

CENTRAL OHIO GROTTO SQUEAKS SEPTEMBER 1987

MEMBERSHIP ISSUE

This issue contains information on joining the Ohio Valley Region of the NSS. I heartly recommend that all COG members join the OVR. It's cheap, only one buck!

Columbus, Ohio has the rather dubious distinction of having the highest number of citizens rescued by the NCRC than any other area in the country! To the best of my knowledge, no COG members have been rescued. None-the-less this points out a need to get non-affiliated cavers involved with the COG and Ohio Valley Region and the NSS! If you know of individuals who are caving who are not affiliated, please invite them to one of our meetings and invite them to attend Karst Encounters. The Central Ohio Grotto as well as the other grottos within the Ohio Valley Region consist of friendly people who like to cave and are interested in caves.

Grotto Information

The Central Ohio Grotto meets the second Friday of each month or the Saturday following the second Friday at 8:00 PM. Meeting notices are published in the Squeaks, the Grotto newsletter. Please call any officer for meeting information or caving trips.

COG officers are:

Clovis Dawson	Chairman	614-262-2073
Nancy Mahoney	Secretary	614-866-6767
Karen Walden	Treasurer	614-965-2942
Bill Walden	Squeaks Editor	614-965-2942
Paul Unger	Boone Karst	513-839-4258

The official grotto address is:

Central Ohio Grotto
C/O Bill Walden
1672 South Galena Road
Galena, Ohio 43021
614-965-2942

The official newsletter of the Central Ohio Grotto is the COG Squeaks. Subscription is \$10 per year. The COG Squeaks is published 10 times each year. Articles may be reprinted by other NSS member organizations provided that the author and COG Squeaks are given credit. Please contact Bill Walden regarding the COG Squeaks. Articles, poetry, fiction, and information related to cave exploration and study are welcome.

ATTENTION Check your dues and status

The membership list has your dues due date and membership status. If your dues due date is 8/12/87 or earlier, this will be your last Squeaks! If this date is in error please call me so I can correct the date or please send Karen Walden your dues so that your membership can be continued.

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If your status is complimentary (Comp.) and would like to join the COG and/or continue receiving the Squeaks, please let us know. Your dues may be sent to Karen Walden at the Grotto address.

Thanks to:

We received an donation from The Ohio Automobile Club (AAA) in the name of Mark Grunden for \$30.00. This was to: National Speleological Society, Central Ohio Grotto.

Mark, thank you for the donation.

COG wins an Award

The Central Ohio Grotto was awarded the NSS Conservation award at the NSS Convention this year. This is the first time that the COG has won this award. Our thanks to Paul Unger and his work with the Daniel Boone National Forest for making this possible.

Paul, please bring the award to the meeting so that members may see it. Thanks.

Meeting Notices

September 1987 -- The September meeting will be hosted by Bill and Karen Walden September 11, 1987 starting at 8:00 PM. Consult your last Squeaks (July issue) for directions or telephone the Walden's for instructions. At this meeting we must appoint a Director to the Ohio Valley Region to represent our grotto. Also, to discuss, will be Karst Encounters and the NSS Conventions.

October 1987 -- The October meeting will be held jointly with the Miami Valley Grotto at the Sloan's Valley field house the second week end in October. This is the annual Octoberfest. Bring your own food and beverage for the fest on Saturday night. There will be plenty of caving trips.

December 1987 -- The December meeting is the annual COG Christmas party. It will be hosted by Bill and Karen Walden at their home December 12th, 1987. Mark your calendars now.

This year I would like to extend an invitation to other area grottos to attend and take part in the festivities. In particular we invite the Miami Valley Grotto and the Greater Cincinnati Grotto and the Wittenberg Grotto. The only thing I request is a approximate number of people to expect from each grotto so that enough food and beverage can be purchased in advance.

The main event at the COG Christmas Party is the gift exchange. Cavers are encouraged to prepare a gift to be exchanged at the party. The idea of the gift is to make or purchase something which the recipient must use on his next caving trip. The gift should involve as little expense as possible and humor is encouraged. These gifts are often accompanied with instructions on how to use the gift. The instructions are often the best and most humorous part!

