

Ho-Ho-Holidays

In place of an event round-up this month, here's a sampling of our photos from the MOC's end-of-year celebration. If you were there, you know what went on; if you missed it, you'll have to check the web site to see what all the fun is about! Even Jim Morrisson was there ...

In addition, a huge thank-you to everyone who donated time, money, and/or gifts at the party and other times for our adopted families and organizations for the holidays. The generosity of the MOC raised \$155 for the CBF, \$135 for BVU's Volunteer Central and over \$850 (in approximated value) in toys and cash for two families pinpointed by the Salvation Army of Howard County.



News You Can Use

Inside this Issue:

Member Spotlight and Member Picks, p. 2; A Cautionary Tale and Seen and Heard, p. 3; Member Bulletin Board and Best of 2004 Categories, p. 4

Hey 2004 Organizers:

Watch your inboxes for an invitation to a special thank-you party in the upcoming weeks. We appreciate all you do, and want to organize an event to show you how much!

Resolve to help out the MOC!

We're always looking for event organizers, social greeters, and extra hands who have special talents to share.

The MOC is also looking for people interested in a little more:

Controller - Need someone that is good with QuickBooks, accounting, taxes, etc. Record intake and outtake of club funds as a whole.

Event Accountant - Experience with Excel, accounting. Track intake and outtake of events.

Web Assistant - Proficient at Photoshop, and light HTML. Responsible for updating the slideshow(s) of images on the home page of the site and Non-MOC Event listings. Other duties will be defined over time.

Safety & Equipment Rental Coordinator - Manage club equipment. DC/Baltimore corridor location preferred.

Legal Coordinator - Must be a member of the Maryland Bar. Help with legal documentation, etc.

Wondering where the pictures from your event are?

If you're browsing the archives and don't see pictures from your event, consider sending photos that you took to our historian for our pages. Email photos with captions to: historian@marylandoutdoorclub.org

Coming next month:

From Idea to Archive - How to Host a Successful MOC Event Part II: The Day of the Event; Best of 2004 Winners.

Upcoming Events

Sat, Jan 15 @ 10 AM
God Fences Make Good Neighbors Preservation Event
Manassass National Battlefield Park, VA

Fri - Sun, Jan 21 - 23 @ 11 PM
Cross Country Ski/Snowshoe Wknd. II
Harman, WV

Sat, Jan 22 @ 9:30 AM
Difficult Hike (Tibbet Knob/Big Schloss)
Big Schloss Rec Area, VA

Sat, Jan 22 @ 10 AM
Wilderness First Aid Awareness
Columbia, MD

Sat, Jan 22 @ 2:45 PM
Visionary Art Museum Tour
Baltimore, MD

Sun, Jan 29 @ 4 PM
Clinic on Travel to Alaska
Columbia, MD

Fri - Sun, Feb 4 - 6 @ 8:30 PM
Cross Country Ski/Snowshoe Wknd. II
Round Hill, VA

Sun, Feb 6 @ 7:30 AM
Difficult Hike
Great Falls, VA

Tue, Feb 8, 2005 @ 7 PM
Social Hour at Red Robin
Columbia, MD



Fri - Sun, March 4 -6 @ 5 PM
Hiking and Hottubs
Deep Creek Lake, MD

For more information on upcoming events, please visit the "Events" section of our web site.

Don't see anything interesting? Why not organize something? See the Organizer Area in the Member Area of the web site, or speak with an officer.

Member Spotlight

Kate Buck - Organizer and Member



MOC Member since: July 19, 2004 (*ed. note: in her 6 months of membership, Kate has already organized several successful events!*)

Why I wanted to join MOC: Because I desperately wanted to go camping and at the time had no friends who were interested. Thank you Google!

Primary Involvement with MOC: Attendee and Organizer of social and camping events.

Favorite Adventure Sport, Social, or Travel Activities: Camping

Currently resides in: Annapolis, MD

Originally from: New Jersey and upstate New York

Favorite TV shows, book, movies, music: Survivor; Robert Jordan fantasy books, "Mallrats", and Incubus!

