



THE ROC CAIRN



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

VOLUME IX, No. 6

MAY 1954

COLLEGE WEEK ISSUE

Since there was very little club news to put in this final issue of CAIRN, we decided to devote it mainly to a special College Week bulletin. This bulletin was written by Jim Butler, your College Week Chairman, and starts on the next page. We are hoping that it will be helpful to those who don't know too much about College Week and would like to attend it. College Week is the IOCA activity.

This is also (perhaps a bit prematurely) a "boost IOCA Lake George" trip issue, although all we are going to do right now is remind you of the thing. Somewhere in this issue you will also find (if you are lucky) a page of songs.

IOCA VASSAR SQUARE DANCE

Vassar Square Dance was up to its usual (high) standards despite foul weather. Calling was done by some people from Yale but was, nevertheless, quite good. History contains instances of Vassar square dances where a special delegation had to go up to the caller (after the dance was "most over) and request that something as involved as a "grand right and left" be called. "Yes, but do you think they can do it?" So the level of square dancing at Vassar has risen mightily.

Quite a few ROC'ers went down early on Saturday and did some rock climbing out in the Shawangunks. There was to be more of the same on Sunday, but it looked like rain all morning so few people went. That afternoon it cleared up, so the day turned out rather well. All in all, the sky held up very nicely.

There was a good deal of songfesting. One ardent minstrel was heard to sing the entire "Thais", after which feat he calmly walked away. The song is considered passed anyhow.

IOCA Vassar Square Dance (cont.)

In honor of the occasion, ROC sent out its first cycle trip in a long time. Four of us cycled down to Vassar from Troy, a campus-to-campus distance of about 85 miles. On the way down, we split into two groups (to avoid the risk of collision). The first group made it in about seven and one-half hours; the second (the Cycling Chairman staying in the rear to make sure nobody had dropped behind) in eight and one-half. The record for the course is six hours, three minutes.

At the dance we heard rumors that, the previous weekend, people from one school had gotten to Vassar by rolling there in beer kegs! We are investigating this story.

SPRING (HUDSON VALLEY) LAKE GEORGE

It rained all weekend.

BOOST FALL LAKE GEORGE

The Fall IOCA Lake George trip, sponsored by ROC, will be upon us this year before we have a chance to do much about getting out information (Oct. 8 - 10). We will send out a mailing of return-addressed post cards asking you how many people you will send, sometime very soon after school starts.

Fall Lake George is a very large trip (several hundred people). It features just about everything. Turtle Island on Lake George is usually used as a base of operations. Activities include canoeing (basic means of transportation), hiking (up Black Mountain and such) songfesting, square dancing. Cost of the weekend is (very roughly) five dollars plus transportation to Lake George. Clubs provide their own food and do their own cooking. ROC arranges for canoe rental, square dance, etc.. Usual camping equipment (sleeping bag, mosquito, poncho, tent if available) is necessary. Rendezvous is at Lamb's boat house in Bolton Landing. (Cost estimate includes approximately the cost of food for the two days.)

Columbus Day will fall on the Tuesday after the weekend this Fall, so we are somewhat out of luck. However, the thing is sure to be fun even if it is only a two day weekend, so why not come?

We close with a limerick:

There was a young fellow named Paul,
Who fell in a spring in the Fall.
'Twould have been a sad thing
Had he died in the Spring,
But he didn't; he died in the Fall.

Anyhow.....

COLLEGE WEEK 1954

September 8th thru 16th this fall will again find the IOCA congregating for College Week, this year at Lake Colden in the Adirondacks. The dates are only approximate; come when you can and leave when you must.

For those who have never had the pleasure of attending College Week before, it is a week spent hiking and exploring trails, swimming in cold mountain lakes, enjoying the company of your friends in song-fests and square dances, and generally having a good time. Meals are cooked over smoky fires and the lean-tos become very crowded when it rains. People come in groups of from one to six and bring all their own food and equipment. They camp where they want to, and the only restrictions are those they put on themselves.

Lake Colden is in the heart of the high peak region of the Adirondacks, located between the masses of Mt. MacIntyre and Mt. Colden. Many of the highest peaks in New York, including Mt. Marcy (5344 ft.), the highest in the state, are within an easy day's hike from Lake Colden. These are among the finest mountains in the East. Spectacular Avalanche Pass is found at the head of the lake, and Hanging Spear Falls is found at the foot of Flowed Lands, an adjoining lake. There is quite enough to keep anyone busy for a week.

