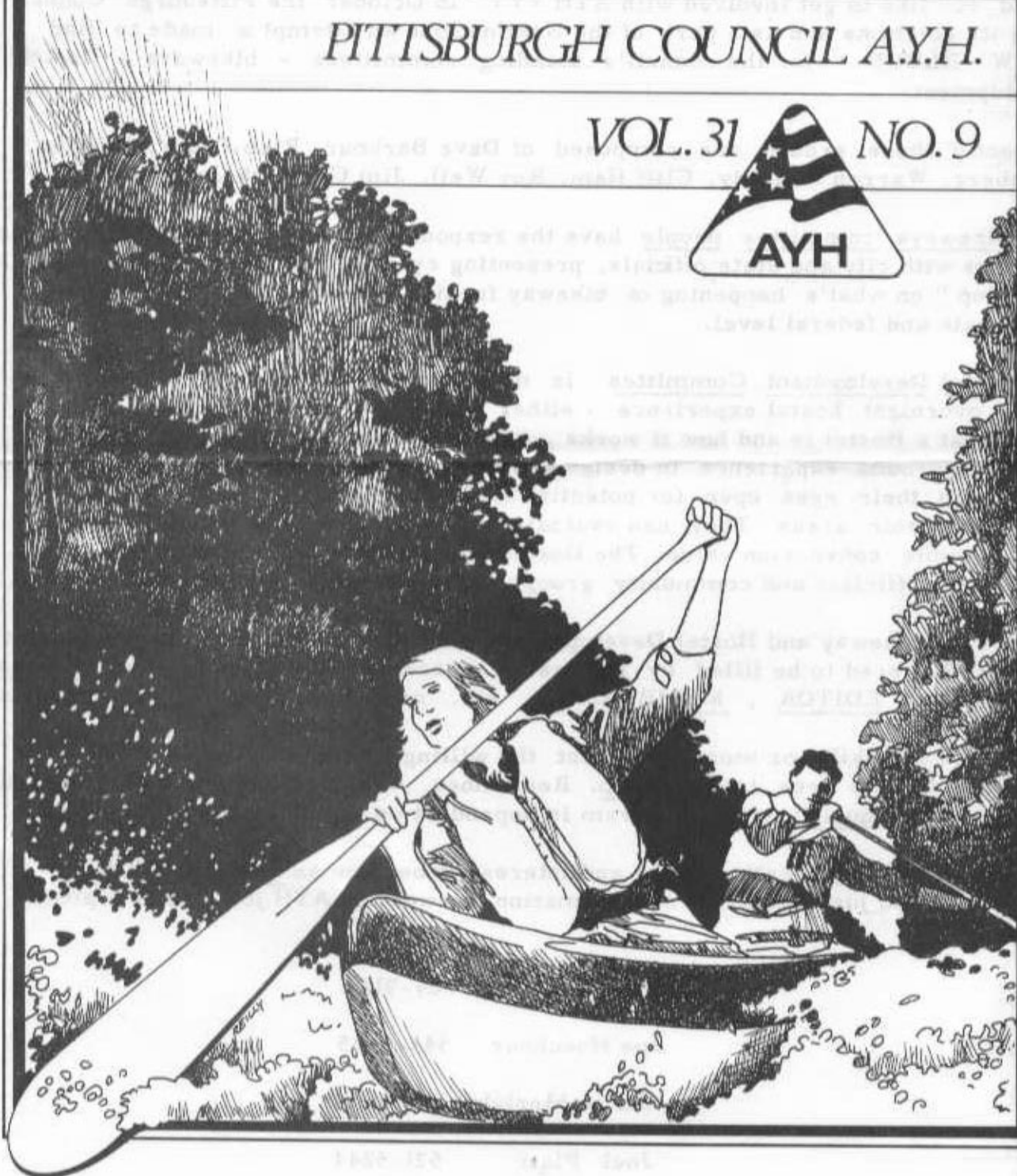


# SEPTEMBER 1976

## GOLDEN TRIANGLE

### PITTSBURGH COUNCIL A.Y.H.

VOL. 31 NO. 9



## SPARE TIME ANYONE ??????

by

Joe Hoechner

Would you like to get involved with AYH ??? In October the Pittsburgh Council holds its elections and as a part of the Nominations an attempt is made to find "NEW BLOOD" for the council's standing committees - bikeways - Hostel Development.

