

THE GOOSE DOWN GAZETTE

THE OFFICIAL PUBLICATION OF THE UNIVERSITY OF CINCINNATI MOUNTAINEERING CLUB

VOLUME 1 NO. 2

OCTOBER 25, 1978

THREE OUT OF FOUR QUACKS SURVEYED RECOMMEND NOT GETTING...

HYPOTHERMIA

ASK
THE



QUACK

THE OLDER MEMBERS OF THE CLUB WILL FORGIVE THE QUACK FOR THE LENGTH AND NATURE OF THIS ARTICLE, BUT FOR THE NEWER MEMBERS WHO ARE ALSO NEW TO MOUNTAINEERING, IT MAY SAVE THEIR LIVES.

HYPOTHERMIA, AS THE NAME IMPLIES, REFERS TO A LOWERING OF THE BODY'S INNER CORE TEMPERATURE (NOT THE SKIN TEMPERATURE, WHICH CAN DROP TO 50 DEGREES BEFORE DAMAGE OCCURS). HYPOTHERMIA WILL CAUSE THE VICTIM TO LOOSE HIS JUDGMENT, IMPAIR USE OF THE HANDS AND FEET, AND IF LEFT UNTREATED, WILL LEAD THE VICTIM INTO UNCONSCIOUSNESS AND DEATH.

ACCORDING TO SAFECO INSURANCE, IT IS THE NUMBER ONE KILLER OF OUTDOOR RECREATIONISTS AND, AS OF 1977, DEATH BY HYPOTHERMIA ACCOUNTED FOR APPROXIMATELY 10% OF ALL MISHAPS IN THE OUT OF DOORS. HYPOTHERMIA KILLS MORE PEOPLE EACH YEAR THAN DROWNING, EQUIPMENT FAILURE, IMPROPER USE OF BELAY, INSECT OR SNAKE BITE, OR EVEN THE QUACK'S JOKES.

THE QUACK HAS HAD PERSONAL EXPERIENCE WITH HYPOTHERMIA (SOME MEMBERS OF THE CLUB BELIEVE HIS BRAIN DIDN'T SURVIVE) AND BY RELATING HIS STORY, THE NEW, INEXPERIENCED MEMBERS OF THE CLUB MAY LEARN THE BASIC PRINCIPLES OF WARDING OFF THIS DEADLY CONDITION.

AFTER SPENDING A VERY COLD AND SLEEPLESS NIGHT BY HIMSELF IN THE RED RIVER GORGE DURING SPRING BREAK ONE YEAR, THE QUACK DECIDED TO GET UP, FIX A SMALL BREAKFAST, AND GET ON THE MOVE TO SILVERMINE ARCH. THE WEATHER WAS A COOL, 65 DEGREES, BUT AFTER THE WINTER WEATHER, IT SEEMED LIKE HEAVEN AS HE WALKED THE THREE MILES TO THE ARCH IN A COTTON SHIRT AND BLUE JEANS. AFTER TAKING PIC-

TURES OF THE ARCH WITH ITS BEAUTIFUL SHEETS OF ICE STILL CLINGING TO THE ROCK, HE CLIMBED UP ONTO A RIDGE AND CONTINUED TREKKING UNTIL NOON.

A SPRING SHOWER BEGAN AND THE WATER FELT WARM INITIALLY AS THE TREES SWAYED AND THE STORM CLOUDS ROLLED PAST THE RIDGE. BUT THEN HE BEGAN TO FEEL COLD, SO HE DONNED HIS RAIN GEAR AND SAT DOWN UNDER THE PINES TO WAIT FOR THE STORM TO PASS. TRYING TO PROTECT HIS CAMERA FROM THE WIND AND RAIN THAT KEPT BLOWING HIS PONCHO UP AND REWETTING HIS CLOTHES, HE BEGAN SHIVERING, WHICH HE DIDN'T MIND SINCE THE EXPERIENCE OF RIDING OUT A STORM FOR THE FIRST TIME OUTDOORS THRILLED HIM IMMEASURABLY. AFTER SITTING FOR 45 MINUTES, THE SHIVERING BECAME UNCONTROLLABLE AND EVEN VIOLENT AT TIMES, SO THE QUACK TRIED TO DECIDE WHETHER OR NOT TO SET UP HIS NEW TENT. AFTER ANOTHER 15 MINUTES OF UNCONTROLLED SHIVERING AND NOW FURIOUS BECAUSE HIS CAMERA WAS SOAKED, THE QUACK SHOUTED A FEW CHOICE WORDS WHICH DIDN'T SOUND QUITE RIGHT WHEN HE SAID THEM AND BEGAN TO SET UP HIS TENT; HE FOUND THAT HOLDING ONTO THE POLES AND PUTTING THEM TOGETHER IN PROPER ORDER WAS ALMOST IMPOSSIBLE.

HE REASONED THAT SINCE THE POLES AND HIS HANDS WERE WET AND THAT A FEW OF THE POLES WERE BENT, THAT IS WHY THEY KEPT FALLING THROUGH HIS FINGERS AND WHY THEY WOULDN'T FIT TOGETHER.

INSIDE THE COMPLETELY CLOSED TENT, THE UNCONTROLLABLE SHIVERING CONTINUED, SO THE QUACK LIT HIS GAS STOVE, FIXED A CUP OF HOT TEA, GULPED DOWN $\frac{1}{2}$ LB. OF M&M'S.

CONTINUED ON PAGE 9 -

LETTER FROM THE PRESIDENT ...

RECENTLY THE CLUB HELD ITS REGULAR QUARTERLY OPEN HOUSE, AND TYPICAL OF THE FALL QUARTER, THERE WAS SOMEWHAT OF A LARGE TURNOUT. IN FACT, MY ESTIMATE WAS THAT ONE HUNDRED PEOPLE ATTENDED, A NUMBER THAT MOST SURELY WILL MAKE AN IMPACT ON THE CLUB IN TERMS OF THEIR APPROACH TO THE UNIVERSITY AND THE GOALS AND PURPOSES OF THE ORGANIZATION.

AS OF THE OPEN HOUSE, THE MEMBERSHIP NUMBER STOOD AT 34; THIS IS QUITE NEAR OUR ANTICIPATED GOAL OF 40 FOR THE YEAR, WHICH I'M SURE WILL BE REACHED BY THE PUBLICATION OF THIS NEWSLETTER. IN ORDER TO ACCOMMODATE THIS AMOUNT, I FEEL THAT THIS CLUB WILL HAVE TO UNDERGO SOME MINOR CHANGES IN ITS ORGANIZATIONAL APPROACH. IN OTHER WORDS, WE'RE GOING TO NEED MORE LEADERS ON MORE TRIPS. THE LEADERSHIP CAPABILITIES WITHIN THE CLUB ARE TREMENDOUS, AND CAN BE UTILIZED WITH A LITTLE PARTICIPATION. LET'S NOT LET THE PEOPLE WHO HAVE SHOWN AN INTEREST IN US DOWN. WITH NUMEROUS TRIPS OCCURRING AT ANY GIVEN TIME, THIS WILL TAKE SOME OF THE OVERLOADING OFF TRIPS WHICH WERE ORIGINALLY DESIGNED FOR A SMALLER GROUP. I WOULD LIKE TO TAKE THIS OPPORTUNITY TO THANK THOSE WHO ALREADY HAVE ASSUMED LEADERSHIP POSITIONS AND TO ENCOURAGE THOSE WHO CAN. THANK YOU.

Mark

 * THE GOOSE DOWN GAZETTE *
 * IS THE OFFICIAL PUBLICATION OF *
 * THE UNIVERSITY OF CINCINNATI *
 * MOUNTAINEERING CLUB. IT IS PUB- *
 * LISHED MONTHLY SEPTEMBER-JUNE AND *
 * ONCE DURING THE SUMMER (TIME AND *
 * MATERIAL PERMITTING). THERE IS *
 * NO CHARGE TO UCMC MEMBERS EXCEPT *
 * POSTAGE TO THOSE REQUESTING MAIL *
 * DELIVERY. *
 * *
 * EDITOR: MARK HARTINGER *
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 * *
 * PUBLICATION DATES ARE THE LAST *
 * WEDNESDAYS OF EACH MONTH. ART- *
 * ICLES ARE DUE ONE WEEK IN ADVANCE *
 * OF PUBLICATION. *

FALL HAPPENINGS

OCTOBER

25 WED MEETING - SHENANDOAH SIGNUPS
 28-29 CAVING - GOOCHLAND PROBABLY
 SAT-SUN (MARK AND BOB)

NOVEMBER

1 WED GEOLOGY OF GLACIERS LECTURE
 4 - 5 CLIMBING - RED RIVER GORGE
 SAT-SUN (MARK)
 8 WED MEETING - CAVING SLIDES
 10-12 CLUB OUTING TO CUMBERLAND
 FRI-SUN GAP, KY.
 15 WED WINTER BP & EQPT. (MEETING)
 18-19 BP TRIP - TARR HOLLOW ST. FOR.
 SAT. - SUN (ANNA JONES)
 22 WED NO MEETING
 23-26 THANKSGIVING BREAK
 PLAN A TRIP NOW !!!
 29 WED FINALL QTR. MEETING
 X-COUNTRY SKIING TALK

DECEMBER

4-9 FINAL EXAMS
 MON-FRI
 9-17 CLUB TRIP - SHENANDOAH
 ALL GAS PAID (MARK)

THIS IS BY NO MEANS A COMPREHENSIVE OR FINAL LIST. IF YOU HAVE ANY TRIPS OR ACTIVITIES PLANNED THAT YOU WOULD LIKE OPENED TO THE CLUB, SEE MARK AND GET THEM PUBLICIZED. START THINKING ABOUT THOSE WINTER QTR. TRIPS SO WE CAN GET SOME KIND OF A SCHEDULE GOING.

