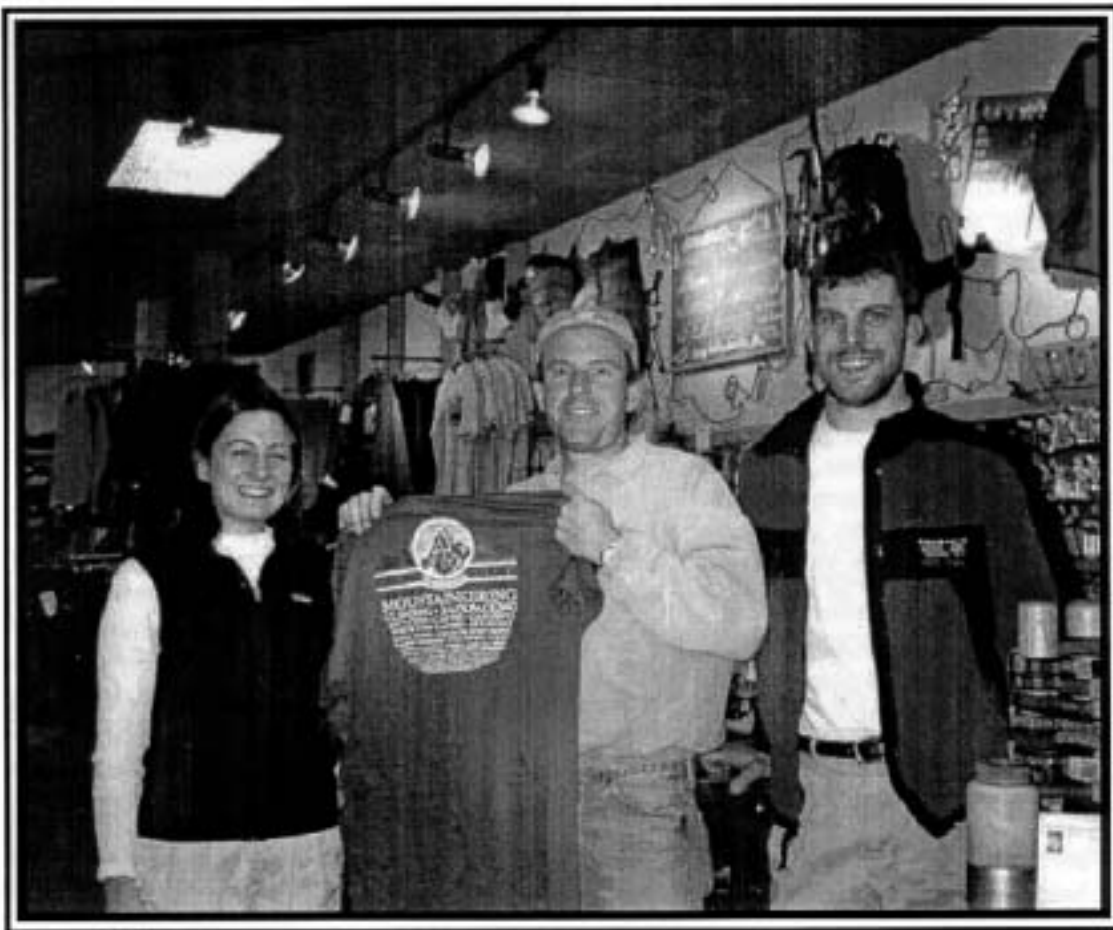


THE GOOSE DOWN GAZETTE

Spring / Summer 1998

Volume 20 Issue 2



In This Issue:

Prequel to Desert Solitaire
Backpacking Tips
Original Poetry
Trail Recipe
Gear Review

Weather Prediction
Get More Gear for Less
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and More!

UC MOUNTAINEERING CLUB

Are You Doing What You Want?

We Are.

In fact, we do it all.

We are the second largest student organization on campus, with a membership of over one-hundred and meeting attendance of over forty. Our activities include, but are not limited to, hiking, backpacking, camping, caving, climbing, white water rafting, kayaking, cross-country skiing, snow shoeing, downhill skiing, mountain biking, trail running, skydiving, hang gliding, snorkeling, scuba diving, recycling, partying, tree planting, ice skating, sledding, canyoneering, bungee jumping, star gazing, base jumping, ice climbing, and mountaineering.

