

# THE GOOSE DOWN GAZETTE

THE OFFICIAL PUBLICATION OF THE UNIVERSITY OF CINCINNATI MOUNTAINEERING CLUB

VOLUME 2 NUMBER 3

MARCH 5, 1980



OH I WHO LONG TO GROW, I LOOK OUTSIDE MYSELF, AND THE TREE WITHIN ME GROWS—RILKE

## THOUGHTS FROM THE PRESIDENT

I'm really happy about the way things are pulling together in the club. It's great to get to know all the different members. To work and play together. And all the new ideas being generated.

I'm really psyched about spring break in Big Bend, TX. Maybe the biggest, full scale adventure the club has offered yet. Time will tell.

Spring looks like its going to be action packed. Some great times ahead. Time to work on skills late into the evening. Time to form friendship like the birth of this spring.

Be happy Live outdoors  
JFR

## SUBMITTING ARTICLES

This little note is from the newly formed staff to let you know what to expect from from us from now on and what we will be expecting from you.

The deadline for articles will be as announced at the meetings, and not after. Even though this has already been made known, some people thought they were special and submitted articles later, expecting priority printing. Sorry, but this is not the way it will work from now on.

The articles will also have a maximum length of 2 GDG pages which amounts to 4 columns. In order to get an idea of how long this is, just take a look at this issue.

Articles should be submitted in the column form they will be printed in. Again, take a look to see. All we can say is that those articles that come in typed in the form that they would appear will have priority over those that do not. Also, these articles are subject to editing by the staff.

All the articles are reviewed by the staff and are subject to be returned to the author for corrections. If any articles are submitted late (by special permission), they will be subject to editing by the staff.

Thank You,  
The Editors

## SPRING ACTIVITIES

1. Big Bend TX
2. White Mountains New Hampshire
3. Rockclimbing, Clifton Forge
4. Mountain Skills  
Climbing skills at Seneca Rocks, WV
5. Canoeing - Rockcastle River
6. Canoe Clinic - Whitewater River, IN
7. Backpacking - Cumberland Gap, KY
8. Wilderness Skills Course

See our Spring Quarter Display Case for complete claender or come to the meetings  
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MEETINGS ARE EVERY WEDNESDAY IN ROOM 428  
TUE AT 7:00 THE FIRST MEETING OF THE  
SPRING QUARTER WILL BE ON THE FIRST WEEK  
OF CLASSES.

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THE GOOSE DOWN GAZETTE IS published twice a quarter as the official newsletter of the UNIVERSITY OF CINCINNATI MOUNTAIN CLIMBING CLUB. Due dates for the articles will be announced at the meetings. These will be two weeks before each publication date. Regarding submission, refer to the article on this page.

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Cover for this issue by Ann Hayes. \* \* \* \* \*

## IS ANYONE MATURE OUT THERE?

or

### The Law of Equal Returns (Giving Back to Nature What You Take Away) by Richard J. Forrester

With spring quarter, the club will get into full swing with hundreds of weekend trips. But I have this strange feeling from years gone by that keeps nagging at me. It says the U.C.M.C. is more than a transient weekend trip organization. The club should also have a responsibility to the environment and the community. We should give back, or repay nature for all the pleasure it has given us.

I remember when club members reported on environmental legislation about which we could write our congressmen. I remember petitioning for the bottle bill out on the T.U.C. bridge. When was the last time guest speakers from the Nature Conservancy spoke to us on the impact of illegal hikers and climbers who destroyed forever the last remnants of prairie grass on Buzzard Roost Rock?

The question I have to ask is "Who will stand up and fight to save the environment if it isn't groups like the U.C.M.C.?" Are we a completely self-oriented group which keeps taking and taking and taking from the environment, or can we be a mature group of strict mountaineering environmentalists who try to give back to the environment that we cherish so much? How can we give something back?

Are there any mature club members out there who are willing to put away self interests 3 or 4 weekends and 3 or 4 meeting in spring? Will anyone report on legislation? Will anyone give up hiking in the beautiful Hocking Valley on a sunny weekend to shovel wet broken glass and mud off the climbing walls at Eden Park? Who will make the phone calls to arrange for guest speakers to tell us what has been done and what we can do to preserve and increase wilderness areas in Ohio?

Are leaders of club trips mature enough and responsible enough to keep trip members from climbing and hiking in areas forbidden by laws because vanishing wild flowers grow there? Being a U.C.M.C. member doesn't give you any special privileges or make you above the law.

A few members of the U.C.M.C. have been attending 'Fund for Animals' meetings and learning about leg hold traps in Mount Airy Forest and the slaughtering of white baby seals in Canada! Will the club give up showing slides of club trips so that a 'Fund for Animals' representative can give a lecture?

All these community and environmental issues should have been emphasized by the club leaders months ago, but with the arrival of spring, I hope for important issues and a new mature mountaineering club attitude toward saving the last remnants of the world's wildlife and wilderness.

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### YOU TOO CAN BE AN E.M.T..

What is an E.M.T.? It's an Emergency Medical Technician. The General Hospital offers an E.M.T. course in the fall, winter, and spring qtrs. each year. E.M.T. teaches you enough first aid to become a paramedic just like on TV (welllll maybe a little bit better). The course runs 11-12 wks., usually on Tuesdays and Thursdays from 7p.m.-10p.m. and costs \$50, plus about \$10 for books. To pass the course, you must pass a written exam, practical exam, and have 12hrs. practical experience. The 12hrs. practical experience is provided by actually working in General Hospital with the hours evenly split to 4hrs. in Obstetrics, Emergency Room, and Intensive Care. The next course starts on March 11th; but at last word was filled. The next scheduled one is in August, however there is the possibility of a summer session this year. For more information call Mr. Benson at 872-4995..

# WHY is THIS SPACE EMPTY?

BECAUSE YOU DIDN'T  
WRITE AN ARTICLE TO  
FILL IT! SO, OVER  
SPRING BREAK WRITE  
SOMETHING ABOUT WHAT  
YOU DID OR HAVE DONE  
IN THE PAST, OR ANYTHING  
THAT HAS TO DO WITH  
THE GREAT OUT-OF-DOORS  
BE CREATIVE! BECOME  
FAMOUS!! ASTOUND YOUR  
FRIENDS (OR YOUR FORMER  
FRESHMAN ENGLISH PROF)  
BY SHOWING THEM THAT YOU  
HAVE BEEN PUBLISHED.



