GOOD MORNING SKYLARKS

M E E T I N G N O T I C E S

MAY - FRIDAY 11, 8:00 PM

The May meeting will be hosted by Karen and Bill Walden. The Waldens' address is 223 Fallis Road, Columbus, Ohio 43214. Telephone number: 614-268-5865. Please plan to attend. We have several new members. Let's make them welcome. Weather permitting an outdoor meeting is planned.

JUNE - FRIDAY 15, 8:00 PM

The June meeting will be hosted by Dean and Phyllis Redshaw in Amanda, Ohio. Their telephone number is 614-969-4009.

July - FRIDAY 6 through SUNDAY 8
Paul Unger will host a weekend on the Great South Fork of the Cumberland River.

N O T I C E S

1984 NSS CONVENTION — — — SHERIDAN WYOMING

Registration forms for the convention can be found in the NSS News or obtained from your editor, Bill Walden. Wyoming is but a two day drive from Columbus. I hope the COG has a good turn out again this year.

CAVE RESCUE OPERATIONS AND MANAGEMENT

AT WILD CAVE NATIONAL PARK -- HOT SPRINGS, SOUTH DAKOTA
June 17 - 23, 1984

This seminar will be composed of extensive class and field work in all phases of cave and underground rescue. The course is designed to provide that most current and competent techniques to those agencies, groups and individuals with a serious interest in underground rescue. Subjects to be covered include The Underground Environment, Organization and Management, Communication Systems, Medical Management, Hauling Systems, Extrication, plus much more. The class size will be strickly limited to 60 students to ensure maximum learning opportunity and hands-on experience with the foremost technical equipment available. A special session will provide review and instruction in Basic Vertical Techniques for those who wish to learn or polish up old skills. Basic caving skills are a minimum requirement for the course.

N E C E S S A R Y E Q U I P M E N T

All necessary tools and equipment will be furnished for the student with the exeception of his own personal safety equipment, which must include:

A. An approved helmet with chin strap
B. A light capable of being helmet mounted
C. Sturdy, rubber-soled, lace-up boots (not jogging shoes).
D. 15' of 1" tubular nylon webbing
E. Seat Harness
F. 3 locking carabiners
G. Rugged clothing
H. Gloves-leather palm
J. Ascending system (jumars, gibbs, prusic knots)
K. A small pack or knapsack

A C C O M M O D A T I O N S

Primitive camping is being provided free of charge. The closest showers are 10 miles away and will cost $2.25 per person per day. Primitive showers may be provided closer to the campground. A food service package is available for $75. This is 3 meals per day arrangement for all of the seminar meals. All participants are highly encouraged to participate in the camping and food service due to the remoteness of other facilities and the very limited amount of time available for commuting.

F E E S

Basic Student (limit 40)	NSS member	$50	$70 after May 1
	non-NSS	$70	$90
Advanced student (limit 20)	NSS-member	$40	$60 after May 1
	non-NSS	$60	$80
Food service			$75

Make checks payable to NCRC seminar 1984. Return application and fees to: NCRC Seminar; 835 Hickory Drive, Bloomington, IN 47401. 812-332-4219

EDITORS COMMENTS: In this Squeaks and the last Squeaks I have included information on three seminars for cave rescue and safety. The COG has had an excellent saftey record. Since I have been a member, COG has not had a serious caving accident. Hopefully we will continue this record. However, COG members should be prepared. This preparedness includes a good sense of cave safty as well as the knowledge to assist in a cave rescue.

I do hope that several of our members will attend one of these seminars and then give a presentation to the grotto. If finanual assistance is required, I would like to make the motion that the grotto members share in the expense.

SECOND NOTICE: 2nd ANNUAL CAVE RESCUE SEMINAR June 2, 3 1984
This costs $15 and will be held close by at Carter Caves State Resort Park, Kentucky. Please see details in the last Squeaks or call John Kreitzburg at 614-864-5430.

