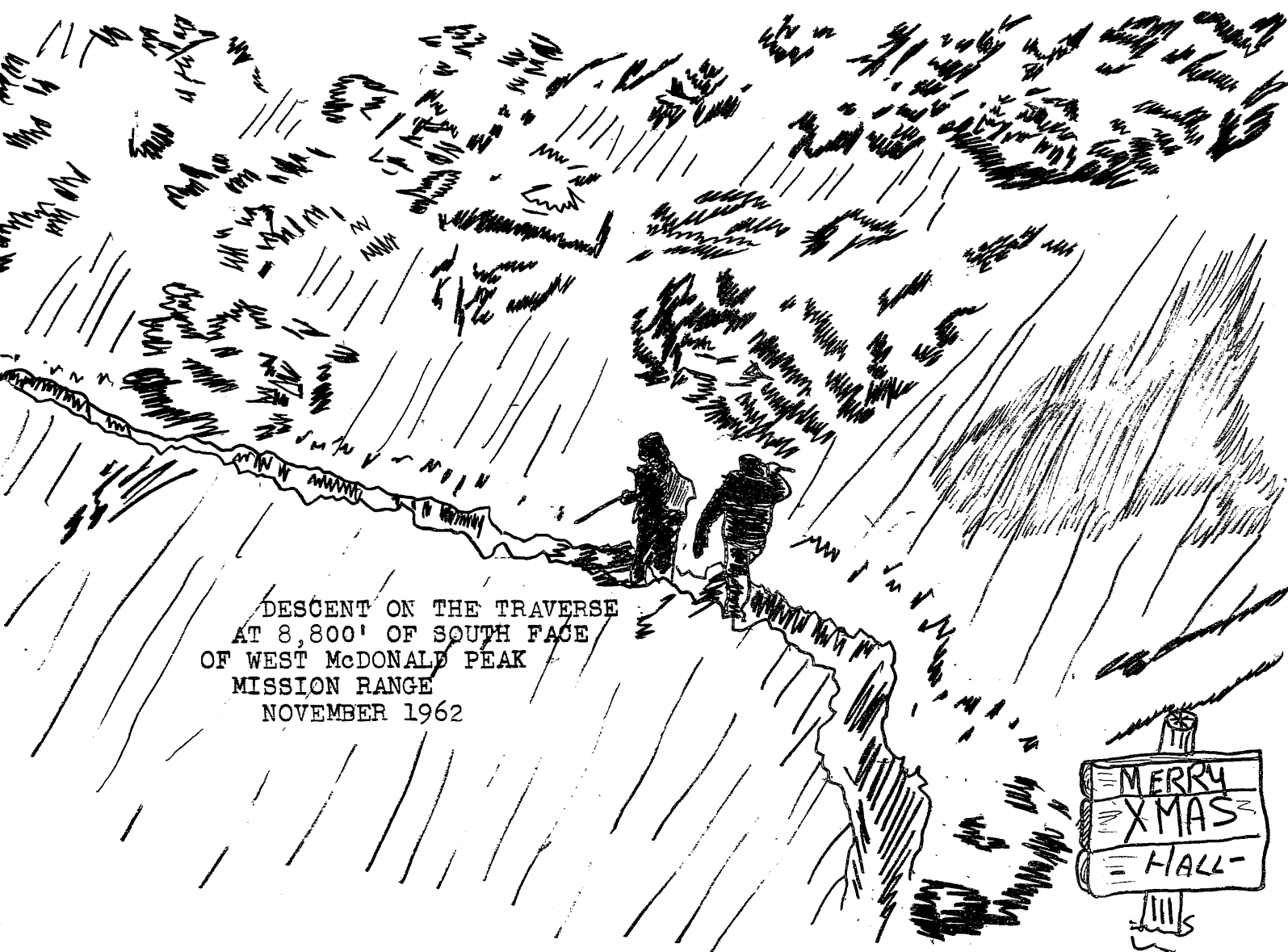


Mountain Ear

MONTHLY NEWSLETTER OF THE ROCKY MOUNTAINEERS

DECEMBER 1963
Vol. III No. 3

In the heart of every mountaineer
there is room both for a very
difficult first ascent and for
the contemplation of a flower.



