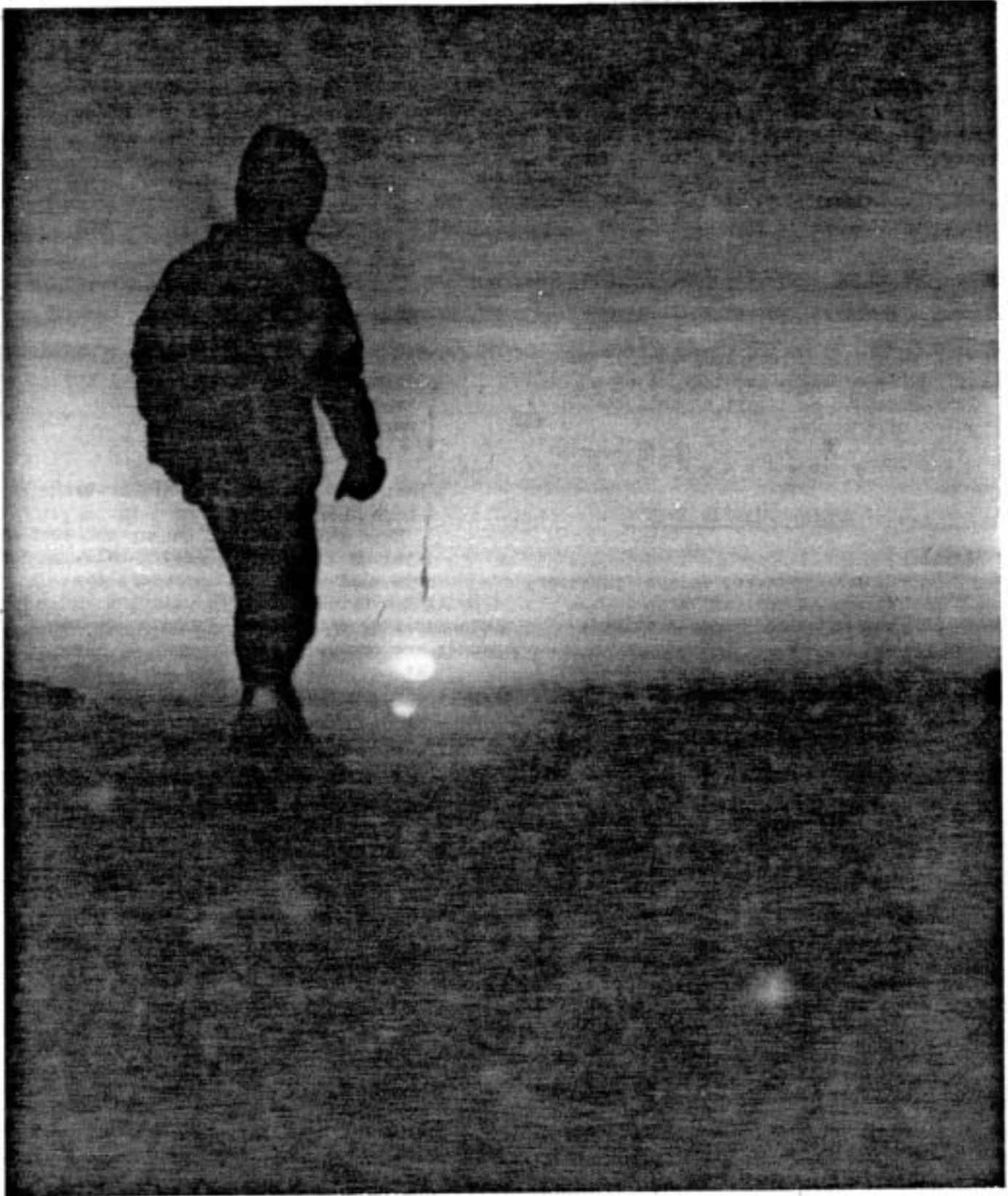


THE GOOSE DOWN GAZETTE

THE OFFICIAL PUBLICATION OF THE UNIVERSITY OF CINCINNATI MOUNTAINEERING CLUB

Volume 3, Number 3

15 April 1981



MESSAGE FROM THE PRESIDENT

Hi! Welcome to the Mountaineering Club! We are a group of friends who share a common love of the outdoors. Spring quarter will be full of outings, classes, and parties! Elections come up next week, April 22. Good luck to all those who run. The Club needs your input. Believe me, it is a very rewarding experience.

I hope to see you all at the University of Akron outing, April 24-26. Get to meet other outdoor clubs! We'll have a lot of weekend trips, especially the Wilderness Skills course May 28-31. Our last meeting, June 3rd, will be the traditional clean-up at Eden Park Wall.

I want to thank everyone who has made this successful year possible. Just a few days ago we broke the 100 member mark for the year. I feel that we have made progress individually and groupwise by leaps and bounds. I am very proud to be a part of this beautiful group of friends.

Marty Huseman

SPRING QUARTER EVENTS

April:

15-Club Open House; drinks, munchies, things to see, and more. Come and enjoy and bring a friend.

18-19 Bob Kessler leads a bike trip to the Serpent Mound area. Lots of neat scenery and time to stop and look at wild flowers. Call 984-2700 if you can't make the meeting.

