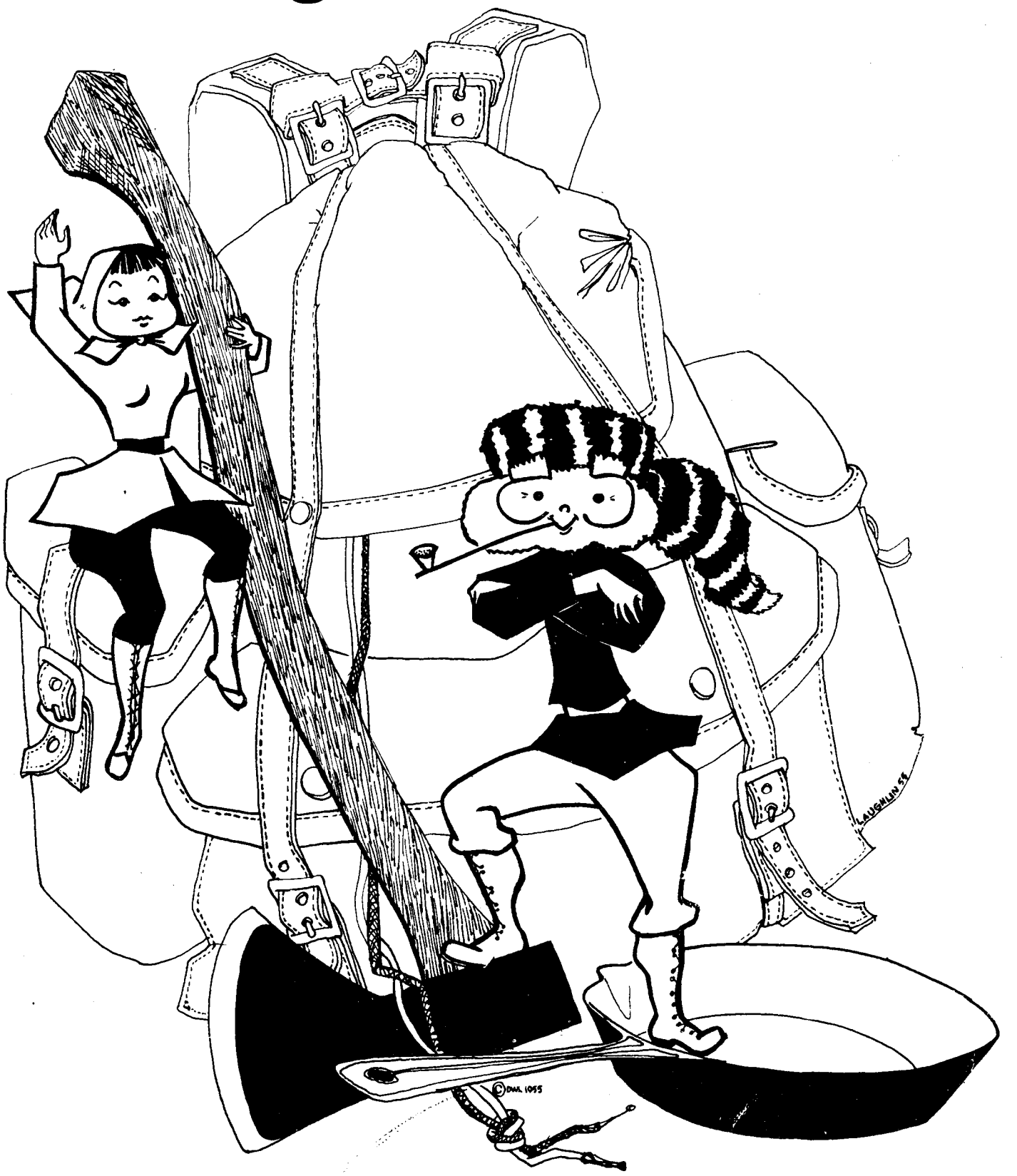
the

outing club handbook



THE OUTING CLUB HANDBOOK

Edited By

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For the Intercollegiate Outing Club Association

Drawings By David Laughlin

Foreword

The material to follow in this Handbook is intended to help College Outing Clubs with their organization and program, to give them some contact with the past and inspiration for the future.

While the Handbook has been compiled with the College Outing Clubs in mind, most of the articles will have significance for other individuals and groups who are interested in the out-of-doors in all seasons.

Some of the articles have been written especially for this Handbook and others have been selected from previous issues of the Intercollegiate Outing Club Association Bulletin and Newsletter. They were written by student and faculty members of various Outing Clubs on the basis of their own practical experience. The editor has drawn heavily from his associations with the I. O. C. A. and from his own personal experience while Director of the Syracuse University Outing Club.

Thanks are due the following for contributions that have assisted in this publication:

Camp Chateaugay, Merrill, New York
G. H. Bass and Company, Shoemakers Since 1876, Wilton, Maine
The Bicycle Exchange, 3 Bow Street, Cambridge, Massachusetts
"Trail Packets" - Ad. Seidel and Son, Inc., 1245 Dickens Ave., Chicago 14
"Tripperoos" - Hilker and Bletsch, 614 West Hubbard, Chicago 10
U. S. Eastern Amateur Ski Association, 30 Huntington Ave., Boston, Mass.
Wilderness Tents, Tom Barnard, 2183 Hendon Ave., St. Paul, Minnesota

The editor is hopeful that the Handbook will find a corner of an old-timer's pack to slip into, and that it will serve as a guide to new clubs as they begin their activities.

Gunnar Peterson,
1955 Editor, I. O. C. A. Handbook

THE OUTING CLUB HANDBOOK

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. . . . this is us . . . .

We . . . are commonly known as a pretty odd group of people . . . who climb mountains because we like the view from the top . . . who go out hiking because . . well . . because we like the sun on our backs or the rain on our ponchos . . . When night comes we square dance or sit around the campfire singing the old songs that campfire squatters have sung always . . . loving the sight of pine-light on the faces of our friends . . . We don't happen to drink on our trips because liquor seems to be an unnecessary commodity . . . and besides . . . who wouldn't be "half-seas over" at the mere sight of a friend hanging from a rafter . . . safely zipped in a sleeping bag . . . We boast the weirdest hats in the nation . . . faster fire builders than the Boy Scouts . . . though perhaps not with a single match . . . and undoubtedly the most perverted sense of humor since Joe Miller let loose his humor on the unsuspecting multitudes . . . We don't tend to couple on our trips because . . . we like the give and take (as in food) of a group . . . and we like to carry the idea of . . . individuality within a group . . . into all phases of our program . . . and even into our personal philosophy . . . many people think we're crazy . . . we are sure of it . . . We haven't written this to edify ourselves . . . we know it at heart . . . This is for you who might want to know us better . . . like this page . . . we lack much formal organization . . . but still . . . this is us.

Sandy Rosebrook
Syracuse University Outing Club

Statement of I. O. C. A. Principles

The Intercollegiate Outing Club Association is a group of college outing clubs organized to promote interclub activity. Out of this combination has grown a feeling for a set of basic concepts of outing club spirit. Experience has shown that we have the best time by conducting ourselves according to certain principles: faith in our own ingenuity, belief in a group spirit, and a sense of genuine comradeship.

We have learned to be self-sufficient outdoors, and to enjoy ourselves without the artificiality of alcohol. Recognizing the ill-effects of pairing off, Intercollegiate Outing Club Association activities are specifically designed to further the ideal of group participation and personal contribution. Our most valuable asset is the feeling of sincere friendship that binds members and welcomes newcomers.

On the basis of these principles, the Intercollegiate Outing Club Association has grown to what it is today. We believe adherence to them is essential for the preservation of outing club spirit.

Adopted Conference 1952
Tom Weilepp, Cornell Outing Club
Bill Bardsley, Princeton Outing Club
Ray Freeman, Princeton Outing Club

These are the times that try men's souls

In this era, the most advanced of ages, where we pride ourselves in our scientific discoveries and industrial accomplishments, we have turned back all of the worn, weather-beaten, blood stained pages of history to once more struggle under a survival of the fittest existence. But realistic as we may be about these things which "try men's souls", down deep in the hearts of every free man lies the desire to return to a life which is free from all bitterness. Now we are rushing along at an extended pace. Planes, tanks, guns, production -- these things come first. But just how much can we stand of such a rigorous pace without some interruption? In order to maintain such a schedule we find it necessary to look around us and try to grasp some

of the things which are going by untried, hardly seen. As young men and women about to take our places in the world it becomes not only our privilege but certainly our responsibility to reach out and attach ourselves to these more stable, real aspects of life. Ross McKenney justifiably suggests, "Take your time". Don't race past the woods along the trail and miss the trees. Don't overlook the little and yet significant things in life, but "take your time" and look at every tree, pick up each leaf, turn it over and examine the texture and coloring which nature has placed there. Too often, perhaps, we fail to recognize the real and everlasting values in life, but above all, and regrettably so, we overlook the fact that someone far more powerful than anything earthly has created these natural beauties in the great out-of-doors. Stop! Look around you. Where does the answer lie? Certainly not within the realm of man. No. but there IS an answer! THERE IS A GOD! Then turn our heads and eyes heavenward and meditate upon these words:

"We lift our eyes unto the hills from whence cometh our help! From the silence of the valleys and the majesty of the mountains we draw solace and strength! The upper summits shine with snowy peaks in glorious white and dwell in silence there alone! If the glory of the Eternal dwells anywhere upon the earth, it must be in these regions that rise ever higher till they are lost in cloudless blue above the mists below! Could not these mighty fastnesses be some eternal playground for spirits of just men who love them because they are like Thyself, high and strong and true? If the eternal hills be more glorious than these, we wait with bated breath the moment when our feet shall stand amid the radiant summits and we shall see Thee face to face! "

Brazell
Dartmouth Outing Club

Outing Club Values

It would be hard to find a more genuine means of enjoyment than the carefree hours and weekends spent with an outing club. The very tempo of life is spurred on with the thought of what the next weekend holds in store, whether it be a trip to some mountain range, a jaunt on skis, or those unforgettable joint trips with another gang. The daylight hours furnish the exhilarating way to become pleasantly tired, and the evenings furnish the fellowship that can come only by the informality and congeniality of such a group.

Then, too, there is value in the often tiresome hours spent right on campus working over the minute details of planning, organizing, and office work that first off seems to have little reward. I learned recently that with an airplane company it takes many men on the ground to keep one in the air. This holds true somewhat with outing clubs. For each trip, carnival -- no matter what the project -- there is an underlying amount of work that is tremendous and which the average person fails to take into account. However, the training resulting from this is beneficially applied later, for the sooner a person learns the power of organization the better start in life he has.

Another outstanding lesson that outing clubs teach is the real character of a person. Every little quality, which goes a long way in the true make-up of an individual, is brought out sooner or later, and usually it is right off the bat.

Outing clubs are valuable units of any campus; their values are wholesome, constructive, and make us just a little better than we were before.

Jack Sturges, NHUOC,
New Hampshire Outing Club

What constitutes a good outing club

A good outing club should be a team of first class woodsmen who can handle themselves in the out-of-doors as well as work harmoniously together.

Nothing emphasizes the benefit of being able to work together as a group more than time spent in the woods. On the other hand, nothing can be more unpleasant than being in the woods with a group containing just one member who has no regard for the effects of his acts on the comforts or happiness of the others.

In this world one of the most serious handicaps any person can have is the lack of ability to judge his own capacity for performance. To underestimate one's ability is often just as serious as to overestimate. This is also true of outing club groups. To tackle any sort of a hiking or camping trip without proper consideration of the possible conditions that might prevail and the time of year, can well mean disaster. Proper consideration of the obstacles, and especially the ability of the group to surmount them, can lead to the utmost enjoyment of the trip.

Persons who seek to do the smallest amount possible, or the least part of a group job, do not belong in an outing club. Therefore, a good outing club is one which contains the smallest number of these parasites. In the woods, of all places, failure to pull one's load means that someone else must do it. This leads to the greatest disharmony and sometimes serious difficulties. While the same is also true in everyday life, the results are not so obvious.

There comes a time in every hiker's life, if he goes on enough long trips, when he encounters one which demands all he has in order for him to finish what he started, to return in decent condition, or even to return at all. On such a trip, one griper can mean failure. Those of us who have found ourselves on such a trip have been mighty thankful for a group in which everyone did his share and no one griped.

Further, there is no place in an outing club for lazy people, or folks with a very tiny spark of innate energy.

Dependability is another primary requisite of a good outing clubber. Failure to make a rendezvous on time, particularly in the woods can lead to severe confusion. Just as serious is the failure to bring the equipment or supplies which have been alloted and on which the party is depending.

Of course, the role these characteristics plays varies in importance from being a must for a week-long trip through wilderness to almost nil for a Sunday afternoon picnic. Therefore, a good hiking club is one which successfully completes its particular program with safety, a moderate amount of comfort, and with a maximum of satisfaction and good fellowship to the participants.

Charles R. Hine, Rensselaer Outing Club

A letter to a Smith Heeler from her mother

My Darling Daughter:

We just received your last letter, not a very long one. Your father and I both feel that you might write more often -- not just when you need money.

What is this about the "Going-Out Club"? Was that what you called it? I do think you might be able to find something more interesting to do than cooking meals and washing dishes. But if you feel that you must belong to this club, you might as well be as warm as possible. You spoke of being cold at night -- so I am sending you some warmer blankets. I remember when I was in school we used to walk out into the country, picnic and go wading -- not where anyone could see us, of course.

Don't you think that some of the older girls might carry the axe and hatchets? I know that you are old enough to take care of yourself, but you have had so little experience in this sort of thing. Your father says to remind you to be very careful when you are lighting a fire because it's rather dangerous.

You mentioned mud and a brook; I hope you didn't wear your new saddle shoes. I'm sure you were exaggerating when you said you had to use Bon Ami for your bath. Write us soon.

P. S. Your father is looking for a sleeping bag for you and has a lot of folders from a man in Maine who owns an old shack or something.

Affectionately,
Mother

The organization of Outing Clubs

Outing club organizations are of two fundamental types: those in which every member of the student body is automatically a member of the club, and those whose membership is restricted by dues, election, or interest. If the membership is large, the more active members frequently form an inner circle, such as the Blue Shirts at Yale, the Skyliners at Middlebury, and the Cabin and Trail at Dartmouth. Requirements for membership in the club or in the inner circle vary from simply an interest in activities and payment of dues, to a well organized 'heeler' program in which the candidates must attend a certain number of trips, help with jobs in the club, pass tests, and finally be elected.

A rigid set of requirements for membership in the club has the advantages of discouraging social chubbers, getting necessary work done, such as maintenance of trails and cabins, putting up posters, and arranging for trips; assuring the new chubbers of a knowledge of woodcraft and first aid; introducing them to the jobs and responsibilities connected with the club, and getting the candidates acquainted with each other and with the members of the club. On the other hand, some real outdoorsmen have been turned away from the clubs because of too much red tape and organization, and the selection of members may occasionally be the cause of ill feeling. In the case of a new club starting up, the membership is naturally limited to those who are actively interested, so a restricted membership or inner circle with rigid requirements hardly seems necessary. Encourage faculty members to take an active part in the club. They lend continuity and experience to its executive council, make popular chaperones, and if they have a car or a summer house they may be so generous as to help trips out with these.

Those clubs whose membership does not include the whole school usually start their membership drives by sending the freshmen information of the club's activities either in a general booklet put out by the school or in their own leaflets. The outing club is active during any pre-college orientation week, running short trips, holding a meeting, maintaining a display, or perhaps even running a camp for the whole freshman class. During the registration period a convenient display or booth will be effective, particularly if movies or pictures of the club's activities are shown. Campaigning for members can go so far, however, that some join who will never take an active part in the club but will be represented only by their dues.

The problem of publicity is closely tied up with that of membership. The usual forms are the school newspaper, posters, personal contact, emblems, and in some clubs, a news sheet, which is useful if the members are spread out over a wide area. An emblem is a good way of advertising, but before you adopt one be sure that it is attractive enough to be permanent. The best form of publicity is a well run and enjoyable trip.

Most outing clubs cover all forms of outing activity, but some have within themselves various subdivisions, like Dartmouth OC with its Cabin and Trail, Mountaineering Club, various ski clubs, Bait and Bullet, and Natural History Club. With a membership as large as the DOC's it is necessary that the club should be subdivided for more flexible planning and closer comradeship. In some colleges there are entirely separate clubs for each activity, but it is usually better to combine all the activities in one club to co-ordinate the programs, to interest members in other phases of outdoor life than those they know, and to make it unnecessary for those with diversified interests to join more than one club. The usual reason for not combining several

specialized clubs into one general one is that the leaders of the individual clubs, usually specialists in their own field, don't want to take on any more responsibility. They are not altogether to be blamed.

At least a few officers are necessary in any club to represent it, to carry on correspondence, to handle money, equipment, and cabins, to arrange for meetings, carnivals, and square dances, and most important of all, to plan and manage trips. The offices which, taken together form the executive council or governing board, must be chosen to fit the requirements of the particular club they are going to serve. The following list of possible offices may be rearranged, combined, and condensed in any number of ways.

- President
- Secretary
- Treasurer
- Trips Director
- Faculty Advisor
- Meetings Director
- Head of Campus Activities
- Editor of Outing Club News
- Ski Team Manager
- Head of Cabin and Trail
- Chairmen of:
  - Carnival
  - Membership
  - Publicity
  - Equipment

The office of trips director may be divided into several parts, according to the season of year or type of trip. In selecting the officers for the governing board, remember that they themselves should not be expected to do all the work, but should get the help of others in the club. With fewer people in the board, it is easier to get work done, and there is less confusion from overlapping. Some clubs, usually the newer or smaller ones, hold business meetings regularly so that everyone has a share in the management, while other clubs vest entire control in the governing board. The members of the board are elected by the club as a whole, by the club after nomination by the previous board, by the inner circle, or by the retiring board alone. The object of the constitution of the club, if there must be one, is to satisfy the requirements of the school authorities or student government and to define the club, its offices and the duties of the officers. The constitution should be as flexible as possible to allow for changes which may become advisable.

Frank McClintock
M. I. T. Outing Club

Club Financing

In any consideration of a group's activities and program, among the first questions raised are: What does it cost? Where does the money come from? How is it spent? What are the controls?

To all of these questions the Outing Club should have some pretty clear answers. No operation can be financially efficient without having a budget to follow--one which is built on the experience of the previous year's expenditures, and on the various committes' estimates for the coming year. A careful analysis of the income and expenditures should be made, with real consideration given to the program and activities contemplated. A realistic budget should be worked out for the year ahead to give guidance to the entire operation.

Accurate records are a necessity for any organization--and while Outing Clubs may thrive on their "disorganization", in financial matters this must not be! Financial statements should be a regular part of business meetings, a ledger indicating the distribution of income and expenses, and a journal record of income and expenses are recommended procedures. Funds may be kept in a local bank or with the college treasurer's office. Provision should be made for a yearly audit of the Club's accounts.

Careful procedures need to be agreed on for the entire financial operation--who signs the checks, how is petty cash handled, what about the costs of trip operation, what happens when there is a deficit.

The treasurer should have a finance committee to work along with him on this phase of the club program to assist in decisions, budget making, fund raising, etc. The advice of the faculty sponsor and other college officials should also be sought.

Constitution of the Syracuse University Outing Club

We, as students of Syracuse University, in order:

A. To offer an outing program for men and women to satisfy a need for outdoor recreation other than formal athletics;

B. To bring students together in congenial friendship of outing activities;

C. To offer a program healthful, valuable, yet inexpensive.

D. To build up certain fine and integral traditions at Syracuse;

E. To provide a program of such excellence that these experiences shall form a part of the cherished memories of the Alma Mater;

do establish this constitution for the government of the Syracuse University Outing Club

Article I - Name

This organization shall be known as the Syracuse University Outing Club.

Article II - Membership

Section 1 - Eligibility: Membership shall be open to all registered undergraduate students, graduate students, alumni, faculty, and employees of Syracuse University.

Section 2 - Fees: a. The fee for membership shall be decided by the Executive Council with the consent of the Council. b. The regular membership period shall extend for the school year from September to June.

Section 3 - Privileges: a. All members shall receive a membership card and be entitled to all the privileges of the club. b. Members shall have the privilege of purchasing official Outing Club emblems at the price set by the Council.

Section 4 - Honorary Membership: Honorary memberships for one year may be given to those persons approved by the Executive Council.

Section 5 - Life Membership: a. Life memberships may be given to those persons approved by the Executive Council. b. Ex-presidents are to be given life memberships.

Article III - Election of Officers

Section 1 - Nominating Committee to be composed of three non-officers who are members of the Council, the President, and the Activities Director

Section 2 - At the first general meeting in March a list of candidates, as chosen by the nominating committee, is to be submitted to the members.

Section 3 - Time will be provided at this meeting for further nominations from the floor.

Section 4 - Petitions for any office, with ten names, may be submitted up until one week before election date to the club office. Candidates nominated in this manner must be placed on the ballot. Only Club members as of March 1st may sign such a petition or vote in elections.

Section 5 - Sufficient advance notice shall be given to all members of the time and place of elections, which shall be held at the first general meeting in April.

Section 6 - Names shall be listed alphabetically under each office, on a printed ballot. There will be no write-ins. Proxy votes shall be permitted only with the approval of the Executive Council.

Section 7 - The following officers shall be elected from the Council:

a. President
b. Vice-President
c. Activities Director
d. Treasurer
e. Social Chairman
f. Recording Secretary
g. Corresponding Secretary
h. Membership Chairman
i. Historian

Section 8 - Term of Office

a. The term of office shall be from time of election until the next regular election.

b. The outgoing officers shall act as advisors to their successors until the end of the school year.

Section 9 - In case of resignation or removal of any office except the President, a special election must be called by the Executive Council. Nominations may be made by Council members at a designated Council meeting after they have been notified of the election by the Executive Council. Voting shall take place at a Council meeting publicized one week in advance.

Article IV - Duties of Officers

Section 1 - President

a. He shall preside at all meetings of the Club.

b. He shall appoint committee chairmen whose appointment is not reserved for other

officers.

c. He shall direct committees as to their duties.

d. He shall direct and assist the other officers in the fulfillment of their duties.

e. He shall, with the advice and consent of the Executive Council and according to Article III, Section I, appoint the nominating Committee.

f. He shall act as the representative of the Club at all University and interclub functions unless someone is appointed to act in his capacity.

Section 2 - Vice-President

a. He shall be the general assistant of the President in the performance of his duties.

b. He shall assume the title of President with full powers and responsibilities in the event that the President does not return to school or is unable to continue his duties.

c. He shall be responsible for arranging publicity for all Outing Club events.

d. He shall be responsible for planning the programs of general meetings with the co-operation of the Executive Council.

Section 3 - Activities Director

a. He shall be responsible for the selection, with the advice of the President, of all committee chairmen to assist him in the completion of his duties.

b. He shall act in co-operation with the committee chairmen in the selection of their committees.

c. He shall be responsible for the submitting of an indoor and outdoor activities program as approved by the Executive Council.

d. He shall be responsible for the execution of the activities program and all committees and committee chairmen working under his control.

Section 4 - Treasurer

a. He shall see to it that a permanent record of all income and cash disbursements is kept.

B. He shall present a written financial report at all Council meetings and whenever requested by the President.

c. He shall have his books available for inspection at all times.

d. He shall be personally responsible for all money received.

e. He shall pay out all necessary and proper sums.

Section 5 - Social Chairman

a. He shall be responsible for the selection, with the advice of the President, of all committee chairmen to assist him in the completion of his duties.

b. He shall act in co-operation with the committee chairmen in the selection of their respective committees.

c. He shall be responsible for the development and execution of the social side of all activities.

d. He shall invite chaperones in accordance with the rules as set up by the University and see to their entertainment and activities.

e. He shall register all activities and act as the Outing Club contact with the social committee of the University.

Section 6 - Recording Secretary

a. He shall keep a permanent record of all proceedings at the regular general, Council, and executive meetings.

b. He shall maintain a file in the Outing Club Office of minutes of all of the meetings.

c. He shall take roll at all meetings and keep a record of active members.

Section 7 - Corresponding Secretary

a. He shall maintain all correspondence as directed by the President.

b. He shall keep duplicate copies on file of all correspondence.

c. He shall assume the duties of the recording secretary in his absence.

Section 8 - Membership Chairman

a. He shall be responsible for making out all membership cards.

b. He shall be responsible for maintaining an index of club members including: name, address, phone number, year, college, and position in the club.

c. He shall have charge of all membership campaigns.

Section 9 - Historian

a. He shall be responsible for maintaining a scrapbook of clippings, photographs, and souvenirs of Outing Club activities as well as publicity material

b. He shall be responsible for publication of the Outing Club Newsletter.

c. He shall keep a file of reports of Outing Club activities.

d. At the end of the school year, he shall collect all permanent records and file them.

Article V - Executive Council

Section 1 - It shall be composed of all elected officers.

Section 2 - The duties of the Executive Council shall consist of:

a. Determination of club policies as stated in Article IX and open to reservations by a majority of Council members.

b. Approval of Club activities.

c. Aiding the President in his selection of committees.

d. Responsibility for activities of the Club.

e. Selection of members to act as officers pro tem, pending a special election as described in Article III, Section 9.

f. Constructive criticism of the activities and conduct of the elected members.

Section 3 - Its meetings shall be held:

a. At the call of the President whenever he deems it necessary.

b. At least once each month of the school year.

Section 4 - Voting

a. A majority of the elected officers, plus that of the President, shall be necessary for the adoption of a motion. An abstention by the President will be considered as a veto.

b. A 2/3 vote will be necessary to override a Presidential veto, with the President abstaining.

Article VI - Qualifications for Holding Office

Section 1 - All elected officers must be registered undergraduated students of Syracuse University and members of the Council at the time of the election.

Section 2 - The President shall be an upperclassman when holding office (preferably a senior). The Vice-President and Activities Director shall be upperclassmen when holding office.

Section 3 - All members are eligible for non-elected officers.

Article VII - Impeachment of Officers

Section 1 - Elected members may be removed from office by a 2/3 vote of the Executive Council, including the vote of the President, with the consent of 2/3 of the Council membership.

Section 2 - Non-elected officers may be removed by the President or by the person who appointed them.

Article VIII - Faculty Relations

Section 1 - There will always be an open invitation for all faculty members to attend any gathering of the O. C.

Section 2 - Specific faculty members will be personally invited to attend certain functions. The Social Chairman and his committee will be responsible for making those invitations.

Section 3 - Interested faculty members will be asked to serve as advisors for the club, the selection being entrusted to the Executive Council.

Section 4 - The President may call a meeting of the faculty advisor(s) if the need is felt.

Article IX - Policies

Section 1 - In order to maintain itself as a heterogeneous group it shall not be aligned with any religious or political group.

Section 2 - It shall maintain a neutral attitude in regard to all questions and problems subject to discussion on campus, except when it involves the Outing Club.

Section 3 - It shall be known as a non-political group, and shall not back any individual or group in campus elections.

Section 4 - The club shall not sponsor nor will it allow any team to use its name in intramural competition.

Section 5 - The consent of the Executive Council must be secured by those teams using the Outing Club name in other than intramural competition.

Article X - The Council

Section 1 - Membership

a. A club member in order to become a member of the Council shall demonstrate his interest by working on committees for three different activities and acting as leader of one other activity.

b. He shall have regularly attended Council meetings for at least one semester.

c. New members shall be proposed by the Recording Secretary from those filling the above qualifications, or by other members at a Council meeting, which shall be held at least once a month. These names are not to be submitted at general meetings.

d. Those members showing lack of interest in Club affairs may be released from the

Council by Executive Council action with the consent of a majority of the council membership.

Section 2 - Duties

a. To aid the Activities Director in planning the Club's activities calendar.

b. To act as chairmen and committeemen at Club events.

Section 3 - Voting

a. Only Council members may vote at Council meetings on matters of policy and finance.

b. No action on matters of policy and finance may be taken unless a quorum is present. A quorum shall consist of 50% of those Council members who have attended at least one of the last five Council meetings.

Section 4 - All Council meetings will be open to the general membership of the club who are interested in attending. They shall be eligible to hold commitee chairmanships and work on committees in order to fulfill the requirements as stated in Section 1 of this article.

Article XI - Intercollegiate Outing Club Association

Section 1 - The Syracuse University Outing Club shall each year maintain its membership in the Intercollegiate Outing Club Association.

Section 2 - The Corresponding Secretary of the club shall maintain all correspondence in connection with the I. O. C. A.

Article XII - Amendments and Additions

Section 1 - This constitution may be amended and additions made to it by a 2/3 vote of the Executive Council plus the vote of the President and consent of the majority of the Council members.

Section 2 - Or by a 2/3 vote of the members present at a general meeting, advance notice having been given at the previous general meeting, followed up by sufficient announcement to all members by mail.

Constitution of

The Amherst Outing Club

Article I - Name and Object

Section 1 - The name of this organization shall be Amherst Outing Club.

Section 2 - The object of the Amherst Outing Club shall be to promote hiking, camping, mountain climbing, skiing, snowshoeing, square dancing, and other activities associated with the outdoors, at Amherst College.

Article II - Membership and Dues

Section 1 - The Amherst Outing Club shall be open for every interested undergraduate, alumnus, member of the faculty and person otherwise connected with Amherst College, upon payment of dues.

Section 2 - The dues of the Amherst Outing Club for undergraduate members shall be two dollars for one year and six dollars for four years.

Section 3 - An Active Member shall be defined as an undergraduate member of the Club who has participated in the Heeling Program of the Club or who has regularly participated in Club activities.

Article III - Elected Officers

Section 1 - The officers of the Club shall be President, Vice-President, Secretary and Treasurer.

Section 2 - Every officer of the club shall be an undergraduate of Amherst College who has previously been active in a position of one of the two Councils.

Section 3 - The duties of the President shall be to co-ordinate the activities of the Club and to call appropriate meetings. He shall be empowered to act as the representative of the Club in the absence of the Executive Board; but he shall report all decisive action to the Executive Board at its next meeting.

Section 4 - The duties of the Vice-President shall be to assume the duties of the President in his absence. He shall act as an aide to the president and perform such duties as the President may delegate to him. He shall also lead and co-ordinate the Heeler Program.

Section 5 - The duties of the Secretary shall be to record all activities of the Club, particularly at meetings, and to conduct necessary correspondence.

Section 6 - The duties of the Treasurer shall be the collection, care, and disbursement of the funds of the Club. He shall draw up a budget at the beginning of each semester, subject to the approval of the Executive Board. He shall keep accurate record of all income and expenditures subject to audit at any time by any member of the Executive Board,

Section 7 - The four officers of the Club, the Chairmen of the two Councils, and the Chairman of the Square Dance Committee shall be elected at a general meeting of the Club's Active Members in January or early February; which meeting shall be properly publicized. The Incumbent Board shall draw up a slate of recommended candidates which may be enlarged by nominations from the floor.

Section 8 - If any officer or chairman of a Council or the Square Dance Committee becomes permanently unable to discharge his duties his place shall be filled by the Executive Board as soon as practicable.

Article IV - Executive Board

Section 1 - All legislative and executive powers, unless specifically withheld by this Constitution, shall hereby be vested in a body to be known as the Executive Board.

Section 2 - The Executive Board shall be composed of the following officers and officials: the President, the Vice-President, the Secretary, the Treasurer, the Chairman of the Cabin and Trails Council, the Chairman of the Winter Sports Council, and the Chairman of the Square Dance Committee.

Section 3 - An Executive Board member shall be expected to be present at one half or more of the meetings of the Board during each semester of the college year.

Section 4 - Meetings of the Board shall be weekly unless voted otherwise by a majority of that body.

Section 5 - Meetings of the Board shall be open to all members of the Club. Only members of the Executive Board shall have power to vote at these meetings.

Section 6 - If any member of the Board fails to fulfill his obligations as specified in Article IV, Section 3, he may be removed from the Board by a majority vote of the whole Executive Board.

Article V - Councils and Committees

Section 1 - The activities of the club, except for square dancing, shall be divided between

the Cabin and Trails Council and the Winter Sports Council in a manner which the Executive Board sees fit.

Section 2 - Square dancing activities of the Club shall be organized and co-ordinated by a Square Dance Committee, which shall not be a part of either Council.

Section 3 - Chairmen of both Councils and the Square Dance Committee shall be elected in the manner set forth in Article III, Section 7.

Section 4 - The Executive Board shall appoint to such positions as it deems appropriate to establish, individuals to head departments in both Councils. These departments may include Ski Patrol, Publicity, Cabin Maintenance, Trail Maintenance, Rod and Reelers, and others.

Section 5 - Each appointed officer shall be held responsible for the discharging of all duties connected with the particular activity of the Club with which his position is concerned.

Section 6 - The Executive Board shall be empowered to replace any appointed officer who the Board feels is not discharging his responsibilities as described in Section 5 of this Article.

Article VI - Heeling System

Section 1 - A heeler is an undergraduate member of the Club who has declared his intention of being active and learning the ways of the Club, with the aim of continuing to serve the Club as a member of the Executive Board or on one of the Councils or Committees.

