

# THE GOOSE DOWN GAZETTE

THE OFFICIAL PUBLICATION OF THE UNIVERSITY OF CINCINNATI MOUNTAINEERING CLUB

Volume 2, Number 4

April 9, 1980



## ABOUT THE CLUB

The U.C. Mountaineering Club is dedicated to providing a forum of interests in wilderness use and associated aspects. We are actively involved in mountaineering, climbing, backpacking, caving, canoeing, white-water rafting and cross country skiing. The club offers a variety of weekend and end of quarter trips that will attract the beginner and challenge the more experienced. Classes and lectures are offered quarterly in rockclimbing, caving or wilderness skills. The classes enable the beginner to develop skills, confidence and appreciation of the outdoors. The club maintains an extensive equipment inventory and has a growing outdoors library.

DL

\*\*\*\*\*

## UCMC SPRING CALENDAR 1980

### Meetings

March 26 film Nanooke of the North  
April 2  
9 \* \* OPEN HOUSE \* \*  
16 \* ELECTIONS \* film Solo  
23 lecture Lead Climbing  
film Whitewater Rafting  
30 lecture Dicycle Touring  
  
May 7 slides Arches & Grand Canyon  
14 film Outward Bound  
21 Annual Eden Park wall clean up  
28 slides

TBA Mountain Music Concert  
Special Lectures in Wilderness Skills  
Class May 15 & 22. First Aid & Equipment

\*\*\*\*\*

### OFFICERS

PRESIDENT: Jane Rielly 871-0879  
SEC'Y-TRES: Dan Lynch 681-2962  
EQUIP. MGR.: Bruce Williams 751-0193  
LIBRARIAN: Kathy Murphy 741-9114

\*\*\*\*\*

COVER ART by Joanna Wright

## MEETINGS

Meetings are held regularly during each quarter on Wednesday nights at 7:00PM in room 428 Tangeman University Center. All regular meetings are Free and open to the public.

At meetings regular business is attended to and trips are planned. Every other meeting a special program is planned and slides are often shown. Meetings usually last until about 8:30. Summer meetings are held July and August in room 43 Mc Micken at 7:30 PM.

## DUES

Annual including summer \$9.00

Quarterly 4.00

Included in paid membership are use of equipment, The Goose Down Gazette, voting rights, and eligibility for quarterly gasoline subsidized trips.

### Weekend Trips

March 28 Climbing Clinic  
April 5 Climbing Clifton Gorge  
11-13 Canoeing Rockcastle River  
18-20\* Backpacking Red River Gorge  
25-27 Climbing Seneca Rocks  
26 First Aid Class  
May 2 Picnic  
3-4 Biking Serpent Mounds  
3 Canoe Clinic White Water  
9-11 Rafting New River  
9-11 Backpacking Smoky Mts.  
16-18 Backpacking Cumberland Gap  
23-26 Wilderness Skills Course

\* April 20 Picnic  
every weekend there are opportunities to go climbing on Saturday and Caving on Sunday. Arrangments made at meetings.

\*\*\*\*\*

THE GOOSE DOWN GAZETTE is published twice a quarter as the official newsletter of the UNIVERSITY OF CINCINNATI MOUNTAIN EERING CLUB. Due dates for articles will be announced at meetings. These will be two weeks befor the publication date.

EDITOR: Steve Kramrech

STAFF: Rick Forrester, Mary Garner, Gary Goodman, Mark Hartinger, Ann Hayes, Chris Hughes, Bob Kessler, Dan Lynch, Jane Rielly, Bill Strachan, Joanna Wright

\*\*\*\*\*

ELECTIONS !

\*\*\*\*\*

The next meeting April 16 is the annual election of officers. The President and Secretary-Treasurer will be elected by a majority of votes cast at that meeting. You must be a current paid member to vote.

If you are interested in either position have someone nominate you. After nominations all candidates give brief speeches and leave the room. There is a general discussion then anonymous balloting by the members.

The Equipment Manager, Librarian, and Publicity Manager are all appointed positions. If your interested in these jobs let the present and new officers know of your interest. The appointed positions don't have to be confirmed at the time of elections.

Here is what the constitution outlines as the duties of the elected and appointed officers;

President: The President shall preside over all meetings of the U.C. Mountaineering Club and the Executive Committee. He shall also be an ex-officio member of all standing committees. He shall have the power to sanction all club trips and withhold equipment from any non-sanctioned trip. He shall also be responsible for guiding the Club in general.

Secretary-Treasurer: The Secretary-Treasurer shall be responsible for maintaining all club financial records in accordance with all University procedure. He shall keep minutes of the meetings and maintain correspondence with other organizations. He shall also be responsible for maintaining both a membership roster and an historical inventory of club equipment.

Equipment Manager: The Equipment Manager shall maintain a current working inventory of club equipment. He shall assume full responsibility for all Club gear with the exception that the President and Secretary-Treasurer, acting together shall have the power to retire any piece of equipment they feel is unsafe. The Equipment Manager shall also be responsible for assuring that all club equipment is marked for easy identification, and for following the equipment signout procedure. He shall also preside over the Equipment Committee.

\*\*\*\*\*

THIS IS YOUR CLUB. YOUR OPINION AND VOTE COUNT. MEMBERS PLEASE ATTEND

Librarian: The Librarian shall maintain a current working inventory of Club books, magazines, newsletters, and catalogs. The librarian shall also be responsible for assuring that all Club library materials are marked for easy identification and for following the library sign out procedure.

Publicity Manager: The Publicity Manager shall be responsible for producing all the advertising needs of the Club and seeing that the resulting materials are properly distributed. He shall also be responsible for any Club displays set up at the University, including reserving space thru the appropriate University office, and seeing that the displays are properly assembled and dismantled.