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KARST ENCOUNTERS III

HOSTED BY
THE LOUISVILLE GROTTO
September 18, 19, & 20, 1987
at Cave Country Canoes-Blue River
Milltown, Indiana

This is the 3rd. annual Karst Encounters. This year it will be hosted by the Louisville Grotto. It should be the best yet because the Louisville Grotto has years of experience hosting Speleofest.

Enjoy a weekend with old friends, caving, canoeing, horseback riding and camping along the scenic Blue River. Saturday evening there will be the traditional banquet. There will be guest speakers from the Daniel Boone and Hoosier National Forests. The dinner is by advance registration only. **Preregister now! Fill out the enclosed form and send it with your check to:**

Karst Encounters
C/O Alex Hicks
4806 Lararem Drive
Louisville, KY 40299

Costs are: Registration \$4.50 per person, Dinner \$6.95 per person (Advance payment only).

Have Fun at the Third Annual Karst Encounters.

The Ohio Valley Caver

The Ohio Valley Caver, the official publication of the Ohio Valley Region has a new editor, Don Shofstall.

Membership in the Ohio Valley Region is open to any caver, although the OVR is primarily meant to serve the geographical region of Indiana, Kentucky, and Ohio. Dues are \$1.00 per year to cover mailing cost. Members who are also NSS members can vote for and serve as OVR officers. Mail your dues to:

Don Shofstall
5004 Bassett Ave.
Evansville, IN 47715

Your dollar covers the postage for a year's worth of Ohio Valley Caver issues, however many the Board decides to print. It really lets them know you care enough to "receive the very best" (apologies to Hallmark).

Activities which many of us have enjoyed are Ohio Valley Region Events. Two of these activities are the Kentucky Speleofest and Karst Encounters. No one can deny that these are fun. Please support your region and send your dollar to Don!

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What's happening with the OVR???

From the CHAIR

by Gary Bush - Reprinted from the August, 1987 Ohio Valley Caver

Many NSS members in this area have asked the question. Although there've been several meetings of the OVR, nothing seems to be happening. Well, that's not really true. Lots of things are going on, but nobody's been hearing about them. That is because there's been no Ohio Valley Caver to spread the word.

I said I'd get out several issues of the OVC so we could have an election and get an active Board working to bring the OVR to active status. Well, I haven't done that. Be that as it may, the need of the OVR to exist has many faces, so it will happen.

At the last OVR meeting in Cincinnati on August 16, 1986, we decided on a workable structure for the OVR. Darleen Heist's Minutes of that meeting follow the August issue of the OVC.

Basically, the OVR will be run by an Executive Board made up of both Elected and Appointed Directors. The four officers of the OVR (Chairman, Vice-chairman, Treasurer, and Secretary) will come from that board. There will also be six Elected Directors from the area within the Region (ie. the states of Indiana, Kentucky, and Ohio). There will also be one Appointed Director from each Grotto within the Region. The members of each Grotto will determine who their Appointed Director is and how long he or she will serve. The Elected Directors will serve for two years. All Directors must be NSS members. Anyone can join the OVR as a member, however.

So, the first step to getting the OVR off to a good start will be getting a good Board of Directors. Each Grotto will take care of their Appointed Director, but we'll need good candidates for the Elected positions. This is no time to be bashful. If you want to serve, then volunteer. If you know someone who'll serve, then volunteer them. Send your names to Don Shofstall. We'll open the election at the next meeting at KARST ENCOUNTERS on September 19, 1987, at Marengo Caverns, Indiana.

We need and want people on the Board from around the entire Region, so volunteer geographically. Even if you feel your area currently doesn't participate with other parts of this region, PLEASE get involved. Only by working together can we foster cooperation and fellowship in this, the most prolific, caving area of the United States. That's why this issue (The Ohio Valley Caver) is being sent to every NSS member in the region. There are a lot of things starting in this area. Together we'll make them happen.

So ... as we asked at the start, "Whats Happening with the OVT?"