The following pages are intended to be a guide to those who come to College Week. It contains a few of my own personal likes and dislikes which you may disagree with, but in the main it is the same dope which has been passed on from year to year since College Week started.

Oaa---ooo---wah!

Jim Butler
College Week Chairman 1954

HOW TO GET TO COLDEN

The easiest way to Colden is to pack in over the Calamity Brook Trail from Tahawus. Turn off route 28N to the North about half way between Minerva and Newcomb and follow the road to Tahawus. The road turns right and goes over a bridge to the town proper; to get to the trail follow the leftish fork at this point and continue along the west bank of Lake Sanford to the Tahawus Rod and Gun Club where there is a parking lot. From here take the red-marked trail about two miles to where it intersects the blue trail which leads to Calamity Leanto at the foot of Flowed Lands. From here take the red trail along the North-west bank of Flowed Lands to Lake Colden. Where the Opalescent River comes out of Lake Colden there are two bridges, and in the near vicinity there are four leantos.

Following the blue trail along the North-west bank of Lake Colden one finds two more leantos, and a little further on, the Ranger's cabin, with another leanto nearby. At the other (eastern) end of Lake Colden is Caribou Leanto, and in addition there are Flowed Land and Livingston leantos, the latter accessible by boat, and both on the banks of Flowed Lands. A mile up the trail to Marcy is Uphill Leanto, which has been pressed into service in years of large attendance.

The other way into Colden is from the North, starting at Adirondack Loj. This is reached by turning south off route 86A between North Elba and Lake Placid, and following the road to Adirondack Loj, where parking space may be obtained for 50¢ a day or \$3.00 a week. There are people staying at the Loj who have come for peace and quiet, and noisy outing clubbers are not appreciated late at night, so if you arrive after dark, remember those who have retired early. There are leantos available at the Loj for 75¢ a night, but two miles up the trail (blue) at Marcy Dam there are six leantos which cost nothing at all, so the best thing to do is to go at least as far as Marcy Dam the first night.

From Marcy Dam follow the yellow trail past Avalanche Camp over Misery Mile (the steep approach to Avalanche Pass) into Avalanche Pass, where there is a most spectacular route between sheer rock walls, climbing over and under boulders, crossing floating bridges which are sometimes under water, to Lake Colden. The trail goes around both sides of the lake, but the ranger's station is on the right side.

The only way to get to Tahawus is by car. If you must travel by bus or train, get off at Lake Placid, and hire a taxi to take you to Adirondack Loj. Either way the hike is about six miles from the end of the road to Lake Colden, but the hike through Avalanche Pass is very rugged with a heavy pack, and unless you know this trail very well it should not be attempted at night. The way from Tahawus is a steady upgrade, which is considerably easier when packing.

No matter which end you come from, you are starting on private property. Respect the rights of the owners and act as if you were a guest. Do not litter the parking lot or build fires there. If it is at all possible, time your arrival so that you have about four hours before dark to hike into Colden.

I will try to run a transportation pool again this year. Anyone who has room in his car or needs a ride can drop me a postcard and I will try to match up drivers and riders.

EQUIPMENT

Check your equipment now; you're not coming to a hotel, but are going to live on what you have carried on your back for six miles. So unless you are a pack horse, you'd better choose carefully those things which you'll need, and discard those which you won't. This list may help you.

pack - A packboard with a canvas back is the best for any long pack with a heavy load. It is considerably more comfortable than a rucksack of the same weight. Pack the load high so that the weight rides on your shoulders. You can shift the load to your hips, then, by merely leaning forward, and can rest your shoulders this way. Wide shoulder straps with sponge rubber pads will ease the strain on your shoulders.

