



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



**High Rocks Section of Ralph Stover State Park
Bucks County PA**

by Barbara Brandt

President's Message

Joe Fabian



Rumors that I have been missing in action are partially true. I was away on an extended weekend trip for three weekends in October. They included my first visit out west to Nevada to visit my older son, Alex, age 27, who longtime club members remember as a baby crying at meetings. Thanks Chris Denneker for holding him. My younger son, Luke, flew in from Chicago to meet us. The other two weekend trips were cycling events with friends including some club members.

We have some new blood coming onto the board. I met with Mark Laible, CPA and his charming wife at their home to discuss his position as treasurer. He will be a great asset to our board. Fran Horn is stepping down as our beloved

treasurer, but will continue on our board, mostly for tech support. Great job, Fran.

Neil Kornhauser who has done a solid job and is ever vigilant managing his section, is stepping down as Cycling Chair. He will continue leading rides. He is being succeeded by Paul Beatty who is a very enthusiastic cyclist and great event leader.

Diane Mason has done a spectacular job as Hiking Chair over the last year. Great job, Di. She will continue leading hikes and supporting her replacement, Becky Strickland, a retired teacher and long time club member since 1985.

I would be remiss if I did not wholeheartedly thank our numerous selfless board members and leaders who make our club great. My hope is that 2023 will be our club's best year ever. I note in the last three years our membership has increased from 800 members to 1,600. Let's shoot for 2,000 by next year.

Joe Fabian, President OCSJ President@ocsj.org

Vice President's Message

Barbara Berman

Fall has finally arrived, and the colors are beautiful. We have lots of activities planned, and I hope many of you can take advantage of spending time outside and enjoying the cooler temperatures.

I would like to take this opportunity to thank our 2022 Activity Chairs. Without them, this club would not exist. They recruit and train new leaders and they make sure the members are kept as safe as possible. They are members of the Board of Directors and work hard at keeping us all up-to-date on what is going on in their areas. They are to be commended, and for those of you who may not know who everyone is, I'd like to introduce you to them:

- Hiking – Diane Mason
- Biking – Neil Kornhauser
- Paddling – Frank Pearce
- Cross-Country Skiing – Barbara Brandt

- Trail Maintenance – Ro Mason
- Backpacking – Kevin Drevik

If you have any questions, feel free to reach out to them. They are more than happy and willing to answer any questions you may have.

Activity Chairs, thank you so much for all your hard work and dedication in making this club what it is today.

Barbara Berman, Vice President OCSJ vp@ocsj.org

Activity Chair's Message

Frank Pearce

Winter weather is no reason to stop outdoor activities. Just as you dress for summer heat, it is just as easy to dress for winter. Follow a layering system which includes three components: an inner moisture-wicking layer; a middle insulating layer; and an outer shell layer and avoid cotton. Cotton is a poor choice for insulation, because it absorbs moisture and loses any insulating value when it gets wet. Moisture-wicking synthetics, which move moisture away from the skin and stay light, are the best choice for active winter activities. Not only do synthetic fabrics wick moisture away from the skin, but they also dry quickly and help keep the wearer warm in the process.

Start with an inner wicking layer. Choose mid or heavyweight long underwear with wicking capabilities. Next, layer on a lofty insulator, such as stretchy fleece pile, to trap warm air and protect you against the cold. Garments should be lightweight and compressible; if you need to shed a pullover that can fit, for example, in your backpack. Lastly, choose a shell that is large enough to fit comfortably over several layers. It doesn't always have to be both waterproof and breathable; you can consider more affordable alternatives that are highly water-resistant, yet still breathable.

Always bring a hat and gloves, regardless of the weather or your activity level. The weather, of course, is one of the most significant factors in what you decide to wear. Heeding the weather forecast can help ensure an

enjoyable activity.

