

High Spirits

Hiking, shmiking! While the weather got (not really very) frightful, besides hiking, December offered MOC'ers some new outdoor and indoor adventures to ring in the holiday season.

Wine Tasting and Scavenger Hunt

Organizer: Donna McLaren

Taking advantage of the local Penn Oaks winery, the dozen participants sampled some of the area's finery under the tutelage of Jan Luigard. As they covered the range of whites, they also got a little wine-making and bottling history. Moving on to reds, Luigard also shared serving and holiday tips.

With freshly-purchased bottles in hand, the group then headed off to a "scavenger hunt" at Whole Foods Market and Adegas Wine Cellars for more fun facts about wine. The Adegas owner, Walter, even treated the group to a sampling of three more wines. Finally, the group adjourned to Mi Rancho (quickly becoming an MOC favorite) for dinner.

Intro to Bartending Class

Organizer: Amy Pickwick

The Professional Bartending School of Arlington hosted about 15 MOCers for this event. The instructor, Moe, ran

through a condensed 40-hour curriculum in about 3 hours of free pours, highballs, shooters, and even a show-stopping juggling act finale.

Sitting at a real bar, the group watched as Moe mixed his way around, using the speed rack of colored water instead of liquor, legos instead of oranges, and a styrofoam celery stalk. Then came the real hands-on training as students got behind the bar and took a shot at stirring things up.

The school, in addition to providing the seminar for free, offered the MOC a generous discount on the full course, plus a free shooters book for all the participants. Look for more instances of this event.

New Year's Eve Snow Tubing

Organizer: Kat McColl

Wisp Ski Resort at Deep Creek Lake was the scene of downhill adventures Dec. 31. Thanks to nearby hotel accommodations, some people got into the spirit(s) before even hitting the slopes where they spun down in twos and threes and enjoyed a catered dinner, small bonfire, games, prizes, and music. Fireworks welcomed 2004, and a small group hiked off the last vestiges of 2003 at Paw Paw January 1st.

News You Can Use

Event Planning/Organizing Clinic

Come get some practical advice and training from MOC officers and veteran organizers on how to host an event. Everything from proposing an idea and setting a date to filling out the Event form and coordinating with the outfitter will be discussed. We can even set you up with a co-organizer. Got an idea but no idea how to start? This clinic's for you. Feel like getting involved but fresh out of ideas? This clinic's for you, too. Thursday, January 29, at the new College Park Coffeehouse in College Park.

July Canadian Rockies Trip Meeting

Interested in spending a July week in the Canadian Rockies with the MOC and sister organizations Atlanta and Calgary Outdoor Clubs, but looking for some more details? This meeting will go over the finalized itinerary and allow people to talk with others about who is interested in what activities. You'll also be able to talk one-on-one with Amy Pickwick, the organizer, and find roommates. There will be information on what to pack, how to register and pay, how to get your passport, and other details. You do not need to be registered for the event to attend the meeting, but you should be seriously interested in taking the trip. Sunday, January 25, location to be announced soon.

Area Happenings and Partners Page

New officer Joanne Milne has been hard at work keeping the Area Happenings Page up-to-date to keep you in touch with other activities in the D.C./Baltimore/Northern Virginia area. Use this page to find ideas to keep you busy when MOC events are full, or for ideas of things to organize as an upcoming event.

Part of Joanne's job is also to coordinate with other community groups to provide discounts and event opportunities to MOC members. If you are part of an organization that you think could partner with the MOC, or know of a group that we should explore a partnership with, please email Joanne: jmilne@marylandoutdoorclub.org

Spread the Word

Don't forget there are numerous ways you can get others interested in MOC. Invite someone to an event as your guest, post flyers (find these on our About Us page of the website), or simply email people the web address to check out.



MOC members enjoy a variety of wines at a Wine Tasting at Penn Oaks Winery in suburban Silver Spring, Maryland (left). Others get into the holiday spirit by mixing up "drinks" at Virginia's Professional Bartending School in Arlington (right).

