

## Just Hanging Out

The months of May and June blessed the MOC with beautiful weather. Unless you are living under a rock, you noticed and got out and enjoyed it. If you came out to an event, you could have been camping, clinging to the ropes on the Ropes Course weekend, luau'ing, biking, or even just taking an easy hike with your Mom or Dad. The weather even inspired at least two poems from MOC'ers (you'll have to read the full write-ups to enjoy).

### Ropes Course Adventure Weekend

Organizers: Gina Vachino, KC Yi

So the weather didn't hold out all weekend for this trip, but overall, it was a fantastic weekend. In both the organizers' own words and comments from the participants, neither rain, nor cicadas, nor raging floods could keep them from enjoying themselves. From events such as "Titanic," "Ropes of Life," "The Black Widow," and the zip lines to the abundance of bugs, mystery underwear, and finicky cats, the group couldn't help bonding and even impressing the outfitter with their good nature and great teamwork. If you missed it, look for someone to put it together again in the future. Maybe even you ...



Ropes Course participants hang out on the "Ropes of Life"; C&O Canal Bikers hanging out in the shade of the trail; Fourth of July campers hang out on their lunch break.

### Biking the C & O Canal

Organizers: KC Yi, Joanne Milne

MOC weren't the only ones taking advantage of the beautiful weather as the group passed numerous walkers, bikers, runners and kayakers on the Canal. KC ordered a perfect day - not too hot, not too cool in the shade of the towpath. The group was undeterred by the thought of adding an extra few miles to the trip to reach a prettier overlook and so got to enjoy their lunch with a great view. On the way back, the group stopped to view Great Falls, soaking up a little history of the river as they crossed the island preserve to get there.

### Fourth of July Camping Weekend

Organizers: Jesse Allen, Rani Chohan

This somewhat do-it-yourself weekend of hiking, fireworks, camping, food and even dancing served all participants well, even if it didn't inspire poetry. A very lightly populated Shenandoah National Park afforded views of multiple DC-area fireworks, and as usual, MOC campers found numerous ways to entertain themselves (and others) around the fire. Never a dull moment with MOC!

## News You Can Use

### Outdoor Club Turns Two!

This July marks the second anniversary of the launch of the web site and the "official" launch of the MOC. Come celebrate with us and some of our 1800+ members at Quiet Waters Park in Annapolis on July 25. We'll have games, door prizes, and grilling by some of your very own MOC officers (in case you think they don't work hard enough). You can fish, hike, or rent boats or kayaks as well. RSVP on the web site.

### Inside this Issue:

Our MOC Member Spotlight is MOC President Amy Pickwick, page 2. Member and volunteer paramedic Jason Craver shares tips on wilderness first aid on page 3. As always, check the Member Bulletin Board on page 4 for members looking to form smaller interest groups or swap gear.

### Openings Within the MOC For Officers

Contact us if you are interested in taking on one of these positions or helping out in any way with the club. These positions are ultimately given to the candidate with the best fit, and are appointed by the current officers of the club. All of these positions are volunteer-based and are what you make of them. Most positions can be handled on your own schedule.

**Controller** - This is a time intensive position. Need someone that is good with QuickBooks, accounting, taxes, etc. Will record intake and outtake of club funds as a whole.

**Event Accountant** - Need someone good with Excel, accounting. Will track intake and outtake of events.

**Web Assistant** - Need someone that is good at Photoshop, and light HTML. This person will be responsible for updating the slideshow(s) of images on the home page of the site. Other duties will be defined over time.

**Social Coordinator** - Primarily will be in charge of our monthly Social Hour event.

**Safety & Equipment Rental Coordinator** - Will manage club equipment allocation.

**Legal Coordinator** - Must be a member of the Maryland Bar. Will help us with legal documentation, etc.

## Upcoming Events



**Tue, July 13 @ 7 PM**

Social Hour, Red Robin Restaurant  
Columbia, MD

**Fri-Sun, July 16-18**

Canoeing and Camping Weekend  
Pocomoke River State Park

**Sat, July 17 @ 9 AM**

Difficult Hike - Tuscarosa Cave Run  
Virginia/WV border

**Sat, July 17 @ 9 AM**

Civic Works Crew Event  
Baltimore, MD

**Sun, July 18 @ 9:30 AM**

Bike Ride on NCR trail to York, PA  
Freeland, MD to York, PA

**Sat, July 24 @ 7 PM**

Shakespeare and Pub Crawl  
Annapolis, MD

**Sun, July 25 @ 11 AM**

2nd Annual Picnic and Anniversary  
Celebration  
Quiet Waters Park, Annapolis, MD