Think of layering as a sandwich

Base Layer



Midlayer



Outer Layer



Stay safe,

Frank Pearce hornet71@verizon.net

TRAIL MAINTENANCE NEWS

Trail Maintenance Representative:
Ro Mason



The OCSJ trail crew is currently trimming and re-blazing 10 miles of the Batona Trail in Brendan T Byrne State Forest. This section should be complete by December, weather permitting.

Club members Diane Mason, Tammy and Roger Mills and myself participated in a Trunk or Treat event with the NJ Park Police on Saturday, October 29. Over 125 children and their families went “trick or treating” at Atsion Lake. Besides candy, OCSJ brochures were given out to many interested attendees. The Eagles fans were the first children to attend. The big hit of the day was Roger in his Big Foot/Sasquatch costume.

Ro

Rosemarie Mason, Trail Representative

To volunteer, email Ro at romason@comcast.net

[Click for Trail Maintenance Events](#)

CYCLING NEWS

Cycling Chair: Neil Kornhauser



Living in New Jersey is not all about which exit you live off of the Turnpike! We are so fortunate to be living in an area that is so diverse for biking opportunities. We get to enjoy flat quiet country roads with virtually no traffic in Salem and Cumberland Counties. We have rolling hills in northern Burlington County. A very short distance away in Hunterdon County, we have very respectable hills. We have the coast for ocean breezes, jaunts on a boardwalk or long climbs on the causeway bridges. Just to name a few, we have paved trails not far away in Philadelphia, the Schuylkill River Trail and in Central New Jersey, we have the Delaware and Raritan Canal Trails. We have New York which is not that far away with all of the adventures that a big city offers. We have Cape May County which also affords us access via ferry to Delaware riding.

In addition to road riding, we are so fortunate to be living next door to the Pine Barrens for trail riding in the woods. We have access to hundreds of miles of mountain bike trails. You haven't lived until you experience a crisp winter day out in the forest with just the sounds of bike wheels spinning, laughter and

giggling from our members because it is just so much fun being out there in nature.

I cannot possibly list every area that OCSJ rides in, but there are still areas of South Jersey that we have not explored. Give us another 55 years and then perhaps we may have been to every nook and cranny of our great state!

DIY TIP OF THE MONTH

If you get caught in the rain or wet roads, you need to be thinking of your drivetrain. The chain when exposed to moisture is a “magnet” for attracting sand and dirt. These particles now are part of your jockey wheels, cassette and chainrings too. If you don’t also clean your chain, jockey wheels, cassette and chainrings then you are prone to premature wear and that is when you will be replacing components more frequently than you need to.

Here are 4 options: Wiping down your chain with a rag while it is still on the bike and re-lubing is certainly the easiest....BUT.... are you getting the sand and grit out?...you may think so... but in actuality you are driving the grit further into the innards of the chain. It may look shiny but sorry to say you have not really accomplished much. Attaching a chain cleaning device and running your chain through this device with degreaser certainly is much better than option 1. You will get most of the grit out of the chain. Most people prefer this option.

Taking the chain off the bike and soaking it in degreaser, agitating it, drying it and then re-lubing. This method will get virtually all the grit out of the chain and you have achieved almost perfection.

Putting your chain in an ultrasonic cleaner with the appropriate degreaser. If you do this you have reached the pinnacle of cleanliness!!

Do not forget to clean the cassette, jockey wheels and cassette. If you are an option1 person, this will be very hard to do! I am an option 3 person!

See you on the roads and trails!

Neil Kornhauser nkornhauser@gmail.com

[Click for Cycling Events](#)

HIKING NEWS

Hiking Chair: **Diane Mason**



Meet the Batona Trail

My first hike as an OCSJ leader was on a section of the Batona trail. Leader Christine Denneler had led a hike to the ghost town of Martha, which is on the trail. Christine shared the history of this iron furnace and company town, and I was hooked on the Batona after that (Martha is still my favorite place to lead a hike.)