WELCOME NEW MEMBERS

Stephen Clark
8815 Stonehenge Circle
Pickerington, OH 43147
614-927-7351

Jack and Jean Hock
687 Georgian Drive
Columbus, OH 43228
614-276-8838

Please remember to let these people know when caving trips are planned. They are anxious to go caving.

BOOK AVAILABLE

Jim Wisenburger has advised me that the Village Book store on route 161 east of Worthington, Ohio has AMERICAN CAVES AND CAVING by William R. Halliday for $1.98. This is cheap! So cheap that Karen and I rushed out there and purchased five copies. These will be available at the May meeting. I hope some of you will repurchase these!

T R I P R E P O R T .

EASTER WEEKEND

by Paul Unger

The Easter Weekend brought its normal compliment of cavers the the South Fork. Little had transpired since our last trip, except that the grass was knee high around the cabin and barns, the daffodils had bloomed and gone, and the catalpa trees were budding, evidence that they survived the 17 rabbit trackers!

Chuck arrived first, after calling in sick on on Friday. We had planned to go trout fishing, so on Saturday we did. I should add that it was calling for flash floods by noon, so no way was anyone going to get me in a cave!

Three Forks of Beaver is the last evidence of a band of limestone which rises at Mammouth Cave, is totally eroded between Somerset and Gasglow (at lease in most places) and sinks rapidly under Cumberland Falls. Cave Creek is apparantly the last great system to the east above the lake. However, Three Forks of Beaver does have caves, in addition to numerous natural sand cliff natural arches, sandstone overhangs with intricate boxworks, railroad tunnels, and numerous coal mine tunnels.

The hike down the road into Three Forks of Beaver brought back many memories from years past. While our main goal was trout fishing, we were not disappointed in the caves we expected to find.

Getting to the limestone region is a 1 mile hike down the stream on an old WWP trail. Limestone is first encountered near the end of that trail. Charlie and I elected to explore downstream past the trail, and my memories were reinforced, as its a jumble of rocks and brush-very difficult going with a walking stick, fishing pole, tackel box, fishstringer, and a can of beer!

While I spare you all the fishing stories, I must relate one tale. Charlie and I were discussing the remoteness of the valley, its beauty, and the possibility that bears could live in the caves across the creek above us, when we heard HI! My cast was followed by my pole, Chuck dropped the worms in the water. We turned to see a camouflaged hunter with a twelve gage across his arm. "How do you get out of here?" The two Buckeyes assured him that he could go uphill, ANYWHERE, and he'd get out. Yes, he might be able along the way to KILL something!

We did refind a very unusual cave downstream. Off to the side of the main stream about 10 feet is a sinkhole, some 10 feet below the stream! Going in, we found that it is a side valley tributary canyon 10 feet high and 4 feet wide. It went for several hundred feet before coming to a pool, too deep to wade in our hip boots. Ahead we could hear a deafening roar. Inspection downstream on the surface revealed no apparent whilpool. Judging from the openings we saw and didn't check, this area deserves a closer check. Next fall we'll return when there are no leaves on the trees and no snakes, either for a camping weekend to explore the valley and catch more trout.

Twenty six years ago in the Squeaks!

EXPLORATION AT JARVIE ROARK'S CAVE CARTER KENTUCKY

This cave is 2 miles downstream from Tygert Creek Bridge on the north side. Some of the members that participated on this trip are the Krauses, Johnsons, Benningtons, Joe Voigt, Jane Craggs, Dick Sims, and Tom Grimes.

The cave consists of small passage maze, with several dome pits 20 feet in diameter and many feet high. There are possibly 5 levels with several leads to be explored....Thousands of feet have been surveyed but there is much untouched...Voigt and Grimes have discovered a new entrance while spending 3 or 4 days in or near the cave. Joe and Paul are now in the process of conducting a transit suvey across the surface and are running a small transit in the cave ....Keep up the good work!