ARTICLES  
DUE

MARCH

26

(on Time, Please!)

## THEM MOOSE GOOSERS



How about Them Moose Goosers,  
Ain't they recluse?  
Up in them boondocks,  
Goosin' them moose.

Goosin' them huge moose,  
Goosin' them tiny,  
Goosin' them meadow-moose  
In they hiney.

Look at Them Moose Goosers,  
Ain't they dumb?  
Some use an umbrella,  
Some use a thumb.

Them obtuse Moose Goosers,  
Sneakin' through the woods,  
Pokin' them snoozy moose  
In they goods.

How to be a Moose Gooser?  
It'll turn ye puce.  
Gitchy gooser loose and  
Rouse a drowsy moose!

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### A LOOK AT SOME STOVES by Dave Weber

Every outdoorsperson needs a back-packing stove unless he intends to starve. With all the stoves on the market today, picking out the proper stove can be tedious and time consuming. It's very important to look at the features and performance record of the stove you intend to buy since some stoves will not work in cold weather. The better stoves might cost more but the money is well worth it. It's better to buy a dependable, built stove than a cheap one that might break down after each use.

If you're interested in a certain stove, review the tables carefully. The performance of some stoves is very poor while some are excellent. One word of advise if you intend to purchase

Svea 123R talk to someone who owns one - and then ask them how much trouble they are. Personally, even though inexpensive, I wouldn't recommend this stove. They are more trouble than they are worth. (Just try to start one - the club owns a few).

The Feb/Mar '80 issue of Outside magazine has a complete list and test results of backpacking stoves. The tables are on page 15. They were taken from:

The Complete Light-Pack Camping and Trail Foods Cookbook, Edwin P. Drew, McGraw Hill Paperbacks, 1977.

con't on page 15.....

# ASK THE QUACK

While working twelve-hour shifts at Oktoberfest as a Red Cross F.C.I.R. committee member (First Aiders in Response), the Quack had experience with several women who had become almost hysterical because of either physical pain or anxiety. Many times, the "Almighty Handshake" precedes other first aid measures when life-threatening medical problems are present.

As a case in point, a woman had fallen and had torn several ligaments and tendons in her left ankle. Although being in physical pain, mental first aid was performed first because her hysterical state was causing her to develop further physical injuries and was also hindering diagnosis and treatment of the primary injuries.

Calming the victim of a climbing or a mountaineering accident may be achieved by firmly grasping the victim's right hand with your right hand (typical handshake position) while your left hand cups the outside of the victim's right wrist and your left fingers curl over the top and press firmly against the inside of the wrist. The first aider looks directly into the eyes of the victim and begins conversation.

The "Almighty Handshake" is not as childish, simple, or trite as it may seem to a college student. Every motion has a specific purpose.

The right hand - right hand grab is a non-stressful way of beginning interaction between the first aider and the victim. It allows the first aider to begin physical contact (to get over the fear of touching a total stranger on a one to one basis) and the victim will very quickly begin to calm down, knowing that action has begun immediately (something they can see and feel right now) to relieve pain beside knowing that the ambulance is on the way.

The first aider's left hand is the "medical hand." While looking into the victim's eyes and holding conversation, the firstaiders left hand is monitoring the victim's pulse, taking the skin temperature, and measuring the moisture content of the skin. This information will tell the first aider if shock is subsiding, if normal heart action is returning, and many other diagnostic pieces of information.

Pressing gently but firmly with both hands while maintaining eye contact, instills in the victim a sense that a person of authority, responsibility, and knowledge is in charge of them -- a very comforting thought! You must be decisive and strong as a first aider so that you can "command" the victim's respect and thereby work more effectively to relieve their pain and suffering.

Verbal communication while maintaining the "Almighty" should be directed toward exchanging names and information about the accident or injuries, telling the victim what you will be doing in terms of physical first aid, and giving words of encouragement, understanding, empathy, etc.. Sometimes, the "Almighty" and just plain listening has the most important calming effect when the victim needs to talk.

Case in point, a 19 year old woman had become separated from her boyfriend for the last 4 hours when she out of desperation came to the first aid station. (It could have easily been a situation in the Red River Gorge or Hocking State Park.) We performed the "Almighty" and listened as she cried and told us of all the anxiety and pain she was feeling. Her pain was no less real than the woman with the torn ligaments. Both women left in a much better mental and physical condition because of our use of 'mental' first aid.

Even if you know absolutely no first aid, YOU can perform the "Almighty Handshake." GET INVOLVED! You and the Almighty can work wonders.

Herpetological Hazards of Hiking in Ohio  
(Some true and not so true facts  
about dangerous local snakes)  
by Joanna Wright

As long as you are bigger than a rabbit most of the snakes in the south-west quarter of Ohio are quite peaceful and harmless. But we do have our poisonous varieties, and anyone who goes out in the woods should know how to protect himself. There are copperheads throughout Ohio, along the river to the east are timber rattlesnakes, and just north of us are massasaugas, small relatives of the rattler. All of the rest of our local snakes are completely harmless.

Your first protection from snake-bite is to avoid being bitten. Snakes love to hide under rocks and fallen logs and in heavy underbrush, so when you can't see where you are stepping, probe the underbrush with a long stick to give the snakes a chance to escape. Wear thick, heavy clothing, especially on the ankles and lower leg, and never turn over rocks or fallen debris with bare hands. When climbing, watch where you put your hands, especially in cool weather on southfacing ledges where snakes may be sunning themselves.

