



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



**Red Trail Bridge in Franklin Parker Preserve**

## **President's Message**

**Joe Fabian**

Spring, in case you have not noticed, is fully underway. On May 1st, the OCSJ Leaders' Appreciation Banquet was held at the scenic Riverton Country Club. Those activity leaders who led the required number of events in their section

were invited to attend and we had a solid turnout. I made an exception to invite Joe Hummel, our oldest active hiking leader, to attend as my special guest. He is still co-leading hikes at age 92. He is an inspiration to us younger folks!

We enjoyed delicious food, face to face comradery with great leaders, pep talks and discussed suggestions to improve our beloved club. An appreciation gift of a lunch bag/cooler was distributed. Several board members gave positive reports on activities in their sections including Neil Kornhauser, our Cycling Chair, Di Mason, our Hiking Chair, Ro Mason, our Trail Maintenance Chair and Membership Secretary, and Frank Pearce, our overall Activities Chair and Kayaking/Canoeing Chair.

We would also like to extend our gratitude to Barbara Berman, our Vice President, for planning and organizing this event. She was assisted by Jeff Fields. Kristin Fesko created the beautiful flower centerpieces.

Unlike the Leaders' Appreciation Banquet, the Annual Club Picnic scheduled for May 7th ran into a snag. Mother nature did not cooperate. The weather that day included heavy rain, strong winds and cold temperatures. This outdoor event had to be postponed until Saturday June 11th, the next available date we could reserve at the Pakim Pond pavilion. I am certainly aware that June 11th conflicts right in the middle of our Annual Cape May weekend at the Chalfonte Hotel. It could not be helped.

We need to be deeply appreciative of Diane Mason and Ro Mason for jumping on top of this problem and coordinating rescheduling with the caterer. We are hoping for fine weather on June 11th for both major club events. A new Meetup event will be posted for the rescheduled picnic. Be sure to sign up early, as space is limited. The Cape May Weekend trip is fully booked.

Finally, get yourselves out and about enjoying the spring weather.

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

## Vice President's Message

**Barbara Berman**

One of the perks we decided to re-introduce to the club was CPR/First Aid training. I am sure you all agree that this is very important for the leaders to at least know what to do in case of an emergency. Whether we are riding our bikes, paddling our kayaks, cross-country skiing, or hiking, knowing what to do if a crisis situation developed would be very helpful.

We are in the process of organizing the classes during the summer at this time. The classes are going to be 1.5 hours long, and we will be certified at the end of the session. We are going to start the roll-out with the leaders and hoping to offer sessions for the general membership at some point. Of course, if you want to hop on the bandwagon early, you can always become a leader. Stay tuned!

Barbara Berman, Vice President OCSJ [vp@ocsj.org](mailto:vp@ocsj.org)

## Activity Chair's Message

**Frank Pearce**

As with any organizations, we have policies and rules. Here's a reminder of some of our important Policies and Rules along with a link to a more complete list: [OCSJ POLICIES/FORMS](#)

- Everyone must sign a waiver form before the activity
- A paid member can bring a non-member as a guest (on one of each type of activity) with leader approval
- Parents or designated adults THAT ARE CURRENT OCSJ FAMILY MEMBERS are responsible for minor children (under 18) and must sign for them and accompany them
- Carpools and shuttles are not part of club activities
- Alcohol is not permitted on club activities with few exceptions such as Cape May Trip where host has insurance coverage.
- Alcohol is permitted after a club activity, however, do not post pictures that include alcohol on Meetup
- Cyclists must wear helmets while riding
- Canoers and kayakers must wear PFD's when on the water

- Policy on Late Cancellations and No Shows (9-2019) ; Members who RSVP for an event and do not show up 5 times within 12 months will be removed from Meetup for a period of 6 months. They will be reminded of this policy and given a warning after 3 no shows. Members who RSVP for an event and cancel at the last minute (within 24 hours of the event) 10 times within a 12 month period will be removed from Meetup for a period of 6 months. They will be reminded of this policy and given a warning after 5 last minute cancellations.

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

## TRAIL MAINTENANCE NEWS

### Trail Maintenance Representative: Ro Mason

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The OCSJ trail crew has been working on the 1808 Trail in Wharton State Forest on just about every Tuesday since January. We started when there was ice and snow on the ground. The official opening of the 1808 Trail will be on Sunday, June 5, which is the day after National Trails Day.

The trail is a former logging road from the late 1700's. It is approximately 3 miles long and connects to the Batona Trail. There are 12 water crossings on this beautiful trail that takes hikers through the heart of historic Mordecai's Swamp, listed on a map dated 1808. If you are signed up for my Mystery History Hike on May 18, you will get a sneak peak of the trail.