Well, Paul Unger has had great success establishing the Boone Karst Foundation as an NSS Conservation Task Force to work with the U.S. Forest Service. A Memorandum of Understanding (MOU) has been signed and implemented. Many Grottos in the Region have already appointed Project Coordinators to interface with the Resource Officers in each district of the USFS within the Daniel Boone National Forest in Kentucky.

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Projects are underway as you read this. The potential for new caves and surveys are almost limitless.

The Louisville Grotto has requested the DVR to take over the distribution of the Kentucky Speleofest to regional grottos. This year, the Bluegrass Grotto did a stellar job with this annual Memorial Day event. Eventually, each grotto could bid each year to host the event, helping their grotto treasuries, as well as bringing new vitality to this most important caving happening. How well this takes off will be determined, of course, by the response of the member grottos.

The large cave surveys within the Kentucky and Indiana caving areas are always in need of additional surveying help. Having the central focus of a region brings a good source to provide this help. The best way to foster understanding and comaradery between cavers of different cities and areas is have them work together on important caving projects. After all, we all share the same love: caves and caving.

The Grottos in this region have always maintained pretty separate ways.

We can still have our own work, but why not do a few things together. The projects'll go better and new techniques will be spread to everyone.

Rescue training sessions have become very popular. Mainly, because everyone realizes the need for a core of trained recuers for those inevitable times they're needed. The organization and record-keeping for rescue training or call-ups is more efficiently handled on a regional basis than individually. That's why the NCRC is organized into regions. The rest of the organized cavers need to be equally organized to help support both the NCRC and each other when the needs arise. Let's work together to help ourselves. The caving community need our unified effort.

So, now you know a few of the things going on in the Ohio Valley Region. I sincerely hope you'll want to be a part of it. Your help is desperately needed.

So, can we count on you? Send in a buck to get on the mailing list. At least you'll find out what's going on in the next issue. We can't afford to mail to all 687 NSS members in the region. By sending a buck, you cover the postage for your issues, ... and you let us know you're interested enough to mail in a dollar bill. Think about it!

Gary Bush (NSS 17697)

Notice

BOAT AVAILABLE

Richard and Connie Hand have donated a two-man inflatable yellow rubber raft (multi-compartment) for cave exploration in the Lake Cumberland area. It is packed with a foot-powered air pump and is presently stored in the Sloans Field House. This boat is available to any COG-MVG member wishing to use it. It is hoped that entrances along the lake will be checked using it.

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Membership List

This month the Squeaks includes the membership list complete as of August 28, 1987. Please review this list and check for errors. (The membership list is being mailed only to COG members and those complimentary mailings who receive the Squeaks on a "need to know" basis. If you did not receive the membership list and desire one please call Bill Walden.)

The membership list has been transferred to an interactive data base which is far more flexible than the old one. For those of you who are interested, it is the old Washington Computer Services RMS Record Management System. It was purchased by my company but no one ever used so I brought it home two years ago. No one missed it! So, I am putting it to use.

You will notice that I have rated cavers. The Categories include:

- | | |
|--------------|--|
| Non-Caver | Member of COG and interested in caving but not an active caver. |
| Beginner | New Caver with little experience. |
| Novice | Has basic caving skills but lacks experience. |
| Intermediate | Has basic caving skills and experience. Sport cavers fall into this category. These people may be excellent cavers but lack the rounding and dedication that those rated as experts have. |
| Expert | Has basic caving skills, is an experienced caver, has good surveying skills, and is proficient in at least three of the following: Vertical caving, cave diving, cave biology, geology as related to karst studies, hydrology as related to speleological studies, cave and karst conservation, or cave rescue.
Many of these individuals have played a major role in a cave related study or survey of a major cave system. A caver rated as expert is typically a good, well rounded caver who has accumulated hundreds to thousands of safe hours in a cave. |

These ratings are your editor's best estimate of an individual's capabilities and interests and may be incorrect. Please let me know if you are incorrectly rated.

Within a category there may be a wide range of capabilities but the individual meets the qualifications. In fact someone rated as an intermediate may be much better at moving through a cave and have been caving more often than someone rated as an expert. The difference is in the dedication and broadness of caving interests and activities.