DESCENT ON THE TRAVERSE
AT 8,800' OF SOUTH FACE
OF WEST McDONALD PEAK
MISSION RANGE
NOVEMBER 1962

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SUBSCRIPTION: \$1 A YEAR OR MEMBERSHIP(\$2.50) IN THE ROCKY MOUNTAINEERS
MONTHLY, OCTOBER THROUGH JUNE

OFFICERS - 1963-64 SEASON

PRESIDENT.....SAM BRAXTON

VICE-PRESIDENT.....SCOTT TUNNOCK

SEARCH AND RESCUE.....THAD LOWARY AND GARDNER MILLER

SECRETARY.....MARTHA WARD

TREASURER.....GARY HALL

CAPSULIZED

The October Meeting

New and prospective members were introduced to the club and its activities.

Sam Braxton showed slides of the North Trapper ascent.

A number of outings were planned for the remainder of October.

The November Meeting

An equipment display of winter gear was explained by Lionel Hall. Officers were elected. See above.

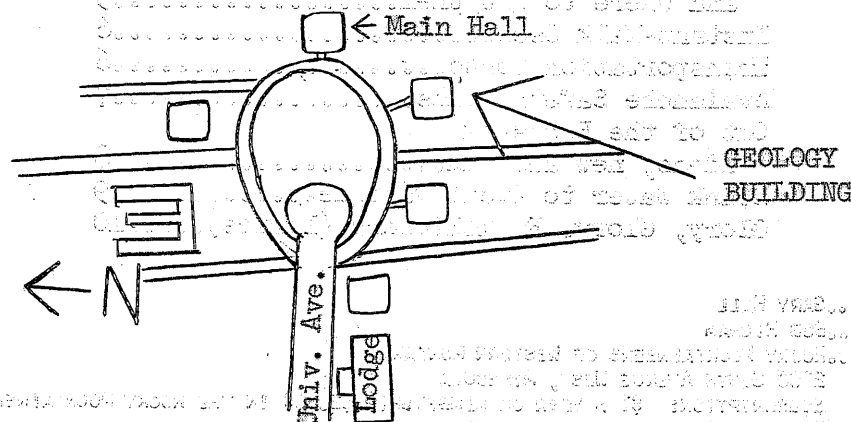
Thad Lowary showed the spectacular slides of his ascent of Granite Peak and trek through the Beartooth Range with Gardner Miller and Sam and Shirley Braxton and representatives of the US Forest Service.

We had a birthday party for Martha Ward!

A NOTE FROM PRESIDENT SAM

Until now our club hasn't had much to offer as an enticement for membership other than the "Mountain Ear," but now we are beginning to grow and it looks as though we'll have a hut system in the mountains for winter rescue and mountaineering. Our problem has been that members scatter to the four winds in the summer when rock climbing is best; and in the late fall, winter, and early spring the students are back and ready to get out but don't have the winter equipment to be comfortable or safe. A few huts here and there will enable us to carry on an extensive winter program, including ascents and ski or snowshoe touring, as well as "just winter camping" in a comfortable shelter. Sam

OUR NEXT MEETING will be Tuesday, December 10, 7:30 p.m. in Room 107 of the Geology Building, MSU Campus. We'll have slides, display of snowshoes, skis, ski climbers, etc., with a lecture on the advantages and disadvantages of different types of equipment shown. Christmas Vacation Trips will be planned.