There are other places with unique names along the trail such as Teatime Hill, Ong's Hat, and the Drunken Hobbit bridge. All you need to enjoy them is a little information and comfortable shoes. The Batona meanders its way north for almost 53 miles beginning in Bass River State Forest wandering through Wharton and the Franklin Parker Preserve before ending in Brendan T. Byrne State Forest. The name stands for BACk TO NAture and was conceived and built by the Batona

Hiking Club of Philadelphia. Don't be surprised if your gps says you are going east or west as the trail twists and winds its way through cedar swamps and over rivers, crisscrossing old logging roads and areas of new growth after recent fires. The Batona has some of the most peaceful scenery you will find anywhere. It is rich in history and has plants found only in the New Jersey Pine Barrens. The Batona can be hiked in sections or as a two-to-four-day backpack trip. Some brave folks walk or run it in a day. The trail is well-marked and blazed in pink. Mile markers can be found every half mile, turns are marked with arrows, and road crossings have north/south directional signs making it easy to follow. Comprised of flat single track and old sand roads it is also easy walking. Our own OCSJ Trail Crew maintains the entire length.

Once or twice a year OCSJ hiking leaders will walk the entire Batona in a series of five section hikes or post an overnight backpack trip on the trail. For ideas about how a leader might break up the Batona into sections visit <https://southjerseytrails.org/batonatrail/>. This website is run by a great guy, Mike McCormick, and is a terrific resource when searching for information on local trails. If that kind of distance or pace is not for you, look for Low and Slow hikes that incorporate parts of the Batona in loop hikes and out-and-backs. These slower, shorter hikes often start at Batsto Village and combine the Batona with the new Sand and Water and 1808 trails. Maps can be found here:

<http://www.nj.gov/dep/parksandforests/maps/BatstoTrails.pdf> and <http://www.nj.gov/dep/parksandforests/maps/wharton-trail.pdf>

Whether you hike it in a day or over many years, in any season, you'll enjoy the Batona trail. Maybe you'll be hooked and want to lead hikes on it too. For more information about becoming a leader, contact me at the email address below.

See you on the trails!

Diane Mason
Hiking Chair
hiking@ocsj.org

[Click for Hiking Events](#)

Cross Country Skiing/Snowshoeing News

Cross Country Ski Chair: Barbara Brandt



Time to plan for winter fun. We have 5 xc ski trips this year, something for everybody. The first two trips, North Conway, NH and Stowe VT, are in New England towns that are well known for their winter sports and scenic charm. The locations of the next two trips, in NY's Tug Hill region east of Lake Ontario, aren't as well known, but have the great advantage of being closer and having great skiing with reliable snow. The last trip is in a small southern Vermont town, also full of New England charm. Check out the details here: <https://www.ocsj.org/X/C-SKIING-SCHEDULE>. Newbies are welcome. Equipment rentals and lessons are available.

New Jersey trips cannot be planned ahead due to the fickle snowfall. This season we will try to post "pop up" local trips on the occasions that snow does strike near to home. More details to follow.

Barbara Brandt bbrandt46@gmail.com

[Click for XC Ski Events](#)

KAYAKING/CANOEING NEWS

**Kayaking/Canoeing Chair:
Frank Pearce**



The Paddling in Cold Weather Policy as approved by board will be: “During months of November through March paddlers must wear wet or dry suits subject to approval of leaders.” [Paddling Guidelines](#)

From April through October, we had 70 paddle trips. For many it is now time to put their canoe/kayak in storage. Indoor storage: If you have the room to do so, keeping your kayak indoors, whether that’s in your house, garage, or a shed, is the preferred option because of the protection it offers from the elements.

Always store your canoe or kayak off the ground and protect it from sunlight. Try to find a shaded spot outside to protect your boat from UV rays and heat. If shade is limited or not available, use a weather-resistant tarp that will cover the entire hull at all times of day. Never wrap your boat - Suspend the tarp above the boat Wrapping the tarp around the boat in direct contact with the hull can promote mold or fungal growth in wet environments.