**Mon, July 26 @ 5 PM**

National Mall Movie Night  
Washington, DC

**Fri, July 30 @ 7:45 PM**

TGIF Movie Night and Wine Tasting  
Basignani Winery, Sparks, MD

**Sat, July 31 @ 10 AM**

Difficult Hike on the AT  
Harper's Ferry, WV

**Sat-Sun Aug. 7-8 @ 10 AM**

Hiking/Camping Weekend  
Potomac State Forest  
Garrett County, MD

**Sat, Aug 7 @ 4:30 PM**

Sailing Cruise and Dinner  
Annapolis, MD

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

## The Skies Above

Blue Moon - Excerpted from  
<http://science.nasa.gov>

The month of July 2004 has two full moons, which means one of them is a Blue Moon. But will it really be blue? Believe it or not, scientists say blue-colored moons are real.



According to modern folklore, a Blue Moon is the second full moon in a calendar month. Usually months have only one full moon, but occasionally a second one sneaks in. Full moons are separated by 29 days, while most months are 30 or 31 days long; so it is possible to fit two full moons in a single month. This happens every two and a half years, on average. July has already had one full moon on July 2nd. The next, on July 31st, is by definition a Blue Moon. The date of a full moon, all by itself, doesn't affect the moon's color. The moon on July 31st will be pearly-gray, as usual. Unless. ... The key to a blue moon is having in the air lots of particles slightly wider than the wavelength of red light (0.7 micron)--and no other sizes present. This is rare, but volcanoes sometimes spit out such clouds, as do forest fires. In the western U.S., there will be wildfires burning on July 31st. With the right particles spit out, the Blue Moon there could be blue.



## MOC Member Spotlight



**Amy Pickwick**  
**MOC President and Founder**

Favorite Adventure Sport, Social, or  
Travel Activities: Canoeing, Sea  
Kayaking, Hiking, Travel, Social

Currently resides in: Columbia, Md.

Originally from: Frederick, Md./  
Atlanta, Ga.

Favorite TV show/book/movies/music:  
Friends, Seinfeld, All Kinds of Movies,  
Counting Crows

Favorite sports team: Atlanta Braves

Favorite local "getaway": Ocean City

Pets: 1 Dog: Zena

Job: Web Designer for Firehouse.com

Other fun info about you: Love going  
to amusement parks, concerts, and  
exploring nearby towns.

Best part about organizing for MOC:  
The reward of seeing everyone  
having a good time, making friends, and  
getting to participate myself!

Anything else: Once went on a week-  
long canoe trip in Canada, and also  
one in Florida. Have traveled to 25 of  
the 50 states.



# Wilderness First Aid

by Jason Craver

The Maryland Outdoor Club has been around for two years now and every year the number of trips and members have been steadily increasing, due to the excellent efforts by the members to organize a number of hikes and events ranging from walks on city streets to climbing and hiking some very difficult and remote terrain.

To date, there have been some minor injuries such as strained ankles and rope-burned hands. We've been very fortunate and I hope that we continue to remain so. However, the law of averages and Murphy's Law have to stick their nose into our fun eventually and we need to be able to ensure the safety of our members and that anyone who does need urgent and competent medical attention will get it. Accidents are bound to happen, so we need to be (and can be) ready for them.

Each event, whether for a day or a weekend, needs to be adequately prepared for any emergency. These preparations include:

**1) Gear;** Each event coordinator should pack a kit adequate to treat multiple injured individuals. This includes items for trauma, routine illnesses, snake/spider bites, etc. A good list is on the MOC site or <http://www.lights.com/waterways/survival/firstaid.htm> (ed. note: we have basic first aid kits available for borrowing for your event, contact an officer to obtain one)

**2) Training;** You could have enough equipment for an operating room, but if the people who are lugging it around don't have the training and experience to use it, it's not going to do any good, and may in fact cause further injury. Minimum training includes CPR and First Aid. Wilderness First Aid instructs people in maintaining a patient's condition until help can arrive, or transporting the patient in the safest manner preventing further injury to an accessible location.

Information and classes can be found at: <http://www.wfa.net>

**3) Prevention;** This is always the best policy for many reasons. First (and probably best), it is least painful. Make sure that all members who are doing an event have the proper safety gear, and don't leave it up to the outfitter. Outfitters can easily overlook things when they are trying to work with the 30 or so members that we hit them with. Members should look out for each other so we all have gloves, proper boots, helmets, life preservers, etc. Second, prevention is a lot less expensive than treatment. Some state laws allow governmental and volunteer agencies to recover the costs of performing wilderness rescues. If you think the gas prices this spring were expensive, as of 2003, the price for a single helicopter medevac trip for the fuel and time is \$4,000! That's not counting the costs of the ER and follow-up care. Last of all, in some of the places that we go, help is not 10 minutes away; it could take the responding agency about an hour to just get to where we may be. So we need to remember to watch out for each other in every situation - from handling pots over a fire to scaling a 200-foot rock wall.