\$

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REMEMBER, MEETINGS ARE EVERY WEDNESDAY AT 7:00 PM IN ROOM 426 TUC. SEE YA' THERE !

Laid Back

- BUZZED AT 14,000 FEET -

YES! THE UNBELIEVABLE TRUTH IS THAT SOME CLUB MEMBERS DO CLIMB MOUNTAINS! HAL "SPIDERMAN" SHAW AND I RECENTLY TOOK THREE WEEKS OF SUMMER VACATION FOR A CLIMBING TOUR OF SEVERAL WESTERN STATES. BRIEFLY IT WENT LIKE THIS --

AFTER A MORE THAN TWENTY-FOUR HOUR DRIVE, HAL AND I ARRIVED IN DENVER JUST IN TIME TO CATCH A PARTY AT A FRIENDS HOUSE. THE NEXT DAY WE HIKE, CLIMBED, AND ACCLIMATIZED ON FLAGSTAFF MOUNTAIN OUTSIDE BOULDER. FOR OUR FIRST OUTING WE TRAVELLED TO THE SANGRE DE CRISTO MOUNTAIN RANGE IN SOUTHERN COLORADO. AFTER A SEVEN MILE PACK IN WE CLIMBED CRESTONE PEAK (14,192'). A LONG, STEEP APPROACH THROUGH FLOWERED ALPINE MEADOWS, BOULDERS, AND 500' OF "EXPOSED" 5.4 CLIMBING BROUGHT US TO THE SUMMIT. WITH MY CASE OF ACUTE MOUNTAIN SICKNESS AND WITH STORMS APPROACHING, WE QUICKLY DESCENDED 1500' TO THE SAFETY OF OUR BEAUTIFUL VALLEY CAMPSITE. A REST DAY, THE PACK OUT, AND A SHORT DRIVE TOOK US TO THE OPPOSITE SIDE OF THE RANGE AND TO THE DARK SIDE OF THE MOON. FOR THE MOONCREATURES A NIGHT HIKE AT SAND DUNES NATIONAL MONUMENT ENSUED.

MUCH DRIVING, A STOP IN DENVER, A CLIMB IN BOULDER CANYON, AND MORE DRIVING BROUGHT US TO ASPEN. TWO DAYS OF PACKING SET US IN A HIGH ALPINE MEADOW IN THE MIDDLE OF THE PICTURESQUE ELKS RANGE. AFTER ENDURING A DAY LONG SNOW STORM IN HAL'S "SPACEDOME" WE CLIMBED CAPITOL PEAK (14,100'). THE CLIMB WAS A MIXED SNOW AND ROCK CLIMB WITH A TRAVERSE ALONG A CLASSIC EXPOSED KNIFE-EDGED RIDGE. AFTER THE RIDGE SOME HIGH-ANGLE CLIMBING ON COARSE GRANITE BROUGHT US TO THE SUMMIT WHERE WE ENJOYED MUNCHING ON GORP WITH OUR PANORAMIC VIEW OF THE ELKS AND THE MAROON BELLS. ON THE DESCENT, HAL'S "SPIDER SENSES" FREAKED WHEN A SMALL PLANE BUZZED US JUST 30' ABOVE THE RIDGE AND THEN DID A FULL ROLL.

AFTER THAT SNOWSTORM, WHAT BETTER THAN TO TRAVEL TO THE LIGHT SIDE OF THE MOON FOR SOME BACKPACKING IN

THE CANYONLANDS OF UTAH. NEXT WE MOVED TO THE TETON RANGE IN WYOMING. WE WERE LITERALLY BLOWN OFF THE GRAND TETON BY ANOTHER NASTY STORM. OUR NEXT STOP IN WYOMING WAS DEVIL'S TOWER. SPIDERMAN AND I REALLY EXERCISED OUR SKILLS TO THE FULLEST BY CLIMBING THIS BIG WALL IN THE DOUBLE ROPE "EUROPEAN STYLE." OUR LINE OF ASCENT WAS CALLED THE "DURRANCE ROUTE" WHICH INVOLVED 600' OF DIFFICULT CHIMNEYING, JAMMING, AND OVERHANG CLIMBING. THE CRUX PITCH, CALLED THE "CUBBIN CRACK" INVOLVED OVER 100' OF CONTINUOUS 5.6 JAMMING.

WE WRAPPED UP OUR VACATION IN THE NEEDLES AREA OF CUSTER STATE PARK, SOUTH DAKOTA. THE FIRST DAY THERE BOTH HAL AND I SUSTAINED LEAD FALLS AND CRATERED ON ONE OF THE PINNACLES. THE NEXT DAY WE ASSISTED BOB OF THE LOCAL YELLOW HAIR OUTFITTERS IN DOING THE FIRST ASCENT OF A 5.8 ON REUNION ROCK. DIFFICULT CLIMBING IN THIS AREA!!! WE WILL BE SHOWING OUR SLIDES TO THE CLUB AT A LATER DATE.

BILL STRACHAN

* * * * *

RED RIVER GORGE CLIMBING --- A PRIMER

MOST OF YOU ALREADY KNOW ABOUT THE SCENIC GRANDEUR OFFERED BY THE RED RIVER GORGE TO THE BACKPACKER, AND HAVE PROBABLY ALREADY EXPLORED THIS REGION HORIZONTALLY ON MORE THAN ONE OCCASSION. BUT THE VERTICAL EXPLORER IS ALSO QUITE WELCOME HERE; THE MULTITUDE OF SANDSTONE CLIFFS AND FACES OFFER A CHALLENGE OF THEIR OWN.

THIS IS NOT A GUIDE TO RED RIVER GORGE CLIMBING, BUT SOME NOTES ON WHAT TO EXPECT IF YOU PLAN ON CLIMBING THERE OR POSSIBLY AN INCENTIVE JUST TO GET YOU THERE. AT LEAST TRY IT, BECAUSE IT DOES OFFER A VERY UNIQUE CHALLENGE.

THE AREA IS PREDOMINATELY A HORIZONTALLY-BEDED SANDSTONE WITH SOME MINOR LIMESTONE DEPOSITS. UNFORTUNATELY THIS MAKES FOR RATHER LOOSE ROCK AND DIRTY HANDHOLDS, BUT NONETHELESS SURMOUNTABLE. A MAJORITY OF THE ROUTES (CLASSIC) FOLLOW VERTICAL CRACK SYSTEMS IN THE ROCK, SO EXPECT TO BE DOING A GOOD BIT OF CHIMNEYING, OFTEN FOR LONG PERIODS WHERE NO PROTECTION CAN BE PLACED. IN SOME PLACES

LAI D BACK...

THE ROCK IS JUST PLAIN ROTTEN, BUT MOST OF THE TIME THE HOLDS ARE SOLID. JUST BE PREPARED - TRY NOT TO DEPEND ON ONE HOLD AT A TIME.

CLOTHING SHOULD INCLUDE LONG PANTS, OTHERWISE BE PREPARED TO GET SCRAPED UP. KLETTERSCHUHS PROBABLY WORK THE BEST, BUT ANY LUG-SOLED HIKING BOOT IS SATISFACTORY. THE GORGE IS FAMOUS FOR SUDDEN RAINFALL, SO KEEP THAT IN MIND.

GEAR IS, AS USUAL, VERY INDIVIDUAL, BUT THIS IS A CHANCE TO LEAVE THOSE SMALL CHOCKS AT HOME AND GET OUT THE BIG EQUIPMENT. IF A #29 HEX EXISTED, YOU COULD USE IT HERE. THOSE TITONS THAT HAVE JUST BEEN ADDING WEIGHT TO YOUR RACK ARE WELCOME HERE, AS ARE TUBE CHOCKS AND FOXHEADS. A GOOD OPPORTUNITY ALSO TO SLOT HEX'S! IF YOU CAN CARRY 20 RUNNERS, YOU'LL PROBABLY USE THEM. SIX FOOT SEEM TO BE A GOOD LENGTH. THIS IS PROBABLY ONE OF THE DRAWBACKS, CARRYING A LARGE RACK, BUT THE ADDED SENSE OF SECURITY BY A WELL-PLACED #10 HEX IS WORTH IT. TITONS CAN BE PLACED IN MANY OF THE CRACKS IN A VARIETY OF WAYS, AND TUBE CHOCKS ALMOST SEEM MANDATORY ON LONG CRACKS THAT NARROW TO 5 OR 6 INCHES. SMALL CHOCKS SEEM TO BE USELESS BECAUSE OF THE TENDENCY OF THE SANDSTONE TO EXPEL ITS OUTER GRAINS FROM SLIGHT FRICTION, ALTHOUGH MIGHT BE USEFUL IF USING CHOCKS IN OPPOSITION.