\*\*\*\*\*

PROPOSED CONSTITUTIONAL CHANGE

In order to more accurately reflect the nature of the position and the duties required to fulfill the job it is hereby proposed that the office of Secretary-Treasurer be amended and retitled as Vice-President-Treasurer. This change will more accurately align the Club structure with those of most University clubs. This change is additive in nature and does not eliminate the Secretary position but incorporates it into the Vice-President-Treasurer. The addition to the adjacent printed description follows:

The Vice-President-Treasurer shall be responsible for assisting the President in presiding over the meetings and assist in the planning of Club trips. He shall act as President during the temporary absence of the President. He shall be responsible for maintaining ....

A second motion is also proposed to make this change retroactive to the 77-78 school year or the beginning of Bob Kesslers terms in office.

These amendments shall be read and discussed at the next two meetings as outlined in the constitution. The vote will be on April 23.

\*\*\*\*\*

## NOT THE CASCADES, BUT DAMN GOOD ANYWAY!

by Gary K. Goodman

"Granted, these old eroded hills are not 'les Alps' or the Canadian Rockies, but still, short steep water ice climbing is an end in itself," say Peter Cole and Rick Wilcox in Shades Of Blue, about winter climbing in the White Mountains, New Hampshire. Truly, the object of most New England climbers is the ascent of the short (one or two pitches), steep, steep, water ice flows found frozen on numerous mountain cliffs throughout the north east U.S.

"Accessibility" is a word that also characterizes New England ice climbing. Just park the car and in a few minutes you can be on blue ice. Many cliff climbs are visible from the road, so you can pick out the one you want before you park. You may have to cross the icy Saco River, or slog through knee-deep mushy snow, but when the weather gets to be its usual nasty self, you can normally bow out quickly and graciously to your automobile. The accessibility of a climbing area can make all the difference in the world in the type of climbing experience available there. Obviously, accessible Clifton Gorge, a walk down a path and a top rope, is not like Seneca Rock, where one hikes up 700 feet over boulder and log and then lead-climbs three pitches. Anyone can toss a rope at Clifton, but you have to be in shape to climb Seneca! Accessibility: it's the difference, also, between ten and 500 ascents each year.

New Englanders tend to be somewhat pampered by the drive-up quality of their climbing. If one lives in North Conway or Gorham, N.H., right in the Mt. Washington Valley, one can get to be down right lazy about climbing. In that case, accessibility substitutes for an intense experience. Compare these situations:

Three boys from Ohio drive twenty hours to the White Mountains. Immediately upon arrival they begin a five-day expedition into the Presidential Range, featuring the carrying of seventy pound packs in eighty mile-per-hour winds, intense snowshoeing through melting snow far from any obvious trail, days when mountaineering begins at sunup and ends at dusk, and envelopment in a harsh and inspiring alpine environment that only

the White Mountains have. It's intense, desperate, and beautifully victorious. And much more, in volume if nothing else, of an experience than this:

Sitting in a bar, the bar in Conway, N.H., two climbers are getting schnockered, assuring each other that they will be up and on the road to the cliffs by 8:30 A.M. It's a dull night anyway, and they turn in by midnight because that's when the liquor stops in New Hampshire. So they drink and toast and lie and watch the weekend snow-bunnies from Greater Boston, or the local nurses and waitresses who rarely are seen out of buildings. Midnight rolls around quite spiritlessly, but not to bed for these climbers, no, no, no. They smoke marijuana cigarettes in front of the car, and then spend an hour pursuing junk food and putting it in their faces (it's a fifteen minute drive to the nearest junk food in New Hampshire, where stores close at 4:30 P.M., and towns are respectfully isolated from each other) and sitting in the kitchen chewing cud over rock climbing feats of summers past. Finally, to bed. And if it's a warm bed, it won't take much for a climber to convince himself when the alarm clock clangs, that it's probably raining out there and the smart thing to do would be...to go...back...to...

So the most dedicated climber is out of bed by 11:45, and hell, if there is fresh coffee it could take as long as an hour and a half to get his boots on. By 1:30 they're pulling into a parking area less than one hundred yards from a climb. They take the first climb they see, mainly because the one they want is a hefty half mile walk. They climb it a few times, climb something else a few times, wind the ropes up, and head to the bars for another intense wilderness evening.

Now, if those climbers had to hike in ten, even five miles to camp below the climb, and would make the trip as active as possible to keep warm and comfortable, then the liquor they carried in would taste much better, and the experience would be much more consuming and satisfying.

But scoff not, Washington State climbers, who are able to hike in for hours to do their alpinism. There are several alpine retreats in the White Mountains which even though they are not highly isolated, because of severe weather conditions which

may occur on rare occasions in the Cascades or Sierras but occur almost every other day in the Whites, are unique, challenging, and dangerous. I am referring to the various glacial cirques, or 'ravines' in the Presidential range: Tuckerman, Huntington, King, and Great Gulf Ravines to name a few. Although they are only three or four miles in from the road, they are subject to sudden violent and lasting gales with spindrift, stormy white-outs, and fogouts. No matter how close you may feel you are to the car, when the wind starts whipping up, the snow starts bulleting down, and the sky disappears, you think you are light-years from the nearest trolley. It is the underestimation of the gravity of conditions that lead to most misfortunes in the Whites. Sure enough, more than half the accidents that occur in New England ice take place in the most popular ravine: Huntington.

By the same token that it is the most demanding, ravine climbing is also the most rewarding; its alpine qualities presenting more diversity than anything else around. Besides getting the rush of success on difficult steep ice that you get on the cliffs, you get the pleasure of being "on the mountain." There is an approach of several miles through the forest to the lip of the ravine, a steep snow talus leading to the headwall, and then the gulleys themselves. To move gracefully and efficiently on the constantly changing fabrics and grades is one of the great challenges here. At the end of the technical climb, you are on the Alpine Gardens and in reach of Mt. Washington's summit. Beware of the immediate dangers mixed with the ravine's pleasures; watch out for avalanche slabs and seracs! Enjoy a fast glissade, and of course, the ephemeral but excellent views!

Wintering in the White Mountains allows mountaineering at many levels of vigor. Do an extended Presidential traverse, spend several days up in Huntington Ravine, or just sleep late and hang out on Frankenstein Cliffs. As every Cascade climber should know, it is sometimes nice to do away with all that chilly snow camping when we are able to.