REGISTERS HAVE BEEN PLACED on Trapper, No. Trapper, Lolo, So. Lolo, Stuart, McLeod, Murphy, Panoramic, St. Joseph, Little St. Joe, Stormy Joe, McDonald and Harding Peaks and at the Lappi Aid Shelter. As you climb those peaks will you please report back to the club on the condition of the plastic register container. When you plan a trip to another peak please see Sam Braxton so he can give you a register to place. They weigh only a few ounces.

Film containers make the best individual register if you are thinking about leaving your name on a peak that has no register.

The US Forest Service placed their first register on Granite Peak this summer. The story of the climb and placement were part of our program at the last meeting.

AN EXPLANATION:

A number of club members have felt they were getting on the short side of things when they haven't been called about spur-of-the-moment trips (which seem to be the rule rather than the exception). Let me explain: It's very time-consuming and discouraging to call down the list of more than 100 Mountaineers to find a handful who can go.

Now a suggestion: Sam and Gary know about most of the trips (they're usually the promoters) so let's use them for a Central Rally Post. Call one of them when you'd like to go out and you'll probably get quick contact with at least one trip leader. Members are continually looking for others to make up a party. You know you're welcome, no matter what your experience. So come along!

And why not lead a climb, hike, ski tour yourself. It's often more fun to go out with a small party of your close friends or acquaintances. As long as you recognize the limitations of the members of your party and your equipment you'll be safe. We'll give you all the information we have on any destination. Best Wishes.....Ed.



THE ART OF PACKMANSHIP

George Wallerstein

Since most of us travel in the mountains for the sheer joy of it and since trips of longer than a few days involve (1) a large appetite, (2) a limit to the amount of food that can be carried, and (3) the necessity to live with one's companions for a given length of time; it is apparent that the greatest enjoyment can be obtained by the individual who (a) gets the most to eat, (b) carries the lightest load, (c) remains friendly with his companions. It is the purpose of this article to suggest a few methods of accomplishing (a) and (b) without damaging (c) -- at least not too much.

First let us consider how to carry the lightest load. Clearly it is not compatible with (c) to transfer equipment into your companion's pack in the middle of the night. Not only is such a move unsportsmanlike, but your friend may be a light sleeper. More subtle methods are readily available. For example, at lunch, if someone suggests tuna fish you say, "Oh, don't get up, I'm sure I can find some tuna." Thus you lighten your load a pound or so. The foresighted packman always places whatever lunch materials he is carrying near the top of his pack so they are readily accessible. In fact, it is a useful ploy to arrange at the start of a trip to carry as much of the perishables as possible so your load is used up at an early date.

A slightly different and rather indirect approach to the problem is to give your companions the impression that you are carrying too heavy a load, and thus gain sympathy and eventually their assistance. NEVER blythly SWING your pack onto your back. Always sit down to put it on and then grimace and stagger a bit while getting up. It is useful to lag behind the others, often just out of sight. When catching up, some remark such as, "I seem to be unable to adjust my shoulder straps correctly today," is appropriate.

(cont. over)

To accomplish point (a), above, requires the art of foodsmanship which is extremely complicated and can be discussed only briefly in the available space. The advantage in foodsmanship goes to the one who plans the menu, for he can arrange for items which he can just barely stomach but will thoroughly disgust his companions, or even make them ill, thus leaving more food for himself. A highly repetitious menu is helpful. Some suggested items are pemmican, oatmeal, and powdered eggs. An effective method of exploiting such an advantage is to continuously mutter, "How delicious!" as your companions' faces gradually turn white to green. Another move in the game of foodsmanship is to take advantage of altitude. If your companions are feeling slightly nauseated on top of a peak, you can sometimes complete the job by eating sardines, and at the same time explaining that cold weather gives you a craving for oily foods. As a final remark, my own favorite ploy in the realm of foodsmanship might be mentioned. Through months of training I can get my tongue used to extremely hot liquids. Thus I can be ready for seconds on soup while my companions are still trying to get their firsts down to a palatable temperature.