A FEW OF THE CLIMBS REQUIRE RAPPELLING TO THE BOTTOM TO START, SO AN EXTRA ROPE MIGHT BE HANDY, BUT ORDINARILY ONE WILL DO, A SATISFACTORY LENGTH FOR CLIMBING BEING 120' AND FOR RAPPING, 150'. MOST OF THE CLIMBS HAVE MORE THAN ONE PITCH, WHICH ALSO PROVIDES CHANCES FOR MANY VARIATIONS AND THE SETTING UP OF AS YET UNCLIMBED ROUTES (FREE, OF COURSE).

MARK HARTINGER

WANTED

CONTRIBUTIONS TO THE LIBRARY. THESE WOULD INCLUDE ANY PUBLICATIONS WHICH YOU FEEL WOULD BE BENEFICIAL TO THE CLUB. PAMPHLETS, MAPS (MANY A TRIP YOU'VE COME HOME FROM AND STASHED THE MAP AWAY, NEVER TO BE EFFECTIVELY USED AGAIN, AS THE PLACE WILL PROBABLY CHANGE IN A FEW YEARS), BOOKS, MAGAZINES, ETC. SEE KATHY MURPHY, LIBRARIAN.

A QUICK LOOK AT TITONS ...

TITONS (~~RRRNNNN~~ PRONOUNCED LIKE THE TETON MOUNTAINS) ARE VERY VERSATILE NUTS AS THEY PROVIDE BOTH CAM AND JAM PLACEMENTS IN A WIDE VARIETY OF CRACK SIZES. TITONS EXHIBIT THE CHARACTERISTICS FOR OPTIMUM PERFORMANCE ACHIEVED WITH A MINIMUM OF MATERIAL.

IN A VERTICAL CRACK, TITON CAM ACTION IS ACHIEVED BY INSERTING THE NUT LENGTHWISE AT A SLIGHTLY TILTED ANGLE SO THAT THE EDGES OF THE FLANGE ENGAGE THE SIDES OF THE CRACK. AS PRESSURE IS APPLIED TO THE STEM (WITH A FIRM TUG), THE FLANGE IS FORCED TO ROTATE WHICH CAUSES IT TO WEDGE TIGHTLY. THIS SAME CAM EFFECT IS ACHIEVED IN A HORIZONTAL CRACK BY PLACING THE FLANGE TOWARDS THE BACK OF THE CRACK WITH THE STEM POINTING SLIGHTLY UPWARD. ANY DOWNWARD PRESSURE ON THE STEM WILL CAUSE THE FLANGE TO ROTATE INTO A MORE TIGHTLY WEDGED POSITION. THIS CAM ACTION PERMITS SECURE PLACEMENT IN HORIZONTAL, SHALLOW, FLARED, AND PARALLEL SIDED CRACKS.

TITON EDGES ARE BEVELED TO INCREASE STABILITY IN THE CAMMED POSITION, AND THEIR ENDS ARE UNIFORMLY TAPERED TO PROVIDE A SNUG WEDGE FIT IN ENDWISE OR STACKED PLACEMENTS. THEY MAY ALSO BE EFFECTIVELY SLOTTED IN BOTTLENECK CRACKS AND BEHIND SLICKS AND BOULDERS. TITON SIZES ARE GRADUATED TO FIT CRACKS FROM 7/16" TO 4" IN WIDTH.

TITON NUMBERS ONE THROUGH FIVE ARE MADE OF STAINLESS STEEL TO ACHIEVE STRENGTH IN SMALLER CRACKS. TITONS SIX THROUGH TEN ARE MADE OF WROUGHT ALUMINUM AND ARE ANODIZED FOR COLOR CODING.

#	REC. WEB SIZE	APPROX. NUT- WEB STRENGTH
1	1/8" TUB.	2,300 LBS
2	1/4" TUB.	2,300 LBS
3	5/8" TUB.	2,500 LBS
4	3/4" FLAT	4,000 LBS
5	3/4" FLAT	4,000 LBS
6-10	1" TUB	4,000 LBS

NOTE: WHEN THREADING WEB THROUGH #1 AND #2 TITONS IT IS HELPFUL TO ANGLE-CUT THE THREADING END.

FROM THE CLIMBER'S SOURCEBOOK

* * * * *

"NO ONE WOULD HAVE EVER CROSSED THE OCEAN IF THEY COULD HAVE GOTTEN OFF THE SHIP IN THE STORM."

C.F. KETTERING

THE GRUB CITY NEWS

CAVE PHOTOGRAPHY

OR THE POOR MAN'S GUIDE TO DISCERNABLE PICTURES WHERE 'DA SUN DON'T SHINE

THE KEY TO CAVE PHOTOGRAPHY IS PREPARATION. YOU HAVE TO BE AWARE OF WHERE YOU'RE GOING AND WHAT YOU WANT TO DO BEFORE YOU CONSIDER WHAT KIND OF GEAR YOU NEED TO TAKE, AND WHAT MEANS OF PROTECTING THAT GEAR YOU'LL USE.

CAVE PHOTOGRAPHY CAN BE BROKEN DOWN INTO THREE CATEGORIES: THE TOTAL NOVICE (AT CAVING AND PHOTOGRAPHY), THE SERIOUS AMATEUR, AND THE ALL-OUT PROFESSIONAL. THE FIRST TWO WILL BE DISCUSSED HERE, THE LAST WILL BE LEFT TO THE NATIONAL GEOGRAPHIC CROWD.

PROBABLY THE SIMPLEST WAY TO TAKE PICTURES IN A CAVE IS WITH A POCKET CAMERA AND FLASH CUBES. THE REAL "CHEAPOB" ARE A BREEZE TO USE AND REQUIRE ONLY THE BAREST OF PROTECTION. MOST REQUIRE NO FOCUSING OR APERTURE ADJUSTMENT. JUST AIM AND SHOOT. IF USED PROPERLY, THEY CAN PRODUCE EXCELLENT PHOTOS. WITH A POCKET CAMERA YOU CAN TAKE GREAT SHOTS FROM POSITIONS AND ANGLES IMPOSSIBLE FOR THE BULKIER AND FRAGILE 35MM GEAR. NEGATIVE POINTS: DON'T TRY TO SHOOT ANYTHING OUTSIDE A 4-9 FOOT (COLOR) OR 4-15 (B&W) RANGE; THEY WON'T COME OUT. ALSO, DON'T EXPECT VERY CLEAR IMAGES OR GREAT DETAIL, THOSE TYPES OF CAMERAS CAN'T DO THAT IN ADVERSE CONDITIONS LIKE THESE.

ED. NOTE: PACK OUT THE CUBES, PLEASE!

FOR THOSE WITH MORE SOPHISTICATED GEAR, YOUR PRIMARY CONCERN IS PROTECTION. UNLESS YOU HAVE WATER-PROOF CASES FOR YOUR CAMERA, YOU'LL HAVE TO IMPROVISE SOMETHING. NEVER TAKE A GOOD CAMERA IN A CAVE UNLESS ITS INSULATED FROM MOISTURE!!! ONE WAY IS TO COVER THE ENTIRE CAMERA BODY IN A THICK PLASTIC BAG. HEAVY-DUTY FOOD STORAGE BAGS WORK BEST. CUT TIGHT-FITTING HOLES FOR THE LENS BARREL, EYEPiece, SOCKET FOR FLASH CABLE (DON'T USE YOUR HOT SHOE), AND ADVANCE LEVER. SECURELY TAPE AROUND THOSE BREAKS IN PLASTIC TO INSURE A MOISTURE-TIGHT SEAL.

FOR THOSE WITH JUST ONE CAMERA, PLAN ON THE FOLLOWING ASSUMPTIONS. PICK A SINGLE LENS BECAUSE YOU SHOULDN'T CHANGE LENSES IN A CAVE. A 28MM

WIDE ANGLE FULFILLS MOST CONDITIONS QUITE WELL. DON'T PLAN ON CHANGING ROLLS OF FILM WHILE CAVING. USE ONLY ONE ROLL PER CAMERA. IF YOU CAN TAKE MORE THAN ONE, THEN USE YOUR "NORMAL" LENSE ON THE EXTRA ONE. TELEPHOTOS ARE NEXT TO USELESS IN CAVES DUE TO LIGHT CONSIDERATIONS. IF YOU HAVE A SET OF CLOSE-UP RINGS, BRING THEM ALSO; THE SHOTS THEY RENDER ADD GREAT VARIETY.