-----GKG

Once again, the beautiful and spacious terrain of Keener Park will host the Club Spring Picnic on Sunday, April 20. It will begin around 1:30 and last until the cops run us out of the park.

Activities will include a uninhibited supper pig-out, model rocket launching, elaborate kite flying, an orienteering course over hill and dale, and possibly an obstical course with prizes for the best times.

If you are interested in helping organize and set up the picnic activities, give Rick Forrester a call at 777-6657. Maps will be given out at the meeting preceeding that weekend. If you can't make that meeting, just give Rick a call and he'll do his best to guide you into the deepest of Pisgah.

Bring lots of food and drink... and a couple of friends (as well as a compass).

#### SPRING BREAK CAVE PHOTO TRIP

Whilst some basked in the inviting sun of Big Bend, Texas, and still others chose to embrace the last frosty clutches of winter in the mountains of New Hampshire, a die-hard group of solitary adventurers turned their thoughts and actions downward--to the very depths of the Earth.

For three and one-half days, nine cavers explored, photographed, and roped in caves of Tennessee and Kentucky. They even slept one night in a cave, and except for the Hodags that mischievously poisoned one of the trekkers to the point of violent (but short-lived) retching, the trip went smoothly.

The caves visited where Wolf River in TN, Short Creek and Cricket Falls in KY. Wolf River is known for its large trunk passages and spectacular formations, as well as Indian footprints deep into the system. Short Creek and Cricket Falls are all part of the Sinking Valley System which is now being explored and mapped.

Lots of pictures were taken and will be shown at some future Mountaineering Club meeting.

If you are interested in going caving give one of the following people a call: Bob 574-8080; Doc 475-3421; Mark 481-8149. The Club has plenty of gear you can sign out, so it's very easy to get equipped.

# ASK THE QUACK



Many people have heard about the "Good Samaritan" law in Ohio which applies to the performance of emergency first aid performed at the scene of accidents, mountaineering injuries, etc, but few people have actually seen or heard the actual law. The following is the "Good Samaritan" law as it stands as of 1979 for the state of Ohio.

"Revised Code 2305.23 Liability for emergency care.

No person shall be liable in civil damages for administering emergency care or treatment outside of a hospital, doctor's office, or other place having medical equipment, for acts performed at the scene of such emergency, unless such acts constitute willful or wanton misconduct.

Nothing in this section applies to the administering of such care or treatment where the same is rendered for remuneration, (remuneration is to pay a person for services rendered) or for the expectation of remuneration, from the recipient of such care or treatment or someone on his behalf. The administering of such care or treatment by one as part of his duties as a paid member of an organization of law enforcement officers or fire fighters does not cause such to be rendered for remuneration or expectation of remuneration.

Case Notes and OAG (OAG=opinion of the Attorney General)

1. A volunteer deputy sheriff, operating an ambulance service, is granted immunity under RCS 2305.23, in administering care or treatment to an individual at the scene of an emergency, unless his acts constitute willful or wanton misconduct: 1973 OAG No. 73-055.

2. (1976) The provisions of Am. Sub. H. B. 832 RCS 4731.82 to RCS 4731.90, RCS 4731.90 and RCS 4731.92, which will become effective on August 31, 1976, do not repeal Ohio's "Good Samaritan" statute, RCS 2305.23, nor indirectly amend it to require that an individual be the holder of an emergency medical technician certificate in order to take advantage of the immunity from civil damage liability which RCS 2305.23 may provide in any given case: OAG No.

76-060."

Kentucky and Michigan have similar laws but in none of their statutes as of 1979 do they have the key phrase "No person..." They all refer to doctors, nurses, EMT's, and even dentists as being exempt from liability but do not refer to non-state certified first-aiders such as most of you would be classified. This, in effect, leaves you in a kind of legal limbo whereby, technically, you could be held libal because no statute says the contrary.

However, this author believes these laws will be changed and updated, to include non-state certified first-aiders, as ourselves, very quickly as most states have done recently. When the 1980 laws are received in the library, the Quack will duck-walk his way down to the law library to take another gander at the statutes.

Indiana's "Good Samaritan" law is almost word for word of Ohio's but interestingly it also has a special provision concerning those people trained in CPR.

\*\*\*\*\*

Why should we be in such desperate haste to succeed and in such desperate enterprises? If man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away.

Henry David Thoreau

\*\*\*\*\*

## BE SKILLFUL IN THE WILDS

Once again the club will offer a course in wildness skills for those of you who want to learn how to survive in the woods. All the basic techniques for living comfortably outside will be explained and demonstrated on a weekend long trip May 23-26. Also, some basic emergency techniques will be given. Those people intersted should talk to Jane Rielly for more information. Experienced members who wish to help on the course should talk to Jane as soon as possible.

\*\*\*\*\*

# WHAT TO KNOW BEFORE YOU BUY A BICYCLE

OR

How to blow \$300 in an afternoon, by Bob Kessler

You begin to sense the change of the seasons. The warm days and cool nights draw you increasingly out-of-doors. Your body becomes charged with excitement and you begin to look for ways to release that energy. Your cosmic gaze travels towards your bicycle and you frown.

That hunk of cast iron certainly doesn't send your poetic images flying along, much less your body.

You decide either for economic reasons, a wish to explore the countryside, or just a natural repulsion of that old clunker in the corner that it's time for a new bicycle. And if you're smart you'll want to get a bike that will fulfill your present and future needs. That means it'll cost you--plenty.

So, even though there are as many opinions as to what to look for in a bike as there are bikes, this article will give you some basic concepts you must understand (and some personal bias you'll have to muddle through).

The important parts of any bike are the frame, brakes, tires and rims, hubs, crank, pedals, seat, and handlebars. I'll also touch on gearing.

