

November, 2021



**Outdoor Club
of
South Jersey
NEWSLETTER
November 2021**



Photo Contest Winner
"Down to Ridley Creek" by Steve Gross

President's Message

Joe Fabian

Fellow OCSJ Club Members, Leaders, Volunteers and Board of Trustees,

I would like to begin by thanking everyone for having faith in me to serve as President when sometimes I questioned my ability to lead. Certainly, my first two years have been unexpectedly challenging. Hopefully, my next two years in this role will be less so.

We have achieved our goal of significantly increasing club membership which is good, very good. I wanted to briefly discuss several topics. First, our leadership plays a key role in our communities. As volunteers we help develop a combination of knowledge, skills, values, achievements and motivation that make a difference among ourselves and fellow outdoor enthusiasts. For example, Ro's trail maintenance group plans and builds trail bridges as a very well coordinated group activity that benefits many using the Pine Barrens.

Second, I read a recently published study from the Center for Disease Control. Among adults ages 18 to 64 years old (no data collected on older

Americans), a mere 22.9 % met the leisure time physical activity guidelines of 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity per week. Meeting that standard is associated with better health and longer life, something most adults view as important. Our club activities provide enjoyable group social fitness activities so we can become and remain healthy.

Third, I would note on a personal matter that I continue to explore new outdoor activities with the club as well as venturing out on my own. I spent a couple days hiking in Ricketts Glen State Park in Pennsylvania. The hiking trails were challenging and I know that I met my physical activity minutes that week.

Finally, I wish everyone a happy and joyous Thanksgiving holiday.

Joe Fabian, President OCSJ President@ocsj.org

Vice President's Message

Barbara Berman

YAY for OCSJ! We are still running strong, despite all the challenges with the pandemic, and have even more activities for our members in which to participate. In fact, our membership keeps growing. As it keeps growing, we are going to need more and more volunteers to help us out. Our club is for you, so your participation is always welcome. Be on the look-out for opportunities if you want to get more involved. With that being said, we have lots of events coming up during the Holiday season. There are a number of hikes, our soup gathering to celebrate the holidays, biking through the winter, etc. We look forward to seeing all you at our activities – the more, the merrier.

Barbara Berman Vice President OCSJ vpocsj.org

Activity Chair's Message

Frank Pearce

It is important to note that car shuttles are *not* part of club activities. Participation in a car shuttle is voluntary. Drivers have the right to decide who is permitted in their vehicle. Getting into a vehicle with other people is a personal choice, and masks are strongly encouraged. If anyone has concerns, they should discuss their concerns before participating.

If you have RSVP'd to attend an event and cannot, please be courteous and cancel so that others can attend. Do this at least 24 hours before the posted activity start time.

Stay safe,

Frank Pearce hornet71@verizon.net

CYCLING NEWS

Cycling Chair: Neil Kornhauser



What to wear...that is the question! This time of year can certainly be challenging as the temperature fluctuates greatly day-by-day. It may be 35

degrees at ride start time but 65 degrees near the end. Layering is the key to being comfortable on the ride.

The general rule of thumb is to wear tights if the temperature is 55 or below. Leg warmers are another good option, this way they can be removed easily. Wool socks will keep your feet warmer, but as the temps dip, wear either toe warmers over your shoes or full booties. Cycling gloves come in many different weights and they come in full fingers or lobster mittens.

If you do not want to wear a winter weight long sleeved jersey, wear a long sleeved base layer under a short sleeved jersey. Remember NO COTTON! If the temps are cool at the start, wear a jacket. Layering gives you the option of removing a layer or two given the temps. Consider wearing a backpack so you can put your jacket inside.

As far as what to wear under your helmet, you have options: choose either a skullcap, a headband or if it is really cold, a full-face balaclava.

It may take you a while to dial in what to wear, but if you pay attention to the projected temps, you should be much more comfortable out there on the roads or trails.

See you out there!

Neil Kornhauser nkornhauser@gmail.com

[Click for Cycling Events](#)

HIKING NEWS

Hiking Chair: Diane Mason

The fall hiking season is in full swing. There were 72 activities on the hiking calendar in October led by 29 different great leaders who made it all possible. November is shaping up to be even better.