In the past year, members have been on the summit of Mount McKinley, mountaineering in Alaska, sea kayaking with dolphins in Florida, working with under developed towns in Nicaragua, skydiving in Indiana, climbing at Red Rocks, Yosemite, Seneca, Tetons, Joshua Tree, and the Adirondacks, caving in Kentucky, canoeing in Algonquin, skiing in Colorado, snow boarding in Utah, white water rafting in West Virginia and Tennessee, and backpacking in more places than we have room to write!

Come experience LIFE! Go where you want-where you breathe a little deeper, sweat a little harder, and paddle, climb, hike, slalom, and push your limits to the perfect exhaustion. Or go where you tune into a slower pace, listening to the patter of rain on the tent fly, feel the wind play with your hair, and the grass tickle your feet. Savor the simplicity of a warm campside meal with the stars overhead, and wonder how you could have possibly gone so long without it!!

COVER PHOTO:

Annelies and Jeremy present Ed Viesturs with an official UCMC shirt. Ed led the IMAX filming expedition to the summit of Everest, and will be the first American to summit all fourteen 8,000 meter peaks without the use of supplemental O₂.

Similar T-Shirts are available in the Equipment Room: \$8 short sleeve, \$10 long sleeve.

Join us every Wednesday at 7:00 pm.

Spring Quarter meetings are in 525 Old Chemistry, and Summer Quarter meetings are in 601 Old Chemistry. We informally discuss trips, do a bit of business, then kickback for a program or slide show.

Membership is \$10 / quarter, or \$30 / year.

Membership entitles you to use the club's library, and check out enough equipment for yourself for one week. Gear checkout is every Wednesday after meetings, and should be returned the following Wednesday before the meeting.

The UCMC Office is located in 217 Tangeman University Center (556-6014).

Check out the UCMC home page for news, minutes, trips, and cool links @ <http://soaserver.tuc.uc.edu/org/ucmc/>

Need More Info?

Feel free to contact any and all officers!


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or email the Chief Executive Editor and her assistants:

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Letter from the President: Jeremy Sibert



Granite Peak, Wrangle's-St. Elias National Park, Alaska

Dear UCMC'ers,

Well, here we are folks! We are near completion of yet another year and another executive term. For myself, this marks the end of a two-year term as president and a previous three years as Equipment Manager. I must say it has been a great time from beginning to end. (It is going to be strange sitting back in the crowd for the first time in five years.) I am, however, excited to turn it over to the next generation of officers.

Over the past two years, the Executive staff and the Equipment Room staff have accomplished a hell of a lot. Special thanks to Annelies Koob, Matt Kappen, Matt Tabar, Bob Mouk, Zack Krupp, Ted Roll, Tim Doyle, Jerry Bargo, Mark and Laura Guttadauro, Bob Kessler, Josh Showers, Carolye Asfahl, Bill Strachen, Dave Core, Nathen Pfeffer, and all the others who have helped the club in it's accomplishments over the past two years. We could not have done it without all of your help!

The OLSP is exciting news for both new folks interested in the UCMC and old members alike. Through a lot of


Our Proudest Accomplishments include:

- * Occupancy of the equipment trailer (Thank you Jay Gibson for getting the ball rolling during his Presidency)
- * Purchase of the new computer and connection to the Internet
- * The office couch and "wallpaper" (Thank you Annelies)
- * "Survival" Manuals for new officers to make the transition easier
- * The bar code system (BIG Thank You to Bob, Jay, Ross, and the ER crew)
- * Wilderness First Aid Course (Thank You Lynda King, and best wishes for her relocation to California in June)
- * Programs scheduled for nearly all meetings
- * Rhine Room painting (Thank You Matt T., Josh, and Sara)
- * Quality Goosedowns (Thank You Annelies)
- * Big Budgets
- * Budget is now on an MS Excel Worksheet (Thank You Matt K.)
- * OLSP (Thank You all)

work last year, we formed a scholarship fund for members of the club, called the Outdoor Leadership Scholarship Program (OLSP). The objective to assist undergraduate members in attending leadership programs such as NOLS and Outward Bound, the only requirement being the recipient, in return, further the knowledge of the club. This is a great step toward the mission of the club, providing access to the outdoors as cheaply as possible for college students while improving the knowledge base in the club. If you are interested in the OLSP, see Tim Doyle for eligibility requirements.