Currently these groups are composed of Dave Barbour, Rich Feder, Phyliss Blumberg, Warren Kennedy, Cliff Ham, Roy Weil, Jim Gogots & Joe Hoechner.

The bikeways committee people have the responsibility of representing AYH in meetings with city and state officials, presenting cycle safety shows, and generally being "up" on what's happening on bikeway funding, construction, and legislation on the state and federal level.

The Hostel Development Committee is made-up of the people who have had actual overnight hostel experience - either in the U.S. and in Europe. They know what a Hostel is and how it works, or are willing to learn. They should have background experience in design and construction of a Hostel facility. They keep their eyes open for potential sites along hiking and biking trails, and other scenic areas. They can evaluate existing areas and buildings for their possible conversion value. The Hostel Development Committee, also meets local officials and community groups to explain what hostelling is.

Besides the bikeway and Hostel Development Committees, there are numerous other positions that need to be filled by interested, concerned AYH'ers for the '77 Season. Jobs, such as EDITOR, MEMBERSHIP etc. need "new blood and new enthusiasm".

If you have the skill, or more important the willingness to sacrifice a bit of your "free-time", feel free to speak-up. Remember, AYH is a volunteer organization. The extent and quality of our program is dependent on the input of our MEMBERS.

If you have the urge, enthusiasm, and interest to become an ACTIVE-AYH'er, or if you would just like a bit of information on what an AYH job entails, please contact :

Jim Gogots 384-9149

Joe Hoechner 343-2465

Elaine Merisko 271-0831

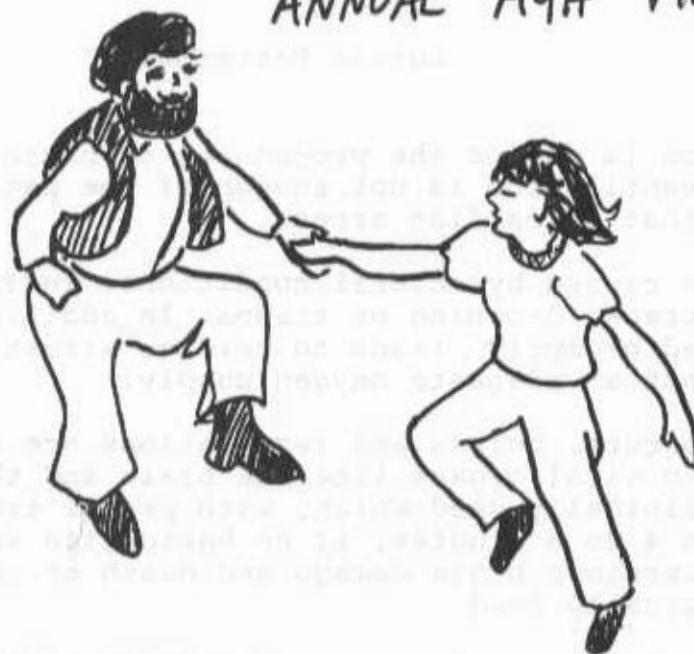
Joel Platt 521-5244

Remember, HAPPINESS is not only being a part of something GOOD, but being an instrument of the GOODNESS is a bit more rewarding

.....

.....

# IT'S THAT TIME AGAIN ! ANNUAL AYH PICNIC



WHERE: RIVERVIEW PARK, NORTHSIDE  
WHEN: SUN, OCT 17, 1976 - 2 PM - 10 PM  
WHAT: FOOD - ACTIVITIES - FOLK DANCING  
HOW: SEND RESERVATIONS TO:

NANCY ARTHUR	SKIP CHAPMAN
100 BIDDLE ST OR	341 SEMPLE ST
APT 3	PITTS PA 15213
Pgh PA 15221	

COST: 2.75 PER PERSON -  
CHECKS PAYABLE TO AYH, PITTS. COUNCIL

FURTHER QUESTIONS - CONTACT MARY ELLEN MCBRIDE - 421-9891  
KAY HESS - 422-7630

I WOULD LIKE TO ATTEND THE AYH PICNIC

NO OF PERSONS \_\_\_\_\_ AT 2.75 / PERSON

AMT ENCLOSED \_\_\_\_\_ MAKE CHECKS TO AYH, PITTSBURGH COUNCIL

NAME \_\_\_\_\_

PHONE NO \_\_\_\_\_

## ACCIDENT WITH INJURIES: ACTION NOW

### BASIC LIFE SUPPORT

by

Lurana Patterson

Artificial ventilation is one of the procedures of basic life support. However, artificial ventilation is not enough if the patient also has no pulse, (heartbeat), that is cardiac arrest.

Cardiac arrest can be caused by several conditions, including electrical shock, heart attack, drowning or trauma. In addition, respiratory arrest, if not treated promptly, leads to cardiac arrest since the heart cannot function without an adequate oxygen supply.

When cardiac arrest occurs, pulses and respirations are absent. The supply of oxygenated blood to vital organs like the brain and the heart ceases. The victim becomes clinically dead which, with proper treatment, is a reversible state. In 4 to 6 minutes, if no basic life support measures are undertaken, irreversible brain damage and death of cells begin. The victim is then biologically dead.

Consequently, when cardiac arrest occurs all of the ABC's of basic life support are required quickly, including artificial ventilation (discussed in an earlier article ) and artificial circulation which will be discussed in this article.

### RECOGNITION OF CARDIAC ARREST

Cardiac arrest is recognized by :

1. An unconscious victim with a death-like appearance
2. Absent breathing
3. No pulse felt in large arteries like the carotid artery in the neck

If the cardiac arrest exists the rescuer must immediately place the victim in a horizontal position on his back and begin the steps of basic life support.

### PROCEDURE FOR BASIC LIFE SUPPORT

When confronted with an unconscious victim, the rescuer should immediately begin checking for respiratory and cardiac arrest so that basic life support, that is cardiopulmonary resuscitation (CPR) can be started before the victim becomes biologically dead.

The steps to follow are :

1. check the level of consciousness by shaking the victim's shoulder and calling to him



## ACTION NOW : BASIC LIFE SUPPORT

2. Open the airway by using the head tilt or triple airway maneuver
3. Look, Listen, and feel for breathing
4. If there is no breathing, quickly ventilate the lungs 4 times
5. While maintaining the head tilt with one hand on the forehead, the rescuer uses the index and middle fingers of the other hand to feel the carotid pulses.
6. If no pulse is felt within 10 seconds, begin external cardiac heart compressions.

### EXTERNAL CARDIAC COMPRESSIONS

External Cardiac Compression consists of applying rhythmic pressure over lower half of the breastbone (sternum). This rhythmic pressure squeezes the heart between the sternum and the spinal column. External cardiac compression must always be accompanied by artificial ventilation so that the blood being circulated by the compressions becomes supplied with oxygen. In addition, external cardiac arrest there is no blood flow to the brain when the body is in a vertical position even with properly done cardiac compressions.

To perform cardiac compression on an adult the rescuer :

1. Kneels alongside the victim's torso
2. Locates the lower half of the sternum by feeling for the soft tip of the breastbone where the ribs join at the bottom. The rescuer then places the ring finger on the point where this soft cartilage joins the sternum. Place the middle finger next to the ring finger. Next place the heel of the other hand next to these two fingers parallel to the sternum
3. Place the other hand on top of the first
4. The rescuer shifts his body forward so that his shoulders are directly over the sternum, keeps his arms straight, and presses downward with enough force to depress the sternum 1½ to 2 inches in an adult
5. Then releases the pressure so that the heart can fill before being squeezed again

This procedure is for an adult, the procedure must be modified when applied on infants and children.

The compressions must be regular and smooth. Relaxation of the pressure immediately follows the compression and should be equal duration. The heel of the rescuer's hand should not move from the chest during relaxation, or compression. Each time the rescuer removes his hands from the chest in order to ventilate the victim, he must recheck his hand position as outlined before resuming compressions. The rescuer should check for a carotid pulse once every few minutes to ascertain whether or not the victim has resumed spontaneous circulation.