Of primary importance is the frame. Sell all your other possessions if you must, but get the best frame you can. A frame has to be both flexible and strong. Flexible, so when you hit a pothole or go careening off the road after being cut off the frame can absorb some of the shock, and strong so it doesn't pretzle-up when you do. Steel frames are the old style and just don't compare to the aluminum alloy materials used now. Aluminum alloy is not as strong as steel but it is good enough for just about any situation short of bouldering. Its greatest advantage is weight; aluminum makes the bike incredibly light and nearly every component on a good bicycle is made of it.

After making sure the frame is aluminum alloy, you next need to look at the type of tubing construction and how the pieces are joined together. The best tube construction is the double-butted type. Only bikes in the

\$300+ range will be all double-butted. Most good bikes are partially doubled, but don't worry too much if you can't afford even that. The double is good because it gives strength where needed and less weight elsewhere. See fig. 1 to see difference between conventional and double-butted tubing.

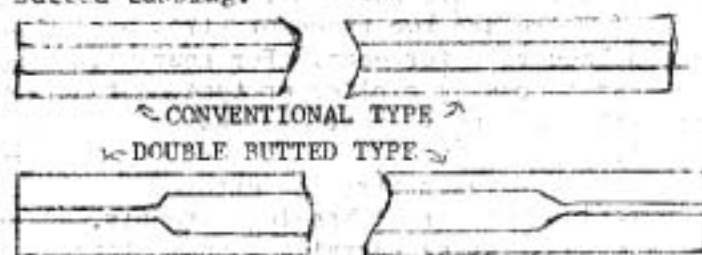


fig. 1

The joining of the tubes is critical for strength and there should be no compromise here. Lugged joining is better in every way to smooth-welding (see fig. 2). The lugged gives strength at those same critical stress points, while smooth-welding tends to be brittle. No good bike will have smooth-welds, but check to be sure.

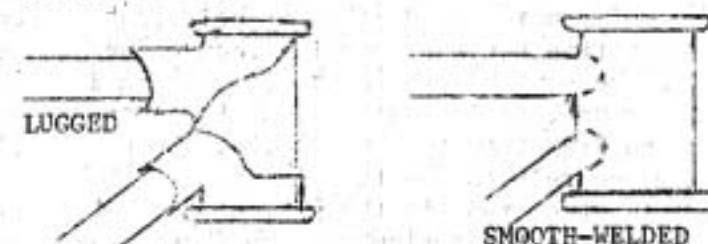


fig. 2

As a general guide, any frame made of Reynolds '531' tubing is excellent. If it is made so, there should be a rectangular sticker saying so. The way the printing is arranged tells you the type of Reynolds '531'; but unless you're spending megabucks, just the existence of that sticker is good enough.

For touring (which is like backpacking except that you pedal instead of hike), good frames use a 72°-parallel design (fig. 3). That is, the angle to the top tube formed by the seat and front tubes is 72°. This design provides the most power and best

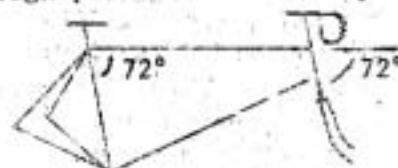


fig. 3

shock absorption.

Once you have something to put your wheels on, you'll need something to stop them: brakes. There are side-pull and center-pull. The side-pulls tend to be uneven in their braking power and need a lot of adjusting.

Center-pull are better, work uniformly, and are powerful. Get them.

There are two types of tires and specialized rims for each. For touring, the best to use is a clincher type. It grips the rim and is fast and easy to repair.

The tubular tire is better weight-wise but a real hassle to repair, often necessitating carrying a spare tire. It is glued to the rim instead of gripping it.

A couple familiar words on rims: aluminum alloy. Steel rims just aren't worth the weight, despite their strength.

Quick release hubs are the little devices inside the axles that enable you to remove the tires with a flick of your wrist. They make the inevitable flats less of a burden and make up their cost in the time you save getting them on and off. Be carefull, though: as easy as it is for you, it is just as easy for someone to lift them from your bike. Lock them securely to the frame!

The crank is the part of the bike that drives the chainwheel and should also be "God's favorite material," aluminum alloy. The only thing to be aware of is how the pedal arms connect to the crank. Avoid the one-piece units, they're a bitch to disassemble and clean. Cottered are OK but also are a lot of work to get on and off, but at least they'll come apart. The best is the cotterless type. The cotterless type has a dust cover arrangement that looks like a large slotted screw head. The cottered has a pin going through the crank and pedal arm.

Pedals should again be aluminum with toe clips. Clips greatly increase your efficiency but take some getting used to. Little teeth on the pedals coupled with toe clips create a powerful result but can be dangerous when you want to get your feet out in a hurry.

Leather seats, though very

uncomfortable at first, are best. They eventually conform to your body and last forever. Brooks saddles are the best.

Handlebars should be made of....you guessed it.

That sums up the basics in construction of a bicycle. Remember: aluminum alloy frames, rims, handlebars, crank and pedals; clincher tires with quick release hubs; center pull brakes (try to get brakes that have either a button on the brake lever or a small cam near the brake mechanism that puts slack in the cable at will. This really makes it easy to take tires on and off); and a leather seat.

One last critical aspect of any bicycle not related to construction is the gearing. The gearing determines how fast you go and how much huffin' you'll have to do to get up those steep hills. The standard range is 40 and 50 teeth on the front sprockets and 14 to 26 teeth on the rear sprockets. This is good if you like going fast but not too great on hills. For hilly terrain or touring (where you'll be carrying a lot of weight) get a 14 to 34 range on the rear sprockets.

Good brands of derailleurs are as follows, alphabetically: Campagnolo, Furet Allvit, Simplex, and Sun Tour.

To purchase a bike with many of the features I've described will run you anywhere from \$250 on up. It's a lot of money, but if you get a very good bike it will last you a lifetime. And with gas prices constantly leaping skyward, commuting on your new bike becomes very practical. The unique experience of cycle touring is equally worth the purchase.

After you get your bike home from the bike shop, check it carefully. Make sure all nuts and bolts are secure. Check the wheels for centering and spin. The spokes should "twang" consistently. Check the lug welds for any flaws and check for bends in the frame. Make sure the brakes grip squarely on the rims when engaged and don't touch at all when released. The gears should work smoothly and the pedals and chainwheel should spin easily.