Finally, I want to thank all of those anonymous people who collected the money to pay my airfare to the NOLS Alaska Course. You helped make a dream of mine come true. It was a great expression of your thanks towards me for leading the club.

Thanks again for a great two years!!!



Manatee Adventures

written by Vicki Rumford

Another rainy Florida morning. But the rain didn't really matter. After all, we were going to get wet snorkeling! The temperature was the issue- only 45° as we began preparations for our much anticipated "Manatee Adventure".

We were going swimming with the Manatees!! I had anticipated this experience for months. What I hadn't anticipated was being thrilled that the Manatee's environment was the warm, spring-fed Crystal River. The water would be warm since the warmth of the sun was stopped by rain clouds.

Tim went to the dive shop to claim our boat, while his Christin, his 10-year-old daughter, and I finished putting on our warm-weather gear.

We got to the boat a little after 9:00 am. I could not *believe* how many people were at the docks. A tour bus, also from Cincinnati, had brought 50+ people to dive with the Manatees, also. A rainy day with lots of people. . . so much for a quiet, peaceful day in the warm Florida sun!

We hadn't been out 20 minutes when the torrential downpours began. Our wetsuits were already on, so we were relatively warm, but it sure didn't feel anything like the Florida I'm used to! Fortunately, we were able to take refuge from the storm under a bridge along the canal. Tim dropped anchor and we prepared to begin our search for the Manatee.

Tim, Christin, and I put on our snorkel gear and slipped into the water. We tried not to stir up too much silt off the bottom as we

entered the water. Tim and Christin were splashing around in the water off the stern, while I was floating along off to the side of the boat when I spotted my first Manatee. She was huge- at least 10-feet long and I can't even begin to guess how much she weighed. Her grey, some-



what hairy, algae-covered coat made her less than attractive, to say the least. I started swimming alongside her, keeping a watchful eye for our boats. Sure, you could see a dive flag everywhere you looked, but I like to keep an eye on boaters. I feel safer knowing where the boats are while I'm in the water. Boats and people were definitely much more

visible in the channel today than the Manatees we all sought.

I was curious, but apprehensive about my new-found companion, so I kept some distance between us. She had just surfaced for some air and was heading back down to the bottom. She used her two front flippers to help her walk along the bottom, munching on plants as she went. Then she veered off the left a bit, along the main channel. I followed her every inch of the way.

I followed for about 100 yards. I had heard that Manatees loved to be scratched, but I'm rather apprehensive when dealing with wildlife, especially when that wildlife is so much larger than me. But I just *had* to reach out and touch this Manatee. I stretched my arm out as far as I could and scratched the top of her tail. I was far enough away that I felt relatively safe taking what was a huge step for me, yet close enough that I could see and feel her reaction.

She seemed to slow just a bit. As she slowed, I swam closer and started scratching her back. She slowed more. I swam closer to her head, becoming more confident and curious as I spent more

time with her. Her skin was a bit rough and covered in algae. I could see where boat propellers had cut into her a few times. Nothing serious, thankfully, just some small cuts that led me to believe she had been far enough beneath the water's surface to avoid the full force of a prop. I swam alongside, continuing my vigilant look for boats.

We were reaching the end of the channel, nearing the open waters of the bay area, where I knew I would have to end my encounter. I was saddened that I would have to let her go. But I was overjoyed that I could share these few minutes with her. As we neared the bay, I stopped swimming and floated as I watched her swim away. As she turned the corner to head west, another Manatee came around the same corner and into the channel from the bay. We just about swam into each other.