If you must use a rucksack or pack basket, pack the soft things toward your back and keep the load high.

sleeping bag - most essential. Locntos have only three sides and the weather sometimes goes below freezing even in September in these mountainous regions. Three woolen blankets are a very poor substitute. A pair of wool long johns or flannel pajamas provide more warmth than an extra blanket inside your sleeping bag. Down is desirable because it is both light and warm but kapok- or wool-filled bags will also suffice.

shelter - There are eleven or twelve locntos which are close enough to the center of activities (one mile radius from Opalescent Locnto) to be used. They have a nominal capacity of 6 but as many as 9 have been crowded into them. If you have a tent, bring it; even if you don't use it someone else may want to.

flashlight - an absolute necessity, although a carbide lantern is better and weighs less ($\frac{1}{2}$ lb. of carbide is more than enough). If you bring a flashlight bring an extra set of batteries and a bulb; they're worth their weight in gold by the end of the week.

clothing (also essential) - have it loose and comfortable. Be prepared for temperatures from below freezing to the high 80's. Bring wool clothes rather than cotton since wool retains its warmth when wet. A windbreaker or parka is desirable for the high winds found on mountain tops. Dungarees are standard; some wear shorts on warm days, and some wear bathing suits (brrrr!) for swimming in the cold water. There is no cure for all men's ills like dry wool socks, so bring lots, both heavy and light weight. Put your name on everything if you want it back again.

shoes - Work shoes or hiking boots are quite satisfactory for muddy trails and jagged rocks. Mocassins or sneakers are nice to change into for lounging or square dancing. Don't bring good saddle shoes; they will be ruined in nothing flat.

rain protection - They say it rains five days out of every four in the Adirondacks, which is not quite accurate, but shows you should expect rain. Ponchos are ideal, as they have many other uses such as a ground cloth and as tarps for firewood. A hat will keep your head dry for a while.

first aid - Bring a small kit for minor injuries (band-aids, anti-septic, safety pins, an ace bandage for twisted ankles or knees). Splints and other emergency equipment are available at the ranger's cabin.

cooking utensils - a group of about four is the ideal number for cooking. Be sure to bring a large pot, several smaller pots, a can opener, spatula, frying pan, steel wool, and for each man a plate, cup, knife, fork, and spoon. One man cook kits are next to worthless except to eat out of, and for that you can carry a tin plate which is much lighter. If you like to bake, bring a reflector oven. Egg beaters and juice mixers are handy.

musical instruments - any music we hear we make ourselves, so bring your guitars, harmonicas, washtubs, pianos, etc.. We've had some fine impromptu square-dance bands at Collogee Jock and some even finer songfests, because some people were nice enough to bring in their instruments. If you don't have an instrument, bring your voice and song book; we'll be satisfied.

maps - no intelligent woodsman goes into a new area without a map. "Trails to Marcy" (circular #8) is available free from the New York State Conservation Dept., Camp and Trails Division, Albany, New York. Copies are also available at Lake Placid and Tahawus. U.S.G.S. topographical maps are available at book stores. The Mt. Marcy and Santononi quadrangles cover the area near Colden but do not have trails marked on them. "Guide to the Adirondack Trails" is available for less than \$2 from the Adirondack Mt. Club, 54 Lenox Ave., Albany, New York.

other equipment - sheath knife, compass, small sewing kit (needle and thread and one or two pins), matches in a waterproof container, camera. Every group should bring an axe or saw. Rock climbers bring rope and pitons. **DON'T GO ROCK CLIMBING WITHOUT AN EXPERIENCED LEADER.** The Colden slides are deceptively easy and lack of adequate leadership can lead to injury or death.

FOOD

Everybody likes what he likes, so bring along your favorite food. Try to avoid bringing canned goods, since they weigh down a pack quicker than anything else. Here are a few suggestions:

meat - bacon or salt pork; salami and baloney; dried chipped beef, precooked ham, hamburger or stew meat (to be eaten as soon as possible); canned beef, chicken, salmon, tuna, Prem, or Spam, corned beef, etc.. Smoked meats in general keep much longer than fresh meats.

vegetables - Dehydrated vegetables are available at the Boy Scout Trading Post, 2 Park Ave, N.Y. or David T. Abercrombie, 97 Chambers St., N.Y., or Asa Osborn, 8 High St., Boston. Dried onions and tomato paste go well in soups, stews, and other glops. Try fresh carrots, beans, or brussal sprouts; they have vitamins which are absent in dried vegetables.

Spaghetti, macaroni, egg noodles, rice, or dried potatoes make good bulk. Be sure to bring enough.

soups - dried soups in packages, boullion cubes, or whatever you can concoct from leftovers.