Good books on repair and maintenance are: Richard's Bicycle Book (my source for this article), and Everybody's Bicycle Repair Book (supposedly the best). --BK.

## INCORRECT MIGRATION

by Gary K. Goodman

I drift in, out, in..., turn over, sooth the strain in my neck, fold my arms, and drift out...

"Look!" I am told. It is said loud enough, must be important enough, that I should have to drift in. "Wait...Behind those trees." Back into the world of my partner and myself, not just myself. I quietly look out of the splattered window into gray, peaceful, New York farmland. The sky is contrasting shades of light and dark gray, low clouds drift below the lighter background, dragging their feet a little. "...There's this huge 'V' of geese." My partner hunches down and forward, looking out the windshield. Well, I've drifted in, and want to see the geese. So I wait, reclining, not moving, until they come into view.

First one line of geese, a determined little committee, then another line...heading in another direction? No; I see an astonishing thousand or so determined, skinny, winged darts forming an immense sloppy 'V', with many smaller 'V's within. But they are definately a group, a single fraternity of industrious geese obeying their southerly instinct. Now they're flying over us, as well as stretching far behind and in front of us. In minutes they're obscured by the trees again. I turn onto my side, and drift out...

I drift in from a deeper slumber, to the motion of the car slowing, then halting. From my position below the window I see only whiteness and the obscured gray shape of a gasoline pump and canopy. Clicka...slam! My partner is replaced by cold air. I close my eyes trying to slowly pull out of my heavyness. I turn onto my other side and fold my arms. Clicka...slam! Warm air is replaced by my partner. He mutters to himself and me about our slowly improving gas mileage.

"Where are we?" I mutter thinly. My partner says an unimportant name that signifies only that we're progressing slowly. We'll arrive very late to our remote destination.

"White-out conditions. It's snowing harder than ever." he says. Our futile slowness is oppressive. We are driving north into winter, migrating against a goose's better judgment.

## TRAPPED!

by Marty Huseman

"I don't think we're going to make it through!" "We have to just keep paddling!" The five foot chute lay dead ahead with all the water in the Rio Grande rushing through. Turbulence and whitewater marked their only chance of passage through Santa Elena Canyon in Big Bend, Texas. Seen from the bank, the chute looked like it could accommodate their five foot wide raft with the eight foot wide equipment-laden innertubes lashed on the stern. Now, as they braced their legs under the upwarts and sides of the raft, it was apparent that they would not fit.

"Okay everybody, paddle like hell!" Forward the six rafters lurched toward the hole thirty feet ahead. Past the two garage sized boulders it lay, with hydraulic waves shooting back upstream. If the hole catches them they won't make it back out. The men who died last year in this very spot crossed their minds. Jaws set, and arms pumping they made their final approach. "Draw left, bring us around. Watch the current-  
LOOK OUT!

Their momentum slowed as the sides scraped rock, then stopped altogether as the innertubes wedged them tightly in place in the middle of the gaping hole. Tons of water filled the raft as Mike and Tim tried to pull the tubes through the chute. Marty, Jane, Molly and Cindy braced themselves as the Rio Grande came rushing to meet them.

"Don't anyone jump! You'll drown in a minute!" The floor of the raft sank deeper and deeper, far below the thwarts. Finally the raft could hold no more. The seams screamed in protest as the rafters held on to each other awaiting their fate. After an eternity the innertubes were pried loose, and they powered the craft out of the hole. Six cold friends paddled their slow, lopsided way to shore.

\*\*\*\*\*

## DEADLINE FOR NEXT GOOSEDOWN:

Articles for the next issue of the UC Mountaineering Club's Goosedown Gazette are due on Wednesday, MAY 7th. Start thinking about writing something now and DO IT.

## WHAT IS NOT UP?

or

## WHAT IS DOWN?

by Stephen N. Kramrech

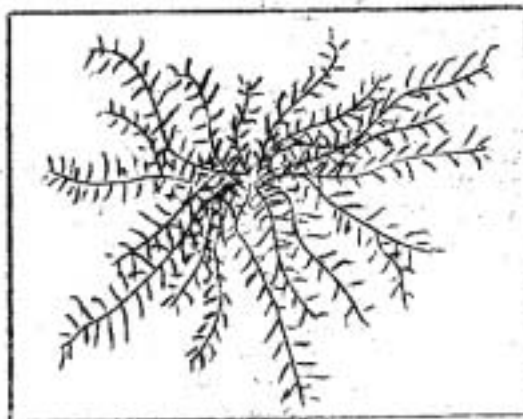
Because of "scandals" in the outdoor clothing industry in the past year or two the question of what is "DOWN" and what isn't has become important to us, the consumers. This article should help clear up some misconceptions on the issue of what "DOWN" is.

Here's the bad news up front. Hans Alpine cannot tell whether the parka he just bought contains "DOWN" as defined by the Federal Trade Commission unless he is willing to remove the insulation from the parka and test it himself. Short of actually testing it there is no way the ordinary person can tell if he bought "DOWN". We must therefore rely on the truthfulness of the manufacturer. However, assuming that the manufacturer is honest you can tell something about the insulation from the label on the article.