What luck! I turned and began swimming back up the channel toward our anchored boat. I noticed right away that this Manatee seemed somewhat wary of my presence. Unlike the first Manatee, who hadn't seemed to mind my curiosity, this one kept a watchful eye on me and swam steadily up the channel. I didn't get as close this time, choosing instead to admire this magnificent creature from afar.

I could tell the tide was going out. I had to swim harder now just to keep up and I had to take a couple of breaks. I noticed, as I swam up the channel with my companion, that this Manatee used about the same trail going up the channel

as the other one had going out to the bay.

I followed this one to a Manatee safe area, where I had to end my encounter as he continued swimming up the channel, toward the warm spring. I found Tim and Christin again. They had seen a few Manatees swim by, but visibility was low, so they didn't get to see too much. We headed back to the boat. We puttered around the channel a little more, but we didn't find any other Manatees, so we decided to go to the dock for some lunch and a warming dip in the hot tub.

The trip back was rather chilly and by the time we got back to the hot tub, Christin and I had decided that we really didn't want to go back out. We turned in our boat and spent the rest of the afternoon enjoying the warmth of the hot tub, visiting the beach (dressed in our cold weather gear), and doing some shopping.

Experiencing the endangered Florida Manatee on its home turf was exciting. I think about how many extinct creatures I'll never be able to experience or enjoy and how thankful for this time with one of the world's endangered species. I'm sure I'll find other, more exciting, marine creatures as I continue snorkeling. And I'm sure I'll continue to experience the euphoria and exhilaration of meeting marine life in its native habitat, rather than mine. •••

News and Events

Check out UCMC members Rob, Rich, and Bruce in the May 1, 1998 issue of *Climbing* magazine, No. 176. Bruce wrote an article on their trip to the summit of Cotopaxi in Ecuador, 19,384 feet. Is that Rob and a UCMC Tiro on page 68?

Ah, the celebrity of UCMC reaches new heights with the feature of our New Year's 1998 brew, UCMC Chocolate Stout, in *Cincinnati* magazine. The bottle and label are pictured (twice, mind you) in the article "Self Made Suds", pg.121. The beer and label

design was made by Nate, Bobber, Mike, and Rob, and brought to our annual party at Shawnee State Park.

The Ohio Climber's Association is hosting a slide presentation by Michelle Hurni. Michelle is a 7th ranked climber, President of the American Sports Climber's Assoc., competed in the World Cups, and is Manager of the US Climbing Team. Michelle will be at the Miami Univ.Rec. Sports Center on Saturday, April 18 at 2:00pm. Call 1-888-741-1650 for more information. The presentation will preclude with the OCA's annual meeting and the Mideast Indoor Climbing Competition at Miami University at the same time and place.



UCMC Recipe of the Quarter

Contributed by Rob Even

Eric's Energy Bars

Ever in search of a delectable energy bar, Rob found this recipe on the Internet. Enjoy!!

Total Cal / Fat Calories		Total Cal / Fat Calories	
1 C black raisins	520 / 0	1 1/2 tsp baking powder	
1/2 C golden raisins	260 / 0	1/2 tsp baking soda	
1/3 C margarine	0 / 80	1/2 tsp salt	
1/2 C sugar	360 / 0	1/2 tsp ground ginger	
1/2 C molasses	400 / 0	1/2 C liquid milk	45 / 2.5
1 egg		1 C quick cooking oats	250 / 50
1 1/4 C whole wheat flour	425 / 25	1 C sliced almonds	265 / 204
1/2 C nonfat dry milk	80 / 0		
1/4 C toasted wheat germ	80 / 20		

Yield: 10 Energy Bars
 Total Calories per Bar: ~ 290
 Fat Calories per Bar: ~ 48

Preparation:

Preheat oven to 350°.

Chop Raisins in food processor if desired.
 Cream margarine, sugar, molasses, & egg.
 Combine flour, dry milk, wheat germ, baking powder, baking soda, salt, & ginger.
 Blend into creamed mixture with liquid milk.
 Stir in oats, raisins, & almonds.

Pour into greased 13 X 9 X 2 inch pan. Sprinkle with remaining almonds.