It is hardly necessary to present further examples. The reader can surely use his own ingenuity to think up new deceptions and new ways of applying some of the old ones. If you don't believe it works, just ask some of my former climbing companions. - Summit -

TOPOGRAPHIC MAPS

and where to get them!

and where to get them!

You may not always know exactly what map you want and where to get it. Perhaps, too, you may not be aware of the extent to which maps are available. For instance, the "Index to Topographic Mapping in California" lists nearly two thousand different published maps. An "Index" to topographic mapping by state is available for the asking from the Geological Survey, Federal Center, Denver, Colorado.

Prior to 1951 the green tint denoting woodland areas was overprinted on only a small portion of the first edition of a quadrangle map. Due to the increasing demand for woodland coverage, however, the greater part of the edition of each map published after that date has carried the green overprint. Therefore, in ordering maps, it is suggested that you specify whether copies with or without woodland coverage are desired.

The price of the standard quadrangle map is 30¢ per copy. A discount of 20% is allowed on orders of \$10 or more, and 40% on orders of \$60 or more, based on the retail price. Prepayment is required and may be made by money order or check, payable to the Geological Survey. Stamps are not accepted.

It usually takes one or two weeks to receive maps through the mail. Mailings of approximately six maps or fewer are mailed folded in envelopes unless unfolded copies are requested. Larger quantities of maps are rolled and sent in mailing tubes. - Summit -

INSTANT NON-FAT MILK IN YOUR RECIPES

One of the finest foods a backpacker can carry is powdered non-fat milk. It is readily available at all grocery stores and is an excellent source of high quality protein.

Low cooking temperatures are recommended when milk power is a main ingredient of a recipe. Long cooking at high temperatures coagulates some protein and causes an off-flavor in the milk. The milk gets a brown color.

Add milk powder to main dishes after you have taken it from the fire. Adding milk powder to a hot liquid will cause it to lump - to prevent this, mix a little cold water with the powder first.

You can use instant non-fat milk in a number of ways; you can add it to almost any main dish from stews to mashed potatoes. It will increase the nutritive value as well as tastiness of cooked cereals and dehydrated vegetables such as carrots, potatoes and cabbage flakes. Add it to beans, peas, and soups.

Milk powder is excellent for making nutritious soups. One of our favorites is peanut butter soup: Melt the peanut butter in hot water, then add the milk powder mixed with a little cold water. Add it to instant potatoes to make a potato soup. It can be added to most soup mixes, such as chicken noodle, split pea, etc.

You can also make a variety of milk drinks by combining to taste any of the following: instant malted milk powder, dry non-fat milk, cocoa, Hemo, Ovaltine, nutmeg or cinnamon. Our recipe for spice milk includes four tablespoons dry milk, 1/8 teaspoon each of cinnamon and nutmeg, one teaspoon sugar and fill the cup up with cold or hot water.

Recent studies on protein show a need for protein to be consumed at each of the three meals. For the mountaineer, the use of instant non-fat milk is one of the easiest ways to fulfill these requirements. - Summit -

* * * * *

Potato Soup - Boil water; add non-fat milk powder, instant potatoes, dried onions and salt. Cook until done. This is a quick-to-fix lunch or serves as a good "pick-up" upon arriving at base camp and before the evening meal. Variations can be made by adding bacon, peanut butter, dried beef or cheese.

Gelatin - Knox Unflavored Gelatin is a good protein source. It is all protein with no sugar added and can be mixed with fruit juices, juice crystals or punch to increase your protein intake per day.

Potato and Rice Stew - Add Campbell's Red Kettle Potato Soup, Instant White rice, powdered milk and seasoning to boiling water. When almost done add precooked hamburger patties or chopped sausage and let simmer. Takes about ten to fifteen minutes to prepare and is very appetizing even for rice haters.