Desserts - instant puddings, jello, etc., add a good touch to a meal.

flour - Bisquick, cake and pie mixes, if you're going to bake; pancake mix for breakfast.

cereal - hot cereals such as oatmeal, wheatena, or Ralston are best in the morning; cold cereals not so good on camping trips.

fruits - dried apples, peaches, prunes, dates, apricots, and raisins. Oranges are the only fresh fruits which keep long enough to be practical.

eggs - Fresh eggs can be safely carried packed in the oatmeal or flour. Dried eggs are all right for cakes but not so good eaten plain.

milk - Klim (whole milk) or Starlac and Sandlac (skimmed; come in handy envelopes already weighed out). These can be mixed readily in a plastic juice mixer so that the milk has no lumps in it! Pream is fine for coffee or tea.

Cocoa, coffee, tea - ready mix cocoa such as Nestles. Nescafe or some other instant coffee. Tea bags are just as instant as instant tea and a good deal cheaper.

orange and lemon juices are available concentrated in cans and bottles with sufficient preservative so that they will not spoil. Provide vitamin C. Powdered lemonade is available.

sugar - both white and brown
salt, pepper, cinnamon, other spices are handy.

oleomargarine - keeps indefinitely, butter does not. Bacon is good for grease for frying.

bread - pumpornickel rye or French bread will keep much better than sliced white bread, which turns to paste when it gets wot. Bring plenty if you're a bread eater.

jam, peanut butter, sardines, cheese for sandwiches.

chocolate bars - provide quick energy on hikes.

(ed. note - Beware of scrounges. J.B. generally packs out of Colton with more than he brought in.)

nuts - good in desserts and lunches; also good mixed with chocolate bits and raisins to take on hikes.

water - the Adirondacks have more water than you want most of the time. Even a canteen is an unnecessary object most places. If you bring any water bring only the dehydrated kind; it saves space.

Pack as many foods as possible into polyethylene or waterproof cloth bags. They save the weight of boxes and pack more easily into corners. Pack glass jars where they won't break.

WOODSMANSHIP

Ability to use an axe, cook fancy dishes over an open fire, and carry monstrous loads at a great rate are all characteristics of a good woodsman. Far more important and, incidentally, easier to achieve is having a little respect for the other guy. This means leaving the woods as you would like to find it, unspoiled. Orange peels, chocolate bar wrappers, tin cans and papers don't improve the appearance of the landscape. So bury or burn your trash, keep your campsite relatively neat, and don't use the leanto for a chopping block.

The ranger, Chet Rafferty, has given us special permission to use the leantos at Colden for College Week. Let's show him we appreciate it by keeping the place clean and leaving it in better condition than we found it. Cutting green wood is against the law - it won't burn and there is an overabundance of dead timber at Colden since the blowdown of 1951.

Be very careful with fire. Be sure your campfire is out when you leave on the trail in the morning, and before you sack out at night. Field strip your cigarettes no matter where you are. Always leave dry wood in the leanto when you leave it - it may save a life sometime. ALWAYS tell someone where you are going when you are gone for the day.

GENERAL

Please fill out the enclosed postcard with the name of a person in your club I can contact over the summer if the need arises. Be sure to sign up at the ranger's cabin when you arrive at Colden, giving your name, address, club, and year. This is the only record of College Week attendance we have. Our chaperones are Mr. and Mrs. Gardner Perry III of MITOC. If you don't know them already, you ought to get to know them.

If you can't get a group from your school or your home town, come alone. You can easily find a group to fit in with. Be sure you have a map, matches, flashlight, knife, some food, and a companion whenever you start out on the trail. Keep in mind the common courtesies of the woods, the IOCA principles, and safety.

THE VICAR OF BRAY

(from the MITOC shoots)

In good King Charles's golden days,
When loyalty no harm meant,
A zealous High-Churchman was I
And so I gained preferment;
To teach my flock I never missed --
Kings are by God appointed,
And damned are those who dare resist
Or touch the Lord's anointed.

And this is Law, I will maintain,
Until my dying day, Sir,
That whatsoever king shall reign,
I'll be the Vicar of Bray, Sir!

When royal James obtained the crown,
And Popery came in fashion,
The penal laws I hoisted down,
And read the declaration:
The Church of Rome I found would fit
Full well my constitution.
And I had been a Jesuit --
But for the Revolution.

When William was our king declared
To heal the nation's grievance,
With this new wind about I steered,
and swore to him Allegiance:
Old principles I did revoke,
Set conscience at a distance,
Passive obedience was a joke,
A jest was non-resistance.

When gracious Anne became our queen,
The Church of England's glory,
Another face of things was seen --
And I became a Tory:
Occasional Conformists base,
I scorned their moderation,
And thought the Church in danger was
From such prevarication.