If you encounter a snake you should be able to recognize it. Our local poisonous snakes generally have dark blotchy patterns on a lighter ground, although they can be quite dark all over. Most local non-poisonous snakes are solid colored or have thin longitudinal stripes. The copperhead's dark hourglass patterns distinguish it from the harmless milk snake, whose dark marks are wider in the center rather than narrower. All local poisonous snakes are pit vipers, with small pits behind the nostrils for tracking warm-blooded prey. Except for the massasauga they have distinctly triangular heads, and none are as streamlined as most of our non-poisonous snakes. If you are exceptionally brave, fool-hardy, or far-sighted you may be able to see that the pupils of the eyes are vertical in poisonous snakes and round in non-poisonous snakes. The harmless snake most often mistaken for a poisonous one is the hognose snake, which can be easily identified by its behavior. It acts quite aggressive when

approached, but if you poke it (with a long stick!), instead of striking, it will roll over on its back and play dead until you leave.

If you get bitten, don't panic. Ninety nine percent of all poisonous snake bite victims in this country recover, with proper treatment, and the snakes in this area are not particularly dangerous. Try to identify the snake. If you can't, and you can't get to a hospital, it's probably safest to wait until symptoms appear before beginning treatment. Symptoms include marked swelling, numbness, discoloration, and substantial pain in the injured area. If you positively identify a poisonous snake and can get to a hospital within half an hour, do nothing except immobilize the injured limb. If you can't get to a hospital, you should have a snake-bite kit and know how to use it. Sucking the poison out of the wound is not advisable. Of course, you can always try the old folk remedy, rattlesnake weed - if you can find it. First you must provoke the snake into biting itself, and then supposedly it will lead you to the weed, which it will seek to treat its own wounds.

Finally, I must warn you that not all dangerous snakes are in the field guides. If you're hiking back in the hills somewhere and you find a long, black snake, look carefully at its tail, and if it's braided like a whip, stay away! The dreaded whip snake has been known to wrap around a man's legs and whip him to death. And, if you see a lot of dead trees, watch out for the hoop snake, which rolls around, killing everything it runs into with the poisoned spike on its tail!

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-FOR SALE-

Vasque hiking boots-womens size 8-very good condition. \$30 or best offer.

Home sewn Frostline polyester insulated vest. Men's medium(women's large). Never worn. \$25 or best offer

call Joanna Wright 381-0851 evenings  
241-3249 weekdays



FOOLPROOF BELAY SIGNALLING -  
by Gary K. GoodmanBELAY  
OFF

Belay signalling is a technique in ice and rock climbing that is often not correctly applied or coordinated. Correct signalling is as necessary for safe and efficient climbing as the correct use and handling of equipment and should be treated as such. In the middle of a climb confusion and unsafe situations have developed when they could have been avoided if signals had been arranged and practiced beforehand. Climbers working together for the first time should always agree on signals before beginning.

THANK  
YOU

Often climbers will be out of sight and barely within earshot of each other. Therefore, not only the words, but the actual rhythm of the syllables must be correct. Then if the words are not audible the rhythm of the syllables can indicate the signal.

CLIMBING

CLIMB

Sometimes it is important to know if one's signal has been received. Many signals have a response signal. For those that don't a loud and clear "Thank You !" should be the response. At crowded rocks like Seneca many people may be signalling around you. To avoid confusion follow your signal with the name of the person it is directed to.

THAT'S  
MEON  
BELAY

Following is a brief explanation of the signals:

ON BELAY: Is used exclusively by the belayer that he and the system are anchored and ready to brake a fall.

UP  
ROPE

BELAY OFF: Is used by the climber to indicate that he is safely anchored and no longer in need of a belay; by the belayer to indicate that the system is no longer prepared to brake a fall.

UP ROPE: Is used by the climber meaning to take up slack in the rope but not to put tension on it.

THAT'S ME: Is used by the climber to indicate that there is no slack in the rope.

CLIMBING: Is used by the climber to indicate that he is ready to begin upward movement. A good leader uses this signal after pausing to place protection.

CLIMB: The belayer's response to "climbing".

TENSION: A command given by the climber to put tension on the rope for help on difficult or dangerous sections. (i.e. when the climber is "gripped".)

SLACK: Signal given by climber is opposite of "tension". The belayer should feed out rope quickly. (May mean climber is down Climbing.)

FALLING: : exclamation by climber when peeling off the rock.

ROCK!: Used to warn others below of falling rocks or other objects.

The order of the words ON BELAY and BELAY OFF must never be confused. The rhythms should be exaggerated. ON BELAY is a short blast, a pause, then two blasts close together. BELAY OFF is two blasts, a pause, and then one blast. Generally two syllable signals mean to take in or brake, that is anything but release the rope.

UPCOMING CLIMBS

WHITE OUT- Gary Goodman and Mark Hartinger will again travel to the White Mtns. this spring break for winter mountaineering.

BIG BELD- The climbing group will attempt Casa Grande(7325') a 600' shear rhyolite monolith. Ex club president Hal Shaw, Bill Strachan, and Dave Christensen will attempt the west face. Craig Patterson will lead the rest of the group on the south ridge.

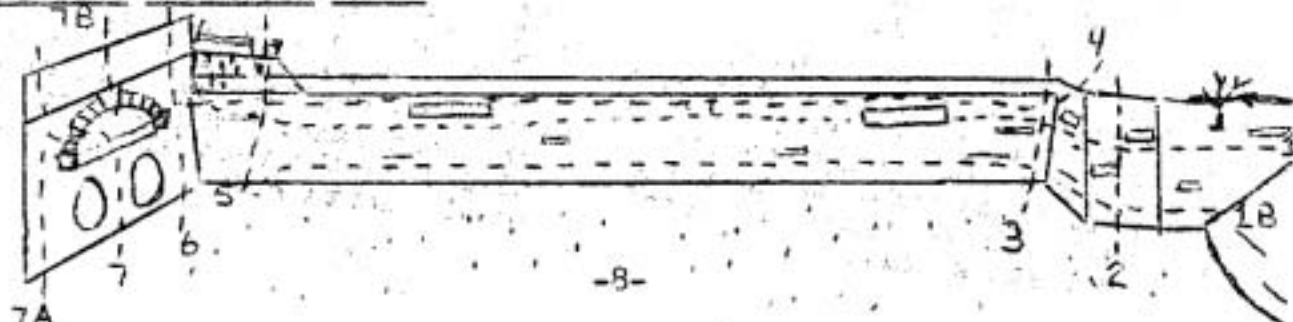
# A CLIMBERS GUIDE TO THE LIEM PARK RESERVOIR WALLS - by Bill Strachan

I would like to see more UCC members practicing and polishing their climbing technique at the park so I have put together this guide to encourage climbing at the park. Ratings are of the American Rating System. (5.1-5.4 easy, 5.5-5.7 hard, 5.8-5.10 harder yet) See you at the park !