SOME ESSENTIALS FOR THOSE WISHING TO PHOTOGRAPH COMPLICATED SITUATIONS ARE A TRIPOD, CABLE RELEASE, AND A PORTABLE FLASH. YOU'LL NEED THESE TO DO MULTIPLE FLASH EXPOSURES IN LARGE ROOMS THAT REQUIRE A LOT OF LIGHT/ SIMPLY TURN OFF ALL HEADLAMPS IN THE CAVERN AND LOCK THE SHUTTER OPEN ON THE CAMERA. FLASH THE FLASH AND COVER THE LENS (GENTLY!) WITH A LENS CAP. THEN HAVE THE PERSON WITH THE FLASH MOVE TO HIS NEXT STATION, EXTINGUISH HIS LIGHT, UNCOVER THE LENS, AND FLASH. COVER THE LENS AGAIN AND CONTINUE THE PROCEDURE UNTIL YOU'VE COVERED THE WHOLE ROOM.

THERE ARE MANY THINGS YOU CAN DO TO MAKE YOUR PHOTOS MORE PROFESSIONAL. USE THE FLASH AT AN ANGLE TO THE CAMERA, THE RESULTING SHADOWS ADD DEPTH TO THE PHOTO. ALWAYS SHOOT WITH THE APERTURE SLIGHTLY CLOSED, AS THE PICTURE WILL BE SHARPER & YOU'LL HAVE GREATER DEPTH-OF-FIELD. SHOOT CANDID PICTURES; PEOPLE CAN ALWAYS TELL A POSED PIC AND THAT TENDS TO DISTRACT FROM AN OTHERWISE GOOD PICTURE. INCLUDE SOMETHING OR SOMEBODY FOR A REFERENCE SCALE; THE DIFFERENCE BETWEEN A MAMMOUTH FORMATION AND A TINY ONE IS THE REFERENCE SCALE.

SO IF YOU'RE GOING TO GO CAVING WITH YOUR CAMERA, PLAN AHEAD. PROTECT IT AND CHOOSE YOUR GEAR CAREFULLY. DON'T PLAN ON A FAST TRIP, EITHER; CAVE PHOTOGRAPHY IS TEDIOUS. BRING SOME UNDERSTANDING AND TOLERATING FRIENDS AND HAVE A GOOD TIME - ENJOY THE TRIP AND LATER, THE PICTURES.

BOB KESSLER

LAKE CUMBERLAND LEVEL AT PRESSTIME:

689'

EXTREMELY LOW. GET BUMPS BUT WATCH THE WEATHER SO THEY DON'T GET YOU.

CAVER RATINGS OF THE NSS

SUPER FIRST CLASS CAVER

(FAR EXCEEDS CAVING REQUIREMENTS)

LEAPS OUT OF DEEP PITS IN A SINGLE BOUND
IS FASTER THAN A SPEEDING BULLET
CAN FLY HIGHER THAN A MIGHTY ROCKET
MORE POWERFUL THAN A LOCOMOTIVE
GIVES GUIDANCE POLICY TO GOD

FIRST CLASS CAVER

(EXCEEDS CAVING REQUIREMENTS)

MUST TAKE RUNNING START TO LEAP OUT
OF DEEP PITS.
IS JUST AS FAST AS A SPEEDING BULLET
WHEN FLYING, CANNOT RISE OUT OF ATMOS.
AS POWERFUL AS A LOCOMOTIVE
TALKS WITH GOD

SECOND CLASS CAVER

(MEETS EXPECTED CAVING REQUIREMENTS)

CAN ONLY LEAP OUT OF SHALLOW PITS
NOT QUITE AS FAST AS A SPEEDING BULLET
FLIES ONLY AS HIGH AS TRANSPORTS
LOSES TUG-OF-WAR WITH LOCOMOTIVE
LISTENS TO GOD

THIRD CLASS CAVER

(MEETS MINIMUM CAVING REQUIREMENTS)

CRASHES INTO PIT WALLS WHEN ATTEMPT-
ING TO LEAP OUT OF THEM
CAN SHOOT BULLETS
HAS TROUBLE FLYING
GETS RUN OVER BY LOCOMOTIVE
TALKS WITH ANIMALS

FOURTH CLASS CAVER

(FAILS TO MEET MINIMUM REQUIREMENTS)

CANNOT RECOGNIZE PITS
WOUNDS SELF WITH BULLETS WHEN ATTEMPT-
ING TO SHOOT GUN
CANNOT GET OFF GROUND
NEVER HEARD OF A LOCOMOTIVE
TALKS TO THE WALLS

BY JAY BERBEIN
REPRINTED FROM
1968 SPELEO-DIGEST

* * * * *

GOOCHLAND

TENTATIVE PLANS HAVE BEEN MADE FOR
THE WEEKEND OF OCT. 28-29 FOR A TRIP
TO GOOCHLAND, POPLAR PIT CAVE SYSTEM.
ONLY SERIOUS CAVERS SHOULD CONSIDER
THIS TRIP, AS APPROXIMATELY AN 8-HOUR
TREK IS PLANNED, AND THIS IS A WET CAVE!
PROPER EQUIPMENT & CLOTHING REQUIRED.

PINE HILL

ON SAT., OCT. 8, SEVEN MEMBERS OF
THIS CLUB TRAVELLED TO PINE HILL CAVE
NEAR RENFRO VALLEY, KY. NOTHING SPECIAL,
NOTHING SPECTACULAR, JUST AN EXCUSE TO
GO UNDERGROUND. BOB KESSLER, MARK HART-
INGER, ROXANNE BAKER, BOBBIE HALL, DAN
LYNCH, MARK ?, AND DEAN DAYTON MADE A
QUICK TRIP FROM THE WALK-IN ENTRANCE TO
THE 125' DOME PIT. DAN ENTERTAINED WITH
GRACIOUS HIPPOPOTAMOUS DIVES INTO 4'
DEEP POOLS, AND MARK H. TEMPORARILY LOST
HIS KEYS SO THAT EVERYBODY COULD WORRY
ABOUT GETTING HOME. AFTERWARDS A LONG
HIKE AROUND THE COUNTRYSIDE FAILED TO
TURN UP THE PIT ENTRANCE FROM THE OUTSIDE,
SO OUR CREW RETURNED TO CINCY.

MH

* * * * *

TO ALL ELECTRIC CAVERS:

WHEN CARRYING SPARE PARTS AND BAT-
TERIES, MAKE SURE TO INCLUDE A CARBIDE
LIGHT SO THAT YOU DON'T MAKE A NUISANCE
OF YOURSELF TO OTHER CARBIDE CAVERS WHEN
YOUR LIGHT FAILS.

* * * * *

DRAINED AND GOOSED...

WHILE THE BEAUTIFUL WEATHER AND
LACK OF RAIN DROVE SOME TO THE OUT OF DOORS
OVER THE WEEKEND OF OCT. 28-29, TO OTHERS
IT MEANT GOING UNDERGROUND. SO WITH A
SOMEWHAT NEBULOUS DESTINATION ON FRIDAY,
OCT. 27, MARK HARTINGER, TOM WALSH AND
MIKE BURTON LEFT FOR THE SPELEOHUT IN
SLOAN'S VALLEY WHERE THEY KNEW THEY COULD
MEET WITH SOME OF THE OTHER IDIOTS WHO
SHARED SIMILAR FEELINGS. LOU SIMPSON AND
HIS WIFE BARR WERE OF COURSE THERE, ALONG
WITH DOUG STCCO AND JOHN AND CAROLYN? TALES
OF CAVES AND CAVERS PERMEATED THE COOL NIGHT
AIR WHILE LOU STRUMMED TUNES OF THE PASSING
OF HIS INTERNATIONAL SCOUT ON HIS GUITAR.
WELL, ABOUT 2:30 FOUND EVERYONE BEDDING
DOWN.