When George in pudding-time came o'er
And moderate men looked big, Sir,
I turned the cat-in-pan once more --
And so became a Whig, Sir:
And this preferment I procured,
From our now faith's defender,
And almost every day abjured
The Pope and the Pretendor.

The illustrious House of Hanover,
And Protestant succession,
To these I lustily will swear --
While they can keep possession:
For in my faith and loyalty
I never once will falter,
And George my lawful King shall be --
Except the times should alter.

EVERY NIGHT WHEN THE SUN GOES IN

Every night when the sun goes in, (3)
I hang down my head and mournful cry.

True love, don't weep, true love, don't mourn,
True love, don't weep, true love, don't mourn,
True love, don't weep nor mourn for me,
I'm going away to Marble Town.

I wish to the Lord that train would come, (3)
To take me back where I come from.

It's once my apron hung down low, (3)
He'd follow me through both sleet and snow.

It's now my apron's to my chin, (3)
He'll face my door and won't come in.

I wish to the Lord my babe was born,
A-sittin' upon his papa's knee,
And no, poor girl, was dead and gone,
And the green grass growing over me.

THE WRAGGLE - TAGGLE GYPSIES

There were three gypsies come to my door,
And downstairs ran this a-lady-o,
One sang high and the other sang low
And the third sang Bonny, Bonny Biscay-o.

Then she pulled off her silk-finished gown,
And put on hose of leather-o.
They ragged two rags about our door,
And she's gone with the raggie-taggle gypsies-o.

It was late last night when my lord came home
Inquiring for his a-lady-o.
The servants said on every hand:
She's gone with the wraggle-taggle gypsies-o.

O saddle me my milk-white steed,
And go fetch me my pony-o,
That I may ride and seek my bride
Who is gone with the wraggle-taggle gypsies-o.

O he rode high and he rode low,
He rode through woods and copses too,
Until he came to a wide open field,
And there he spied his lady-o.

What makes you leave your house and land?
What makes you leave your money-o?
What makes you leave your newly-wedded lord
To follow the raggie-taggle gypsies-o?

What care I for my house and land,
What care I for my money-o?
What care I for my newly-wedded lord?
I'm off with the raggie-taggle gypsies-o!

Last night you slept in a goosefeather bed,
With the sheet turned down so bravely-o.
Tonight you'll sleep in a cold open field,
Along with the wraggle-taggle gypsies-o.

What care I for my goosefeather bed,
With the sheet turned down so bravely-o?
For tonight I sleep in a cold open field,
Along with the wraggle-taggle gypsies-o.

That's all for now. If you have any questions write to me. I'll see you all at Lake Colden in September.

My address until June 9:

Jim Butler
259 8th Street
Troy, New York

After June 9:

Jim Butler
15123 Edgewater Dr.
Lakewood 7, Ohio

Here I am with an almost-blank stencil staring me in the face. The logical thing to do now is inflict you with a safety article. I happen to have a subject in mind which is not too talked about in IOCA circles, yet which concerns many of us. So please bear with me.

This being the perfect season for about everything, it is also the best time of the year for long cycle trips. Touring by cycle is becoming increasingly popular in the United States thanks to the activities of such organizations as American Youth Hostels. Yet cycling the open road can be fairly dangerous if done improperly.

The natural enemy of the cyclist is the automobile driver. True, it is possible to get hurt by running into things, but such accidents are rarely serious. Getting clipped by a car moving many times as fast as you may prove fatal. This brings up the first rule: keep well to the right, about a foot from the shoulder. (Hiking along country roads is best done on the left side, so that approaching cars can be seen and "ducked", but a cyclist is more or less committed to stay on the road anyway and should therefore move with the traffic.)

This rule has one exception: in a very nasty traffic situation, ride in the middle of the lane, pulling over only when you want the car to pass you, even at the risk of incurring some ill will. This prevents those close brushes which can be nerve-wracking. Of course, it presupposes conditions such that the driver can see you well in advance, and should never be done at night.

In fact, night cycling should be avoided altogether if possible. Some sort of reflector in the rear is essential. Cars rarely dim their lights for cyclists and a strong light coming at you will blind you and tend to draw you to the left. If you have a lighting set, remember when pumping slowly up a hill that you have the least light in the rear at the very moment you need the most.