Section 2 - Every heeler shall participate in trips and activities of the Club and help in the work of running the Club. This shall include making preliminary arrangements for at least one trip under the guidance of the leader in charge of that trip.

Section 3 - The Board shall be responsible for setting up a suitable leadership training, or heeling, program.

Section 4 - Heelers satisfactorily completing the heeling program shall be classified as Leaders and will be eligible for membership on the two Councils and other Committees as long as they remain active in the Club.

Article VII - Faculty Advisor

Section 1 - The Club shall choose, with the permission of the Administration a Faculty Advisor, whose duties shall be to advise the undergraduate members of the Club in their activities, to promote Faculty participation and assistance in the affairs of the Club, and to be responsible for the property of the Club should events cause activity by undergraduate members to be suspended.

Section 2 - The Faculty Advisor shall have the authority to examine the finances of the Club.

Section 3 - The President of the College shall have the power to appoint a Faculty Advisor to the Club, which appointment must be approved by a majority vote of the Executive Board, when the Board is functioning. If there is no Board functioning, the President of the College shall have sole power to appoint a Faculty Advisor, who shall act as such until such time as an undergraduate Board shall have been elected and approve or reject the appointment.

Article VII - Emergency Operations

Section 1 - In the event that membership becomes seriously depleted such as to hamper the normal activity of the Club, counsel shall be taken by the existing Board members with the Faculty Advisor as to the extent and nature of continued activity.

Section 2 - In the event that an emergency, such as a national state of war, should cause complete suspension of all Club activities, all equipment, records, and property of the Club shall fall under the care of Amherst College and be administered through the advice and judgement of the Club's Faculty Advisor.

Section 3 - After such a period of suspension as described in Section 2 of this Article, re-institution of the Club's activities may begin when the demand for an organization to organize these activities shall cause spokesmen to approach the President of the College for permission to establish such an organization. The President shall appoint a Faculty Advisor to the group in the manner outlined in Article VII, Section 3. When the group has obtained the permission of the Student Council to operate under this or a similar charter, it may re-acquire the dormant facilities, property and records of the club from the college.

Article VIII - By-Laws

Section 1 - The Executive Board may write suitable By-Laws for carrying out the provisions of the Constitution and the Aims of the Club.

Section 2 - By-Laws shall take effect when approved by a majority of the Executive Board, but may be subject to recall by a majority petition of the Active Members of the Club.

Article IX - Adoption and Amendment

Section 1 - This Constitution shall take effect when approved by a majority of the active

members of the club and approved by the Student Council, if the Council so requires.
Section 2 - Amendment, from whatever source, shall require similar approval.

NYSPIX - COMMERCE

The Outing Club on the Campus

Any organization on a college campus has to be concerned with the relationship it establishes with the college administration. The development of an Outing Club and its continuation on the campus will depend to a great degree on the attitude it engenders on the part of the faculty and administrative officers.

Some Outing Clubs come into being "full-blown" because of the interest of the administration in providing this type of program for their students. Facilities are made available, a budget is provided, and a faculty member may be assigned to give it leadership and direction. Other groups develop slowly from the handful of devoted out-door men (and women) who band together to share their experiences. They are faced with the problems of begging and borrowing space, equipment and faculty help to build their Outing Club.

Because of the importance of all groups on a campus working together towards the same objectives of the college or university -- the "school spirit" created by groups like the Outing Club is a necessary part of college life. We recognize the importance of the attitude formation that takes place in college towards many aspects of life (college included!) A carefully worded statement of objectives is most helpful in interpreting the club to the administration.

It becomes necessary for the Outing Club to recognize its responsibility for following the established procedures of the college community. Such things as clearing schedules with the Director of Social Activities, following the regulations with regard to the handling of student funds, accepting the rules for chaperones as established by the proper authorities, working within the framework (especially when there are changes to be made in the regulations!)

Some pretty clear understandings should be had between the Outing Club and the college administration regarding such things as the above so that the club is perfectly aware of the regulations and the administration is aware of its activities. As an example, many of the colleges have policy statements with regard to the function of the advisor of a club. He may be a person who is interested in all of the activities and glad to participate in them -- or as is so often the

case, he (or she) is interested and concerned but is pressed for time with the job of instructional work. The pressure may be off the student for the weekends, but the prof is probably loaded with papers to grade and just can't leave to chaperone the club on an overnight camping trip! The college undoubtedly has a policy on chaperones for dances -- but what about these 'over-nights' that are so much a part of Outing Club activities? What kind of interpretation needs to be made to the administration on this? Clubs need to understand the college's responsibility here -- if only from the public relations aspect!

With regard to the activities themselves, what type of clearance needs to be made -- who bears the responsibility for accidents that may occur in a campus affair or on an extended mountaineering trip? Is the club liable -- is the college liable if an arm gets broken on a ski trip? What kinds of insurance coverage are there? These are some of the questions to which the Outing Club and the college administration needs to direct some attention so that there is clarity of understanding and a definition of responsibility.

Clubs should consider their entrance into the student government aspects of campus life. A relationship should be established here, too, so that whether in or out, the club's concerns are considered.

The Outing Club has a real assignment in proving itself a responsible group in the college community, in demonstrating its effectiveness through a program that meets a need, and in providing a service to individuals that is offered in no other part of the college.

Membership Blitzkreig

Those of you who have torn your remaining hair out by the roots over the problem of club membership might possibly like to know what methods we used at M. I. T. to get a larger club. Inspired by the wealth of advice given quite freely at the past I. O. C. A. conferences, and somewhat entranced by the possibilities of large crowds jamming our office, we put over a three-point program of action aimed at getting a year's dues out of the canniest Scotsman born.

There are three classes of people you have to deal with. First, the Freshman, whom you can impress in various ways before they get to the school, so that they come with the firm idea that you have a good thing. Second, those members of the student body who did not join last year and who need to be aroused to the fact that your club is the best organization in the school. Third, the members of last year, who need to be convinced to rejoin in spite of what may be a justifiably cynical attitude concerning Outing Clubs in general and yours in particular.

We attacked the Freshmen before they could put up any defense. By dint of a little time and some money spent we saw to it that our write-up in the Freshman handbook was changed to sound like the real thing. We cut out all the bull about historical developments and desirability of activities, and put in some facts about the kind of trips we had and what we did -- a direct appeal to those who like the out-of-doors. Four cuts adorned the article -- three paid for by our treasury, and one very kindly lent us by the Middlebury College Mountain Club. Through the large circulation of the handbook, the M. I. T. O. C. was brought to the attention of most of the student body. With this article as a feint, we landed our kayo punch at the Freshman camp, held annually by the school to acquaint our Freshmen with each other, the school, and the activities. After a half hour of dull speeches on the opportunities afforded by other activities, Al Smith, wearing the loudest shirt east of the Mississippi, got up and told the men what they wanted to hear in a talk that was loud, brief, and to the point -- notice the loud -- and put some pep into it. After the meeting, when we had a chance to talk to the men informally, the crowd around our stand was so big that McClintock and Smith had to climb on a bench and answer further questions soap box style. So we had the Freshmen.

To net the rest of the student body, we set up an exhibit in the main lobby on registration day, replete with skis, climbing equipment, pictures, and so forth -- as much as the space allowed. Then, to climax this, we showed movies right there, projecting them on the wall behind the table. This together with some side show barking technique, jammed the corridor so full that the authorities had to take an occasional hand. To anyone who came by we handed copies of our fall trips schedule and Outing Club News, both well written and attractively designed, with an eye out to new members. There were scrapbooks on the table with pictures of past trips -- pictures of I. O. C. A. trips were naturally most popular. And if a passerby wanted to chat a little bit, there were always two or three people at the desk to oblige him. We never insisted that anyone join -- we always told him that if he cared to join now, fine but if not, we told him where he could find us. Plenty of them thought it over and joined. And believe us -- the movies cinched a lot of them. The investment of a few dollars in film will be repaid with mem-

berships in short order.

Our past members, somewhat skeptical of all our New Deal in Outing talk, were promptly shown our trips schedule -- two or three trips each week-end -- take your pick -- which we have carried out to the letter. They were shown our new and more lively Outing Club News, coming out weekly, which keeps them posted on all trips, past and future. They were told about our new, and extensively-carried-out policy of free instruction in skiing, rock climbing, canoeing -- all our activities. They were told about our full meeting and square dance program -- and they joined, too. Now for a few dry facts. Our costs -- about $15.00 spent on the movies -- the film, projector rental, etc. About 50¢ for a new scrapbook. Time spent -- two days at the exhibit hall. But results: Our membership more than doubled the previous registration-day sign-up, and our total membership increases daily. It was over ninety when we wrote this article three weeks after school opened.

There must be something to it. Here, in this sanctum sanctorum of heavy eared engineers, where girls are scarcer than hens' teeth, we got three co-eds!

Frank McClintock
M. I. T. Outing Club

The O C Publicity - Membership Drive

As the college doors open each autumn and the campus wheels begin to turn once more, all Outing Clubs face a similar problem. Their ranks, depleted by recent graduations, must be brought to strength by newly-found members of the plaid-shirt and blue-jean fraternity.

There are countless ways in which a publicity-membership drive may be carried out, but one basic idea must be kept in mind. We must do a good job of selling! We must sell both ourselves and our Club. We must convince prospective members that our Outing Club is well organized, active, and informal, but above all, we must show them that it caters to the entire campus, not to a minority clique.

Campus prestige is extremely important to the success of an Outing Club. This can only be gained by the actions and achievements of the Club itself. The process of gaining prestige is often slow and painful, but any effort made towards that objective will be repaid many times over. The Outing Club with prestige becomes a campus institution. It is known as a worthwhile activity and is not looked upon with a tolerant attitude, that attitude so often shown towards clubs that have not proved themselves worthy of campus recognition. Everyone likes to be connected with a good thing, an organization looked upon with favor by the entire college. Once this position is achieved the problem of attracting new members is greatly reduced.

Each year at McGill the publicity-membership drive is undertaken with all the enthusiasm that can be mustered. The M. O. C. is increasing continuously, both in number of members and in scope of activities. Last year there were five hundred members and about fourteen activities. This year two new activities have been added, and the membership objective has been set at around seven hundred.

Publicity is one of the most important features of any membership drive. It may occur in a variety of forms and may come from countless sources. Carefully planned publicity on the part of the Outing Club itself has a certain definite value.. Photographic displays of Outing Club activities are very effective and should include informal photos of various groups in action. The ideal location for this type of display is a glass covered notice board in some prominent position -- a gymnasium entrance hall for example. Posters placed in strategic positions should be used early in the college year to set forth the club programme, stress the main activities of the season, and invite everyone, not only members, to take part in current trips and tours. No question of membership need be raised for the first month of the new college year unless there is a pressing need for operating funds. Articles describing past and future trips should appear in the college newspaper, the "everyone welcome" attitude being stressed once again.

This preliminary propaganda has the same effect as a "Money-back-guarantee" offer. Many newcomers feel they may try out the club with no obligation to join if they are not satisfied. However, it is especially important to have all trips and activities smoothly and efficiently run during this early part of the year. First impressions are very often lasting impressions.

So much for the planned publicity of the Club itself during the first month of the college year, or the "Freshmen Reception Period," as it is called at McGill. Of even greater importance is the unplanned or spontaneous publicity that may come from unexpected sources. This valuable type of propaganda depends almost entirely upon campus prestige. It may be in the form of a short note in the "Important" or "Very Active Clubs" section of some Freshman literature. It may take the form of an invitation to speak on behalf of the Outing Club at a Freshman athletic rally, or some other campus organization may use its facilities to say a few good words about the Outing Club on its own initiative. These are just a few examples of the countless number of ways in which such outside publicity may occur. The value of outside publicity lies in the fact that it comes from a more or less neutral source. Very often "self-praise is no recommendation," but few will question the good words of a disinterested party. Every effort should be made to stimulate and encourage this type of publicity.

During the first introductory month there are many persons who become sufficiently interested to desire membership in the Outing Club. At McGill they must wait until the end of the month to become officially enrolled. This is done for three main reasons. In the first place, it is much easier to sign up a large number of members at one time, rather than to allow them to join at their leisure during their first month at college. Secondly, there are too many other duties early in the year that would seriously interfere with efficient handling of new memberships. Finally, a large turn-out is essential for the success of the long-awaited, much-publicized membership rally to be described in the following paragraphs.

Various names such as "Meet the M. O. C." or "M. O. C. Open House" may be given to this final phase of the publicity-membership drive. It must not, under any circumstances, have the appearance of being merely a membership meeting. Strategically placed posters should appear two or three days in advance of the big night, and as much space as possible should be secured in the college newspaper or bulletin. The following outline will give some idea of how a typical membership rally may be organized.

The time of the rally is set at around 8:30 in the evening. As the old members and interested newcomers arrive at the hall, they are handed mimeographed newsletters containing a note of welcome from the president. A turntable and P. A. system furnishes appropriate music until the crowd becomes settled. At exactly the scheduled time of commencement, the M. C. introdues the club president who gives a short four or five minute talk describing the character and purpose of the Outing Club. Then the lights go out and a good ten minute sound film on skiing, skating, rock climbing, or other outdoor activity is shown. This is followed by another short talk by some activity chairman while the reels are being changed. Another outdoor film is shown, another talk, another film, and so on, until perhaps five reels have been run through the projector. In this manner three things are entertainingly accomplished: the showing of films, the making of speeches, and the changing of reels.

The final speaker is the membership chairman. His duty is to emphasize that although there is no obligation to join the Club at this rally, twelve girls are conveniently situated at the rear of the room with all the facilities for signing up new members. At the conclusion of his speech, dance music is sent through the P. A. system and everyone is asked to help clear the floor of folding chairs so that dancing may begin. The lights are dimmed, one or two Paul Joneses are staged to get the party going, two doughnuts and a coke are sold for five cents, and the memberships pour in.

The cost of such a rally may be as high as sixty dollars, since it is free and open to the entire college. However, if two, three, or four hundred members sign up during that one evening and become good-will ambassadors from then on, it is well worth the comparatively small initial expense. The rally must show organization throughout and must not be allowed to fall flat or drag at any point during the evening.

Unless a Club is fortunate enough to have a permanent office of its own, the athletic office, or its equivalent, should be used as a permanent booth for signing up new members for the rest of the year.

The following list of "Do's" and "Don't's" may be a helpful and appropriate conclusion to this article.

DO'S: Remember you must sell your Club to newcomers.
Emphasize the campus-wide appeal of your club.
Use every possible means of advertising.
Attempt to gain campus prestige.

Show organization.
Show interest in new members.
Make it easy for people to become members.

DON'T'S: Exaggerate or over-rate your club.
Over-emphasize any one of your activities.
Be afraid to invest some capital for much larger returns.
Show any signs of being a clique.
Become complacent and feel there is no need to tell prospective members all about your club.
Be afraid of growing too large for your facilities.

Bill Ward, McGill Outing Club

Sample Program Calendars

Here are a couple of actual program calendars for the months of October and April to give the reader an opportunity to see the variety of programming and the number of activities that Syracuse University Outing Club conducted.

October

2nd Horseback Riding
Roller Skating
3rd Mountain Climb - Little Tuck
4th Work Crew - Hufftail
7th Work Crew - Hufftail
9th Horseback Riding
Hayride - Dance - Rider's Barn
10th Cabin Trip - Turin - Snow Ridge
Bike Hike - Clark Reservation
11th Folk Dance Instruction
Hufftail Work Crew
12th Inner Council Monthly Meeting
14th Work Crew - Hufftail
15th Arne Hollstrom - Swedish Movies
16th I.O.C.A. Canoe Trip - Lake George
17th Pratts Falls Hike - rained out
18th Hufftail Work Crew
Folk Dance Instruction
Inner Council
Hallowe'en Committee
20th Overnight Committee
I.O.C.A. Committee
22nd Overnight Committee
23rd Overnight - Highland Forest
Hostel - Bus - Hike
Splash Party - Horseback Riding
24th Work Crew - Hufftail
25th Folk Dance Instruction
26th Inner Council
30th Hollowe'en Party
31st Work Crew - Hufftail

April

1st Inner Council Workday - Hufftail
2nd Folk Dancers
3rd General Meeting
4th Mountaineers
6th Roller Skating Party
7th Campus Chest - O. C. Dance Concession
8th Bike Hike
9th Folk Dancers
10th Inner Council
11th Mountaineering Group
13th I.O.C.A. Spring Conference, Troy, N.Y.
14th Watkins Glen I.O.C.A.
Horseback Riding
16th Folk Dancers
17th General Meeting
18th Mountaineering Group
20th Hayride
21st Mountaineering Conference - ADK - I.O.C.A.
22nd Cabin Crew
23rd Folk Dancers
24th Inner Council
25th Mountaineering Group
28th Folk Dance Camp - Talooli
Canoe Trip - Forked Lake
29th Sunday Hike - Cabin Crew
30th Folk Dancers

Report on I. O. C. A. Organization

INTRODUCTION What is I. O. C. A.?

The history of the association is a difficult thing to write because its real accomplishments have never been recorded in writing. Apparently the first outing club was the Dartmouth Outing Club, started by Fred Harris in the winter of 1908. The next record is of the founding of the Intercollegiate Outing Club Association in the fall of 1932, when representatives from eight colleges met to exchange ideas and advice and to arrange for joint trips among the clubs. From that point onward, I. O. C. A. truthfully did exist. It has continued with that same purpose, to exchange ideas and advice, and to encourage joint club trips.

Since that date, I. O. C. A. has changed little save in size. The organization is quite informal and varies from year to year as needs change. To date there is no constitution. At present the group is directed by an Executive Secretary. Other established officials include a College

Week Chairman, an Editor of The Handbook, and a Conference Chairman. The dues of $3.50 a year per club meet the expenses of correspondence and of The Newsletter. The Newsletter is a sheet, mimeographed and put out by the Executive Secretary, usually on a monthly basis, to make announcements of I. O. C. A. trips, and other current affairs. In addition there used to be The Bulletin. Until 1949 The Bulletin was also published by the I. O. C. A. through the efforts of the Bulletin Editor, another elected representative. It was published from one to three times a year depending upon whenever enough material was compiled. The issues of 1947, '48 and '49 were well written, edited and published in printed form but they caused overburdensome worry and expense. It was finally decided at the 1949 Conference of I. O. C. A. that for an organization as supposedly informal as the Intercollegiate Outing Club Association, the responsibilities connected with The Bulletin were too great and it should be discontinued. Instead, the entire delegation voted to support the publication of The Handbook, a volume designed to answer all questions pertaining to I. O. C. A. which might be proposed by interested people.

Every year, before colleges open in the fall, the I. O. C. A. holds College Week; seven days of camping and hiking in the Mt. Marcy region of the Adirondack Mountains of New York State. During the school year many member clubs often get together for a week-end of hiking and skiing, square dancing and singing. The naturally clean outdoor spirit of these week-ends is in itself a sufficient guide to behavior, but to fulfill the requirements of some colleges and for the sake of new acquaintances, the I. O. C. A. has passed its only rigid rules:

1. All I. O. C. A. trips must be properly chaperoned.
2. There will be no drinking of intoxicating beverages on I. O. C. A. trips.

WHY AN I. O. C. A. ?

It is hardly necessary to delve into the advantages of outing club membership and reasons for the existence of outing clubs because the purpose of this report is not to sell outing clubs but rather to present a few new thoughts to people who are already sold. However, it is worthwhile at this point to briefly summarize the reasons for the formation and continued existence of the Intercollegiate Outing Club Association.

I. O. C. A. was started, and has continued, (1) in order that greatly diversified groups could enjoy the pleasure of mutual association and mutual appreciation of good times achieved through group spirit, and (2) to permit mutual appreciation and reverence for the world of nature. There is also a more mundane reason; (3) the organization became a means of exchanging informative material relative to more expedient methods of executing the administrative duties necessarily connected with club activities. It was rapidly appreciated that the most desirable condition was to keep the society as informal as possible since outing clubs thrive primarily on informality. (Therefore, it soon became the motto of I. O. C. A. to say, "Our dis-organization is perfect.")

The History of I. O. C. A.

Few people now realize that the I. O. C. A. was largely the result of the vision of one Ellis B. Jump, Dartmouth '32. Elly was one of those rare individuals with truly social interests at heart. Prominent in the best organized Outing Club in the country that had equipment and programs of its own more than enough to satisfy the interests of its members, he nevertheless thought of the many other individuals in the region who would like to participate in similar activities. Opposition was considerable in the D. O. C. to the idea of a conference of existing outing clubs in New England, but nonetheless the idea prevailed, and in May 1932, the conference was called. It was not the first such conference; there had been another in 1928, and impressive mimeographed reports were allowed to collect dust in many an outing club file. Why was the 1932 conference different?

At this conference, held on Mt. Moosilauke, the delegates of the eight colleges present did more than exchange valuable ideas and suggestions, although that would have been enough to make it worthwhile; they planned for activities throughout the year and most of all, for College Week. This particularly was Elly Jump's idea, and he spoke of it in glowing terms. The idea

of setting aside a place and a time each Fall before the opening of colleges for a week or so of mountain climbing and camping met with enthusiasm. It was all to be very informal (always the keynote of I. O. C. A. affairs); just name the approximate time and place and let individual groups use that as their base. Beyond the pleasure of camping and climbing in an interesting mountain area would be the added joys of comradeship and new friendships.

Accordingly, the place set for the following September, shortly after the total eclipse of the sun, was the Great Gulf Shelter near Mt. Washington. About thirty or so came through there during the week. The idea was a great success, and the second College Week held in the Adirondacks around Lake Colden had more than double the initial turnout. Friendships were made and cemented, and leaders of various outing clubs there on the spot found it easy to arrange Fall trips for their respective clubs.

The I. O. C. A. spirit envisioned by Elly Jump and others was a living, vital thing -- seen here on the trail, before the campfire, in the eager plans made by outing club leaders, and its vitalizing effect bore fruit when these leaders returned to their own clubs. To quote Dave Hawley in the 1938 Winter Bulletin: "Only those who have sung before the campfire, tramped the trails and skied the mountain snows with members from other clubs know what the I. O. C. A. can mean. It is essentially an organization created for activity, not merely exchange of information."

Throughout its long history the I. O. C. A. has lived up to this spirit. Organization has been kept at a minimum -- and a fluctuating minimum at that, changing as occasion demanded. One example of the organization dictated by circumstances was the origin of the present system of running College Week -- with one group definitely in charge and responsible for a few advance preparations. The seeds for this organization were sown at the third College Week in September 1934, held again at the Great Gulf Shelter in the White Mountains. No one had anticipated the crowds that came; the shelter was entirely inadequate. Sixty-five tried to sleep in space for twenty-two, and the heavy rains made sleeping outside very uncomfortable. Worse than that, it resulted in I. O. C. A.'s only fatal accident. In trying to cross the swollen river, Jerry Pierce of Middlebury was swept into the current and lost his life when his head struck a protruding boulder. Out of the resulting confusion came clear-cut suggestions for future handling of College Week, made by many of the very leaders who had helped to organize the I. O. C. A. at Moosilauke. No one can doubt that College Week has been an overwhelming success at its location in the Adirondacks since that time. There has been organization and work done ahead of time under the direction of the College Week Chairman, but only such as enhanced the enjoyment and safety of all. Certainly no one strolling around Lake Colden in early September would consider College Week a formal affair.

Each spring since 1932 the annual conference has served as a time for exchanging ideas on outing club problems, the organizing of help for new clubs and the promotion of trips among clubs. Delegates have shared many experiences and gone home each time full of ideas for bigger and better outing clubs.

The second conference in 1933 was held at the Yale Engineering Camp and was sponsored by the Y. O. C. The I. O. C. A. Bulletin was evolved at this conference. In 1934 the University of New Hampshire played host at West Swanzy, N. H. Middlebury conducted the '35 meeting at Breadloaf Camp in Vermont. Smith was the first girls' college to have charge of the annual conference and the '36 gathering was held at Newfound Lake, N. H. It was at this time that the Alumni group organized. Not to be outdone by the Northampton girls, Vassar undertook the '37 conference which was held at Great Barrington, Mass. Mount Holyoke led the '38 conference at Westminster, N. H., and in 1939 Radcliffe made its debut at Beach Pond, R. I. The University of New Hampshire came back for a second time to conduct the 1940 conference at Allentown, N. H., where the I. O. C. A. Newsletter was inaugurated. Vassar's second opportunity came the following year at Lake Richmond near Pittsfield, Mass. The Moosilauke Ravine Camp was the site of the '42 conference sponsored by Dartmouth. The '43 conference was beset with pessimism and in Smith's Field House the delegates voted to disband for the duration. The conference had only been adjourned a few months, however, when the lights began to flicker again in certain clubs who refused to say die. By early Spring of the next year the agitation for reorganization was so great that a Dartmouth-Smith group went to work and organized the '44 conference, most of the details of which were ironed out over coffee and rolls in the Hanover Inn Coffee Shop by a group of V-12 "mountain sailors" and one civilian. The conference was held at the Smith Field House again because of its central location. The Executive Secretary's functions were restored, and capable Jean "Preb" Preble of Wellesley was elected to fill that capacity. Radcliffe was host at the 1945 conference held at Cedar Hill, Waltham, Mass. Smith came back again the following year and ran the '46 meeting at Northampton. At this time it was decided to no longer mimeograph The I. O. C. A. Bulletin but to print it. The necessary revenue was to come from advertising and the sale of the copies printed. Heretofore, only enough Bul-

letins had been run off to supply each member club with several for file and information purposes; the 1946 decision was made to enable individual club members to obtain copies. Spring 1947 saw the club delegates gathered at Middlebury's summer camp near Breadloaf, Vermont. The next year Dartmouth returned the conference to its orginal location, the Moosilauke Ravine Camp. The 1949 conference was sponsored by Mt. Holyoke and held at the Yale Engineering Camp. Due to the lack of sufficient interest among individual club members the printing of The Bulletin was voted to be dropped at this meeting. Two very excellent 80 page issues had been put out by Rensselaer and M. I. T., but since their publication entailed expenditures of $1000 each with a great deal of subsequent pressure required to sell them, the delegates voted to discontinue it. Since nobody was in favor of the old Bulletin, it was furthermore decided to forget the Bulletin altogether. Editorial efforts for the next year were invested in an I. O. C. A. Handbook, the need for which had long existed.

The first I. O. C. A. Conference and all the many that have followed have had a profound effect on the colleges in the Northeast. A large number of new outing clubs have been started, old ones revitalized, and more and more people enabled to enjoy all that outing clubs and the I. O. C. A. stand for. Last, but certainly not least, have come the lasting friendships formed among I. O. C. A.'ers. Time has proved that these undergraduate friendships and interests have persisted long after graduation. As participation in similar activities joins new graduates with hoary veterans of the earlier conferences, it's the I. O. C. A. spirit that counts, and "on the hay or on the floor, there's always room for more -- I. O. C. A.'ers."

Robert Woodbury, Rensselaer Outing Club

Brief I. O. C. A. History 1950-'54

I. O. C. A. history since 1950 has been largely a story of stabilization. After the war a large surge of expansion had been experienced, and in 1950 it was expected by some that I. O. C. A. would expand and become nation-wide. With this expectation, organization proposals were put forth which would have created regional I. O. C. A.'s, each acting as a separate body, with contact at the top levels. A constitution and paid executive secretary were also proposed.

None of these expectations really materialized. Since 1950 the post-war surge has tapered off. I. O. C. A. membership has remained fairly constant in number of clubs, with perhaps a slight rise. The expected nationwide spread has, for the most part, not taken place.

Mid-West I. O. C. A. (or Mid-West College Outing Association) has shown spasmodic signs of life, as when Purdue attended 1951 College Week. Currently there are efforts being made to revive it at Wisconsin, where a strong outing club, the Wisconsin Hoofers, exists.

I. O. C. A. has expanded southward, and clubs in this region are members of I. O. C. A. proper. At this time we have contact with a number of southern schools in Virginia, North Carolina, Maryland, though our only active member clubs south of the Mason-Dixon Line are the University of Virginia and Goucher.

The only other regional change is the existence of a greater number of clubs in New York State than ever before, particularly in the Finger Lakes region.

1950 I. O. C. A. Conference was held at Bear Brook State Park, Allenstown, N. H., sponsored by the University of New Hampshire. Two committees were set up. The Education Policies Committee was to study the idea of an I. O. C. A. "Creed." The Conservation Committee was to supply letters and articles on conservation, and advise I. O. C. A.

Tai Gardinier of Vassar was elected executive secretary to succeed Bob Woodbury R. P. I., and Franz Mohling, R. P. I. was elected 1950 College Week chairman, succeeding Ernie Anderson of Amherst.

Along about this time, mention of the traditional Fall R. P. I. Lake George weekend is first found in the records.

1951 I. O. C. A. Conference was again at Bear Brook, sponsored this time by R. P. I. The committees set up the previous year, with members from several clubs, proved unworkable. There have been none since.

Much discussion took place on the idea of an I. O. C. A. "Creed". Clubbers Bill Bardsley and Ray Freeman of Princeton and Tom Weilopp of Cornell worked Saturday night to produce what is now our official Statement of Principles. It was not approved at the time, however, and in order to give others a chance to present their ideas, decision was postponed a year.

Blondie Neuhaus, of Cornell was elected executive secretary and Dick Maise, Amherst, College Week chairman.

In October 1950, there was a serious storm in the northeast, which hit the Adirondacks

particularly hard. Dick Maise, in planning 1951 College Week, suddenly discovered he had no place to hold it. Colden was closed because of the large number of trees blown down and the resultant fire hazard. Faced with the need for immediate action, he moved it to Mt. Katahdin in Maine, at the Katahdin Stream campground. This had some drawbacks, for cars could be driven there, and much of the crowd migrated to Chimney Pond, on the other side of the mountain. For once, College Week was blessed with generally good weather.

1952 I. O. C. A. Conference was at Danby, New York, sponsored by Cornell. This was the first time it had been held outside of New England. The most notable action taken was the formal adoption of I. O. C. A.'s first formal document of any kind - our Statement of Principles, written at the previous conference, and slightly revised. (One other notable contribution had been made- "This Is Us" by Sandy Rosebrook of Syracuse.) The Statement of Principles was adopted over considerable opposition because of the need for a definite statement to show college authorities.

Dugie Dugan of Vassar was elected executive secretary. In a surprise move, Chimney Pond at Katahdin was selected for College Week. Rupe Amaun of Maine was subsequently elected chairman. Another surprise was the selection of the University of Pennsylvania as next conference sponsor.

College Week at Chimney Pond was a great success, the number attending being only slightly below the number usually at Colden, in spite of the greater distance.

Penn. held the 1953 Conference near Philadelphia, and things rolled on pretty much as before. The University of New Hampshire was chosen as next conference sponsor, and College Week was returned to Lake Colden, in the Adirondacks. Sandy Dewey of Pennsylvania was elected executive secretary, and Doug Rankin of Colgate, college week chairman.

College week's 1953 return to Colden was in the best tradition. It rained!!

As this is written, clubbers are looking forward to a return to the Bear Brook conference site.

No great changes appear to be in store for I. O. C. A. at this time. The current situation seems stable, with most individual clubs experiencing cycles of activity, and these cycles averaging out in I. O. C. A. The amount of activity would seem to be a direct function of the active, interested leadership.

One of the most striking things about I. O. C. A. is how little we really change. In 1954 we are doing the same things, having the same problems, talking over the same matters at conference, and forming the same sort of friendships as ever. I. O. C. A. spirit still counts, and "On the hay or on the floor, there's always room for more -- I. O. C. A.'ers!!! "

March 12, 1954
Walt Dunlap, Cornell Outing Club

Why Conference Anyway?

Conference serves many functions.

1. The executive secretary is elected after nomination and discussion from the floor. If you have a potential exec-sec in your club, bring him along. There is always room for one more.

2. Elections for the College Week Chairman are also run at this time. Dates (and place) for College Week are set. It is for the benefit of the College Week Chairman that the conference must be held this early in the year. It is a terrific job getting the stuff out to colleges before the end of the year.

3. Policies for the next year, finances, and general suggestions are heard for the more efficient running of I. O. C. A.

4. Perhaps the most important of all are the discussions that are run in between the general meetings. The problems of running outing clubs are discussed. This is the time when the old established clubs are often a great help to the newer clubs with ideas for solutions. Often they pick up ideas too. No matter how long a club has been in existence it appears that there are always the same problems encountered -- finances, publicity, transportation, dead wood in the club. If you have any particular problems that you think would be good to hash, send them to the chairman as soon as you can.

5. Finally, the site for the next conference is selected. This means that those colleges who would like to hold it offer, and it is decided at the final meeting who will have the responsibility. If you think your club might do it for next year, look into it and let's hear from you at conference. It is a lot of work, but it is vital to I. O. C. A. and can do a lot to get people working in your club.

Tai Gardinier,
Vassar Outing Club

Of what value is I. O. C. A.?

It seems to me that many clubs join I. O. C. A., pay the dues, and then never do anything. The question then arises, "Of what value is I. O. C. A. to us?"

