

# Monthly Explorer

www.marylandoutdoorclub.org

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Adventure Sports • Travel • Social

## MARYLAND Outdoor Club

P.O. Box 652, Columbia, MD 21045

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*Interested in contributing? Send articles, story ideas and general comments to [explorer@marylandoutdoorclub.org](mailto:explorer@marylandoutdoorclub.org)*

### King of the World?



MOC member conquers an unruly hay bale during a hike at Susquehanna State.

## Colin's Turn: Message from the New MOC President

History often isn't kind to those who succeed "founders." Who remembers the Roman emperor who came after the first one, Augustus? (it was Tiberius-and if he's remembered it's only because he sent someone named Pontius Pilate to a dusty little province called Judea to be governor). Or who came after Genghis Khan? (Ever heard of Ögadei Khan and his four brothers??). Or how about who took over from Henry Ford? (Edsel Ford – and yes, he's the one who later gave his name to Ford's most unpopular car). And one might look in vain for a memorial in DC to John Adams, who succeeded George Washington as president in 1797 (and doesn't it seem like there's a memorial for just about everyone in DC??).

Coming second is a hard job, and that's what I'll be doing as your new MOC president. I'm taking over from Amy Pickwick, the club's founder and president for the past four years. I don't think it's going too far to say that in many ways Amy has single-handedly carried this club

on her shoulders. She has dedicated much of every day for the past four years to the MOC, and if you haven't had a chance to thank her for everything she's done, please take a moment the next time you see her to do so.

In a sense, I'm the first "grunt," the first regular schmo who came into the club off the street like everyone else, to take the club's helm. What it really means is that the club is maturing and taking on a life of its own. No longer a child, the MOC is moving into adolescence (hopefully it will be without the usually temper tantrums, alienation from parents, rampant drug experimentation, and brandishing of weapons in school).

After four years, I think the MOC has got a lot of things right about it. We just passed 4000 registered members this week, the number and diversity of events we offer keep increasing, and, most important, people are just having a lot of fun.

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## Health Corner

### New Column Debuts

Hey all! Shortly after joining the MOC group, I was impressed with its degree of organization. There was even a newsletter! I thought this seemed like a good place and group to have a general health topics forum related to (but not restricted to) peeps with an active, outdoorsy/social lifestyle. As I am becoming more active with the MOC, I returned to my thoughts of being a regular writer for the newsletter.

To some, reading this sort of stuff might be borderline uncomfortable or boring. Still, the hope is that in providing a general reading on certain health topics, you might take an interest to read up on something or another for yourself, friends, and/or family (incl. pets). My sincere apologies to the germ-a-phobes and hypochondriacs in the group, but I figure that the best way to keep healthy and lookout for one's self (and others) is to keep informed about health risks/exposures – sort of what public health is about. I won't get too technical, because I want the material to be of some value to everybody reading the newsletter -- I'll also probably get an earful from Jen A. (our MOC newsletter editor) otherwise, just kidding, of course! She's a very cool editor! I'll try to include Internet web addresses for those who might want to read more on the topic, as well.

Disclaimer: Although I'm not a professional health writer, I have a strong science background and this sort of stuff is pretty interesting to me! Please do not substitute any stuff I write about for proper health treatment/advice from a qualified health professional, like your doctor! ☺

Alright then... As this is the first introduction to the health forum article section, I thought to list a number of topics that will become full blown articles in future newsletters. This way, you can read up on anything of personal interest now rather than wait to read about it in a future newsletter.

Here comes the part where this section becomes a forum of sorts: The topic for the next month's newsletter will be mentioned at the end of the article. Even though I will have a general plan for a decent overview of the monthly topic, if there are specific points of interest that you want addressed/answered, you can submit your questions to Jen Adach (again, our MOC newsletter editor, at [explorer@marylandoutdoorclub.org](mailto:explorer@marylandoutdoorclub.org)). Please state your questions as briefly as possible and include "Health Corner" in the e-mail subject header. Indicate if you

would like to be credited with the question or to remain anonymous. ALSO, if you have an expertise or a personal interest and would like to author or contribute as a co-author to any article topic, please feel free to write in to Jen Adach before the next newsletter's deadline (before the second weekend of the month).

Ok, here's the list as it stands now...

- Ticks
- Food-borne Illnesses
- Drinking Responsibly (Alcohol)
- Sexually Transmitted Disease Basics
- Mental Health and Coping Strategies
- Sun-Exposure Health Conditions
- Cold-weather Health Tips
- Nutrition Basics

More topics will be added in time.

Since I have a personal loathing for ticks and have enough background on these no-good blood suckers, "Ticks: Who they are and What you need to know about them" will be the first article for next month. Remember to submit your questions and ideas for articles, if you've got 'em!

- Ruwan Alwis

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### It's True! Special Edition for December

The rumor is true. The *Monthly Explorer* will have a special edition just in time for the annual Holiday Party. Share a story for 'auld lang syne' (it's not too early for that, right?). The *Explorer* is looking for stories about friends you made, the organizer that made you love MOC, the nights spent curled up by the fire reading the *Explorer* – we want to hear them. We'll also run a list of thank yous, so let us know if there is someone in the club that you want to thank. Send in your stories and messages to [explorer@marylandoutdoorclub.org](mailto:explorer@marylandoutdoorclub.org).