Speaking of hiking leaders, please welcome our newest, Barbara Brandt and Pat Kalinowski. Both longtime OCSJ members, they saw a need for more hikes, and offered something new and different in their areas. Please contact me if you

would like to lead a hike in your area. (Did you know that if you lead six or more hikes in a calendar year, your OCSJ membership is free?!)

In an effort to reduce the number of club members stuck on a “waitlist”, the OCSJ Hiking group on Meetup was reviewed. Twelve dedicated volunteers researched over 2,200 names. Those who were not paid OCSJ members were removed from the group, but we need to reduce the waitlists even more. More leaders mean more available hikes for everyone (Remember, a leader is never on the waitlist for their own hike).

We had our first hard frost in the Pines (yay!!). Why am I so excited, you ask? Chiggers are usually killed off by a hard frost. The chance of getting chigger bites is now much lower. Ticks are still active so continue to do tick checks after a hike.

That’s all the news for now. Talk to you next month. - Di

Diane Mason hiking@ocsj.org

[Click for Hiking Events](#)

Backpacking/Camping News

Backpacking/Camping Chair: Kevin Drevik

The last backpack trip of the year will be the tough trip in central Virginia. Keep checking Meetup for when backpacking will resume.

Hope to see you out on the trails!

Kevin KDrevik@aol.com

[Click for Backpacking/Camping Events](#)

KAYAKING/CANOEING NEWS

Kayaking/Canoeing Chair: Frank Pearce

Thank you to all our leaders for another great year. We look forward to the Spring.

If any paddling activities are scheduled for November through March, it is club policy that all paddlers must wear wet or dry suits subject to approval of leaders.

Frank Pearce HORNET71@VERIZON.NET

[Click for Kayaking/Canoeing Events](#)

Cross Country Skiing/Snowshoeing News

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

[Click for CC Ski Events](#)

There are two Cross Country Ski trips planned:

Cross Country Skiing in the White Mountains of New Hampshire

Monday, January 17, 2022 to Monday, January 24, 2022

Swiss Chalets Village Inn, Intervale NH

<https://www.meetup.com/Outdoor-Club-of-South-Jersey/events/279586346/>

Cross Country Skiing in Vermont

Colonial House Inn, Weston VT

Thursday, February 24, 2022 to Monday, February 28, 2022

<https://www.meetup.com/Outdoor-Club-of-South-Jersey/events/281492864/>

For information regarding ski or snowshoeing events,
contact Barbara Brandt bbrandt46@gmail.com

TRAIL MAINTENANCE NEWS

Trail Maintenance Representative:
Ro Mason



Veteran's Day trail work crew at Estell Manor Park with Julie Akers, Friends of the Parks coordinator.

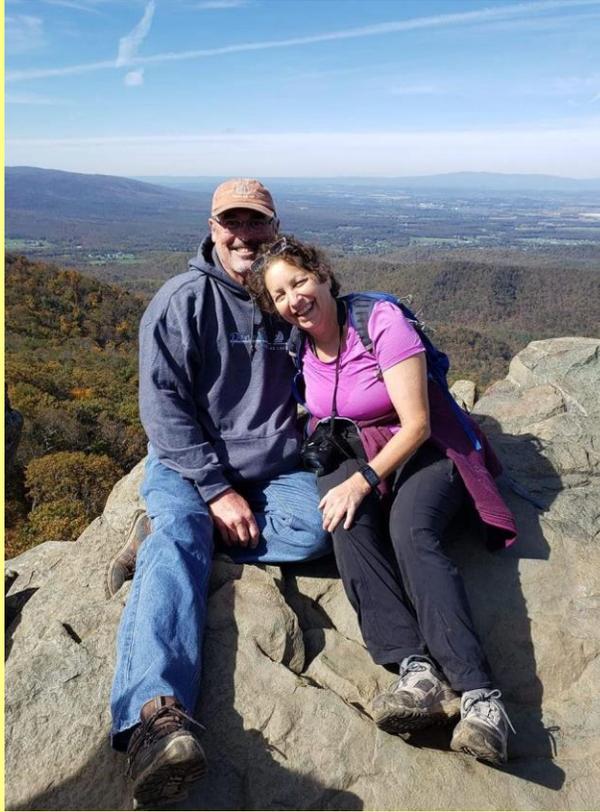
November brings three special trail work days: Veteran's Day was on the 11th, Gathering of the Greens on the 23rd at the Franklin Parker Preserve and Give Thanks/Give Back was on the 27th in Wharton State Forest. The crew will also tackle the brush on the Batona on the 16th.