January Events

Sat., Jan. 3 @ 9 AM

Difficult AT Hike - Chimney Rocks
Rouzerville, PA

Sun., Jan. 4 @ 11 AM

Touch Football Game
Silver Spring, MD

Sat., Jan. 10 @ 10 AM

Moderate Hike, Gambrill State Park
Frederick, MD

Fri.-Mon., Jan. 16-19

Ski/Snowshoe Weekend Trip
Canaan Valley, WV

Sun., Jan. 18 @ 8:30 AM

**Moderate Hike - Annapolis Rock
Myersville, MD**

Fri., Jan. 23 @ 7 PM

Shoot Pool and Cool Brew
Beltsville, MD

Sat., Jan. 24 @ 11 AM

Trip to New Air and Space Museum
Chantilly, VA

Sun., Jan. 25 @ 11 AM

Moderate Hike - Northwest Branch
Silver Spring, MD

Sun., Jan. 25 @ 4 PM

Canadian Rockies Trip Info Meeting
Location TBD

Thu., Jan. 29 @ 7 PM

Event Organizing/Planning Clinic
College Park, MD

Sat., Jan. 31 @ 6:30 PM

Melting Pot Fondue Dinner
Annapolis, MD

For more info on upcoming events,
visit the "Events" tab on our web site.

Organize an Event

It's simple, fun to do, and gives you great leadership experience that you can use on your resume. If it sounds like something for you, please let us know.

events@marylandoutdoorclub.org

MOC Monthly Explorer + 2

Learn About a Park

Winter may not be a time when you're clamoring to get outdoors, but maybe it should be. In addition to hiking when the weather's milder, there are plenty of opportunities for other non-traditional winter sports. Some are even cheaper and safer than skiing and snowboarding.

Western Maryland sports three state parks with a plethora of alternative winter activities. Deep Creek Lake and the attached Wisp Ski Resort offer snowtubing and snowshoeing. Most state parks allow snowmobiling with a permit. Green Ridge and New Germany State Parks boast backpacking and hiking trails, with accommodations ranging from primitive sites to cabins.

If you want to try your hand at ice climbing, Swallows Falls State Park and the Savage River Forest have guided tour operators standing by. Ice fisherman also find the getting good at Savage River Reservoir.

For the outdoor experience without the physical effort, Deep Creek offers sleigh rides. Herrington Manor State Park has a sledding hill complete with hot chocolate and a bonfire waiting for you at the bottom.



If you're looking to start out a little closer to the Baltimore/DC Metro area, Gunpowder Falls State Park offers an up to 40 mile one-way cross-country route, ending in York, Pennsylvania. Think outside the house and the box this winter.

The MOC Wants You



Membership in the Maryland Outdoor Club is always free. That means that we are entirely volunteer-run. Everything you see, from the events to the newsletter to the webmastering, is all done thanks to generous donations of time. Looking for something cool to do in the New Year? Why not think about helping out at the MOC?

There are many ways you can get involved. Some low-commitment ways to help out include donating funds and equipment, becoming a Social Greeter and welcoming people to Social Hour, or helping promote the club by posting flyers.

But you already do those things, you say, and you want to do *more*? Well, have we got the jobs for you. One of the areas we always need people to help out in is organizing events. But organizing doesn't have to mean a lot of work - if you've been on a hike with the MOC, why not consider leading that same hike, or co-leading with a friend? The event details are often still on file. Don't see an event you'd like to? Don't want to go alone? Set it up as an MOC event - you may also find a nice group discount. Use the Member Area of the website to recruit a co-organizer. Watch for "new organizer" and expanded organizer resources soon. events@marylandoutdoorclub.org will get you started on the right foot.

Have other skills that you'd like to put to work for the club? We're still seeking some officers. This can be a great addition to your resume, too. Check out our volunteer page on the website, or please e-mail Amy Pickwick: apickwick@marylandoutdoorclub.org

Still want to be involved, but none of the listed positions fit your interests, or see somewhere where we could use your talents? Let us know! We'll do our best to find a place for you to help. You can always help with the newsletter...

January 2004

This Month in History

January 3, 1959 Sir Edmund Hillary reaches the South Pole overland
January 11, 1973 Baseball's American League adopted the Designated Hitter
January 20, 1885 LaMarcus Thompson patented the roller coaster
January 28, 1915 Congress passed legislation creating the Coast Guard

A Brand New Year

Yes, it's time again to make those resolutions to change ourselves that we so often quickly break. This year, why not let the MOC help with your resolutions?

