



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



**Wissahickon Day Parade April 24
by Rich Krantz**

President's Message

Joe Fabian



I am a bit of an old time OCSJ member and nostalgically still long for the days when our activity schedule was published on paper in "The Trekker" and delivered quarterly. Okay, it did often require planning club activities up to four months in advance and sometimes the U.S. Postal Service did not deliver the Trekker, leading to complaints from members. I fielded many because our former late membership secretary, Jean, understandably refused to have her phone number published and we only had land lines then.

Now using Meetup, members often for no particular reason have their sign in credentials challenged and have to log on again occasionally for each activity section. To do so, our members have to re-enter their passwords. Meetup occasionally goes down country or region wide. Complaining to me will not help get Meetup back up and running.

Our club board members also encounter all types of internet structural issues with Wild Apricot that are resolved without the membership noticing, but this drives the board members nearly crazy. Many thanks to Frank Pierce and Fran Horn for their otherwise unpublicized efforts in the background.

To continue on, I had previously mentioned months ago about spam, viruses, junk mail, etc. appearing to come from our club members, leaders and board members. The latest round has involved emails appearing to come from Fran Horn's email address, slightly modified. I urge members not to open these emails. Many however did result in phone calls from members to board members. I heard from one long time member who responded and received a

follow up email asking for her to purchase Apple gift cards as a favor. Please do not buy gift cards, just delete these emails. I actually know otherwise smart people who were conned into buying gift cards and then sending the numbers on the reverse of the gift cards to the con artist to be redeemed. Also, to the best of my knowledge, none of our members have grandchildren kidnapped for ransom! Enough is enough.

Now that cooler temperatures are here the time has come to lace up hiking boots, clip into bicycle pedals and put kayaks in the water. Let us get back to basics and enjoy the great outdoors.

Joe Fabian, President OCSJ President@ocsj.org

Vice President's Message

Barbara Berman

For those who may not know this, the Executive Board of OCSJ is comprised of the President, Vice-President, Recording Secretary, Treasurer, and Membership Secretary and are elected positions.

For the 2023 - 2024 year (Jan. 1 to Dec. 31), the positions that were re-elected were Recording Secretary, Treasurer, and Membership Secretary. The President and Vice-President are on a 2-year cycle, and this is the beginning of their 2nd year.

- President Joe Fabian
- Vice-President Barbara Berman
- Recording Secretary Vicky Gordon
- Treasurer Mark Laible
- Membership Secretary Ro Mason

The entire board, which also includes the Activity Chairs and Trustees, are looking forward to serving for the coming year.

Barbara Berman, Vice President OCSJ vp@ocsj.org

Activity Chair's Message

Frank Pearce

The seasons are bringing changes in weather patterns and in club activities. Paddling is ending and Cross Country Skiing is coming soon. Biking will see more weather issues and hiking will enjoy the cooler weather. Trail Maintenance is back and looking forward to the end of tick season.

Get out and enjoy your favorite activity and try something new. Remember to thank the leaders. Consider becoming a leader. Without leaders, there are no activities.

Stay safe,

Frank Pearce hornet71@verizon.net

TRAIL MAINTENANCE NEWS

Trail Maintenance Representative:
Ro Mason





The OCSJ Trail Crew started the trail maintenance season by participating in National Public Lands Day at Wharton State Forest on Saturday, September 24. We assisted the WSF staff along with other environmentally concerned members of the public to remediate ecologically sensitive areas damaged from illegal off road vehicles. We pushed, pulled and carried deadfall and spread fallen leaves to create natural habitats to encourage new trees and ground cover to take root and grow.

The OCSJ Trail Crew is proud to be the official sponsor of the 1808 Trail in Wharton SF across from Batsto Village. The crew will be responsible to maintain the trail and report any issues to the WSF staff. The crew volunteered 650 hours of their time earlier this year to make the 1808 Trail and the adjoining Sand and Water Trail a reality for the hiking community.

Much appreciation to our trail crew members for your time and dedication in keeping our hiking trails open and to the OCSJ board and club members for supporting the trail crew!

Ro

Rosemarie Mason, Trail Representative
To volunteer, email Ro at romason@comcast.net

[Click for Trail Maintenance Events](#)

CYCLING NEWS

Cycling Chair: Neil Kornhauser



September cycling has been quite the busy month with many “specialty” rides in addition to our regularly scheduled events. Kudos to leader Joe Broski for putting together another fabulous NYC trip. They biked in Staten Island, Brooklyn and Manhattan. They ate their way through the city with Nathan’s hot dogs, pizza, ice cream and who knows what else! Luckily they burned it all off by biking 40 miles, so we will call it even calorie wise!