THE NEXT MORNING AN EXCURSION WAS
MADE TO MAIN DRAIN AND RED GOOSE CAVES,
BOTH APPROPRIATE FOR THE RAINLESS WEATHER.
LOU, MARK AND MIKE WENT TO MAIN DRAIN,
AND JOHN, CAROLYN AND TOM HEADED FOR RED
GOOSE. THAT WAS AROUND 12:30. THE ONLY
THING THIS AUTHOR CAN SAY ABOUT RED GOOSE
WAS THAT THE TRIO CAME OUT QUITE "GOOSED"
BUT WITH OVER 900 FEET MAPPED IN CRAWLWAYS
MOSTLY. LOU'S PROJECT WAS TO FIND A CON-
NECTION BETWEEN THE TWO, SO CHECKING LEADS
(CON'T ON PAGE 7)

TREKKING * TREKKING * TREKKING * TREKKING * TREKKING * TREKKING * TREKKING * TREKKING
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CUMBERLAND GAP

FRIDAY, NOVEMBER 10 IS A UNIVERSITY HOLIDAY, SO MEMBERS OF THIS CLUB ARE LEAVING SOMETIME THAT MORNING ON ABOUT A FOUR HOUR DRIVE TO CUMBERLAND GAP NATIONAL HISTORIC PARK IN KY, TN, WV. THE MAIN OBJECTIVE IS TO BACKPACK ALONG THE SINGLE TRAIL THAT FOLLOWS ALONG THE RIDGE RUNNING THROUGHOUT MOST OF THE PARK. STARTING AT THE EAST END, FRIDAY NIGHT WILL BE SPENT AT MARTIN'S FORK CABIN, AND ON SATURDAY, ABOUT SEVEN MORE MILES TO GIBSON GAP TO CAMP. THE LAST FIVE MILES TO THE TRAILHEAD NEAR THE VISITORS CENTER WILL BE DONE SUNDAY MORNING. THOSE INTERESTED SHOULD MEET IN FRONT OF SCIOTO FRIDAY MORNING AT 7:00 AM WITH EQUIPMENT AND CARS!!! IF IN NEED OF EQUIPMENT, CONTACT TOM SIMPSON, EQUIPMENT MANAGER. YOU HAVE TO BE A MEMBER TO SIGN OUT EQPT. THERE COULD BE SOME ROCKCLIMBING FOR THOSE INTERESTED.

MH

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SHENANDOAH, OH SHENANDOAH

FOR THOSE LUCKY PEOPLE WHO ARE GOING TO SHENANDOAH IN DECEMBER, A PLANNING MEETING WILL BE HELD ON TUESDAY, NOV. 7 PROBABLY ON CAMPUS (ANNOUNCEMENT). TRIP DETAILS WILL BE HACKED OUT, INCLUDING ROUTE PLANS.

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INFORMATION, PLEASE

ANYONE WHO HAS, OR KNOW OF SOME ONE WITH A DIFFERENT BIKE ROUTE FOR TRANS-AMERICA, PLEASE CONTACT ME. I WOULD LIKE TO CYCLE ACROSS THE COUNTRY EAST TO WEST IN THE SPRING OF 1980. I WOULD LIKE ANOTHER ROUTE THAN THE BIKECENTENNIAL. PHILIP KOENIG, 19 BELSAW PL., CINCINNATI, OH, 45220, 861-8259.

*** **

LECTURE RESCHEDULED

ON THE MEETING NIGHT OF NOV. 1, A LECTURE WAS PLANNED ON THE GEOLOGY OF GLACIERS TO BE GIVEN BY PROF. RICHARD DURRELL FROM THE GEOLOGY DEPT. WELL, HIS SECRETARY HAS POSTPONED THAT SPEECH FOR A LATER DATE BECAUSE THE PROF. WILL BE IN EGYPT AT THAT TIME. TALK WILL BE RESCHEDULED.

PANCAKE FLIPPING AMONGST THE RHODEDENDRONS

OVER THE WEEKEND OF OCTOBER 21-22, GALLANT RICK FORRESTER LED A GROUP OF NINE INTREPID BACKPACKERS TO THE RED RIVER GORGE, NORTH END FOR A VERY ENJOYABLE WEEKEND. INCLUDED IN THE GROUP WERE KATHY MURPHY, FRANK BERTRAM, GARY GOODMAN, FRED EIBLING, ANN MEYER, SUE MILTHALER, TIM JUDY, AND JOHN WALLACE (AND LET'S NOT FORGET THE INFAMOUS RUSTY, THE CAVE DOG, WHO CAME CLOSE TO REPLACING RICK AS THE TRIP LEADER).

ARRIVING FRIDAY NIGHT AROUND 10:00, THE GROUP SETTLED IN BY GLADY CREEK NEAR THE PARKING AREA, AND WAS SHOCKED SATURDAY MORNING BY THE CHILLY WEATHER. BUT THIS CERTAINLY IMPROVED, AS PROBABLY THE LAST SUPER NICE WEEKEND OF THE YEAR TOOK PLACE. A TEK DOWN THE CREEK PUT OUR CREW INTO THE WRONG PLACE, AND AFTER A SHORT BATTLE WITH THE RHODEDENDRONS, THE RIDGE WAS LOCATED. FOUR TO FIVE MILES WERE COVERED THAT DAY, ENDING WITH RICK'S RENDITIONS OF HORROR STORIES THAT ORIGINATED IN HIS WARPED MIND.

SUNDAY MORNINGS ARE DELIGHTFUL, BUT PANCAKE FLIPPERS ABOUNDED TO TEST THEIR SOMEWHAT MISALIGNED SKILLS. ANN AND SUE DEFINATELY ARE WITHOUT COMPETITION IN THIS CATEGORY. WADING AND FOOT-SOAKING IN ICY WATERS ENDED THE WEEKEND. ANOTHER EASY-GOING 4-5 MILES HIGH-POINTED THE DAYS AGENDA. THANKS GO TO RICK AND FRANK FOR THEIR EXCELLENT MAPREADING AND ROUTEFINDING SKILLS.

KATHY MURPHY

*** ** DRAINED AND GOOSSED, CON'T.....

WAS PRIORITY #1. THIS CAVE WAS REMINISCENT OF CRUMP'S CAVE IN HART COUNTY, IN THE FORTUNATE EXCEPTION THAT EVERYTHING WAS ONLY ABOUT ONE FIFTH AS REMINISCENT. ONE NEW ENTRANCE WAS SCOOPED THAT CUT OFF ABOUT FIFTEEN MINUTES FROM GETTING INTO THE MAIN PASSAGE, AND ALSO BYPASSED SOME TIGHT CRAWLS. LIGHT WAS SEEN COMING THROUGH SOME DEBRIS NEAR THE ORIGINAL ENTRANCE, AND ENOUGH SPACE WAS CLEARED TO GET THROUGH TO THE OUTSIDE. MOST OF THE WORK WAS DONE NEAR THE ENTRANCE AREA, AS LEADS OFF THE SOUTH SIDE OF THE CAVE WERE PUSHED AND MAPPED. ALL TOLD, 36 STATIONS WERE MADE. BOTH TRIPS LASTED UPWARDS OF 9 HOURS, AND ODDLY ENOUGH BOTH THE GROUPS EMERGED WITHIN 5 MINUTES OF EACH OTHER.

MH

TREKKING...

WHY LEAVES CHANGE COLOR

SOME PEOPLE THINK THAT FROST IS RESPONSIBLE, BUT IT IS NOT. SOME OF THE LEAVES BEGIN TO TURN BEFORE WE HAVE ANY FROSTS. DURING SPRING AND SUMMER THE FOODS NECESSARY FOR THE TREES' GROWTH ARE MANUFACTURED IN THE LEAVES. THIS PROCESS TAKES PLACE IN THE LEAF CELLS CONTAINING THE PIGMENT CHLOROPHYLL, WHICH GIVES THE LEAF ITS GREEN COLOR. THIS CHLOROPHYLL ABSORBS ENERGY FROM SUNLIGHT AND USES IT IN TRANSFORMING CARBON DIOXIDE AND WATER TO CARBOHYDRATES. ALONG WITH THE GREEN PIGMENT, LEAVES ALSO CONTAIN YELLOW OR ORANGE CAROTENOIDS - WHICH ALSO GIVES THE CARROT ITS COLOR. MOST OF THE YEAR THESE YELLOWISH COLORS ARE MASKED BY THE GREATER AMOUNT OF GREEN COLORING. BUT AS THE DAYS BECOME SHORTER AND TEMPERATURES GO LOWER, THE LEAVES STOP THEIR FOOD-MAKING PROCESS. THE CHLOROPHYLL BREAKS DOWN, THE GREEN COLOR DISAPPEARS, AND THE YELLOWISH COLORS BECOME VISIBLE AND GIVE THE LEAVES PART OF THEIR FALL SPLENDOR. AT THE SAME TIME OTHER CHEMICAL CHANGES MAY OCCUR AND CAUSE THE FORMATION OF ADDITIONAL PIGMENTS THAT VARY FROM YELLOW TO THE REDDISH TO BLUE. THESE GIVE RISE TO THE REDDISH AND PURPLISH COLORS AS WELL AS THE BRILLIANT ORANGE OR FIERY RED AND YELLOW. MIXING OF VARYING AMOUNTS OF CHLOROPHYLL AND OTHER PIGMENTS GIVE OTHERS SUCH AS GOLDEN BRONZE. DULL BROWN IS JUST FROM DEATH AND DECAY. FALL WEATHER CONDITIONS FAVORING FORMATION OF BRILLIANT RED COLOR ARE WARM SUNNY DAYS FOLLOWED BY COOL NIGHTS WITH TEMPERATURES BELOW 45 DEGREES F. MUCH SUGAR IS MADE IN THE LEAVES DURING THE DAY, BUT COOL NIGHTS PREVENT MOVEMENT OF SUGAR FROM THE LEAVES. FROM THESE SUGARS, THE RED PIGMENT ANTHOCYANIN IS FORMED. WHEN THERE IS WARM, CLOUDY, RAINY WEATHER, THE SMALLER AMOUNT OF SUGAR IS ALLOWED TO MOVE OUT OF THE LEAVES AT NIGHT, RESULTING IN LESS RED COLOR.