Aside from the practical benefits, such as exchanges of ideas, techniques, etc., I. O. C. A.'s chief value is its promotion of intercollegiate activity. Here is a chance to meet people with common interests and ideals from other schools. Here you may well form some of the most enriching associations of your life. Here is your opportunity to get into the outdoors with a wider circle of friends.

In this connection, a club gets out of I. O. C. A. only what it puts into it. If you participate in things, and approach trips with enthusiasm high, you're bound to get a lot out of it. Take full advantage of your opportunities to go on I. O. C. A. trips, and cook up some of your own. Pretty soon you'll begin to see why we're so gung-ho about the thing.

It's a hard thing to explain, this I. O. C. A. In my own case, it took me a couple of years to really appreciate it, and my ideas are still developing.

My enthusiasm for intercollegiate participation was first kindled at Cornell's Danby Weekends. It received its biggest impetus at my first I. O. C. A. Conference. I can't recall anything that ever fired me up more. I had the time of my life, and learned a great deal about outing club operation and philosophy in the bargain.

The catalyst that makes the I. O. C. A. reaction what it is, is that elusive thing known as I. O. C. A. Spirit. It defies reduction to words. I can tell you, though, where to find it.

At few times or places is I. O. C. A. spirit higher or more contagious than at Spring Conference. This makes it a must for all clubs -- new ones especially. Here your enthusiasm will be fired, and you'll get an idea of what I. O. C. A. is and can be. You'll learn much about the operation of your own club, and you'll make plans to go to College Week in September, before school opens. (That week in the mountains with the gang is a never-to-be forgotten experience -- just the thing before starting school.)

If you've never been to conference before, don't let the name fool you. It's like no conference you've ever seen. You'll talk informally with clubbers from other schools with similar problems. You'll exchange ideas and philosophies.

Primarily, the function of the conference is I. O. C. A. business. But this is an I. O. C. A. weekend, and we'll hike, sing, square dance, and generally enjoy ourselves.

Therefore, I would recommend this to all prospective and new and struggling clubs: Try if at all possible, to send some of your members to conference. They'll come home loaded with ideas and enthusiasm. Come and see!

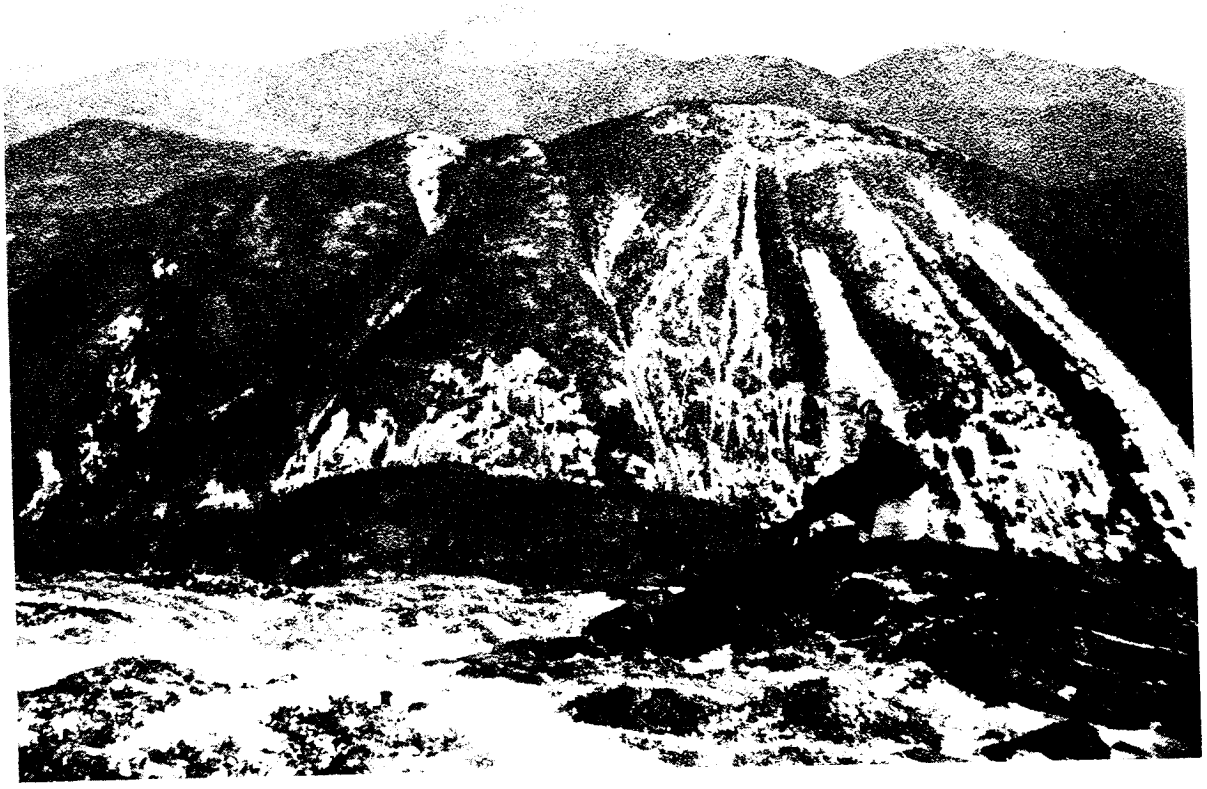
Walter Dunlap, Cornell Outing Club

Whence the Yell?

"Kaooooooooo-OOOO-OO-OO-OOO", tumbles the mighty blast precipitiously down Colden Slide, halting its faltering flight with a faint "wah" far below as it plunges into Avalanche Lake. Though Rip-Van-Winklish Cliff across the pond may be too listless to toss back the echo, yet the challenge is taken up. Behold the pack-draped mountain balanced on the logs where the sharp shoulder of Avalanche hummock shrugs the trail onto the lake! Booming up from the rocky sounding board, a "Kac-Doo-OO-oo-oo . . . Wah" is hurled with a colloquial defiance that only the vastness can smother.

Alas, your Executive Secretary (nefarious fomenter of the abhorred efficiency) has decreed a laboratory investigation of the untamed yell and -- with most devastating implications -- a scrutiny of its pedigree! Obedient to the snap of Howie's whip, we have chased the elusive echo o'er mountain and vale past the dawn of I. O. C. A. history, following a wrong scent or two on the search.

For instance, there was the potent -- though synthetic -- aroma emanating from the Y. O. C. shelter in the erstwhile Yale Forest in Union Connecticut. A lyric tale it was, of stalwart Blue Shirts who hewed a lean-to from the giant trunks, but from the sonorous slumbers of their first encampment in that wild spot were roused by weird cries protesting invasion of its domain. Yale's current Nature Bug assured us it must have been a monster owl, since the shelter name, "Kac-Koo-Gar", most closely simulates old Bobo's cry. But fancy and fact can share no common ground, so back we trekked along the trail. Yes, the blue shirted veterans testified, the shelter bore such a name, and a mighty animal had startled the weary axeman into shuddering



consciousness. In the pine-filtered moonlight a glimpse of his form so immense that it could have been no less a cat than a COUGAR (N. B. also termed panthers in the west where they actually exist.)

But our goose was not wholly wild, or cooked, for the genealogy of the shelter name showed only the tail half of "Kac-Koo-Gar" to be mythical cat, the other half the Club's own yell. And whence this yell? We hesitate at making the revelation, but not so Ned Greist, chuckling with the unwinding of his yarn. Way back when Ned and the Y. O. C. were both very young, and the unhatched I. O. C. A. didn't even rate an incubator, a certain Mt. Carmel (Conn.) scout troop was prone to despatch the long December afternoons with rambunctious peanut hunts. Each team's members could discover but not pounce upon the nuts, while the cpatain could only gather them when called to the scene of combat by his crew. To bring their captains running, the groups each had distinctive yells, but Ned's Cuckoos found their "Koo-Koo" cry so penetrating that they invariably won. With this stamp of approval on it, the yell found its way into the Y. O. C. about 1929, where greater age and dignity transformed it to "Kaaa-Kooo", camouflaging its origin, though the change doubtless was purely to extend its carrying power.

As mongrels can survive the roughest treatment, so we discover that about the time of the I. O. C. A. founding a hybridization of yells occurred which is directly responsible for the vigorous variants lustily tossed to the winds wherever the paths of Outing Clubbers cross. To an early joint trip high in the Presidentials, the Blue brought their "Kaa-Koo", the Green their "KooooooOOO-wah". And in fitting compromise Yale wound its homeward way equipped with a "Kac-Koooooo-wah", still extant (and fast headed now on a feminine tangent at the hands of tiny Polly Greist, mascot of the Alum Thanksgiving Gorge-fest during both of her two years).

Dartmouth let amendment by addition of a vowel suffice. The current "CaooOO-wah" was already an established rite of the Cabin and Trail initiation ceremony when your scribe was a neophyte.

Authoritative word on the Green branch of the family tree comes from Dan Hatch, longtime D. O. C. mainstay, whose testimony is filed verbatim: "The yell, I believe, springs from usage by the Mossilauke Summit Crow. As you know the members of the mountain-top clan always have considered themselves the fount and source of all good things!" (N. B. Including, history may perhaps disclose, the I. O. C. A.)

"In your research you may have discovered this yell closely resembles the 'Australian Bushman's Yell' -- its high pitch and superb tonal vibration being designed to carry the sound over the space and distances of the continent 'downunder!'"

I first heard this yell at Lac Marois, Province of Quebec in Canada -- a summer resort -- it was used by the young folks there, and was introduced there (according to report) from the Australian version by some well-traveled soul."

"My Freshman year I worked on Moosilauke with Ken Sullivan and (if the mists of memory are not too cloudy,) think I won them over to using it as a yell to blow off animal energy. (They already had an inferior one-tonsil yell at the time, I think)."

"Now the above may be all haywire. Maybe they used a similar yell on the mountain prior to 1925. Ken Sullivan could tell you."

"I'm certain of at least this much: The club picked it up from C. & T. got it from the mountain crew. Just when the mountain crew began to yell the Lord only knows, I guess they were born yelling. But I think that the introduction of the fine(?) tonal qualities of the Australian Bushman's yell, as above, marked a definite improving step in the evolution of this particular form of self-expression!"

"As a matter of fact, I expect that all folks close to the soil with a little space around them have experimented with yells in about that one range. It's tops for calling hogs, children, ghosts, snipe, and what have you!"

"KoooOOOOO-Waah! Dan'l" (End of quote).

On receipt of the foregoing the prosecution almost rested, but inquiries to the aforementioned Mr. Sullivan, while substantiating the South Sea origin, raised some likelihood that a similar vocal outburst had been a prevalent ailment among mountain-bitten Outing Clubbers ever since the return of a seafaring member in about 1913. Fred Harris, Club Founder, vouched that the yell was not perpetrated by those who launched the Club in 1909. Little by little this Bushman infiltration must have progressed till it crescendoed in Dan's magnificent tenor (matched in recent years only by Rocky Rockwell) which present lung-stretchers may well seek to emulate.

And in finale we may give thanks that the foster-products of Australian Bushdom and Carmel Peanut Huntship will ever retain the unique individuality of utterance and spelling guaranteed by their bizarre ancestry--all subsequent efforts at standardization notwithstanding! Typical of what we deem laudable in the I. O. C. A. tradition is the example of those iconoclastic older Yales --the renowned Page-Ris-Greist triumvirate--who early began post-scripting an array of "kahs" and "koos" as Morse code signatures to their forest-shaking endeavors.

Howard Hunter, Dartmouth Outing Club

Letter from Elly Jump - 1934

I have accepted your editor's kind permission to write down a few opinions on the I. O. C. A. in general and this College Week idea in particular as they appear to one of the "oldest living I. O. C. A. alumni." I hope my reminiscent urges will not overcome me.

In the first place, I am very gratified at the surprising spread of this I. O. C. A. idea in the past two years. Those of us who argued so vigorously about what the future might offer to such a movement when we were meeting on Moosilauke in May, 1932, felt that the idea would take hold, but I doubt if any of us suspected that it would spread so rapidly from the very start. If this is the way we are going after two years, every man's guess is as good as his neighbor's concerning what the I. O. C. A. will be like after ten years.

A particularly worthwhile development of the I. O. C. A. is the activity of the Alumni-ae chapter under the able direction of Cut Cutler of Vassar. She is making a perfect alumni-ae secretary. Any day I expect to be asked very sweetly to do my bit for the I. O. C. A. alumni-ae fund. Such seems to be an inevitable duty of all alumni secretaries.

But to return from these ramblings, the most significant aspect of our present I. O. C. A. is the College Week tradition. My files show me that two years ago the cumulative total at College Week was thirty-one. I don't know what the corresponding figure would be this year, but judging from reports, wild and otherwise, which flew up to my perch at "the Lakes" this summer, the

total for the whole week must have been over fifty, exclusive of the poor "goofers" who found themselves willy-nilly members of the third annual College Week on that never-to-be-forgotten Saturday night, September 8, A. D. 1934. When we decided upon the Great Gulf for the First College Week and made our tentative plans we expected from ten to thirty people, perhaps. With such a group the facilities there in the Gulf would suffice, and a state of delightful disorganization would serve the purpose of everyone very well. But a gang of fifty! Disorganization under such conditions is not delightful; it is anarchy and risky. Neither you experienced climbers nor you novices on your first College Week will be eager to join the bunch another year if you anticipate a similar confusion in food, or a jam in sleeping quarters. A group of Senior members of College Week happened to be at the Lake one night this fall and discussed the situation with a view to agreeing upon a few suggestions before the next conference met when the next College Week would be launched. The impression was general among these that the first part of this College Week was a memorable experience which should not be repeated if it could be avoided. Much as informality is desired in this program, if College Week in the future is to have such large numbers gathering at one rendezvous, certain preparations will have to be made, as I know of no place where fifty people can suddenly gang together for several days of communal life without any system, unless you plan to charter Camp Devens next year. Very likely the confusion might have been lessened somewhat if the Dartmouth Outing Club had carried out its responsibility more efficiently and had diseminated information about amounts and kinds of food to be taken and had been able to foretell within 100% how many people might be expected on Saturday. I am sorry that this oversight on their part occurred. But notwithstanding the difference which a smaller surplus of food might have made, some definite preliminary steps should certainly be taken next year to make accommodations as satisfactory as possible for all participants.

Ellis B. Jump, Dartmouth Outing Club

Editors Note:

The previous article was written in 1934 by Ellis Jump, founder of I. O. C. A. at the request of the editor of the I. O. C. A. Bulletin.

Just recently I wrote to Elly to find out where he was after twenty years, in 1954, and what his impressions were now! I finally located him after chasing to the East Coast, to the West Coast, then back East again, across the Atlantic to Europe!

Continuing in his willingness to 'organize' and 'volunteer' for jobs himself, he is spending two years as a volunteer (from the Dental School at the University of Oregon) with the American Friends Service Committee (Quakers) working with refugees at Darmstadt, Germany.

21 December 1954

Dear Gunnar,

Your plans for the new edition of the I. O. C. A. Handbook sound highly interesting. Best wishes both for the publication and for the continued activity of I. O. C. A.

As for remarks on I. O. C. A. "twenty-two years after", I fear that I am a pretty shallow well for comments on this sort because I have been on the West Coast since '43 and away from the eastern mountains since '38. Distance and time have pretty well blunted my contacts with the development of this program and organization, though I have heard brief comments, perhaps in connection with D. O. C. news in the Dartmouth Alumni Magazine, which suggested that I. O. C. A. was still functioning and expanding its "territory."

In retrospect it does seem noteworthy that I. O. C. A. has continued to justify its existence as a non-competitive intercollegiate activity. In America the usual relationships between groups of students follow the pattern of team sports--winter carnivals to chess and golf. It seemed to us alumni and alumnae of the '30's that certain values in wider fellowship than one's own campus could be enjoyed in intercollegiate contacts which stressed a common interest and co-operative participation rather than the more usual friendly rivalry of competition. In western colleges outdoor sport groups are common, skiing clubs being the most frequent. Mountaineering naturally is pursued energetically by most of the student communities in California, Oregon and Washington, though already "specialization" has appeared, as it has back at Dartmouth. The mountaineering groups tend to be rather small, highly proficient, and go about their business with the consuming intensity of the ski-boys-and women--following the first snow-flurry in Thanksgiving week. I know of some intercollegiate climbs, etc. among nearby institutions, but to my knowledge nowhere else has the widespread fellowship between the students of many schools been developed as in the I. O. C. A.

I wish I. O. C. A. as active a future as it has enjoyed during the first twenty-odd years.

Cordially yours,
Ellis Jump, D. O. C. '32

Trips -- The Life of an Outing Club

If there are good trips, there will be a good club; the other parts of the organization are only convenient accessories to that end. Some trips require considerable planning and co-operation, so lay out a schedule and select your leaders well in advance. But don't make it impossible to run spur of the moment trips as well. Food should usually be procured before the trip, either from a store or through the dormitory or fraternity kitchen. You may spend the night at the cabin of your own or some other Outing Club, Forest Service shelters, or a youth hostel, if you observe their customs in spirit as well as in word. Allegheny Outing Club has been able to use an old CCC camp occasionally.

The leaders should come from the experienced part of the club, whether it is organized as such or not. They are responsible for making all the arrangements for a trip, including sign-up lists, transportation, food and lodging. If the leader has done his job well beforehand, most of his work will be over by the time the trip leaves, but he must still be able to answer questions, give first aid, watch for carelessness and overexertion, see that the campsite is clean--in short, he must be a real leader.

Some Outing Clubs run two or three trips a week-end, some only one a month. Some usually limit their trips to groups of a dozen or so; Middlebury has had over five hundred on one hiking trip. Here is a list of suggestions: FALL AND SPRING -- Hiking, camping, horseback riding, bicycle riding, canoeing, rock climbing, clam bake, sailing, hay ride, fishing, hunting, visits to points of interest, trail clearing, nature hikes, early spring sugaring off. WINTER -- Skiing, skating, sleigh rides, ski touring, novice ski instruction, horseback riding, snowshoeing, and nature trips.

The type and number of trips you run will be limited, of course, by the weather, the available country, lack of transportation, and the interests of your members. The best thing to do is to try to run a large variety of trips just to see which ones are the most fun. You'll want more of those, but don't get in a rut. The best spots for your trips will be found by trial and error, although neighboring clubs, the state conservation department, and the national forest service are good sources of information. Many clubs use some form of trip report to keep track of the activity of members and to help the next leader in planning his trips.

Frank McClintock, M. I. T. Outing Club

The Function of Trip Leaders

The purpose of the Outing Club is to provide students at Tech with the opportunity of enjoying outdoor activities. Practically all of these activities are of the excursion nature. Thus the club provides information and some equipment which enables students to make trips to the country.

Many people feel that more fun is to be had in making trips in groups; therefore, the club proposes trips and allows all interested people to join them. Obviously, if trips are planned and it is not known just who will finally make up the group, someone must be appointed to carry out any organizational details which must be attended to. Thus, the Trips Director appoints a trip leader whose duties will be outlined below. The trip leader should be a member of the club

who has had experience on trips similar to the one to be undertaken.

The club attempts to avoid strict rules as much as possible -- the basis of any rule adopted is common sense. All rules are used for good reason.

Anyone who goes on a club trip does so voluntarily and with the purpose of having a good time. However, the club has a moral obligation to do its best to prevent any member of the trip from being hurt or to cause himself to be hurt. Moreover, the people taking part in a trip should remember that they represent M. I. T. O. C. and should maintain its reputation in the eyes of outsiders.

If a person agrees to go on a trip with an Outing Club group, it follows that he will do what the group wishes to do and stay with the group until the trip has ended. The essence of outing club activities is group action for enjoyment.

When matters of route are under discussion, two cases must be considered. If it is merely a hike or bike tour or some trip in well-known country, the group should follow the route preferred by the majority of the people on the trip. If the group wishes to split, it may. On mountain trips or trips where difficult conditions and exposure are likely to be encountered, the final decision as regards route is to be made only by the trip leader, who must consider the advice of the most experienced members of the group and the capabilities of the hiker. If the group does break up, it must be only at the discretion of the leader, who must see that each party contains sensible and experienced people.

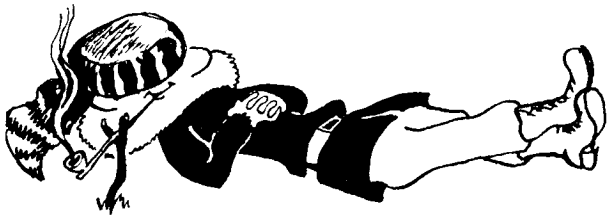
No matter what type the trip may be, no single member should be allowed to go off by himself or to fall behind and become separated from the group. The whereabouts of any member of a party should be known to the others at all times.

If a member of a trip exposes himself foolishly, or does not abide by the climbing rules, the trip leader must tell him to cease such activities.

If a person refuses to follow orders of the trip leader in regard to safety and adherence to public laws, the case will be considered at the earliest possible regular executive meeting. All parties concerned should be present. The individual may be reprimanded, or prevented from going on trips for a period of time.

As stated previously, all rules are based upon common sense and experience. All decisions should be viewed in this light.

M. I. T. Outing Club



Where do we go from here?

Or, Why Must OCers Succumb To The Same Pressures
Of Civilization as All The Normal People We Know?

A nineteenth century American naturalist once observed that a man comes to know himself in action, as does a nation. However, he went on to point out that " . . . the strength of men and nations is in their calm, sane, meditative moments." These are words that are worth thinking about for a little while.

Before this begins to sound like the New York Times, and before I am accused of advocating that OCers spend all their time contemplating their reflections in puddles of muddy water, let me briefly make my point. On about 99% of all OC trips nowadays, it appears that the chief objectives are to hike the longest possible distance in the shortest possible time, schuss the steepest slope as many times as possible before the tow stops, paddle fast enough to keep up with the motor boat across the lake, spend forty-eight hours a day tied in to a climbing rope, and get to the top of the nearest high mountain under the worst kind of weather conditions. (I think I've taken a crack at most everybody, including the moon-mountaineers.)

Now there can be no doubt that exercise is a fine thing and probably is the best kind of relief from the Exec-Sec's "salt mines." Howsoever, it can be overdone to the exclusion of other worthwhile enterprises. Most OC trips offer great opportunities for the study of birds, animals, trees, bushes, wild flowers, rocks, minerals, topographical conditions, etc. Admittedly there are a goodly number of OCers interested in and acquainted with many of the phases of this world around us, but most of us are almost completely ignorant about all of the above topics --

or at least it has always seemed to me that such was the case -- perhaps I'm wrong. And this is a sad state of affairs to be found among a group of outdoor clubs.

Clubbers, where is the rush? Why hurry so to get to the next shelter? Chances are it will still be there tomorrow. Take a little time to look at nature at work roundabout you -- and I don't just mean the chipmunk in your food bag. Maybe you find it hard to get interested, but a little reading beforehand would help loads in telling you what to look for, where to find it, and what it is.

At this point there probably arises the cry that all this takes time, that during the college years one wants to get around a bit, and that all this study business will come during the leisurely years after graduation. This sounds great, and is a sincere intention, but let us face the facts and admit that, as far as the outdoors is concerned, it's now or never for a large percentage of us. With the exception of those who can work some phase of the outdoors into their careers, OCers, like everyone else, will find a steady decline in the time available for their favorite recreation during the years after graduation, and to pass up the opportunity to study nature is to pass up the opportunity to study life as it was meant to be.

Slow down, look around, wipe a little of that all-conquering determination off your face to save for the classroom, and ask yourself what this durn mountain is doing here anyway. There is much it can tell.

Probably it should be here confessed that chances are that yours truly knows less about natural history and its related subjects than most of the people who will manage to wade through this invective. I'm just trying to encourage myself along with everybody else in the general direction of something constructive.

Bill Bardsley, Princeton Outing Club

How to run a trip

A Few Pointers For The Inexperienced

1. Decide where you are going, or upon the type of activity and pick an appropriate location.
2. Decide how you are going - truck, car, bike, foot, train, bus, thumb, etc. It is important to have appropriate transportation engaged as far in advance as possible.
3. Decide when you are going. Factors to consider are where and how, distance to travel, competing activities (in OC and on campus), how long it will take to get the trip planned and set up, how much time the major activities will take, how many people should come, etc.
4. Decide what you are going to do. Cook? Sing? Hike? Square dance? Fish? Ski? Clear trail? etc., etc. Then have a tentative schedule in mind.
5. Have a procedure in mind in case of inclement weather. Different activities? Cancel trip? etc. Those going on the trip should know this to avoid confusion at the last minute.
6. Decide how many can go. If an intercollegiate trip, the approximate number from each club. Include chaperones if necessary. Limitations include transportation, cabin capacity, cooking facilities, etc.
7. Get out appropriate publicity. A story in the "Student" if the affair is "big" enough to warrant it; advance mention in the "LOG" if possible. Posters and sign-up sheet (try to get a couple names on the sheet before it goes up). It never hurts to have the college know about a good trip, even if it is filled up. "Waiting lists" are sometimes a good idea -- - people sometimes drop out at the last minute.
8. What equipment and supplies are needed? Food, appropriate tools, axes, something to cook in and eat out of, light, maps, first aid (very advisable, especially far from civilization), etc. Who is going to get them and where? Those going on the trip should have suitable personal equipment -- witness young ladies showing up for a hike in high heels and silk stockings. Musicians can add a lot to most activities if they have their instruments.
9. Watch the sign-up sheet for probable jokers (Paul Bunyan, etc). If the trip requires a heavy financial commitment, it may be advisable to collect cold cash in advance -- this provides working capital and gives a pretty good idea who is actually coming. Ski trips particularly. Those signing up should know who to contact if they have to drop out.
10. Other details to consider in advance: Getting chaperones for night trips with girls' schools; setting a time and place to meet for the trip, working out a tentative cost per person in advance, etc. Also on joint trips carefully checking plans with the other club(s).
11. On the trip: See that things get and keep moving. This usually happens spontaneously; however, there shouldn't be people sitting around bored. Start them singing or something . . . See that people meet each other -- a round of introductions never hurt. On a long trip, a snack of some sort may hit the spot at a good viewpoint. Sometimes the timing should be carefully watched -- especially when girls have a deadline to make and when a hike should end up at a certain place at a certain time. See that the CHAPERONES are not left out of

things -- they should be made to feel at home. Experience has shown it good policy to follow the "unwritten" laws of I. O. C. A. -- no drinking or "coupling off". There should be as little organization as possible on the trip itself -- the trip should be as informal and friendly as possible.

12. After the trip: Settle all financial accounts promptly. Thank all who have lent their assistance in organizing and running the trip -- especially the Chaperones. Fill out a Trip Report sheet for the files; a write-up of the trip should be given to the editor of the "LOG". If you have any suggestions that might help the next leader of a trip such as yours, please jot them down on the trip report.
13. Commentary: Most trips will not require planning as rigorous as these "pointers" would seem to indicate. With experience, most of the important details will seem to take care of themselves automatically. Perhaps a good summary of these points can be given in the three words Care, Courtesy, and Common Sense.

Amherst Outing Club

Over the Falls in a Barrel
or
How to Organize an Outing

Have you ever wondered what the Niagara Falls looks like from the inside of a half-empty whiskey key? Maybe you've had a yearning to bathe in the Ganges. You'd have to be crazy to entertain such ideas -- but then, didn't you say you were a Hoofer?

The question is: How does an outing get started, and just how is it organized? First you start off with an IDEA. That's all it takes to start an outing -- really -- providing you can convince the outing chairman that the IDEA is practical and workable ("Ouch, you're breaking my arm -- yeah, yeah, it's a wonderful idea.") Next you have to create a little enthusiasm for the IDEA among your friends. Wait until the faithful clan is gathered in the Rat. Then you can make your announcement -- "Say gang -- don't you think it would be a fine idea if we went down and swam the Panama Canal next weekend?" After the tumultous applause has died down and toasts to your genius made all around, you can start making your plans.

As originator of the IDEA, you are ipso facto (whatever that means) the leader of the outing unless you can cleverly get somebody else to talk louder and faster than yourself. Let's assume that as soon as your faithful following perceive that you want them to share in the work, they clam up like clams. By their sullen and hurt expressions you can tell that they are thinking, "Well, it was your idea." Not wanting to feel like a heel (no pun intended) you decide to shoulder the responsibility yourself. This means, of course, that you draft volunteers to take care of advertising, transportation, equipment and food. This frees your mind for operative thinking.

Now the ponderous machinery of organizations has been set into motion. You can relax and let your loyal workers carry on. A sign-up sheet must be posted along with advertising posters giving all of the pertinent information. The food costs must be estimated and a deadline set for payments.

After the deadline, the food chairman has a chance to prove his mettle by ordering some real he-man outdoor food. Weenies and marshmallows? For sissies. Cold cuts and potato salad? Strictly for the birds. Try raw hamburger -- you can always barbeque it and still preserve the illusion of "Life in the great outdoors". For the really rugged we recommend some nice, crunchy grasshoppers. This rather esoteric dish is for the "Give me an axe and some salt and let me live in the woods" type . . . the modern Robinson Crusoe. Doesn't it sound appetizing? Well, tenderfoot, then why did you join the Hoofers?

So now dawns the big day and you are all set to take off. A bus or private cars usually furn-

ish the transportation. If this is an overnight trip, you, as the enterprising leader, have already bribed the chaperones, you clever rascal you. The equipment chairman customarily forgets the pots and pans. This turns out all right when it is discovered (fifteen miles out of town) that the food chairman left the meat up in the Green Room Icebox. "Say, about those grasshoppers . . ."

And thus it is that thirty-six hours later, our starving band of Hoofers returns, tired but happy. After turning in a report and the money, they go home, once again ready to face another week at school (maybe). And who knows? Possibly in the mind of one of these Hoofers is already dawning a new IDEA.

Jim Brown, University of Wisconsin Hoofers

Harvard Outing Club Trip Procedures

WHAT TO PUT ON A SIGN-UP LIST

1. Title of trip (e. g. Cape Ann-Gloucester Bike Trip).
2. Day(s) and date(s) of trip.
3. Meeting time and place.
4. Return time and place.
5. Transportation arrangements: (If cars are needed, make note of it.)
6. Girls' College that is going, if any.
7. Destination.
8. Activities included in the trip.
9. Clothing or special equipment necessary.
10. Box lunch, if one is to be taken.
11. Approximate cost, as itemized as possible.
12. Trip leader's name, address, and phone.
13. Reminder that information on the trip can be obtained from the office. (Lowell House, M-entry basement, 7-11 P. M. Mondays through Fridays, UN 4-3380).

NOTE: Some sort of simple design, picture, poster-lettering, etc., along with the sign-up list can often make or break a trip.

NOTE: Trip leaders are also asked to fill out the attached Trip Report Form and turn it in at the office after their trip.

TRIP REPORT

Date Report Is Turned In: Type of Trip:
Title of trip:
Day(s) and date(s):
Number of people on trip: Boys___ Girls___:
What Girls' College, if any:
Name, address, and phone number of girls' leader:
Transportation arrangements:
Destination:
Route to destination:
Route back:
Names, addresses, and phone numbers of any chaperones used:
Food arrangements:
Overnight arrangements:
Activities of the trip:
Cost per person (Itemize as nearly as possible):
Clothing and equipment of a special nature:
Interesting happenings on trip: (This is very important since it will be the main source of information for the Dopesheet. Also it will give future leaders an idea of what to expect -- idea is to let yourself go in this section).
Names, addresses, and phone numbers of contacts, if any, established during the planning and carrying out of the trip:
Suggestions that might help another leader of the same or similar trip:
Any pictures taken? If so, where can the Dopesheet get them?
Leader's name, address, and phone number:
Note of Explanation: Sorry to sound so regimental in this thing. Its purpose is to have helpful information on file for future trips and trip leaders, for the Dopesheet, and for H. O. C. members in the years to come.

H-A-R-V-A-R-D O-U-T-I-N-G C-L-U-B

Please Print _____ _____ _____
(name) (address) (phone)

In an effort to make the trips committee more effective than it has been, the "active" members of the outing club have decided to try this idea. Its purpose is twofold: (1) To have present "active" members take more interest in the participating members -- especially with the hope that this personal contact and questionnaire will uncover and bring in new "active" members, and (2) To give the trips committee and other club functions more to work with for finding trips leaders, etc.

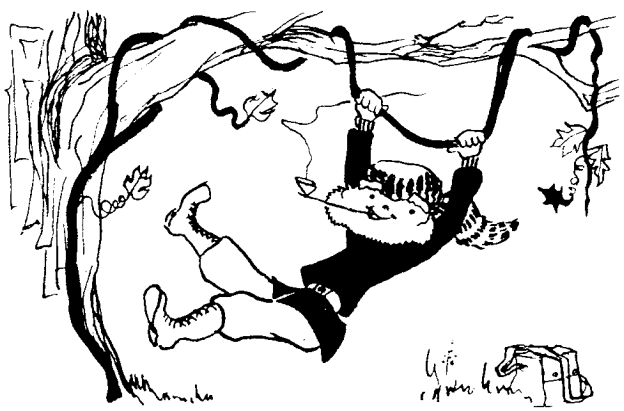
It is expected that you will fill out this questionnaire with care: otherwise it is of no value to the H. O. C.

