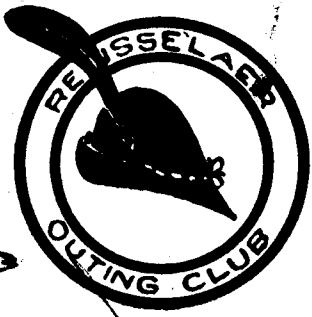


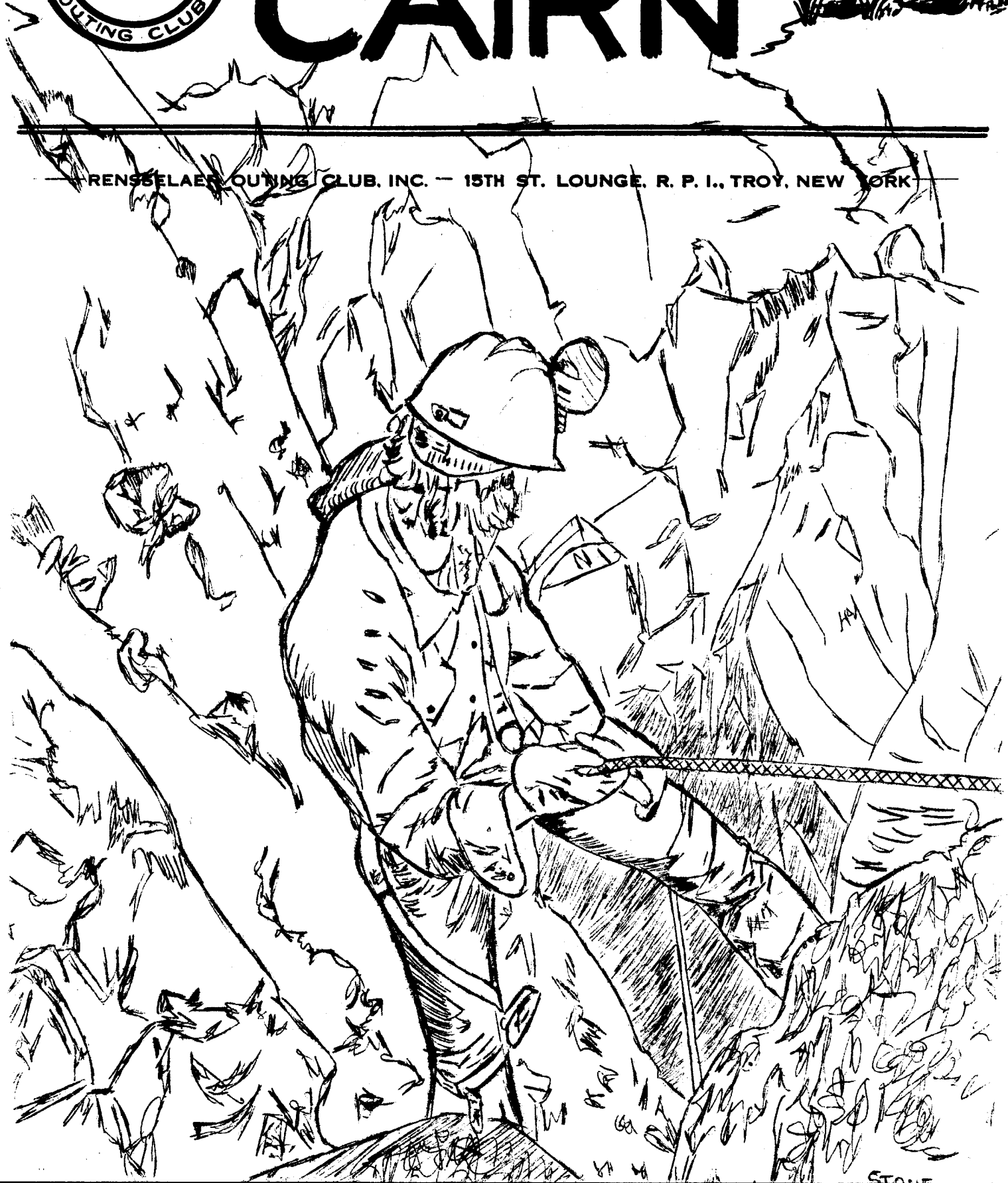
~1974 (?)