Bake 28-32 minutes. Cool in pan and cut into 1" x 4" bars.

Astounding Values

Third Annual Gear Auction:
Wednesday, May 27th

The Gear Auction is a chance for members and friends to bring old gear and auction it off for a bit of profit. The objective is not so much money making as it is giving others a chance to benefit from the gear you no longer use. Items must be limited to true outdoor gear. Any items not classified by club officers as gear may be donated to the club, and profits will be placed in the Outdoor Leadership Scholarship Fund.

Reminders:



Earth Day!

Join us at Sawyer Point for the Earth Day celebration on Wednesday, April 22. The meeting will be there, and we will have a booth with Earth Company addressing environmental issues that directly concern us all!



Elections!

Nominations of officers for the '98-'99 school year are still being accepted. Elections are on May 20, 1998. Voting privileges are open to undergraduate and graduate dues paying members. You CAN make a difference!



Eden Park Clean Up!

Join us for our last meeting of Spring Quarter. We will be cleaning the section of Eden Park near the old Reservoir Wall. Trash bags will be provided. Please bring your own gloves, clippers, hand saws, and friends!!

Weather Reports

The National Oceanographic and Atmospheric Administration (NOAA) operates a nationwide network of weather forecasting offices. From almost anywhere in the country, you can get up to the hour weather information and forecasts 24 hours a day.

These NOAA weather stations operate on three main frequencies: **162.400 MHz, 162.475 MHz, and 162.550 MHz.** There are four more seldom used frequencies: 162.425 MHz,

Wherever You Go

162.450 MHz, 162.500 MHz, and 162.525 MHz. Locally, you will find the Cincinnati NOAA station on 162.55, Lexington on 162.40, and Dayton on 162.475.

So if you want to be able to receive timely weather reports wherever you go, take a portable weather radio or scanner on your next big trip. If you use a scanner, keep it in trunk; scanners are illegal to have in cars in many states.

Protect Ye Noggin'!

Climbing, like most sports and activities, poses certain risks of head injury. The two main causes of head injuries are being struck by falling objects, and falling and striking your head. To protect yourself, understand the hazards, avoid those hazards when possible, and wear a climbing helmet.

Falling objects are usually caused by a person. Expect falling objects whenever you are beneath your partner, another party of climbers, hikers, etc. Whenever possible, avoid areas below other people (esp. non-climbers). Avoid belaying directly beneath the intended route. If you cannot avoid the area, put your helmet on BEFORE you reach the danger area and do not remove it until AFTER you are clear of the area.

While helmets are generally considered unnecessary at certain small top-roping areas, they should be worn at places such as Red River Gorge or Seneca Rocks. Red River and Seneca are infamous for rockfall. Factor in the height of the cliffs, and even a very small rock can prove fatal.

Lead climbing (as opposed to top-roping) holds the potential for long, violent

falls. In the event of a lead fall, the only thing protecting the falling climber's head - besides luck - is his helmet.

"But wait," you protest. "I don't see the hard core climbers in the mags wearing helmets!" The reply: Many pictures in those mags are of free solos, where the climber isn't using a rope, much less a helmet. Many pictures are of sport routes, where possibility of rock fall is reduced, but not negated. Think a helmet looks silly? Try walking around with a bandage on your head instead. Cool people and "real" climbers don't wear helmets? Then I guess Bird Lew, Pete Takeda, and Ed Viesturs aren't really climbers.

Helmets are worn in whitewater, caving, skydiving, mountain biking, mountaineering, and more recently, skiing. The UCMC stresses the use of helmets, especially in climbing, and has climbing helmets available for dues paying members. Please take advantage of them! Take responsibility for yourself- don't leave your fate to the laws of natural selection!

Have a fun, safe time, and we'll see you at the crags!

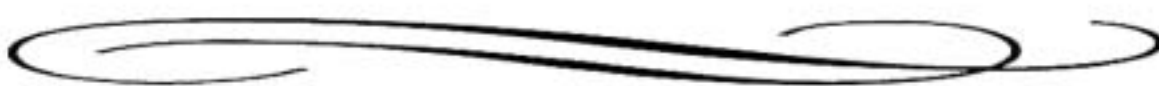


Road Trippin

Don't overlook your means of getting there!
Is your vehicle's maintenance up to date?

