

BOC MISSION STATEMENT

The mission of the Brattleboro Outing Club is to promote community participation in outdoor activities by developing, operating, and sponsoring affordable recreation programs, events, and facilities in Brattleboro and the surrounding towns.

www.brattleboroutingclub.org Spring/Summer 2019



SPRING/SUMMER NEWSLETTER



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President's Report

'Tis the season of change, and time to put away your cross country skis and snowshoes, and break out your tennis raquets and oars!

As the last mounds of snow melt, exposing our lovely, world-class red-clay Cedar Street tennis courts, you'll be able to meet your BOC compatriots, banging nails into the clay (very gratifying!) to set the lines, hang the nets, and start swinging. Likewise, you'll be able shortly to get into the water two ways: with our rowing and paddling programs. Please see the next few pages for more info on how to join!

Personally, my wife and I, both of us new to kayaking, are looking forward to attending several of Larry McIntosh's scenic paddling excursions.

Our annual meeting in January reported the enhancements each of the programs made this past year--our fiscal year ends in November--and that BOC is financially sound. The Board will meet quarterly now, instead of monthly, taking advantage of technology that allows us to maintain good communication over the Internet during the interim.

I would also like to welcome two new Board members: Joan Wesolowski, who is also stepping up to chair the cross country ski committee; and Leah Silverman, whose fresh perspective will help enliven our Board. Welcome!

This past year, we lost our former president, Andrew MacFarland, who served BOC well for many years. And, just recently, were saddened at the news of losing John Kohler. We will miss his enthusiastic efforts on the board and cross country ski committee.

As we approach our 100th year, in 2022, the Board and program directors hope that you, our members, and those of you thinking of joining, will help us celebrate this unique community organization, dedicated to getting outside and enjoying our beautiful natural environment!

Respectfully
Chris Wocell
BOC President



Despite late snow and a scant 8-week season, momentum of BOC XC Ski prevailed! We heard from members and guests that they experienced some of the best skiing ever at our trails at the Brattleboro Country Club. Thanks to the dedicated grooming efforts and volunteers led by Bill Jahn, every bit of snow and cold temperatures gave us great ski conditions. New trail maps and a move toward online ski reporting improved our skier experience. Our school winter sports programs provided 50 local area kids from six schools the opportunity to develop skills and confidence with a supportive group of teachers and assistants. In addition to leading the school program, Linda Bailey worked with three athletes who competed in the Special Olympics Winter Games at Pico, extending the joy of winter sport. BOC hut operations shifted away from paid staff to online volunteer signups, shorter shifts and new member participation, making the volunteer experience fit more easily into members' busy lives. And lastly, to show our commitment to offer access to XC skiing as a wonderful, affordable, lifetime sport, we have added free rentals to all BOC Ski memberships. This brought in new faces, families and we hope, lifelong skiing enthusiasts!

The Brattleboro Union High School ski team had another banner year, hosted at BOC ski trails for practices, several meets and special events. Team members volunteered at BOC Learn to Ski weekends, for trail maintenance, and hut move-in and move-out. During Winter Carnival Week, BUHS hosted the 3rd race in the Marble Valley League Championship, where over one-hundred student skiers from the region joined our local team at the BOC trails to compete.

The BOC XC Ski Program is only possible with dedicated volunteer leadership, assisted by countless hours offered by volunteer members. Our continued operations need volunteer support in the 2019-2020 season in the following areas. Please consider joining us in one of these areas:

- Membership Coordinator, focusing on member communications and membership passes
- Communications/Marketing Coordinator, supporting our Facebook, website, and other social media tools
- Hut Coordinator, recruiting volunteers, managing move-in and move-out, providing concession supplies
- Fundraising Coordinator, as we are in need of new grooming equipment to keep up with the ever-increasing challenges of our winter conditions

On Sunday, April 7th, join Bill Jahn and other volunteers to wrap up the season by helping remove all ropes from the greens and tees. If you have not completed your hours towards your 2019-2020 volunteer credits (8 hours=\$50, 16 hours=\$100 for a couple or family) please consider helping. There will be one remaining trail-work day to remove stakes once the ground thaws. On a final note, we recognize with sadness the passing of our Ski Committee member and fellow ski enthusiast, John Kohler. We are grateful for his service to the club and contribution to the committee. Joan Wesolowski, Chair



BOC will host eleven (11) Paddle Trips during the period May to October, 2019. No reservations are necessary (except for the August camping trip); just show up, with your own boat or board, and related gear. Life jackets (PFDs) are required on all BOC outings.

The Paddling program is FREE, OPEN TO THE PUBLIC and totally underwritten by donations, and the proceeds from our annual consignment sale & swap of canoes, kayaks, rowboats, rowing shells, stand-up paddle boards, small sailboats, and related gear.

This year...our 20th ANNUAL...Sale/Swap will be held on Saturday, May 11th, at the Outlet Center, 580 Canal St, near Exit 1, I-91. SWAP will be 11:30 to 12, with the SALE from noon to 2. Consignments will be accepted on Friday, May 10th, from noon to 2 & 5-7; and Saturday, from 8-11:30. Special arrangements can also be made. Trailered boats will be accepted on Saturday only. No motors, or motorboats. Owners set the prices, and BOC retains 10%. Donations of usable boats and gear are greatly appreciated.

The Paddling Schedule is as follows:

- May 8...CT River, Hinsdale 'setbacks'
- May 26...CT River, Bellows Falls, VT to Walpole, NH
- May 29...Sherman Res, Whitingham, VT & Monroe, MA
- June 5...Tully Lake, Royalston, MA
- June 19...Ashuelot River, Keene, NH
- June 22...Sunrise & picnic, Harriman Res, Wilmington, VT
- August 24 & 25...CT River; Wells River to Bradford, VT
- Sept 18...CT River, Herricks Cove, Rockingham, VT
- Sept 25...Leader's Choice (wherever the colors are peak)
- Sept 28...Somerset Res, Somerset, VT
- Oct 2...Leaders Choice (wherever the colors are peak)

Complete details will be on the BOC website, at "SUMMER PADDLING", the printed flyer, local newspapers and other media outlets.