When there is only one rescuer, he must perform both artificial ventilation and artificial circulation using a ratio of 2 ventilations to every 15

## ACTION NOW : BASIC LIFE SUPPORT

that is, the rescuer delivers two quick lung inflations after every 15 compressions. Because of the interruptions for artificial ventilation, the lone rescuer must perform each series of 15 compressions at the faster rate of 80 compressions per minute in order to achieve the actual compression rate of 60 compressions per minute. A ratio of 2 ventilations to 15 compressions, with the compressions at a ratio of 80 per minute and the 2 ventilations delivered within 5 seconds, achieves the desired number of 12 ventilations per minute and 60 compressions per minute.

The rescuer continues cardiopulmonary resuscitation until :

1. The victim regains spontaneous ventilation and/or circulation
2. The victim is pronounced dead by a physician
3. The rescuer is relieved by someone of equal or higher qualifications
4. The rescuer becomes so fatigued that he is unable to continue

Cardiopulmonary resuscitation cannot be learned or mastered by reading about it, but only by supervised practice on resuscitation manikin. Since the American Heart Association and other agencies recommend that everyone in the eighth or above should be taught basic life support, including artificial ventilation and artificial circulation, contact the local chapter of the American Heart Association for information regarding courses and practice manikins.

.....

This is the last article in the series, ACTION NOW. AYH would like to extend appreciation and thanks to Lurana Patterson, R.N., R-EMT for this excellent series of 14 comprehensible first-aid articles. At a future date the articles will be compiled and published as an official AYH- Pittsburgh Council Publication.

.....