Kudos to leader Carmen Cortes for putting together a Cape May to Rehoboth ride. They took the Ferry from Cape May to Lewes Delaware and had a fantastic adventure along the trails in Cape Henlopen State Park. Everyone

had a great time and I understand ice cream was also consumed. I am sure they all slept really well after a full day adventure.

Kudos to Mike Engel for his Philly Adventure (part 2), biking over the Ben Franklin Bridge and cruising the streets of Philadelphia. All had a great time.

The Schuylkill River Trail ride to Valley Forge and back was planned by leader Paul Beatty....soon to be Cycling Chair...however mother nature decided not to cooperate and hopefully Paul will plan this ride again soon!

We had 5 rides for our ALL PACES LABOR DAY event and had approximately 70 cyclists participate consisting of D, C, C+ (2) and B paced rides. Thank you to all the leaders that made this possible: Ted Daily, Paul Beatty, Mona Freedman, Andre Ferland and Carmen Cortes.

Thank you to all of our other leaders who keep our calendar chock full of rides every month.

DIY TIP OF THE MONTH

Are you aware that your back tire wears out faster than your front tire? If you have never rotated your tires, take a look at the back and compare it to the front. You will notice that the back tire “flattens out” more than the front. This is because all of your weight is on the back tire...note: I am not saying you are overweight!!

Yes, your front tire is “rounder”.

Do you rotate your tires? Rotating them every 200 miles will give both tires a chance to wear more evenly. I personally rotate them and cannot see a difference in “flatness” between the two. Also you will become very proficient at changing tires if you rotate them. Pay attention to the direction of the tires, there is usually an arrow on the tires pointing forwards.

SEE YOU ON THE ROADS AND TRAILS!

Neil Kornhauser nkornhauser@gmail.com

[Click for Cycling Events](#)

HIKING NEWS

Hiking Chair: Diane Mason



Now that cooler weather has returned and the hiking calendar is starting to fill in, it is time to check your gear and make sure you're ready to go. For those of you new to hiking, start with the basics.

How are your hiking shoes? They may still look good on the outside, but how about the inside? Make sure the insoles still provide adequate cushioning, which helps prevent pain in your feet, ankles, knees, and hips. It may be time to buy yourself a new pair and relegate the old to yard work days. High topped boots are usually only required on rocky trails where there is a high risk of twisting an ankle. For flat terrain and soft trail beds, you only need shoes that are comfortable and don't give you blisters. If no-name sneakers work for you, that's great. High price does not always mean high comfort.

If you do have pain in your knees and hips consider using trekking poles. Poles are not just for the mountains, and many of our hikers use them on our flat Pine Barrens trails. They support your joints and have the side benefit of

helping to prevent swollen “sausage fingers”. Just be careful not to poke the person behind you.

When nice weather becomes cold weather, wearing layers of clothing is the key to comfort. Remember the phrase “cotton kills” and wear clothing made from quick dry materials that wick moisture away from your skin. Cotton takes a long time to dry and can lead to hypothermia. Peel off a layer if you start to get overly warm; ask your leader for a clothing adjustment break. You never want your clothes to get sweaty, which may lead to a chill that is hard to shake especially when you start to cool down during a lunch stop. And, don’t forget to add something [orange](#) during hunting season. It can be a hat, vest, or maybe just an orange bandana tied to the top of your pack.

Now that your feet feel good, you’re comfortably warm, and you won’t be mistaken for a deer, enjoy all the great hikes our leaders have been planning over the summer. They are looking forward to showing you new places.

See you on the trails!

Di

Diane Mason hiking@ocsj.org

[Click for Hiking Events](#)

Cross Country Skiing/Snowshoeing News

Cross Country Ski Chair: Barbara Brandt



Our cross country skiing trips are the perfect way to enjoy fabulous scenery, great exercise, and fun camaraderie. We have 5 ski trips planned for the 2023 ski season: North Conway NH, Stowe VT, Pulaski NY, Boonville NY, and Weston VT. The last 3 trips are shorter and closer to home, but can be linked back-to-back if a longer ski time is desired.

Click this link, <https://www.ocsj.org/X/C-SKIING-SCHEDULE>, to see general descriptions and dates. Each trip has a link to its Meetup post with specific details and information on how to sign up.