Please, give us your feedback on this rating system. I'm sure it can be improved and made more accurate. -- Bill Walden, Editor COG Squeaks.

Included in the data base is a section for comments on members. These

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comments may indicate what a caver likes to do or what others perceive him as doing best. These may include such things as "Likes to dig" or "NSS cave diver". Or, it may indicate what an individual does not like to do. This may include "does not like to survey" or "fears flooding". Again these initial comments are your editors best estimate. You are invited to review these comments for accuracy and your feelings as to whether or not they should be included in the membership list. I feel that both the caver ratings and comments could be very useful in an emergency situation.

The 1987 NSS Convention

The 1987 NSS Convention was held in Sault Saint Marie, Michigan at Lake Superior State College the last week of July. It was one of the best conventions your editor has attended!

For my family the convention started on Sunday with an all day excursion on the Algoma Central Railroad to the Agawa Canyon. The day was rainy and foggy, so much of the senery of northern Ontario was missed but was none-the-less spectacular. We enjoyed watching lakes, rivers, trees, and rocks as we passed through this Canadian Wilderness. I had long forgotten how comfortable travel by train can be. The coaches were quiet, the clickety-clack of the standard non-continuous rail was unnoticed. The food served in the dinning cars was good and reasonably priced. My breakfast for example cost \$5.25 Canadian (\$3.68 US) and was comparable to a Denny's grand slam breakfast.

The 20+ car train stopped for two hours at the Agawa Canyon to allow passengers to hike the senic and well maintained trails and have a picnic lunch. The Agawa Canyon was cut by the Agawa river into the ancient rock structures and is quite scenic.

The Howdy Party Monday evening was great! The band played a good selection of music and drew their repertoire from rock, country, bluegrass, and oldies but goodies. Karen and I danced till 1:00 AM.

Wednesday evening most of the people attending the convention enjoyed a dinner cruise through the Soo locks and out on to Lake Superior. This included a tour of the locks and other facilities along the water front. Two tour boats wererequired. On returning through the locks we cavers had quite a cheering battle going on between the two boats and at one point included the tourists on land watching us crazies go through the lock. Great fun!

Following the cruise, back to the college for another party complete with a band made up of cavers. Again beer and dancing till 1:00 in the morning.

Thursday evening we were impressed by the NSS photo salon. The NSS is blessed with some very good photographers. This alone is worth coming to an NSS convention.

Friday evening the convention wrapped up with the banquet. This year's speaker was Norman Veve, known as the father of Puerto Rican Speleology. He spoke of caving in the early days of Puerto Rican caving and how they felt left out by the American teams who came down from the

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States to explore the island's caves, and of meeting with Russ and Jeanne Gurnee, and of organizing the island's cavers. His talk was mixed with humor and some philosophy. On meeting with mainland US cavers on the mainland for the first time, he commented that NSS cavers appeared to be a strange crossbreed between college professors and truck drivers!

Of course during the day the convention was loaded with sessions and work shops. These work shops included such things as using canvas grip to repair or reinforce caving clothes to speleo-photography for the NSS photo salon to vertical caving techniques. The sessions included such topics as foreign caving to electronics and caving.

For my family the best part of the convention is being with new and old friends and the comradeship that exists among cavers.

There was much - much more.

Do plan to attend next years convention which will be the week before the 4th of July and will be held at Hot Springs, South Dakota at the southern end of the Black Hills. South Dakota boasts some of the best and (for us eastern cavers) most unusual caving. Trips will be held to Jewel Cave and Wind Cave. There will be a Speleo-rodeo, a western style howdy party, an evening in the hot spring for the entire convention and much - much more. Its a very inexpensive week's vacation!

In 1989 the convention will be in southern Tennessee. Tennessee offers some of the best of the eastern caving and again the convention will have excellent facilities at The University of the South in Sewanee, Tennessee. Plan to attend!

†Those of you who are not attending the NSS conventions are missing some of the best which the NSS has to offer.