24-26 U. of Akron outing clubs of Ohio meet for fun, frolic, lectures, games and more. How can you miss this!! All you need is the basics for camping out(food, stove, etc.) ride sharing is in order(also bring your good vibes(required for admission to camp)).

22 Club officer elections, everyone should attend as we need a quorum to do this legal like. Show your involvement, be there.

April:

29 Movie- Hiking the Appalachian Trail

May:

2&/or3 Climbing at beautiful Clifton Gorge

8-10 or 15-17 Whitewater sports on our annual spring trip to the Rockcastle River in Kentucky. This promises to be a truly multi-splendiferous trip with the possibility of transport by canoe, raft, and kayak.

13 Movie- Kayak, depending on when we go to the Rockcastle you'll learn either what you should have known(too late) or what you'll need to know.

22-25 Wilderness Skills course, everything you want to know about the wonderful life outside(pluss maybe a little bit more).

June:

3 Last Club meeting of the quarter, hope there's more than 5 people there this time. Clean-up and meeting at Eden park climbing wall.

There will also be a lecture/slide show by Ken Crocket on rock climbing in late April or early May. Various weekend jaunts are organized on the spur of the moment at meetings so it pays to attend regularly.

The U.C.M.C. holds regular meetings every week of classes during the quarter on Wednesdays at 7 p.m. in room 428 in Tangeman University Center. Meetings are open to all, student and non-student, young and old, etc. Your presence is most welcome, always.

The cover for this issue is a black and white copy of the 'people' category winner in our photo contest. The original is by John Wallece. The 'scenery' category winner will grace our next G.D.G. issue cover.

U.C.M.C. GEAR

The purpose of the U.C. Mountaineering Club, as stated in our constitution is... 'to provide a forum of interest in wilderness use and it's associated aspects including, but not limited to; mountain climbing, backpacking, caving, whitewater sports and bicycling. Through participating in these activities it is our purpose to develop an appreciation for the outdoors, to preserve the natural balance, and to proceed safely. It is the purpose of this organization through the sponsorship of club outings, lectures and courses of instruction to extend an educational service in wilderness use and it's associated aspects into the university community.' This purpose is best fulfilled by having our own stock of outdoor gear. Through many years of effort by many people, our club has managed to acquire an impressive supply of equipment, and it will continue to grow. A condensed inventory follows:

camping :

- 6 sleeping bags (polarguard)
- 6 stoves and cook kits (Sveas and Colemans)
- 3 tents (R.E.I. Grestline)
- 9 backpacks
- 4 daypacks

caving:

- 1 cave cable ladder
- 7 cave helmets with lights and battery packs
- 1 Bluewater rope

climbing:

- 2 Edelweiss 50m kernmantle ropes
- 4 Goldline 50m laid ropes
- large assortment of webbing, runners and seats
- 8 Ultimate climbing helmets
- 4 C.M.I. eight rings
- 2 Sticht belay plates
- 2 pairs of ascenders (Gibbs & Jumars)
- 58 various types of protection devices including Bongs, Angles, Hexs, Foxheads, Tifons, & Stoppers
- 59 'D' carabiners
- 9 locking carabiners

canoeing:

- 1 Phoenix camera bag
- 1 Bill's bag
- 1 Udisco 8-man raft
- 6 Mohhawk canoe paddles

miscellaneous:

- 2 pair Sherpa snowshoes
- 1 pair gaiters
- 2 pair cross-country skis

This equipment is available for your use. The policy on using this gear is very simple:

- You must be a member of U.C.M.C.
- Club trips get priority on all equipment
- Gear is checked out for one week spans (Wed. to Wed.) and is available every Wednesday after the meeting. It must be returned the following Wednesday at the meeting.
- Equipment must be returned just as recieved.

There is a fine for late, dirty or damaged gear.

The Equipment Manager (me for now) is here to serve you. This position will soon be open. You must be available to check equipment in and out every Wednesday. You don't need to be an expert on equipment (most of my experience with gear has been acquired in office). The Equipment Committee is established to aid the Equipment Manager whenever needed, this may include inventories, maintenance work, and retirement of gear. The Equipment Manager is also influential in budgeting decisions for new equipment. If you're interested have a talk with me.

The office of Equipment Manager is an important one, I've enjoyed the position, thanks to all those who have been good with the gear. It's up to each of us to treat the gear like it is our own, because it really is you know. The U.C.M.C. is like a company, our people and equipment make up our assets. With these assets we produce natural awareness, environmental consciousness, and incredible enjoyment.

Chris Rathweg
Equipment Manager

THE NATURALIST'S NICHE

IT'S SPRING and it's time to get outside and enjoy the warmer weather: canoeing, climbing, hiking or just sitting and soaking in a little nature. One of the best ways to do this is to go wildflower hunting. Spring wildflowers are unbeatable in their delicate colors and scents and if you're in a real pinch, many of them are edible or medicinal. Although the climbers are in a prime area for wildflowers at John Bryan State Park and nearby Glen Helen Nature Preserve, you don't need to leave the city to hunt them. Cincinnati's Park Service does a great job in preserving and planting wildflowers. All of the parks are excellent for hunting wildflowers and most are accessible by the Metro. Burnet Woods is within walking distance and so is the Hauck Botanic Garden (on the corner of Reading and Taft, across from the White Castle's). Below is a (very) partial list of the common spring wildflowers just to get you started. To really hunt wildflowers in style, you'll need either Audubon Society's or R. T. Peterson's field guide to North American Wildflowers. Both are excellent.