### Monarch of the Month

Congrats to Katie Stofer who correctly answered the *Explorer* trivia question! Jousting is the state sport of Maryland. Want to try your hand at being next month's Monarch? Answer this question: On September 18th, 1985, *Late Night with David Letterman* did their first "Top Ten List." What was the first subject of "The Top Ten List"?

## Maryland Indoor Club?



MOCers go through their budget during a financial planning seminar from Ameriprise Financial. The seminar was met with rave reviews from participants.

## Note from New MOC President

*Continued from page 1*

What's more, we now have a dedicated and knowledgeable group of organizers for a whole host of different activities, and what impresses me the most is the fact that many of them have turned their interests and experiences--much of which was picked up while doing events with the club--into genuine expertise that they share with us by putting time and effort back into the club. I would like to see the number of events we offer--and number of organizers as well--increase in the coming year so that we all can enjoy more of this region's great outdoors, and to that end you'll soon be seeing a new archive on our web site of area hikes that will hopefully help more people organize more hiking events.

Some of the other things you'll see in the coming months will be the incorporation of new bylaws that will codify and streamline the club's governance, and we'll also be exploring the possibility of making the club nonprofit. The way I see it, my mandate is to shepherd the club to spot where the members truly have a sense of ownership over its activities. I'd also like to see a much larger number of those registered members become "real" members--participating in events and organizing, and not just sitting on the sideline.

Growing up, I never was much of a "club" person. Most of the time, clubs are things you sign up for and then blow

*Monthly Explorer*

All the MOC News That's Fit to Print

## MOC News & Updates

**Thanks John! Welcome Cynthia!**

After a year as MOC's event coordinator, John Putman has stepped down from his role. If you see John, take a minute to thank him for all his hard work. Filling his shoes as the new event coordinator will be Cynthia Glaser.



**Holiday Party Planning Has Started**

Planning for the Fifth Annual MOC Holiday Party is underway! Mark your calendars for Friday, December 8<sup>th</sup> to celebrate the holidays with MOC.

We want to hear from you. MOC is interested in getting your thoughts and ideas to make this year's event an even greater success. E-mail Ian Wright, MOC Social Coordinator, with your ideas and suggestions at [iwright@marylandoutdoorclub.org](mailto:iwright@marylandoutdoorclub.org) or through the MOC Web site ([www.marylandoutdoorclub.org](http://www.marylandoutdoorclub.org)). New ideas and comments are welcome.

off and forget about. The MOC is the first club I've truly enjoyed being a part of--and it's the people that make it so enjoyable. I want to continue to help make this club the great place it is for meeting new people and doing fun things outdoors. If you've got a suggestion, a question, an answer, or just want to say hello, please feel free give me a holler out on the trail.


*- Colin Babb*



## Upcoming Events

To see our full list of upcoming and events in the works, visit the MOC Web site: [www.marylandoutdoorclub.org](http://www.marylandoutdoorclub.org). Interested in something that's not on the list? Why not organize an event? See the organizer section on the MOC Web site, or speak with an officer.

Want to share organizer duties? You can use the new Member Forums or post on the Message Board to find a co-organizer.

Moderate Sugarloaf Hike and Picnic	Saturday, 10/14
Moderate Hike at Paw Paw Tunnel	Saturday, 10/14
Ropes Course and Camping	Saturday, 10/14 – Sunday, 10/15
Difficult Hike Up Old Rag	Sunday, 10/15
Camping Weekend in Shenandoah	Friday, 10/20 – Sunday 10/22
Difficult Hike at Maryland Heights	Saturday, 10/21
An Evening at Center Stage	Thursday, 10/26
Easy Jug Bay Surf & Turf: Fall Edition	Saturday, 10/28
Difficult Hike at Little Devils Staircase	Sunday, 10/29
Assateague Backpacking Weekend	Friday, 11/3 – Sunday, 11/5
Frederick Candlelight Tour	Saturday, 11/4
Redskins Game at ESPN Zone	Sunday, 11/5
Moderate Hike at Kings Gap	Sunday, 11/5
Moderate Hike at Loch Raven Reservoir	Sunday, 11/5
Walking Tour of Baltimore Sewers	Saturday, 11/11
Antietam Battlefield Day Hike	Saturday, 11/14
 Social Hour	Tuesday, 11/14

## Join MOC

Want to join this fun group we call MOC? Visit [www.marylandoutdoorclub.org](http://www.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.

MOC does not sell or share your personal information with any third parties. MOC conducts all administrative tasks through our Web site to cut down on processing time and costs.

## Officers

### Colin Babb

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### Web Site Committee:

**Chuck Hildenbrand**, Web Assistant  
**Matt Toerper**, Message Board Monitor

### Amy Pickwick

Founder

### Want to be more involved?

Positions are still available. MOC is still seeking to fill the following positions: Legal Representative; and Advertising & Promotions Chairperson.