The 1808 sign was created by Trail Crew member, Vince Kuczynski from a piece of downed cedar from Mordecai's Swamp.

Thank you to everyone on the crew for spending many, many hours of your time to make this trail become a reality.

Ro

Rosemarie Mason, Trail Representative

To volunteer, email Ro at [romason@comcast.net](mailto:romason@comcast.net)

[Click for Trail Maintenance Events](#)

## Cross Country Skiing/Snowshoeing News

### Cross Country Ski Chair: Barbara Brandt

At present, we have 5 trips planned for next winter. All are back-to-back with at least one other trip to make it possible to string them together and have a longer ski experience up north in snow country without heading back to New Jersey in between.

All trips are being announced at the Apres Ski Party ([Apres Ski Party Info](#)) on May 21. This is a great opportunity to ask detailed questions about the trips. It is also a great opportunity for would-be skiers to get information about equipment, appropriate clothing, instruction, etc.

Please note that our xc trips will be posted on the Bicycling/Cross Country Skiing Meetup group ([XC Ski Meetup](#)) after May 21. You must join Meetup and join that group in order to get notifications of new trips if you are not already a member. Trips will also be posted on our website, [www.OCSJ.org](http://www.OCSJ.org).

We are brainstorming on how to set up a mechanism to create and publicize last-minute pop-up day trips (or close weekend trips) when we get skiable snow down here in New Jersey. Any suggestions or ideas would be welcome.

Barbara Brandt [bbrandt46@gmail.com](mailto:bbrandt46@gmail.com)

[Click for XC Ski Events](#)

## CYCLING NEWS

## Cycling Chair: Neil Kornhauser



OCSJ cycling continues to offer adventures all over South Jersey and beyond. New Jersey may be small, but the opportunities for riding on lonely country roads and in the woods are abundant. Many of our members and leaders are retired so the term “weekend warrior” doesn’t really exist in our club. Last year we had 341 rides, not including the ones that were canceled due to weather. I fully expect 2022 to meet or exceed this number.

Our Wednesday evening rides are in full swing and everyone out there is having a blast. What better way is there to get exercise and socialize after a day at the office (for those that still work). I would definitely like to get more leaders and offer evening rides other days of the week.

OCSJ still offers you a PREMIUM “*Ride With GPS*” club account with many benefits over the RWGPS free account. OCSJ pays a flat fee and you get at no charge a RWGPS PREMIUM ACCOUNT. If you were not a member of OCSJ you would have to pay \$80 per year for this. The Premium account includes voice turn-by-turn directions on your smartphone, advanced route editing, custom cue sheets, live logging, offline maps and much more.

If you are a paid member of OCSJ you must email Neil Kornhauser [nkornhauser@gmail.com](mailto:nkornhauser@gmail.com) to get the special link to join our club account.

### DIY TIP OF THE MONTH

When was the last time you checked your brake pads if you have rim brakes? Have you ever cleaned your rotors and brake pads if you have disk brakes? Now is a good time to do some service. If you do the work yourself, take the time to check your brakes. Brake pads for rim brakes do get glazed over time and you lose stopping ability; replacing them only takes a few minutes. For disk brakes, using rubbing alcohol on the pads and rotors will make them perform much better. Take the wheel out of the frame and “floss” the pads with a paper towel soaked in rubbing alcohol. Clean both sides of the rotors also with a fresh paper towel soaked in rubbing alcohol. REMEMBER, DO NOT SQUEEZE THE BRAKE LEVERS WHILE THE WHEEL IS REMOVED.

SEE YOU ON THE ROADS AND TRAILS!

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

[Click for Cycling Events](#)

## HIKING NEWS

### Hiking Chair: Diane Mason



Summer weather will soon be here. Are you ready to hike in the heat? For our newest OCSJ members, this may be your first summer of hiking in the heat. This month's topic has five of the most common tips to keep in mind:

“Tips for Hiking in Hot Weather”

1. Learn more about heat exhaustion and heat stroke. Symptoms may include nausea, muscle cramps, headache, confusion, and lack of sweating. I'm not a medical expert, so do your own research into these serious health concerns.
2. Stop often to drink water. Even when your legs are in the groove, your pack is adjusted perfectly, and the last thing you want to do is stop...Stop anyway.
3. Wear loose, light colored layers. Peel off a layer before you get sweaty. A damp shirt may mean being chilly when the group stops for lunch.
4. Wear a hat with a brim. Don't assume there is shade in the woods. Pine trees don't offer much shade and white sandy trails reflect a lot of sunlight.
5. During the lunch break, take off your shoes and socks. Letting your feet dry out helps avoid blisters.