It is a good idea to start a long trip at or before the break of day thus avoiding both traffic and the noonday heat. Cycling in hot weather is hard work and it is easily possible to pass out if you overdo it. Since there are many little things that may go wrong on a cycling trip, it is very good to have a companion, besides increasing immensely the pleasure of a trip. By the way, when cycling past parked cars, watch for opening doors - a common booby-trap.

Though I have made it sound pretty grim, cycling, when done sensibly and safely, is a wonderful, satisfying sport.

B.G.

WELCOME TO THE ROC RALLY !

I'd just like to say a few words to you about the ROC - what it is and in what ways it might interest you.

ROC is a club designed to bring together people who like to have their fun out - of - doors. We run a trip (sometimes several) almost every weekend and longer trips over the holidays. These range in size from two-man trips to an annual canoe trip on Lake George in which as many as 250 people from 30 different colleges take part. Our activities include just about every form of outdoor sport, from mountaineering to canoeing to cave exploring, and also such things as square dancing and songfesting. ✓

If you have previously enjoyed activities of this kind, here is your chance to meet in one fell swoop many of the people on campus who share these interests with you; if you think you are interested, but have no experience at all, well, don't let that stop you. Many of our present members joined the club with no experience at all - and are now excellent rock-climbers, spelunkers, guitarists, etc..

To give you a taste of the sort of activities we do, we are running next Sunday a whole set of short trips in several sports - hiking, canoeing, cave exploring - and we'll all meet Sunday night for a big dinner and square dance (we are holding these trips jointly with Russell Sage College) out at Sampson Lodge (a cabin belonging to the school about 15 miles from Troy). Tonight we will have a slide show to give you a look at some of the trips we have been on. You see around you various kinds of equipment which the club members will be glad to tell you about.

Tacked to this sheet is a copy of our club newspaper, the Cairn, which goes out every now and then to the other colleges in the IOCA (Inter-collegiate Outing Club Association). Usually this describes our trips and in this issue there is a brief writeup on the big Lake George trip which is coming up soon.

How can you become a member? Just fill out a membership application and pay \$1.00 initiation fee and \$2.00 for the year's dues. You can then go on any ROC trip. After you have been on three trips, you are presented with a patch (~~if the ones we ordered last year ever get here~~). Plus

Bring your questions to anyone you see wandering around in a red shirt or who looks unusually grungy in some way.

Ca - oooo - wah!

Win Oakes
President

(Some information on our various activities on flip side.)

Dear Friend,

The Cairn editor is a lonely and misunderstood man. Onerous and grungy are the tasks that fall to his lot. First he high-pressures people into writing about the trips they go on (poor illiterates). Then he rewrites their articles because they are unusable. To inject some interest into stories which are of interest to nobody he invents reams of trite jokes, sometimes wishing he had a table to get them out of. He cuts mimeo stencils on an old machine and runs off to Frank McNeil's office to badger Rosemarie into getting them done by next Tuesday so he can get "volunteers" at the next Club meeting to help staple, address, and send the things. Then everyone turns out to have hoof-and-mouth disease or some other ailment which prevents them from helping even in these chores.

If you find a trifle of sarcastic humor in the below definitions of some of our activities, it is because:

- a) you probably know about them anyway
- b) it is ten times easier to be witty than serious on any subject
- c) I am very tired.

Without further ado:

- 1) Mountaineering - climbing mountains, along with all the various grungy aspects of same, to wit: slogging over muddy trails, cooking over smoky fires, sitting in cold johns, etc.
Winter mountaineering - especially masochistic form of above sport.
- 2) Canoeing - Going down to the sea (or under in the river) in ships - small ships. It is said that mortal danger breeds companionship.
- 3) Spelunking - exploring caves. If you keep your face in the mud too long and suffocate, you are said to have died gloriously.
- 4) Rock climbing - partly, climbing things which it would never occur to ordinary people to climb, but mostly, seeing to it that you don't hurt yourself in doing this. They say they never use the rope to assist themselves, but what was the pulley doing with Henrikson's pitons?
- 5) Skiing - which you all know about.
- 6) Cycling - the use of a simple machine (combination gear and wheel-and-axle) which enables ordinary people to go faster than Bannister for longer periods of time.
- 7) Singing and square dancing
- 8) and many others.

Seriously, now: hope to see you at the next meeting.

Yours in pain,

Bernard Gottschalk
Cairn Editor