- 1.) Chinese Water Torture Traverse -5.5- To much torture and you'll take the plunge. Always wet.
- 1A.) Torture Escape -5.3- Good practice for beginners.
- 2.) Easy Face -5.2- Riddled with bucket and thank God holds.
- 3.) Beginners Corner -5.1- Even grandma can do it. Can Be roped.
- 4.) Dante's Torture Traverse -5.10- Gymnasts chalk very useful !
- 5.) To Escape Torture Direct -5.7- This one is almost always dry.
- 6.) The Leonardi -5.3- Committing w/o a rope but very enjoyable.
- 7.) Columbian Cave Route -5.6- An easy toke. Rest stop in cave.
- 7A.) Hauli Howie -5.9- Directly over the cave. An unbelievable trip.
- 7B.) Columbian Direct -5.6- Don't use the cave or let loose slab stone you.
- 8.) Eckstatic Lead -5.6- Takes chocks. Lead cleanly.
- 8A.) Eckstatic Aid -5.7 A3- Use pins, hanging belays, under top block. Go as far as you want.
- 9.) Dante's Warm-up -5.9- A must in practicing for harder routes.
- 9A.) Static's Warm-up -5.9- A warm up for extreme exposure.
- 10.) Open Bhooking -5.9- Only super-climbers should attempt it w/o rope
- 11.) Lost Arrow -5.3- A piton once marked this route. Easiest climb on this wall. Good to rope.

- 12.) Electric Kool-Aid Acid Test -5.9-A4- A blow away ! Must use tied off pitons and other advanced direct aid techniques.
- 13.) Undercover Surveillance -5.9- Short, hard, and if you fall Big Brother is watching you.
- 14.) Spiderman's Traverse -5.10- Longest (over 200') hardest climb at the park, eh! spidy.
- 15A.) Dante's Impossible Dream -5.11- Assume the horizontal position under the overhang.
- 15B.) Eckstatic Awakening -5.5- Escape from Dante's fantasy.
- 16.) Bolt Route -A1- Bolts under overhang and all the way to the top
- 17.) Dante's Hot Foot -5.10- An extremely difficult friction climb.
- 17A.) Cool Shoes -5.3- Keep your cool if unroped.
- 18.) Dante's Inferno -5.7- A real arm burner. Good for top-roping.
- 18A,B,C.) White Buttress Faces -5.10- All of them involve very difficult face climbing.
- 18D.) Bouncing Baby Bill (Triple "B") -5.6- Leadable w/good bolt.
- 19A,B.) Arch Traverses -5.6- Make it to the keystone and you are home free up the overhang.
- 19C.) Captain Statics Fantasy -5.9 A3- Use an angle piton in the crack to surmount the arch.
- 20.) Short Buttress Left Corner -5.6- Harder than it looks.
- 20A,B,C.) Short Buttress Faces -5.9- All are very difficult bouldering problems.
- 20D.) Face up to Cheating -5.8- Cheat on 20C using corner block.
- 20E.) Short Buttress Right Corner -5.5- Good practice for harder overhanging moves.
- 21.) Dante's Puzzle -5.10- Gantle up onto keystone w/o using any handholds on face.

## EXISTING RESERVOIR WALL





by Ann Hayes

2/80

Simple.

Climb the ridge, ski down the other side  
eat one small piece of dried deer meat,  
plain power.

The way down is

slick-ice-faster-than-expected-out-of-control  
in-need-of-ice-ax, without-one-no-self-arrest  
flailing ski poles no help

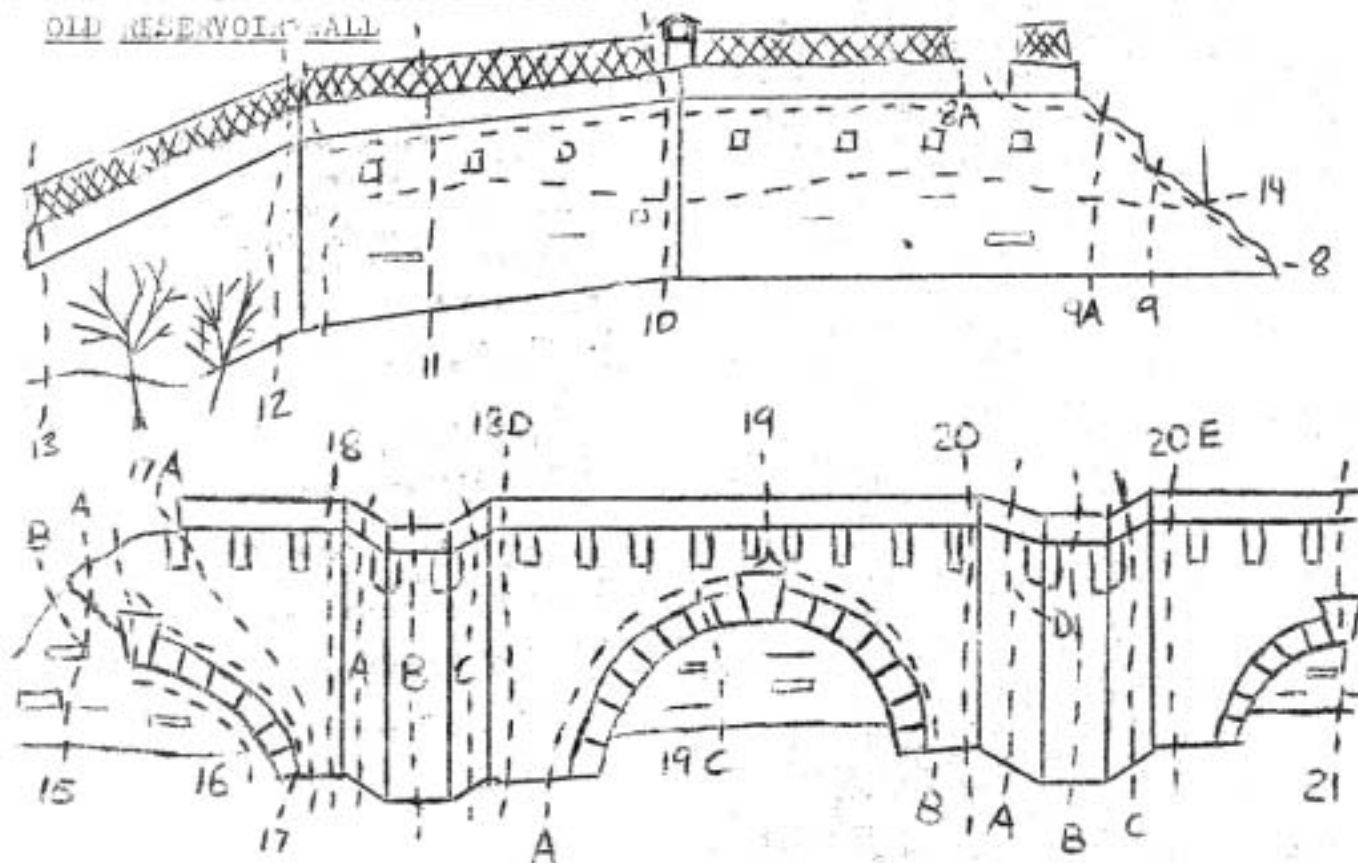
at mercy - the hill is plainly powerful.  
(Lucky we made it in one piece.)