If you haven't skied on our trips before or are interested in trying out xc skiing for the first time we hope you will consider joining us. All levels of skiers (including newbies) are welcome. There are several articles that you may find useful on the OCSJ.org website where you will find a drop-down menu for xc skiing. When you click on it you will see 4 links:

1. [Schedule](#) lists the upcoming trips with links to their Meetup descriptions and how to sign up.
2. [Guidelines](#) is a general overview of how our trips are run and what to expect if you sign up.
3. [New Skiers](#) gives basic information regarding equipment and clothing recommendations.
4. [Ski Equipment](#) is a lengthy and very thorough description of xc ski equipment that may help you decide which type of ski equipment is best for you.

Feel free to contact me at bbrandt46@gmail.com, if you have any questions.

Barbara Brandt bbrandt46@gmail.com

[Click for XC Ski Events](#)

KAYAKING/CANOEING NEWS

**Kayaking/Canoeing Chair:
Frank Pearce**



We had a great paddle season despite having challenges and low water levels. We have all of the paddle leaders to thank. Without them, there would be no events. Please consider becoming a leader.

For most paddlers, October 31st is when paddles go into storage. It is club policy that during the months of November through March, paddlers must wear wet or dry suits, subject to approval of leaders. Depending on weather conditions, and at the discretion of the leader, there may be exceptions to this policy.

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: Tom Hummel

by: Vera Stek

The name of this month's person in the Spotlight should be very familiar to all Outdoor Club members, at least his last name. Tom Hummel is the son of one of our most revered, decades-long hike leaders, Joe Hummel, known for setting a blistering pace whether it be on his hikes in PA, on the Batona, or on the formerly annual long hike on the canal towpath.

Being exposed to staying active outdoors from a very early age (Tom and his sister lived with their folks on a boat for many summers), Tom has taken to hiking like a duck to water. He certainly is a chip off the old block. With widely varying interests from growing an extensive garden to cooking what he grows to reading, he's an engaging hike companion.



Here's his story:

Q. Tell us about yourself.

TOM: I was born and raised in Willingboro, then moved to "North Jersey" and lived in Perth Amboy for a while. Then I moved back again to "South Jersey" and now live in Westampton.

I have been married for 35 years with 2 children. Kelsey, our first, just gifted us with Jackson, our first grandchild. He couldn't wait to get started in the world and was very early, weighing 2 pounds 7 ounces at birth. He's doing great, and

I keep telling his great-grandfather to teach him how to walk so that he can take Jackson on his first hike.

My son Joe is getting married in December to a wonderful woman, and we are looking for more grandchildren from them.

I ran restaurants for 30 years. You might have heard of some of them: Rustler, Sizzler, TGI Fridays and Champs. Working in restaurants can get in your blood. It is a challenging industry but not good for family life. I was tired of working 12-hour shifts and leaving work at 3 in the morning so I made a slight career shift and became the Food Service Director for the NJ Veterans Home in Menlo Park. I should have done something similar 40 years ago because the schedule was fantastic and the job was personally very rewarding. I feel I was able to develop a great team and serve great food. Pride in our work and serving great food to the residents who did not have a lot of pleasures in their life any more was the most satisfying.

And now? I'm newly retired. Even better. I feel blessed that I am able to be retired and not have to work until I can't work anymore. Now I get to do all of the things that I never had time to do before. Being retired gives me the opportunity to spend more time with my family and not be pressured to get things done fast.

Q. When and why did you join the Outdoor Club? What benefits do you feel you've gained by belonging? Do you participate in other outings besides hikes?

TOM: I joined the Outdoor Club due to my father's example. My father (the great-grandfather) is Joe Hummel. Every time that I mention his name on a hike, I am proud to hear great stories about him and it amazes me that the stories are very similar in their praise for him. Dad has been with the Club for a long time. It makes me laugh when we are in a social setting and hiking comes up in a conversation. The person that he was talking to will be walking away with one of the club's old yellow business cards. He never had anything bad to say about the club. When somebody starts talking about him I think about a T-shirt that he got for Christmas one year: The Man, The Myth, The Legend. People tell me he is an inspiration.

Q. When did you start hiking? What other outdoor activities do you enjoy?

TOM: My outdoor experiences mainly centered around the Boy Scouts when I was younger. We went on a lot of campouts and canoeing trips. I was lucky to be in a troop that had a goal of camping once per month. All that I remember about my first camporee is that it was 30 degrees outside and because I was new, I got to clean the pots and pans in the cold water. Years later, I did get to go to Philmont in New Mexico and hike in the Rocky Mountains.

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

TOM: I am a new member of the club. I joined in March this year. Initially, I joined to spend time with Dad. In fact, I asked him to go on a hike with me on my first day of retirement and we hiked some trails in the Palmyra Cove Nature Park. I couldn't think of a better way to start my retirement. One thing that Dad always talks about is the Grand Mile Club. He is a fanatic about keeping track of how many miles he has walked, and makes sure he makes his milestones week by week, month by month. I see that as a worthy goal, and I am seriously considering it. It speaks volumes about Dad's character that he perseveres and accomplishes that goal year after year. How can I not follow his example?