- Check all fluid levels (incl. washer fluid).
- Check oil and coolant repeatedly on longer trips.
- Check the pressure in ALL FIVE TIRES.
- Check the accessories: jack, tire iron, owner's manual, spare key, road flares, etc.
- Make sure your vehicle's registration is in the car. It is required by law in many states!
- Remove any unnecessary valuables.
- Keep a ziplock of change handy for toll booths.





Whispers of the Soul

Listen, can you hear?
The trees are speaking to me
'Follow your inner voice'
But how will I know it is true?
'It is the whisper of God's Spirit'

Listen closely now - - did you hear that?
The birds are singing to me
'Let loose your hold on earth,
come soar with us in the heavens,
Sing out your joy as we do.'

What is that... a voice
Like a song in my soul
Full of light and love and joy
It fills my heart and lifts me up.
Who are you?
'Do you not recognize me?' the voice asks gently
'Close your eyes and listen'

Why...it is my OWN spirit I hear
Speaking through the trees and the birds
Lovely and joyful and wise ...
I listen and soar and sing
Joined again with my spirit....free.

~ Renee Wahl ~ 09/02/96





The Dead Man at Grandview Point:

A Prequel to Edward Abbey's
Desert Solitaire Account

Written by Bob Kessler

The sun beat down unmercifully. The man staggered as if a severe blow had hit him in the head. For an instant he looked towards the bald fury of the sun. Alone in the sky, that mighty fusion engine was killing him just as surely as if he had taken a bullet.

The man's heart was fighting a losing battle. Vainly, it pumped faster, trying to cool his body, but the man's blood was now becoming his own worst enemy: No longer able to cool his skin, it was spreading the killing heat throughout his body. Eventually, his internal organs would give out under the relentless assault.

The desert slickrock suddenly gave way, and the man fell into a void. A part of him dimly registered the fall and the subsistent impact many feet below. Ageless soils slapped his face, the force of descent pushing dirt up his nostrils. The man's arms somehow, instinctually perhaps, spread out as he fell and took the brunt of the drop. Nevertheless, the man was rendered unconscious.

When he did awake, the man at first had no thoughts about moving. Instead, he felt a strange kind of peace. His mind wandered through the events of the day, or at least what he presumed had been a single day, for now he no longer fathomed the passage of time. His mind presented images of a cooler period. Morning, perhaps it was, when he had gotten out of his car to take some pictures of the desert. Having wandered over the slickrock vastness, gradually more entranced by the beauty of the terrain, he took pictures and marveled at the sudden spectacle of a jackrabbit darting away from a clump of sagebrush. He gazed appreciatively at the azure blueness of the sky. A growing dryness in his mouth signaled the need to head back....

The man's senses momentarily revive and urge him stand up. The intense heat of the day bores a hole through his back and he vaguely realizes that he must somehow move in order to ease the pain of it. His tongue is swollen to grotesque proportions and he struggles to breathe. Swaying, rising to his knees, he lurches to his

feet. Surveying the situation, the man wanders first to one end of the ravine, then doubles back to where he fell in.

A far away place in his brain, a place not yet boiling over, urges him to seek out shade; a rather cruel demand really, for a remote vista offering only an occasional scrub juniper. It is just such a tree that resolves itself before the man, up a steep alluvial bank. Working now on instinct, the man steps towards the false promise of this sparse juniper. He can barely sense his own movements. As he claws his way up the bank, he does not even feel the cuts inflicted upon himself from the sharp rocks. At one point, he looks down at his hands but does not recognize them; they are swollen and discolored beyond anything he has seen. His mind, drifting away from the constant urgings to survive, expresses a disbelief at his misfortune. He wonders who will find him, and vainly desires to connect with another human being one last time. He does not want to die alone.

But now he reaches the tree. In fact, the man crawls into its promise of shade and does not stop. For several moments his body continues to push against the trunk as if he wants to uproot it and carry it along like an umbrella. Finally, out of exhaustion, he stops. Many more minutes pass without movement.