Stop on the road.

One smaller piece of dried deer meet more  
the deer was at our mercy  
but its meet is too intense power this time -  
out of mouth, back into pocket.

Life is not always such - it cannot  
be taken out of mouth when too intense...

The sun through a slit, on the back of  
the eye ball is soothing.

OLD RESERVOIR WALL



## TIPS FOR TRAVELERS

by Marty Huseman

First of all, check the equipment that you will be using on your trip. Get out your pack and check the waistband, shoulderpads, stress points, etc. Take a look at that tent, do you have all the poles and stakes? How about cleaning your camera lens, and slipping some extra lens paper between the case and the body? Check your battery, and what about that insurance you've been putting off getting? Will those three year old shoelaces make it through this trip?

Unless you're walking to your destination you'd better take a look at that rustmobile. It would be nice to be able to give your car a total tune-up, but in case you haven't got the bucks, there's still a lot you can check yourself for free. Check the water level in your battery and radiator. Look at the oil levels - motor, transmission, and power steering. Is your brake fluid low? No wonder you can't stop! Glance over your hoses and spark plug wires. Are they on good and tight? How much air is there supposed to be in your tires? By the way, don't forget that fifth one..

If you really want to be prudent, take along a few tools like a screwdriver, some wrenches or a socket set, pliers or vise grips, and some wire. A few extra hose clamps and "U" clamps will be nice if your radiator hose goes, and your muffler falls down. Safety glasses and leather gloves will help to keep you healthy. Don't get ripped off at gas stations for your oil - go to a Gold Circle sale and take some with you.

Are you ready to hit the road yet? No! There are three parts to a trip: planning, being there, and remembering. Don't leave any stone unturned when trying to find out details about your destination. You will greatly add to your enjoyment while you are there. Credit cards are handy to have along if you can hang onto them. Keep a special place for those copies so you don't lose them either. If you like, change your money into traveler's checks. It's a hassle - until you lose your money. A good idea is to take half cash, and half checks.

Do you know how to get there quickly? AAA can help you out by making up a trip-tic especially for you. And what if you

get caught speeding and Sheriff Joe wants to put you in the hoosegow? Your AAA card will give you automatic bail so you can go on your happy way. In case you didn't do such a good job tuning your car your AAA card can help get a mechanic to work on it right away. What about ideas and tips you think of on the trail? Jot them down in a small notebook. There is no better way to keep improving your trips.

So all your equipment is checked and you're ready to go. Just in case you missed something, or the gods look unfavorably upon you, take along that lightweight repair kit. Include a film canister full of safety pins, pieces of wire, rubber bands, clevis pins, and etc. If your pants split you'd better have a needle and some color coordinated thread. Whoops! Those shoestrings busted. An extra set is inexpensive. Take along some ripstop repair tape in case you burn your booties in the fire or a bear rips your tent. Have you checked out these tips and added a few of your own? OK!!! YOU'RE READY TO GO!!!

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### RECIPES - BREAKFAST TIME

#### M.O.B.S. TEA:

MIX: 1 cup instant tea  
2 cups Tang  
1 pkg. Wyler's Lemonade Mix  
1/2 cup sugar (optional)  
cloves and cinnamon

#### M.O.B.X. GRANOLA:

MIX: 3 cups oatmeal  
1 cup brown sugar  
1 cup coconut  
1 cup nuts  
1 cup sunflower seeds  
1 cup raisins  
ADD 1 cup melted margarine

Bake at 350° till brown  
Stir often  
Works best in 9 X 13" pan



SENECA FLIP OUT  
by Craig Patterson

"Well, I have the right equipment to handle winter in the Adirondacks, but I don't know if I like arctic camping. Excellent music, I like your taste Mark, what else do you have?"

"Is ELP works II O.K.?"

"Sounds good."

A sharp curve, a fish tailing rear end, as I wonder why we are going off the road. We find ourselves upside down, right side up, and landing on our wheels. I wonder if the car is damaged as I look up at the shattered windshield.

"Is everyone O.K.?" asks Gary dryly. "Yeah, just a little shook up," everyone agrees. Four people hyperly jump out of the half open doors into the darkness of a cornfield. Within an hour four police officers, ten farmers and six drunks stare at us blankly. "Them boys sho' is lucky," says a geek through his tobacco. "Sho' is," slurs a farmer. "Now here boys, pick up this chere coan an' put it in this chere bag." Everyone keeps asking, "What do you want to do?" Finally we decide; Gary and Don will squeeze to Seneca while Craig and Mark will get a ride to Cincy. I stare at the garbage on the dash of the police cruiser and sense the bars grasping my neck. "Why sure!! Hey eh! We got more women, rednecks, and alcoholics than all of Cincinnati!" the drunk officer declares. We drive past the action packed Friday night auction and pull into a 50's style Frostee Freeze. "We'll find you boys a ride for a small fee."