Ro Mason, Trail Representative

To volunteer, email Ro at romason@comcast.net

[Click for Trail Maintenance Events](#)

Member Spotlight
Spotlight On: Laurie Korth
by: Vera Stek



You can take the girl out of Philadelphia, but you can't take Philly out of the girl. At least, that seems to be the story for Laurie Korth, a 5-year member of the Outdoor Club who has grown to love the Pine Barrens in her more than three decades in South Jersey, but still enjoys returning "home" to do hikes such as Wissahickon in Philadelphia.

Working full time and parenting two grown kids keeps her plenty busy, but she still finds time to walk every day and hike with the club when she can. She has done enough that she completed her 1,000 miles for the Grand Mile Club two months ahead of schedule.

Newer OCSJ members who aren't aware of the Grand Mile Club but like to put in lots of miles might want to consider joining. All you have to do is total your miles every month, whether achieved on your own or on club hikes, and send them in to Jenny Buffington. For more info on this program, email Jenny at jbuffington924@gmail.com.

Q. Tell us about yourself.

LAURIE: I am originally from Northeast Philadelphia and I have been living in Marlton for 32 years. I have 2 kids; my daughter will be 30 and my son is 25. I am an accountant, and I have worked for my company for 34 years.

Q. When and why did you join the Outdoor Club?

LAURIE: I joined the Outdoor Club in 2016 when I found out about it from someone that I met at a Meetup group. I had always loved walking and I couldn't believe there was a group of people that love walking as much as I do.

Q. Do you participate in any other activities besides hiking? Besides belonging to the Grand Mile Club, do you have any other hiking goals?

LAURIE: I like belonging to the Grand Mile Club, and I just reached 1,000 miles in October. Although I don't have any specific hiking goals currently, I hope to hike in many state and national parks in the future.

Q. What are some of your favorite hikes?

LAURIE: I love the Wissahickon hikes led by Rich and try to go on as many as I can. My favorite hike in South Jersey is the Franklin Parker Preserve.

Q. Have you gone on hiking vacations?

LAURIE: Although we haven't gone on a specific hiking vacation, we try to go to places where we can hike in addition to sightseeing. We have done many really beautiful hikes in the Finger Lakes area in New York, also in Arizona, Colorado and the Shenandoah Mountains in Virginia. We actually walked the most miles on our Chicago vacation since we couldn't figure out how to use their public transportation.

The longest single day hike I ever did was the Philadelphia hike led by Joe Hummel in September of 2018, which was so much fun! My friends and I rewarded ourselves with Federal Chicken and Donuts and ice cream after that hike.

Q. Do you see any downside to hiking? Ever had any problems on a hike?

LAURIE: The most challenging hike with the club was a moonlight hike in the Wissahickon when there wasn't much of a moon. My poor boyfriend had to shine the flashlight ahead of me the entire hike! I was amazed that I survived. LOL.

Q. Do you do most of your hiking with the club or mostly on your own? Has the Covid interfered with your outdoor activities at all?

LAURIE: Since I work full time I do most of my hiking/walking on my own. COVID hasn't interfered with my outdoor activities, I usually walk around 3.5 miles every day before work.

Q. What are some of your other interests?

LAURIE: In addition to hiking I love photography and finding places with beautiful gardens, waterfalls, and wildlife to take pictures of.

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

LAURIE: It would probably surprise people to know that when I was in first grade I got a C in Citizenship because I never said a word in class!

SOCIAL COMMITTEE NEWS

John Kerney - Social Committee Coordinator

Our highly anticipated 2nd Annual Fall Social will be held on November 20th. We have 75 members and guests who will be in attendance. There will be great food, music, dancing and a cash bar. As an added bonus, our own Mike Engel will have a special photo presentation and commentary.