THE ROC CAIRN



RENSSELAER OUTING CLUB, INC. — 15TH ST. LOUNGE, R. P. I., TROY, NEW YORK



STONE

The Pseudo Pit Piper Award
or
How to Yoyo a Pit without Really Trying
or
You Too Can Frost a Pit

Required Paraphenalia

- 2 large rotten logs
- 17 small brittle twigs
- 437.2 colorful autumn leaves
- 1 pit - preferably with a small opening
- 1 pair holy treadless sneakers
- 1 set coveralls
- 1 insane caver

Decorations

- 1 rappell rack (or imitation thereof)
- 1 length webbing
- 2-3 assorted biners
- 1 set worn prusicks
- 1 well frayed bluewater
- 1 glow-in-the-dark helmet w/ lamp

Locate a suitable pit, Frost with mesh of logs and twigs. Top with generous sprinkling of leaves until totally homogenous with rest of forest. Combine sneakers, coveralls and caver. Place gently on frosting. Add a pocketful of Mexican Jumping Beans for seasoning. Serve with the decorations garnishing the tempting morsel - arrange as desired.

chef's note - be sure the decorations do not inhibit the action of the seasoning in any way. The best way of garnishing is to place the decorations in random piles around the entire dish.

of course - pits go better with Coors

CRAWL ON

(to the tune:
You'll never walk
alone)

Crawl on through the cave
Keep your head down low
And don't be afraid of the mud
At the end of the cave
There's a hundred foot pit
And the soft gentle trickling of blood.

Crawl on through the slime
Crawl on through the ooze
Though your clothes be tattered and torn
Crawl on, crawl on
Though you know in your heart
That tomorrow you'll be sore
Tomorrow you'll be sore.

THE ADIRONDACKS

with

SNOWFLAKE AND AUTUMN LEAF

After an ambitious 4 am start, and collecting a cluster of Skidmore-ites, a weekend camping trip was on its way. (where - I don't know). Breakfast in Warrensburg, a FANTASTIC sunrise over Schroon Lake schrouded in mist, autumn foliage at its finest, the Mac's frosted in snow; we finally left the Loj at 9 am. The hiking got to be more interesting past Marcy Dam as the snow started getting deeper, and the SKINTILLATING QUAGMIRES started grabbing knees as well as feet. Rumors of 3 feet of snow on Algonquin and Marcy led to very cold & wintery thoughts. Then the snowballs began whizzing past. This- the first weekend of October. Onward & ever upward - Lake Tear contained a few icebergs - the summit cairn of skylight was raised a few inches in anticipation of a good Lake George weekend. Treacherous ice covered tree roots took their toll. The incident gave Barb a chance to practice (or learn ?) first aid. Collapsing after a good (REALLY!!) glop dinner, somebody suggested climbing Colden. b.b.b. But the sun set 3 hours ago! Sometime later that evening there were a few insane people on top of Colden, watching their light source (the moon) being engulfed by huge black clouds. Returning to the WARM FRIENDLY sleeping bags was a challenge. Lurking behind the dark murky shadows were squadrons of WARGOS & BEGLERS. There was one small skirmish that resulted in more first aid back at camp. The reinforcements? They had gone to sleep hours before. The hike out was as uneventful as having the 3" of wet snow of the day before replaced with 4" of dry crunchy leaves with a warm autumn sun overhead.

the midnight zombie

4
MURPHY'S LAW

hikers' edition

Murphy's First Law:

If a tree falls, it will fall in such a way to best inhibit a traveler - too high to step over, too low to duck under, and/or with too many branches and branch points to allow easy passage.

Murphy's Second Law:

The higher the hiker climbs, the more water and water-like substances (quagmires) he will encounter in the trail, until when he reaches the height of land, at which point he will find himself in a full fledged swamp.

Murphy's Third Law:

Forgetting to bring raingear on a trip guarantees a downpour, bringing the poncho will probably not even scare the clouds away.

Murphy's Fourth Law:

The pack robbers will find the food no matter how high or hidden the pack is.

CORRECTION:

It was brought to my attention, indirectly, that whoever wrote the caving recipes had never been out west which is quite true. For all of you who have had that pleasure, I must add, all recipes should be served with Coors on the side (and top and bottom and all over to make the meals eatable)

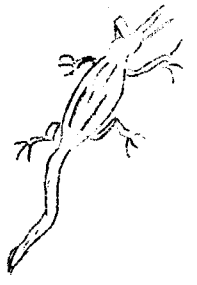
C.B.