After waiting a while a man in a 72 Cadillac pulls up and offers us a ride to Cincinnati for \$15. But first we stop by his trailer home. A fat woman sits on the couch while Harry slams a greasy hot dog onto a piece of bread. "Don't mind the T.V., all it needs is a new horizontal hold," says grimy little Harry.

On the road again Harry remi-



niscas. "Well ever since I've been on disability, that is after my factory job in Cincinnati, I ain't smoked a cigarette. But I tell you I used to drink any man under the table before and during the Korean war. Four cases of beer a night wasn't unusual. I ain't touched a drink in two weeks and that's the God's honest truth. If you boys want to stop and get us some beer it's O.K. with me..." ZZZZZ....

MORE CLIMBING NEWS-

Mountain Skills Course to be offered in the spring. With the great interest in climbing both in and out of the club a rock climbing course is being organized for spring. This will follow much the same format as our last course in which after the students try things out at Eden Park and Clifton Gorge they will have an opportunity to learn about leading at a major cliff face. There is a possibility that the leading instruction may be in conjunction with the North Carolina Outward Bound School.

TWO UC MOUNTAINEERS TO ATTEMPT SHASTA - After leaving Big Bend Bill Strachan and Craig Patterson will travel onwards to northern California to make a winter ascent of Mt. Shasta (14,168') with two high school friends.

SEARCH AND RESCUE TEAM NEWS

A big thanks to all who participated in the SART outing Jan. 26 at McFarlan Woods Park. Seventeen people attended, reaffirming the leadership potential in the club. Extra thanks to Dave Christiansen for laying in a drainage pipe and cooperating as our

## SART NEWS (Con't)

rescue victim and to Tammy Schneider for directing and orchestrating our simulated rescue.

The leaders Marty Huseman, Rick Forester, and Bob Kasten wish to thank all who attended. We feel that each student performed well and now knows just about everything we do. We urge them to educate themselves further through books and proper first aid courses. It is our feeling that the Search and Rescue Team has an able group of volunteers who are ready and willing to serve the Mountaineering club and the general public. Future outings will be held and more first-aid courses will be taught by the instructors. If you could not make the outing you still have a chance to become a SART member through these services.

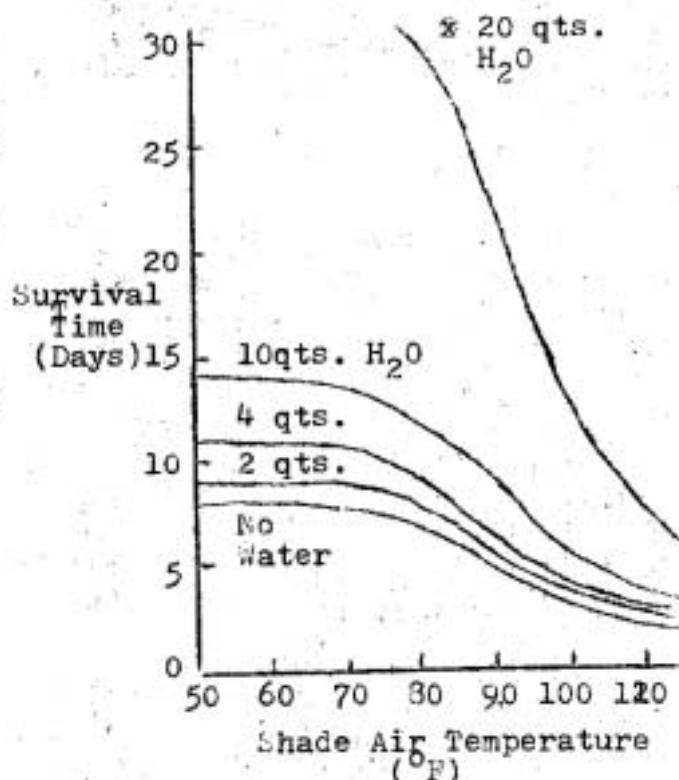
We wish to thank these people for their participation and attention and recognize them to the club: Dave Christensen, Chuck Thieman, Courtney Conway, Tammy Schnieder, Joanna Wright, Steve Kramrech, Ray Haddad, Amy Osterbrock, Cindy McIntosh, Sharon Ochs, Debbie Sarabia, and Bill Strachan. A special thanks to our president Jane Rielly and our Sec.-Treasurer Dan Lynch for attending. When we are called out we will be ready.

The SART Leaders: Mark, Rick, Bob, & Marty

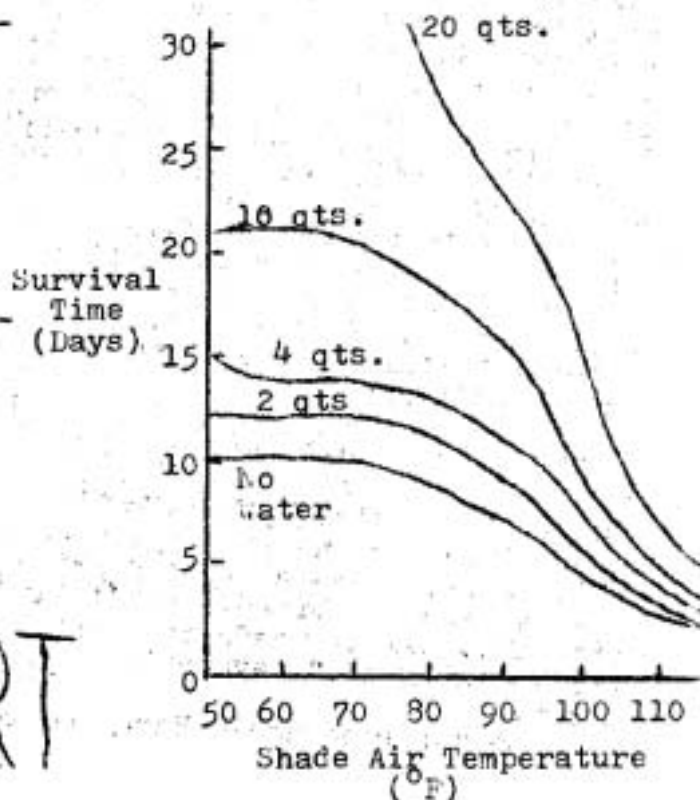
"For me there is only the traveling on paths that have heart, on any path that may have heart. There I travel, and the only worthwhile challenge is to traverse its full length. And there I travel looking, looking, breathlessly."  
-- Don Juan

# SART HAS HEART

## DESERT SURVIVAL CHARTS



Night travel. Rest in shade.