### LAURELVILLE FALL WEEKEND

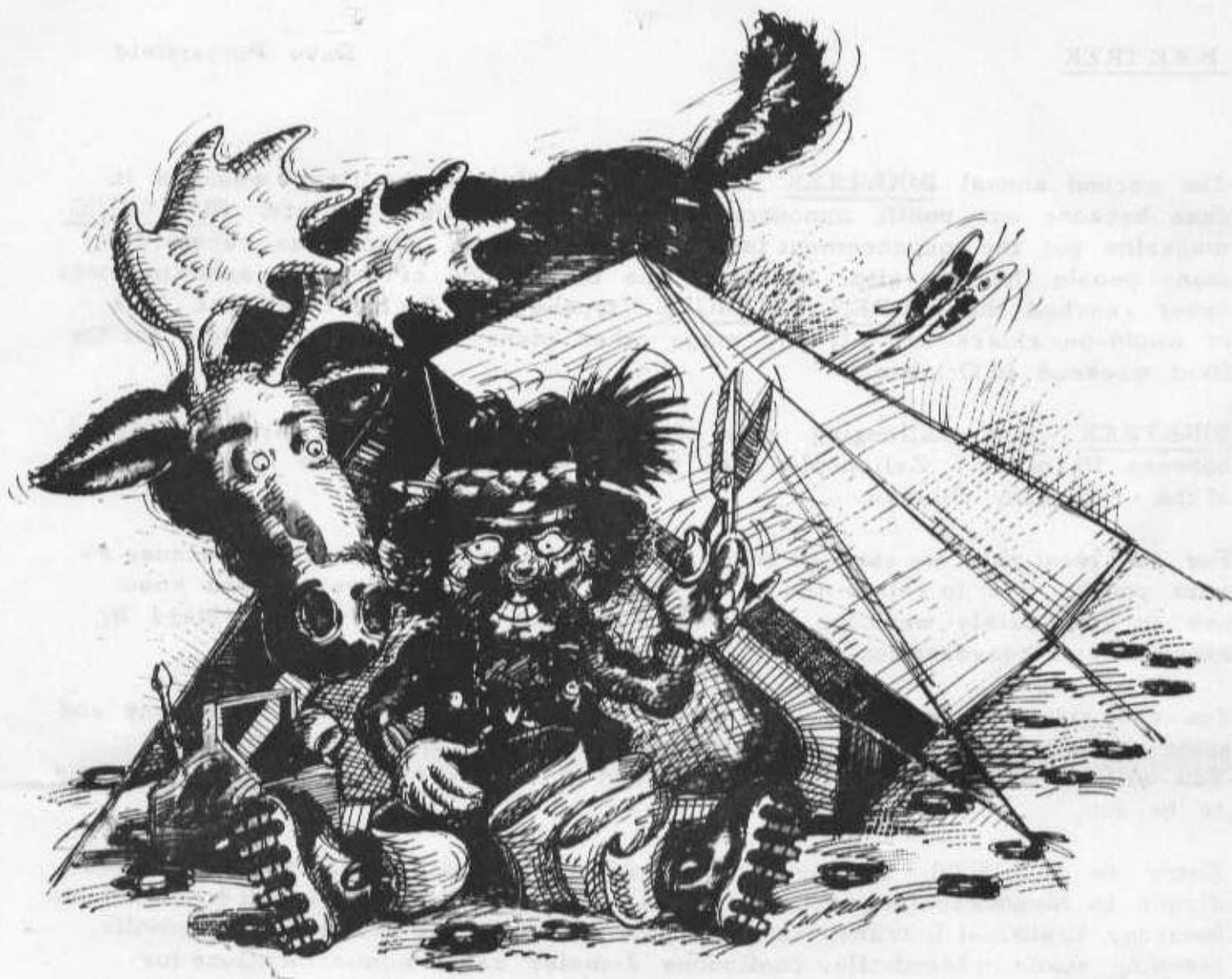
Joe Hoechner

Plans are being made to spend the weekend of October 22 to October 24th at the Laurelville Mennonite Church Camp Youth Hostel. Depending on the number of assistant leaders, there should be quite a few options on this trip. Hikers and novice bicyclists can leave by car on Friday night to spend two overnightrd there. Short hikes can be taken on the property or longer ones at the nearby Laurel Ridge State Park.

Advanced cyclist can join Joe Hoechner at HQ on Saturday Morning to do the "famed " 50 hilly miles to the hostel. Hopefully there will be a few people leaving Saturday morning by car so that the cyclists gear can be shuttled.

If you're an "OLD" member who has never been out to our, new nearby Hostel, well here's your chance. If you're a new member and would like to have a worthwhile Hostel experience step-up and reserve your place with Joe (343-2465).

.....



## Tents built like crazy.

Okay. So we've lost our marbles. We took the best selling tent in the world and completely redesigned it. Went the whole nine yards. Now it has everything. We're proud to say it's Gerry-built.

Let's take a look at it.

Start with the crazy notion it still oughta sleep 3 at about 3 lbs. per person... with fly, poles and stakes. Lay down a "boat" floor: 7' x 6'6", 2.9 oz.

coated nylon taffeta. Downpour dry. Then build up four 12" vertical side walls. Result: 30% more liveable space. Top it off with a 5'3" high center with cross ridge construction. Canopy is 1.9 oz. breathable ripstop nylon. Gerry-fashion a nylon mesh rear window and a front entrance generous enough to drive your Sherman tank through. Finally, snap on 2.8 oz. coated ripstop nylon fly. Gerry-rigged to

"spill" high winds. Gives you a snoozable tent. Quiet and secure.

The whole blue and gold beauty is crafted from Kenyon FR flame resistant fabric.

The all new Campanaire II Tent. Spell it: Contidence.

Still think it's Gerry-built? Damn right.

# Gerry Built.

**The Mountain Trail Shop**

5435 WALNUT ST., Second Floor • 687-1700

Open Monday through Friday Noon til 9 P.M.

Saturday from 9 til 5 P.M.



The second annual BIKETREK didn't get moving on the first weekend in June because our public announcements went in the mail too late. BICYCLING magazine put the announcement in their June edition, which was received by many people the day after the trip. Due to Zipcode errors the announcement never reached the GOLDEN TRIANGLE typewriter. On top of all that, lots of would-be riders had already made other plans. So let's try again for the first weekend in October.

BIKETREK is a challenging ride of about 100 kilometers a day ( 62 miles ) between Harmony / Zelienople area and Meadville, Pa., on the hilly roads of the Allegheny Plateau.