Q. What are some of your favorite hikes, so far? Any places you'd still like to get to?

TOM: I enjoy all of the hikes. The thing that I enjoy about them the most is the interesting people in the club. I could go out on my own, and I will have to in order to reach 1,000 miles in a year, but it is much more fun to be with the good people in the club. A short term goal is the Batona Trail. A longer term goal is the Appalachian Trail and the Rockies again.

Q. What's it like hiking with your Dad, who is a revered OCSJ member? Any chance you'd like to become a hike leader some time in the future?

TOM: Joe Hummel sets the pace for me. He could come up to me and ask "Want to go for a walk?" Then it's off we go, and 6 miles later we are done after walking at about 4 MPH. We both like to walk fast.

I am not ready to become a leader. I have a huge amount of admiration and respect for the leaders in the club. They are dedicated and committed. The fact that they go ahead of time to pre-hike a trail speaks volumes about them. I appreciate every leader I have been on a hike with.

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

TOM: An active vacation for me right now is swimming in the ocean. I can ride the waves for hours and hours. I enjoy time with my family, and unfortunately Dad is really the only active person in our group. Looks like it's time to train the grandkids.

Q. What are some of your other interests?

TOM: I am active in my church, and enjoy volunteer work. I enjoy reading, and listening to audiobooks when driving and working in the house or in the yard.

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

TOM: I do not use social media. I don't have an interest in social media. Besides, I am not sure that my life is interesting enough to show to other people on social media who I am, anyway.



**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.

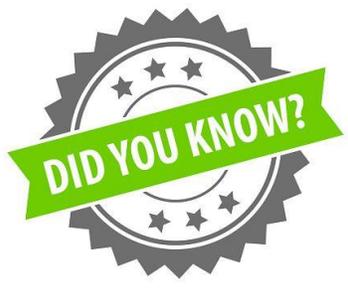
The ordering process from Print Shop Shirts is simple:

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

OCSJ T-Shirt Order

Form: <https://ocsj.wildapricot.org/EmailTracker/LinkTracker.ashx?linkAndRecipie>

[ntCode=SNkLkizs6lVG6poYBuQLJzjFy%2FiNE3lIRxhHVepJEYa7FZVQ8PBp2f027qj%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

Only newly added items will appear in the newsletter.
Check the Website under Items for Sale. Click the link to see all Items:

[Marketplace Items](#)

Submit your REQUESTS and OFFERS to: j9padge@gmail.com for publication in the next Newsletter and on our Website.

Include a description of the item you are requesting or offering, photos, price or terms of loan, and your contact information. All transactions will be conducted privately between the individuals.

****Please update when items are no longer available****

OCSJ MEMBERSHIP



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

1. Click the button below.
2. Go to **OCSJ.wildapricot.org** or download the Wild Apricot app to your mobile device. Click on the **"Join OCSJ Here"** button and follow the prompts.
3. Mail a check payable to: "OUTDOOR CLUB OF SOUTH JERSEY"

Mailing address:

Outdoor Club of South Jersey
PO Box 74
Oceanville, NJ 08231

Membership Level:

- Family Member - **\$25.00** Subscription period: 1 year (No automatically recurring payments)
- Family Auto Renewal - **\$25.00** Subscription period: 1 year Automatic renewal (recurring payments)
- Single Member - **\$20.00** Subscription period: 1 year (No automatically recurring payments)

- Single Auto Renewal - **\$20.00** Subscription period: 1 year
Automatic renewal (recurring payments)

Membership Questions: Please contact OCSJ at membership@ocsj.org

[Click to Join OCSJ](#)

VOLUNTEER OPPORTUNITIES

Your club is made up entirely of volunteers. You will get more out of it, if you put more into it! There are many opportunities to help behind the scenes and on activities. Ask your leader about it on your next event. Let them know if you have any time or talents you would like to share with the club.

Board of Trustees - The OCSJ Board meets on the 2nd Thursday of each month at 7 pm. Currently, our meetings are on ZOOM. To attend the meetings, contact the OCSJ President, Joe Fabian, at president@ocsj.org

Website/Computer/Social Media - Help Wanted - We are actively seeking someone with website/database/computer knowledge. Contact the OCSJ President, Joe Fabian at president@ocsj.org



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

[Click for LNT Info](#)



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Outdoor Club of South Jersey**

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#outdoorclubsj**