#3



G'ZORK

MMMM GOOD



15 people in a funny looking blue truck are headed to Thatcher Park for the purpose of wholleling. The old lady at the picnic table screams something about frizbees and her lunch and how we are going to play elsewhere. Bob Mack keeps tripping over his shoe laces - it seems they were connected to three other pairs of laces. Potential whoppellers are standing precariously on the ledge throwing rocks into a hole in a old dead tree. Bill Stone gets drenched by standing next to a pool where large rocks are gravitationally attracted. He gets his revenge... The sign says ' underground stream outlet' so the few insane cavers in the group try to find the source. A batch of whollelers perched on a ledge watching the sun set meet a couple of 10 year olds. Someone says ' pass the M&M's. The kid reaches in his pack and pulls out a bushel of them. Interest is aroused. What else is in the pack? Out comes a few gallons of coke, a box of chocolate chip cookies, infinite peanut butter cups... Karen is climbing trees - a total of five whoppellers in a tree. Leaves start flying again. They seem to go everywhere. The cops are waiting by the truck. It seems the park closes at dark...

THE DRUNKEN WHOPPLER

What shall we do with the drunken whoppler?

What shall we do with the drunken whoppler?

What shall we do with the drunken whoppler early in the morning?

Shine a strobe on him until he's sober.

Tie his shoes together in square knots.

Throw him a pretzel and watch him catch it.

Send him on a trip out at five in the morning.

- a fellow whoppler

You know you've been whoppling:

when you come out of a thicket covered with brambles
 when you are a victim of a leaf stuffing contest
 when you're buried under a pile of bodies
 when a squadron of frizbees comes buzzing your way
 when you climb a tree to avoid the turmoil
 when the turmoil follows you up the tree
 when you realize that the leaf in your hair is really a burr
 when you realize that those shoes being tied together are yours...

A Possible derivation of the word whoppeling as in current Usage in the ROC. The hypothesis advanced here is that other similar words might have mutated with time.

WHOP to beat totally, esp. Italians

WHOOPLA boisterous merrymaking

WHOOPEDEDOO also boisterous merrymaking

WHOOPEE a feverish participation in alcohol and/or sex orgies first widely conspicuous in outing clubs during the Prohibition Era

WHOPPLE the art of being horizontal

Any connection between the definitions and what is commonly known as whoppeling is purely coincidental. This is merely meant as a bit of historical enlightenment.

references: Websters seventh new collegiate dictionary
 D. Smith U. Conn O. C.
 L. Deck R.O.C.

-your whoppeling leader

HIKING BY THE GLOW OF THE NORTHERN LIGHTS OR

SLEEPING ON A STEERING WHEEL

Leaving for the mountains was no problem at 5 am, since the college ave party was just fading out. The trail up Colvin and Blake was buried by numerous piles of leaves. Shortly the leaves were scattered everywhere. A bit of non-technical ice climbing (lack of equipment) was done trying to climb the frozen trail. Snow on the summit of Colvin. Clear day, the range dusted in the white stuff. The noonday sun read a nippy 21° with nary a breath of wind. Fantastic views were beheld by all on Blake (everyone that climbed a tree, that is). Back on Colvin we watched a typical adirondack sunset with a few orange clouds and twinkling stars coating the sky. Then we remembered! We still had a few miles to go and the moon wasn't up yet. Being energy conscious, we didn't use flashlights. Jeurgan kept complaining when he ran into the person in front of him. His excuse was that he couldn't see. So what if it was 9 pm on a moonless night. The drive to Troy was the most interesting part of the trip. Everyone was asleep. EVERYONE!!

- a zombie with batvision

8
ON STAYING WARM

or

EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT WINTER CLOTHES

There is a word for it, and the word is wool. In the next 6 months you will hear a wierd assortment of people ranging from the winter mountaineering chairman to nearly frozen people extolling the virtues of wool. This article is just another of the barrage of pro-wool pro-poganda you will be exposed to.

The entire concept of wearing wool clothes depends on one thing. Call it the first law of wool, the last law of wool, or anything you want to. It states that:

WOOL REMAINS WARM WHEN WET .

Pretty easy, huh! What is all the fuss about then? Anyone can understand the first law, and with a small amount of imagination could even believe it. Like most basic laws, however, this one has a plethora of consequences that ought to be considered.

Insulation is what provides warmth. Any material, as long as it is non-conducting, makes a good insulator. You will be just as warm in a coat or sleeping bag that has 6 " of down in it as in one with 6" of newspaper, shredded physics I test F's, gopher hair or cotton. Wool has a beneficial property of NOT losing "loft" or thickness when wet. This is an important consideration for warmth, but not the only one.