White Flowers

1. Bloodroot (*Sanguinaria canadensis*)



Both the common name and generic name are references to the red juice in the underground stem. This was used by the Indians as a dye for baskets, clothing, and war paint, as well as for insect repellent.

2. Rue Anemone (*Anemonella thalictroides*) Also called Windflower because its stem is so slender, the slightest breeze makes the flower tremble. The resemblance of its leaves to those of the meadow rue (see below) accounts for its common name.



3. Large-flowered Trillium (*Trillium grandiflorum*)



The showiest and largest of the trilliums, this plant has pure white petals which turn pink with age. The rootstalks were chewed by the Indians for several medicinal purposes and the leaves are often eaten as cooked greens. This practice, though, is often fatal to the plant.

4. Mayapple (*Podophyllum peltatum*)

Although the Indians used the roots of this plant as a cathartic, the roots and leaves are poisonous if ingested. The umbrella shaped leaves can be over a foot wide. The yellow fruit is edible and can be used in jellies.



5. & 6. Dutchman's Breeches (*Dicentra cucullaria*) and Squirrel Corn (*D. canadensis*) Both have white, fragrant flowers and deeply cut leaflets and are commonly found growing in the same area.



7. & 8. Solomon's Seal (*Polygonatum biflorum*) and False Solomon's Seal (*Similacina racemosa*) In Smooth Solomon's Seal, the flowers hang from the leaf axes where in False Solomon's Seal the blooms appear in a cluster at the tip of the stem. The rootstalk of Smooth Solomon's Seal is jointed; the leaf stalk breaks away from it leaving a distinctive scar said to resemble the official seal of King Solomon.



9. & 10. Spring Cress (*Cardamine bulbosa*) and Cut-leaved Toothwort (*Dentaria laciniata*) Although these two plants have very similar blossoms, they can be distinguished by their leaves.

Spring Cress



Toothwort

eaten raw. These properties can be eliminated by cooking, and the Indians gathered the fleshy taproots as a vegetable.



Red Flowers

18. Columbine (*Aquilegia canadensis*)

The generic name is said to refer to the resemblance between the spurs of the flower and the talons of an eagle (*Aquila*).



Pink Flowers

19. Moss-Phlox (*Phlox subulata*) This pink to lavender (rarely white) flower often forms dense carpets of blooms in the spring.



11. Meadow Rue (*Thalictrum dioicum*)

The species name of this plant alludes to the fact that the male and female flowers are on separate plants - from Greek word meaning "two houses".



12. Dogtooth Violet; Trout Lily (*Erythronium americanum*) "Dogtooth Violet" is not a very suitable name since the flower is a lily not a violet. The name refers to the shape of the underground root. "Trout lily" refers to the mottled colors of the leaves.



20. Spring Beauty (*Claytonia virginica*)

The underground tuber of this plant has a sweet, chestnut-like flavor and was used by the Indians and colonists for food.



21. Hepatica-Roundlobed (*Hepatica americana*) and sharp-lobed (*H. acutiloba*)

The generic name refers to the shape of the leaf supposedly resembling the liver. Because of this, the plant was used for treating liver ailments.



Yellow Flowers

13. Wild Oats; Bellwort (*Uvularia sessifolia*) This plant was once believed to be good for treating throat diseases because of its resemblance to the uvula.



22. Wild Geranium (*Geranium maculatum*)

Also called "Cranes-bill": This name and the generic name refer to the bill-like fruit capsule.



14. Dogtoothed Violet - see above

Brown Flowers

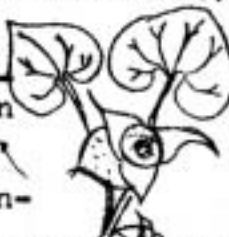
15. Toadshade (*Trillium sessile*)

This type of trillium has a reddish, stalkless flower which appears to be closed, an impression created by its narrow erect petals.



16. Wild Ginger (*Asarum canadense*)

The roots of this low-growing plant have a strong ginger-like odor and when cooked with sugar, can be used as a substitute for ginger.



Blue Flowers

23. & 24. Greek Valerian (*Polemonium reptans*) and Jacob's Ladder (*P. vanbruntiae*)

The latter is distinguished by its long protruding stamens. The name refers to the ladder-like leaves.

24. Virginia Bluebells; Virginia Cowslip

(*Mertensia virginica*) This plant is not actually a bluebell, rather it's in the Forget-me-not Family



17. Jack-in-the-Pulpit; Indian Turnip (*Arisaema triphyllum*) The underground tuber of this plant is peppery to the taste and burns if

NOTE - Please remember that it is against the law to pick wild-flower in parks and preserves.

A STUDY ON THE AFFECTS OF VARIOUS SYNTHETIC
MATERIALS ON THE REGULAR LOSS OF HIGHER
CEREBRAL FUNCTIONS IN HUMANOID ORGANISMS

by Stephen M. Kramrech

Having finished the long days hike/X-C skiing/climbing/canoeing or whatever, you've set up camp in a "good" location (i.e. fewest bugs, least no. of rocks, water only a short 2 hour trek away, etc.), sat around camp enjoying a taste tempting dinner of freeze-dried mush (with a little of last night's macaroni and cheese mixed in) washed down with unsweetened Kool-Aid (you won't forget the sugar again!) you look forward to a pleasant night's sleep in your new \$200+ goose down sleeping bag. In the morning you resume consciousness cold and stiff, feeling like every rock for miles around was your bed buddy. Why?? Because you didn't use a sleeping pad!