Favorite sports team: New Jersey Devils

Favorite local "getaway": anywhere camping

Pets: 3 fish named Sunny, Mars, and Pluto

Job: Teacher

Best part about organizing for MOC/ favorite event organized: Getting together a great group of people who want to do the same things that I do. Thanks for all the fun MOC!

Member Picks

Ever wondered how to spend that REI gift certificate, or need a new pair of boots? Who do you turn to? Your outdoorsy friends, of course? Here we present some of our Members' favorite products, both essential and more frivolous, for your next expedition:

President Amy Pickwick recommends, above all, Patient First. She says: Do you ever find that you need minor medical attention outside of normal business hours? Or, you don't like taking off going to work to get a doctor to prescribe medications for you? Or, you need someone else to give you your allergy injections? Open 365 days a year, 8 AM to 10 PM Patient First accepts most major insurances and they saw me in under an hour...on a Sunday!

Check them out at:
<http://www.patientfirst.com>

Amy also suggests *Budget Travel* magazine for all of us looking to see the world on one thin dime, and Canon's Digital Elph camera to record the good times!

A product your editor is curious about has this description:

- Plutonium Core Shape Design
- Made of Durable Stealth Blue Lexan Polycarbonate and Aluminum
- Perfect for that frosty desert (*sic*) out in the field.
- Order with Titanium Spork

Yes folks, it's an *ice cream maker*, no electricity required. Has anyone actually tried this? I'd love to hear your thoughts!

Any other products you love? Brands you hate? What wisdom have you picked up to share with other members so they don't repeat your mistakes! Send your "Member Picks" to me at explorer@marylandoutdoorclub.org and see them in an upcoming newsletter.

A Hiking Tale

MOC Member and longtime hiker Ellen Worthing shares her adventures of hiking alone, even near home and near populated areas. Luckily, all turned out well.

My family is so fractured at this point it is impossible for us to get together, we all go do our own thing during Christmas. So every year I try to do something alone and stupendous on Christmas day. This year I decided to do some winter hiking. Hiking is pretty safe since, around here, you will always bump into somebody else on the trail (or so I thought). I decided to do a leg of the Appalachian Trail from Penmar South. It was the only portion of the AT I haven't hiked in Maryland and I figured I should go check it out.

The AT is a relatively flat trail from Catoclin to points south so I felt comfortable that this segment on South Mountain, slightly north of Catoclin, would be reasonably tame, so tame that I thought I should leave my poles at home.

Everything started off pretty well, but I did notice the temperature was definitely below freezing. I was about a mile into the trail when the trail got very rocky. I didn't mind, but it was difficult to negotiate where the rocks were as opposed to where hard ground was with all the loose leaves surrounding the rocks.

The map I was using was a little hazy, the TOPO was the old USGS hand drawn map left over from the dark ages and the AT wasn't exactly clearly defined. No worries, it's a straight line, isn't it?

I was suddenly concerned when the trail took a hard switchback up South Mountain which I didn't expect. This was an unplanned steep incline, I am a pretty good hiker but the rocks, the leaves, and questionable hard ground seemed to get much worse as I ascended. Things would have been okay except my water tube kept freezing and I realized I was the **ONLY PERSON ON THE MOUNTAIN!**

It never warmed up to say the least. I realized if I slipped, fell and broke something I wasn't going to be coming off the mountain alive this night even though I wasn't too far from not

one, but two major metropolitan areas. I ate my lunch at a frightening pace, worried about the amount of daylight that was going to be left for the day.

I wanted to hike seven miles in and seven back but I only got to do six in and six back because I started to get real concerned about getting back to my car even though I had brought a headlamp. I nearly fell off a rock on the way down. I was extremely relieved when I finally laid eyes on my car. I did perfect a technique to keep my water tube free-flowing, though.

Penmar, Cascade and Blue Ridge Summit seem like spooky places to me with the defunct Ft. Ritchie in their midst. I saw some beautiful big Victorian homes, an old lodge and various other points of interest. I definitely will be heading back sometime when it is warmer.

Whew! We're glad everything turned out okay, Ellen - it seems like a lot of near-misses. The MOC recommends that you never hike alone, even in places you are familiar with. Also, be sure and let someone who's not going with you where you're going and when you expect to be back. Don't forget to carry the proper gear and a first-aid kit, as well. Better safe than sorry!



