



FOUNDED BY
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NEWS OF THE P.A.T.C. MOUNTAINEERING COMMITTEE

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COMING EVENTS

November 3 Carderock, Maryland

10-11 Caudy's Castle

Directions to Caudy's Castle:

Go west on US 50 to Winchester

North from Winchester on US 522 for 15 miles

Turn left on Va 695

Go west for 6 miles to Bloomery--the two houses
(Before you get to Bloomery, Va 695 changes to
W. Va. 45)

Continue west for 5 miles to sign on left that
says Caudy's Castle

Turn left on dirt road--go $1\frac{1}{2}$ miles to parking lot.

17 Harpers Ferry, Va., Md., West Va.

24 Great Falls, Md.

Sunday trips start from Howard Johnson's at Wisconsin and Western Avenues, N.W., at 8:30 a.m. (Come early if you want breakfast.) New climbers are welcome. Bring lunch and canteen. Sneakers are suitable for climbing. Latecomers look for note behind drainpipe at Western Ave. side of building.

NOTE: On November 20th at 7:30 p.m. Mr. W. Kirsten will talk and show pictures of Switzerland before the Swiss Club of Washington. The PATC Mountaineering Committee has been invited to attend. This probably will be at the Swiss Embassy, 2900 Cathedral Ave., NW. See Ed Worrell for confirmation of this.

MOUNTAINEERING AND VITAMINS

The following question and answer have been reprinted from The Journal of the American Medical Association (by permission) and are self-explanatory.