A sleeping pad of some sort is a must if you plan to spend even one night in the outdoors and want to get a reasonable night's sleep. Why you ask? (Thank you I'll tell you.) For at least two reasons. The first is, unless your parents were outdoors people who took you along from day one you've probably spent the majority of your time sleeping on one of civilization's most subtle forms of torture, the box spring mattress. (A harsh statement you say? Maybe, but I've spent some damn good nights on unyielding wood and concrete floors with a minimum of padding underneath. I won't go into my complete beliefs but suffice it to say man didn't evolve with a box spring under his butt. Seek me out for a further discussion.) Therefore you are accustomed to having some padding underneath you and will probably need the buffering a pad provides, at least for the first several times. Tied up in this is also the fact that no ground I've ever slept on, from river bottom banks to well tended state parks, has ever been completely flat and free from various objects; rocks, twigs, cow pies, etc. So, a little padding helps soften mother earth's blows. Secondly, and most importantly, the second law of thermodynamics has never been repealed. Which is just a scientific way of saying that 99% of the time your body will have more heat than the ground, so that when you're sleeping heat is leaving your body and going into the ground; an undesirable situation, especially in winter. A sleeping pad cannot completely stop this but it can reduce it to a reasonable situation.

There are only three types of sleeping pads in common use today, those being air mattress', foam pads, and hybrid types. There are only a few subtypes of air and hybrid pads however the foam category has maybe 20 to 30 or more variations on a basic theme as these are the most successful type of pad.

As with insulation in general, for a particular substance the thicker the substance the more protection from heat transfer. So if you plan on doing mostly or all warm weather camping you can get away with using a much thinner pad than your arctic conditions camping friend. The exception to the above (there're always exceptions) is in the air mattress. Here, because the insulating substance is air, a fluid, you have to beware of heat loss by convection currents.

To back up a little, heat can be lost by four different methods; conduction, convection, radiation, and evaporation. Conduction, as before, is the direct flow of heat from your body to the surface it touches. Convection is when you heat the air in the vicinity of your body which then moves away to be replaced by cold air which is warmed by heat from your body, and then the cycle continues over and over. Radiation is heat loss by emission of infra-red radiation, i.e. what you feel when standing in front of a roaring fire is mostly infra-red radiation not hot air that has been heated by the fire. Evaporation is just exactly what happens when you sweat, you give enough energy in the form of heat to the water on your skin so that it boils away, taking your precious body heat with it.

In a typical air mattress as you lie on it you heat the air in the tubes just under the surface of the mattress. This air is then replaced by air which was near the ground, which is usually cooler, which will pick up more heat from your body.

(contd. on pg. 13)

Surely there is something in the unruffled calm of nature that overcomes our little anxieties and doubts: the sight of the deep blue sky, and the clustering stars above, seem to impart a quiet to the mind.

Jonathan Edwards

If you want to know if your brain is flabby feel of your legs.

Bruce Barton

Ommmnn...

by SL

This past weekend eight members of the club went to Red River Gorge. We didn't find the red river but we did have a good time. We arrived about noon on Saturday and separated into various groups and went hiking, swimming and whatever. We camped in a semi-cave on top of a huge system of cliffs. Our camping area was very large (big enough for at fifteen people to camp) and provided an excellent area. The only problem was that if you went sleepwalking more than about fifteen feet in the wrong direction you would end up at the bottom of the one hundred foot drop off which bordered the site.

After the sun set it began to rain. It was really nice to be able to walk around in an open area. It rained most of the night and stopped about daybreak. By about nine o'clock the woods were fairly dry. Talk about perfect timing. When you can hike of the day and sit around the fire and watch the rain outside at night you know you're lucky.

For me at least the main attraction of the trip seemed to be the Ommmnn room (spelling pending.) For those who know the Great Ommmnn this experience is familiar. For those who don't, the Ommmnn is some kind of geological formation (that's technical talk) that is next to the campsite. It's a sphere about seven feet in diameter with a hole in the bottom about three feet in diameter. You crawl up into it and sit on some logs which criss-cross on the bottom. At first the room seems interesting because of the echo. Then you start realizing things about the room.

If you lower your voice to a certain pitch the stone around you starts to vibrate. It is most solid as it is part of the rock which form the cliffs which circle the entire valley. The vibration continues for awhile after you stop. When two or more people Ommmnn together a constant vibration can be felt. This all may not sound like much but when you are sitting around a vibrating sphere it is most relaxing.

As you get used to the room it becomes more comforting than outside. We must have sat in that little sphere for at least a few hours. When someone would leave that womb they would usually come back. I stayed until I Ommmnned out. It seems like your vocal cords get tired of vibrating. The next morning I Ommmnned a little more, glad that I was just tired the night before and that I hadn't lost the snack.

It seems like surprises never end. As we were boarding the van for our return voyage I had visions of snoozing all the way back to Cincy. I, like the other Ommmnners, had gotten little sleep the night before. We had gone only a few miles when the van fell apart (more technical talk.) Right there on that little road in the middle of Daniel Boone country. There wasn't a service station near let alone one open on Sunday night.