The three main winter factors that cause damage to your canoe or kayak in the winter are: temperature swings, moisture, and critters. So, identifying which of those factors is most prevalent in your environment will help you choose the best kayak storage solution for your situation.

Here are two links for more information from REI on how to store kayaks and canoes. [Kayak Storage](#) [Canoe Storage](#)

Frank Pearce hornet71@verizon.net

[Click for Kayaking/Canoeing Events](#)

BACKPACKING/CAMPING NEWS

**Backpacking/Camping Chair:
Kevin Drevik**

Check Meetup for the backpacking/camping schedule.

Kevin KDrevik@aol.com

[Click for Backpacking/Camping Events](#)

Member Spotlight Spotlight On: Joanne McNally by: Vera Stek

It seems very possible that a poll of Outdoor Club members would show that many, if not most, joined the club when they either neared or actually achieved retirement. Which makes sense; working and raising a family definitely can interfere with the ability to get outdoors regularly. There has also been a huge surge of interest in outdoor activity since the pandemic, with more people

wanting to escape indoor crowds and appreciate the freedom of being in the fresh air.

That's been the experience of **Joanne McNally**, who has been a member since 2017, joining soon after her husband passed away. Although she has traveled a lot of the world on active vacations, she enjoys New Jersey and the opportunities for outdoor recreation it offers. Her weekly hikes on the Blueberry Hill trails in Gibbsboro are the perfect introduction for newer hikers as well as those who are content to do mostly shorter and flatter miles.

Here's Joanne's story:



Q. Tell us about yourself.

Joanne: I was born in Florida but grew up in Bermuda. Not much hiking there, but I was very active swimming and snorkeling. I have been retired for seven years and I am widowed.

Q. When and why did you join the Outdoor Club? What benefits do you feel you've gained by belonging? What made you step up to being a hike leader?

Joanne: I joined the Outdoor Club in 2017, just after I was widowed. I jumped in with both feet doing multiple hikes per week and became a hike leader a year later at the recommendation of Faye Bray. I lead my Blueberry Hill hike every week on Friday unless I am traveling, in which case Tim Titus, the normal sweep, will lead.

Q. Do you only hike with the club or do you participate in other outings? How long have you been hiking?

Joanne: Hiking is pretty much the only outing I do with the Outdoor Club. However, I am thinking of trying cross country skiing this winter. I really started hiking when I joined the club, but I was always active.

Q. What's the farthest you've ever hiked? Do you have goals such as a certain number of miles per week or per year? Do you hike year round? Has the pandemic interfered with your hiking at all?

Joanne: The longest hike I ever did was the Tongariro Crossing in New Zealand. It was 12 miles and 3,000 feet of elevation. I had trained, but it was still a challenge and felt great to complete.

I don't clock my miles or the frequency of my hiking. I just go on hikes that work for me and our locations of interest. I do hike year round. I noticed during the first summer of the pandemic a huge increase in interest in hikes.

Q. What are some safety tips you can pass on? What's your most important piece of hiking equipment?

Joanne: I think the most important safety tip is to know your limits. I have encountered hikers who are not cognizant of what a 3-mile pace actually means and overestimate their ability. Actually, that is partially the reason I developed the Blueberry Hill hike, which is just 4 miles and mostly flat and paved. Newer hikers have told me they appreciate the opportunity before trying the longer hikes in Pine Barrens.

When in doubt, bring your hiking poles. They provide balance as well as support while climbing.

Q. What are some of your favorite hikes?

Joanne: The Tongariro Crossing in New Zealand...and pretty much any of the hikes I've done in New Zealand.

Q. Do you go on hiking or active vacations? Any places on your bucket list that you'd like to get to some day?

Joanne: I have been on several active vacations, most were just hiking, although there have been some multi-adventure. I don't backpack but prefer the types of trips where you are based in one hotel and then branch out each day for a hike or other activity.