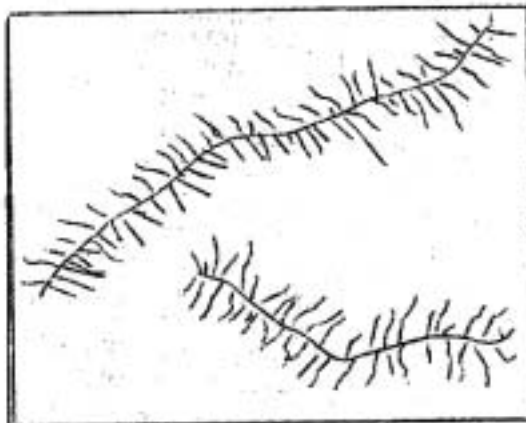
Before we look at the label lets ask what "DOWN" is composed of. The F.T.C. defines "DOWN" and down blends as containing 1) down clusters or plumules, 2) down fibers, 3) feathers, and 4) residue. A down cluster or plumule is a three dimensional podlike mass of down fibers connected at a central point. It is the natural insulation found on waterfowl. It is very soft and very resilient and will expand to it's original volume after being crushed. A garment insulated with only down plumules would be the best (and most expensive!) anyone could hope for. Alas, such perfection is not to be found. Down fiber is what down plumules are composed of. They are small filaments, mainly two dimensional in aspect, with smaller branches coming off them. Imagine a very small piece of slightly furry string. Although down plumules are not as good an insulator as the plumules. A feather is...well, I think most of us know what a feather is. However, for those who don't they are highly two dimensional, much larger and heavier than down fibers, and are much stiffer. As an analogy, if down fiber is furry string, feathers are large wooden shafts with closely spaced smaller shafts extending in one plane from the main shaft. Also, their insulative value is relatively small compared to down plumules. Finally,

there is residue. Residue is anything that is not down plumules, down fiber, or feathers such as dirt, hair, string, etc. There will always be some residue since down processing techniques are not perfect but, the F.T.C. limits it to being a maximum of 2% of "DOWN" or down blends.

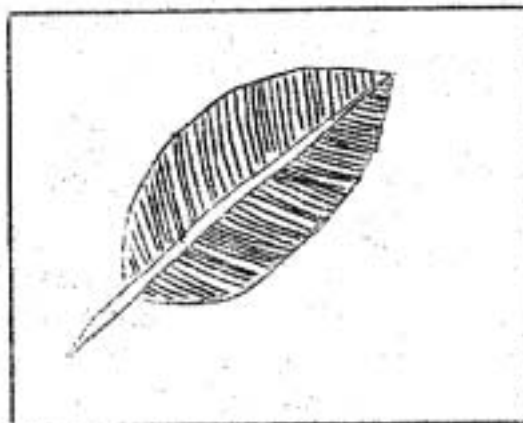
contd. on next page



DOWN PLUMULE



DOWN FIBER



FEATHER

OK, the F.T.C. and industry therefore define "DOWN" as insulation containing the previously mentioned components in the following percentages:

- minimum 70% Down Plumules
- maximum 10% Down Fibers
- maximum 18% Waterfowl Feathers
- maximum 2% Residue

Any insulation with less than 70% down plumules must be called a blend. The table shown below illustrates the composition of down and various down blends.

	"DOWN"	90/10	80/20	70/30
MINIMUM	*	*	*	*
Down Plumules	* 70%	* 63%	* 56%	* 49%
MAXIMUM	*	*	*	*
Down Fiber	* 10%	* 10%	* 10%	* 10%
MAXIMUM	*	*	*	*
Feathers	* 18%	* 25%	* 32%	* 46%
MAXIMUM	*	*	*	*
Residue	* 2%	* 2%	* 2%	* 2%

The 90/10 blend, for example, means that there is 90% of the 70% down plumules found in "DOWN" for a total of 63% down plumules. This method of describing blends is confusing to some people who may misinterpret the 90 to mean that the insulation is 90% down plumules in total which is incorrect. However, we'll just have to live with the agreed upon method for labeling. The 10 refers to the 10% increase in other materials in the blend, usually the more inexpensive feathers. Retailers without the above knowledge have mislabeled, misadvertised, and sold products mistakenly and this is where some of the "scandals" have occurred. Retailers have been "stuck" by many unscrupulous manufacturers or agents who are out to make the "big buck". So if you get stuck with one of these ringers for real "DOWN" products don't be too sure it's the sellers fault. There have been frauds perpetrated on companies and individuals all down (no pun intended) the line.

Back to the question of telling if it's a genuine legal "DOWN" product. There are really only two good ways; one is buying products from established,

reputable companies such as North Face, Sierra Designs, Class 5, etc. Second is price, good quality down is EXPENSIVE. Down sells for approximately \$35 per pound currently, as compared to about \$4 per pound for feathers, so if a company advertises a "down" parka filled with 2 pounds of "down" for 40 dollars you better be damn suspicious.

A final word on types of down. Various retailers advertise that their products are filled with "Prime Northern Goose Down", "Alaskan Duck Down", "Outer Mongolian Waterfowl Down" or whatever. Although there are real differences in the down between various birds the whole question of where your down comes from is probably moot. Most down comes as a by-product from geese, ducks, or other waterfowl that are breed for slaughter. The best time to pluck a bird to obtain the best down and the time when the bird is best for slaughtering are separate. Since most down comes from immature birds the difference between goose down and duck down is slight or non-existent. I won't go into the merits of down verses wool, synthetics or others since that argument is large enough for a separate book and is beyond the scope of this article.

(author's note: This article is partly plagiarized from a pamphlet that was published by Wilderness Trace, to whom I now give thanks and credit, and is written also from my own meager store of facts accumulated from many other sources too numerous to mention (even if I could remember who they were). I intend to copy the W.T. pamphlet for anyone who wants a copy.)

\*\*\*\*\*

#### BIKE MAINTENANCE

For those of you who own a bicycle there will be a bicycle maintenance clinic sponsored by Outdoor Adventures equipment store. Some local bikers (not the Hells Angels) will be on hand to help show you how to do such minor repairs and general maintenance items as adjusting derailleurs, greasing bearings, true rims, change tires, etc. It will be held at the Montgomery store May 3 at 1:00p.m. Admission is free but limited so call in advance at 984-6070. Bring your own tools and spare parts if you have them.

BECOMING ONE WITH THE ROCK- Zen Yoga  
and the Art of Rock Climbing  
by- Swami Strachananda



Rock climbing is a conscious exercise. Consciousness controls the body and the mind. Prana, the life energy, is also controlled by consciousness. It flows throughout the nervous system up and down the spine to a fluid filled cavity or ventricle in the center of the brain called the cave of Brahman by the yogis. Your entire universe is created in this cave which is bordered by the pineal gland, the pituitary gland, and the seven structures of the brain which manifest as the physical, emotional, intellectual, social, conceptual, intuitive, and imaginative levels of consciousness. These centers or structures come to bear upon the fluid within the cave of Brahman which circulates through the sushumna, a small tube which leads from the cave to the base of the spine, creating your ultimate reality.