Never feel embarrassed to ask your leader for a clothing adjustment, water, or rest break. Your leader won't mind stopping if it means keeping you safe and healthy.

Give a big welcome to our new leaders:

- Bill Tahirak
- Fritz Schwager
- Michael “Moto” Louise
- Tammy Mills

Are you interested in being a leader? Please email me!

Meetup Tip:

How to find the **Edit RSVP** button: First, make sure you are logged into Meetup. Then go to the event and scroll down. Keep scrolling. Scroll past

Events Near You. You will eventually come to the box that will allow you to edit your RSVP. It is further down than you think.

See you on the trails,  
Di

Diane Mason [hiking@ocsj.org](mailto:hiking@ocsj.org)

[Click for Hiking Events](#)

## **BACKPACKING/CAMPING NEWS**

### **Backpacking/Camping Chair: Kevin Drevik**

Backpacking/Camping continues hot & heavy...

We have our beginner's hike this month, May 21-22. Spaces are still available. In June we are going to Vermont, and in July and August, we have trips in New Hampshire. Finally, in September we've got a trip scheduled for northern New Jersey. Additional trips will likely pop up over the next several months as the leaders schedule them.

See you on the trail!

Kevin [KDrevik@aol.com](mailto:KDrevik@aol.com)

[Click for Backpacking/Camping Events](#)

## **KAYAKING/CANOEING NEWS**

### **Kayaking/Canoeing Chair: Frank Pearce**



The weather gremlins canceled the Spring Picnic in May, so we'll try again on June 11th. For those who have never paddled before or just want to get out on the water, the Spring Picnic offers the perfect opportunity. Canoe/Kayak Meetup members will have various canoes and kayaks on site for members to try out. In addition, you will have the opportunity to get information about the sport from seasoned paddlers and ask any questions you may have.

If you are goal oriented, consider participating in the Mileage Club. For more information on the mileage club go to: [Paddling Mileage Club](#)

To make the 2022 paddle season even better than 2021, you should consider becoming a leader. Benefits: Not being on a wait list, paddling when and where you want, complimentary membership for the following year after leading 3 paddle trips in 2022, and an invitation to the Leaders' Appreciation event for you and a guest.

Welcome our newest paddle leaders who ran their first paddle:  
Sally Barry and Frank Burke

Looking forward to paddling with you,

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

[Click for Kayaking/Canoeing Events](#)

## **Member Spotlight**

### **Spotlight On: Mona Freedman**

**by: Vera Stek**

Ever since she was a little girl living on Long Island, Mona Freedman has loved to bike. She's done other outdoor sports such as hiking and kayaking, but biking is her true love.

While she loves biking in the Pine Barrens and biking alone, which she had to do at the start of the pandemic, Mona especially enjoys the camaraderie of the group bikes and traveling to other places to cycle. As a bike leader with OCSJ, she's thrilled to share her experience, expertise and enthusiasm.



Here's her story:

*Q. Tell us a little about yourself.*

**MONA:** I was born in Brooklyn, NY, in 1944 and grew up on Long Island. I have lived in Cherry Hill since 1973. Two years ago we sold our house and moved into an apartment also in Cherry Hill.

My first husband died in 1983 and 3 years later I met and married a wonderful man. We successfully blended our 4 kids. We now have 5 grandchildren scattered all over the country. I recently retired from the University of Pennsylvania and now have all the time I want to bike with OCSJ.

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

**MONA:** I actually joined the Outdoor Club in the late '70s or early '80s and biked with them every Saturday. After my first husband died, I stopped biking with groups and joined OCSJ again in 2010. I joined again because I wanted to ride with a group. I thoroughly enjoy the camaraderie of a group ride. I always meet interesting people who have traveled on bike trips. It is much safer to be with a group on the road than alone.

A few years ago, I felt I wanted to give back to the group and began leading rides. I enjoy leading on rails to trails such as the D&R canal and the Columbia trail. In the fall, I led a ride on the Schuylkill River Trail to Phoenixville and in spite of cold winds, we all had a great time.

*Q. Do you only bike with the club or do you participate in other outings? How long have you been biking? What kind of bike do you have and what kind of equipment do you recommend for others? What's your most important piece of biking equipment?*

**MONA:** I recently joined in several hikes and enjoyed those as well, but biking is my first love. I have been biking since I was 9 years old and my friends and I rode all over near our town on Long Island. I took a short break when I got my driver's license, but went back to biking as a young mother with a kid seat on the back of my bike.

After we moved to Cherry Hill, I became very serious and tried to ride as often as I can. I currently own 4 bikes. One is on a smart trainer for days I can't get outside, one is a hybrid that I take on trail rides, one is a mountain bike and I have a road bike for most of my riding.