My first two adventures were Joshua Tree National Monument and Death Valley in California. More recently, besides New Zealand in 2020, I have done Baja California (lots of snorkeling and swimming with the wildlife), Sonoma and Napa valleys and the five national parks in Utah.

My bucket list includes mainland Spain and Greece.

Q. What are some of your other interests?

Joanne: I have always been a tennis fan and recently became addicted to playing pickleball. I go to the gym regularly and I finally have time to read much more than I could while still working. Of course, I love traveling. This summer I took two grandchildren on separate explorations, one to San Francisco and one to Galveston, Texas.

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

Joanne: I guess I gave it away in the first answer. I grew up in Bermuda. It still has, in my opinion, the most beautiful beaches in the world. I don't get back often enough.

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

Joanne: I so appreciate the Outdoor Club. Doing a lot of hikes helped me in a difficult time and I continue to enjoy meeting interesting people and seeing new places. Thank you, Kay Lyman, for telling me about the Club.



**Cover Photo:
send in your best shot!**
by Mike Engel



As you may have noticed, there was no photo contest this year. It was a combination of technical difficulties and logistics. Moving forward, we have come up with a different format that we hope will attract your interest.

Our club's newsletter has been a great success and the centerpiece of club information. Now we want to make it a showcase for our members' best photographs!

We are asking that you send us only *one* of your best photographs taken on an OCSJ activity. If your photo is chosen, it will be the cover photo on the next newsletter. While we all like great landscape pictures, we are also looking for photos that show a member or members participating in an activity.

The rules are simple:

- Any member can send in ONE photograph in a calendar month.
- Caption your photo and include your name, the date taken and the activity.

- The chosen photo will be shown with your name and caption in the next month's newsletter.

Send your best photograph to [:ikemengel@hotmail.com](mailto:ikemengel@hotmail.com)

OFFICIAL OCSJ LOGO SHIRTS

The Outdoor Club of South Jersey is happy to announce the availability of club T-Shirts through **Print Shop Shirts**. Ordering will be ongoing, submitted regularly when there is a quantity sufficient to place the order.

We have 13 different styles to choose from ranging from simple ring spun cotton shirts, moisture management/antimicrobial performance fabric, to moisture wicking to UPF sun protection. Short sleeve and long sleeve with many different colors to choose from. Choose from full back printing only, or front left breast printing only, or both front & back printing.

The ordering process from Print Shop Shirts is simple:

Please have all orders emailed to: orders@printshopshirts.com

OCSJ T-Shirt Order

Form: <https://ocsj.wildapricot.org/EmailTracker/LinkTracker.ashx?linkAndRecipeCode=SNkLkizs6lVG6poYBuQLJziFy%2FiNE3lIRxhHVepJEYa7FZVQ8PBp2f027gj%2BCbON5DnbCAKaltRDUhOv1pQdlQ4%2BjLXrookMfwsyQo5k7mg%3D>



New Jersey State Park entrance fees will be waived for all visitors, regardless of state residency. Anyone who already purchased a 2022 annual State Park Pass

will automatically receive a full refund. Other individual park fees remain in place, including but not limited to camping, interpretive programs, and mobile sport fishing permits. Visit the website [NJ State Parks](#) for up to date information and status of the parks.

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.



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.

Maura Mawn, Corresponding Secretary mmawn@comcast.net

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

Specialized Hybrid, circa 2017. Full carbon frame, extra set of tires, Jones Handel bars, Bike has less than 3,000 miles. Light weight. XS size. See photos below.
Asking \$575.00 Email inquiries to: monafreedman@icloud.com



Only newly added items will appear in the newsletter.

Submit your REQUESTS and OFFERS to: i9padge@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****

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

[Marketplace Items](#)

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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#outdoorclubsj**