So here we were. In the hills with a broken wagon. We had the option of staying there overnight with Dan until the van could be fixed or finding an alternate way home. Dan stayed with the van and all of us opted for the latter. We broke up into two groups of two and one group of three.

So what do good mountaineers do when the going gets rough? They stick there thumbs out. So we did. The first two groups got a ride fairly soon. My partner and I had a little less luck. Our trip was to first hike down the Mountain Highway, then down Interstate 64, and finally to Interstate 75 which would lead us home.

We began to worry a little as we walked down the road. The sun had set and the clouds were darkening. All we needed was some rain to make up a really unpleasant trip. As we stuck our thumbs out we could see the motorists staring and moving their lips. We imagined them saying things like "Look at those boys, Mildred. You'd think they would get a job and buy a car." (cont. on pg. 14)

CAVE PHOTOGRAPHY: A PRIMER

By Bob Kessler

The next best thing to being on a trip is looking at the pictures you took. But there's one activity you've probably never seen any photos of or even thought about taking yourself--caving.

This lack of documentation occurs because caves just don't seem like suitable places for snapping a few casual pictures. That is true to a certain extent, but the goal of this article is to pry you and your precious 35mm away from its designer bag and drag/bounce/scrap it along some wet, muddy fissures in the earth.

Actually, before you give up on me as having anything sane to say, let me point out that your expensive gear will be completely safe if you follow my suggestions.

First, let me repeat something I wrote in an earlier GDG article (Vol. 1, No. 2--in library): Preparation is the key to good pictures and an operational camera afterwards. Read that article for specifics on how to protect your camera from the cave moisture and be thorough in insulating it.

A pre-trip step not discussed earlier is how to carry your gear safely in a cave. If you have an old camera bag or something equally big and baggy, line it with foam on all sides, top and bottom. Ammo boxes, similarly lined, make good carrying cases. If you can split up your gear into two or more bags--cameras with different lenses in one bag, flashes and misc. in another--then no-one has too great a burden to carry.

Wear good gloves and never take them off except when handling your camera gear.

Use electric headlights instead of carbide to avoid accidentally singeing your camera where peering through your viewfinder. It's also easier to turn an electric lamp on and off as you'll have to do when photographing.

Don't use high speed film in a cave despite the seeming necessity of it. The color and sharpness of the slides and enlargements won't match the effort you took to snap them. Go with something slower like Kodachrome 64 and preset your f/ stop at 4 or 5.6. This will give you some depth-of-field and insure against

overexposure. (If you think the idea of too much light in a cave is ludicrous,,go shoot a 400 asa film at 1.2 and see what kind of white-wash you get back. Probably the biggest mistake of cave photographers is underestimating the power of their flashes).

Now you are ready to shoot. The toughest aspect of cave photography is figuring exposure. First, forget about a light meter unless you're in a commercial cave or have packed in motorcycle batteries and floodlights. The best way to think of photographing underground is to use your flashes to paint-with-light. It can only be learned with experience (so start practicing). If you can imagine the path of an instantaneous burst of light then the rest is easy. As a general guide a flash will have its effective range printed on the housing. Look in the manual to see what the angle of disbursement is.

In the cave, imagine where the light will go and try to remember what actually was illuminated after you flash it. Remember, too, that the intensity of the light will diminish from foreground to background. If you want to illuminate a large room, move down the wall flashing at intervals that will give you a continuous blanket of light. Try not to overlap, it is better to have small patches of semi-dark between the properly exposed surfaces than the other way around. Don't forget the floor and ceiling. In smaller rooms you may want to diffuse the light with an air bag or a filter. It's easier to adjust the light level coming out of the flash than to fool with shooting at some speed other than time-exposure.

Also be wary of wet surfaces and other highly reflective surfaces, adjusting your flash as necessary.

Avoid shooting the flash near the camera's point-of-view. Lighting a subject from sharp angles from the camera produces much more interesting shadows, creating a depth and texture to your pictures. Try to backlight a subject, especially a person, highlighting their head and shoulders. The results will give your pictures a pro look.

Try to capture realistic actions by observing the cavers you're with and posing them in "action" positions, walking and pointing, re-carbiding and rock scrambling. Take time to make it look real, positioning the people in all parts of the picture frame. The result will be great photos. --BK

REPORT ON EAGLE'S BLUFF; THE UNKNOWN CLIMB OF TENNESSEE

by Don Speller

On Oct. 25, 1980 Tom Feahler and myself took an "exploratory" trip to an unknown climbing area in Tennessee. I refer to the climb as unknown because we had no information about this area. Several weeks earlier I had contacted club members and I had contacted outdoor stores and I even wrote to several places in Tennessee. I received one letter back from The Packrat, Inc. in Nashville but they also had no information.

As a last resort, Tom and I decided that a personal inspection of the climb was needed. We found an established climbing area called Eagle's Bluff. The Bluff is actually several large flakes and faces jutting from the side of a mountain. The rock is sandstone and offers solid climbing.