The most important thing in finding a bike is the fit. Make sure you go to a shop that knows how to fit you to the bike. A bike that is either too small or too big won't be comfortable or safe in the long run. Most people don't need the most expensive bike, but they should get one that is well adjusted and safe. That means having a used bike checked out carefully, and having new bike fit well and understand all the features such as brakes and gearing.

My most important piece of equipment is my MIPS helmet. Everyone should ride with a well fitting helmet that protects against concussion as well as possible. A rear view mirror is the next most important piece of equipment.

*Q. What's the farthest you've ever biked? Do you have goals such as a certain number of miles per week or per year? Do you bike year round? Has the pandemic interfered with your biking?*

**MONA:** The farthest I have biked in one day is 78 miles on both the MS and the ACS rides. My goal is to bike between 75 and 100 miles a week, but that is a harder goal to reach in the winter or on days with bad weather. I do bike all year round, but I don't bike if the temperature is below 30 or the winds are above 15mph. I am a weather wimp.

The early days of the pandemic found me back to biking on my own. I was able to purchase a Garmin Variant light that connects to my Wahoo bike computer and shows cars coming up behind me. It's a great piece of equipment and shows up to 5 cars in line along the left side of my computer. It also beeps and flashes red when cars are behind or passing.

As far as charity rides go, I currently only do the ACS ride but I have done the MS ride as well. I have done shorter charity rides such as Legacy Ride for Thrive, which has routes from 25 miles to about 65 miles.

*Q. What are some important bike safety tips you can pass on?*

**MONA:** It is important to be very aware of your surroundings and make sure you have a mirror and helmet. Look for group rides that are in keeping with your abilities. Becoming tired on a ride makes you more likely to make a mistake. Before an important ride, eat well and get enough sleep.

Before every OCSJ group ride, the ride leader will give a little safety talk and it is important to listen carefully and ask questions if there is something you don't understand. We follow the rules of the road and bicycles have the same travel rules as cars. Stay as far to the right as safely possible, watch for hazards such as holes, debris and anything else that can give your wheels or tires a problem. Pump your tires before each ride and learn how much air they can take. Make sure your bike is in good working order, brakes and gears behave as expected. Again, a helmet and mirror are essentials.

*Q. What are some of your favorite places to bike?*

**MONA:** D&R Canal, Columbia Trail, SRT, Brenden T. Byrne State Forest and Rancocas Woods. Also, any place in southern New Jersey on quiet, open roads.

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

**MONA:** I am scheduled to go to France in June. I am very excited. This is a bike and barge through Northern Burgundy with 8 other members of the OCSJ.

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

**MONA:** I have been a fiber artist; quilting, weaving, knitting and sewing.

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

**MONA:** I have a twin sister. She lives in Bend, OR. She is a nephrologist and spent her career in both Academic Medicine and Big Pharma.

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

**MONA:** I really enjoy spending time outside and being active. I have tried kayaking and cross country skiing as well as short hikes with the Club, but biking is my first love. I often tell people that I am a one trick pony.

## Corresponding Secretary

**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](mailto: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 we will publish it in our next Newsletter.



### XC-Ski Apres Ski Party May 21st

It's a traditional fun and informational event for OCSJ xc-skiers and would-be skiers to get together to celebrate past seasons and learn about what's planned for 2023.

This will be an opportunity to hear trip leaders describe trips planned for next winter. Everybody can ask questions, and newer skiers can find out about trips, equipment recommendations, lessons, etc.

John and Ann Palaitis have volunteered their home in Medford, NJ as the site for the event. The party will be outdoors as much as possible and COVID Rules applicable at the time will apply. Rain date is Sunday, May 22.

For more details and to sign up to attend please follow the link to the Bicycling/XC Ski Meetup site listing.

[https://www.meetup.com/Outdoor-Club-of-South-Jersey/events/285024471?utm\\_medium=referral&utm\\_campaign=share-btn\\_savedevents\\_share\\_modal&utm\\_source=link](https://www.meetup.com/Outdoor-Club-of-South-Jersey/events/285024471?utm_medium=referral&utm_campaign=share-btn_savedevents_share_modal&utm_source=link)

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

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

**Kayaking Mileage Club** - Kayakers report their miles annually to Frank Pearce at [hornet71@verizon.net](mailto: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 previously listed Items

[Marketplace Items](#)

Submit your REQUESTS and OFFERS to: [j9padge@gmail.com](mailto: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](mailto: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 about it on your next event. Let the leader 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](mailto: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](mailto:president@ocsj.org)



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

[Click for LNT Info](#)



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