

Lazy Days ... not!

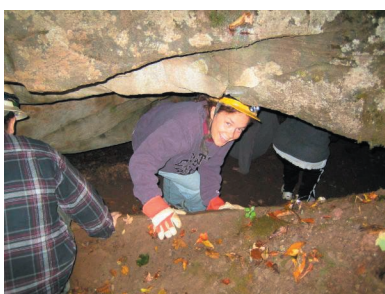
Right: Laying it all on the line for paintball.



Left: We hiked all the way to Pennsylvania!



Right: Bubble, bubble, toil and trouble, all for a little camping trip.



Left: No one told us there would be hard hats involved in this outdoors club!

Right: But Mom, it's hard to follow all the rules!



News You Can Use

Inside this Issue:

This month we're packed with K-9 friendly places - on page 2, find Baltimore's establishments that welcome dogs and on page 3, K9 Coordinator Carrie Graff shares her picks for dining with your pooch in Annapolis. Also on page 2, find upcoming event listings and opportunities to help with hurricane relief. Member Spotlight highlights Matt Toerper and MOC President Amy Pickwick shares some important club etiquette on page 3.

Thank You, Joanne!

After helping out for two years, our Community Relations Coordinator, Joanne Milne, has stepped down. Please tell her thanks when you see her next - she expects to remain an active member of the club.

New Member Forums Monitor

Matt Toerper has taken on the role of Forum Monitor to help members find what they're looking for and ensure that content is posted in the appropriate place. Have you checked out all the good stuff that is for sale, for fun, and for a more enjoyable MOC experience?

Calling All Event Participants!

Is there a really cool picture of your event in the archive that should be in the newsletter? Drop me a line and I'll feature it on this page in the next month. All events eligible.

Yahoo Special Interests Group Lists

We have several Yahoo! Group email lists with special interests in mind:
mocmovies@groups.yahoo.com
mocsports@groups.yahoo.com
moccoconcerts@groups.yahoo.com
mochappyhour@groups.yahoo.com
Join up for more info on finding others to form teams, have a drink, or catch a flick.

Attention Earthlink Email Subscribers!

If you use Earthlink for your MOC member emails, you may be missing club email which is getting snagged by the spamblocker. Please add MOC as an approved sender. See the News section of the MOC web site for details.


Information/Clubhouses sought

Do you live in an apartment complex with a clubhouse you can use? Are you part of a local Kiwanis or Jaycee group that has a hall? MOC is looking for cheap places to hold game nights and similar, where we can bring food and drink and enjoy each others' company without utilizing a member's home. If you have any ideas, please email Katie Stofer or Amy Pickwick.

Upcoming Events

For more info and events, visit the "Events" section of our web site.

Wed, Oct 12 @ 7 PM
Nature Photography 101
Columbia, MD

Fri, Oct 14 @ 8:15 PM 
Moonlight C & O Canal Hike
Potomac, MD

Sat, Oct 15 @ 10 AM
Difficult AT Hike - Pen Mar
Edgemont, MD

Sun, Oct, 16 @ 3 PM
Maryland Brewer's Oktoberfest
Timonium, MD


Fri - Sun, Oct 21-23 
Shenandoah Camping Weekend
Shenandoah National Park, VA

Sat - Sun, Oct 22-23
Backpacking in Western Maryland
Greenridge State Forest, MD

Sun, Oct 23 @ 9 AM
Moderate B & A Bike Ride
Annapolis, MD

Sun, Oct 23 2005 @ 10:00 AM
Difficult Hike - Sugarloaf
Dickerson, MD

Sat, Oct 29 2005 @ 9:00 AM
Tree Planting in Howard County
Reisterstown, MD

Tues, Nov 8 @ 7:30 PM 
Social Hour at Red Robin
Columbia, MD

*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. You can use the new
Member Forums on the web site
to find someone in need of a co-
organizer.*

Baltimore Partially Pooch Paradise

In addition to most city parks, where dogs are welcome as long as owners clean up after them, more Baltimore-area establishments are becoming "pet-friendly". Enclosed restaurants can't accept pets due to health code regulations, but here are some area spots where you can dine, nosh, or simply chow down with your best friend of both species at your side:

Bonjour, 6070 Falls Road.