A good pocket first aid guide is also recommended, one that covers many possible emergencies and their proper treatments. Read it over when you have some time before an event so that when someone needs emergency help, they can be helped right away. Keep it in your daypack. Check the MOC web site for a few recommendations.

In addition, there are a few general basic principles to remember:

1) ALWAYS make sure that you are not going to be injured when you try to help someone else. If the members of your group have to try to help you because you twisted your knee in addition to helping the original injured person, you're not going to be very popular. Every time I've performed a rescue, from crawling into wrecked cars to entering

environments full of hazardous materials, I've made sure that I'm coming back safely, and you should, too.

2) ALWAYS make sure that you take care of the most immediate life-threatening problems first. It's easy to get tunnel vision and treat that gross, disgusting, bleeding and mangled leg. (ed. note - we haven't seen any of these on any MOC events to date.)

But before you do that, you need to make sure that the person's cervical spine is stabilized so that they don't become paralyzed as a quadriplegic for life.

3) ALWAYS remember the oldest medical advice, back to Hippocrates... "First, do no harm". If you are unsure of the best way to treat someone, or feel uncertain whether something should be done, don't do it. Get that cell phone out and ask the 911 operators; they are trained to give you the right information, or connect you with a doctor that will. The person you are treating most likely will be better off, and laws known as Good Samaritan Laws will protect you only as long as you do that a "reasonable and prudent individual in similar circumstances" would perform the same actions. You don't have absolute immunity and can find yourself being sued.

Treating people in the wilderness is something that takes resources, training, equipment, and good judgment. The first three can be found on web sites, through local courses, in hiking guides, and in outdoor sports stores. The essentials of making sure that the MOC trips remain safe and enjoyable are preparation, safety, and looking out for each other. If we all do a small part, we'll continue to beat Murphy's Law and enjoy the great times we've had so far.

*Author Member Jason Craver, EMT-CC, is a volunteer paramedic and firefighter. You can contact him through the Member Area of the web site. Send comments and questions to him or the editor.*

## Monthly Statistics

As of July 1st

1805 - Total Members To Date  
198 - May/June New Members  
60% - Female Members  
40% - Male Members  
32.3 - Average Member Age

## 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

## 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.

## Officers

### Amy Pickwick

Founder & President

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## 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 event that wouldn't necessarily be an MOC event, or to do other networking.

Got a post for the board? Email [explorer@marylandoutdoorclub.org](mailto:explorer@marylandoutdoorclub.org)

### Got a Case of the Mon-days?

If you've got Mondays (or even the occasional one) off from work or school, Katie Stofer of Baltimore is looking to get out and hike, bike, or generally explore this summer and fall. Please email her to meet up for informal excursions.

### Mountain Biking Group

Courtney Cotton of Belcamp is looking for mountain bikers for rides all over the DC/Baltimore area. Rides are of varying difficulty, so all are welcome. Most require basic mountain biking skills, but novices should contact her for potential beginner sessions.

### Beginning Golfers Sought

Brian Marron of Baltimore is looking to form a group to play Par 3's and learn together. "We will experience the frustration together and provide each other support. Two rules: Thou shalt not throw thy clubs in yonder lake, at other players or at course employees, and thou shalt not use the golf cart to chase down yonder goose who stole thy ball."

### Bike Trail Scouters Wanted

Ryan Meadows of Owings Mills wants to scout in Annapolis, York, PA and Gettysburg, PA among other areas.

*Log on to the Member Network on the Member Area of the web site to contact these members for details.*

## 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 are interested in signing up for membership, you need to go to [marylandoutdoorclub.org](http://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.

## 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.



Canoe Camping

## Editor's Corner

Thanks to all my MOC friends for a ton of help these past couple of months as I started a new job and moved. Thanks to all of you for your understanding as there was no newsletter last month. Never fear, we are back on track now and hopefully all your favorite columns and features will be here next month (whether the newsletter is done by the first of the month is another story ...). How can you ensure that all the great stuff you love to read about appears each month? Contribute to the newsletter - a full article (300-400 words), or just an idea for what you'd like to see. I'm open to everything.

-Katie Stofer

[explorer@marylandoutdoorclub.org](mailto:explorer@marylandoutdoorclub.org)