PRUSIKING IS WEIGHT LIFTING OR Is Pushing 40 Exercise Enough?

by Cricket Haygood
Reprinted from NYLON HIGHWAY NO. 24

First day of spring! You haven't been caving since last fall, but your friends have found this neat 100 foot pit and you run off to yo-yo it with them. Now you're at the bottom of the pit, all rigged, and ready to show off your macho rope climbing skills.

You fly up for the first 35 feet and your legs stop functioning. You rest, promise your legs a beer, and brute force your way up another 20 feet. Now your arms are wasted, since they've been helping the legs, but you grit your teeth, promise your arms they can have a beer too, and forge ahead. Aother 13 feet. At this point you can hardly breathe because your chest harness is so tight. You promise all your tired muscles they can each have their own beer, choclolate, pizza, anything! Then you look at the last 32 feet and push the Jumar up...

Yes, you get out, and no, none of your friends noticed that your body

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died somewhere between 60 and 70 feet. And if you're like me, you sit at the top of that pit catching your breath, knowing that tomorrow those aching muscles will hurt **worse!!**

What happened? Well, if you, plus all your gear weigh 150 pounds, you expended a minimum of 100 * 150 foot pounds of energy using muscles that have spent the past six months watching TV. Specifically, if you gained one vertical foot for each prusik cycle, you did 100 cycles of weight-lifting exercises that equalled much more than 150 pound per cycle.

Prusiking is weight lifting. I'll analyze the body from the top down.

NECK How much does your helmet and lamp weigh? Say 5 pounds. Plus you are always twisting your head, looking around, and trying not to burn the rope. Give yourself credit for something like 100 neck presses at 5 pounds each. (Ever wonder why your neck hurts the day after a caving trip?)

ARMS AND SHOULDERS Lifting your Jumar, Gibbs, or Prusik knot is roughly equivalent to a dumbbell overhead press. You did 100 of those for each arm. If all you lift is the prusik device, give yourself credit for a 2 pound weight in each hand. (Take a 2 pound soup can in each hand and see if you can do 100 overhead lifts without stopping. You probably can.) If your arms are actually dragging the remainder of your body up the rope, give yourself credit for a 75 pound weight in each hand. (Take a 75 pound soup can in each hand...)

ABDOMINALS To raise your leg for each step up the rope you use your lower abdominal and hip flexor muscles. This exercise is called a vertical knee-up. To simulate the abdominal work of prusiking, hang from a bar and bring your knees to your chest 100 times. Now put on your caving boots and do it 100 more times. (If you can't do this all, build up to it by sitting on the edge of a chair, toes touching the floor, and bring your knees to your chest 20 times.) Your legs represent about 45 percent of body weight, so give yourself credit for 100 vertical knee-ups at 68 pounds.

LEGS Your legs are what should be doing most of the work of prusiking. They are used to walking around and carrying your body weight (think of all the miles you hiked going from the TV to the refrigerator...). The specific exercise that the legs do in prusiking is the squat. Squats are very good for you and not very hard for most people to do. (We all climb stairs, and even just a little of that will make your legs strong enough for prusiking squats.) If all goes well, give yourself credit for 100 squats, lifting 150 pounds. Unfortunately, to attain the squat starting position, you had to do 100 vertical knee-ups.

100 neck pressed	5 pounds each
100 dumbbell lifts (2 hands)	4 pounds each
100 vertical knee-ups	68 pounds each
100 squats	150 pounds each

100 cycles	227 pounds each
Total	22700 foot pounds of energy.

Just to get you up that pit.

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So what exactly happened on that 100 feet of rope? First, your abdominal muscles failed after 35 vertical knee-ups. That's why your legs stopped. Then you climbed for another 20 feet, demanding that your legs take over the functions of the abdominal muscles. (This is not physically possible, but we all try.) Then your legs gave out for real. So you bravely pushed on for another 13 feet, hoping your arms could do what your legs and abdominals could not. And of course your chest harness didn't fit, because you gained a couple of pounds watching Monday Night Football. Then your neck started to cramp. What a disaster!

Worst of all, I am speaking from experience. This kind of disaster happens to me at least once a year, and everytime, I say "Next time, I'll get in shape first!" So I haven't been pitting for awhile, but maybe next time...