We followed a crack on a face known as the "White Wall". I led and I was impressed with the rock texture and formation. The climb seemed to offer a variety of moves including several friction holds. There seemed to be fewer large vertical cracks and a few more small overhangs. The climb we did was over 200 feet high and we did not even reach the summit. The flake angles up the side of the mountain almost like a giant, narrow flight of stairs. We had reached the first "step."

Eagle's Bluff is located on state property. There is an access road that leads right to the climb but it is rough and hard to find. The bluff can be seen from I-75 and are located about 1/4 mile from Cove Lake, Carryville. Cove Lake is 30 miles across the Kentucky/Tennessee border or 3 1/2 to 4 hours from Cincinnati depending on your driving.

For climbers in the Midwest, this climbing area offers several advantages. First, it solves a problem of finding an area closer than Seneca but more challenging than Clifton Gorge and better rock than Red River Gorge. It is very easy to get to and less travel time is needed. However, Eagle's Bluff also has disadvantages not found at other areas. Access to the cliffs is

a bit more remote than other areas and requires a hike in from Cove Lake if you choose not to park at the cliffs. (parking at the cliffs is limited and rough terrain. Also, overnight camping costs \$4.25 per night for four people. Prices may go up in spring. Campsites include electrical hookups, grill, water and hot showers.

As far as the climb itself goes there is some loose rocks on the face. Avoid climbs with questionable handholds, numerous clockstones in cracks or heavy plant growth on it. Wear a helmet.

More exploration needs to be done at Eagle's Bluff in order to gain a complete description of the area. In the spring, there may be an advanced rockclimbing seminar, a continuation of the Mountain Skills Seminar held in fall, which may be held at Eagle's Bluff. There will be more information on this later next quarter.

* * * * *

Human life may be likened to the flowers on yonder tree. The wind blows down the flowers, of which some are caught by the screens and scattered on the beautifully decorated mats and cushions, while others are blown over the fence and dropped on the dung heap.

Fan Chen

* * * * *

Searching for that cure for claustrophobia? This isn't for for then. But for all of you mud wallowers who love wiggling through caves and pretending you're Gollum, if you don't already know it there's a U.C. Caving Club which meets occasionally but which has outings regularly. There are mild trips for you sightseers and more advanced trips for those who love the feel of a tight wetsuit. (No, a wetsuit isn't something you get from a nervous businessman.) If you're interested contact an officer of the U.C.N.C. If you're not...you probably haven't tried caving.

* * * * *

Delay not till to-morrow to be wise;
to-morrow's sun to thee may never rise.

-Congreve

CAVING CLASS

by Judy Nichols

Cavers do it in the dark.

And in the mud and the gravel and water up to their knees.

The 16 or so U.C.M.C. members who signed up for the winter quarter caving class made this discovery last Valentine's Day. While the rest of U.C. was preparing for the Sweethearts Dance or pigging out on Valentine candy, we troglodytes spent what must have been a bright sunny day in the Pine Hill Valley Cave System in Central Kentucky.

For me, my previous caving experience amounted to a weekend vacation with my parents to Mammoth Caves when I was about eight years old. I came away believing that all caves had wooden walkways, electric lights and glass aquariums for the cave fish.

These childhood illusions were shot down, beginning with the slide show and lecture on the basics of caving February twelfth. This included instruction on route finding, surveying, cave life, safety procedures and conservation, taught by veteran cavers Bob Kessler and Dan Lynch.

Also on the program was an explanation of how caves are formed by the course T.A. Mary Garner, a geology student and veteran caver. It takes a long time to make a cave (though I must confess I've forgotten how) so the caver must go underground with a great deal of respect for the structure and its formations.

However, it became apparent that this attitude is not universal among the visitors to the Pine Hill System, as we saw the number of discarded beer cans lying around and names scrawled on the walls.

Early Saturday morning, February 14, we set out on our subterranean journey. Once inside the cave, we were in another world from the blue skies and sunshine only a few hundred feet away. The lamps on our helmets provided enough light for us to see our way through, but it was a long way from the General Electric brightness most of us spend our lives in.

The humidity is very high in caves so there was a feeling of dampness everywhere. Part of our route followed a stream. At the beginning there was a tendency to hop across from rock to rock, but once a caver got his feet wet, he or she sloshed merrily along, not minding the wet gym shoes.

As our expedition progressed the ceiling became lower and lower. We went from walking upright, to crouching, to crawling on our hands and knees, and finally crawling with our stomachs on the floor and our backs scraping the ceiling.

At the end of this low tunnel we found ourselves at the bottom of a deep pit. A tiny ray of light streamed in from above. There we rested and ate lunch.

Coming back through the tunnel seemed a lot easier the second time around. Perhaps knowing that it had an end helped.

Every once in a while, we would notice small furry brown balls attached to the ceiling—cave bats, hibernating. Dan and Bob told us beforehand not to shine our lights on them as this would wake them up. They would probably die in the winter cold.

Toward the end of the afternoon, we headed for the cave entrance and our final exam. Dan and Bob made it clear that they were not going to show us the way out—we had to find it ourselves.

We followed what looked like the way we came in until we came to a point where the route became a crawlspace through a stream. We all knew that we didn't crawl through any water to get in, even though Dan and Bob assured us that we could get out by following the stream.