Bodily stimulation through yogic postures, breathing exercises, meditation, etc. awakens the divine Shakti or creative life force. Conscious control of this creative energy through Shiva (the mind) can bring an ultimate balance of the flow of yin and yang (female and male) forces up and down the ida and pingala nadis (nerve channels in which prana flows) along the spine until in the sushumna you become one with the Tao, the all-pervading consciousness.

The balance of forces is extremely important in climbing as is consciousness. Perfectly balancing on footholds will yield the most effortless climbing. If your consciousness wavers from your intent to hold onto the rock you will most likely sustain a fall. Yvon Chouinard believes that a certain level of meditation is necessary to complete some harder climbs. (i.e. 5.12's)

When I was young I studied yoga under a Master and I continue study of the true Guru, the greater Self, even today. I attribute my own climbing abilities to the practice of yoga.

By following the eight steps of yoga from the Yoga Sutras of Patanjali as I will now outline you should be stepping well on the path towards becoming one with the rock. As you practice this yoga daily you should quickly see results in an improved state of being as well as an improved climbing ability. There are also many excellent books on yoga to help you along the path and I would suggest browsing at the New World Bookshop on Telford off of Ludlow. Seek and ye shall find.

1.) Yama-(self-restraint)- You should restrain negative emotions including the fear of falling.

2.) Niyama-(self-discipline)- You should be moderate in the eating of meat and in the use of intoxicants. Daily practice of yoga and self study are important disciplines.

3.) Asana-(postures)- Practice sun exercises and the candle pose upon rising. Do other stretching and muscle exercises in the afternoon as you see fit.

4.) Pranayama-(breath control)-  
Basic Breath- Sitting erect breath in and out slowly, evenly and rhythmically through the nostrils with the stomach. Pause slightly when your breath is fully inhaled and exhaled. Do not force this pause but let it come naturally. Repeating the mantr Hamsa, Ham on the inbreath and sa on the outbreath, will bring steadiness to both mind and body. The Cleansing Breath or alternate nostril breathing as outlined in most yoga books is very effective training for high altitudes.

5.) Pratyahara-(sense control) Before rising from bed in the morning lay your back in the dead pose and slow tense and then relax all of your muscles from toe to head. As you release tensions also release any thoughts that come into your head as well as any signals from the five senses. Lay motionless and relaxed in a conscious bliss.

6.) Dharana-(concentration)- Be here now. Concentration on what you are doing while participating in outdoor activities is the highest devotion.

7.) Dhyana-(meditation)- As you grasp each hold you and the rock become One!  
 8.) Samadhi-(contemplation)- Contemplate the significance of past, present, and future outdoor excursions.

OM TAT SAT OM- I AM THAT I AM

*Bill Strachan*



The Candle



Dead Pose



(lie on back)

A poem by Ann Hayes

Early morn - still surrounded

BIG BEND MOUNTAINS

The girl-car takes off first  
 the brat hangs out a slow lovely good bye ( A harmonic travelling group our paces fit in )  
 off to more country corner town.

farting around around the park  
 here in this campground we all blend in

Everyone looks at us but no one  
 KNOWS  
 WHERE WE BEEN

fold our journey up like a map and tuck it in a corner-pocket  
 of your mind.

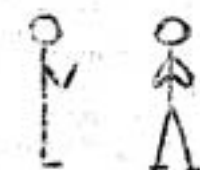
Holding it there while driving out past the  
 many miles hiked - dragged - climbed ( crawled )  
 Holding it there while trying to tell stories about it  
 Holding it there while chicken heads chatter  
 Holding it there while we wave at the tourists  
 Holding it there for a long journey home  
 Holding it there to share later.  
 Holding it there

sun seared deep  
 to hold it there in yo' soul.

Sun Exercises -



1.)



2.)



3.)

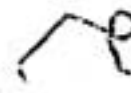


Left foot forward

4.)



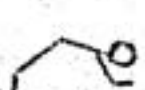
5.)



6.)



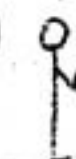
8.)



10.)



12.)



7.)



9.)



Rt. foot forward

11.)



## ORDEAL

A short story by Don Speller

In about fifteen minutes I will be going into the operating room and I would like to take this opportunity to tell you what is, perhaps, the most remarkable incident of my life. I am Philip Dahl, an English Professor, and I was returning from my sister Beth's wedding two days ago. Beth had finally succeeded in snaring herself a handsome young man, an accountant, and was as beautiful as she ever was although she did seem a bit on the heavy side come to think of it.

Well, anyway, early the next morning I decided to take route 70 heading east in spite of some talk of a possible snow emergency in that area. It was quite clear, although the temperature was below 20, the sky was blue and sunny and the roads were dry. Like many others I took the risk and, besides, going east on 70 would save me almost an hour driving time since it was less traveled. It was about six o'clock when my nightmare happened. The roads had since become icy and visibility was near zero when my car suddenly slid over a small embankment and neatly wedged itself against a large oak tree.

This was the start of my ordeal. Now let me assure you that, prior to this instant, I always believed myself to be a man of daring and courage such as the time last May when at the lake when our rowboat capsized and we had to dry our clothes in front of the fireplace since the cabin had no heater. But this ordeal would prove to be beyond the endurance of any sane man. I spent the most frigid night of my life trapped in my car, looking skyward for any sign of a plane and watching my breath form ice crystals on the windshield.

It was early the next morning when, what I believe, was my only major mistake. I decided to make a fire when the heavy snowfall refused to stop. While searching at the base of the embankment for wood I suddenly felt my right foot sinking into the snow. In blind fear I was sure an icy hand was pulling me into the very pits of Hell itself when suddenly my foot came to rest. I had apparently stepped upon a small frozen creek and the ice, refusing to hold my weight, cracked through.