A breeze comes up and briefly revives the man. Rolling onto his back, his head flops towards...the Abyss. Just a short distance away the land falls off, dropping over a thousand feet. The man is vaguely aware of the majesty of this place. A twitch on his burnt face attempts a feeble smile. He has experienced a lot in his life and he wishes for even more, but a part of him recognizes the splendor of the place he -or fate at least- has chosen for him to die in.

In the distance, the man sees a bird soaring on invisible thermals, gliding without effort. In his delirium, he too spreads his wings and soars out from bloating confines of his body. The wind whips through his hair and he flies over the yawning brink. And he is free.

Comparison of Two Lightweight Tents

written by Alfred Sidman

Flush with cash from my generous graduate stipend, I invested in several new pieces of backpacking equipment, including a tent. As an inveterate ultralight backpacker who most often travels solo, I chose REI's two-person NiteLite for its light weight. It's a non-freestanding, two-hoop tunnel design weighing roughly five pounds with stakes and groundsheet. According to REI, the NiteLite is their best selling tent. The thing I most admired in the catalog was the large integral vestibule. When I saw one set up during a Sierra Club outing, I was in love. Listed in the catalog at \$145, I was pleasantly surprised to buy a closeout model for \$100. A real steal I thought.



Actual use has tempered my enthusiasm considerably. Having no prior experience with non-freestanding tents, I hadn't realized how much more staking and guying was necessary than for a freestanding design. I have yet to use the tent on rock, but I can see it would be really inconvenient. The NiteLite rainfly seems to sag more than on comparable two-hoop designs, such as the venerable Sierra Designs Clip Flashlight or Walrus' Arch-Rival, regardless how well it is guyed out. The NiteLite has only mosquito netting between the tent interior and the vestibule. This is fine in the summer, but eliminates the option of battening the hatch in cooler weather. To its credit, the vestibule is spacious and convenient.

Anticipating problems with setting up my tent on rock, I chose to take the club's Eureka Clip Timberlite II with me to the Rockies last summer. Immediately, I wished I had bought this tent instead. With the same floor area, but no vestibule, the Timberlite weighs as little as the NiteLite while offering freestanding convenience. Those who want a vestibule have the option of outfitting the Timberlite with the versatile two pound annex parafoil fly. The Timberlite requires stakes for proper fly tension and wind resistance, yet fewer stakes than the NiteLite requires simply to stand up. Moreover,

it packs considerably shorter, due to shorter pole segments.

The "3-4 season" Timberlite's sides are sharply slanted for good water runoff, though occupants can only sit up in the middle of the tent. Even though the two tents have the same 30 ft² floor area, the Timberlite is not completely adequate for two and is best defined as a 1-2 person tent. It has unusually generous clearance between the rainfly and tent wall on all sides, reducing the likelihood that the interior body will get wet. The triangular windows at either end open completely for great cross-ventilation. Supported by mini poles, the fly projects well over both windows permitting them to be open in the rain.

REI is a reputable company and the NiteLite is better than something you'd find in a "sporting goods" store. However, the material on the Eureka Timberlite feels more substantial and better assembled. For the light travelling solo backpacker, Eureka's Clip Timberlite II is a well-made tent which has excellent warm-weather ventilation but is sturdy enough to be used in the winter. By contrast REI's NiteLite, for a similar price and weight, and offering only marginally more useful space, is considerably less substantial.

Chart of Comparisons

	REI	Eureka
model	NiteLite	Clip Timberlite II
list price	\$145 REI	\$160 Campmor
season use	3	3-4
sleeping capacity	2	1-2
floor area	30 ft ²	31 ft ²
vestibule area	9 ft ²	none
floor dimensions	7'8"x 4'6"(less at foot)	7'6" x 4'6"
peak height	3'9"	3'6"
packed size	8" x 19"	6" x 15"
poles	2	5 main, 2 small overhang
stakes	5 minimum, 9-11 normally	0 if necessary, 6 normal
tent weight	4 lbs. 8 oz.	4 lbs. 9 oz.
packed weight	5 lbs. approx.	4 lbs. 15 oz.