(contd. on pg. 12)

REACTING TO THE EMERGENCY

by Don Speller

Many first aid courses teach the care of injuries very well but fail to consider emotional responses from victims, rescuers and bystanders. It is important that everyone be familiar with how to identify and treat otherwise normal people who may exhibit emotional disturbances during an emergency since these disturbances may hinder a rescue considerably. The following fictional story will illustrate several common reactions to an emergency.

Five hikers are walking a narrow ridge above a gorge. Ken and Vic are in the lead when Vic suddenly loses his balance. Ken lunges for Vic but slips and both hikers fall into the gorge. The others watch helplessly and suddenly Gale panics. She runs back along the ridge frantically searching for a trail to the bottom and cries uncontrollably. The other two, Carol and John, catch up to Gale, calm her and proceed into the gorge. They find Vic first. He is lying on his back completely limp, his leg is distorted. He complains of pain in his leg but screams that he is paralyzed. Carol starts giving orders of how to care for him properly and demands immediate action. When John disagrees she becomes argumentative. John suggests that she run to get help which she does. After splinting Vic's leg they reassure him that help is coming. John sees Ken farther down the gorge. He is dazed and is walking around not sure where he is. He has blood on his hands and face from a gash on his head. As John and Gale approach, John feels sick and lightheaded at the sight of Ken. Gale proceeds to bandage the wound allowing Ken to hold the scissors and tape and talks softly to him.

This story is exaggerated but it shows how each person displayed different emotional reactions. The first reaction is the flight or panic reaction. After seeing the accident, Gale runs blindly and cries uncontrollably. This is not

uncommon in emergencies. A person displaying this reaction must be controlled since the panic may spread and result in chaos. To do this a rescuer must be gentle but firm. If necessary, gently restrain or isolate this person from others who might panic. But never slap or shake a hysterical person.

The second reaction is the bodily reaction found when Vic claims to be paralyzed yet feels pain in his leg. He is exhibiting a type of conversion hysteria in which he subconsciously converts anxiety to part of his body. An exploding victim, for instance, may claim to be blind or a drug addict may not hear or speak. The best treatment for this victim is to treat the injury as if it is real. John splints Vic's leg but never tells him he is not paralyzed. For all practical purpose Vic is paralyzed but not physically injured so. John reassures and calms this victim.

The next reaction is the overactive response displayed by Carol. She is jumping with energy and demands instant solutions to problems that need patience and thought. She has a great need to use up this energy inside her which is actually anxiety. This person usually gets in the way of a rescuer even though she may mean well. During an emergency many "volunteers" may actually be exhibiting this reaction and are wisely turned away. John did two things to solve the problem. He refused to take her instant-action advice and then suggested that she run for help. This would allow her to use up the anxiety in her. She would have been little help at the accident scene.

Ken displays the next reaction, depression. This victim is stunned, dazed and emotionless as if in another world. He is trying to shut out the reality of the accident. Again the rescuer must be calm. Never expect this victim to "snap out of it". Gale gives Ken minor

MOUNTAINEERING CLUB

TREASURER'S REPORT FOR 1980/81

INCOME: Year to date

Membership Dues	\$ 1032.80	
UC Allotment	464.50	
Caving Class	144.00	
Climbing Class	<u>72.00</u>	
Total Income to Date		1713.30

EXPENSES:Year to date

* Secretarial	14.55	
Publicity	52.00	
* Library	27.15	
* Storage Cabinet	149.95	
* Course Expense	12.00	
* Outing Equipment	341.52	
Traveling Expense	447.73	
Newsletter	<u>28.60</u>	
Total Expenses to Date		1073.50

- * Indicates depleted budget item.
The remaining funds and future income will be allocated to various expenses. These expenses include but are not limited to, travel, publicity, and of course, this newsletter. For more up-to-date information see David Weber, Treasurer, after club meetings.

COLORADO

In September, David Weber, will lead a backpacking/climbing trip to Colorado. The trip is scheduled for September 12 to 26. UC classes resume on Monday, Sept. 28. The trip will include the Uncompahgre/San Juan Mountains, Mesa Verde Nat'l Park, and Rocky Mt. Nat'l Park. The trip is still in the planning stage so for more information see David Weber or call him at 481-3819. (The trip may be partially funded by the club.)

CAVING CLASS

contd. from pg. 10

With that they flopped down and splash'd away. The rest of us opted for trying to find a dryer way to get out. We retraced our steps.

We found the entrance and retrieved dry clothes, left near the entrance. Carrying heavy, muddy jeans in garbage bags, we walked into the fading daylight. We piled into the waiting cars and took off for Joe Bologna's Restaurant for an Italian food binge. Located in Lexington, Ky., this place has breadsticks that are fantastic. The beer was a little flat.

At any rate, I'll never forget the part of the trip where we turned off our lights and chanted OHMMM in the total darkness, hearing the sounds of our voices echo and reverberate in the stone chambers. Or the realization of what worlds exist right under our feet.