From this period in the COG history only COG member #76 remains on the COG rolls in 1984. Who is that person????????

Twenty years ago in the Squeaks

On the morning of April 25, Chuck and Tim McLarman picked up Clyde and Ritchie Evans, Nick Fatheringham, and John Bridge and started for Kentucky. I picked up Fred Dickey, Kim Heller, Claude Rust, and Denney Burns. When we arrived at Carter City Chuck and his crew were already there. From Carter City we drove en masse to Jarvie Roark's Cave.

Being a bit backward, we entered the cave through the exit, a very small downward-sloping hole. Immediately we were in Meander Canyon, and after a ways several high leads appeared. Chuck McLarman tried one that didn't go. Kim tried one on the right that did. Since in a large party so many people have to stand around while others check leads, we split up there. Fred, Claude, Chuck, Tim, Clyde, and Ritchie continued down Meander Canyon toward Meander Crawl while the rest of us took the right hand lead.

Soon Fred and Claude split off from the McLarmans and Evans to check more leads. After checking several and visiting the Rimstone Dam Passage they left the cave via the Main Entrance.

Chuck, Tim, Clyde, and Richie continued down Meander Crawl to the Front Upper part of the cave. They spent the rest of the time just exploring around---ultimately finding the Main Entrance. They had been in the cave 3.5 hours.

Meanwhile the four of us who followed Kim into the high crawlway off to the right of Meander Canyon were busily crawling---crawling---crawling---and more crawling. It wasn't until we were well into the passage that Kim realized we must be in the Endless Crawl. Oh goody! However, no one wanted to crawl all the way back out (although we were probably only a third of the way through by then). Onward! Endless Crawl has precious few places where one can crawl comfortably on hands and knees. Ninety percent or better (better? Ha! editor-Meteorite) is a belly crawl or just half-way between a belly and a hands-and-knees crawl. (Ugh, reminds me of 196 shove crawl. editor-Halden) We used our elbows mercilessly. However, Kim had had the forsight to take elbow pads. Finally we reached King Pit and crawled along the ledge that bypasses it. A little more crawling and we reached a junction. The right fork led to Saddle Pit after more crawling.

A little blundering brought us to the Meeting Room. Joe Voigt had shown John Bridge and me a picture of the entrance to the Heavenly Crawl. John Bridge finnaly recognized it or we would have missed it altogether. In we went. Heavenly Crawl was described as being pretty much rugged, but after Endless Crawl, it really didn't seem very bad. There were only two short streches of real crawling and the rest was a crouchway or canyon walking. We saw several flowstone formations, a number of small soda straws, and even some draperies. Upon returning to the central part of the cave we returned to the stream passage and left the cave via the Main Entrance. We had been underground 4.75 hours.

As we climbed the hill, Chuck, Tim, Clyde, and Richie were coming down to go back in Jarvies. They wanted to see the Rimstone Dam Passage. They found it and had much fun hopping over the 4 foot high dams.

After a quick 4:00 PM lunch the other seven of us left for Bat Cave --- two people riding the front fenders of my car.

Fred and Kim lugged an oak plank into the back entrance, to bridge the canyon at the upper level near the Breakdown Room. I Wanted to look out a lead I'd found the year before. John Bridge and Claude took Denny and Nick through the main passage in Bat.

After poking around a great deal I didn't find the lead of last year, so I joined Kim and Fred who by this time were still looking for the right way out to the narrow part of the canyon. Kim soon found it and we pushed the board across. Kim looked around on the other side enough to tell there's some cave there, but by then it was time to leave. Someday we'll go back again.

Upon getting out and changing clothes, John, Claude, Nick, and Denny soon appeared walking overland from the downstream entrance of Bat. He joined in a few minutes by the McLarmans and the Evans from Jarvie's. We washed up at the park, ate dinner at the Shawnee, and got home in the neighborhood of midnight.