Check (X) opposite each item.

T-R-I-P-S:	I'M INTERESTED		WOULD LIKE TO HELP ORGANIZE	WOULD LIKE TO LEAD
	Yes	No		
Day hiking trips, e. g. Blue Hills				
Long hiking trips (weekend)				
Day bike trips, e. g. Walden Pond				
Long bike trips, e. g. Martha's Vineyard				
Canoe trips, long or short				
Skating trips				
Square Dancing				
Spelunking trips, e. g. Twin Lakes, Salisbury, Conn.				
Rock Climbing trips				
Winter Camping trips, e. g. Mt. Washington				
Mountain climbing trips, e. g. White Mountains				
Winter (iceclimb)				
Summer (rockclimb)				
Skiing (short or long trips)				
Cabin trips (H. O. C. cabin, Mt. Monadnock, N. H.)				
building, improvement, trail clearing, etc.				
General camping, e. g. Blue Hills, Berkshires				
Sailing or schooner trips				
Fishing trips, e. g. Annual Trout Derby at Amherst				
Harvard to Wellesley Annual Bike Race				
Hayrides				
Sleighrides				
Clambakes				
Annual Spring Picnic				

C-L-U-B A-C-T-I-V-I-T-I-E-S

OFFICE STAFF	Interested in helping out in office, e. g., map file.	Would be glad to take a 2 hour office shift.	Interested in organizing & heading O. S.
DOPESHEET (WRITING)	Interested in writing trips reports.	Interested in writing up trips schedule.	Interested in organizing and or heading D. S.
DOPESHEET (DISTRIBUTION)	Glad to help once in a while	Regularly No	Interested in organizing or head.
What House or Halls			
STOREROOM (Upkeep of skis, buying of new supplies, etc.)			
Secretarial Work			
Map Mounting			
Special Skills:			



Transportation - The Great Bugaboo!

Many's the Outing Club trip which has folded because the back end of Walt's car fell out or because a thoughtless prof announced an exam for 8:00A. M. Monday morning!!

The easiest and least reliable solution to the transportation problem is for club members to use their own cars. The riders commonly share costs by paying some fee -- the recommended standard at Cornell is 1.5 ¢ per mile per person.

A number of Outing Clubs use hearses for transportation. Though the idea seems surprising at first, the vehicle proves a very useful type of transportation. They sell at low prices; after the rollers are covered over with a mattress or two it holds an unlimited number of people plus equipment. On the other hand, parts are scarce; hearses are rather expensive to maintain due to such items as forty-dollar tires.

Some of these hearses are privately owned (MITOC). We mention names here so that the particular clubs can be contacted for further information. Colgate Outing Club rolls -- I mean owns -- their own. They bought it with a grant from a faculty-student committee. Insurance comes through the University's group vehicle policy, but the Club reimburses the University for the amount paid. To pay for upkeep and expenses the passengers pay a total of 8¢ per mile.

The New Hampshire O. C. owns two carryalls which the club bought with several years' profits from their Winter Carnival. This vehicle seems more practical than a hearse; built on a truck chassis, it is rugged and has less upkeep expense. The club has insured its truck, under the Assigned Risk Plan. It approves ten drivers, whom it chooses by tests.

Most girls' college Outing Clubs rely on the local male counterparts for transportation. A notable exception is Mount Holyoke O. C., which owns a station wagon. The club complies with an infinite number of college regulations and restrictions on training, drivers, etc., but at least they get places.

Occasionally rented cars are used, but they are expensive. Standard charges (May 1954) are $8 per day plus 6¢ a mile. Busses can be chartered for large trips. Some colleges permit Outing Club use of college-owned vehicles.

The final word -- if all else fails, try hitchhiking.

Hugh E. Kingery,
Cornell Outing Club

Hints from 1877

Reading over John Gould's book on camping (Published 1877), we came across several hints which might prove helpful to you OCers.

1. Do not put your tent near the road, as it frightens the horses.
2. For carrying your baggage, you will perhaps prefer a knapsack, though many old soldiers are not partial to that article.
3. A haversack is almost indispensible on all pedestrian tours.
4. I once heard of two fellows who, to avoid buying and carrying a tent, slept on haymows, usually without permission. It looks to me as if those young men were candidates for the penitentiary. If you cannot travel honorably, and without begging, I should advise you to stay at home. (Shades of a ski bum!)
5. Loose woolen shirts, of dark colors and with flowing collars, will probably be the proper thing.
6. Camping offers a fine opportunity to wear out old clothes and to throw them away when you have done with them. You can send home by mail or express your soiled underclothes that are too good to lose or to be washed by your unskilled hands.
7. Let each comrade finish his morning nap. It is cruel to rob a friend of what is almost his life and health.
8. Do not be saucy with the farmers or treat them as country "greenhorns."

What's wrong with Hiking?

We have trouble in America today finding many people who walk for the sake of walking -- or even for the sake of getting some place. The nation's population at large is much more inclined to use the automobile than the feet to cover any distance greater than a medium sized city block.

Among outing clubbers, interest in walking seems to wane when competing with the wild enthusiasms roused by what might be called "thrill" activities. Rock climbing, spelunking, white water canoeing, winter mountaineering and skiing all are to be classified as such. Prob-

ably, however, this should not be set up as a new tendency, for, drawn by their own youthful vigor, outing clubbers and their forebears likely indulged regularly in the faster or more challenging sports even in the prehistoric days before World War II.

Nevertheless, the activity of walking, better called hiking, will long remain a standard Outing Club schedule-filler. There is a simple reason for this. Hiking can be done anywhere. A club needs no cliff, cave, fast river, icy mountain or snow-covered slope to have a successful hike.

Certainly the good forest path, ridge trail, canal tow-path or grass centered country road help make a walk worthwhile. Notable destinations such as mountain tops, valley overlooks, hidden lakes, ancient cemeteries, secluded clearings, ravines, and waterfalls likewise contribute to the reward.

None of these are absolutely essential to a good hike, however. Given a few enthusiastic members and an unpaved path, an urban college outing club can sponsor a successful hiking trip in a city park with nothing more than a picnic on a duck pond at the end of the trail. Among the traditional outing club activities, only calm water canoeing, singing and square dancing can be ranked as competitors to hiking in the possiability of their being scheduled almost any place almost any time.

This then is the great strength of the activity for outing clubs. Any one of them can run a hike without traveling far from its campus. This type of local activity turns out many students with a few hours, but not an entire week-end, to devote to finding out what an outing club is all about. From such large localized gatherings, the potential all-enthused outing clubbers soon emerge to add themselves to the core of members ready to go anywhere, any time, to engage in any sort of fantastic activity.

Also, it should be noted that no special equipment is needed for hiking, other than some kind of comfortable, sturdy shoes, boots or sneakers. Consequently, the newcomer to an outing club with hiking on its program is not discouraged by a lack of any alternative to activities involving considerable expense.

This is not to say that rewards are not found in hiking itself. He who has walked twenty-five miles or more in a day in flat country, or fifteen, and even ten, on mountain trails, knows that the physical reward -- and similarly the punishment -- is comparable to that gained in activities more strenuous for shorter periods but not less demanding of effort, condition and rhythm in the long run.

Moreover, hiking presents its adherents with a better opportunity to inspect the great outdoors than any other activity. It is fast enough to cover large areas, yet slow enough to permit examination of nature's smallest details. The cyclist will pedal by many of the latter. The canoeist spends much time in the middle of lakes and rivers, thereby missing much on land. The rock climber and the spelunker see much detail but mostly on the sides of verticle rocks and mud-covered passageways. The view of most skiers is confined to the downhill slope and the uphill tow-line. The walker has the opportunity to see all -- though it is true he often misses much himself.

It is normal, therefore, that some members wish to maintain hiking as a specific outing club activity rather than just promotional undertaking. Among these pedestrains, the activity usually takes the form of a walk to a mountain top, if one is located within reasonable distance. Others among the aforementioned destinations are likely to be substituted when high elevations are unavailable.

This is not the place to present a guide to trails methods or equipment for hiking. The various state and local recreation, conservation or park departments, as well as mountain, trail,

hiking or outdoor clubs, all can supply a wealth of material about where to hike. Numerous books on woodcraft and camping provide information on efficient manners of walking and proper clothing and footwear.

It is almost needless to say that one's own experiences and prejudices, knowledge of the ground to be covered, and cognizance and recognition of the local weather conditions are more important than any prescribed rules, so long as one is aware of the basic principles of preparation and safety. The latter should be observed by all responsible outing clubs in all their activities.

Virtually all colleges in the Northeast, Middle Atlantic States and Southeast, the regions where the Intercollegiate Outing Club Association thrives at this date, are within, at most, a few hour's drive of New York State's Adirondacks or of the Appalachian Trail and the numerous mountain ranges and ridges over which it passes from Maine to Georgia. Detailed information about trails throughout these eastern uplands is available from the Adirondack Mountain Club, 54 Lenox Ave., Albany, New York; the Appalachian Mountain Club, 5 Joy Street, Boston 8, Massachusetts, and the Appalachian Trail Conference, 1916 Sunderland Pl., N. W., Washington, D. C. United States Geological Survey topographic maps, though sometimes inaccurate in detail and often out of date in trail markings, also will prove invaluable once the prospective hiker has a definite area in mind. These are available from the Interior Department in Washington and numerous book and stationery stores about the country.

The above is not meant to imply that an Outing Club cannot survive if remote in location from mountains or hills. While most clubs tend to form where there are such obvious invitations to outdoor recreation, certain of the eastern clubs manage to prosper while making but rare ventures into the hills, and similar organizations have grown successfully in flatter parts of the country.

A hike can be worthwhile wherever it goes. Good companionship and good exercise add up to good times no matter what the environment. And good times are among the prime factors which build up good Outing Clubs.

William A. Bardsley, Princeton Outing Club

When do we Eat?

This oft-repeated phrase is one that all OCers and campers react to spontaneously. There is a universal appeal in the fire blackened pots and pans hung over a fire, a reflector oven facing a baking fire, and the aromas of coffee and bacon frying.

Whether it be late afternoon of a wet miserable day on the canoe trail or dawn in a mountain shelter with the temperature below the zero mark, food renews the spirits and helps one to face the problems ahead -- that is, if you've got food!

When the planning for any type of activity or trip is begun, among the first concerns are what, when, and how do we eat. The care with which plans are made for typical Outing Club trips can make the affair a howling success or result in howling Ocers. There's little or no excuse for mismanaged meals and faulty planning, nor should every meal be "glopp"! The persons in charge of food will need to consider: number of persons going, number of meals to plan on, types of food to use, availability of firewood and water, and equipment to bring.

After consultation with the group on desirable foods, the grub man will prepare his menus, food lists, and equipment needs. His menus will help keep the meals balanced throughout the trip. They will assist him in his packing plans, too. With an eye to conservation of space and weight, he'll utilize dehydrated materials as much as possible and pack carefully to avoid damaging any of the food carried. For the most part he'll try to avoid glass jars (using metal or plastic containers whenever possible). The food packs need to be equalized in weight and should be so arranged that the grub man knows the location of each meal. For the most part, the packs should be loaded with the food to be eaten last in the bottom, with the first meals at the top. It should not be necessary to paw through every pack looking for an item!

Experimentation with foods should be done at home, not on the trail -- unless you have time, food and patience to spare. Try out the unusual recipes, know the method of preparation of the dehydrated foods in advance, see whether the quantity is correct for your group.

There are literally scores of good books on outdoor meals and meal preparation. You should get a couple of them for your Outing Club library and refer to them. (See the Bibliography for hints on this.)

Regarding equipment, you'll have to do some careful planning here to be certain that you have enough to do the job and not so much that you'll be loaded down unnecessarily. Nested cooking utensils (for 4) can be obtained, and larger nested kettles are also available. A suggested list of supplies for a group of ten might include:

Hand axe or saw
Small shovel
Water-proofed matches
First Aid kit
Halazone tablets
6, 8, 10 quart kettles
2 paring knives
1 sharp butcher knife
2 case knives
1 can opener
2 long handled spoons
2 10" frying pans
Reflector oven
1 long fork
10 cups
Plates, forks, spoons

(Eating utensils of tin, enamel or plastic are preferred. Aluminum holds the heat so long it's uncomfortable.)

In addition, you'll want:

Brown soap
Steel wool
Dish mop
Paper towels

After a few trips, the grub man and the crew can determine the kinds of items they prefer to work with. Some folks swear by a small grill. They say it speeds up their cooking chores. Others always have an asbestos glove, ready-made pot hooks, wire, twine, etc., to make the cooking job an easy one.

On the trail, many OCers prefer to munch-lunch -- chocolate, cheese, salami, raisins, maple sugar, rye krisp, tinned sardines, with a cup of tea. The preparation is done in advance, portions are divided, and it's a simple, easy operation. Breakfasts and dinners should be at the camp site, with careful attention given to preparation. Division of labor in advance is necessary. The assignment to responsibilities for fires and cooking, cleanup, bedding down, etc., is a must so that the jobs are equalized and shared by all.

The camp site cleanup crew should burn all garbage, tins, refuse, and then bury the residue, completely douse the fire, and leave the campsite better than they found it. With our concern for conservation, and with an eye to the future use of the same sites, there is no excuse for sloppy woods keeping. Careful consideration should be given to the final cleanup and storage of all food and cooking equipment at the completion of a trip.

Packbaskets, Packs and Packboards

Practically everyone who has done any hiking and who has carried loads from ten pounds to infinity on his back enough miles to get used to it, has his own ideas of what the best general carrying outfit is. There is no best outfit which will fit all types of use, but for each individual there usually is one which best serves his general purposes and so it is on general use that this discussion is based.

There are many considerations in choosing an outfit, the most important of which is: Will it do the job for which it is intended, or will it fall apart after only a few miles of service? Always choose equipment with an eye to workmanship, strength of materials, and comfort. Will the load, whether heavy or light, be carried in the most comfortable position possible? Will it hang correctly? Will the load be distributed in the most efficient way on the body? Some people seem to enjoy walking along a trail with their nose trailing the ground like a bloodhound, and still others don't seem to mind staggering along with their head thrust forward and their weight far out behind, like a turtle balancing on the rear flippers, but most of us like the easy life, and feel that a comfortable pack is something of a blessing.

First, in choosing a pack determine the pressure points of the outfit. Does it look as if it might leave a brace of callouses and tender places after a few miles of carrying? If it does, look at something else. Padding doesn't cure the essential difficulty of poorly distributed weight. Consider whether the pack might roll or shift, cut off circulation or hinder breathing. Will it be easy to get on and off, easy to pack and how much room will it take up when empty?

Of the general types of packing outfits the first considered will be the pack basket, commonly known as the Adirondack Pack Basket. This type of pack is widely used mainly because it

will carry heavy loads comfortably and is inexpensive. It is constructed like a basket, of tightly woven thin wood stripping, is rectangular in general shape and tapers slightly at the top to form an oval opening. Shoulder straps are fastened to a strip of canvas webbing which encircles the pack just below the finishing ring of the oval opening. At the bottom they pass under the flat bottom of the basket and come up the back of the basket where they are again fastened, this time to the opposite side of the webbing. A pack basket is very light in weight but has the disadvantages of taking up just as much room empty or full, having an open top, being somewhat difficult to pack and unpack, and having very little protection against rain. It could be lined inside with waterproof material or gear could be covered with poncho. Baskets have the advantage of rigidity, protecting fragile items.

The ordinary pack made of canvas or tarpaulin material is generally quite practical. Essentially it is a glorified sack to which shoulder straps are sewed and riveted, usually having a flap which is strapped down over the otherwise open top to keep the contents in and the rain out. It will carry a heavy load, is easy to pack, takes up very little room,when empty, usually sheds water, but has the disadvantages of usually not 'carrying' right unless full, or packed with a minimum of 'nubbles' digging into the back.

Between the ordinary pack and packboard comes the frame pack, probably the most familiar and expensive of which is the Bergen. This is essentially an ordinary pack, with or without side pockets and side lacings for making the carrying capacity larger or smaller, with a pattented top draw string and cover flap, the whole of which is detachably attached to a lightweight metal frame made of welded tubular Norway iron. This frame is designed so as to support the weight of the pack through the shoulder straps, and also across the back of the hips by means of a piece of webbing attached across the bottom of the frame. It is designed this way to allow the weight to be carried low and at the same time allow a comfortable upright position, and has the further purpose of allowing circulation of air about the back. The Bergen is supposed to be the ultimate in carrying comfort and scientific construction. Unfortunately, many people find that the Bergen does not carry heavy loads comfortably. One fellow at College Week was heard to remark, "A Bergen is a h--l of a good thing to carry one's cigarettes and matches in." It is made of the finest materials, will last a lifetime if given proper care, is convenient to pack, light in weight, and practically waterproof. However, it seems to me, (and this opinion is entirely open to argument) a slightly forward and downward weight across the breadth of the shoulders is the easiest way to carry any considerable load, and that it is because of this that the principle back of the Bergen loses out. The Bergen tends to create a downward and backward pull on the shoulders and thus a large amount of load-carrying efficiency is lost.

The last general type of packing outfit is the packboard. There are two kinds of packboards. The first consists mainly of two long flat vertical pieces curved and shaped to fit the back, which are fastened to three or more horizontal braces, the ends of which project at the sides, forming lashing bars. Stuff to be packed is lashed to the board around the bars by means of a strong lightweight rope. This board is inexpensive, and if it fits the back comfortably is very efficient. However, if not constructed wide enough at the bottom, it will have a tendency to swing. A good example of this kind of packboard is the U. S. Pak-Carrier, manufactured by the U. S. Bobbin and Shuttle Company, Providence, Rhode Island, and is sold by Abercrombie and Fitch, New York City. The second kind of board is essentially a rectangular frame covered with canvas. The frame is constructed wide enough to clear the back of the shoulders and the canvas rests on and conforms to the contours of the back of the shoulders and the back itself. Sometimes, instead of canvas, a cord backing is used. This is fine for ventilation but sometimes has a tendency to chafe and pinch. The canvas backed packboard, according to the general experience and opinion of many people, seems to be all around the best bet for general use. If constructed properly it will carry enormous loads comfortably and high-up on the back of the shoulders. It is about medium in price and can be readily constructed at home. One of the best packboards I have seen was made by Andy Rosman, former caretaker of Adirondack Loj, Lake Placid. It is made of curly cypress, a very tough but lightweight wood, in two sizes, 3" x 14" x 26" and 3" x 16" x 26". Shoulder straps are three inch webbing with snap-on fasteners at the bottom, made adjustable by sewed and riveted leather straps and buckle assembly. The backing is tarpaulin laced together by rope through brass grommets, and the carrying bar, to which the shoulder straps are fastened, is fitted into mortices in the side pieces of the frame. The whole board is put together with an eye to strength, convenience and comfort. The large size weighs slightly under three pounds. A packboard of this type will not roll or swing. An advantage all packboards have over other packs is that they can be packed in separate sections and everything is easy to get at. They have the disadvantage of being open to the rain. Waterproof duffle bags however, can be readily made up with a flat back especially to fit the board, if a rainproof carrier is desired.

This article does not cover all the different kinds of packs made, by a long shot. It is, however, intended to give the inexperienced something to go by. Remember, in buying or making your equipment, that long life and comfort are the two primary considerations and that an inexpensive outfit will often do the job as well, or better, than the most expensive outfit money can buy.

Berg

Make Your Own Sleeping Bag

As many have noticed on I. O. C. A. outings, the Rensselaer fellows have some very fine down sleeping bags which they make themselves. Al Barry has sent the recipe, which he obtained from the Mohawk Valley Hiking Club. He says that there are improvements that can be made on this design, but that it nevertheless contains all the important features.

1. Materials:
   10 yards balloon silk 40" wide.
   10 yards good grade cheesecloth 36" wide.
   105" separating lock type zipper.
   3 packages of dye.
   1 to 3 pounds down (first grade goose down), depending on size and use of bag.
   #50 or 60 thread to match the color of the bag.
2. Wash the balloon silk to remove filler and shrink it.
3. Cut 4 lengths of balloon silk each 77" long. Sew two together lengthwise for top of quilt. Sew two together for bottom. These instructions are for a quilt 72" wide and 77" long. Change dimensions of the quilt to suit the subject. It should be at least 10" longer than the person using it.
4. Mark top piece, lengthwise, with lines of one color 3" apart, and mark the bottom piece the same way using a pencil of another color.
5. Place top and bottom pieces together with lines inside and sew along selvage edge on one side.
6. Cut four lengths of cheese cloth each 77" long, and mark cheesecloth lengthwise with lines $2\frac{1}{2}$" apart using soft wax pencils and alternating the two colors which were used on the balloon silk.
7. Sew cheesecloth to silk first along R, and then along B. R', B', etc., matching colors of lines on cheesecloth and silk. Start new strip of cheesecloth when one is used up. Then the cheesecloth forms zig-zag partitions between top and bottom of quilt, dividing the space into 46 separate tubes running lengthwise down the quilt.
8. Sew along edge and across one end of quilt. Now dye the bag before filling, or if you prefer, it may be done before step 3, after washing and shrinking. Follow directions for dyeing very carefully.
9. For each tube take 1/46 of the total amount of down, weighing according to method. Use vacuum to fill the individual tubes with the weighed portion of down. Feed the down very slowly into the brush end of the cleaner, and blow out into tube through hose on bag end of cleaner. Keep careful track of tubes filled so as not to skip or to overfill any.
10. Sew seam across the open end of the quilt.
11. Sew on zipper; overlap zipper halves 3" at ends. Sew one half of zipper on seam of first tube and three inches from edge.
12. NOTES: The dimensions of the bag given above are suitable for $1\frac{1}{2}$ pounds of down. For 2 pounds increase the distance between lines of the cheese cloth to 3 inches; for $2\frac{1}{2}$ pounds, to $3\frac{1}{2}$ inches.

    Don't make any more needle holes than necessary as the down will creep through the unfilled holes.

    The finished quilt, 72" x 77", with $1\frac{1}{2}$ pounds of down will weight about four pounds, can be rolled into a cylinder 12" long and less than 8" in diameter. It will afford ample protection for temperatures down to freezing.

Al Barry, Rensselaer Outing Club

Objective Outings

I was sitting in the M. I. T. Outing Club office, wishing that I was in Porky Gulch, when one of the more studious (meaning less active) of our clan wandered in. After discussing the difficulties in procuring arctic sleeping bags, we got around to talking about club membership. He asked how many students belonged to the O. C., and how many came out regularly on trips.

I had no sooner given him approximate figures, when he whipped out his trusty slide rule and gave me the percentage (to the third significant figure) of active club members.

After hearing the rather disappointing result of his efforts, I asked him why he wasn't on more weekend jaunts. Expecting to hear the familiar story about quizzes, tough schedules, mean profs, and girls, I was surprised to hear him say that the club was in a rut because of its activities. "What do you mean?" I replied. "We have hiking, climbing, cycling, canoeing, skiing, and even loafer's trips." He acknowledged this, but pointed out that most trips include just one activity which appeals to a certain group. "You're right," I said, "but every weekend can't be a circus, and it's impossible to run all types of trips at the same time."

"I don't mean that," he replied. "What I am driving at is that each trip should have a special purpose. On the ordinary hiking trip, for example, the club goes to the Blue Hills on some well-known area, and just hikes around. What we should do is search for an unfamiliar landmark, and in that way promote more interest in hikes." I agreed, and asked if he had any other suggestions. "Well," he said, "I am personally interested in geology, and would go rockclimbing more often if I thought that one of the group could tell me something about the local formations."

One of the Outing Club's active cyclers came in, and we asked him if he had any pertinent ideas. He remarked that too many of our bike trips have wound up by just pumping around the countryside, and suggested that the next time we go to Concord and Lexington, or the North Shore, we stop and visit some of the historic and scenic spots in the region. I agreed with him, and also mentioned that canoeing is usually more interesting if the group has a definite objective, such as exploring a small tributary stream.

The suggestion about trips with a purpose, or objective activities, seemed to be a good idea, or at any rate one worth trying. The Tech Cabin weekend has long been a popular outing in the Boston Council, but the surrounding territory is so well known that there is little interest in ordinary hiking. Consequently, an objective activity -- a carefully planned treasure hunt -- was attempted. This turned out to be very successful; practically everyone was out tramping the woods in search of the treasure.

The second "experiment" followed the cycler's suggestion except that most of the group traveled by bus. We went to historic Marblehead, hiked the winding streets, visited a few old buildings, were conducted through a large boatyard where yachts were being constructed, and took a boat ride around the famous harbor. There was enough varied activity to satisfy everyone, and the trip was different and interesting. This single trip brought out several formerly inactive members, thus proving that the objective type of trip does appeal to many Outing Club members.

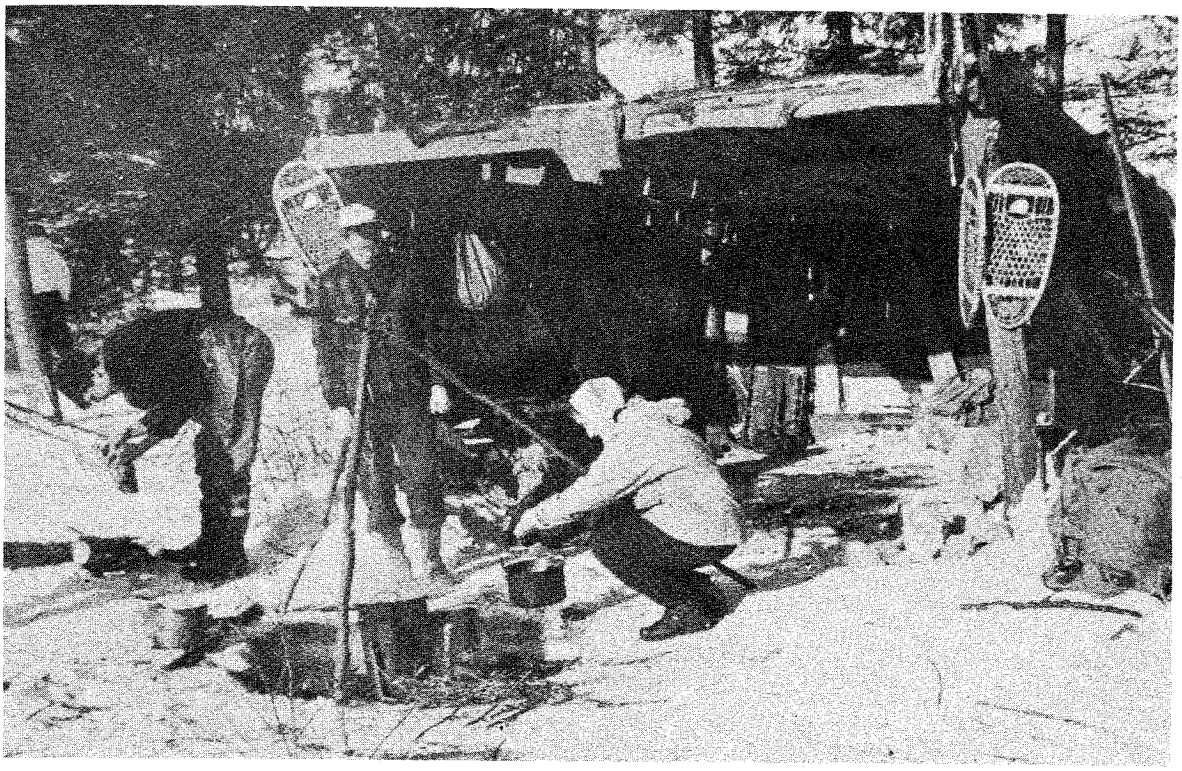
Before going farther with this discussion, it should be understood that trips like the Marblehead visit are not intended to be typical Outing Club activities, but that they should be run only occasionally. There are several reasons for this, the primary one being that they do not represent the true Outing Club spirit as typified by mountain climbing and campfire singing. Secondly, the effectiveness of such trips is lessened if they are run too frequently, and the necessary planning is too burdensome to the average Outing Club. Most clubbers probably prefer to stick to tried-and-true, regular activities.

There are special problems connected with planning and carrying out an objective trip. The success of the outing depends to a large extent on the leader or committee in charge, since the preparation and planning is more complicated and important. The leader should be well acquainted with the terrain, and the planning should be more concrete and detailed. Take the geological, rockclimbing trip for example. The leaders should be able to explain the general topography of the land and recognize a particular outcropping over which the group is tramping.

Due to the novelty of objective trips, the spirit and enthusiasm of the members are very important. To a large degree, this depends on the manner in which the trip has been announced or advertised, and on the actions and presentation of the leader. The person in charge should be able to judge the inclinations of the group, and make the trip as interesting and instructive as possible without forcing his or her leadership on the other members.

The objective type of trip will naturally have more appeal for those colleges which do not have easy access to the mountains and other favorite Outing Club places -- those colleges located in the city. However, such activities might serve to arouse new or inactive members in any club.

Don Ridgely, M. I. T. Outing Club



Two Problems of Environment

"Why do you climb mountains ?" This, and similar questions, are often asked of outdoor people by those who find chubbing as distasteful as doing the dishes. It is not an easy question to answer, and when we try, we often get the feeling that our questioner has the idea that we are, perhaps, more than slightly unconventional,

Perhaps the reason for this difficulty lies in the fact that there are many intangible values involved in one's enjoyment of the out-of-doors. To try to put these values into words is a feat requiring considerable linguistic ability. Aside from these intangibles, however, there are many reasons why people like to climb mountains, camp out, canoe, etc. There is the sense of accomplishment and vigor which, when one has attained a mountain top or skillfully maneuvered a rapids, is rarely found in other pursuits. There is the clean air and the cool, sweet water. There is the sense of comradeship with fellow campers, strengthened the more by each trial met and each problem solved as you shift for yourselves in the wilds. There is the beauty all around you--blue sky, mossy-banked brooks, snow-covered fir trees, the song of the winter wren mingled with the rustle of falling snow on dead leaves. There is the firs, the smell of smoke and crisp bacon, the hoot of an owl, and the rustling of leaves by a deer mouse. There is the view of far places from a barren summit, and sense of pioneering as one breaks the trail through a foot of new fallen snow. These are but a few of the many reasons why we enjoy being away for a time from civilization.

There are two dangers, however, which threaten to take away our ability to get from Nature what she has to offer. One of these lies within us as individuals; the other lies within us as members of a society of human beings. It is in our power to remove both, and thus avoid what

now seems the inevitable end of our heritage of a useful, beautiful natural environment.

The first of these dangers lies in the fact that so few of us have learned to understand nature. We climb mountains and hike through the woods, but all too often we are aiming simply to outdo the other fellow by covering distances in as short a time as possible, or by carrying a heavier load in our pack, or by some other equally "strong-backed" goal.

Perhaps we're trying to keep in shape for next season's football or skiing; or we're trying to prove that smoking a pack a day during exam period didn't in any way impair our wind. Whatever the reason, we are missing a great deal by limiting ourselves to such base objectives. If we would only slow down and give ourselves time to stop and look and listen for a while, we could make our trips into the forest much more worthwhile. We must build up our inquisitiveness to the point where we begin to load ourselves down with binoculars and field guides to the fauna and flora sometimes, leaving at home the Coleman cook-stoves and the mountain tents.

After we get to know some of the plants and animals around us, and have learned a few basic ideas concerning the geologic and biologic history of the area in which we are hiking, we will begin to grasp, bit by bit, the amazing story of how all these natural things fit together to form a balanced community of wildlife. We will see many natural forces acting together to keep the out-of-doors a thing of beauty and usefulness. By studying these forces and how they work, we can better harmonize our desires and plans with the way nature works, and keep our heritage unspoiled.

The second danger may be classed as a social illness, which is nothing more than a collection of individual weaknesses. We Americans seem to have an inherent desire to destroy and to waste. We litter the roadsides with beer cans and other trash. We catch and keep fish which we never intend to eat. We shoot hawks and owls and porcupines wantonly, and in our ignorance and prejudice, give them the name "vermin", not realizing that these animals have an important part to play in keeping nature in balance. We enjoy killing frogs and turtles with .22's. We leave our mountain-tops littered with orange peels and candy wrappers. We pollute our streams, burn or cut down our forests, hide natural beauty behind billboards, pick wild-flowers by the roots, and in general make a mess out of what was once, and in some places still is, the most beautiful land in the world.

Even worse than these visible detriments is the more subtle, insidious wasting away of life-giving topsoil, with the resulting lowering of living standards and, inevitably, chaos. You may say that this is an unjustifiably pessimistic and gloomy picture, but the pillars supporting the structure appear sound on the outside, but are rotted away within. Take a good look and see for yourself.