TRANSPORTATION COSTS

Depending on make, model, year and condition, cars cost 8 to 14¢ per mile to operate. It's verified by government studies. We suggest that passengers divide that cost among themselves. Then everyone's square and even and there's no hardship. With four or five passengers paying about 1 1/2¢ a mile each, the driver will just about break even. Ed.

SNOW AVALANCHE SAFETY RULES

By George S. Gorsuch, Divisional Avalanche Director NSP

THE AVALANCHE IS ONE OF THE MOST DESTRUCTIVE FORCES IN NATURE!

There are certain preventative steps which should be remembered while working, traveling, or playing in the mountains in winter. Remember - THE LIFE YOU SAVE MAY BE YOUR OWN.

1. Never travel alone.
2. Always conduct the line of travel in such a fashion that only one man at a time is exposed to avalanche danger.
3. Stay off avalanche paths themselves and especially stay out of the fracture zones. Accident records show that most avalanche victims started the avalanches themselves.
4. The safest route around an avalanche path is over the top by way of the ridges. The next safest route is along the valley floor under the path.
5. On extended winter tours in the back country carry some emergency rescue equipment.
6. The highest danger exists during or immediately after heavy snowfall or prolonged periods of high wind. Stay out of hazardous areas at these times.
7. Do not assume a slope is safe just because it did not slide when the first man crossed it.
8. Beware of lee areas, the slope beneath cornices and deep drifts, especially those with a convex profile.
9. Do not assume that avalanches are confined to open slopes. Dense timber is usually good protection, but open or scattered timber stands may not necessarily hold the snow. This is particularly true in the Rocky Mountain region.
10. Most of the dangerous avalanches originate on slopes between 30° and 45° or even down to 20° . Be careful when you are on slopes within this range. Even steep banks on roads sometimes dump enough snow to bury a man.

Ed. Note. - For more detailed information, read the following.

- 'MOUNTAIN EAR' Feb. 1962 - Miller
- 'Freedom Of the Hills' - Chapter #21
- 'ABC's of Avalanche Safety' - E.R. LaChapelle
- 'Snow Avalanches' - A Handbook of Forecast and Control Measures
- Agriculture Handbook No. # 194 - US Forest Service

When crossing an uncertain slope, trail an avalanche cord behind you. That is, fifty feet of bright red parachute cord. The reason for this is, if you become buried, part of the red cord should be sticking out of the snow, letting your climbing or skiing partners know where you are.

OUT OF THE RUCKSACK - - - - -

ideas, new and old

Color-Coding Equipment

Colored plastic and cloth tape and paint help you quickly identify your equipment. If you want to have a color combination to yourself register it with the club. Then gear that mistakenly get in another pack or car trunk can be easily returned. If you'd like your name written on your equipment, contact Lionel Hall. He'll do it for a small compensation.

Crampon Case

If you don't want to pay for a crampon case, rubber tubing works almost as well. $1\frac{1}{2}$ " segments fit most crampon points. You can use surgical rubber tubing or bunsen burner tubing (thick-walled, narrow-holed works best).

Goggle-Case Cup

Gerrys Everest Goggle Case makes about as good a cup as can be found. It is made of heavy enough aluminum so it works well on a heat tab or primus stove. It comes with a lid and will hold almost two cups.

Margarine Container

Co-op's Everest Goggle Case makes a good margarine container during the winter.

Yellow Lens for Everest Goggles

You can easily make a pair of yellow lenses for your Everest goggles by buying any yellow plastic lens from a ski shop. With a pair of scissors cut them out using the dark pair as a pattern. You usually can get two pair out of commercial large ski goggles. Price will be about 25¢ each.

Flavored Water!

There are a number of ways to flavor water to replenish lost body fluids. Here are just a few:

Cold - instant tea, coffee and milk (dissolves in cold water)
Sumitea (sugar, milk and instant tea) hot or cold
Jello, Tang, Wylers lemonade

Hot - regular tea or coffee, MBT powdered beef and chicken
bullion, Knorr's Hearty Beef Soup, Chocolate, Jello
(Jello is good when eating snow and seems to make it more digestable.)