**That's not fruit leather....
those are my new Gel Insoles
for my Hiking Boots**

Cartoon Courtesy Doug Frik,
<http://www.frikoutdoors.com>

Park Bench? No, that's my Pommel Horse

Do you walk by a park bench, light pole, or curb every day, nearly overcome by the urge to jump on it, swing around it, or do calisthenics? You may be an urban gymnast, or if you're French, a parkour enthusiast.

And the sport has hit Maryland, evidenced by an Associated Press article based out of Westminster: "The sport, which resembles gymnastics without the gym, or skateboarding without a skateboard, depends as much on your view of the world around you as your skill in negotiating the terrain... 'You use the landscape around you to try to create movement, to flow across the landscape,' said Sam Slater, ... a junior at McDaniel College." (From Aetna IntelliHealth web site and AP)

Read more: <http://www.urbanfreeflow.com>

Seen and Heard

For my loyal readers, those fans of paddling and/or the cartoons you've spotted here over the next few months, watch out for a new paddling magazine out on the shelves this April. one, Called Potowmack Paddlers, the magazine is "all about enjoying the waters and trails that surround our nations capital." Check out the web site at <http://www.potowmackpaddler.com/> for a free issue, and watch for Frik's outdoors cartoons inside the magazine!

Monthly Statistics

As of January 1st

2288 - Total Members To Date
63 - December New Members
60% - Female Members
40% - Male Members
32.7 - Average Member Age

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January 2005

Member Bulletin Board

The MOC does not maintain a bulletin board on its web site because it's too hard to monitor, so we've made it a feature of the newsletter. Use this area to hook up a team for a race, get a group together for a special non-MOC event, or to do other networking.

This month:

Your not-so-humble newsletter editor, Katie Stofer, is recruiting participants for Baltimore co-ed sports leagues. Right now, I'm trying to gauge interest in forming MOC teams for any sport, so drop me a line with your interests. I've got a lot of interest in volleyball playing - who's up for kickball?

Katie's email is in the newsletter.

MOC Founder and President Amy Pickwick, is currently seeking a walking activity partner for morning walks around Lake Elkhorn in Columbia, MD.

Hint: See the column at left.

Got a post for the board? Email
explorer@marylandoutdoorclub.org

Best of 2004

With the end of another full year for the MOC, we want to know what you liked best! Send your nominations for the following categories to Katie or Rebecca, or fill out a form at Social Hour. Look for the results next month.

Best Event by Season (Winter, Spring, Summer, Fall); Best Hiking Event; Best water-related Event; Best Weekend/Getaway Event; Best Volunteer/Preservation Event; Best Social Event; Best Social Hour; Best Campfire Cookin'; Most Scenic Hike; Best K-9 friendly Event; Most Energetic Organizer; Best Campfire Story; Best Excuse for a Speeding Ticket on the way to/from an event; Or, nominate superlatives in your own category!

Join the MOC - It's Free!

The Maryland Outdoor Club conducts all administrative tasks through our web site to cut down on processing time & costs. If you want to sign up, go to marylandoutdoorclub.org and click on any of the "Join Now" buttons you'll find throughout the site. Signing up is a short process and will save you time when you sign up for events.

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

Ads & Classifieds

Your business can reach hundreds of potential customers each month with an ad in exchange for bartered items/goods. Contact the editor for details. MOC members can sell single used items or place notices. Classifieds are \$5.00 per 25 words or less.

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.

Calling all Creative Types

Remember, if you're a budding artist, photographer, writer, cartoonist, etc. we'll be glad to use your submissions! Those of you planning to submit for Art-o-matic 2006 can use this as a test bed for your ideas

Editor's Corner

Welcome to 2005! A new year and ... the same old newsletter content, unless you give me some ideas! It can be as simple as sending me a link to a funny article you read relating to the outdoors, but the more input I get from you, the more useful output you get in the MOC newsletter. What about a Bulletin Board posting? Joanne's new roommate is from the MOC - thanks to her ad in the newsletter. Hey, if nothing else, it's free!

-Katie Stofer