Maybe you want to exercise more. Perfect! Many of our events involve a great deal of physical activity. Perhaps you want to meet more people. There are over 1200 members of the MOC - do you know them all? Looking to save money? Many of our events are free. Afraid that you'll break your resolutions as soon as you make them? Become more involved; making a real commitment as an event organizer or an officer can help you stay on track.

Monthly Statistics

As of January 1st

1217 - Total Members To Date
79 - December New Members
60% - Female Members
40% - Male Members
32 - Average Member Age

Tip of the Month

Winter can be a great chance to enjoy the outdoors, with the proper precautions. Don't let cold temperatures keep you from exercising and enjoying nature; just try these tips:

As temperatures drop, it might be tempting to curl all the way up into your sleeping bag and cover your entire face. But moisture from your breath can reduce the insulating properties of your sleeping bag by getting it wet, so use a bandanna or stocking cap to keep your face warm.

Even in winter, proper hydration is key - cold winter air is dry and will dehydrate you quickly. Don't grab handfuls of snow to quench your thirst, though, melt it first to avoid lowering your body temperature too much. Warm a small amount of water in your pot to avoid scorching it before the snow starts to melt.

To keep from cooling down too much when hiking, snack on food throughout the day rather than stopping for a long lunch break.

As always, know your limits, and take a friend along.

Adapted from:
The Lightweight Backpacker
<http://www.backpacking.net/wintertips.html>

Got a tip idea? Email
explorer@marylandoutdoorclub.org

Ads & Classifieds

Advertise in the Monthly Explorer
Does your business want to advertise in the Monthly Explorer? Reach hundreds of potential customers each month with a free ad - in exchange for bartered items/goods. Contact us for details.

explorer@marylandoutdoorclub.org

Place a Monthly Explorer Classified
Classifieds can only be placed by MOC members. With classified space you can sell single item goods (depreciated merchandise) or place notices. Classifieds are \$5.00 per 25 words or less. The MOC has the right to refuse or edit any classified. Send your classified, and amount due to Maryland Outdoor Club, ATTN: Monthly Explorer Publication, P.O. Box 854, College Park, MD 20741.

Deadline: the 15th of each month for the following month's issue.

Monthly Explorer

Submit reviews of events, articles, tips, etc. to the Newsletter Editor 30 days in advance of the next issue release (1st of each month). We'll review your work, and ad it to the newsletter if we feel it appropriate. You'll be given credit for the work although it becomes property of the club.

Write for the Monthly Explorer on an ongoing basis. Contact us for details.
explorer@marylandoutdoorclub.org

Get the Monthly Explorer Delivered

The MOC hands out a limited number of Monthly Explorer publications at our monthly Social Hour events, as well as posts an electronic copy to our web site. However, if you prefer to receive our publication by mail, please fill out the following form, cut it out, and return it to Maryland Outdoor Club, ATTN: Monthly Explorer Publication, P.O. Box 854, College Park, MD 20741 with \$6.00 (Payable to "Maryland Outdoor Club") to cover S&H for a year.

Name: _____
Address: _____
City/State/Zip: _____
Phone: _____

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P.O. Box 854, College Park, MD 20741

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Join the MOC

The Maryland Outdoor Club conducts all administrative tasks through our web site to cut down on processing time & costs. If you are interested in signing up for membership, you need to go to marylandoutdoorclub.org and click on any of the "Join Now" buttons you'll find throughout the site. Signing up is a relatively short process and will save you time later on when you sign up for events and don't need to re-enter all of your information.

The MOC does not sell or share your personal information with any third-party.

MEMBERSHIP IS FREE!!!

Save a Tree

If you are done with this issue, please consider throwing it in your paper recycle bin instead of into a trash can.

Contact Newsletter Editor

Watch this space... for upcoming information about changes to the newsletter. What do you want to see here? Have an idea or an article for the Monthly Explorer? Send it my way. Got a gripe? a Gaffe? Those are fair game, too.

Don't forget to keep checking the website. New events can be posted any day, as well as other area happenings and important club news. Look for surveys there, too.

-Katie Stofer
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