Heat Tab Stoves

They're not too efficient when trying to melt snow or warming a volume much larger than two cups. But they work well in heating that desired "cup of something." A small piece of aluminum foil acting as a wind screen and reflector works wonders for its efficiency. Heat Tab stoves are much lighter and less cumbersome than a Primus on short jaunts. You may however have to use a number of heat tabs in order to make your drink hot. Radiation heat loss is the enemy!

Meat in the Pot!

If you like one-pot-stews which contain meat, try pre-frying the meat (we've found hamburger patties are best). This enables you to have the meat in the stew without buying expensive freeze-dried meat bars or frying it in the tent -- which is tedious at best, and who wants to carry a frying pan? Salami also works well and gives the stew a very good flavor. For hamburger stews, beef stew seasoning works well, but use just a small amount because it's powerful.

Stick this page in your rucksack. You might enjoy (?) the lively number below around your next campfire.

Gory, Gory Rockclimbers

(Tune: Battle Hymn of the Republic)

"Will it go around the chalkstone?" called the belayer, looking up.
Our hero feebly answered "Yes," and slowly inched on up.
He was trying to drive a piton when his foothold crumbled out.
And he ain't gonna climb no more.

Gory, gory, what a hell-of-a-way to die,
Gory, gory, what a hell-of-a-way to die,
Gory, gory, what a hell-of-a-way to die,
Oh, he ain't gonna climb no more.

He slid right down the chimney and he quickly gathered speed;
He shot past the belayer who'd forgot the climber's creed;
An anchor to a piton would've been all he'd ever need,
Oh, he ain't gonna climb no more.

The belayer felt the rope pull taunt and tried to let it run,
But it jerked him from position, and he knew his time had come;
He left the ledge behind him and it shot up toward the sun,
Oh, he ain't gonna climb no more.

They sped on down the chimney and they passed the Southern Col;
They had such good exposure it made a glorious fall;
They slithered o'er a friction pitch and sped on down the wall,
Oh, they ain't gonna climb no more.

The days they'd lived and loved and laughed kept running through their minds
They thought about the girls back home, the ones they'd left behind;
They thought about the Ranger, too, and wondered what he'd find,
Oh, they ain't gonna climb no more.

A medic in the valley watched them through his telescope,
And as they neared the bottom, his eyes grew bright with hope,
For it had been a week or more since the parting of the rope,
Oh, they ain't gonna climb no more.

One had the rope around his neck and a piton through his speen,
An ice-ax in the rucksack had split the other's bean;
The trails of red marked their descent as they neared the slopes of green.
Oh, they ain't gonna climb no more.

They hit the ground, the sound was SPLAT! The blood went spurting high;
Their comrades were heard to say, "What a colorful way to die."
And as they lay there rolling in the welter of their gore,
Oh, they ain't gonna climb no more.

There was blood upon the rucksacks, there were brains upon the rope.
Intestines were entwined across the green and grassy slope;
We picked them up in a lunch pail after salvaging the rope,
Oh, they ain't gonna climb no more.

* * * * *

It is not the critic who counts,
 not the man who points out how the strong man stumbles,
 or where the doer of deeds could have done better.
 The credit belongs to the man who is actually in the arena;
 Whose face is marred by dust and sweat; who strives valiantly;
 Who errs and may fail again and again, because there is no effort without
 error or shortcoming;
 But who does actually strive to do the deeds,
 Who does know the great enthusiasm, the great devotion;
 Who spends himself in a worthy triumph of high achievement
 And who, at the worst, if he fails, at least fails while daring greatly,
 so that his place shall never be with those cold
 and tired souls who know neither victory nor defeat.

Mountain folk, whose features
 have been carved by wind and storm,
 look older in their youth -
 younger in their old age.
 heinrich harrer

'MOUNTAIN EAR'

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