No attempt to travel. Shade.

## DEHYDRATION

By Dave Christenson

In a desert environment, which many of us will soon be in, the possibility of dehydration is always present. Water, which is 70% of the body weight, is necessary for food metabolism, waste elimination, normal muscle function and temperature regulation.

Dehydration is caused, by taking in less water than is lost, having a negative water balance. It is important to remember that dryness in the throat, or lack of it, is not always an accurate indicator of body needs. Satisfying a local thirst in one's throat does not automatically mean one is getting enough water.

The question then arises; "How much water is enough?" Freedom of the Hills says at least two quarts per day are necessary for the normally active person, four in hot weather. Multi-day big wall expeditions usually plan on one quart per day per person. Bill Strachen expects that groups crossing the desert in Big Bend will carry one and a half quarts per day per person.

Along with water loss comes another problem, salt deficiency. Freedom of the Hills recommends two grams of salt per quart of water. Bill says in Big Bend we will follow Paul Petzoldt's advice and chew on rock salt.

Water carried can be supplemented by water sources in the desert. Prickly pear and barrel cactus are two among many possible plant sources. Also remember, in general, anything the wildlife can eat, you can eat too. Springs are also a possible source of water. Springs can be found by: following a large group of doves, especially into canyons, following game trails, divination, luck or a combination of the above. One thing to watch out for is the contaminated spring. The myth of the poison spring appears to be just a myth as the problem with such springs is usually alkali salts. Such springs can be easily recognized by their soapy feel and bad taste. The water from these springs is not fatal but can cause severe gastric disorders. The handy and ingenious can make a solar still, described in most survival publications. Water to be purified in a still can come from almost anything with any water

content including, alkali contaminated water, urine and/or plants.

Dehydration occurs in three stages. Thirst, uneasiness, and irritability are the symptoms of the first stage. Stage one occurs often in people and, although not considered dangerous, is the beginning of trouble. Stage two, the "cotton mouth" stage, is characterized by: dry mouth, skin shrinkage, cracked voice, personality changes, disorganized thought, and rambling speech. At this stage water is needed in large amounts. According to Off Belay, April, 1977 there is "little evidence supporting the common notion that drinking large quantities of water on a negative water balance is harmful." Stage three requires medical assistance. Stage three is indicated by thick blood flowing from cracked skin and lips, extreme uncoordination and total inability to rationalize. Eventually comes sight and hearing loss, unconsciousness and death. One of the problems of dehydration is that because of the personality changes it causes, groups suffering from it can not expect internal cooperation.

Remember: drink when thirsty or when water is available, and travel in and use shade and/or night as much as possible. (author's note: This is really condensed/plagiarized from Off Belay April, 1977; How Dry I Am by Alan Evert. See it for a more thorough viewpoint. See also the accompanying graphs from that article reproduced on page 12.)

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## ACCOUTERMENTS FOR THE WILD

by Stephen M. Kramreich

This is my second start to this article; you obviously didn't see the first so I'd best explain why I'm telling you this. I realized that I was writing, preaching really, as though I knew more about equipment than I really do. New equipment and modifications appear so rapidly these days that anyone who claims to be an authority fools no one but themselves. The aim of this article, therefore, is to show people how to learn about equipment for themselves and how to make a wise choice in their purchases - caveat emptor\*.

continued on page 14



Since climbing, canoeing, winter packing, etc. call for additional specialized equipment I'll limit my discussion mostly to backpacking equipment for approximately early spring to late fall. First, try to get an idea of what type of packing you think you'll be doing: day-hiking, weekend outings, 1-2 week or longer packing; also where you'll be doing it: ocean beach, desert, wetland back-country, or high alpine. If you're not sure like I was at first what kind of packing you'll be doing, assume you'll be doing day hiking in a local area such as the Red River Gorge. Remember, you can always add to that basic kit for longer and more strenuous jaunts.

With some idea as to the type of packing you'll be doing, I'd suggest doing a little (lot of?) reading next. There are numerous (!) books on how to backpack in the club, University, and Cincinnati libraries; and most have a section(s) on equipment. There are several that are particularly good: Backpacking: One Step at a Time, The New Complete Walker, Mountaineering: The Freedom of the Hills, Climber's Sourcebook, and Backpacker mag.; Consumers Guide to Equipment. Also I'd suggest obtaining as many mail order equipment catalogs as you can. There is a lot of good information to be gleaned from them. Some of the old standbys are Eastern Mountain Sports, Recreational Equipment, Inc., Frostline Kits, and Indiana Camp Supply. Just be careful of the hype in a few of them, Early Winters seems to have a penchant for this. There are several magazines in publication catering to the packer, among them Backpacker is probably pre-eminent with equipment reviews in every issue. There are also Outside, Off Belay, and Climbing.

After perusing as much literature on the subject as you can, and perhaps while doing it, talk to other people in the club about their preferences and opinions on equipment you might be considering. There's a lot of accumulated knowledge in the various people in the club. Some of it is even accurate and reliable. There are some shortcuts and modifications they might suggest that might save you some bucks. Finally, there are the various local outdoor stores. There are four catering specif-

ically to backpackers, climbers, etc. "Wilderness Trace", "Outdoor Adventures", "Wilderness Outfitters", and "Appalachian Outfitters". Some excellent buys can be had at such places as government surplus stores; however, be sure you can separate the real bargains from the vast mass of junk that these places also carry.