For the most part we stay on back roads. Safe riding is stressed, because we want you to live to relate the tales of this biking adventure. If you know how to ride safely we hope that you will teach less experienced riders by example and conversation.

You can ride over an esker. You can see a one-handed clock in Harmony and some of the buildings built by the Harmonie Society over 150 years ago. You will see old houses in Meadville, and you will see hills. Biketrek promises to be fun.

Entry fee of \$15.00 includes two enroute food stops in each direction plus dinner in Meadville Saturday night and doughnuts Sunday Morning ( you provide Saturday breakfast ), transportation of your sleeping bag to and from Meadville, sleeping space in Meadville, continuous 2-meter radio communications for emergencies, a patch to sew on your jacket and medical insurance.

If you don't find an application at Hostel-Headquarters or your favorite bike shop, send a stamped, addressed, #10 envelope to:

BIKETREK

Box 556  
Harmony, Pa. 16037

BIKETREK is an environmental education project of ECOTREK, a non-profit corporation.



# tips & tales

by  
Joe Hoechner

Did you Know that the Panasonic Corporation makes bicycles ? They sure do - a complete range of men and women's touring and racing bikes. If you would like their free booklet of bikes & accessories write:

Panasonic- Bicycle Sales Dept.  
2960 Hart Drive  
Franklin Park, Ill. 60131

For some reason they fail to mention prices, but do direct you to your nearest dealer.

\*\*\*\*\*

End of the season sales ? Right, it's just about that time.

Now's the time to check out your favorite sports shops. Chances are that they are having sales on bikes, accessories, tennis gear etc. They may even be selling last year's skis & things - GET-OUT and stock up.

\*\*\*\*\*

Joe Hoechner needs more black& white Photos for the 1977 AYH Calendar . If you have any Hostel Activity type Photos, please call Joe at 343-2465.

Also, if you would like to help out in the production of the first, official AYH- Pgh. Council Calendar, please speak-up soon

\*\*\*\*\*

MISERY - sharing a tent with an AYH'er who keeps you awake by complaining about "the noisy camp-ground".

\*\*\*\*\*

If you have an OPTIMUS or SVEA stove you may want to invest in a new accessory- it's an "OPTIMUS mini-pump", ( \$4.95 ).

It's a small (2 1/2 " ) aluminum plunger type pump that builds up pressure in the stove's tank to increase the fuel flow. This results in fast and easier starts.

One AYH'er urges caution. The instructions suggest 8-10 stokes on the pump to build up pressure. NOT so for SUMMER USE . During an August trip 3 strokes produced a surging flame from the stove. The instructions seem to apply only for Winter months.

If you get one, TAKE-IT-EASY. Limit the pump strokes and be careful to turn the adjustment valve for the fuel flow. It should work fine, if one is careful and cautious.

\*\*\*\*\*

Xmas Cards ???? Sure, the holidays are quickly approaching. If you would like to send some outdoor-type of cards, that may just reflect your lifestyle, you may want to send for the free catalogs published by :

Leanin Tree  
Box 1500  
Boulder, Colorado  
80302

or

Current Inc.  
Col. Springs, Col., 80941

\*\*\*\*\*



AYH- MEMBERS are given top priority on all AYH-TRIPS. If the trip-listed has a limited capacity, or requires AYH-owned equipment, then the trip will be open to members only, until the Thursday before the outing. Members MUST show their AYH-PASS on any AYH-TRIP, in order to avoid the non-member fee.

The NON-MEMBER fee is \$2.00 (.50 registration plus \$1.50). If the perspective member purchases an AYH-PASS within 30 days of the trip, the \$1.50 will be credited to the new pass. However, only one credit can be used per pass.

Remember, make your reservations early, and if you cannot make a trip call the leader and cancel, so that the place may be made available to another anxious AYH'er.

#### LABOR DAY WEEKEND

Sept. 4th, 5th & 6th

CANOEING - Canoe and camp in West Virginia. The trip is for Class I & II canoeists. Overnights will be at local campgrounds and the trip will wind up Monday at the Savage River, to watch the Pros. To reserve a place for you and your canoe contact Gordon Bugby at 371-4233, cost of the trip will be about \$20.00.

