



Outdoors

WINTER

"Because the head has such a rich blood supply and no vaso-constriction mechanism, it is the primary radiator for excess body heat...wear a hat." G. Cunningham.

by Kevin Moore

HIKING - Finally snow. If you're like most people then it's time to go indoors till spring. Even bears and snakes are found outside, active, in winter and they're supposed to be hibernators. Actually hiking in winter is so much easier than in summer. The insects are gone while lakes are frozen allowing many shortcuts. Skis or snowshoes take the resistance out of the hike through snow and with your own body heat, you shouldn't be cold.

The snow may mess up the fine points on your topographical maps but you'll still find your way. Your compass still works. Animals that were unknown to you in summer will have betrayed their presence by tracks and scats that stand out in sharp contrast to the white of snow. You wouldn't believe how many rabbits.

Don't forget sunglasses or ski goggles because even in dense woods, your eyes will get burnt out and crossing a lake will finish you. Lakes, should be safe if it has been cold enough although at river mouths, the ice stays thin and all lakes seem to have unexplained thin spots scattered randomly throughout that although will support a man, are readily discovered by snowmobiles. They have one good use, anyway.

Shallow ponds, very muddy with associated vegetation of cattails and bull-rushes often tend to remain unfrozen all winter. Having fallen into one, snowshoes, and all after four consecutive days of 0°F temperatures when the lakes had been frozen for over three weeks, I tend to warn of them often. The explanation is that continual bacteria action creates enough heat to keep the stagnant water, liquid.

On a short day hike then a thermos of hot chocolate acts as a well desired stimulant as would any hot drink whereas alcohol acts as an anesthetic not a stimulant only numbing the cold. Nicotine also causes vaso-constriction which especially in the extremities is more cooling than warming.

Dress warmly with several layers of clothing that can be easily ventilated instead of a

few thick layers. You then can bundle up when resting and open up when on the move.

CAMPING - It's possible and it's fun. Boy scouts and girl guides have been camping in the winter for years.

To be truly honest a cabin is by far the most enjoyable way of learning to spend your time in the woods in the winter having a bed and warmth to come back to. Even though the barn that four of us stayed in at Caribou Gold Mines was without heat to speak of, it was still nice to have a solid place to come back to after a long hike.

Tenting is made a little more awkward although there are special tents, with double walls, that can be bought that will completely destroy any problems. A normal nylon tent is usable; keeping an eye on condensation, for at least three days. Especially with an external fly sheet or tarp with which one can build up extra layers of insulation. A tarp alone can be used as long as you've allowed ample provision to keep in the heat of your heater.

You'll need a down sleeping bag. Nothing else will do. It's warmer to sleep together and fortunately many down bags can be zipped together to form one large one unless you've got a mummy bag. Also, it's warmer to sleep with no or at least a minimal amount of clothing on. It means, since your clothes are naturally beneath your sleeping bag, that you have a warm layer to put on when you rise in the morning. Also you don't have the build up of a night's sweat and wrinkles to help lose heat in the morning.

The quality of your equipment is as varied as everything else so check with those who know their stuff, such as the Trail Shop and check out surplus stores because some of that old army equipment, especially the bags are very good.

Read something before you go out, just to get you in the right frame of mind. For me, it used to be the Hardy Boy's **Mystery of Cabin Island** although it's been replaced with Rutstrum's **Paradise Below Zero**. Many other books or small pamphlets are available that also make good reading and will get your head straight. Winter can be enjoyable or an ordeal. It all depends on how you set things up. Your mind included.

Women's B-Ball

by Cathy Campbell

Dal ladies' Basketball team certainly had a tiring but eventful weekend last Saturday and Sunday at Mount Allison University in Sackville, New Brunswick, winning the eight team invitational tournament. Calm and cool coach Nancy Buzzell was pleased with the Tigerettes' hustle and determination.

***Dal vs UPEI - Saturday, Jan. 4/75 7 pm.**

Dal won this very one sided game 85-25. Right from the first whistle and the first basket of the game, scored by Dal's Helika Huddoffskey, Dal dominated the first half with a score of 55-19! The game picked up its pace after half time but UPEI could not stop Helika Huddoffskey's outside shooting or Heather Shute's superb passing and ball-handling. Huddoffskey was high scorer with 22 points while Shute and Donovan each hooped 15 points for Dal. UPEI - Bradley, 2, Campbell 2, Kings 2, MacLean 1, Stearns 4, Trainor 4-25; Dal-Castonguay 13, Donovan 15, Shute 15, Huddoffskey 22, Selig 8, Kelly 2, Powell 3, Sutton 3, White 6-85.