Here are some suggestions as to what we might do to prevent the continued decimation of our natural environment. First, we must campaign hard for better use of this natural environment. We must educate the masses of people who use and enjoy the out-of-doors. We must elect those representatives in government who will work for the best interests of our wild and wilderness areas. We must, above all, create within our Outing Clubs and sports groups an awareness of the problem and a sense of purpose in working out its solution. We must begin with ourselves to create a better attitude toward nature and toward the good purposes of those who work to conserve it. We must learn that conservation is not moth-balls and padlocks, but wise use of natural resources, whether these be iron and copper, or scenic roadsides and mountaintops.

Secondly, realizing that, as Outing Clubs, we have a vital interest in the out-of-doors, we must assume the responsiblity connected with this interest. We must build our I. O. C. A. organization into an effective pressure group whose voice will have its effect on the policy of corporations and governments alike, as well as influencing individuals to use the out-of-doors more wisely. Let's get behind the conservation agencies, write to our congressmen, and in other ways show that we want Americans coming after us in the next 456 years to enjoy a heritage of finer forests cleaner streams, and healthier and more varied wildlife than our eminently reckless predecessors of the past 456 years have left to us.

Now is the time to accept the challenge and commence to turn the tide. If we do not, archeologists of a future era, digging through the sands which bury our cities of today, will come to the conclusion that the national pastime of the 20th century was breaking bottles, and that each citizen carried a canopener on his watchfob.

John Gustafson, Dartmouth Outing Club

Why Rockclimb?

Ever since your editor suggested an article entitled "Why Rock Climb" the writer has been asking himself that question only to evolve answers both unsatisfactory and unconvincing to

sane people. Rock climbers themselves seem to be the only ones not requiring an answer beyond a desire for healthy outdoor exercise. Surely, there must be reasons for climbing other than an unusual twist in one's uncontrolled instincts to self-destruction by associating with cliffs.

But let us not preoccupy ourselves too long with this question, for perhaps the best answer is to become a climber for a few minutes. How does one learn to rock climb without risking his neck? To those unfamiliar with climbing, let me describe how most get started on their way to lots of fun and healthy exercise, and generally accepted insanity.

Unless one has an acquaintance who is skilled and in whom he has implicit confidence, he should start with some organized group. Our College Outing or Mountaineering Clubs, as well as various other organizations including the Sierra Club, Appalachian Mountain Club, and American Alpine Club offer outstanding opportunities.

Let's go on a climb! The bulletin board or newsletter may tell us to bring old clothes, sneakers, lunch and a good disposition; all are important. We find our rendezvous at the end of a trolley line after having a rather notable ride in which we found our clothes the subject of various disapproving glances from the bourgeoisie aboard. However, on arrival we see our companions' garb and feel as though we, ourselves, stepped from a page in Esquire. What a shaggy looking bunch!

Our short hike to the cliffs offers further opportunity to get acquainted with one another, while about us we hear talk of ropes, spikes called pitons, hammers, and carabiners or snap links. These are all tools of the rock climber and if we are in the East, all these will be used for just one thing -- safety. At the cliff we learn how to tie ourselves into the end or middle of our rope -- shades of the boy scouts, except that before the day is out, we find our rope a bit more important to us than it was when holding up a tent or flag. We also overhear some old-timers discussing familiar routes up various cliffs. Such colorful titles these climbs have! The Overhanging Overhang, Cape Eternity, The Briar Patch, Towle's Terror, or if there happens to be a particularly difficult route it might be called Wiessner's Crack. Then there are a few with "flexible" names like the IAB which may mean It Ain't Bad or one of the many less delicate things, depending upon one's immediate company.

With some of our ground work well in hand, we graduate to the cliff itself. Here we find that some of the men, having walked up the back side (the intelligent way) are now lowering ropes for us to tie around our waists. As one of us climbs up, an experienced man on top will keep us belayed; that is, take in the slack rope and secure it and himself in such a way as to be able to stop us quickly if we were to fall. This belaying is quite a science in itself and many hours eventually will be spent in learning its ramifications. In continuous climbing, where a party of two or three work their way up a high cliff in a series of long steps, a rope is no more than a suicide pact unless proper belaying is used. That is why so much importance is laid on proper instruction from the start.

To return to our beginning struggles, if our teachers are kind, they will probably start us on an easy route, all the while being most critical, however, about how we use our hands and feet, or hold our balance. Surprisingly enough, we find our instinctive actions get us into difficulties and must be controlled. Perhaps we encountered no great difficulties and begin to wonder why so much fuss is made over climbing cliffs. Sensing our overexpanded ego, they quietly may start us off on something much more "interesting" -- a word grossly misused by rock climbers as synonymous with "difficult" or "impossible". Just as we are about to forget the Fourth Commandment, a calm, serious voice from below enjoins us to "put your left foot up one foot to the right of and three inches above your left shoulder." Everyone gets a laugh, but we can't see the humor because there clearly is not room enough for both a foot and chin on a one inch ledge! Another voice, offering with condolence, "You are over the hard part, from now on it's easy" gives little satisfaction as we peer up at the flawless smooth rock above. An inspiration flashes upon us. Use the crack off to the right! Alas, one step toward it brings forth a volume of comment from below to the effect that that is the obvious way and therefore has been ruled illegitimate.

There must have been a solution for we will grant ourselves a successful climb, and then taste the thrill of looking down over the edge to tell ourselves, "Jeepers, look what I did!" It is a feeling which, I am sure, differs only in magnitude from that felt by many great "First ascenters".

Next comes a minor, though nonetheless exciting, part of the climbing; going down -- the fast way. This is known as "rappelling". It amounts to dangling a rope down the cliff with the upper end secured. The rope is then passed over and under various parts of the anatomy, or slings attached thereto, in order that one may slide down the rope and keep control of his motion without burning his hands. A student of physics may question where all the potential energy is dissipated in the descent. The writer's only advice is -- experience is a good teacher -- or --

watch another man's face when he makes his first "quick trip". Rappelling has been considered no less than sensational when practiced in conjunction with certain public or institutional buildings of the writer's acquaintance. For our purposes, however, it merely offers a most convenient way of getting down off a cliff, when time is short, when caught in the rain, and so forth. With a final rappell from the top, our day's activities are ended. After coiling the ropes, and nursing our chipped finger nails, all wend our way back to town. We generously offer to take a rope back, expecting it greatly to enhance our rugged appearance en route. It does, too, until the six year old across the car calls over, "Whatcher gonna do, buddy, hang yourself? Yak-yak-yak." Such a deflating end to a glorious day of conquering practically insurmountable obstacles!

The writer has tried to describe, to some extent, the type and spirit of climbing here in the East. A large portion of actual climbing time is spent on relatively short cliffs convenient to the larger cities, but there are many excellent longer climbs in the New England area as described by Fritz Weissner in the Winter 1948 I. O. C. A. Bulletin. Some ambitious climbers, both women and men, consider the short local cliff merely practice for the longer, more scenic ones while many never cease to enjoy scrambling about on those nearby.

Attacking a high cliff from its base requires a technique quite different from that described above. Two new problems are faced in "continuous climbing". First, how can the leader be protected when he is climbing above thosewho may be of assistance to him? And second, how can he secure himself in order to belay the other men properly as they climb up to him? Most people would have absolutely no conception of how to cope with these problems until they become familiar with climbers' equipment.

Perhaps you are already able to figure out in your mind how a party of three would climb with safety. Let us compare notes. Assume we are the second man as our leader starts up from the bottom. At first we cannot protect the leader to any extent unless we're adept with the Indian rope trick, but we can make sure the rope runs out freely and will not snag. Our leader will progress up the cliff until he gets to a stance or, in other words, a position where he can secure himself to belay those below him. If, en route he had thought there was any possibility of his losing his hold, however, he would stop and drive a piton (spike with a loop formed on one end) into a crevice. He would then clip his carabiner or snap link into the piton loop and around the rope running down to us. The piton and carabiner are capable of supporting several thousand pounds if used correctly so that if he should fall while we are holding our end of the rope (belaying) his weight would tend to pull us up the cliff see-saw fashion with the carabiner as fulcrum. By allowing the rope to slip somewhat one is able to stop a fall without being lifted appreciably off the ground or ledge.

Thus we can see that the leader's safety, and later on the safety of the other men on his rope, is dependent upon his judgement of possible danger. Discretion and knowledge of his own capabilities are, therefore, two vitally essential qualities of a leader. Both of these qualities can be built up only after considerable experience. It should be mentioned that trees or points of rocks, as well as pitons, may be used to support the rope in case of a leader's fall, but caution must be exercised to prevent the rope's jamming or crossing a sharp edge that would cut it.

Having progressed some distance, our leader may find a position that would enable him to arrest a possible fall on our part, or failing to do this, he would have to "tie himself in". Here again use would be made of a rock pinnacle, tree, or piton and carabiner to tie his own body in position so that he could not be jerked off the cliff. At his signal we pick our way up the face, finding in so doing that all the sage advice we had gratuitously given while our leader climbed is not so good after all. "It looks different from up here." When we have joined our leader we shall likely face about and be greeted by a beautiful view of the countryside. The more one climbs, it seems, the more one appreciates the mountain views from a position with plenty of "exposure". "Exposure" is used to describe a spot where one finds little but fresh air beneath.

Our climb may continue either by our leader's going on up to another stance, or if there is room on the ledge for our third man, we may belay him up first and then start the whole cycle again. It should be noticed that only one person climbs at a time while the other two always secure themselves and belay. Note, too, that the rope does not actually assist us in climbing but is used only as a safety measure.

An infinite number of variations add interest to the climbing routine. One instance occurred on Willard Cliff in Crawford Notch when the writer, as second man, was climbing up to meet the leader who was sitting in a fine clump of bushes 50 feet above. The tranquility of the situation was disturbed by the perceptibly strained voice of the leader, "Let's go, JB. Clumb as fast as you can." This was a new angle, so I asked, "Why the rush?" The answer, "The blueberries are delicious and I don't want you to miss any," showed something surely was wrong for never before had he offered others anything he, himself, might eat, but none the less an all-out push was made. When I got one hand on his ledge he said, "OK, you have me belayed I'm going on

up." I scrambled up onto the ledge and was about to complain about the poor system when one of the reasons for his hurry alit on my leg. With a fiendish chuckle my leader advised, "Don't pick the berries from that end. That's where I stepped on the hornets' nest." Before I got through, three more reasons were given me for requesting my third man to hurry up and join the warmly congenial but crowded blueberry feast.

Then, too, rock climbing principles can be applied to everyday living. Who has not lost or forgotten his keys late at night when returning home? It is a definite advantage to be able leisurely to work your way up and into a second story window. Or if you live in a fourth floor apartment it could be a fascinating adventure!

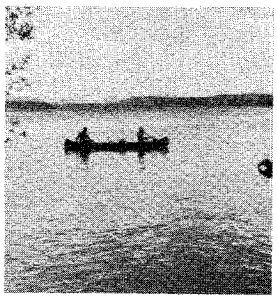
Rock climbing never ceases to offer a challenge to active people, for there are always techniques to learn in the handling of ropes, more cliffs to explore for new climbs, and the general building of self-knowledge and self-confidence which are required when one goes on to leading continuous climbs. It is a sport for relatively few particpants and one requiring a great deal of interdependence that develops close and lasting friendships. Rock climbing is a most inexpensive recreation and affords a majority of devotees great personal satisfaction in meeting the spectacular challenge of a high cliff.

As a final word of caution to aspirants; You would be foolhardy to start your climbing alone. Furthermore, if you are to receive your instruction from a teacher not in an organized group, it is wise to use caution in selecting one whose qualifications are well-known -- remember, you are trusting your life to him. It is by far best to join an organized group where beginners are given planned instruction.

You will then learn that rock climbing is not a game of danger and chance, but a most exhilarating sport with calculated safety measures. Many successful climbs to you.

J. B. Gardner, M. I. T. Outing Club

Canoe Trails



Canoeing can be as much work as packing into Colden; can leave as many aching muscles as climbing the Range with packs; can require the co-operation of a roped-up team of rockclimbers; can bring the thrill of schussing down the Headwall (though, with observation of simple rules, it need never be really dangerous), and with the aid of the elements, can be as easy as sitting around the campfire for a songfest between square sets. All this, and a tan, too. Me. I like it!

I cannot see why the canoe has a reputation as "a dangerous boat". In eighteen years of canoeing (as child, Scout, and Outing Clubber), I have been tipped out accidentally just twice. Both times it took two people being foolish at once to do the trick; two people leaned way out over the same side of the canoe at once. For that, we deserved the soaking! But neither time did the canoe itself capsize.

The canoe is safe if two basic rules are observed, and the first of these applies to any small craft: If you can't swim, stay ashore! The second is made especially necessary by the rounded canoe bottom: When loading the canoe with supplies, people, or Outing Clubbers, keep the weight low in the canoe (the center of weight well below the gunwales) and centered over the keel or middle of the boat. To keep the weight well centered, passengers and duffle are expected to sit still. Stepping or leaning on the gunwales ("gunn'ls") will dampen you for sure; stepping on the seats or thwarts put the center of gravity so high that the same thing may likely happen. Don't do it! The American Red Cross has found that most seats, and often the thwarts (crossbars), are too high in the canoe for stability when sat upon. Both for safety and for greater paddling efficiency they recommend that the canoeist kneel, leaning back against the thwart for support. If you are a Maine guide you will, and can afford to be, a bit scornful of this A. R. C. rule -- but then, you shouldn't be reading this! Take your canoe and go!

Some canoeists are as particular about their paddles as a woodsman with his axe. And a good paddle deserves it. They may be made of any close grained wood, though birch and ash can take the rigors of white water canoeing better. The lighter the paddle, the less energy you expend on the recovery of your stroke. As for length, you can start by choosing one that comes about to your chin or nose, taking arm length also into consideration. After experimenting, you may find you prefer a longer one. (I happen to prefer a shorter, but I'm "different".) The blade edges are thin, and will soon fray if the paddle is used to push or dig with, I have seen both metal and leather sheaths over the tip of the blade to protect it. It should be kept well varnished (spar varnish) and never left lying on the ground.

Each canoe has its own personality -- any canoeist can tell you of "Canoes I Have Known".

Basically, however, canoes can be classified. I shall start by grouping them according to composition.

Birchbark: This, like the dugout, is relatively obsolete among most modern American canoeists. I've heard they're a bit unstable, tend to spring leaks, and are very independent cusses!

Canvas: (Really canvas and wood.) These come in all personality types from the dependable, stable, stolid (and stodgy) sort, to the alert but quick-silvery kind, needing a firm hand at the helm.

Aluminum: These will take a lot of hard wear; are light for portaging. The effect of paddles and waves against their sides is rather like a kettle being used as a kettle drum! (It's hard to sentimentalize over 'em).

Variations: The Sponson canoe has air pockets along the gunwales to make capsizing impossible. Fine for uncertain swimmers and nervous types. The collapsible canoe comes in molded plywood sections that hook together, with a canvas cover looped over all. Very light, convenient for carrying in the back of a car or hearse. Lack of keel does not make it too bad to handle, but it you're the forgetful type, better stick to the one-piece variety. These are difficult to use with a missing part!

For long trips a shorter, 14-16 foot canoe is lighter on portages; a slender one moves faster due to its streamlining. If you are anticipating white water work, a 16 or 17 footer is better. White water canoes should have little or no keel so that they may more easily side-slip around hazards. But have you ever tried to paddle a straight line with a keel-less canoe on a windy lake? There, a pronounced keel saves time and energy. If more people or supplies, or less experienced people, are to be taken along, a broader canoe is less "tippy."

Most of you are interested in canoes as a mode of transportation for the sake of going, rather than getting, somewhere. Canoe tripping involves all the camping skills that you have learned on other types of camping trips. Maps and guidebooks for plotting your course and determining the type of trip you wish to make; planning meals and buying supplies; setting up and breaking camp; remembering the courtesy of the "road" and principles of conservation -- all these are covered elsewhere.

More specific to canoeing is care of the vehicle; you do want it to last until you come to the end of the trip, even if it is "just rented" from a livery. (Note: Off season rates are usually much lower than summer rates!) A canvas canoe, especially, is susceptible to puncture and abrasion wounds. Patching kits may, and should, be taken along; however, you should not plan to use them. You can, if you try hard enough, puncture even an aluminum canoe. DO NOT DRAG, SCRAPE, OR BANG. Sounds obvious? But how often I've seen it done! When approaching a shallow beach, or taking the canoe over any other spot too shallow to cross without scraping, hop out and wade the canoe past. (Old shoes should be taken along for such occasions. Mussel shells, sharp rocks, broken glass and tins do not make for comfortable wading.) In the case of a shallow beach, float the canoe as close to shore as possible without scraping, and then, after unloading, carry it ashore and put it upside down well above the high water mark. Wind storms have been known to drive waves high enough to float a beached canoe, and even, unassisted, to up-end them! River travelers be warned: Your sky may be clear, but a storm in the headwaters regions can unexpectedly raise the water level several feet in a short time. One last note on canoe care -- a canoe is made to carry things in water; do not put weights on or against a beached canoe.

In planning a trip of any length you will likely encounter some dry land canoeing, either between bodies of water or around river dams or danger spots. These are called "portages", a word which may be pronounced Por tahj, in the French manner, or por tij, as given in the English dictionary--or one may use the American term "carry". In any language, it is work! If you find your itinerary calls for several lengthy portages, weight must be considered as carefully as if you were heading over Katahdin with full pack; remember, you've got to get the canoe over, too. Two trips or more may well be necessary to get everything across. Here's where it helps if at least one of the canoeists in each canoe is a powerful masculine type Ocer--he can often take the canoe alone, plus his pack. With larger canoes, smaller people find that two can easily carry a canoe over their heads that one person alone could not possibly manage. A carrying yoke can be improvised by lashing two paddles across the thwarts to rest on your padded shoulders. If you're going any distance, better use specially made ones that you can leave bolted to the canoe--they're more comfortable as well as time saving. Short, two-man carries may not require the yoke.

If postages are short, weight of supplies need be limited only by the buoyancy of the canoe, Fully loaded, complete with people, the gunwales should be several inches above water level. Even so (as some have noticed on Lake George), unexpected waves may splash over the gunwales. If the waves are taken at an angle, rather than broadside or head-on, the shipped water

can be kept to a minimum. The bowman may need to help the stern hold the canoe to this course by using a bow or cross-bow rudder occasionally. Any supplies or equipment that may be harmed by water should be carried in water-proof containers, and not placed on the bottom of the pile. All duffle should be lashed in, both to prevent weight shifting, and to prevent loss in case of an upset. An orange crate will fit nicely across the canoe amidships, and if the center partition is cut lower than the ends, longer pieces of equipment can be fitted in more easily.

Soon you'll have many memories to cling to throughout the long winter of books and studying (with nothing but skiing, winter camping, and folk dancing to break the monotony). Memories of a song fest of a balmy spring evening, coming from half-a-dozen canoes sitting in the middle of quiet Forked Lake; of poncho sails speeding you down Long Lake in half the time you could paddle it; of exciting waves on Lake George so high you cannot see the next canoe; of a hot sun and cool breeze as you head across the Saranacs (BEWARE OF SUNBURN!); the thrill of following a swift river current, bowman alert for submerged obstacles, ready to guide the canoe through or around eddies; the pleasure of paddling with someone whose stroke falls easily into your natural rhythm, who paddles happily on the opposite side from your "good side", and who knows the same voyageur songs you know. If you're lucky, you may have a memory like this: The hush of evening was falling across the woods. It had been a very wet day at the end of May, and we had already paddled several of the miles back toward base camp after climbing Blue Mountain. The blackflies had been vicious, the canoes heavy across the portages. The sun had set unseen behind the clouds, but left an almost clear sky behind. Just enough clouds remained for a beautiful peach and pink sunset against the soft blue of the western sky. The sunset calm seemed to cover the entire world, and the silence was as lovely as the reflection of sky and trees on the river. Though we still had an hour or two of paddling before we could reach camp and supper, the calm forbade hurrying. We let it seep into our spirits as we little more than drifted downstream. The still water ahead of us was occasionally broken by the "V" of a swimming muskrat, and as evening drew on, the first fireflies of the season flickered along the shores and among the reeds. Frogs started their chorus; now and then one, startled by the canoe, would plunk into the water. At last, the darkness of a moonless night full upon us, we were entering Raquette Lake and beginning to feel a bit chilly. The sound of folk songs and splashing paddle blades came across the starlit bay as a hungry crew of Outing Clubbers started hurrying toward the lean-to we called home, and a late supper by Coleman lantern light. The calmness of that one hour of twilight has left a memory to lift our spirits for many years to come.

Louise (White) Levy, Syracuse Outing Club

Safety Suggestions for Outing Club White Water Canoe Trips

There are four "K's" in canoeing:

1. Know how to swim.
2. Keep 6 inches of "freeboard," i. e., distance between lowest edge of the canoe's side and the waterline.
3. Kneel for better balance, stability, and efficiency. ALWAYS kneel in rough water of any kind.
4. Keep with an overturned canoe; it gives support and can be seen much better from a great distance by potential rescuers, should rescue be necessary.

The American Red Cross offers comprehensive training for college age men and women in the safe use of canoes. This training is designed to equip its recipients to teach the safe use of small craft to others, particularly campers.

College Outing Clubs must face the responsibility of safeguarding their members in all activities. The following suggestions are presented in the hope that they will shed light on canoe

safety techniques for the types of trips most often taken by college Outing Clubs.

PREPARATIONS:

1. Everyone on any canoe trip should know how to swim, float on his back, and tread water.
2. If canoes are to be transported, the car-top racks must be sturdy (ski racks will do), and the cars should stop once an hour so that the tightness of the straps and ropes may be checked. A rope should fasten each end of each canoe to the closest bumper of the car, for the racks' straps are not designed to secure the weight of a canoe.
3. The route of the trip should be carefully planned. Waterfalls and dams must be noted on river trips. Always check with a resident of the area about new dams which may have been constructed since the printing of the last map. Places where food and a telephone are available should be noted.

EQUIPMENT:

1. Long woolen underwear and woolen gloves and all wool clothes for everyone whenever the weather is chilly. A dunking in cold water can paralyze anyone in less than one minute.
2. One Mae West life jacket should actually be worn, one-half inflated, by every member of the party when going down a rough rapid or across a stretch of lake which has suddenly become too rough for comfort. Only the Mae West type of life jacket will turn an unconscious person face up and keep his head above the water line. Mae Wests can be bought for $1.95 at Army-Navy surplus stores.
3. The "lead" and "sweep" canoes should both contain a ring buoy attached to 60 feet of 1/4 inch Manila heaving-line. Needless to say, the people in these canoes should be skilled in the use of the ring buoy.
4. An extra paddle should be tied across the thwarts of each canoe above the duffle. Light string or heavy thread should be used, so that in an emergency the paddle can be ripped loose instantly. For rough river running two extra paddles should be carried. They should be tied in so that the handle of one is right behind the bowman and the handle of the other is right in front of the sternman.

ORGANIZATION:

1. Whenever more than eight canoes are to go, the group should be split. Groups with more than eight canoes together are unwieldy in an emergency. Groups with less than three canoes are unsafe except for experts; even experts should never venture forth with less than two canoes.
2. One leader should be designated for each group of canoes. He should wear a whistle around his neck, and a signal (the raising of his paddle up and down, above his head on one side) should be made known to all members in his group so that if one canoe gets into trouble, all others can be signalled to land on a designated shore.
3. The "lead" canoe should contain the most experienced canoeist, who should know the route, and should have the judgment to set a pace no faster than that of the slowest canoe in his group. Since he is also the leader of his group in all other senses, he must know when to stop to "scout" a rough rapid, when to carry around a rapid, when to give the group a break, and when to keep off a rough lake.
4. Both the lead and the tail (or sweep) canoes should contain at least one person trained in life saving. Time is always of the essence in a rescue, so both paddlers in these two canoes should be at least fairly skilled so that teamwork is possible
5. It should be understood before setting out on a river that the canoes are always to keep single file at about 30 yards' distance from each other. When canoes "bunch up" a jam may result. (I have seen three canoes traveling side by side get jammed just where the river got narrow and fast, so that one bowman got a bloody nose from an overhanging bough.) It is each canoe's responsibility to keep the one behind it in sight and to signal in case of trouble ahead, and to stop in case of trouble behind.

ON LAKES:

1. Keep off the water if it is too rough, threatening to storm, or growing dark.
2. If a wide part of the lake must be crossed when the water is too rough, wait for the lull which occurs shortly after sunset because of the shift in convection currents. (This same type of calm occurs at sunrise.)
3. If caught in rough waves, do not go straight into them if they are so high that doing so brings spray into the boat. "Quarter" the waves. The higher they are, the closer to broadside it will be necessary to steer in order not to ship water. Do not get quite broadside, however, for then the balance is very tricky. In rough water it is best that the paddles be dipped alternately rather than in unison; this practice always keeps one stabilizing blade in the water. In this situation, and only in this one, it is a good practice for both men to paddle on the same side; the leeward, i. e., the side away from the wind. So

doing will keep the "upwind" gunwale high enough to keep more spray out, while steering the boat into the wind with a minimum of effort.

4. In a heavy wind keep the canoe away from rocky shores. By having both men move closer toward the center of the craft the ends can be lightened enough to be buoyed up over sharp whitecaps. The canoe acts like a weather-vane in a wind. If you want to paddle into the wind bow first, let the stern swing free by lightening it: have the stern man move forward. If you want to "run before the wind", i. e., travel with it, lighten the bow by having the bowman kneel behind the bow thwart: this lets the bow rise and catch enough wind to act as a slight sail. Do not let the stern ride so low that waves roll in over it. "Tack" or zig-zag when quartering the waves for any great distance. The heaviest "blow" can be "ridden out" if both men lie down as close to amidships as possible. Throw duffle overboard if necessary. (Tie it to the canoe, however, so as not to lose it permanently.)
5. Swim into the swamped canoe if it capsizes, sit on the bottom, and hand paddle to shore. Learn the "canoe over canoe rescue" from someone who knows it.

ON RIVERS: Experience is necessary before attempting any white-water work. Comments are therefore general.

1. Keep the canoe parallel with the current. Once the craft starts to get broadside it will continue with still greater force. Once broadside it presents its whole length to any obstacles and cannot readily be controlled.
2. Keep to the inside of bends. Otherwise you may get swept into overhanging branches or cliffs with great force.
3. If the bow runs aground and sticks, the sternman must step out (with caution, for the water is probably shallow and may contain hidden rocks.) If the sternman does not act immediately, the craft is likely to swing around so that the bow will be pointing upstream.
4. If the canoe becomes reversed (see above paragraph) both men should turn around instantly and continue paddling till they can pull to shore in calmer water. Thus, the roles of bow and stern paddlers are exchanged. (I have seen a movie of one canoe successfully running one rapid during which the roles of bow and stern paddlers were switched four times; it was not necessary for the canoe to pull to shore, since each paddler had regained his original role.)
5. Give obstacles a wide berth. Plan ahead for the next rocks and waves while considering which channel to take at the moment. Do not get swept into a "dead end". It is often necessary for the sternman to stand up when approaching a stretch of rough water in order to get a full view and plan his course. He should plant his feet wide apart for stability before standing and should warn his bowman of the move he is about to make, for otherwise the bowman might make some sudden motion which could be prevented.
6. A raised "V" with the apex pointing upstream indicates a rock just upstream of the apex. (In deep water the rock may be several yards upstream.) Avoid the apex.
7. A depressed "V" with the apex pointing downstream indicates a "chute" or fast flow through what might otherwise be a barrier. Head for the apex.
8. In passing either type of "V" keep the canoe parallel with the fastest part of the current. Otherwise the bow will be in slower water than the stern, and the canoe may swing broadside.
9. Avoid still water if it seems atypical. The stillness indicates that the energy of flow has been dissipated by rocks or a ledge upstream. Because of the slope of the river, these rocks may not be detected till one has passed them, except by "reading" the calm spots.
10. Head for low, rhythmically spaced waves; they indicate a fast but safe channel.
11. High "standing waves" or "haystacks" (stationary and inflexible waves which afford little buoyancy because they are mostly foam and spray) must be avoided. Since such waves generally run between beds of rocks or ledges, the waves cannot be given a wide berth, but must be ridden just at their border.
12. When in doubt in either a rocky or a wavy stretch . . . paddle backwards -- YES! BACK-PADDLE! If the canoe is being paddled at a speed 3 m. p. h. in excess of a current speed of 4 m. p. h. the canoe is going at a 7 m. p. h. clip. If both men backwater the canoe travels at only 1 m. p. h. in relation to the shore. Four important advantages accrue to this refined technique, in which all steering rules must be relearned, except the draw and push strokes:
    a. The canoe does not plunge through unavoidable standing waves, but has time to by buoyed over them, particularly if the bowman has moved to a kneeling position behind the bow thwart.
    b. More time is gained to perceive the obstacles ahead and to judge the best route through them.

c. More time is available for executing the decisions arrived at, and
d. The consequences of failing to execute the necessary strokes are less serious, since the canoe is traveling with far less momentum if it hits anything.

13. If you feel about to capsize for any reason, grasp the gunwale on the side of the canoe which is not going under the water. Keep this grip on the canoe with a stiff arm; as long as you do, the side of the boat cannot hit you on the head as it turns over. People who follow this procedure do not get separated from their canoes.
14. When the canoe becomes swamped or you have capsized do not let go of it even for an instant, but pull your way hand-over-hand to the upstream end of the craft. Both partners must be at the same end of the boat or it will swing broadside and take a beating from a much wider swath of rocks. Getting to the upstream end of the boat is no joke; if you do not, you may become pinned between the canoe and a rock. The force with which you might be held cannot be imagined by one who has not been banged against a rock in swift water. Mr. Robert McNair (a hydraulics engineer who has been president of a white water canoeing club) calculates the force on a fifteen foot canoe capsized broadside in a 10 m. p. h. current to be 8,400 pounds, or the weight of three cars. Once you have re ched the upstream end of the canoe, hold onto it and swim toward the shore which appea s most feasible for a landing at the point at which you think you can reach it. (Do not underestimate the distance you will be carried by the current.) As you pull the upstream end of the canoe toward shore the faster current toward midstream will press the downstream end toward shore automatically. If there is danger that you may become paralyzed by cold water before reaching the shore, turn the canoe upside down and go around it (always holding on) till you can grasp your partner's hands across the keel while facing him from the opposite side of the boat. Tie your hands to those of your partner with a belt or some strip you can rip from your clothing; even if you should both faint in this position you will be supported by the canoe with your heads above water.
15. If thrown out and away from the canoe, swim diagonally to shore, keeping body and feet downstream.

Canoes are not dangerous, but too often the canoeists are. Let's do what we can as Outing Club members to win for the canoe the reputation it so richly deserves as a safe vehicle on swift, foaming rivers, meandering, shady creeks, and serenely lilied lakes.

Art Bodin, Swarthmore Outing Club

"Ideas for a Woodsmen's Weekend"

I. CANOE RACES

Single Canoe Race. One person to each canoe and he can take any position he desires (standing, sitting, or kneeling). Contestants start at the signal, paddle around buoy and back to the starting point or finish line. Deliberate fouling disqualifies contestant. Points awarded for the best times turned in.

Double Canoe Race. Two persons to each canoe, taking any position they desire. Start at signal, paddle around buoy and back to finish line. Deliberate fouling disqualifies any contestant.

Four Man Canoe Race. Four persons to each canoe. Any position desired. Start at signal, paddle around buoy and back to finish line.

Rescue Race. Two persons in each canoe. Start at signal. Somewhere along the course the signal is given at which time the contestant in the bow of each canoe has to jump clear of the canoe and then climb back into it. Contestants then continue on to the finish line.

Exchange Race. Two persons to each canoe. Start at signal. Somewhere on the course a signal is given at which time both contestants in each canoe jump clear of canoe and into a pre-determined opponent's canoe. Race is then continued to the finish line. Upsetting of canoes disqualifies contestants.

Portage Race. One person to each canoe. Start at signal and paddle to pre-determined point on shore, jump out, shoulder canoe and carry back to starting point. Place canoe in water again and paddle around buoy and back to finish line.

Canoe Tilting. Two persons in each canoe. Person in stern of each canoe may take any position desired but person in bow must stand on the gunwales of the canoe. Person in bow has a long pole with an appropriate rubber fixture attached to one end. Object of the contest is to force opponent into the water. Falling into the canoe is legal. Canoes should remain at least six feet apart.

Rescuing Canoe From Water. One person to each canoe. Upset canoes to be retrieved are placed by judges at certain locations on the lake or pond. At the signal, contestants paddle out to a specified canoe, place upset canoe across theirs and return to the finish line.

Note: In all events, deliberate fouling, which will be determined by the judges, disqualifies any contestant.

II. FIRE BUILDING

Simple Fire Building Technique. Contestants start with the same kind of wood or wood they have chosen from the woodpile. At the signal they start kindling the fire in any way they wish so long as they use only wood, no paper. Each contestant has a can of soapy water and this hung over fire wherever he wishes to place it. The one that boils over first wins.

Preparation of a Menu. Contestants choose wood from the woodpile. They can arrange the fireplace as they desire. At the signal the fire is commenced and a specified menu is prepared and served to the judges. The food must be cooked to satisfy the judges. Time decides the winner, providing the food is cooked properly.