CYCLING - Combination treat, an opportunity to ride, camp, swim and hike. Joe Hoechner offers the perfect, last fling for the summer for only \$5.00. Campsites and firewood will be FREE. One needs gear for three days, 2 nights, buy food nearby. For information call Joe at 343-2465, total miles covered will be app. 40 mi/day.

BACKPACKING - Spend three perfect days backpacking with Norm Synder in the beautiful Adirondacks Mountains. One needs full-backpacking equipment for three days. For more information call Norm between 6 & 7 Sunday thru Thursday at 351-4068.

---

Sat. Sept. 11      Calling all experienced Rafters      This is your chance to brave the waters of the YOUGH at its best. September waters should be wicked, wild and mighty. If you feel like facing the challenge call Joe Curlee at 422-9672.

## MORE TRIPS FOR SEPTEMBER

- Sat. Sept. 11 Exploratory hike in the Laurel Hill Area. There's a possibility also for a swim. If interested call Dale Greenwald at 421-8060 or Dick Nugent at 487-5549.
- Fri. Sept. 11 thru Sun. Sept. 12 Potomac / Shenandoah Canoeing ( Class II ). Two nights at a Hostel. Cost 16.00 plus \$6.00 for your basic feast at the Hilltop Hotel if desired. Reservations should be made with Bill Corwin at 687-2794.
- Sun. Sept. 12 Cycle the Horizontal 100 at Hancock, Ohio. Rides with Joe Hoechner. Leave Saturday Night at about 6:00 P.M. and drive to Findlay, Ohio. Choice of 50 or 100 FLAT MILES. The cost will be about \$16.00 to \$18.00 with registration, meals, & transportation. For applications call Joe at 343-2465.
- 
- Fri. Sept. 17 thru Sun. Sept. 19 The MINI-T+O+S+R+V+ - Here's your chance to cycle through the beautiful Scioto River Valley at a time of the year when you won't have to worry about being in shape. The trip will cover 75 miles of the famous two-hundred a ten mile T+O+S+R+V+ Spring ride. If you are at all interested call Phyliss Blumberg at 422-9383.
- Sat. Sept. 18 Have you always wanted to ride a 10-speed, but were afraid to attempt, a rigorous Hostel Ride ??? Well, "gentleman " Joe Curlee will lead a "gentle " ride for the "gentle-hearted". If interested in trying out that 10-speed, or if you just want to spend a day of easy cycling call Joe at 422-9672.
- Sat. Sept. 18 CANOE SCHOOL I : This is our basic moving water school. The cost for the day will be about \$7.00. Reserve your place with Joel Platt at 521-5244.
- Sun. Sept. 19 Intermediate Bike Ride with Skip & Nancy. The ride will be in and around the Bridgeville area. To reserve call 683-0053.
- Sun. Sept. 19 Canoe School II : If you've survived CS-I and still haven't given up, then there's more. To reserve call Gordon Bugby at 371-4233 before 10 P.M.

## MORE TRIPS AND MORE TRAILS

Sat. Sept. 18      The Ohio-Pennsylvania Divisional Canoe Races at Dayton, Ohio.  
thru  
Sun. Sept. 19      A poling race will be held if interest is shown. If interested call  
Mary Shaw ( 681-5131 ), the Ohio-Penn Divisional Poling chairman.

---

Fri. Sept 24      Backpackers trip in the Allegheny National Forest. All Levels  
thru  
Sun. Sept. 26      of backpackers with equipment are welcome. The trip will  
Friday evening and return Sunday evening. To reserve contact  
Dick Nugent at 487-5549.

Fri. Sept. 24      Been busy ??? Haven't had a summer vacation ??? Well, Norm  
to  
Oct. 10      Synder is looking for a few interested AYH'ers who are eager  
to brave the beauties of the Grand Canyon. Norm plans to spend  
the majority of the trip in the Thunder River Area. If you think  
that you may be interested call Norm at 351-4068 between 6&7  
Sunday thru Thursday.