WATCH FOR MORE ON WHY LEAVES FALL OFF!

FRANK BERTRAM
FROM USDA FOLDER
FS-12

* * * * *
UQMC SEARCH AND RESCUE TEAM

THE FINAL ROSTER FOR THE SEARCH & RESCUE TEAM COMES TO 6 MEMBERS, ALL PRESENTLY ENGAGED IN FIRST-AID COURSES:

MARK HARTINGER
(CHAIRMAN)
RICK FORRESTER
MARTY HUSEMAN
FRANK BERTRAM
BOB KASTEN
BLAYRE TWIGGLE

THE TERM HELD ITS FIRST MEETING ON OCT. 25, AND IS PLANNING ONE OUTING THIS QTR. & 3 DURING WINTER. ACCREDITIZATION IS PLANNED FOR NEXT SUMMER.

*** **

CLIFTON GUIDEBOOK TO BE AVAILABLE BY NEXT SUMMER

THE CLIFTON GORGE CLIMBER'S GUIDE IS SLATED TO BE PUBLISHED BEFORE NEXT SUMMER, AS PLANNED BY THE GUIDEBOOK COMMITTEE IN THEIR FIRST ORGANIZATIONAL MEETING ON OCT. 17. STEVE KRAMRECH WAS APPOINTED CHAIRMAN OF THE COMMITTEE. MEMBERS ARE: MARTY HUSEMAN, MARK HARTINGER, LYNN McCONVILLE, TOM SIMPSON, BRUCE WILLIAMS, BOB KESSLER, AND GARY GOODMAN. HIGHLIGHTS OF THE GUIDE WILL INCLUDE FOLDOUT BLACK AND WHITE PICTURE PANELS OF THE GORGE WITH THE CLIMBS IDENTIFIED ON THE PICTURES. THE NEXT MEETING OF THE COMMITTEE IS PLANNED FOR MONDAY, OCT. 30 AT 7:00 PM AT STEVE'S APT. ALL MEMBERS SHOULD PLAN TO ATTEND WITH RESULTS OF THEIR FINDINGS.

*** **

CLIMBING THIS MONTH

OVER THE WEEKEND OF OCT. 14-15, THE UQMC ROCKCLIMBING COURSE WAS HELD, AND TURNED OUT TO BE AN EXCELLENT SUCCESS. STEVE KRAMRECH DID A GOOD JOB ORGANIZING THE COURSE, AND 13 PEOPLE ATTENDED THE SATURDAY SESSION AT EDEN PARK. AND WHO CAME UP WITH THE BEST EXCUSE? OUR OWN JANE REILLY, OF COURSE! SOMETHING ABOUT A SPRAINED ANKLE. ACTUALLY, AFTER LISTENING TO STEVE'S FIERY SPEECH AT THE OPEN HOUSE ABOUT GOING TO RUN A TIGHT SHIP AND NOT STAND FOR ANYBODY BEING LATE, SHE RECONSIDERED. BUT, TRUE TO FORM, AFTER DEMANDING EVERYONE'S PRESENCE AT 6:00 AM SUNDAY MORNING, STEVE DECIDED THAT HE WAS ALLOWED A LITTLE MORE SLEEP, SO HAD TO BE AROUSED AT 6:30. GOOD JOB, STEVE!

ALSO THIS MONTH, THE GUIDEBOOK COMMITTEE WILL BE MAKING NUMEROUS TRIPS TO CLIFTON GORGE TO COMPILE INFORMATION.

ASK THE QUACK (FROM PG.-1)

TAKING OFF HIS SOPPING SHIRT, AND LEAVING HIS PANTS ON, HE SLIPPED INTO HIS SLEEPING BAG. THE QUACK HAD STOPPED SHIVERING, BUT WAS UNBEARABLY COLD AND HIS MOVEMENTS WERE JERKY, ALMOST MECHANICAL. THE QUACK SLEPT.

IT WAS REMARKABLE THAT THE QUACK LIVED TO TELL ABOUT HIS STORY, FOR HE HAD VIOLATED MANY COMMON SENSE RULES OF BACKPACKING AND HAD BECOME SERIOUSLY HYPOTHERMIC. HIS INNER CORE TEMPERATURE HAD DROPPED INTO THE LOW 90'S. DEATH OCCURS IN THE LOW 80'S.

HYPOTHERMIA OCCURS IN TWO STEPS. FIRST, THE VICTIM ALLOWS HIMSELF TO USE UP ENERGY RESERVES IN HIS BODY WHICH ARE NEEDED LATER FOR THE PRODUCTION OF HEAT WHEN HE UNDERGOES EXPOSURE (THE ACT OF LOSING HEAT FASTER THAN IT IS PRODUCED IN THE BODY). IN THE SECOND STEP, THE TEMPERATURE OF THE BODY BEGINS TO DROP AND THE VICTIM BECOMES HYPOTHERMIC, WHICH IN TURN CAUSES A DECAY OF THE VICTIM'S ABILITIES TO HELP HIMSELF, FOLLOWED BY STUPOR, COLLAPSE AND DEATH.

LET'S REVIEW THE QUACK'S MISTAKES WHICH ARE NOT UNCOMMON TO NOVICE BP'ERS:

AFTER THE COLD, SLEEPLESS NIGHT AND THE SMALL BREAKFAST, THE QUACK WAS UNPREPARED FOR THE ENERGY REQUIREMENTS OF THE HIKING AHEAD MUCH LESS FOR FIGHTING EXPOSURE. EXPOSURE WAS RAPID AND THOROUGH ONCE THE RAIN AND WIND BEGAN. THAT INITIAL GOOD FEELING OF THE RAIN THROUGH HIS CLOTHES WAS ACTUALLY A DEADLY MISTAKE FOR ONCE THE CLOTHES BECAME WET, THEIR INSULATING VALUE DROPPED 90%. COTTON AND SYNTHETICS SUCH AS BLUE JEANS ARE EXTREMELY POOR INSULATORS ONCE WET; WOOL IS THE BEST. PUTTING THE PONCHO ON AFTER THE CLOTHES WERE WET (A COMMON MISTAKE) WAS AN ALMOST USELESS ACTION. WET CLOTHES HELD AGAINST THE SKIN CAN ACTUALLY INCREASE THE CHANCES OF HYPOTHERMIA OVER NOT WEARING CLOTHES UNDER THE PONCHO. THIS IS BECAUSE OF THE NATURE OF EVAPORATING WATER. AS WIND PASSES OVER WATER NEAR THE SURFACE OF THE SKIN (AS WITH WET CLOTHING), THE WATER ABSORBS ENERGY TO EVAPORATE. IT TAKES THAT ENERGY FROM THE SKIN IN THE FORM OF HEAT. THIS PHENOMENON IS COMMONLY CALLED THE WIND CHILL FACTOR. SITTING UNDER THE PONCHO WITH WIND BLOWING UNDER IT, WITH WET CLOTHES, MEANT THAT THE QUACK WAS ACTUALLY REFRIGERATING HIMSELF.

THE MENTAL ABILITIES OF THE VICTIM ARE OF PRIME IMPORTANCE HERE. THE QUACK SIMPLY DID'NT KNOW THAT MOST

DEATHS BY HYPOTHERMIA OCCUR ABOVE FREEZING (30-50 DEGREES) AND MOST VICTIMS SIMPLY CAN'T BELIEVE THAT TYPE OF WEATHER CAN BE DEADLY. HE DIDN'T KNOW THAT SHIVERING IS A SIGN THAT THE BODY'S TEMPERATURE IS BELOW 98.6 AND THAT BELOW THAT TEMPERATURE, HIS JUDGMENT HAD BEGUN TO DETERIORATE.

THE BODY PRODUCES HEAT BY OXIDATION OF FOOD, BY VOLUNTARY EXERCISE, AND BY SHIVERING. THE QUACK HAD NOT EATEN ENOUGH TO REPLENISH THE PREVIOUS NIGHTS EXPERIENCE MUCH LESS TODAY'S, NOR WAS HE EXERCISING (THE BODY'S HEAT PRODUCTION DROPPED 50% WHEN HE STOPPED EXERCISING) AND NOW HIS BODY WAS RESORTING TO IT'S LAST LINE OF DEFENSE BY INVOLUNTARY SHIVERING. SHIVERING GIVES OFF HEAT TO THE INTERNAL ORGANS BUT IT ALSO USES UP VAST AMOUNTS OF ENERGY - EQUIVALENT, PER HOUR, OF EATING 2 MEDIUM CHOCOLATE BARS IN HEAT PRODUCTION. THE SHIVERING QUICKLY DRIFTS THE VICTIM INTO AN EXHAUSTED STATE. THE ENERGY RESERVES HAD BEEN USED UP. IF YOU OR OTHER MEMBERS OF YOUR PARTY ARE SHIVERING INVOLUNTARY, HYPOTHERMIA HAS SET IN AND YOU MUST SET UP CAMP IMMEDIATELY AND TREAT THE AFFLICTION. YOU MUST BE RESPONSIBLE, AND MATURE ENOUGH TO REALIZE THE DANGER AND GIVE UP YOUR TRIP GOALS.