Questions, donations and offers of assistance:

Lmacyak@gmail.com or (802) 254-3666

Larry McIntosh, Paddle - Chair



It's almost April and I just checked our wonderful clay courts. There is still some snow on Courts 3-6, but Courts 1 and 2 are free of snow. We're gearing up to celebrate the return of red clay tennis our Cedar St. Paradise. I can't wait!

The tennis committee (Gwynn Yandow, Pam Bolduc, David Mischke, Roni Byrne, Ed Powers, Deb Panzica and yours truly) have been busy planning, and we're looking to improve on last year, which was a great year.

Jacob Miller returns as our instructor/program director and is ready help everyone raise the level of their game. Check your equipment and let him know if you need new strings, racquets or shoes.

Rick Sullivan is back as our facilities manager, and has already started getting things ship-shape.

VOLUNTEER WORKDAYS: April 20 & 21 and April 27 & 28. There's a lot of work to be done so please, everyone come out on one or two of these days and help get the courts, grounds and clubhouse ready for the season! If you want to pitch in, but can't make any of those days contact Rick Sullivan or any of the committee members for ways to help out.

BOC TENNIS NEEDS HELP FROM ITS MEMBERS.

After holding the line on our dues for several years we need to **increase the dues slightly to \$225** this year to help keep pace with the rising costs of maintaining our club in tip-top shape. If you've checked out other sports-club dues, you'll agree this is VERY reasonable. We feel that it is an important part of our mission to provide a first-rate tennis program at a cost that allows as many people as possible to be a part of our tennis community.

We ask everyone to help us out in whatever way you can. Here are several things you can do:

1. **Volunteer!** The BOC has been a volunteer organization longer than any of us has been a member (since 1922!), and that's a big reason it's so great. We come together as a community and make it happen. Help out with the workdays, volunteer for a committee, take on a special project, big or small. Talk to anyone on the tennis committee about how we can use your talents.

2. **Forego taking the volunteer credit on your dues payment.** The payment form on the web site has a box indicating you wish to take the credit. If you've put in the time and it's important to your situation please feel free to take the credit - that's what it's for. But consider putting that

money back into the club by not asking for the credit.

3. **Donate.** Consider putting the BOC on the list of nonprofits that you give to. Donations to the Brattleboro Outing Club Education Fund are fully deductible on your tax return

4. **Register early.** Registration is available online or by filling out a form available at the clubhouse; mail form with your check to our PO Box 335, Brattleboro, 05302, or deposit in the drop box at the Cedar Street clubhouse.

- To register online, go to brattleboroutingclub.org and pay using PayPal. (You don't need a PayPal profile!)

- To mail registration form and send check: PO Box 335, Brattleboro, VT 05302 (add note if name on the registration is different from check name).

We strongly encourage online registration. It saves administrative costs and activates your membership more quickly. If you have trouble with your online registration, please contact any of the tennis committee members for help. Once you've registered, read/download the Tennis Welcome Letter and instructions concerning court reservations on our website. You'll also find a calendar of events and information about our many summer programs.

Once again we've planned an extensive youth program and adult clinics, as well as private lessons available from our pros.

In addition to instructional offerings and practice groups our popular **doubles league** will run again this year, and we are going to expand our regular tennis groups. So whether you prefer more causal play or more competitive play, there should be a lot of opportunities for all our members this year.

As always there will be several youth programs that are a great learning experience and healthy environment for area kids.

I'm really excited about the upcoming season, our new initiatives, and seeing you all on the courts!

Joe Meyer—Tennis Chair





Rowers are the fittest of all athletes! Rowing is healthy! Rowing is fun! Rowing is for everyone!

These worthwhile benefits of rowing are readily available to you, but at a price. The biggest costs are personal commitment and determination, although some money is involved. Those who are willing to pay the price are richly rewarded. Just ask any rower and watch a sly smile creep across their face. They know!

Let's take these one at a time:

Rowers are the fittest of all athletes! This fact applies across all classes of athletes from Olympians to masters competitors to weekend enthusiasts. Numerous studies have shown that rowers have the highest VO₂max of any athlete in their class, a scientific measure of cardiovascular fitness. Nordic skiers come close, but bikers and runners trail behind. The rowing stroke, properly executed, utilizes over 80% of the bodies muscles and challenges one's physical limits. The drive to row fast impels rowers to give it their all.

Rowing is healthy! Everyone is now saying that regular exercise is the best medicine of all. Which is it? Cardio, resistance, interval training?

Turns out – rowing is all of them. It is an impact free “power-endurance” sport that strengthens all the muscles and joints, improves breathing and cardiovascular function. Flexibility and posture are improved as technique improves. Rowing is both dynamic stretching and moving meditation. Calm the body and the mind.

Rowing is fun! On the river at dawn, mist rising, alone with the eagles and beavers, blue herons and red foxes, or cruising along with a buddy at sunset, smoothing the end of a ragged day. And on a hot summer day – work up a sweat and cool off with a swim. Nice!

Rowing is for everyone! Well, maybe it is not for everyone, but if it is for you, then you are lucky because RowBOC makes this sport available. For a small program fee, you have access to **boats, water, coaching and support** right here in town. We'll teach you to row and introduce you to great folks who love rowing. Check us out on the BOC website or contact the author directly.

David Gessner
Rowing Program Chair
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