Burning a String. Start at the signal and build a fire large enough to burn off string stretched a given height above the fire.

III. AXEMANSHIP & LOG SAWING

Axemanship. Logs are chosen according to size and kind for all contestants. At the signal the axes begin to fly and the first to chop through the log wins.

Axemanship #2. Start at signal. Same kind of wood and same length. Log must be cut into pre-determined number of lengths and then split into a given number of pieces after which the contestant piles them into a neat pile. First to finish is the winner.

Log Sawing. Logs especially prepared for the contest must be sawed in two. Both crosscut and bucksaws may be used.

IV. FLY AND BAIT CASTING

Bait Casting. Standard bait casting rods to be used with a silk casting line. One (1) ounce plugs will be used. Events on water can be for distance and accuracy (casting into rings). Land events can be casting through rings thrown into the air, and at targets with bradded plugs.

Fly Casting. Events in distance and accuracy on water. Rods to weigh not over 5½ ounces, 9 feet in length. Line shall not be heavier than size C (American) backer line and shall not be spliced on any nearer than 70 feet from the end. No larger than size 6 hook shall be used and the leader must be no shorter than 6 feet.

Fly Tying. This event will be judged for quality alone. Contestants are permitted to use their own equipment and to employ any method they desire.

V. MISCELLANEOUS

Archery. Deciding factors will be accuracy and distance.

Loading and Carrying Packboard. At the signal a specified load for all packboards must be lashed on securely. Contestant then carries it approximately 200 yards with the one reaching the finish line first with his load still securely tied being the winner.

Knapsack Race. A loaded knapsack is picked up and shoulder straps adjusted in place at the signal. Contestant then carries it approximately 200 yards.

Note: In all events the judges' decisions will be final in regard to poor sportsmanship, rowdyism, etc.

C. Ross McKenney
Woodcraft Advisor, D. O. C.

Presenting a New Yacht: The Foldboat

Like skiing, foldboating has been called "not merely a sport, but a way of life." Certain it is that the majority of those who have had intimate acquaintance with this novel form of yachting consider it one of the most thrilling of America's newest sports. Enthusiastic supporters claim that until you have run the rapids of a clear, fast-flowing mountain stream in a foldboat, you have one of the greatest experiences of your life ahead of you.

The term foldboat means simply "folding boat", having originated from the German "Faltboot", a popular craft on practically every sizeable river in Europe. Eugene Du Bois nicely describes its salient points as follows: "The boat rolls but does not readily capsize. The boat is easily maintained and easily repaired. It is eminently seaworthy, and yet it will fit in a closet. It will ride breakers and waterfalls, and with equal facility will give you a good time on a quiet lake . . . it is as versatile as it is portable."

In the closet it assumes the shape of two bags. One resembles a large golf bag and contains the longer parts of the framework and the paddles. The other one, shorter and flatter, takes the folded hull, cross frames, and accessory parts. Both are equipped with shoulder straps which enable the owner to carry the two bags at the same time with ease. After erection the foldboat (two-seater model) is seventeen and a half feet long. A single piece rubberized hull sewed to a duck deck covering leaves only an eight-foot cockpit for the two paddlers. Taut and rigid normally, the boat is flexible under the pressure of heavy seas, when jumping waterfalls, or when colliding with rocks in the "white water" of rapids. Like a kayak it is for use with double-bladed paddles of about eight feet in length. The two paddlers sit right on the keel or bottom section of the boat and lean back slightly against back-rests provided. The legs are stretched out on the bottom or bent so the feet can find support against the washboards. The normal cruising speed varies from two to five miles per hour, depending on the strength and direction of the wind, current, or tides. Top speeds of nearly eight miles per hour are obtained by racing paddlers even on still water, while fast "downhill" streams may increase this figure as much as 50%. One paddler in the Canadian Northwest made as much as 150 miles per day on torrential mountain streams.

The question is often raised of the advantages and disadvantages of the foldboat as compared with a standard canoe of the same length. To my mind the former far outweigh the latter, as evidenced by the following points:

1. The foldboat is quite flexible because of its unique construction, the whole frame yielding easily and sinuously to the force of breakers and rough water.
2. Because of its low center of gravity, it provides maximum safety and the utmost seaworthiness.
3. The covered decks with the use of spray covers "girded round the occupants" give complete protection against spray and high waves.
4. The rubberized hull bounces or slides off rocks and other obstructions and if punctured, can be repaired as quickly and as easily as an inner tube.
5. Through its portability the foldboat assures the owner of complete freedom and economy.
6. Double-bladed paddling is much simpler and more efficient than change-over canoe style.

7. With prices of canoes sky-high, the two-seater foldboat is still, I believe, in the vicinity of $120. Any one of six sail rigs may be purchased, as well as other equipment.

From personal experience on still waters I haven't found the foldboat to be quite as maneuverable as a canoe, but the difference is so slight as to be practically negligible.

Dick Bailey, Rensselaer Outing Club

Have some wheel fun

I was pleased to get the chance to write this piece on cycling because for the past few years, I have been nursing some pet theories on this sport and am only too glad to expound upon them for your benfit. In the course of my cycling I have encountered a class of riders who frown on me as I speed past, and say, "There goes one of those scorchers, so intent on running his hundred miles today that he is completely missing the beautiful scenery which we are taking the time to enjoy." So saying, they put their heads down and their tongues out, and continue with their agonizing task of hill climbing. At the top they will probably take a fifteen minute rest despite a rather mediocre view, and then proceed to rush down the hill and repeat their procedure. Meanwhile, I will have wandered down some enticing back roads and perhaps have had a dip in some pond. I can run a few miles out of my way just for the devil of it and am not dissuaded from following an attractive road just because the hills are steep. Through their ignorance of the sport, all too many cyclists miss half the fun.

The prerequisites for ease in riding are possessing the necessary knowledge and skill, being in good physical condition, and having the proper equipment.

Most would-be cyclists seem to have the mistaken notion that if they can balance and steer a bicycle, they have mastered the sport. But this is not so, for cycling is an art and requires knowledge and practice to learn. The actual technique of pedaling is of the utmost importance. Racers always devote considerable thought and practice to this and tourists ought to do likewise. The object is to apply the force on the pedals for as much of the turn as possible so as to minimize muscle fatigue, and to use as many different muscles as possible so as to minimize the load. By placing the ball of the foot on the pedal and using your ankles so that your toe is below your heel at the bottom of the stroke and above it at the top of the stroke, you will increase the arc through which power is applied as well as use more muscles. If you fit your cycle with toe clips, a further distribution can be achieved because you can now unweight your foot on the upturn, and save having to push it up with the other foot. You will also have a large power reserve for hills or pickup, as you can pull on the up-coming pedal. When you ride, do not lunge at each pedal as it comes into position but concentrate on turning it smoothly.

You must know how to adjust your seat and handlebars so that you can work efficiently. The seat should be located so that when you place your heel on the pedal, your knee is just straight (when riding, your ankle motion should keep the knee from becoming perfectly straight), and should be set about two inches back of the crank hanger. Because a bicycle shop is not as interested in proper adjustments as it should be, you should use them only for repair work and learn how to do your own cleaning and adjusting. A very trivial amount of friction can become tiring on a long trip, so check your bearings frequently.

A canoeist can afford to carry considerable duffle, and a hiker often carries a large pack, but a cyclist must travel lightest of all. Your ability to travel is in direct proportion to the weight of your equipment, and it is fortunate that as a cyclist you can travel exceedingly light. By staying at hostels you are spared the need of carrying such heavy equipment as blankets and cooking pots, and there is no need for either heavy duty or dress-up clothes. Your bicycle should also be lightweight. Any piece of equipment that is not essential is both an encumbrance and a menace, the latter because of the danger of its vibrating loose and falling into a moving part. On short trips you may sometimes carry non-essentials but on tours take them all off. Get rid of the chain guard and kick stand, and even remove the fenders if you think it may not rain continually.

In bicycle riding, there is also such a thing as strategy. If you ever find yourself pushed to make your destination, or if you feel like making good time over a dull piece of road, remember that the time to work hardest is at the point where you are going slowest. This means go uphill fast, and then relax after you have passed the crest and regained your speed. It is not only dangerous, but unprofitable to ride fast downhill. If you are riding into a very strong headwind, you can decrease the work by riding close behind the next bicycle. However, this "pacing" as it is called, is dangerous and recommended only for good riders on open roads.

Good condition is also important but fairly easy to attain. If you ride well and use many different muscles, there is no need of developing an Atlas physique, but only of tuning up what you have. The best riders are often of slight build.

As I said above, knowledge is more important than good equipment. You can start with a

balloon tire monstrosity, tear off the non-essential tinware, install a high seat post and have a blacksmith bend it forward a bit; add your knowledge of riding and you can get somewhere. But if you can afford it, you will find a real bicycle an excellent investment. In case you are about to buy one, here are some pointers: Avoid coasterbrakes as they have too much friction. Hand brakes not only permit a freer running hub but also will stop you more quickly. Caliper brakes are preferable to rod brakes because the latter are heavy, noisy, and inconvenient, and allow little flexibility for adjusting or altering your bicycle. Twenty-six inch wheels are light and quite adequate for modern roads. Three speed gears are nice, but not essential as other features mentioned above. Although it is impossible to take enough space to specify all the important features, I think that the other desirable characteristics will be found on any bicycle that contains these recommended ones.

If you should breeze into a hostel someday and discover a fellow dissertating at length on the theories of touring tandems, I advise you to tiptoe out again. One exposure to my ideas is generally enough.

I. O. C. A. Bulletin, Spring '46

Skis on a Bike

Here's a new and intriguing idea . . . carrying your skis on a bicycle. Merely place the skis on the carrier with the tips projecting out as far as the handle bars. They are then strapped together with the horizontal bar between them. Then the gear shift lever presents a problem but it can be solved by adjusting the lever so that it projects horizontally. The main weight of the skis rests on the carrier so that they are well balanced. Bicycling and skiing don't seem very compatible, but you can never tell, this may be a very handy idea sometime.

Tried and tested by Peter Kulka, Cornell Outing Club

Try Touring

White, soft, powder snow, unbroken except for the slender tracks left by a skier who came out from behind a clump of spruce trees and winged his way toward the valley bottom, varying his flight only for a few christies which flung the snow away in a glittering shower. Down he went -- you can see by his tracks -- picking his own route through the trees, dipping into little gullies, making short gelandesprungs off knolls, until he ended in a wide graceful telemark. How many skiers daydream such pictures? Probably all of them!

Nowadays it seems you have to do your skiing before 9 A. M. if you expect to find anything but an icy track, rutted at all the corners, or a practice slope scraped down to the frozen ground. You'd better be up early if you want to find unbroken snow at the "ski areas". But why ski in "ski areas"?

It wasn't too long ago that skiing meant strapping on your boards and a pack full of lunch to set out and look over the countryside. It meant crossing fences and occasional brooks and ravines and not just a little walking uphill. But it also meant coming out onto beautiful unbroken fields of snow and a glorious ride down to a country road, perhaps arched over by snow-laden birches which sprang up, showering the snow when you touched them with your ski pole.

Skiing has "progressed" since then and we find plenty of places where the trails are carefully laid out and marked, where there is a hot dog stand and souvenir shop at both top and bottom of the slope, and best of all a device by which one can be whisked to the top of the hill with a minimum of "wasted" effort. It is around this latter gadget, the ski tow, that implacable dictator of just where and when you may ski, that this argument centers.

If your only enjoyment in skiing is riding down hill, trying to clip another second off your best run, you probably won't be interrested in ski touring. However, an increased number of skiers are finding that there can be another side to the sport. Because there may be some who find it irksome to wait in line at the bottom of a tow, or who feel an urge to go to places less crowded, or who wonder what it would be like to ski down a little country lane -- to encourage these potential ski tourers this article was written.

In Europe, particularly Scandinavia, ski touring has long been the major phase of the sport. The Norwegians say that when you go skiing in Norway it means making a trip of several days into the mountains, probably basing at a centrally located cabin and each day taking a trip through the surrounding country. They do not go to one spot and slide down the same trail on the same mountainside all day or all weekend the way U. S. skiers generally do. In this country there is no area with facilities especially designed for this type of skiing, although several resorts have advertised ski touring terrain, one even maintaining an outpost cabin for use by ski tourers. However, that does not mean that ski touring is impossible in this country. Far from it!

At Dartmouth a small but growing group of chubbers is making use of the cabin chain

in winter, traveling over the trails on skis or snowshoes. This is an excellent set-up since much of the D. O. C. trail makes good skiing, particularly that section which lies in Vermont. The cabins are equipped with blankets and cooking gear so that the tourers need to carry only food and extra clothes.

Such an arrangement constitutes, probably, the ideal, and it is fortunate that it is available to at least a few of those who like touring. The others do not need to feel left out of the picture. A favorite stunt around Hanover is to look over a topographic map of the surrounding country and pick out roads that are not likely to be plowed in the winter, slopes that are likely to be open, yet have good snow, and maybe a pond or cliff to use for an objective, and plan a trip. Some of these trips are extensive, including a night spent in a snow cave or igloo, but often they end at Norwich Inn or the Alden Tavern for a big supper and then home.

NYSPIX - COMMERCE

There is no doubt about the fact that the ski tourer has his problems. There are plenty of fences to cross and hills to climb and sometimes you climb a mountain for hours and come back down in twenty minutes. But in spite of these "hardships" there is more solid enjoyment in this kind of skiing than in any other. You appreciate a ride down infinitely more if you've worked for it. The woods and fields and hills are far more beautiful away from the crowds and hubbub of the tow engine. Each turn of the trail presents a different picture as you travel along. You'll come to a snow-covered stream with grotesque stacks of snow piled on the boulders and perhaps a hole in the ice where the water suddenly appears looking jet black against the snow. It is always interesting to notice which of Ross McKenney's friends, the Wood Folk, are about. Often we have veered off from our intended route to follow a fox's trail to see what he was up to. Still as it may seem, you can generally locate some of the winter birds not far off. This can be a unique experience ornithologically too, as last year at Moosilauke when eight different birds were noted, each one an unusual visitor to the area. There is much to see in the natural world during winter, and there is no more pleasant way to see it than on skiis.

Touring requires little equipment in addition to what the skier already has. First of all you'll want a pack, the smaller the better, and be sure it has a strap to go around your middle. Another almost indispensable item is a pair of climbers, long straps with either a plush or sealskin surface. These are fastened to the bottom of the skis by buckles for long climbs. They are worth their weight in gold on long mountain trips. Recently there have been plenty of G. I. surplus plush climbers on the market for a very low price. Climbers are invaluable on long uphill climbs and by their use, the ease with which even steep slopes may be climbed is amazing to the first-timer.

For touring you'll want plenty of flexibility in boots and bindings. Old boots are best and a cable binding which permits hitching so your boot is held firmly in the toepiece yet allowing your heel to come well up -- several inches -- above the ski will be most satisfactory. I have a compromise hitch on my binding with which I can fasten my boot loosely enough for climbing and firmly enough for running on average slopes in deep snow without having to readjust it.

Ski wax, the inexhaustible source of disagreement, becomes of great importance in touring. Here the problem is not how to get another split-second of speed out of your skis, but reaching a compromise between reasonable speed downhill and ability to climb uphill. Since the Scandinavians have been at this kind of skiing longest it is natural to expect that they have developed a good wax. Indeed, in my opinion, Ostbye Mix and Ostbye Medium cannot be beaten. However, during the war when these waxes were not obtainable Sohm's Blue was used with great success. As always in ski waxes, it comes down to individual perference.

Just a word or two about food. Skiers generally take along plenty of "quick-energy" food like chocolate and raisins. Remember too that although you are traveling over plenty of water in one form it is pretty hard to drink it. We generally take tea which starts out from camp as

hot tea but may be cold by the time we drink it. It doesn't matter. The tea is welcome either way.

Vermont is well-adapted to ski touring. There seem to be more open fields and hillsides there than in New Hampshire. There is an abundance of abandoned roads which make most enjoyable touring and very often they are marked on the topographic sheets. A very pleasant weekend may be had touring the area around some small Vermont village and often accomodations may be had in these off-the-beaten-path communities for surprisingly reasonable rates. One idea is to plan a trip to a place like Woodstock, Vermont where both tow-slope skiing and ski touring are readily available.

Mountain climbing on skis is real sport. We have often climbed Moosilauke, starting from Ravine Camp which is run by the D. O. C. and is open to all. There is a marked touring trail up Jobildunc Ravine which connects into the Beaver Brook Trail (a foot trail but skiable at this altitude). This trail goes to the summit. The route down is via the Carriage Road and the Snapper Ski Trail. The trip takes all day and makes a loop. The mountains are unbelieveably beautiful in winter and the exhilarating ride down the mountain is worth all the climbing.

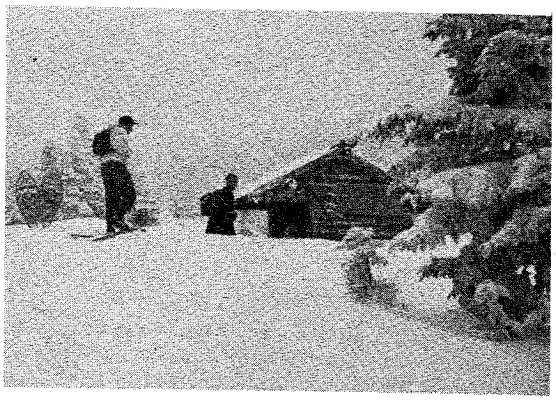
The stock answer a tourer gets when he proposes a trip to a tow slope skier is, "I don't get much chance to ski and when I do I want it to be all downhill." We've heard this come from people who ski every weekend all winter yet never once take a chance on something new. They are in such a big rush to get the most out of skiing that they pass up one of its finest attractions. I, too, like to spend a day at Cannon riding the Tramway but the old adage still holds, "You get out of something just what you put into it", and for real enjoyment and solid satisfaction, I'll take ski touring."

Dave Kendall, Dartmouth Outing Club

Toughen up with Old Man Winter

In these hectic days when national preparedness is one of the primary themes of conversation, what better slogan may we have than "Toughen up with old man winter." What an opportunity for Outing Clubs. Get those members away from those radiators, develop the efficiency of your own heating system. Lack of walking, hiking, skating, skiing, and snowshoeing will just make those legs tend to " dwy up and dwop off."

Today winter vacations are the vogue and the prediction seems to be that more people will take them. To successfully partake of winter activities it is very necessary to get into good physical shape. Pre-season conditioning exercises are still sound, and if they can be put across in an interesting manner, will accomplish much good.



Accidents may and undoubtedly will happen. No one can foresee all the possibilities. Your only salvation then is to have a practical knowledge of what to do. I know of a no more helpless feeling than to be confronted with a new situation and have absolutely no idea of how to handle it. The examination you dread is the one in which you do not "know your stuff."

The leader of a group in winter activity must be prepared for, and have a knowledge of, the problems to be encountered. (Not only in theory but in actual practice.)

In the first week of my skiing experience, a group of us were walking back from the Carriage Road to the Glen House. The time was approximately 4:30 in the afternoon. The wind was sharp and biting, the temperature 18 degrees below zero. One of my companions noticed a small whitened area on the tip of my nose. Fortunately this frostbite was observed in time and easily checked. This experience stressed the following: (1) The importance of the effect of cold, (2) The necessary observations required of a good leader of winter trips, and (3) the preparation needed to be ready for King Frost and his allies.

Prevention is still the best therapeutic known. The majority of winter accidents are still due to carelessness and ignorance. So if your Outing Club is planning hikes, ski trips, skating parties or snowshoe trips in the winter, out-of-doors, with all its zest and glory, be prepared to handle yourself according to the conditions you meet. Always remember the Intercollegiate Outing Clubs have built up an enviable reputation, and other groups look up to you as leaders.

Study the theory and practice of Winter Safety and First Aid. Probably one of the best booklets in this field is the recent one published by the American Red Cross, and compiled by Dr. L. Thompson. (There are many others that also invite your study). It's good and your club, indi-

vidually and collectively, should know and have practiced its contents from cover to cover. Someone in every party should carry one of the Red Cross Winter First Aid Belts, or its equivalent, and know how to use the materials contained therein. It is also possible to build up a winter first aid patrol in your Outing Club. Always remember winter first aid involves two new factors in the first aid picture: (1) Local cold, and (2) General cold. You must be appreciative of these two factors because they give you less time to work.

Also apply these aids: (1) Speed in transportation, (2) Prevention of heat loss, and quick treatment of fractures.

When on a winter party the leader may well check the following points:

1. Winter trips should be progressive, starting with indoor sessions, a meal out, a day out, and then when thoroughly prepared, an overnight trip.

2. The hike leader should know the simplest and easiest way to and from the destination, and also have been over the ground many times himself.

3. Small parties are preferable, not less than four and not more than ten.

4. Check all equipment including specialties (ski, snowshoes), a rucksack, first aid equipment, and repair outfits.

Check amount of clothing: In general, when climbing, take off clothing, when resting or coming down, put more on. Wear enough to keep out the cold, but not enough to perspire.

6. Accomodate the pace to that of the slowest member of the party. Your individuals should be evenly matched in ability.

7. Don't stop without good reason. It is less tiring to climb slowly in rhythm. The leader should know in advance where stops are to be made. Preferably a sunny spot with some natural windbreak available.

8. At every stop check thoroughly the face, lips and breathing of the individuals. Ask about the feet and fingers.

9. Never let the party separate for any reason.

10. Winter hikers take and eat too much food. Plan your menu carefully. It must be adequate and "stick to the backbone."

11. If the weather becomes bad, be willing to give up the trip. Better days are ahead.

The leader must also be a teacher, and at eventide each individual should come in pleasantly tired, with increased experience, knowledge, and improved physical condition for future hikes to come.

Take your properly trained group out for winter activities. Their reward will be trails that are not overcrowded, no insects to battle with, vigorous action, real adventure, superb scenery and a pleasant evening around the firelight's glow. What more could one ask?

Larry Briggs, National Ski Patrol

Syracuse Skis

To the majority of college students, the fall of the year brings to mind thoughts of football, classes, parties and the like, but to an ever-growing number of "guys and dolls" from U. C. L. A. to "dear, old Maine" it means something even bigger. WINTER is a comin', and this means -- ski season! Early in the school year, ski clubs begin to reorganize, take in new members, show movies, discuss the latest in "trappings and togs", and in general, get set for the biggest season ever. At last, the snow starts to fly and everyone from snowbunny to kanonen starts rubbing old Ullr and praying for more of that beautiful white stuff to keep falling. But it always seems as if ole man winter is just teasing, a few flakes fall, and bang -- it turns to rain! The die-hards don't despair, they go back to lacquering and scraping, adjusting and planning -- and praying! Eventually it's time for that long awaited Christmas Vacation, and the schussers head for the mountains where they're more assured of early snow. On these Christmas trips the skiers meet new friends, renew old friendships, and generally have one helluva good time. Up at the crack of dawn, out on the slopes to be first one in line, ski all day, sing and party at night -- then up at the crack of dawn. "Sleep?" "You got snow, what more you want?"

After vacation (if you're lucky) there's enough powder around to begin booming the local slopes and cut loose with a reasonable facsimile of a yodel or two. Meetings of the clubs become shorter in order to get out on the slats more, and programming turns to the out-of-doors. The slopes are flag-studded mazes of complicated "elbows" and "S's" "flushes" and "H's" to test and train the slalom runners. The cross-country men have put their skis on and are gliding past the lodge heading for a five or six mile run -- just to get in shape. And over on the jumping hill a lone figure is poised atop the tressle, he pushes off, down the in-run he comes, faster and faster -- the take-off, over the knoll, and ("easy") down on the transition -- flawless!

(Awright, so it's only a 5 meter jump!) The teams and clubs go away for weekend trips to the nearby mountains to race or just ski for the thrill of skiing.

Wintertime seems to move slowly for many of the stay-at-homes, but not for the skiers. Winter seems just to fly by -- and suddenly, it's Spring. Even the rocks on the ski hill seem to grow bigger and flowers sprout up through the remaining snow along the tow path -- but alas, Spring skiing is here! ! ! Spring skiing means klister, korn snows, and krazy sun-burns. Once again the clubs turn to the mountains for late season schussing in shorts and shirtsleeves. Easter trips are becoming more and more popular with the "skiing set", and new places that hold the snow are being discovered each season.

Even when the spring snow is gone, the skier isn't beaten, some talk of Chile and the beginning of the winter season there; others look to the glaciers of the west; for some it means water skiing, or mountain climbing -- or just dreaming and planning for that next season.

This has been a brief resume of the average ski-club-members's year as it looks through the eyes of a bleary-eyed "die-hard" from Syracuse University in Syracuse, New York. Let's now take a closer look at a specific college ski program. Each year here at Syracuse University in central New York (south of the famous Tug Hill snow-belt) there are a number of ski enthusiasts from all over the "48", and the world, for that matter. Most of them belong to the Syracuse University Ski Club (known as SUSKI C LUB), many race on the varsity and frosh Ski Teams, a great number participate in the Ski School program as students or instructors (Physical Education credit is given), and then of course there are those critters who just ain't joiners. The Suski Club, like so many throughout the country, has a two-fold purpose: (1) To aid and develop the sport of skiing and its associated activities, (2) and to provide members of the Syracuse University family with an organization to further interest in skiing and to acquaint them with other skiers. The club shall be both a service group, in that it assists in the operation and promotion of the ski program at Syracuse University, and a social group, having ski competition with other clubs, and social activities of its own. The above is taken from the constitution of Suski Club. Ski Club is a member of ORC, the Outdoor Recreation Commission of the university. Suski, the S. U. Outing Club and Alpha Phi Omega (service group) are charter members. Over a period of about 5 years, the member clubs built a cabin for overnight trips at Hufftail Hollow south of the city. Twelve students can be accomodated in the cabin, which is well-equipped with a fireplace, stove, bunks, etc., and a little brown house in the back yard. The cabin is situated right next to the Hufftail Hollow Ski Hill, perfect for weekend skiing and in the Tully Valley snow belt. O. R. C. has done much to further the development of the outdoor sports here at Syracuse and is currently planning to have another cabin, to be built at Turin, New York, 60 miles northeast of Syracuse. Suski is also a member club of the United States Eastern Amateur Association and a supporter of the National Ski Patrol System.

Suski's program chairman has a big job. Each Wednesday night immediately after the meeting there is a regular program of movies, skits, song fests with a guitar, equipment displays, discussions, and the like. Several times each year ski notables are invited to come to Syracuse to talk to the skiers. This year Hannes Schmid, formerly Head Ski Instructor at Snow Ridge and currently with the Spaulding Ski Company, came to "the lodge" to speak to Suski, as did Fritz Loosli, Head Instructor of the Chateau Frontenac Ski School in Quebec City.

S. U. Ski Club also runs several organized "big trips" during vacations. Christmas time is usually spent at Whiteface Mountain, a State owned area near Lake Placid, New York, serviced by a t-bar lift and innumerable rope tows. Mid-semester time finds "Suskiers" skiing all over the east, at such places as: Stowe, Mad River Glen, Big Bromley in Vermont; Cannon Mountain in New Hampshire; Mt. Tremblant. St. Sauveur, Mont Gabriel, and Greyrocks in the Laurentians across the border and a host of others. Many a winter weekend is spent in the nearby ski centers such as Speculator, North Creek, and of course, Snow Ridge. "If there's snow, there's snow at Snow Ridge! " -- longest ski season in the state. For our Easter trip we head for New Hampshire and Tuckerman's Ravine on Mt. Washington. It may be spring in the lowlands, but at the "Ravine" it's winter enough for some rugged winter camping and fabulous skiing on the headwall. Tuckerman's has no tows, and to date all grub, tenting, skis and equipment have been packed up on our backs. It's a grueling ordeal to haul the stuff up -- but once there, you're

really in a skiers' paradise. As a matter of fact, we Syracusans like Tuckerman's so well, that we usually have a trip back there again right after school in June for some real, late Spring booming.

Among other activities in Suski, we have competition within the club and with other organizations like the Aluski Club, Powdermill Ski Club of Rochester, New York, Cazenovia Ski Club, and many more. It is traditional that everyone enters and competes, and that only the top 15 placers are scored. Thus everyone gets a crack at racing and the thrill of competition in slalom and downhill. There is a rucksack-full of activities and I've hardly scratched the surface, but let's move on to ALUSKI!

Aluski Club is the Syracuse University Alumni Ski Club and is made up of former ski club members. Aluski does a great job of helping to support the ski team and keep all the ex-Suskiers in contact through their newsletters. They too, plan weekend excursions and longer trips to the many aforementioned slopes. Like their kid brothers in Suski, they have a weekly Wednesday night "gatherin' of the clan" at the University Ski Lodge for those members still in the city.

The ski team in an important part of our ski program here. Though no longer financed by the University, the team has continued to function and compete, supported by Suski and Aluski! The men on the team are coached by Ben Bucko, a local lawyer, former jumper on the S. U. Ski Team, and president of Aluski Club. The team competes in most of the large winter carnivals and open meets held in the east each year, and again this year has copped the Eastern Intercollegiate Ski Association's Western Division Championship. This race is generally held in conjunction with the Syracuse University Winter Carnival (this year's was "Alpine Holiday"). Also the First Annual Carrie Lou Andrews Memorial Open Jump was held in Syracuse this year. The jump is in memory of an active skier and skater who died in an automobile accident last November. Miss Andrews was manager of the Women's Ski Team, and a Winter Carnival Co-Chairman. Arthur Rosco, a promising Sophomore jumper from Syracuse University won the Memorial Open Jump. Syracuse skiers have gone far in the sport after leaving "Piety Hill", to head the list, Ted Farwell, who was top man on the U. S. Olympic Classic Combined Team in the 1952 Olympics, and the famous Arthur Devlin of Lake Placid. Others have gone into professional ski instructing after having been team members or instructors in our own pride and joy -- Ski School.

Headed by Mrs. William Wadsworth, the ski school is one of the mainstays of the Syracuse Ski Program. Students may take ski school lessons for credit or non-credit through the Women's Physical Education program (men too!). The staff of instructors meet once or more a week for formal classes and serve an apprenticeship before becoming paid full-instructors of the University. The Ski School dates back to the years following the second World War. Its founders were George F. Earle, former ski coach and director of skiing until 1952, and Fay Welch, also the founder of Suski and of the Winter Carnival 23 years ago. Both men are on the faculty of the New York State College of Forestry at Syracuse. Ski School has had as many as 800 to 1000 students enrolled in a single school year. The Empire State Unified Ski Technique is taught in our Ski School.

And of course all the above activities are patrolled by the volunteer aid of the National Ski Patrol led by John Gardiner and Ben Hedges. These men also teach classes in first aid and run a training program for prospective patrolmen.

And where does all this activity take place? Syracuse is fortunate in having a large ski lodge and ski slope within two miles of the campus, serviced by buses. The main slope has an 800 foot rope tow, 30 meter jump, and 10 meter jump. There are also several beginner slopes. The lodge has a large living room with a fireplace, a balcony for the instructors and administractors, a main office, locker room in the basement, a wax room, repair shops and team rooms. And to top this off, there is a panoramic view of the city and campus from our lodge on Lambreth Lane.

That's the picture at Syracuse University. Syracuse's program may be just an example of the ski programs found on college campuses all over the nation, but to us at Syracuse it's something unique. Granted, we may not have as much snow as we'd like, may spend days skiing on close to two inches of grass on a base of four inches of topsoil, may have to cut a few classes here and there, etc., etc. But whatever it is, Syracuse's ski program is just in its infancy and on the way up. I may be biased, but to me, it's as fine a ski set-up as one could find anywhere -- and we've got the damn best bunch of boomers here at Syracuse as well as a terrific spirit for the king of sports -- skiing. Someone once said "Skiing? Whiz -- a mile back!" Maybe so, but well worth it! Syracusans think so. Do You ????? SKI HEIL!

Pete Rose
Syracuse University Ski Club

Snowshoes Anyone?

It seems that no one has attempted to make a guess as to when humans devised snowshoes. Their first construction was a thing of necessity for they were, and still are, used primarily for practical purposes, that is, for climbing hills, descending steep slopes and traversing rough terrain when the snow is deep.

Snowshoes have been known in the north countries of Europe for many centuries.

The early settlers in Canada, who brought snowshoes with them from Europe, noticed that the Indians already used snowshoes similar to those which had been used for hundreds of years in northern Europe. There is difference in opinion as to how snowshoes came to the North American Indian. One authority thinks that the idea originated in Asia and was brought to North America by migrating tribes while another thinks that snowshoes must have followed a pattern dictated by common sense, and not by aping the discovery of any single group of people.

Snowshoes today are in many different sizes, and several different designs. Those built for speed are long and narrow, generally with slightly turned up toes. Those for general work which do not require speed are round or pear shaped so as to give as much base as possible. The largest shoes are from fifty to a trifle over sixty inches in length. The wood used in making the shoes is white ash, the strings and lacings are leather.