THE MAIN REASON HYPOTHERMIA IS THE NUMBER ONE KILLER OF OUTDOOR ADVENTURERS IS BECAUSE THE VICTIM DOES NOT KNOW IT'S OCCURRING. BEING ALONE, NO ONE ELSE COULD TELL HIM THAT THE REASON HIS SPEECH WAS SLURRED AND THE TENT STAKES WOULD NOT GO TOGETHER WAS BECAUSE HIS BRAIN WAS BECOMING COLDER AND ITS ABILITY TO FUNCTION WAS RAPIDLY DECAYING. THIS CONDITION OCCURS WHEN THE CORE TEMPERATURE IS AROUND THE MID-90'S. OTHER SYMPTOMS BESIDE SLURRING AND POOR COORDINATION AND SHIVERING ARE: STUMBLING OR LURCHING GATE, IRRATIONALITY, UNWILLINGNESS TO GET UP AFTER RESTING, OR IF IT PROGRESSES FURTHER, SHIVERING STOPS AND MUSCULAR RIGIDITY BEGINS TO SET IN (THE MECHANICAL MOVEMENT I SPOKE OF).

THE QUACK'S INNER CORE TEMPERATURE HAD GONE BELOW 95°, WHICH IS APPROXIMATELY THE TEMPERATURE AT WHICH THE BODY CAN NO LONGER WARM ITSELF. BELOW THAT TEMPERATURE, THE BODY WILL SLOWLY LOOSE HEAT UNTIL IT REACHES THE LOW 80'S WHERE IT DIES.

UNBELIEVEABLY, THE QUACK DID THE ONLY THING WHICH SAVED HIS LIFE - HE MADE HOT TEA AND ATE A LARGE AMOUNT OF CANDY INSIDE HIS TENT. UNKNOWNINGLY, HE HAD TERMINATED EXPOSURE BY GETTING INSIDE THE TENT, AND ADDED HEAT TO ALLOW HIS BODY TO OXIDIZE THE FOOD WHICH WOULD SAVE HIS LIFE.

ASK THE QUACK...

CANDY IS THE BEST FOOD FOR A HYPOTHERMIC TO EAT BECAUSE OF ITS ABILITY TO METABOLIZE QUICKLY TO PRODUCE HEAT.

THE QUACK'S MIND HAD BEEN SERIOUSLY IMPAIRED AS SEEN BY HIS LIGHTING HIS STOVE INSIDE THE TENT, WHICH WAS FLAMMABLE (ED. NOTE: NOT TO MENTION THE CARBON MONOXIDE GAS PRODUCED BY THE STOVE BURNING), BY TAKING OFF HIS SOPPING SHIRT BUT NOT HIS WET PANTS, AND BY GETTING INTO THE SLEEPING BAG WITH WET PANTS SO THAT ANY INSULATING VALUE IT MIGHT HAVE HAD BY BEING DRY AND STILL WARM FROM THE MORNING SUN WAS LOST. A SLEEPING BAG EVEN IF DRY WOULD NOT HELP A PERSON (HYPOTHERMIC) SURVIVE BY HIMSELF FOR A SLEEPING BAG USES THE HEAT GIVEN OFF BY THE PERSON TO FORM AN INSULATING LAYER OF HEAT AROUND HIM. OBVIOUSLY, THE AMOUNT OF HEAT GIVEN OFF BY THE HYPOTHERMIC IS NEGLIGIBLE SINCE HIS SURFACE BLOOD VESSELS HAVE BEEN CONSTRICTED TO CONSERVE HEAT, THUS, HE COULD NOT WARM THE SLEEPING BAG TO INSULATE HIMSELF FROM THE ENVIRONMENT.

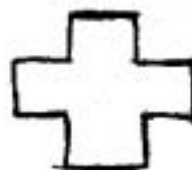
IF A MEMBER OF YOUR GROUP BECOMES HYPOTHERMIC, YOU SHOULD GET THEM INSIDE A SHELTER, GIVE THEM WARM FLUIDS AND CANDY, KEEP THEM CONSCIOUS AT ALL COSTS SO THAT FOOD AND LIQUIDS CAN BE GIVEN, AND REMOVE ALL WET CLOTHES AND GET THEM INTO A SLEEPING BAG WITH ANOTHER STRIPPED MEMBER OF THE GROUP. SKIN TO SKIN CONTACT IS THE BEST AND QUICKEST METHOD OF HEAT TRANSFER TO A HYPOTHERMIC. RELIGIOUS OR MORALISTIC DISCRESSION BECAUSE OF SEX WILL ONLY AID IN KILLING HIM OR HER. HYPOTHERMIA CAN KILL YOU IN MINUTES. HEAT AND PROPER RESPONSE ARE THE KEY FACTORS.

I WAS VERY LUCKY TO SURVIVE MY CASE OF HYPOTHERMIA. MANY PEOPLE DON'T. TEN PERCENT DIE EVERY YEAR BECAUSE OF THE DEADLY COMBINATIONS OF WET CLOTHES AND WIND PRODUCING HYPOTHERMIA.

RF

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FIRST AID

THE CINCINNATI CHAPTER OF THE AMERICAN RED CROSS WILL BE TEACHING ADVANCED FIRST AID BEGINNING OCT. 19. IT IS A FOUR MONTH COURSE CONSISTING OF ONE SESSION A WEEK FROM 7-10 ON THURSDAY EVENINGS. NO PREVIOUS TRAINING REQUIRED. COURSE HELD AT 720 SYCAMORE ST. THE QUACK HIGHLY RECOMMENDS ALL MEMBERS TO TAKE THIS COURSE.



WHO, ME?

YOU'RE BACKPACKING IN THE GILA WILDERNESS AND YOUR BEST FRIEND IS BITTEN BY A RATTLER. WHILE ROCKCLIMBING AT SENECA AN ELECTRICAL STORM WHIPS UP AND THE CLIMBER ABOVE YOU IS STRUCK BY LIGHTNING. AS YOUR BUDDY'S CANOE HITS A "CANOE-EATER" ON THE ROCKCASTLE REVER, HE IS TOGGED OUT UNCONSCIOUS AND BLEEDING. EACH OF THESE ACCIDENTS HAPPEN TIME AND AGAIN TO OUTDOORSMAN LIKE OURSELVES. NO AMOUNT OF PLANNING CAN ELIMINATE THESE NATURAL HAZARDS. THINK ABOUT IT. WE MUST ACCEPT THE POSSIBILITY OF ACCIDENTS LIKE THESE HAPPENING TO OURSELVES.. THERE IS ONLY ONE WAY TO ENSURE REASONABLY SAFE TRIPS. THE ANSWER IS TO LEARN FIRST AID. THE MOUNTAINEERING CLUB WILL SPONSOR ANOTHER CPR COURSE AS SOON AS POSSIBLE. THE LAST COURSE WAS A GREAT SUCCESS, AND SOME OF THE STUDENTS TRAINED WENT ON TO BECOME INSTRUCTORS. CARDIO PULMONARY RESUSCITATION INVOLVES MANUAL CHEST COMPRESSION AND MOUTH TO MOUTH BREATHING. THESE ACTIONS WILL START A PERSON'S HEART PUMPING AGAIN, AND MAINTAIN A FRESH SUPPLY OF OXYGEN TO BE PUMPED INTO THE LUNGS. IF YOU WOULD LIKE TO TAKE A LITTLE LIFE INSURANCE OUT ON THOSE YOU LOVE AND CARE FOR, SEE FRANK BERTRAM OR MYSELF TO SIGN UP.

CINCINNATI'S RED CROSS TEACHES ADVANCED FIRST AID THIS FALL. THE COST FOR THE COURSE IS \$5.00. THIS COURSE IS VIRTUALLY THE HIGHEST ANY LAY PERSON CAN GO WITHOUT BEING ON A LIFE SQUAD. FOR MORE INFORMATION, CALL 721-2665. THE RED CROSS ALSO TEACHES OTHER COURSES LIKE BASIC FIRST AID AND MULTI-MEDIA FIRST AID ALL YEAR ROUND.

ALL IT TAKES IS A FEW HOURS OF YOUR TIME AND A PHONE CALL TO PREPARE YOURSELF TO HANDLE HEALTH EMERGENCIES IN THE WILDERNESS OR AT HOME. AND WHILE YOU'RE AT IT, TAKE A FRIEND OR FAMILY MEMBER WITH YOU TO A COURSE. PERHAPS SOMEDAY, WHEN YOU NEED EMERGENCY CARE, THEY WILL BE AT YOUR SIDE TO GIVE IT TO YOU. MAKE A SOUND INVESTMENT IN THE FUTURE: YOURS AND MINE!