John Kerney Social Committee Coordinator

crewkern@live.com Questions? Call or text John 609-706-7264

The 2022 Photo Contest has begun...



Winning photos will be reproduced on canvas as well as appearing in our OCSJ monthly newsletter, on the website and displayed as our cover photo on Facebook for a month. We are looking for your best pictures of OCSJ events.

Any photo taken at one of our club events taken between September 1, 2020 and September 30, 2021 is eligible.

Artistic photographs are welcome, but ones showing our members participating in an event is preferable. We want to show off our club's members in action.

The easy part of the process:

Send up to three of your picks to ikemengel@hotmail.com.

State your name, the date and place of the event.

The technical part of the process:

Most pictures these days are taken with our smartphones. They are stored in two places, IN the "cloud" and IN your phone. The ones in the cloud are reduced to save space. The ones in the phone are kept at actual file size. You can easily send the ones from the cloud for consideration.

BUT...

All pictures shown on phones and monitors look the same, but in order to reproduce one in print or on canvas, we may need the original that is stored in the phone itself. If your photo is selected, we will contact you if we need a larger file size to make a good reproduction.

GOOD LUCK!

Any questions, contact Mike Engel ikemengel@hotmail.com

"THE OCSJ MARKETPLACE"

The Place to: BUY - SELL - GIVE - BORROW

FOR SALE:

14 foot Necky Skeg Touring Kayak \$300 Includes cockpit cover and skirt
Purchased 2004 some scars but floats and maneuvers
fine sgtp414@gmail.com pick up near Ocean City, NJ

Women's Medium Dry Suit Top: \$175 or best offer.

Never worn. Like new condition. Sells new for \$250. Fits small to medium woman. Mindy Gumminger mgummingersn@gmail.com

2 SealLine Clear Dry Bags \$20 5 Liter and 30 Liter size. Quality bags. Used once. Dan (OCSJ Member for 40+ years) call or text 609-923-9469 Mt Laurel for pick up near Laurel Acres

Men's 2003 TREK 7200 Multitrack Bike \$200. Like New - Never Used
Elaine Epauli@optimum.net



Women's 1980's Trek 2300 Multitrack Bike \$200. Upgrades and Newer Tires.
Elaine Epauli@optimum.net



For Sale: Gregory Backpack- \$25
Men's Medium. Purchased at REI about 10 years ago. Mrichardspt@gmail.com
609-304-3898





To Give: FREE: 2 Ocean Kayaks 15' Sit On Top Approx. 30 years old. 2 paddles included. They have been stored outdoors and need cleaning. Very heavy. Mrichardspt@gmail.com 609-304-3898

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****

Important information about safety while on New Jersey roads:

SLOW DOWN, MOVE OVER



New Jersey's law requires motorists to adhere to certain safety precautions upon overtaking pedestrians, bicyclists, or scooter riders.

- When possible, motorists should make a change to a non-adjacent lane.

- If a lane change is impossible, drivers should leave a distance of at least four feet while approaching and maintain that distance until the motor vehicle has safely passed.
- When it is impossible to make a non-adjacent lane change or maintain at least four feet of distance, the driver should reduce the speed of the motor vehicle to 25 miles per hour or a lower posted speed and be prepared to stop.

Any individual who commits a violation of the provisions that results in bodily injury or harm would be fined \$500 and assessed two motor vehicle points. Otherwise, the violator would be fined \$100.

ANNUAL MILEAGE CLUBS

For members who like to set goals and keep track of activity:

The Grand Mileage Club - Hike 1000 miles per year. Report your mileage monthly to Jenny Buffington at TotallyBuff@comcast.net

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 Erika Blank at powerofpink58@verizon.net.

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.

Publicity - We would like OCSJ to be present in more places, both in print and online. Creative minds are needed as well as those who just love to post on social media. Contact Janine Padgett at j9padge@gmail.com with any ideas or if you would like to help.

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

Social Committee - Seeking fun-loving people to help plan 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 follows and encourages practicing the 7 Principles of Leave No Trace

[Click for LNT Info](#)

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](#)



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outdoorclubsj**

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