A large part of wool's warming ability comes not from it's bulk insulation value, but from it's "hairy" consistancy. The fiber quality allows moisture to pass out (important for staying dry), while the small "hairs" increase the effective thickness a considerable amount. These hairs also account for the result some people praise, and others curse unendingly: wool scratches. When worn over bare skin (as in socks, pants, long underwear, mittens, hats, etc.), this skin stimulation helps keep you warm. Unfortunately, it itches some people unbearably, and accounts for much of the alergic reactions to wool.

One thing to be aware of is that most wool cloth provides little or no wind protection. Wool clothes with a wind shell of any type are much warmer than just wool.

What then should you wear to stay warm in various conditions?

FALL, SPRING RAINY CONDITIONS

The unending showers of the north-east's equinox seasons are enough to discourage even the most courageous mountaineer. Penetrating dampness, together with cold temperatures sap strength and initiative,

begging for hypothermia. One or two pair of wool socks, wool pants, a light wool shirt with a heavier wool coat (CPO style, for example) with a rain parka or poncho over it have been proven winners. Wool pants need not be expensive. If you read an L.L.Bean catalogue you might get the idea I'm talking \$20-40 for a pair of pants. This is simply not true. Second hand thrift stores, such as the Salvation Army, St. Vincent de Paul, Goodwill, etc. all sell used clothes. A pair of pants from a man's business suit of heavy wool are close to the ultimate pants. They are loose (don't worry if they are many sizes too big... suspenders can hold them up), high quality wool, and CHEAP (I have payed as little as \$0.25/pair, but the \$.75-\$2.00 range is more common in the Capital district). Trying to buy them may present a sort of a challenge, as thrift stores don't sort pants by material. The soft, fuzzy ones are the ones you want. Various hard twill wool pants are often available, but they are (1) harder to identify (the flame test is the only reliable wool test) and (2) not as warm (fewer loose hairs).

WINTER

The whole point of various clothing worn in the deep winter is to (1) keep from freezing and (2) give protection from the wind. The biggest practical danger is becoming too warm. If you are putting out a lot of excess heat, every bit of snow or ice you touch will melt, and you are soon a walking sponge. As soon as you stop, you are an ice cube, which is a very difficult condition to set up camp in.

Wearing too many clothes is the most common error. Having a many layer capability is vastly better than one massive layer over a T-shirt. Heavy down parkas or Air Force Snorkel parkas are fine for STANDING IN CAMP OR WALKING TO CLASSES, but are of little value while hiking. They are far too warm, with little freedom of layers. Besides, if your "warm" coat gets wet while hiking, what are you going to wear in camp that night?

I have found that a pair of wool long underwear bottoms, a pair of wool pants, a fishnet t-shirt, one light wool (or cotton...sometimes) shirt, one or two light wool sweaters, a wool balaclava, wool mittens, mouseboots, a pair of shorts and wind gear make a very complete winter hiking wardrobe. When worn with proper wind or rain gear, this wierd collection should be adequate for -40° to $+40^{\circ}$ F...the usual range of Adirondack winter temperatures. Here are specific points on the various articles of clothing:

LONG UNDERWEAR; While wool is probably the best, DUOFOLD (tm) underwear (a layer of cotton and a layer of wool) worn INSIDE-OUT (i.e. wool in, cotton out) is really good and readily available. Duofold is intended for people like downhill skiers who have long periods of a very high level of activity (skiing) followed by periods of little or no motion (on the chair lift). These type people like the cotton in, wool out, as the cotton gives a wider range of comfort...they can overheat for a period of time without being grossly uncomfortable. Worn inside out, the wool lets you know when you are too hot. For many wool allergic people Duofold (tm) worn the regular way makes it possible to wear wool. Cotton long undies have limited usage in winter climbing as they let you overheat comfortably, and they absorb huge quantities of water, which later freezes. Duofold under windpants is excellent on not-very-windy days, or no-peak days.

SWEATERS; Two light wool sweaters (available at thrift stores) weigh about the same as one heavy one (i.e. "ski" type sweaters) but have a much wider range of comfort. Ones that button or zip up the front allow an even wider range of comfort, but pull-overs have their uses, too.

SHORTS; Many people laugh at these, but I would never think of going out in winter without them. If the day turns warm (20°f and above), it is nearly impossible to stay ~~warm~~ in wool pants or long undies. Shorts with or without wool pants, give a nice, comfortable and "decent" warm weather clothing.