MARTY HUGEMAN

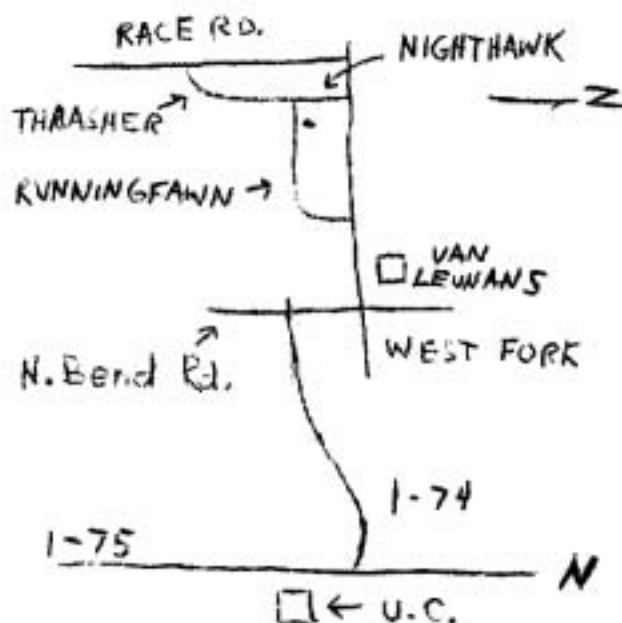
HALLOWEEN PARTY

WHY NOT? EVERYBODY IN THE CLUB, NOT IN THE CLUB, ALL THESE PEOPLES FRIENDS, WIVES, DOGS, AND FAIR-WEATHER ACQUAINTANCES IS INVITED ~~BY~~ TO BIG BOB'S NEWLY REMODELED BASEMENT TO PARTAKE IN ONE HELLACIOUS MASS-WASTING PARTY. THOSE ~~WEEK~~ BRILLIANT ENOUGH TO WEAR A COSTUME OF SORTS WILL BE LET IN THE BOOR. STEVE KRAMRECH EXCLUDED. WE PLAN ON CAROUSING THE NEIGHBORHOOD SINGING HALLOWEEN CAROLS DOOR TO DOOR. RICK FORRESTER MIGHT EVEN RENDER SOME OF HIS EXTREMELY POPULAR GHOST STORIES WHILE BOBBING FOR APPLES IN A GIANT TUB OF BRUCE'S BREW (WITH A LOT OF HELP FROM MOLLY AND JANE). ANYWAY, BE THER AT 8:30 ON HALLOWEEN NIGHT. TO GET THERE, JUST FOLLOW I-74 WEST TO THE NORTH BEND RD., CHEVIOT EXIT, TURN RIGHT, GO TO THE FIRST TRAFFIC LIGHT (WEST FORK RD.), TURN LEFT, GO ABOUT 1 MILE TO ~~NIGHTHAWK~~ DR., TURN LEFT. FIRST STREET ON LEFT IS RUNNINGFAWN. ADDRESS IS 4606 - FIRST HOUSE ONLEFT.

MANY THANKS TO ALL THE PEOPLE WHO SHOWED UP AT BOB'S LAST SUNDAY TO HELP IN THE REMODELING OF HIS BASEMENT.

BLAYRE TWIGGLE
DON CONOVER
MARTY HUSEMAN
DAVE WEBER
STEVE KRAMRECH
BRUCE WILLIAMS

THIS WAS CERTAINLY AN APPRECIATED EFFORT AND A CREDIT TO THE CONSCIOUSNESS AND SPIRIT OF THE CLUB MEMBERS. AGAIN, THANK YOU VERY MUCH.



MEMBERSHIP ROSTER

AS OF OCT. 19, '78

NAME	PHONE
MARK HARTINGER (PRES.)	481-8149
BOB KESSLER (SEC-TREAS)	574-8080
TOM SIMPSON (EQPT MAN)	281-3631
KATHY MURPHY (LIBR)	385-7876
ROXANNE BAKER *	831-3005
CINDY BICK	825-7581
FRANK BERTRAM	941-1041
DON CONOVER	475-5360
CURT COUCH *	475-6925
JOAN COULSON *	751-3005
DEAN DAYTON	475-2078
MIKE DAWSON	563-2306
FRED EIBLING	475-6194
NADINE FOLINO	861-5589
RICK FORRESTER	777-6657
GARY GOODMAN	475-5240
MARK HERBERT *	475-5405
RON HOENIG	721-4533
MARTY HUSEMAN	661-1666
ANNA JONES	825-3058
SUE KANDLER *	961-9047
BOB KASTEN *	475-4064
ROMAN KORDAL *	475-6357
STEVE KRAMRECH	559-1737
GREG LANDIS *	281-0737
PIERCE LEAVELL *	281-6708
DAN LYNCH	681-2962
MARY BETH MARTA *	475-9860
ANNE MEYER *	251-4816
SUE MILTHALER *	475-5451
ROBERT MILTON *	861-6764
AMY OSTERBROCK *	421-3744
GEORGE PATSKAN *	221-8646
CRAIG PATTERSON	861-3404
LINDA QUAM *	874-5322
JANE REILLY *	281-0703
MOLLY REILLY *	281-0703
PAUL SCHULTZ *	475-5246
LEN STACY *	769-5669
BILL STRACHAN	281-3631
DIANA VANDERVOORT *	475-5401
GREG WALLACE *	475-6415
JOHN WALLACE *	431-6004
DAVE WEBER	

HONORARY MEMBERS

MATT KLUGENER
BRUCE PERRIANO
LINDA HENNEMAN
GRETCHEN BREWER

* ALTOGETHER NEW MEMBERS

PRELIMINARY BUDGET, '79-'80

IN ACCORDANCE WITH UNIVERSITY RULES, THE CLUB'S BUDGET HAS BEEN PREPARED AND PRESENTED TO THE BUDGET BOARD. TYPICAL OF UNIVERSITY PROCEDURE, WE WERE NOTIFIED OF OUR DEADLINE FOR BUDGET SUBMISSION - IN 5 DAYS! SO, WORKING WITH PRACTICALLY NOTHING AGAINST THAT SHORT OF A DEADLINE, HERE'S THE BUDGET AS IT WILL APPEAR FOR THE SCHOOL YEAR OF '79-'80: (ITEMS SUCH AS ADVERTISEMENT AND NEWSLETTER HAVE BEEN OMITTED)

QTY	ITEM
3	POLAR BERR APPALACHIAN 0° SLEEPING BAGS
3	ENSOLITE PADS, 56"
3	SLEEPING BAG LINERS
3	SIGG TOURISTER COOK KITS
4	CAMP TRAILS EXT. BARS
4	½2 PHOENIX DRY STORAGE BAGS

THE REST OF THE BUDGET IS MAINLY APPROPRIATED TOWARDS CLUB TRIPS, WHICH HAVE ALREADY BEEN DETERMINED. THERE IS \$492.01 FOR GAS, WHICH INCLUDES CLASSES, TO GO ON TRIPS TO THE FOLLOWING PLACES :

WINTER BREAK: BACKPACKING ON THE AT EAST OF THE SMOKIES
 SPRING BREAK: CANOEING ON THE BUFFALO RIVER IN ARKANSAS
 SUMMER BREAK: BACKPACKING AND CLIMBING IN CANYONLANDS NAT. PARK, UTAH.
 (½ OF GAS PAID FOR THIS TRIP UNLESS ADDITIONAL FUNDS ARE AVAILABLE)

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THANKS !

OUR THANKS AND APPRECIATION ARE GRATEFULLY EXTENDED TO BILL STRACHAN FOR HIS SEARCH AND RESCUE TALK ON OCT. 19. THIS TOPIC COVERED MANY INTERESTING ASPECTS OF OUR ACTIVITIES, AND WAS ESPECIALLY HELPFUL IN ITS INTRODUCTION OF NEW AND THOUGHTFUL IDEAS TO MANY OF THOSE WHO ATTENDED THE LECTURE. BEING ONE OF OUR MORE PRESTIGIOUS AND EXPERIENCED MEMBERS OF THE GROUP IN ALL ASPECTS OF "TECHNICAL RECREATION," WE ARE GLAD TO HAVE BILL WITH US AND HOPE TO HAVE HIM SPEAK ON MORE TOPICS IN THE FUTURE. BILL IS A 6TH YEAR CLUB MEMBER AND A GRADUATE STUDENT IN ENVIRONMENTAL ENGINEERING.

THE UNIVERSITY OF CINCINNATI
 MOUNTAINEERING CLUB
 "GOOSE DOWN GAZETTE"
 c/o MARK HARTINGER
 3552 REDELMAN RD.
 CINCINNATI, OHIO 45211