When selecting the style of your snowshoe, there are three things which should be considered, the topography of the region you intend to traverse, the condition of the snow -- light or packed, and the object of your wanderings. If the land is rough and broken, or if the woods are thick, you want a shoe that is short and broad, while if it is open and smooth, one that is long and narrow will be better. If the snow is light and soft, you will need a larger shoe and finer weave than if its surface is hard and firm. If your day's outing requires much turning and twisting about, you will find that the short shoe is most convenient.

The tailless type of snowshoe is usually referred to as the "bear-paw." These models again are subdivided into classes -- those which have cross-members and those which have none. The first mentioned are the "bear-paw" proper, while the others are sometimes referred to as the "horse-collar". These bear paw types are especially useful and advantageous for mountain climbing and for use in thickly bushed areas. On comparatively level going the type with the tail is more suitable as it gives the shoe the correct balance, and dragging behind, serves as a rudder to keep it in line.

It is very essential that the snowshoe be properly attached to the foot. When tied on, the heavy cross-thong just back of the toe hole should be held firmly underneath the ball of the foot and the whole shoe should swing from there. The balance of the snowshoe, with the exception of the bear-paw, should be such that the tail will always drag on the snow, however high the foot is raised.

The pioneer snowshoe was attached to one's regular shoe by thongs, but in modern times, when most snowshoes are machine made, not hand made, they are equipped with a special shoe, such as the ski shoe, and are a part of the snowshoe.

If the snowshoes are attached with thongs, properly tied, the wearer has the advantage, in the case of a bad fall, of being able to twist out either foot without reaching it with the hands; in fact, when the thongs are once properly adjusted to the foot, they should not be untied, but the foot twisted in or out whenever the snowshoe is put on or taken off. The regular commercial thong is made of rawhide and stretches very easily. Lamp-wicking is a preferable material.

"One of the better methods of tying the thongs is as follows: Bring the thong around back of the heel and forward along each side of the foot, passing the ends down through the post holes on either side and up through the toe hole. Make a double loop over the toe by passing each end up, over, and down through the post hole on the other side. Again bring the ends up through the toe hole, and half-hitch around the double toe loop on each side of the foot. Then cross them over the instep, half-hitch to the heel loop on each side, and tie in a bow knot at the back of the heel."

There are many techniques which have to be mastered and many difficulties which have to be

overcome in the use of snowshoes but space and time do not allow their presentation here. Suffice it to say that correct and easy progress on snowshoes does take practice.

Even though snowshoeing does present some difficulties to the novice it is relatively so simple and so easily learned that, in itself, it is hardly a sport. It is rather a means to an end -- the adaptation of extra large feet to enable us to walk over the otherwise inaccessible surfaces of the snow. However, there are many things which can be done on snowshoes which qualify it as a sport.

Snowshoe racing was known as a sport among the Indians, and the French in Quebec adopted the sport and became enthusiasts over racing. Following are some snowshoe racing records which are, to say the least, surprising:

100 yards	13.2 seconds	Held by Edward Hachey of Rumford, Maine
220 yards	29 seconds	
440 yards	1.06 seconds	
1 mile	5 minutes 18 seconds	Held by Clifton Cody, Manchester, N. H.

The International Snowshoe Congress is the body which governs the sport in both the United States and Canada. These conventions consist mostly of everyone having a good time. There is racing, stunts on snowshoes, parades, and community singing.

Probably the most famous snowshoe man was an American named John A. (Snowshoe) Thompson, who carried the U. S. mail in the high Sierras for twenty years. The distance of his run was ninety-one miles, which he traveled with a one hundred pound pack on his back. He usually negotiated the route up and down high mountains through appalling drifts of snow within three days -- taking about a week for a round trip.

In closing let me quote a passage from W. D. White, which I think has a wealth of truth concerning the true importance of snowshoeing to the ordinary outdoor lover.

"When the snows of winter have covered the land to a depth of two feet or more, it is as though nature had sealed up all the countryside under a covering of fleecy whiteness. To the ordinary tramper, all the familiar haunts are as effectively barred as though under lock and chain. Figuratively speaking, the snowshoe is the key to this lock. Literally, it is more. It is a master-key which opens the lid on a whole new world of outdoor pleasures. It enables us to penetrate the vastness of the snowy forests, and brings us in touch with Nature's charms at a time of the year when we might otherwise be restricted to the beaten paths."

Joseph H. Gillen, Syracuse Outing Club

Play it Safe

In the organization of any Outing Club activity, one of the considerations has to be that of safety -- whether it be white water canoeing, horseback riding, ski mountaineering, or folk dancing. Somebody has got to be alert to the potentially dangerous situations that may arise and be able to cope with them. When a leader assumes the responsibility of leading a climbing party or a Sunday hike he needs some first aid skills himself or takes proper precautions to see to it that someone in the group is properly prepared for emergency situations. Granted, we aren't trying to scare people away from Outing Club activities -- at the same time, we want them to have some assurance that the activity is relatively safe and that it is under competent direction.

While it is left up to the individual, for the most part, to determine his state of health when signing up for a weekend trip, he should be faced up to the responsibility he is giving someone else if he is unable to keep the pace or is accident-prone. Living in close proximity to others on a camping trip makes such a thing as an individual's cold a concern of the entire group. While this may be "roughing it" and regarding it a "testing" opportunity for someone's ability to take it, persons who aren't feeling up to par should not inflict themselves on others.

Most Outing Clubs have good relationships with the college infirmary -- getting suggestions from the doctors and nurses regarding first aid equipment for your locality is smart procedure. Contact with the American Red Cross and the National Ski Patrol system will open up possibilities for Water Safety, First Aid, and Ski Patrol courses to prepare members of your group to instruct and care for first aid needs. One of the best pieces of material on water safety and first aid work is the Springfield College Outing Club Ski Patrol Training Manual compiled by Stanley Stocker. Any club anticipating winter activities should have a copy of this material.

The provision of first aid kits for activities should be a club responsibility with someone responsible for checking the kits in and out and replenishing supplies when necessary. The contents of such a kit might include merthiolate, aspirin, salt tablets, burn ointment, calimine lotion, cotton, adhesive tape, band-aids, sterile gauze pads, tourniquet, snake bite kit, triangular bandages, roll bandages, insect repellent. Persons responsible for first aid on winter trips

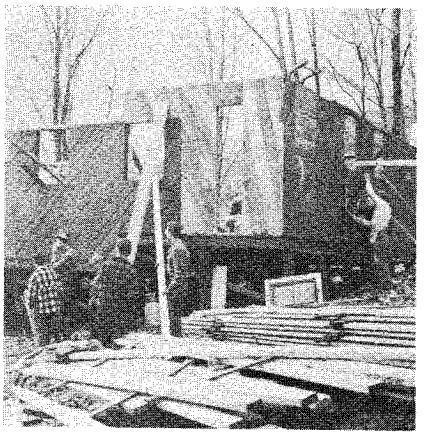
will probably not need the snake bite kit nor the insect repellent. Contents, of course, will be modified according to the area and type of trip.

Proper sanitation on the trail is necessary -- water supply, toilet disposal, dishwashing and sterilizing, provision for personal cleanliness are musts if illness is to be avoided. Hand washing facilities after toilet and before food handling are obvious needs for the health of all. Clean clothes, especially socks, are vitally important for the individual's comfort. Keeping dry and keeping warm are necessary parts of keeping healthy.

The leadership of trips should be concerned with the general health and safety of the party -- keeping it together, keeping it organized, and keeping it under the controls they agree are important are among his responsibilities.

Build your Own Cabins

Cabins can be classified under three headings: (1) Those designed merely for overnight; (2) Those to be used as a trip base; (3) The more elaborate type designed for a permanent base with storage for equipment, facilities for house parties, etc.



Under the first heading, those designed merely for overnight, we have the familiar three-sided lean-to. This type is the cheapest and probably the most efficient. About the only expense is the time and effort of construction. In general, it should be located near water and as much as possible out of the wind and protected from storms. A tar paper roof and a stone fireplace are in order. A frying pan and an axe constitute the usual equipment and the lean-to should be provided with fresh boughs and dry wood. A snow fence is advisable for winter use.

There are two types under the second heading, those to be used as a trip base. First is the one room type equipped with a stove, bunks, cots or a bough bed, and a wood supply. It usually has a table and simple cooking utensils. This is better for winter use, having windows and thorough wind and water proofing. Sometimes blankets and mattresses are provided. The second type is illustrated by Crag Camp on Mt. Adams. It is a cabin with three or four rooms adapted to larger parties and a longer stay. It is more fully equipped with bunks, blankets, stove, sink, dishes, cooking utensils, cans for food storage, wood storage inside, axe, and sometimes a saw and hiking equipment. Again, it must be located near some water supply.

Under the third heading are club houses usually located near the campus. A renovated farm house can be very successful. These should be completely equipped and designed for Outing Club meetings, the storage of equipment, and the like.

In general, the fireplace and the stove are the big expenses of a cabin. If the club has the wood chopped and then the members do the actual construction work, the cost can be kept pretty low. As far as furnishing goes, a good part of it can often be collected from fraternity houses and such. For financing some clubs have succeeded in gaining the co-operation of the dramatic club, the baseball team, or some other college organization. Maintenance is perpetual and sometimes considerable. It is generally possible to include maintenance work as a heeling job. All in all, a cabin does not present too great a problem if the members of the club are willing and able to work.

Cabins are great as trips bases and something to work at and call your own. On the other

hand, it must be remembered that unless a cabin is in year 'round outing country and reasonably accessible, it may be a rather useless burden.

Charles Russ

Winter Camping and Mountaineering in the Adirondacks

By Robert Levy, SUOC Alum

Dedicated to "All those, young and old, who hike and climb in the Adirondacks in all seasons, but most especially to those who love the snow, sun, ice, and cold beauty of the High Peaks in winter."

EQUIPMENT TO WEAR:

Personal Clothing:

In general, clothing should be all wool and roomy. Several light layers will keep one warmer than one heavy layer, and will permit adjusting to the temperature changes caused by elevation, wind, and the heat generated by hiking and climbing.

When out in winter always take off clothing rather than perspire, for damp clothing conducts heat away from the body very rapidly, causing chills and sapping strength. For the same reason, one should develop the habit of brushing snow from his clothing while hiking.

Check List Of Clothing:

1. Wool or water repellent poplin ski pants, or some other type of wool trouser. Don't wear blue jeans in the mountains even if accustomed to wearing them at low temperatures. A new pair might be slightly wind resistant, but they soak up moisture, and stiffen so as to chafe your legs. Also avoid fuzzy material which will gather snow.
2. Wool shirts or sweaters -- three or four of them.
3. A parka long enough to cover the entire body. Weight is a variable, some prefering a heavy lined parka which will keep them warm at low temperatures, and others prefering the light weight army surplus ski parka which may be worn at relatively high temperatures as protection from wind.
4. Mittens, not gloves. Preferably two layers; outer mitt windproof and water repellent; inner mitt all wool. They should be long enough to cover the wrists. A thong or string should be tied to them so that they hang from it when taken off because of excess warmth or because a bare hand is needed.
5. Ski cap, or other cap, with ear flaps and visor. Knit wool caps are sometimes satisfactory, but they have an affinity for snow which can render them more than useless.
6. Underwear, according to most writers, should be the heavy, all wool, two piece variety.
7. Socks must be all wool or a combination of wool and synthetic material, and of varying sizes so that three or four pairs may be worn at one time without binding the feet. Have several extra pairs even if out for only one night, as wearing wet socks is not only uncomfortable but dangerous.
8. An all wool scarf may be very useful.
9. Colored goggles protect the eyes from the brilliant sun and snow reflection of the mountains, but in order to do so there must be no gaps around the edges. A good design is available through army surplus for a very small sum.

Footwear:

Avoid all-rubber boots because, although they protect your feet from external moisture, moisture collects and condenses in them and your feet may become wetter than if you were hiking in socks alone.

All-leather boots are nearly worthless for hiking in varying snow conditions as they become wet too easily, and then are difficult to dry out.

For snowshoeing use Shoe Pacs or Bean's Maine Hunting Boots.

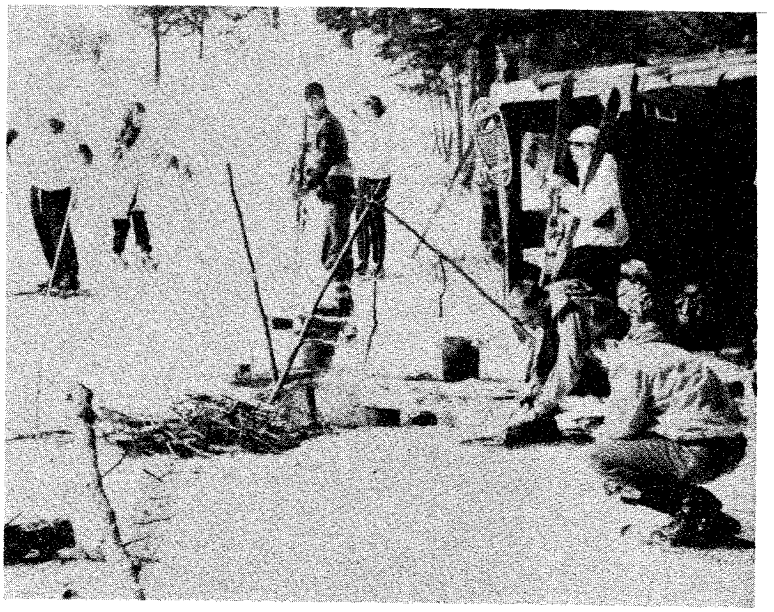
Buy and use thick felt insoles in all boots to be worn in winter.

Ski boots should be large, to allow room for the extra insole and for several pairs of socks worn one over another.

Avoid boots which have cold-conducting rivets or nails penetrating through the soles to the feet.

Climbing Gear:

1. Snowshoes are the transportation of the climber who desires to leave the beaten track. Where the ski trail ends, the snowshoe comes into importance. Types of Snowshoes: There are several types, the best mountaineering design being the bearpaw. The other designs are better in open rolling country, on downhill slopes, or in either of these types of terrain when there is fresh powder snow. However, in the Adirondacks the problem is to get up, not down.
2. It has been found that a ski pole is of use when snowshoeing. It can be used for balance, to get an extra grip when climbing, or for a rudder and brake when glissading.



3. Crampons may be of use when crossing such high rocky domes as Marcy and Algonquin, and are a near-necessity for most of the Range Trail. However, one should beware of the cheap army surplus crampons which well deserve their nickname of "folding crampons."
4. Rope is very useful in certain places and in all ascents where there is ice. Nylon is lighter, stronger, more elastic, more slippery, and more expensive than manila.
5. Ice axes are very picturesque, but also fairly expensive. In the Adirondacks there are few places where they are necessary under any conditions except where one encounters solid sheets of frozen corn snow, and these few places are readily avoided. However, for some areas they may be a necessity.

Other Equipment To Be Carried on the Person:

1. A compass should be carried at all times.
2. Matches, in a match safe of some sort.
3. Maps and guides of the area to be hiked in. The best arrangement is a combination of the following three types:

A. U. S. Geological Survey quadrangles, available from the Adirondack Mountain Club, with the trails marked.

B. N. Y. State Conservation Department guides and maps with rough descriptions of the trails and exact mileages on some of the trails.

C. Adirondack Mountain Club Guide, and maps, with good descriptions of the trails and shelters, and with approximate mileages.

4. Vaseline on hands, face and neck protects them from wind.
5. Chapstick will never save a life, but it will prevent the misery of cracked lips.
6. A watch is useful in determining distances traveled.
7. A good pocket knife may be, and usually is invaluable.
8. Handkerchiefs are a necessity, particularly at low temperatures when the nose runs as a safety device.

Equipment To Carry:

Pack:

Rucksacks are useful, particularly the steel or aluminum framed ones. They come in a variety of sizes, at various prices, but the best buy for a beginner is the army surplus Frame Ski Pack with three outer flap pockets, and a zipper pocket in the top flap.

Packboards are lighter than rucksacks and have the advantage of having a carrying capacity as great as the owner can carry. Also they have a large riding surface, and are capable of being packed either with the weight high for comfort, or low for balance. However, they necessitate the use of a duffelbag or other container for the gear which is to be carried, and it is rather difficult to obtain any specific item from inside the bag or container while on the trail. Again, army surplus is the source of the best buy for a beginner.

Bedrolls:

Sleeping bags come in a variety of types, of shape as well as of material and filler. The combination which has proved serviceable has been the Army Double Arctic Bag, which has an inner "mummy" shaped bag and an outer rectangular one, with a filling of 60% chicken feathers and 40% down. The bag should have overlapping rather than quilted seams, and should have a water repellent outer cover to protect it, when in use, from wear and tear as well as from moisture. Both bags should have zipper closure with a filled insulating flap inside the zipper. It is better to buy a good bag at the beginning than to buy a cheaper style, and then have to buy a good one.

Light:

The problem of light is an important one for the winter camper since his day is considerably

shorter than that of the summer camper.

Kerosene lanterns are satisfactory around camp, their major disadvantage being that one drop of kerosene can ruin several pounds of food.

Coleman gasoline vapor and kerosene pressure lamps are replacing kerosene lanterns, and give a much brighter, steadier light. However, they are more delicate, due to the fragile ash mantle.

All of the lights mentioned above are undesirable in that they are both heavy and bulky, and are not easily carried.

Carbide lamps come in a variety of sizes, some as small and as light as a flashlight. They give a very bright light, even in wind, rain, or snow, and they have only two disadvantages -- they require filling, and the fuel is useless if it has become wet.

Flashlights are essential, but are best used in conjunction with one or more carbide lamps. Flashlight batteries have a surprisingly short life at low temperatures and consequently are more expensive than carbide fuel for an equal duration of light.

Candles are a good addition to either carbides or flashlights, being inexpensive and giving a fairly good light when burning in a shelter.

Repair Kit:

Enough materials should be carried to repair equipment if it becomes damaged. The kit should be light enough so that there won't be a temptation to leave it behind, and complete enough so that it is of some value.

Personal Items:

Of course one needs a toothbrush and comb, and a camera and film, or even a sketch pad is worth carrying, but one shouldn't carry a junkshop around on his back.

Community Equipment:

Shelter:

Shelter is an essential, and in the Adirondacks is largely supplied by either open or closed camps.

Closed Camps:

There are innumerable private camps in the area, but the two most often used closed camps are Adirondack Loj at Heart Lake, and the Adirondack Mountain Club Winter Cabin on John's Brook.

Open Camps:

In the High Peak region there are over fifty open camps (better known, perhaps, as lean-tos), ranging in elevation of site from Twin Brooks Lean-to at 1900 feet to Plateau Lean-to at 3500 feet. These are for public use and are suitable for winter climbing camps.

Tents:

Some persons prefer to use tents and will maintain that they are essentials. Under certain conditions, and with certain goals they are necessary, but the beginner need not worry about either buying or using one for shelter.

Cooking Gear:

Cooking gear should be lightweight aluminum or stainless steel, with no projections on the various pots and pans, and of varying sizes so that they nest together, taking up less space in the pack that they would if loose.

Each person should have his own knife in his pocket, so the only required utensils are a soup spoon and fork per person.

Bowls should be carried which are large enough to use as plates. This will save taking both, thus reducing weight and bulk of the cooking gear. The bowls,too, should be of aluminum or stainless steel.

Cups should be lightweight, but here there is another point to consider. A metal cup at low temperatures will remove skin from the lips, if not from the hands, if one tries to drink a cold beverage, and will leave a very painful sore. Consequently either plastic or enameled cups are advised. Enamel weighs more, but is free of the odd taste which plastic tends to give to either hot or cold beverages.

Stoves: In winter the problem of finding dry firewood is magnified far beyond what it is in summertime. In winter fallen branches are covered with snow, and more wood is required for warmth as well as for cooking. As a result, more and more winter campers and climbers have started to use small lightweight gasoline stoves. There are various other stoves which burn alcohol or kerosene, but they are inferior for a number of reasons and so will not be considered here.

Despite the new problem of having to carry fuel, gasoline stoves have solved the problem of finding sufficient wood for fires so well that they are now being used not only in winter but all year round. As only about one pint of fuel is used per day, the weight to be carried is sur-

prisingly small.

First Aid Kit:

The first aid kit is an essential on any trip, as is the knowledge of how to use it. Everyone who goes camping should have taken a first aid course, and at least two persons on each winter climbing trip should be skilled at it.

Treatment and prevention of shock, frostbite, and snow blindness should be discussed before leaving on any winter trip.

Other Equipment:

1. A small hand axe is a convenience which may become a necessity, if, for instance, the fuel for your stove is spilled, or if it should become necessary to make a stretcher.
2. Additional water-proof matches should be carried in one of the packs.
3. If planning to be out for any length of time, an extra pair of snow goggles is advisable.
4. A canteen and carrying case.
5. Emergency food -- to be used as just that, and not as part of the rations.

Water and Food

Water:

Water is necessary for health, but in winter one is very often faced with the problem of "water, water, everywhere, but not one drop to drink." This is alleviated somewhat by not washing, and by giving the dishes a preliminary cleaning in a snowdrift, but still the problem remains. Water may be found near most of the lean-tos in the area, or snow may be melted. Either of these, and especially the latter, is likely to take a good bit of time, so that the water which is located or "melted" should be saved for beverages and sterilizing of dishes.

In order to maintain the water content of the body at a healthful level it becomes necessary to absorb water in a number of ways -- with concentrated fruit juices and in unrationed amounts of tea and cocoa. Bouillon cubes are excellent for several reasons. They flavor water, they replace some of the body salts lost through perspiration and excretion, and they are small enough so that they can be tucked into any corner of the pack.

Food:

Avoid foods which must be cooked for any considerable length of time, particularly on short trips where time is more important. It has been found that the longer it takes to prepare or cook an item, the less likely one is to take the time to do so, either before or after a long day of hiking and climbing.

Carry enough emergency food to feed the entire group for a full day without cooking. Chocolate, dried fruit, canned meat, cheese, and several special preparations (which are sold as emergency rations) are satisfactory.

Organization of Trip

The leadership and personnel of a trip should be determined at least a week in advance. The leader should preferably be the most skilled individual, and should be voted certain discretionary powers as to the assignment of work and the making of decisions regarding the suitability of the weather for climbing.

There should be no one in the party who has never camped before because, although it may work out satisfactorily, it is much more likely that such a person will prove a burden to the group, and he may spoil camping for himself if he doesn't enjoy his first trip.

Preparation:

Several days before the trip is due to leave, the personnel should meet for the following purposes:

1. To be certain that everyone knows the trip plans and the routes to be followed, and is acquainted with the area to be hiked in.
2. To make sure that the requirements regarding food and equipment are known and approved by the personnel.
3. To check whether everyone has sufficient personal equipment, and that it is suitable.
4. To be sure that no one will be carrying excess weight and that no one will have more than his share of the food and equipment.

Techniques on the Trail:

Hiking and Climbing:

The object in climbing is to get to the top, and having reached there, to get back to camp, preferably before dark. In order to do this, the best pace is a steady one which may be maintained for the full length of time away from camp, and with only brief rest stops at regular intervals. It should be remembered that a fast pace to warm one up rapidly is inadvisable, for where that is necessary it is usually too cold to stop for a period of any duration to rest.

Equipment should be kept to a bare minimum while climbing, including only those things which are required for a margin of safety.

Drinking On The Trail:

As much water as possible should be included in the evening meal and at breakfast. Then, while hiking, the demand for water is not so great, and the climber may quench his thirst by chewing an icicle or eating some snow. Snow or ice should be allowed to melt in the mouth before swallowing, and even then should be eaten in limited quantities only.

Importance of Snowshoes:

Snowshoes should be carried on any and all ascents in winter since -- although there may be little or no snow at the base -- there will be anywhere from a foot to six or eight feet on or near the summit. To attempt to scramble any distance through steep, deep snowfields without snowshoes is to invite disaster, for it is a fatiguing job at best, this business of climbing mountains, and fatigue is the forerunner, in winter, of frostbite, freezing, and death.

Crossing Streams and Lakes:

Extreme caution should be exercised when crossing frozen streams and lakes. It is better, when crossing a stream, to take time to select a safe crossing than to rush and get one's feet wet. In winter, wet feet can mean no feet unless they are dried promptly, and dry socks and innersoles are available to replace the wet ones.

Bushwhacking:

The ability to pick out a trail through brush and second growth is worth developing, and the time to start learning is in the winter when snow covers a good many of the obstacles. The ability is necessary if one hopes to climb all the High Peaks, for twenty of them are trailless, and others are best climbed by bushwack routes. Select your routes from a topographic map, and then see how close you can come to following it.

Travel at Night or in Storm:

Travel at either of these times should be avoided. It can be, and has been done, and some mountains have been climbed during both conditions, but it is neither safe nor wise.

Safety:

It should be remembered that while climbing, the group will be far removed from hospitals, doctors, and the like, and that any accident is likely to be more serious than it would be if it occurred in a town or city. Therefore the entire group's attitude towards safety should err on the

side of being too cautions rather than the reverse. It is largely a matter of being careful and using "common sense" and a little thought before plunging off into the wilds.

Iocapr

Now there is an idea for the next I. O. C. A. square dance your college runs. The expression PR - Pig Rassle - is being used around Boston by a group who are fanatical devotees of square dancing, but who still recognize the semi-humorous aspect of a room full of people expending vast amounts of energy to the prodding of a caller and orchestra. Or perhaps it's the hog-calling style of the prompter.

In any event, it's so much fun that you shouldn't be deterred from trying out some dances on your own hook. You don't need the best caller in the world (naming no names) or the best orchestra (Blue Serge Koussevitsky and his Back Bay Boys), or the best hall. To accentuate the positive, suppose we tell you what you do need, and give suggestions on how to go about setting up your own PR.

First, you need some enthusiasm, and this may mean a little job of persuading people that square dancing isn't hard to learn. Once they find that out, they'll discover that it's fun -- and you've made your two essential points.

Get a hall, or in any event some pleasant place to dance. Be sure the floor isn't too sticky, or too slippery either. See to it that there are refreshments available -- cider and doughnuts, punch, a coke machine, or, as an irreducible minimum, plenty of water. It makes a big difference if you are going to dance for hours on end.

Get an orchestra. A real live one if you can, made up of your own friends or anybody who will play with enthusiasm and some ability for square dance music. If not, get records, and graduate to an orchestra later. There are plenty of albums on the market with and without calls, and, we may say, with and without quality.

Have somebody who knows the music judge them at first.

Get a caller -- and here is the part calling for the most suggestions. The first is that you don't need to have any one caller all evening. Take turns -- develop some new talent, and take a crack at satisfying your own personal feeling that you'd be pretty good at it. Whether you're trying to develop your own talent, or that of someone else, or perhaps trying to choose between several possibilities, here are some things to keep in mind.

A caller must have personality almost more than any other talent. He should be able to persuade the dancers that following his directions will turn out to be fun. He has to be master of ceremonies, program arranger, teacher, and prompter, all in one. It will frequently help if he's somewhat of a character, too, either by nature or by design. A peculiar hat, or an exceptionally loud shirt, or a battered pair of blue jeans which constitute his own identification will go over big with the younger crowds.

The caller's teaching function is very important. He has to know the dances well enough to explain them clearly, and to call them without recourse to notes, and in time with the music. If you're training yourself, practice at home to records, until you know just how long a given figure will take, and until you're sure you won't get mixed up when confronted by a live and hypercritical audience.

As master of ceremonies, the caller must choose dances keyed to the ability of the dancers. He must set the orchestra's tempo, or choose records. He must keep the program varied -- intersperse polkas, waltzes, schottisches and other folk dances among the squares and contras.

And above all -- keep things lively. Have some group singing during intermission, if the dancers want to rest, but don't let things drag.

Now, all this sounds like a lot to ask of a caller, but remember that this is sort of ideal. The beginner can grow into it along with the dancers, or he can call only a few dances at a time, and turn the proceedings over to someone else. Try to remember the programs and special tricks of some good caller, and use them as a pattern for yourself. Imitation is a compliment in this case.

Really, these comments on square dance organization shouldn't scare you -- they should only point out that a little care should be taken to insure that you'll have a good dance. Good square dances aren't automatic. There has to be a little bit of city-bred planning beneath the bucolic exterior.

One last plea for the integrity of the institution. Let your square dances be for the enjoyment that is in them with no apologies and with no recognition that it is The Thing To Do. Let the dilettantes, and those who want to fox trot in a terribly cute atmosphere stay home. You're out to square dance because you bloody well want to do so -- and there are plenty to join you.

So -- you have a hall, music, and a caller, Swing your partner!

Al Smith, M. I. T. Outing Club

Now Let's See -- About Folk Dancing

What Shall I Wear? And How About Equipment?

Something that seems to bother a lot of people who are going folk or square dancing is what to wear. The problem doesn't bother experienced dancers though, because they found out as soon as they started dancing that the answer is really quite simple -- wear anything that's neat and comfortable. Now, there are certain limitations imposed by considerations of practicality and convention. It is not considered good form, for example, for a girl to wear slacks or jeans. This is particularly true when doing folk dances, for a woman is supposed to look feminine, just as a man is supposed to look manly. Girls find that they're most comfortable (and often prettiest) is cotton blouses and full cotton skirts, if possible, of the colorful and "folksy" sort.

Men generally should wear shirts, not T-shirts, and any kind of pants. Cowboy outfits are all right, of course, but they do look out of place unless the square dancing is western style. The same rule applies to footgear for both men and women. It should be comfortable, and comfortable over the long pull. Many people find that soft-soled gym slippers are good, but they lack arches and thus don't give any support. Other, including myself, prefer tennis shoes or sneakers. These do have arches and the rubber soles help grip on a smooth floor while not "sticking" as some soles have a tendency to do. Then there are the people who dance in cowboy boots, barefooted, in Cossack boots, in shoe pacs, etc. It's all a matter of personal preference. High heels, girls, are definitely out. Besides being extremely awkward, you can't really get up high on your toes, because you're already up there. There's no more bounch left in your feet. As Dave Rosenburg says, "Your springs are sprung." And men, when dancing in polite society, please don't wear nailed boots; they make so much noise.

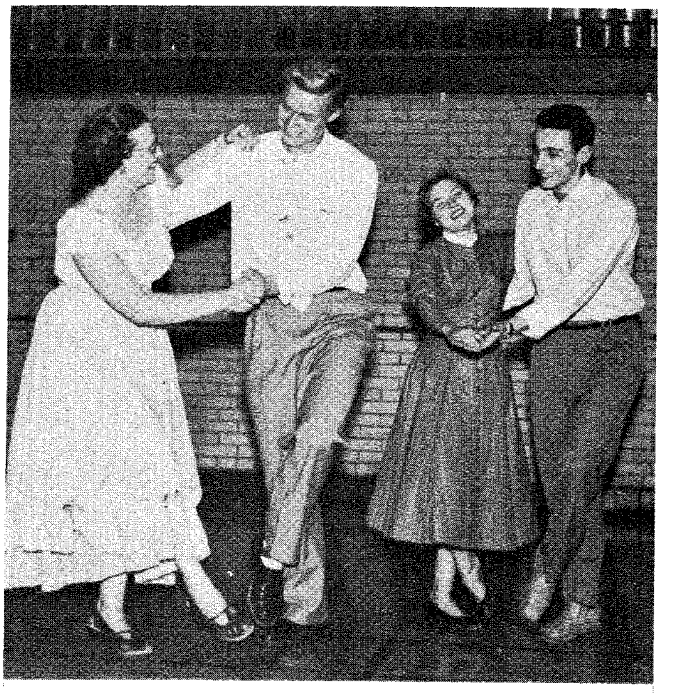
People find that folk dancing is a little more fun if they're wearing a folk costume of some sort. Many books have pictures of authentic folk costumes and some have instructions for making them. It's always more fun if you make your own costume. If it's too difficult or expensive to make an accurate copy, ordinary clothes can be made to look "folksy" by using a few simple accessories and a little imagination. A sash, kerchief, apron, rick-rack, or what-not can really do wonders. And girls, even if you don't have a folk costume, petticoats and pantaloons look very pretty when you make those full swings. Pantaloons can be made easily by adding lace to cut-down pajama bottoms. The possibilities for buying or making folk costumes are endless. Just remember one small courtesy though; if your costume is not really authentic, please don't claim that it represents a particular country.

Customs regarding dress for folk and square dancing vary from place to place in the country, and the best thing to do in a strange place is to follow local custom. These general suggestions, however, pertain anywhere, and no one who follows them will feel out of place. These suggestions apply largely to public dances and dance groups. Some of them will not always be practical on Outing Club trips. However, by carrying out those which are valid, you'll enjoy yourselves a lot more. The key words in clothes and shoes, then are: Be comfortable, be neat, be practical.

Martin Glassner, Syracuse University Outing Club

...And How About Equipment?

Perhaps this is a good place to say a few words about folk and square dance records and other items of equipment. Many people have their own records, and for many reasons. Some do not want to depend on other people to bring records, some like to practice dances at home, some want to complement someone else's collection, and some want to teach the dances they



know very well or call squares themselves. These motives are all very commendable. However, buying folk and square dance records can be a very tricky proposition, even for an expert. As Michael Herman says in his catalogue, "Now that the folk dance public has attained noticeable proportions, many record companies are jumping into the market with all kinds of supposed folk and square dance records. Beware, and choose wisely. By being discriminating in your selections you will be instrumental in getting better records on the market." I think that sums it up pretty well. It is best to get expert advice when buying records.