Fortunately I kept my balance but my right foot was soaked and my new \$60 dress shoes were ruined.

By late afternoon I had given up on my attempt to start a fire because the wind which whipped through my overcoat kept snuffing the fire out. My major concern was my foot which became so cold and numb I could barely walk on it. I spent the rest of the evening massaging my foot trying to bring some warmth and color back into it. I can't seem to remember much of what happened after that. All I remember is that I was very cold, drowsy, and that my foot had turned an ugly white color.

I see the orderlies are ready to take me to the operating room so I'd better finish my story. I was rescued early this morning by two police officers in a four-wheel drive vehicle. Only after they gave me a cup of warm drink did I begin to regain my senses. I guess I was not surprised to learn that I was not the only person stranded over the weekend. I recall the two officers saying something about a young couple that tried to hike back to town and didn't make it and how lucky I was.

Which brings me to my current situation. I am in the operating room and the surgeon is coming toward me with a hypodermic needle in his hand and a 'now this won't hurt a bit' look in his eyes. I have made a mental note of several tasks I am going to do when this whole ordeal is over. There are two that I will see to right away. The first is to get snow tires for my car. The second is to try to salvage my left shoe.

I won't be needing the right...

\*\*\*\*\*

### MULTIMEDIA COURSE OFFERED

Another basic first aid course will be offered by Rick Forrester through the club in conjunction with the American Red Cross. The course will be taught on April 26 at a place to be announced, the minimal fee is only for needed materials (books) as the instructors and the Red Cross donate their time and equipment free. Talk to Rick for more information (777-6657).

UCMC PHONE LIST

Barker, Mort w	861-0665	Petit, Ted	-
Partel, Tony w	481-5827	Proctor, Dean	721-3908
Blair, Shirley	733-4052	Rathweg, Chris	721-5198
Brice, Linda w	631-9120	Rice, Steven	475-4331
Chitkara, Kate	341-9624	Rielly, Jane	871-0879
Christenson, David	475-6056	Rielly, Molly	871-0879
Cianciolo, Jan	542-6633	Sarabia, Debbie	475-5442
Conover, Don	861-1121	Schmid, Cindy w	661-1902
Conway, Courtney	681-2436	Schorle, Mark	729-0951
Coplay, David	243-3879	Schneider, Tammy	475-
Couch, Curtis	863-1880	Schultz, Paul	861-3404
Cousins, Jeff	475-4803	Schweitzer, Ray	681-5388
Dawson, Mike	563-2306	Silver, Jill	421-4634
Dougherty, Dr. Doc Advisor	475-3421	Speller, Don	831-2440
Durkin, Jim f	741-4720	Spellmire, Theresa	921-4392
Feldman, Richard	684-7237	Spreen, Tim	481-1363
Fisher, Bob	475-6374	Soldano, Lou	922-1744
Forrester, Rick w/s	777-6657	Strachan, Bill honorary	861-3404
Ganote, Duke f	475-5812	Sullivan, Maureen	475-6414
Garner, Mary	961-8429	Sutherland, Steve	231-7380
Goodman, Gary	861-8429	Thiemann, Chuck	-
Haddad, Raymond	475-3168	Wallace, John	431-6004
Hamrock, Gerry w	475-3288	Walsh, Martin	232-6325
Hartinger, Mark	481-8149	Waltz, Philip w	542-4826
Hayes, Ann	381-7080	Weber, David	481-3819
Hershberger, Barry f	-	Williams, Bruce	751-0193
Holtgreffe, David w	563-2104	Williams, Maurianne	781-0310
Hughes, Chris	281-0164	Williams, Susan	475-3111
Hugo, Eric	261-9404	Wolf, Paul	661-1631
Huseman, Marty	661-1666	Wright, Joanna	381-0851
Jonson, William	961-5183	Zemites, Mary	591-2075
Julian, Anne	761-9123		
Kaftal, Victor	242-7993		
Kandler, Sue	559-9327		
Karlin, Howard	475-6641		
Karp, David f	381-6229		
Kasten, Bob	681-6646		
Kessler, Bob	574-8080		
Kluesener, Matt	-		
Kramer, Ann s	475-3519		
Kramrech, Steve	559-1737		
Lawrance, Mark	-		
Lewnard, John f	922-3961		
Lynch, Dan	681-2962		
Lynch, Tim	681-2962		
Marshall, Sam	751-3843		
Mason, Cindy	475-6213		
Mc Cabe, Dennis w	231-9013		
Mc Daniel, Sharon	521-2231		
Mc donnell, Mary s	475-2111		
Minton, Larry w	381-3032		
Murphy, Conie	741-9114		
Murphy, Kathy	741-9114		
Newrock, Richard Advisor	475-3973		
Nordloh, Chris	677-0099		
Powell, Keith	791-9287		
Ochs, Sharon	874-3467		
Patterson, Craig	861-3404		

\*\*\*\*\*

BICYCLE TOURING MAY 3 & 4

Bob Kessler will be leading a two day one night bicycle ride on Saturday and Sunday, May 3 & 4. You will need ( obviously) a bicycle, camping gear, rain gear, food and gas money. We will leave early Saturday and return late Sunday. Mileage will range according to abilities of the group but count on 20-25 miles a day as a median. The ride will start in the Serpent Mound area of south-central Ohio, make a loop eastward and return (hopefully) by dusk on Sunday. Call Bob at 574-8080

\*\*\*\*\*

WHAT'S THAT ROCK ??? (a mineral)

Find out at the Cincinnati Mineral Society Gem & Mineral Show April 12 & 13 Convention Center. Lectures included in admissinn \$2.

TEAR OFF THIS LAST  
SHEET OF PAPER WITH  
THE CLUB MEMBER PHONE  
LIST ON THE REVERSE SIDE  
AND PLACE IT NEAR YOUR  
YOUR PHONE FOR EASY  
REFERENCE TO THE NUMBERS  
OF ALL THE IMPORTANT  
PEOPLE IN YOUR LIFE.