A parting shot about prices. We all have a limited amount of money to spend, some more than others, so price is always a consideration. Beware of false economy. I personally have followed the belief that if you spend a little more and buy things that are durable you will pay less in the long run. Especially, when purchasing equipment that could make the difference between life and death, such as a tent or sleeping bag, I would spend as much as possible for quality equipment.

"Let the buyer beware."

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#### WHERE IN THE BLUE BLAZES ARE WE???

OR

#### TO TELL THE TOOTH!

by Marty Huseman

We looked at each other and back at the blue blazes. For the tenth time we cursed Ranger "Dick". We were back at the beginning of our trail. We had wasted a whole day trying to follow his directions. Determined to find the right trail we perused our maps and compasses until a course was agreed upon. Hooray for the U.C.M.C.-they come through again! Bob Kasten, Chris Rathweg, Curt Couch, Nolly Rielly and Marty Huseman were on the fall club trip to Clear Lake State Park, Michigan. At first it seemed that the trip was jinxed from the beginning. Friday afternoon of exam week, Jane suddenly became ill and was rushed to the hospital. The doctor decreed that she had to rest for a week after emergency treatment, thereby putting the kibosh on her vacation plans. The fearless five went ahead the next morning.

We arrived late Saturday night after driving through hours of snow and ice. The next morning the ranger didn't come to see us at the appointed time. After spending three hours trying to find him, he decided to drop by. By the time we had completed all the arrangements, it was

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# Test Results

Unit	Stove Weight (empty) (ounces?)	Fuel Tank (ounces)	Avg. Fuel Consumed per quart to boil	Approx. Quarts To Boil per tank	Burning Time per Tank (min.)	Range to boil one quart (min.)
White Gas (self generating)						
Optimus 80	18	4 $\frac{1}{2}$	0.47	6-8	45	4:53-6:17
Optimus 88	22	4	0.59	4-5	42	7:15-9:00
Optimus 99	23	2 $\frac{1}{2}$				
Svea	18 $\frac{1}{2}$	4	0.55	5-6	35	5:34-6:06
Phoebus 725	22 $\frac{1}{2}$	7 $\frac{1}{2}$	0.43	11-13	67	3:50-6:51
(Built in pressure pump)						
Coleman 576	32	10	0.55	13-15	30	3:01-4:49
ISS 9A	18	12	0.47	25-28	90	3:00-3:43
Optimus 111B	54	11 $\frac{1}{2}$	0.57	14-16	75	4:00-4:34
Phoebus 625	30	17 $\frac{1}{2}$	0.55	22-24	65	3:12-4:00

Unit	Avg. Time to boil one quart (min:Sec)	Range Temp. Increase per minute	Avg. Fuel into water	Simmer	Cold Weather Use	Price--in 1977
Optimus 80	6:40	17-23	2520	fair	maybe	\$20.00
Optimus 88	8:25	15-19	2040	no	maybe	\$40.00
Optimus 99	11:50	11/A6	Dave?	no	no	\$34.00
Svea	6:55	18-25	2520	no	maybe	\$29.00
Phoebus 725	5:19	21-36	3240	no	yes	\$27.00
Coleman 576	3:48	29-47	4440	good	yes	\$27.00
ISS 9A	3:23	5040 37-47	5040	fair	yes	\$39.00
Optimus 111B	4:21	30-35	3960	fair	yes	\$50.00
Phoebus 625	3:42	32-43	4440	good	yes	\$37.00

## RELA'S MINNESOTA OUTWARD BOUND

### GRANOLA

MIX: 3 cups oatmeal 1 cup nuts  
1 cup brown sugar 1 cup sunflower seeds  
1 cup coconut 1 cup raisins

ADD: 1 cup melted margarine.

Bake at 350° till brown. Stir often. Works best in 9x13" pan.

...BLUE BLAZES...(continued from page 14)

1:30 p.m. He sent us off with a cheery "Good Luck". Apparently he was dubious of our ability to survive the seven days. After finding the right trail on our second morning, everyone began to relax and have a good time. A nightly part of our routine were the blessed back rubs. After carrying 50-60 lbs. each day through many inches of snow, they were quite welcome. Bob earned the nickname of "magic Fingers" because of his dexterity. However, Chris was no slouch either.

All was well until the third day. Since it was only 40 degrees when we went to bed, we left our boots and water bottles outside of the tent. Bad News!!! When we rolled out of our bags we saw that it had sleeted during the night and all was frozen. It was 10 degrees! Undaunted, we attempted to cook breakfast. The shocker came when we put on our boots: Yeeow! Were they cold! However the ultimate occurred when Marty tried to pull a glove off her hand with her teeth. Out flew her front tooth five feet into the snow. "Oh shit" was all she could say. Everyone helped her look for it but it was nowhere to be found. She decided to go ahead with the trip.

The rest of the trip was incident free. We had many hours of solitude and serenity. The reasons we decided to take this trip became self-apparent. The beauty of the snow and ice caressing the tree branches, the life-giving warmth of the sun, the knowledge that we were alone... No one can appreciate the marvelous body until they try to live with below zero wind chills. You get exactly the amount of heat that you ingest through your food. You can only stay warm if you keep moving or if you climb into your sleeping bag. The body is such a marvelous machine to initiate and complete its life-giving processes under such environmental extremes. You begin to feel like a pioneer. Everyone has ceased to exist except for your companions. Life becomes so much simpler. Social levels are stripped away and all become involved in helping each other survive. The group becomes the most important thing in your life, and when you get home the developed friendships persist.

As usual, all five of us got into some heavy conversations at night by the fire. Humor abounded throughout the trip, with Molly supplying most of it. Although Curt rarely cracked any jokes, they were so funny that we'd roar and roar for the longest time. We recommend that the club come back sometime for either cross country skiing or for a spring trip. The 70 miles worth of trails wind their way through a rich and varied landscape.



"I DON'T SEE  
WHAT'S SO TRICKY  
ABOUT CLIMBING THE  
EDEN PARK WALL!"