Author's Note: All figures have been quoted directly from manufacturer's catalogs. "Tent Weight" includes body, fly, and poles. "Packed Weight" includes body, fly, poles, stuff sacks, stakes, and guylines. Fitted groundsheets are sold separately for both tents. An optional 10.5 ft² vestibule weighing 1 lbs. is available for the Timberlite for \$40. A 58 ft² parafoil annex fly with pole for the Timberlite, weighing 2 lbs., costs \$40. REI offers a 21 ft² one-person version of the NiteLite called the SoloLite weighing about a pound less, for \$110.

Do you have an opinion or experience with equipment that you would like published? Would your experience benefit others? Fill out a Gear Review, found in both the Equipment Room and the UCMC Office, and we will publish it in the next Goosedown. The more information you supply, the better the article will be, and the more other UCMC'ers will benefit!



What I Learned (or Relearned) on my last Backpacking Trip...

by Alfred Sidman

- Don't rely on a 40° sleeping bag in the Rockies in early fall.
- The world is full of places where only a freestanding tent can go.
- Compared to tents with net panels, tents with completely closeable windows are just as cool zipped open, but significantly warmer closed, and therefore good over a wider range of temperatures.
- Quality stakes and pre-tied guyouts are worth their weight.
- Take lip balm at higher altitudes; it's dry up there.
- Pile caps with earflaps are more versatile than those without. A neck cord allows the cap to hang on your chest when you are taking it on and off frequently.
- I used to think that if I couldn't remember a place, that meant it was time to hike it again. But I can't go back anyplace, anytime. And I've missed too many beautiful shots. Time to start carrying a camera.
- I always use a diary when I carry one, and miss it when I don't.
- Pack covers don't keep packs dry. Clothes and sleeping bag should always be in trash bags anyway. Toss the pack cover!
- Always make instant shake pudding in small amounts; it's potent.
- Wait until the last moment to add powdered milk to a Lipton dinner. Otherwise you have to hold your pot well above your roaring Whisperlite to prevent boil over. Better yet, skip dinners requiring milk.
- GORP quickly becomes sickening. Keeping all those tasty components separate allows variety every day.
- Plan on only 6-7 miles a day when traveling in groups.
- Large plastic bins will protect food and extra clothing from rain in the back of a pickup better than a cardboard box. Doubles as a bathtub.
- In bear country, surplus lockable metal ammo trunks with gasketed lids might be used in place of plastic bins.
- Travel wipes are as handy as the backpacking books suggest.
- Gummi bears and jelly beans make my load lighter.

April

1998

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1 meeting Backpack- ing with your Dog	2	3	4 Fred Beckey at Benchmark in Colum- bus
5	6	7	8 meeting Open House!	9	10	11
12	13	14	15 meeting nomina- tions Endurance	16	17	18
19	20	21	22 meeting at Sawyer Point Earth Day!	23 Climbing Course Lecture	24	25 Climbing Course
26 Climbing Course	27	28	29 meeting nomina- tions NSS Slide Show	30	May 1 New Orleans music fest Whitewater 201	May 2 New Or- leans Whitewater 201



May

1998

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1	2 white-water 201
3 white-water 201	4	5	6 meeting nominations	7	8	9
10	11	12	13 meeting Venezuela slide show nominations	14 skydiving lecture	15	16 skydiving course
17	18	19	20 meeting ELECTIONS climbing concerns	21	22 annual occoee white water trip	23 annual occoee white water trip mountaineer- ing in the north cascades
24 annual occoee white water trip mountaineer- ing in the north cascades	25 annual occoee white water trip	26	27 meeting Gear Auction	28	29	30



June

1998

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
30 moun- taineering in the north cascades	1	2	3 last meeting Eden Park Clean up	4	5	6
7	8 E	9 X	10 A	11 M	12 S	13 Moun- taineering in Winds →
14	15	16	17	18	19	20 ←
21 →	22	23	24 first meeting of sum- mer quar- ter	25	26	27
28	29	30				