HAT; A hairy wool balaclava is by far the best type of hat to have. Worn rolled up it is a nice watch-cap type hat, and when pulled down under the chin it is suitable for the worst storm conditions (especially when worn with a wind mask and/or goggles). Orlon balaclavas are of little use (they are usually low-bulk orlon), except for highly wool-allergic people.

SHIRT; If you are mildly allergic to wool, a cotton flannel shirt is a very nice thing to wear (it keeps the wool sweaters off your skin). A 50% wool flannel shirt is really nice, as is a light 100% wool shirt.

MOUSEBOOTS; I could write a million words on these wonderful inventions, and still not have said enough. Suffice it to say their highlights are they are completely waterproof, unbelievably warm, and the club owns

a decent range of sizes. If this is your first Adirondack winter season, go out in mouseboots the first few times. Nearly anyone can stay warm in mouseboots; a much higher degree of skill is involved in using leather boots.

MITTENS; Wool mittens are the best...gloves let your fingers freeze alone instead of warming each other. Army mittens (black and white, available at Adirondack Dan's in Albany for \$2.95/pr) are adequate, rag mittens or home-made, high bulk wool mitts are wonderful.

WIND CLOTHES; There are four basic parts to a complete wind gear outfit: Coat, Pants, Mittens and Face-eye protection. Most people have one type of a light nylon "wind breaker" type coat. These coats are very good, especially if they have a hood on them (if they have elastic cuffs the elastic cord should be loosened or removed...they lead to very cold hands by impeding circulation). The next step up leads one to the 60-40 type parka invented by Sierra Design, and now produced by nearly everyone. In any type of a wind parka you DO NOT WANT INSULATION...most ski parkas have a half inch of fiber or so...no good. The purpose of all wind gear is to cut the wind, not warm you!

PANTS; A loose pair of wind pants is a necessity for any serious mountaineer. The Army ones are among the best, and are cheap (if you can find them). If you are in an Army-Navy store and see what might be a pair of wind pants, look inside them. The real Army ones have a label like "pants, artic, wind". The U.S. Army has at least 2 types...all nylon and 50% nylon, 50% cotton. All nylon ones are better. Do not get "Pants, Fatigue, Jungle" types...they are identical looking but are mostly cotton. Buy Big!!! (basic law of wind clothes).

Commercial ripstop nylon ones are available, and the ones from EMS are very nice. The Roger Harris El-Cheapo wind pants are perhaps the cheapest of all (under \$5.00), and can be as plain or as fancy as you want them. Insulated ski warm-ups have very limited use.

MITTEN SHELLS; Mitten shells go over your wool mitten liners, and keep the liners warm and dry. U.S. Army, Canadian Air Force (R.A.F.) and EMS are all decent (U.S. ones are the best...they last a long time). Idiot cords, though much joked about, have definite uses. They prevent you from losing a wind shell...a serious problem in winter. A good cord system can minimize tree tangles.

FACE PROTECTION; face protection is of two types...the wind mask type, which completely cuts the wind, but is hard to put on, limits vision immensely, is nearly useless with glasses, and gets gross after several hours, and the ski goggle-balaclave system, which can be arranged to only freeze the nose. Face masks are still the best, despite all the problems. A wool ski mask is NOT a wind mask.

So far I have written a lot, and I have barely scratched the surface of clothing. If you follow what I have said here, you will be comfortable until you figure out variations of your own. Be wary of buying "temporary" stand-ins until you can get the best...nothing is as permanent as a temporary measure. Remember, any system has to follow the basic rules of cold weather clothing:

1. Wear Loose Clothes
2. Wind Clothes are Not Waterproof.
3. Have Many Small Layers
4. No Jeans!!!
5. Be Prepared for Rain and Blizzard, +40° to -40°F.

Lee Deck

"The numbers of wilderness travelers and campers require that each of us develop or sharpen a strong consciousness toward conserving our air, land, water, animal and vegetable resources, and conduct ourselves and educate others to have the utmost regard for the land, so we may avoid destroying what we have gone out to find.

"An opportunity is presented to us by the ENERGY "crisis", for it gives us a perfect chance to stand up on our hairy little feet, get our arms moving across some paper and write to the bureaucracy that operates and administers our public parks, forests and campgrounds and ask them - in the name of holy oil - to cut down auto use in significant portions of same. Space for people - not cars. Ask them for walk-in, cycle-in, shuttle-in campgrounds.

...We all know the auto-nightmare of Yosemite Valley, Yellowstone and Grand Canyon - to name a few. The auto prevents a true wilderness experience when IT becomes the TOTAL vehicle. Write now."

from SIERRA DESIGN 1974 catalogue