup.com/Outdoor-Club-of-South-Jersey-Hiking/)

**Message from the  
Backpacking/Camping  
Chair:**

**Kevin Drevik**



Schedule for 2nd quarter of 2021 is currently looking like this:

[Hike the Appalachian Trail in Virginia | Meetup](#)

Month	Date	Start	End	Timeline	Map	Dist
Apr	11-13	VA56	Salt Log Gap	3 day Wknd	VA 17-18	16.9

[Beginner's Hike on Appalachian Trail in Pennsylvania | Meetup](#)

May	15-16	PA309	Bake Oven Knob	Wknd	PA 20-21	9.3
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Beginner

[Hike the Appalachian Trail in Vermont and New Hampshire | Meetup](#)

June	12-14	VT9	North Adams MA	3 day Wknd	VT 9	19.3
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*See you on the trail!*

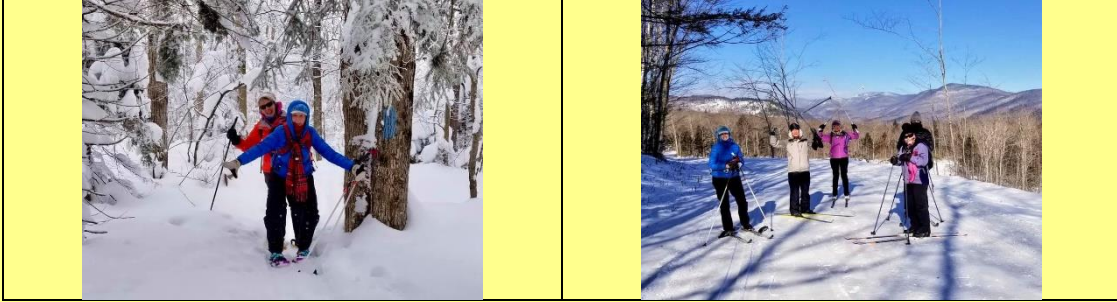
*Kevin*

\*If you would like to organize a trip or for backpacking information, contact Kevin at [KDrevik@aol.com](mailto:KDrevik@aol.com)

## **Cross Country Ski and Snowshoe Trips**

[www.meetup.com/Outdoor-Club-of-South-Jersey/](http://www.meetup.com/Outdoor-Club-of-South-Jersey/)

**Cross Country Ski Chair: Vacancy - Volunteer Needed**



## **KAYAKING**

[www.meetup.com/Outdoor-Club-of-South-Jersey-Canoeing/](http://www.meetup.com/Outdoor-Club-of-South-Jersey-Canoeing/)

### **Message from the Kayaking Chair:**

**Frank Pearce**

Due to the COVID-19 situation, our original trips schedule for 2020 were mostly canceled. We hope to start running a reduced schedule for 2021. Unlike most club activities, paddling usually involves shuttles. This presents additional COVID-19 concerns. (Note shuttles are not part of the official paddle activity. You make your own decision on participating in a shuttle.) We may start with lower-risk trips that do not need ride sharing.

New leaders are always welcome. Contact me if interested, and we will arrange for the process to become a leader.

See You on the Water,

Frank Pearce [HORN71@VERIZON.NET](mailto:HORN71@VERIZON.NET)

## **SOCIAL COMMITTEE**

**John Kerney - Coordinator**

Dear Fellow Members:

I am pleased to announce that the Social Committee is again active and holding events. We have recently held an event called FRIDAY NIGHT MOVIES. We have found this event is a great way to get out and be safe. So far, we have attended 4 movies and will plan more events. Look for more FRIDAY NIGHT MOVIES posts on Meetup.

John Kerney - Social Committee Coordinator - [crewkern@live.com](mailto:crewkern@live.com)

## **Leaders' Banquet**

Our plans for our annual Leaders Appreciation Banquet are currently on hold due to the COVID-19 restrictions.

## **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](mailto: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](mailto:ann.m.palaitis@gmail.com).

**Bicycling Mileage Club** - Bikers report their miles annually to Neil Kornhauser at [nkornhauser@gmail.com](mailto:nkornhauser@gmail.com).

**Kayaking Mileage Club** - Kayakers report their miles annually to Erika Blank at [powerofpink58@verizon.net](mailto: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](mailto: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](mailto: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](mailto: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](mailto:president@ocsj.org)

## **OCSJ MEMBERSHIP**

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

1. Go to [OCSJ.wildapricot.org](http://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](mailto:membership@ocsj.org)

## OCSJ PARTICIPATION POLICY

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 to attend future events and activities.

Participants on activities which charge a fee 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 a fee. Participants on overnight trips that charge a fee 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](mailto:president@ocsj.org))

## MEETUP

To receive up-to-date club events and activities, join Meetup. It is helpful to include a photo of yourself on your Meetup profile. This is helpful for the leaders to 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 in Meetup. 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



**Like us on Facebook:**

**Outdoor Club of South Jersey**

**Follow us on Instagram:**

**outdoorclubsj**

[Unsubscribe](#)