The Daily Grind, 1720 Thames St. Walk around to the side and knock on the top half of the door for outside service while your dog waits at your side. One person per dog, please.

Dogs allowed at outside seating:
-Donna's Cafe and Coffee Bar, 3101 St. Paul St.; 800 N. Charles St.
-Ethel and Ramone's, 1615 Sulgrave Ave.
-GlasZ Cafe, 6080 Falls Road.
-Greene Turtle, 722 S. Broadway St.
-Kiss Cafe, 2400 Boston St.
-Lulu's Off Broadway, 1703 Aliceanna St.
-Metropolitan Coffeehouse and Wine Bar, 902 S. Charles St.
-Peter's Inn, 504 S. Ann St.

Fashion Attic, 1926 Fleet St. Dogs allowed inside the thrift store.

Patterson Perk, 2501 Eastern Ave. After walking Boopi in nearby Patterson Park, order some coffee for yourself and a dog treat for him. The cafe also leaves filled water bowls outside, in case Boopi gets parched.

Sound Garden, 1616 Thames St. Dogs allowed inside the music store.

Video Americain, 3100 St. Paul St.; 400 W. Cold Spring Lane. Dogs allowed inside the video store at both locations.

The Wine Source, 3601 Elm Ave. 410-467-7777. 9 a.m.-9 p.m. Monday-Saturday. Dogs allowed inside the store.

*compiled by **The Baltimore Sun***

Volunteer for Hurricane Relief

Baltimore's Volunteer Central has compiled the following resources for those looking to donate time and/or money to help victims of Hurricanes Katrina and Rita.

Maryland Food Bank - The Food Bank is part of a national food bank and will be collecting, sorting, and packing food to deliver to the affected areas. This increases their need for volunteers in the warehouse to sort and package food. Day time volunteers are in highest demand, but other time slots are open as well.

American Red Cross - Blood Services: As you can imagine, this organization is overwhelmingly busy. One request for volunteers is to assist with blood drives. These are held at various locations. Daytime volunteers are in highest demand.

American Red Cross - Central Maryland: Chapter Volunteers are needed to travel to the affected areas and help there. There is a 3-week commitment and a one-day training is required.

The following organizations have extensive lists of groups accepting donations:

Network for Good - A comprehensive listing of organizations assisting with the tragedy.

Baltimore Community Foundation - A list of organizations accepting donations on behalf of Katrina victims.

BlackAmerica Web - Accepting donations to support families that are housing hurricane victims.

National Public Radio - News stories and donation information.

CNN - Many resources about the Katrina disaster.

Contact information for these groups and opportunities can be found on Volunteer Central's web site:

<http://www.volunteercentral.net>
October 2005

Member Spotlight - Matt Toerper

Message Board Monitor and Event Organizer



Member Since: November 2004

Favorite Adventure Sport, Social, or Travel Activities (or favorite MOC events): I love to hike almost anywhere and also enjoy boating, biking, basketball, volleyball, and tennis.

Currently resides in: Perry Hall

Originally from: York, Pennsylvania

Favorite TV show: NewsHour with Jim Lehrer; **Movies:** "Hoosiers" and "National Lampoon's Christmas Vacation", both Toerper family favorites; **Music:** I love jazz, and I'm also addicted to this very eclectic Internet radio station called Radio Paradise

Favorite sports team: University of Pittsburgh's football and basketball teams (my little brother's on the football team)

Favorite local "getaway": North Point State Park

Pets: I don't have any, but I adore my mom's little Jack Russell terrier.

Job: Computer Programmer for Johns Hopkins University

Best part about organizing for MOC: Seeing people smile, and gaining leadership experience.

Other fun info about you: I used to host an 80s music show on York College's radio station.

ed. note: Matt has also started the MOC Concerts Yahoo! email group.

K-9 Corner

Fall is near, the weather will be cooling off (although you wouldn't know it by the forecast), and pretty soon we will be wishing for summer. For some late season fun with your four-legged friend before the snow flies, Shadow and I have some ideas for dining with your dog.

First on my list? Enjoy the cool, non-humid nights of fall having dinner at one of the many dog-friendly restaurants in Annapolis. Any of the bars/restaurants with outdoor seating will be more than happy to accommodate you and your pooch. If you are looking for just some good bar food and beer, you can't beat Rams Head on Main Street. There is always room for your dog and often the friendly (but sometimes slow) staff will bring a water bowl so both of you can drink up. You can almost bet your dog won't be the only one there - this is a very popular place for locals with pets.