One must use extreme care in handling records, also. Place the needle on the record and take it off very carefully, and handle the records only by the labels and the edges. The records should be kept in a sturdy record case, or at the least, in albums, in order to protect them from dirt and breakage. A wire rack for holding records also saves lots of time and effort, and helps protect the records. If records are well taken care of, they can give you many years of pleasure. If not, well, replacing records can be mighty expensive.

As for sound equipment and phonographs, well that's a highly technical field which I really can't go into here. The type of equipment you buy depends entirely on what you're going to use it for, how much money you're willing to spend on it, and what is available. A few general comments, however, might be valuable. The phonographs should, if possible, have a variable speed control as well as the three standard speeds, and should be protected somehow against minor shocks so that the needle doesn't "jump" when the floor shakes a little. Incidentally, it pays to use a good needle rather than a cheap one. The amplifier should have tone controls, and several outlets for mikes and loudspeakers. The better sound systems can be fitted together into one or two pieces, making carrying and storing much easier. It's a good idea to have plenty of extension cord for each piece.

While all of these things I've discussed add generally to the enjoyment and appreciation of folk and square dancing, none of them are really vital. The basic requirements are either a working knowledge of the dances or a good teacher, and lots of enthusiasm and energy. Even square dances can be done without music, if someone knows a few calls to popular melodies.

Have fun with lots of good dancing!

Martin Glassner, Syracuse University Outing Club

What is IOCALUM?

We were delving into the pile of old Newsletters in an effort to uncover a definition of the IOCALUMS when we came across this gem: IOCALUMS -- "A loosely organized branch of the I. O. C. A. -- whose main function would be as a central clearing house for keeping track of mobile graduates and sponsoring trips of various sorts." That was the description and purpose as written by Janet Cutler, first Alum Secretary in 1936, just two years after the first recorded steps were made among alumni of I. O. C. A. to keep in touch as a group. There, in a few succinct words, is the main purpose and reason for IOCALUMS even today. Our main purpose is still one of keeping track of mobile (how apt that word) graduates. We have by no means stopped sponsoring trips and we are still loosely organized. This latter in spite of an ever growing membership. The phrase "in spite of" is used advisedly as the history of our club is punctuated with periodic protestations against too much growth under the hypothesis that growth begets organization. The protesters have served well in keeping a rein on the promoters and the promoters in their turn have provided the spur to keep things moving (with the results that we grew in an informal way.

With the publishing of the Handbook the IOCALUMS celebrate their 20th birthday. From the single notebook sheet Newsletter put out in 1934, containing items about fifteen members, the Newsletter has become a paper of three to six pages containing more than fifty names in the personal news alone. Our address list includes members not only from New England and New York State as in the early one of 1939, but covers the country from coast to coast, from North to South, and extends into Alaska, Europe and Asia. Our function of maintaining contact with Alums has become an ever-increasing, broadening and fascinating one.

But how did it all start? Quite simply, and college-like, with questionnaires and blanks to fill out. That first letter date-lined October 1934, from Beacon Hill, Boston, Massachusetts; was more or less in the form of a letter. Incidentally, of the fifteen newsworthies, twelve were doing postgraduate study at such schools as Harvard, Yale and Oxford. This pursuit of further study by IOCALUMS shows up again and again in later Newsletters. A connection somewhere maybe?

The next letter in our files is the 1936 epistle from which we quoted and it is followed by a steady procession of letters, address lists and trip notices. It was an ill-fated Katahdin Alum Week in 1936 which prompted that first address list. Seems that of fifteen Alums professing interest in the trip only two showed, due presumably to the "Ineffectual means of reaching people." Since then the address list has become a very important annual issue of the club.

In May 1937, the Alums attended Conference for the first time as a group; elected Janet Cutler, Vassar, '34, as Alum Secretary and Will Brown, Dartmouth '37, as Secretary of the Classes of '36 and '37. Dues of seventy-five cents were named and would bring the Bulletin and notices of trips. The system of two and more Executive Secretaries was continued till the Spring of 1939 when the total job was combined into one and put in the hands of Dave Hawley. From then on it was foisted on one after another of the Alums, some serving longer terms than others but all coming up with some good news.

Good News in 1938 consisted largely of items about the first long-awaited Song Book. Will Brown and Gerry Richmond put in many hours collecting, sorting and co-ordinating songs for this book, which came out in April. Seven hundred of the seven hundred-fifty copies published were signed for at Conference that year. Beginning that very next year a new edition was published followed by at least one other in 1944.

In 1948 a new spiral bound copyrighted songbook entitled IOCA Song Fest was published by Dick and Beth Best. To give you some idea of the work involved in such an undertaking we quote this item from a 1947 Newsletter: "The Bests are completely immersed in the Song Book -- only emerging on Thursday nights to run the Cambridge Y. W. C. A. dances." Now in 1954, what with requests pouring in from all over for a revision of this edition, perhaps in some current issue of the Newsletter you will find a small item -- "The Bests are completely immersed."

By 1939 the IOCALUMS were well established. Newsletters came out more or less regularly. "Caoowah" began to ursurp the place of "Berg heil!" and "Ski heil!" as the closing salute, Turtle Island became an official annual reunion, ski weekends flourished, and only the original Alum Week foundered and got lost in that old maze of interest versus time available. New friendships developed and old ones strengthened. Slide shows and gourming feasts, square dances and family reunions all have become vital parts of our growing IOCALUM. During the war there were some slim pickings with little or no transportation, slowing up of some trips. Of course the war did a tremendous job of scattering Alums hither and yon all over the globe, but thanks to Meg Fayerweather, Alum Secretary at that time, contact was maintained and the Newsletters took on an international flavor, a flavor which it has not lost even today.

Even today "a loosely organized group", "a clearing house for maintaining contact", a sponsor of trips, even today IOCALUM means these things expressed in that first Newsletter. But it is more, too. It is a spirit. It is the spirit which prompts an Alum to write repeated invitations to "drop in, we've loads of floor space." It pervades the atmosphere of the hearse carrying its very-much-alive crew of IOCALUMS in the wilderness; it is in the belief in the possibility of acceptance of an offer of knackwurst and sauerkraut made in Germany to all Alums; it is behind the spur-of-the-moment get-to-gethers held for Alums unexpectedly in town. It is the IOCALUM. This spirit, plus a love for all the outdoors -- summer, winter, hills, even plains -- are what go into the makings of an IOCALUM. And it is the IOCALUMS who make up what we fondly refer to as our "disorganization" of IOCALUMS.

Morgan and Daphne Cooper
M. I. T. Outing Club
Tait Outing Club

A Statement for the Record

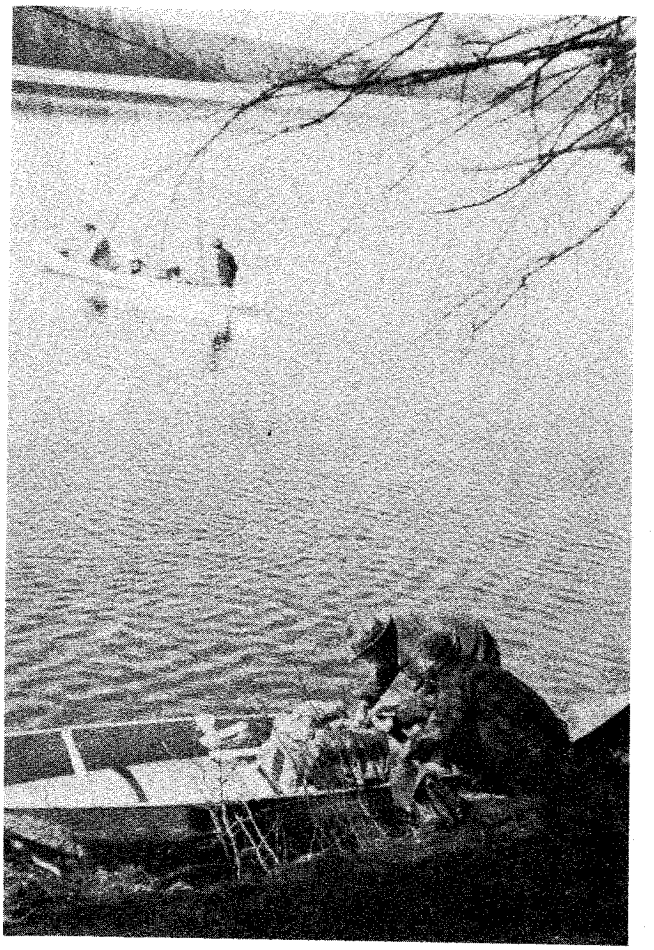
Adopted by the IOCALUM, April 19, 1953

Objective:

The IOCALUM helps maintain the friendships made in college through Undergraduate Outing Clubs and the I. O. C. A. It promotes regional and general reunions for the purpose of continuing old friendships and expanding the circle of Outing Club friends. The IOCALUM and its members pledge themselves to aid and assist the I. O. C. A. and Undergraduate Outing Clubs in whatever way they can.

Organization:

The two elected officers of the IOCALUM are the Secretary and Senior's Secretary. They serve for one year from their election at the I. O. C. A. Conference. If possible absentee ballots are mailed to all members.



The Secretary is the head of the IOCALUM. It is his duty to plan and co-ordinate all activities. He prepares and publishes the IOCALUM NEWS LETTER and ADDRESS LIST. He maintains the records of the organization and answers all correspondence. It is also his duty to advise and assist the I. O. C. A. Executive Secretary.

The Senior's Secretary is reponsible for soliciting memberships of college seniors in the year following his election. He must contact all undergraduate clubs and provide descriptive literature and membership applications. He passes on all membership applications by seniors, subject to review by the Secretary, and collects all dues paid by seniors. He becomes Acting Secretary if that position becomes vacant during the year.

Several individual College Outing Club Alumni organizations have been established. The IOCALUM favors this trend, especially when these organizations affiliate themselves with the IOCALUM. If the alumni of any College Outing Club form a separate organization it is suggested that the following arrangement be made:

1. All members of the College Alumni group would be encouraged to join the IOCALUM.
2. The Alumni Secretary, or equivalent, of the College Outing Club would provide the following information and service for the IOCALUM Secretary.
   a. A complete list of all members of the club, their addresses and other pertinent information.
   b. Prepare and forward to the IOCALUM Secretary a summary of all news and other items to be included in the IOCALUM NEWS LETTER.
   c. Keep the IOCALUM Secretary informed of all address changes.
3. The IOCALUM Secretary will reserve a reasonable amount of space in each NEWS LETTER for the report of news of the individual College Outing Club Alumni group.

With all College Outing Club Alumni united, our circle of Outing Club friends will be far greater than that of any individual club. There will be alums in all parts of the United States, Canada, and the World.

In addition to individual College Alumni groups the IOCALUM encourages the formation of

regional groups whenever possible. These groups would promote regional reunions and assist the local undergraduate clubs where possible.

Membership:

There are two classes of members in the IOCALUM, regular and associate. The associate membership has been established to provide for those who, because of friends, common interests, or other reasons, desire to join the IOCALUM but can not qualify for regular membership. Many of those are people who attended colleges which did not have Undergraduate College Outing Clubs. The associate member shall have all the privileges of a regular member except that he may not hold office. The requirements are:

Regular:

(1) To have been an active member in good standing of an Undergraduate College Outing Club which is a member of the I. O. C. A.

(2) Undergraduates are not eligible for membership until the second half of their Senior year, or until they leave college, whichever shall occur first.

Associate:

(1) Be nominated and seconded in writing by two regular members of the IOCALUM.

(2) Attend at least one IOCALUM function.

(3) Be approved by the membership of the IOCALUM at the next annual meeting at the I. O. C. A. Conference.

Expulsion of a Member:

In the event that the Secretary receives complaints of serious enough nature about a member to warrant expulsion he is to publish all information and request members to suggest that action should be taken. No matter what action is taken, the person in question shall be given a chance to present his case at the next general meeting at I. O. C. A. Conference.

Amherst Outing Club

Alum Organization

1. Object:
   To continue friendships and activities enjoyed in the Outing Club; to maintain contact with the Undergraduate Club, and with the I. O. C. A. Alums; to help maintain the outdoor interests of Amherst College
2. Membership:
   Alumni of Amherst College who were active in Outing Club Activities. Membership may also be extended to other alumni who become actively interested in such activities.
3. Finance:
   There may have to be nominal dues to cover the necessary costs of maintaining the organization. Some activities may be run at a small profit to help cover such costs.
4. Undergrad Club Relations:
   The direction of the affairs of the Undergraduate Club shall be in the hands of undergraduates. Alumni may offer advice, and assistance when requested. Alumni may participate in such undergrad activities as the undergrad club may agree to.
5. Functions:
   Informal trips whenever enough alums are in one area to make this possible; participation in larger activities such as College Week; "get-togethers" whenever possible; probably an informal newsletter to help members keep in touch with each other and with activities and information of interest. There will probably be an Alum secretary of sorts to co-ordinate matters, who will be selected by some means agreeable to the members.

Directory of Hiking and Mountaineering Clubs of North America

The writer has attempted to get information on the main hiking and mountaineering clubs in North America. The College Outing Clubs are listed separately and are not included in this list.

ADIRONDACK MOUNTAIN CLUB
54 Lenox Avenue
Albany, New York

Organized in 1922. The leading outdoor organization of its kind in New York State, with a membership of more than 1,375 in ten active Chapters and in Membership-at-large. Active in promoting a broad conservation program and opposing commercial development and exploitation of recreational areas. Publishes pocket trail guides to principal recreational areas of the Adirondacks, and Adirondac, a bi-monthly magazine containing articles, news and reports of activities of members. Maintains a marking service for topographic maps of the region. Owns and operates

Johns Brook Lodge on the Johns Brook Trail. Adirondac Loj on Heart Lake, at the northern gateway to the High Peaks, is leased by a Chapter of the Club and offers year-round accomodations to members. The Club Creed: "I believe in the out-of-doors, the woods, streams, and hills, the wild life that lives therein; I believe that man's care for them in a state of nature consistent with conservation is his best investment for the future."

ALPINE CLUB OF CANADA
1408 Gladstone Road
Calgary, Alberta
Canada

Founded in 1906. Publications: "Canadian Alpine Journal," "The Gazette", "The Red-Book", containing names and addresses of members. Maintains a club-house at Banff, Alberta, open to members and their friends from June to September.

AMERICAN ALPINE CLUB
113 East 90th Street
New York, New York

Founded in New York City in 1902. Its club house contains a library of nearly 5000 volumes, photograph and slide collections, Alpine museum exhibits and an assembly room. Has sponsored two expeditions to the Himalayas. Club members have climbed in the Alps, the Pyrenees, in mountains of Africa, South America, Mexico, Canada and the U. S. Members number about 400 and are scattered all over the U. S. To qualify for membership one must climb designated peaks of alpine nature for at least three seasons. Publications: An annual Journal, guide books on Canada, a "Handbook of American Mountaineering."

APPALACHIAN MOUNTAIN CLUB
5 Joy Street
Boston, Massachusetts

Organized in January 1876; reorganized and chartered as a corporation by the Commonwealth of Massachusetts in April 1878; incorporated in New Hampshire in 1935. Membership of about 5000. Holds monthly meetings for transaction of business and for lectures and discussions, and conducts numerous excursions and outings throughout the year. Publishes Appalachia, which includes a monthly Bulletin, semi-annual illustrated magazine numbers appearing in June and December, an annual Register, and annual Reports.

COLORADO MOUNTAIN CLUB
Mining Exchange Building
Denver, Colorado

Organized in 1912. Membership open to young people of high school age. Conducts outings throughout the year and a mountain camp during the summer. Publishes a monthly magazine, "Trail and Timberline", leaflets dealing with flora and fauna of the region and maps.

EXPLORERS CLUB
10 West 72nd Street
New York, New York

Organized in 1904. Absorbed the Arctic Club in 1913. Membership numbered 798 in 1950. No women. Active Class of members includes those doing actual exploratory work or making significant contribution to knowledge, while Associate Class includes those interested in exploration but not actively engaged in it. Club publishes a "Journal" which keeps members in close touch with exploratory movements throughout the world.

GREEN MOUNTAIN CLUB
Rutland, Vermont

Founded in 1910 for the purpose of laying out a trail -- The Long Trail -- to traverse the entire length of the main range of the Green Mountains from Massachusetts to Canada. This has continued to be its main objective, and progress in building the trail has been continuous. Now has membership of around 1300. Publications include "The Long Trail News," official organ of the club; "Footpath in the Wilderness", the story of the Long Trail, and a pocket "Guide Book" to the Trail.

HARVARD MOUNTAINEERING CLUB
Leverett C-23
Cambridge 38, Massachusetts

The oldest college mountaineering club in the U. S., founded in 1924 by Henry S. Hall, Jr., now President of the American Alpine Club. Present membership about 150. Members of the club have participated in expeditions to every major mountain range in the world, and have pioneered especially in Alaska and the remoter ranges of Canada. In recent years undergraduate summer expeditions have been largely confined to the ranges of the American West. The Club sends out two or three parties a summer, for trips of two weeks to two months or more in length. During the school year the Club practices rock climbing and runs regular trips.

HORSE-SHOE TRAIL CLUB
Stock Exchange Building
Philadelphia, Pennsylvania

Organized in 1935; incorporated 1936. Sponsors the Horse-Shoe Trail, a horseback and hiking trail of 116 miles in southeastern Pennsylvania, running from Valley Forge to Manada Gap in the Blue Mountains, where it intersects the Appalachian Trail. Numerous Youth Hostels provide accomodations along the trail.

IOWA MOUNTAINEERS
P. O. Box 163
Iowa City, Iowa

Organized in 1940; incorporated 1943. The club is the major mountaineering club in the middle west and one of the largest in the country. Over 10,000 individuals have participated in outings since 1940. An annual summer expedition is the Club's major activity, but practice climbing outings are scheduled frequently. Policies of the Club are outlined in a "Handbook for Members," and "The Iowa Climber", published bi-monthly, is the regular Club bulletin.

MINNEAPOLIS MUNICIPAL HIKING CLUB
Board of Park Commissioners
325 City Hall
Minneapolis, Minnesota

Organized by the city Park Board in 1921. Sponsors seasonal recreational activities and a summer trip of two weeks duration, hiking in the Canadian Rockies, canoeing in Northern Minnesota, etc. Membership averages 450 to 500. Publishes a yearbook and a monthly bulletin, "The Minnihiker".

MOUNT BAKER CLUB
2321 Lynn Street
Bellingham, Washington

Organized in 1911 for the purpose, (not realized) of having Mount Baker National Forest changed to a National Park. Has a membership of 50. Belongs to the Western Federation of Outdoor Clubs.

MUNI HIKE CLUB
Board of School Directors
1111 North 10th Street
Milwaukee, Wisconsin

Municipal Hiking Club of Milwaukee, organized in 1926. Schedules Sunday afternoon hikes and other events open to members over eighteen years of age. Publishes the "Muni Hiker-Biker Bulletin," a montly paper containing news and nature lore.

NEW ENGLAND TRAIL CONFERENCE
Amherst, Massachusetts

Is not itself a hiking or trail maintaining organization, but a loosely associated group of about fifty New England organizations which do engage in these activities. Was organized in 1917 to correlate the work of these organizations and to serve as a clearing house for information on trails. Issues a report on local trail conditions each spring, and distributes a map-folder on "Hiking Trails of New England."

NEW YORK-NEW JERSEY TRAIL CONFERENCE
Walking News
556 Fairview Avenue
Brooklyn, New York

An organization of clubs and individuals who maintain trails in the New York Metropolitan area. Meetings are held in October, December, February, April and June, and instruction given on proper care of trails.

NEW YORK RAMBLERS
5 Westminster Road
Brooklyn 18, New York

Active since 1923, the club now has a membership of 70 men and women who hike in and around New York. Arranges weekend trips and Sunday hikes.

POTOMAC APPALACHIAN TRAIL CLUB
1916 Sunderland Place
Washington, D. C.

Organized in 1927 by eight people interested in developing the Appalachian Trail. Sponsors trips in the Trail-area throughout the year, and carries on activities related to the development and maintenance of the Trail. Issues a quarterly "Bulletin."

THE PRAIRIE CLUB
1010 First National Bank Building
38 South Dearborn Street
Chicago, Illinois

Chicago's oldest and largest hiking organization, incorporated in 1911, and with a present membership of over 900. Sponsors hikes, cycle and canoe trips, and city tours, which sometimes bring out an attendance of 200.

THE SIERRA CLUB
1050 Mills Tower
220 Bush Street
San Francisco, California

Organized in 1892, with John Muir, mountaineer, scientist, author and leader in the national park movement, as its first president. Membership now numbers 6500. Past achievements of the club include furthering the movement to set aside as National Parks Yosemite, Sequoia, and Kings Canyon; exploring, mapping and publishing reports on high mountain regions prior to their mapping by the U. S. Geological Survey; planning trails through the high mountains; and co-operating with governmental agencies in building new trails. The Club maintains a number of lodges and huts for the benefit of campers, mountaineers, and skiers. Its activities include annual summer outings into the High Sierra and other sections of the west, skiing, rock climbing practice, glaciology, hikes, week end trips, nature study, lectures and social events. It has a large library at its San Francisco headquarters and a branch library at the Los Angeles office. Motion pictures and slides on outing, mountaineering, skiing, and natural history are available from the Club to schools and societies for exhibition purposes. The Club issues to its members a monthly publication, "The Sierra Club Bulletin." Among other publications are "A Climber's Guide to the High Sierra," "Starr's Guide to the John Muir Trail", and LeConte's "Ramblings Through the High Sierra."

SKYLINE TRAIL HIKERS OF THE CANADIAN ROCKIES
Room 284, Windsor Station
Montreal, Quebec
Canada

Established in 1933 by John Murray Gibbon, author and lyricist. To qualify for membership an applicant must have covered a minimum of twenty-five miles of trail hiking in the Canadian Rockies. A five-day camp is held each year in the vicinity of Banff or Lake Louise. The official publication of the club is "Skyline Trail."

SMOKY MOUNTAINS HIKING CLUBS
Box 1454
Knoxville 1, Tennessee

Dates as an independent organization from October 1924. Earlier, a few trips were taken under the auspices of the Knoxville Y. M. C. A. Maintains a section of the Appalachian Trail, although it was formed as an Outing Club to enjoy the Smokies rather than as an A-T Club. Publishes an annual "Handbook" containing the program for the coming year.

THE TRAMP AND TRAIL CLUB
Utica, New York

Formed in 1921. One of the oldest hiking groups in the east, and probably the only one of its kind with a record of more than 1,000 consecutive week end hikes. The 1,000th hike took the form of a 6,000 mile railroad journey to Jasper National Park in the Canadian Rockies, where thirty-one members went on a nine day wilderness pack-trip. The Club was a pioneer skiing group in the east, and the weekly hikes are interspersed with canoe, ski, camping, and mountain climbing trips.

UNION COUNTY HIKING CLUB
Union County Park Commission
Administration Building
Warinanco Park
Elizabeth, New Jersey

An organization that conducts Sunday hikes in New Jersey. It is a member of the New York-New Jersey Trail Conference and maintains eight miles of Appalachian Trail in the Upper Greenwood Lake Section.

THE WANDERLUST CLUB
School District of Philadelphia
Division of Physical and Health Education
Parkway at 21st Street
Philadelphia, Pennsylvania

Organized in 1909 for the purpose of conducting Saturday afternoon walks around Philadelphia. The walks are planned and conducted under the auspices of the Division of Physical and Health Education, for the general public and are about five miles in length.

By Richard M. Boysen, SUOC

A. Y. H.

Have you met AYH? Perhaps you need no introduction, and already know this organization that adds so much to the variety and interest of outdoor activity throughout this country and others, and particularly in the Northeast. Essentially youth hostels provide an inexpensive overnight stop with facilities for cooking, washing and bunkrooms for any person (or group) who belongs to the American Youth Hostels, Inc., and is willing to "travel under his own steam",

i.e. bicycling, hiking, canoeing, horseback riding, skiing. Hosteling trips are seldom as rugged and demanding as Outing Club ventures, (in some parts of the country, they are pretty much of a greenhorn's outfit) but they can be, and usually are, as much fun.

The hiker who looks down his nose at sleeping in farmhouse-hostels and biking over paved roads to see the countryside, instead of getting off on a lonely mountain trail and unrolling a sleeping bag in log lean-tos, is overlooking a bet just as surely as the cyclist who has never gone camping. The two types of out-door life supplement each other. They both serve the main reason for the existence of either, the feeling in the minds of all of us that getting out of the set pattern of city living and into the open is the best way we know to enjoy life. Furthermore, a benefit of hosteling that is often lost to the trail pounder is that of knowing the hostel house-parents, and thus becoming intimately acquainted with the people of the region. Houseparents are usually fine people with a strong interest in youth and outdoor activity, and getting to know them adds much to a trip.

In the Boston area, as in many similar centers throughout the country, the local hosteling group has welded itself into an organization very like a college Outing Club. Only the wide variation in ages among the members (for hostelers can be of any age) distinguishes hostelers from O. C.ers. Perhaps the Boston group is more like an O. C. because of its greater measure of independence from the national organization. It runs its own trips and square dances throughout the year, and personal contact with local hostels has supplanted to some degree the normal role of the national organization as intermediary. (The situation is even more pronounced in Seattle, and in Washington, D. C. where the local club has even set up its own hostels, the fundamental work of the national organization.) As far as the Boston group is concerned, the main function of the national unit is to set up new hostels, publicize hosteling on a national scale, and run the increasingly popular summer trips to foreign lands.

Hosteling is often considered synonymous with cycling, but in most local groups whatever appeals to an outdoor enthusiast is undertaken. A review of a year's activities will make that clear. Fall weekends mean cycling along rural roads, helping out at hostel farms, with corn husking parties making labor fun; hiking trips in the White or Green Mountains; cycling to beach resorts which have long lost their summer visitor aspect and acquire a new dignity and wild beauty with autum winds whipping salt spray over icy rocks.

Winter . . . skiing. Hostels then are inexpensive lodgings in the midst of good skiing country, a strong attraction for Outing Clubbers and hostelers alike. Of course, the more rugged may prefer their mountain tents and Coleman stoves, but there is something mighty comfortable about coming down to Plymouth from a day of skiing on Cannon and finding Mrs. Moulton's warm farm kitchen with its wood stove crackling, and enthusiastic chefs getting a fancy glop together for supper. Many a fine summer's camping trip has been planned in the Putney School Youth Hostel by combined groups of hostelers and O. C. Hostelers while the standing row of skis in the snow bank just outside is a mute tribute to Ullr. The hostel often has a place for a square dance to top off the day of skiing.

Spring hosteling in New England begins in the maple sugar country with "sugaring off" parties. Maple syrup on snow is the order of the day then. There still is enough snow in the upper parts of New England for some spring skiing, but with the clearing from the highways of winter's remains it is time to check the bicycles, and begin travelling the countryside on weekends. Mountain hiking forms a large part of spring hosteling too. A favorite weekend when the hiking is not too slushy is a trip to Mount Chocorua. A hostel a mile from the bottom of the Piper Trail provides a good base camp and allows for hiking with no larger pack than is necessary for lunches, cameras, and an extra sweater. The view from the top -- well, you have to get up there to appreciate it.

Summertime hosteling -- foreign travel for them what's got the time and money. Local biking and beach trips are popular, too, with Cape Cod and Martha's Vineyard hostels bearing the brunt of the exodus from the cities.

Hosteling, then, is of the same spirit and covers the same fields as Outing Clubbing and can be a valuable asset to many clubs and individual members or alums. Hostels provide the group pass-holding club with a chain of well-located, equipped, and chaperoned "cabins" ideal for the inexpensive biking, hiking, or skiing trip. The local hostel council or club affords the O. C. alum (or may other person interested in meeting new friends and enjoying their company in an active program) a chance to join a group with interests similar to his own.

College Outing Clubs, Ski Clubs, Mountaineers, Hiking Clubs, Cycle Associations, and AYH are, or should be, good friends and close relations. If you like what they're doing and are acquainted with one or two, you ought to meet the rest of the family.

Ski Associations

Although any skier will benefit by joining and thereby supporting a ski association, few are aware of the part they play in skiing. The United States Eastern Amateur Ski Association is the largest of the seven divisions of the National Ski Association and, as I live in the east, the one to which I belong. The National Ski Association, through its divisions. determines policies and makes the uniform regulations for the country as a whole. They sanction the national events and select teams to represent the country. Since I am an officer of the USEASA and familiar with the association I will describe the activities of this association which are similar to the other seven divisions.

Here is what the USEASA does for skiing in the east. It helps ski clubs with their problems of organization, club cabins and many other phases of their programs. It trains and certifies ski instructors to insure uniform teaching methods and high standards of competence and integrity. It operates the ski patrol system which does so much to make skiing safer and more enjoyable for everyone. It schedules and supervises more than 150 tournaments a year, selects and trains officials, helps on the design of hills, classifies over 1,000 competitors, administers rules of competition, gives trophies and publishes manuals for those training, competing in, and organizing all forms of ski competitions. The association sets up standardized tests which enable the recreational skier to measure his ability and encourage him to improve his technique. It has a large film library and a co-ordinated listing of over 500 ski films. It has a large junior program to help train and develop racers, send them to national meets and develop an interest in skiing among the youngsters. It works with area operators, chambers of commerce, governments and educational associations the year round for the betterment of all phases of skiing.

Skiers may join the USEASA through their own club or as an individual member. Each member receives a year's subscription to the Eastern Ski Bulletin and to the Ski Annual. New members also receive a ticket entitling them to a full day's free ski lesson from a certified instructor at any major area.

I. O. C. A.ers when they graduate will find in many ski clubs a wide range of Outing Club activities. They have a year round program, starting with climbing in the fall, skiing in the winter, white-water canoeing in the spring, and camping in the summer. Of course skiing is their big program and the other programs depend upon the interest and the leadership found in the club members. Membership in a majority of the clubs is limited, especially those clubs who have lodges at the ski areas, however they welcome guests and are glad to have young active skiers join their club. Clubs are an excellent way to help on the transportation problem, to receive instruction from the club instructor, to participate in club racing, to take proficiency tests, to take part in a ski patrol, etc. The majority of the clubs belong to a ski association like the USEASA and you can get the name and address of the ski club nearest to you by writing to the association in your area.

So in college or not, to get the most fun from skiing, join a ski club and a ski association.

By Allen I. Barry a member of the USEASA and a former I. O. C. A. Alum-Sec.

The American Camping Association

The American Camping Association is a voluntary, professional organization of individuals and representatives of organizations and institutions interested in the development of organized camping.

Today camping has come of age. Now four million campers annually attend more than twelve thousand camps operated in America by individuals and organizations. The estimated value of organized camp property in America exceeds three hundred fifty million dollars.

The responsibility of influencing, helping and leading four million campers is ours. Let's meet the challenge together -- pooling our knowledge, our skills, our enthusiasm in the American Camping Association.

The ACA maintains a National office whose staff channels information, develops materials and gives services to the membership to further the cause of camping.

As members of the ACA we expect and receive services in the form of: Up to date Information through THE CAMPING MAGAZINE and other publications. Surveys - such as The Camping Census. Data on Current Trends - from the National Staff. Status - Membership Card and Certificate. Development and implementation of standards through Sectional and National Committees.

We make these services possible as professionals in the camping movement and as volunteers in the ACA through our work on various levels. The first is in our own camps, where we carry on the program that has made imperative the existence of the ACA.

The second is in our forty-four chartered Sections, where we serve as officers, committee members and program contributors. Here we develop helpful material to meet our own problems, and program resources for regional and national conventions.

The third is through our banding together in ACA on the national level. More than 5,000 members comprise the ACA and provide leadership for the national board and committees. The guidance and direction of the Association is carried out through the Council of Delegates, the Board of Directors and the Executive Committee.

National standing committees work in the fields of publications, leadership, program, legislation, standards, research, public relations, finance and membership. Special committees are formed to deal with almost every phase of camping.

Fourth, our financial support as members of the American Camping Association makes possible our carrying out the following objectives of the Association:

To further the welfare of children and adults through camping.

To extend the recreational and educational benefits of out-of-door living.

To provide opportunities for fellowship among camp leaders.

To provide for the exchange of experiences and successful practices, and for the development of materials, standards and other aids for the progress of camping.

To serve as the voice of camp leaders in national and local affairs.

To interpret camping to related groups and to the public.

To stimulate high professional standards of camp leadership.

Membership is open to individuals and organizations who state agreement with and acceptance of these objectives.

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As far as the editor knows, this represents the paid up membership in I. O. C. A. Apologies if any of the newer members were missed.

The Outing Clubbers are free to call the two characters in this Handbook what they wish, the editor and the illustrator think of them as Woodbine and Smokey.