Nick and Denny had a baptism of fire, as it were, since this was their first cave trip. Endless Crawl is not an easy piece of cave, and it speaks well that they survived it still capable of laughing, albeit somewhat bruised and stiff.

Joe Davidson
COG Squeaks
May 1964

C A V I N G L A M P S

by Bill Walden

Several newcomers and potential cavers in the area have asked me about caving lights and whether to use carbide or electric.

I thought it might be a good idea to write my thoughts on the subject. Comments and suggestions from other cavers are welcomed.

It was drummed into my head for my first caving trip that a caver should always carry three sources of light with him into the cave. For my first trip I carried a flashlight, a candle, matches and a borrowed carbide lamp. The carbide lamp was an Autolite borrowed from a neighbor, a retired coal miner. (I had also borrowed his helmet.) After that first trip I purchased my own lamp, a brass Justrite, and helmet. Needless to say on those early trips I experienced lamp failure. Often leaving the cave on my back up flashlight. Soon I started carrying a backup carbide lamp and repair parts. Since then I have never had to depart from a cave on a back up lamp!

I continued caving with carbide lamps. My collection of carbide lamps at home grew. I now have some 14 carbide lamps. My favorite are the Autolite lamps. They are very dependable and provide a longer burn time than do the brass Justrites.

Today I am using a home made electric rig consisting of a modified Justrite electric headlamp and a 9.5 ampere hour 6 volt gell cell. I carry my trusty Autolite as a back up along with a spare electric rig. Heavy? yes but dependable.

Other members of the grotto use the highly dependable Wheat Lamp miners lights. These are expensive but are designed for undergroung use, provide a strong light, and have two filaments in the bulb.

Light is your life deep inside a cave. Rule one is to carry a prime lamp which is easily carried on the helmet and rugged enough to survive the bumps and smashes in a cave. I don't know how many times I've walked right into a wall only to have the lamp take the full impact of the blow. The lamp must survive this!

W H A T T O B U Y ?

O R W H A T N O T T O B U Y !

CARBIDE LAMPS

I suggest the British made Premier carbide headlamp. These seem to be well made. They are available from the cave supply vendors such as BOB AND BOB or THE SPELEO SHOPPE. Get their catalogs from the NSS news or call them. Their telephone numbers are listed below. Also, used brass lamps by Justrite, Autolite, or Guy's Dropper are good choices.

I recommend avoiding the new Plastic Justrite. The original models had the tendeny to melt thus falling off the headlamp holder on the helmet! This prompted a cave song "PLASTIC JUSTRITE". Also avoid the Hong-Kong made Butterfly lamp. These have proved to flimsy for cave use.

To this day there are many caves in which I prefer carbide. On survey trips I consider the carbide lamp a must. Why? The carbide lamp provides a soft light up close. This makes it easy to read instruments and take notes. In tight crawls again I prefer carbide. In a tight crawlway the battery pack adds to the difficulty of getting through while a carbide lamp adds little to the difficulty of the crawl.

If you decide to "go carbide" carry the following spare parts with you:

spare tips -- spare tip nut -- spare felt
spare gasket -- tip cleaner
spare flint and flint assembly
spare carbide in a plastic baby bottle
spare water in a plastic baby bottle
optional-a spare bottom with carbide.

A baby bottle of carbide is about 12 hours of light. If you are caving in below freezing conditions, the water may be mixed fifty-fifty with ethanol (vodka).

In addition to the carbide lamp don't forget the rule on back up sources of light. A flashlight and a candle. Other backups are acceptable; however, a candle is handy particularly when recarbiding.

ELECTRIC LAMPS

If you are serious and can afford it the Wheat Lamp is a good choice for going electric. It comes with the battery pack, a lead acid cell. (Older miners' lamps used the Edison cell which was probably better suited for mining and caving. However it is more expensive to manufacture.) A charging system must be purchased to recharge the Wheat Lamp battery.