Sat. Sept. 25      CANOEING - THE FALL FLOWER FLOAT. The last of  
the flowers and the first of the falling leaves will be viewed  
on fast flowing water. Neither Botany or canoeing experience  
will be needed. Reserve your place with Cathy Lynch at  
361-3707. The trip cost will be about \$5.00.

Sat. Sept. 25      Join Nancy Marvich on an easy cycle trip in and around the  
Ligonier Area. If you are interested in cycling with Nancy  
see her at a Thursday Night Open House Meeting.

SAT. SEPT. 25      AYH HEADQUARTERS WORK-PARTY - Bring your tools  
and help maintain your building. Need people to patch the roof,  
trim trees, fix windows, paint, and carpentry. There will be  
a FREE LUNCH. If you are willing to help out, please call  
Gary Ludwig, 521-4964.

Sat. Sept. 25      A climbing trip to the White Rocks - designed for individuals  
thru  
Sun. Sept. 26      who wish to experience all aspects of Rock Climbing. The trip  
will be approx. \$5.00. Make reservations with Jim at 322-2214  
or Jim Gogots at 384-9149.



# Open House

Open House at the Hostel Headquarters is held every Thursday evening. Doors open at 7:45 with a program at 8:45. The programs are always of interest to old, new, and perspective AYH'ers.

Our Open House is for all members, as well as non-members. This is a great time to see friends, to reminisce, to find out if you can help fill "77" activity board position.

If you are a perspective member, This is an ideal time to meet AYH'ers, and discover the ART of having FUN, with FUN-LOVING people.

## GOLDEN TRIANGLE

The GOLDEN TRIANGLE is a monthly publication of the Pittsburgh Council of the American Youth Hostels, Inc., 6300 Fifth Ave. Pittsburgh, Pa.

PHONE 362-8181, Thurs. ONLY  
(8 to 10 P.M.)

.....

EDITOR..... Elaine Merisko

COVER..... Kathy Reilly

PRINTING... Sue Leathen

PRODUCTION... Aileen Pastorek & the few faithful AYH'ers who are always willing to give a hand.

.....

- Sept. 2 Dave Moerdyk returns with the second part of his "Southern Europe Expedition Show: Backpacking by Train Through Europe".
- Sept. 9 BIKECENTENNIAL '76 - See the colonial Virginia Tour as lead by Joe Hoechner.
- Sept. 16 Want to catch a glimpse of the "life behind the Iron Curtain"? See Norm Zabusky's slides from his trip last year to Russia.
- Sept. 23 Claudette Falkenhan will share her summer's adventure in the alps. "Wandering Through Switzerland".



- Sept. 30 Dave Gasvoda presents, "Rafting on the Yough", & "Fallingwater".

.....

<u>INDEX</u>	<u>Pg.</u>
SPARE TIME ?.....	2
AYH-PICNIC .....	3
ACTION NOW .....	4, 5, & 6
BIKE-TREK .....	8
TIPS & TALES.....	9
TRIPS & TRAILS.....	10, 11, & 12
OPEN HOUSE .....	13

THE DEADLINE  
for  
October.....SEPT. 16

.....

MON.	TUES.	WED.	THUR.	FRI.	SAT.	SUN.
 <h1>SEPTEMBER</h1>					4.	5.
6.	7.	8.	9.	10.	11.	12.
					LABOR DAY ACTIVITIES	HIKING & RAFTING
13.	14.	15.	16.	17.	18.	19.
	BOARD MEETING				CYCLE & CANOE SCHOOL I	
20.	21.	22.	23.	24.	25.	26.
					BACKPACKING	
27.	28.	29.	30.			

PITTSBURGH COUNCIL  
AMERICAN YOUTH HOSTELS, INC.  
6300 FIFTH Ave.  
PITTSBURGH, PA. 15232

NON-PROFIT ORGANIZATION  
U.S. POSTAGE  
PITTSBURGH, PA. 15232  
PERMIT # 127

ADDRESS CORRECTION REQUESTED



LIBRARIAN, A.Y.H.  
650-B KELLY AVE.  
PITTSBURGH, PA.

VIP 0  
15221