Just down the street is Sly Fox, a personal favorite of Shadow's and mine. Just off of Church Circle, Sly Fox has a back patio with live music and an outdoor bar just about every night. You are welcome to sit and dine with your dog, or just hang out and chill with the beverage of your choice while listening to some tunes. This is a great place to meet other people with dogs and if you're single, I can guarantee bringing your dog is a good way to meet people of the opposite sex (or the same sex... your choice). If it is raining or chilly, this is the only bar that I know of in town where you can actually bring your dog inside their downstairs pub. On more than one occasion I have seen one or two dogs in the bar area so be sure to check it out!

If you are looking for a fancier dinner, I highly recommend Yin Yankee at the end of Main Street. The staff is very friendly and very accommodating to your four-legged companions. The tables out front are small and few, but if you chance to get a seat on a nice night, you'll be in for a great meal and a great view of the harbor, and you don't have to feel guilty about leaving the dog behind...what could be better?

-Carrie Graff, K-9 Coordinator

MOC Money Etiquette

Our volunteer Event Organizers and MOC officers recently made me aware of some money issues within the club. Not running-the-club expenses but issues stemming from situations where members have personal responsibility.

While the MOC was created as a low cost forum for people in the region to come out and be social with their neighbors, members still need to remember their responsibility to pay their share when they are provided with a service (i.e., food, activities, carpooling).

We've recently had people skip out on Social Hour bills. These events are not paid for by the club, so please make sure not to order more than you can pay for. It's okay to call our Social Hour location or our Social Coordinator, when you realized you accidentally skipped out on a bill. Pay for what you order, including tax and tip, and all will be good.

Along the same lines, some Event Organizers are getting stiffed at post-event meals where members are not paying their equal share. If you split items on the menu, order alcoholic drinks, etc., please don't forget to add that to your bill and add in at least 20% for tax & tip.

Next, please tip drivers for gas and wear and tear to carpool you to and from events. If someone volunteers to drive, it doesn't mean you should get a free ride. For most local events, I recommend a tip of around \$5/person. For longer distances, estimate \$3/each 30 miles and divide amongst the riders.

Lastly, don't forget about guides or people providing you with a service on MOC events. Tip according to the service - a river guide that saved your life when you flipped out of the raft might deserve more than usual. Many of these people do their jobs because they love them and weighty outfitter insurance costs often make their wages small.

Help keep the MOC reputation a positive one. If you have any questions, do not hesitate to e-mail me.

Amy Pickwick, Co-Founder/President

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Tip of the Month

Check out the Non-MOC Events page under the "Extras" tab of the web site for inspiration on events to organize. Many of those listings are seasonal openings, events listed from magazines, or events with plenty of lead time that could be easily turned into MOC events.

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



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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.

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.

Success Stories?

Do you have an MOC-related success story you'd like to share? Perhaps you got a fabulous new job, made great new friends, or discovered a great new getaway spot through the MOC. Send us a couple of paragraphs and we'll share your story in an upcoming issue of the newsletter.

Monthly Statistics

As of October 1st

3099 - Total Members To Date
86 - New Members in September
60% - Female Members
40% - Male Members
33.2 - Average Member Age

Weeding Wins With Vegetables and Vessels

The first study to link exercise with a reduced risk of strokes suggests leisure and commuting exercise are effective at lowering stroke risk.

Strokes, the third most common cause of death in the United States, are caused by blood clots or bleeding in the brain or between the brain and skull. Researchers who studied nearly 50,000 Finns for 19 years found that moderate to high leisure time exercise, including running, swimming, or "heavy gardening" lower risk of stroke by 16-25 percent.

In addition to these leisure time exercise findings, the research shows that walking or biking to work also reduces risk of some types of stroke.

The researchers, based upon these findings, obviously recommend that people get more exercise during their leisure time. However, the researchers also recommend that employers add walking time or short exercise breaks for their employees, adding that they feel it would be cost effective.

Excerpted from Aetna Intellihealth Online, <http://www.intellihealth.com>

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.