Many cavers including myself use a Justrite electric lamp. It is inexpensive and may be powered by standard batteries. Many beginners or occasional cavers use the four D-cell battery pack that Justrite manufactures. A set of Duracell batteries will last for one weekend of caving. Carry spare batteries always!

I use a 9.5 ampere hour gell cell with my Justrite lamp. With a 0.5 amp bulb in the lamp, I have 19 hours of light. This is more than one would get with the Wheat lamp. I also carry a 0.2 ampere bulb. This would give me 9.5/0.2 or 47.5 hours of light! Yes the 0.2 ampere bulb is enough to see. For back up I carry a 2.5 ampere hour battery and a spare Justrite lamp and my trusty Autolite carbide lamp. The 2.5 ampere hour battery will give me 5 hours of light on the 0.5 ampere bulb or 12.5 hours on the 0.2 ampere bulb.

Again with the system I have a charging system is required. I purchased a kit from Gates Battery division of Gates Rubber Company. They sell a kit based on a thick film chip that any novice electronics person can assemble in a few minutes. I recommend their kit as it is a constant current charger and automatically senses when the battery is fully charged. Unlike the Wheat Lamp charger it needs no attention. I frequently leave my battery plugged in to the charger until the next trip. Cost--less than twenty dollars. For the more ambitious I published a series several years ago on battery chargers. If you plan to build your own ask for a reprint of that Squeaks.

For gell cells to be used in caving where battery life and depenability are a must -- do not use home built constant voltage chargers! These can damage the battery and shorten the life.

Ni-Cad or nickle cadmium batteries have enjoyed popularity in the past with cavers.

These are light in weight but require a much larger volume for the same quantity of stored energy than do gell cells. In other words they are lighter but much more bulky than are the gell cells. Also, because of a "memory effect", care must be taken in recharging these batteries. "Regenerative charging" is recommended. This type of charger is expensive to purchase and more difficult to build than a constant current charger used with gell cells.

Whether you decide to use carbide or electric is a matter of individual choice. Both are acceptable. But remember gell cells or Wheat batteries must be recharged. I have been in remote areas for over a week without electrical sources to plug a charger into. Carbide was the only choice there.

Happy Caving --- Remember to carry out your waste carbide as it can kill small cave animals! Not to mention that a carbide dump is unsightly.

For more on caving lamps see AMERICAN CAVES AND CAVING by William R. Halliday. I will have several copies of this available for purchase at the May meeting. Cost $1.98 plus tax.

B E G I N N E R S E Q U I P M E N T

WHAT DO YOU REALLY NEED?

by Bill Walden

Any caver must have a helmet with a lamp, gloves, rugged clothing, boots, and a pack. The pack should contain backup lights, spare parts, water to drink, and food.

The cave environment will be hard on your clothing and equipment. Thought should be given to this. Sandwiches in sandwich bags probably won't make it. High energy foods are practical. One of the oldest and most used cave food is gorp - a mixure of raisins, peanuts, and chocolate chips. Another commonly eaten cave food is canned fruit. Plastic baby bottles are superb for food and liquid storage. It is a good idea to label your baby bottles. More than one caver has taken a mouthful of carbide thinking it was gorp!

Beginning cavers need not go out and buy a lot of equipment. Do not go out and buy verticle gear until you have had training and are sure you will be doing verticle work. Most caves explored by the COG are horizontal caves. For your first trips you might be able to borrow equipment from active COGer's.

The Following are a must:

Boots (don't use jogging shoes)	gloves
Pack (gas mask bags are nice)	water container
Cave food	rugged clothing
Flashlight	spare batteries and bulb.

The following may be borrowed for your first trip:

Helmet	carbide lamp
containers for carbide	Knee pads

Packs can be made from two empty Clorox bottles. Bring two to the next meeting and I'll demonstrate how.