Nature gives to every time and season some beauties of its own; and from morning to night, as from the cradle to the grave, is but a succession of changes so gentle and easy that we can scarcely mark their progress.
Dickens

By the streets of by and by one arrives at the house of never.
Cervantes

GOT ANOTHER ONE, RALPH...
by SL

Live as if you expected to live an hundred years, but might die tomorrow.
Ann Lee

~~~~~  
Ommm... (cont.)

Things were seeming pretty hopeless when a pick-up truck pulls over. We threw our packs in the back and hopped in. A friendly man was driving and as we took off down the road he offered us a beer and a fresh fish sandwich (some bass he had caught earlier.) As we were relishing our luck at getting a ride we began to ask where he was heading. I didn't expect much since we had only been walking for half an hour or so. It turned out that he was going to Dayton and could give us ride within about two miles of campus. After thanking him about five times and offering him gas money (which he refused) we went our way.

This article is intended for those who have it dead set in their mind that all hunters and fishermen are like Johny Carson's impersonation of the woodsman in the red flannel coat. There are some hunters who go out into the woods and shoot anything that moves. There are some fishermen who go to a small pond and catch everything in it; destroying the balance. There are also drivers who hit and run, alcohol abusers who get obnoxious, metal detector users who did up parks and people's yards in the middle of the night, and cops who beat up people. What we must remember is that these people, those who would abuse any privilege granted them, are the minority.

When we got to the lot, Craig and his partner had already arrived. He said he had seen the other three somewhere around Lexington. Hopefully they would arrive as soon as we did.

Not all alcohol is drank by drunks and not every driver is careless. The same thing applies to fishermen and hunters. A good example is the show which recently was on television. "The Guns of Autumn" showed violent scenes of animals in agony and ranches where people could pay a sum of money and shoot animals that were standing around. My father and I, both who were raised around hunting and fishing, were as disgusted at this act as much as anyone else. We realized however that taking this as typical of all outdoorsmen was completely ridiculous. I have never shot carelessly at game or caught more fish than I thought appropriate. All game killed is eaten. This is not too much different from paying someone else to kill your food for you. If you think differently, take a trip to your local slaughter house someday.

Even with the bad luck it was a very nice trip. The van that I have mentioned belongs to four members of the club and (as far as I know) is available for outings at the rate of \$.18 per mile plus gas.

\* \* \* \* \*

The life of every man is a diary in which he means to write one story, and writes another; and his humblest hour is when he compares the volume as it is with what he hoped it would be.

Target shooting is another popular pasttime. All target shooters don't shoot pets and mailboxes. The Olympics even had target shooters. Shooting clay pigeons (NO, they aren't shaped like birds) is also alot of fun. Most firearms users are very careful with both their guns and their shooting areas. With appropriate areas and backstops, target shooting can be a wonder ful experience.

James M. Barrie

Life is the childhood of our immortality.  
Goethe

CONTINUED-REACTING TO THE EMERGENCY tasks to do such as hold the tape and scissors. He talks freely and encourages him to do so also. In time he may relax enough to react normally.

The last reaction is the normal reaction. John feels sick and light-headed. He may also be nervous, weak and somewhat confused. These symptoms will usually disappear as a person becomes more active in a rescue.

Whatever the reaction a rescuer should follow a series of do's and don'ts in caring for the emotionally disturbed. Do ask names of victims, if unknown, tell your own name and use it often. Do touch the victim in a reassuring manner. Rick Forrester, our former Quack suggest the Almighty Handshake (see Goose D.G., vol. 2, p. 5). Do assume all injuries as real. Most important, show the victim that you care.

The don'ts include; Don't take the advice of an emotionally disturbed person however helpful it may be. This does not mean that a disturbed person can't help but only that all action must be your decision or that of an experienced rescuer. Never tell a person "It's all in your head" or "to snap out of it" or make a person feel guilty for having such feelings regardless of how silly they may seem. In short, a rescuer must help a victim cope with the anxiety brought on by an emergency.

Just What is an EMT?

Since finishing my EMT training many people have asked me where they can take the EMT course and what it involves. I feel a brief outline of the course will help those who are interested.

The Emergency Medical Technician is a person certified by the state to work on an ambulance and care for the preparation and transportation of the critically injured. In order to be an EMT a person must be at least 18, have a high school diploma or the equivalent and a valid driver's license. No prior experience is necessary.

The training involves 78 hours in the classroom. This is lecture and participation of emergency procedures. After all class hours are completed the student must pass a practical exam and a written exam. The practical requires a student to perform certain procedures including blood pressure, pulse, respiration, victim handling and splinting. Once passed, the student takes the written. This exam is very thorough but focuses on identifying symptoms and care for various injuries.

When all exams are passed the student must complete 12 hours of in-hospital training; 4 in labor-delivery, 4 in intensive care and 4 in the emergency room. The student usually only watches the procedures in labor and emergency but is expected to take blood pressure, pulse and respiration and suction and handle the patient in ICU and maybe also emergency.

When in-hospital is completed, the Emergency Department sends all grades and information to Columbus where a certificate is registered. The complete training costs \$60 including books. For more information call Mr. Benson at 872-4995.

#### FIRST AID NEWS

Congratulation to Fletch, Stephen, Dan, Cindy M., Judy, Amy, Suzanne, Anna, and John & Connie Wallace for successfully completing a CPR course offered by the Red Cross and Mountaineering Club. We should be proud to have so many people in the club who are trained in CPR and first aid. It's very important to know how to take care of our selves and friends when we go on our trips in the wild, as well as when we're at home. If you're interested in taking any kind of first aid course you should contact the American Red Cross. An excellent way to get a lot of training is at First Aid Weekend at Camp Campbellguard, September 11-13 this year. They will offer courses in CPR, water safety, first aid, and the opportunity to become an instructor in one of these skills.