***Dal vs Laval - Sunday, Dec. 5/75 2 pm.**

Dal won 73-49 in a fast hustling game against the Laval University Team. It

was a close fought game until the last 20 minutes when Dal pulled ahead with the help of Dal's Helen Castonguay, who was high scorer with 25 points. Laval used a fast break patterned game which complemented Lagace and Sampson, the high scorers for Laval.

Laval-Fortier 5, Sillion 2, Lagrace 12, Bolvin 6, Parent 5, Amyot 2, Rompre 1, Brault 1, Sampson 12, Candy 4-49; Dal-Castonguay 25, Donovan 8, Shute 13, Huddoffskey 14, Selig 11, West 2-73.

***FINALS - Dal Vs Fredericton T & E, Sunday, December 5/75 8 pm.**

Dal won a close match against the experienced veteran players on the T & E team by a score of 58-57. The first half was rather dull with the tired Fredericton squad, setting a slow pace. At half time T & E was ahead 25-20. The team woke up in the second half and provided some exciting Basketball. Karen Lee and Lesley Nason from T & E, both National calibre players, were frustrated by the Dal zone and were confined to 10 and 16 points respectively. Dal quickly caught up to and passed the Fredericton team.

The last 2 minutes were tense with Fredericton's Lee and Nason again tying the game on their foul shooting.

Nason again was fouled and after missing her foul shot, sunk her second to bring the game to 55-54 for T & E. Dal's Kathy Donovan tore down the court to score 2 points on a lay up. The score was now 55-56 for Dal. Sue MacDonald for T & E reversed the score again on an outside shot. With 5 seconds left in the game and T & E ahead by 1 point, a long bomb was thrown to Dal's little Julie West (5'2"), who manoeuvred around big Lesley Nason (5'9"), and threw a left hook shot up.

After bouncing in the rim several times, the ball finally went in for 2 points, and the game was Dal's. Fredericton T & E-Cox 2, P Dickeson 2, Nason 16, MacDonald 21, D. Dickeson 3, Lee 10, McHugh 2, Kirk 2; 57 Dal-Castonguay 14, Donovan 10, Shute 12, Huddoffskey 6, Selig 10, West 6-58.

Dal's Helen Castonguay was placed on the all star team, along with Sampson from Laval, Nason from T & E, Cindy Dean from St. FX; and Karen Lee from T & E who also received the Most Valuable Player Award for the tournament. Thanks to the two Dal Fans who flew in from Boston!

Dal next plays Mount A at Kings at 6 pm on Thursday, and St FX. at Antigonish on Saturday.

Intramural Bits & Pieces

BADMINTON

by Cathy Campbell

The round robin tournament got under way Sunday, November 17th and the semi-finals and finals were played on November 24th and December 1st. The games were awarded on the best two out of three games, while the semi-finals and finals were one game sudden death.

Brian Mailman took first place, while Kevin Sweeney captured second, Alson Robson third, and Bruce Wright fourth.

Congratulations to the winners and a special mention to all those who participated and assisted to make a successful tournament.

KARATE

by Cathy Campbell

On November 30, 1974, seven members of the Karate Club went to Montreal to participate in the 6th Annual Shorinjiryu Kenkoku International Tournament.

RESULTS:

Dr. Adamec was presented with his official black belt in a special ceremony.

Cannie Adamec won 1st place in green belt Kata.

Pierre Lacombe won 2nd place in green belt kata.

Mindy Gordon-Moran and Paul Nau won 1st place in orange belt kumite.

Paul, Nau won 3rd place in orange belt shiai.

HOCKEY

Although 14 teams were scheduled to play, all the

games but one were won by default. Engineers won 4-1 against Commerce B Medicine A won by default over MBA. Commerce A won by default over Law C. Science won by default over PE A. PE B won by default over Social Work. Pharmacy won by default over Arts B. Medicine won by default over Dentistry.

Dal at Forum

In order to accommodate the anticipated crowd for the first St. Mary's/Dal hockey game, the two schools have agreed to play in the Halifax Forum. Because of previous commitments, the original date of January 10th was not available. The game will now be played on Wednesday, January 15, 1975 at 7:00 p.m.

On Friday, January 10, 1975 Dal will host the Nova Scotia Junior B All-Stars, Provincial representatives to

the Winter Games. Game time is 7:30 p.m. at the Dalhousie Memorial Rink.

In summary, it will be a busy five days for Pierre Page and his team who will face the top teams in the Maritimes to kick off 1975.

January 10 - Nova Scotia Jr. B All-Stars (Dal Memorial Rink)

January 12 - University of Moncton (Dal Memorial Rink)

January 15 - St. Mary's (Halifax Forum)