

YOUN'S

1981 Magazine

("New"Golden Triangle)



Special: Lowfat GORP Diet!
COPING with a LEAKY TENT-
YOU Can Do IT!

Canoeing? It Helps Firm Up Your....

TIPS on Buying the
Right Fanny Bumper

Are CO-ED DORMS
in Your Future?
How to Look Good
in a Wet Cave!

"Getting High",A Rock Climber's Dangerous Habit!
Finding Love in a Rubber Raft-A True Story!

Special April 1st. Edition

VOLUME 32 NO. 4



Pittsburgh Council American Youth Hostels, Inc.

6300 FIFTH AVENUE
PITTSBURGH, PA. 15232
(412) 362-8101 THURS. EVE.

The Golden Triangle is the monthly publication of the Pittsburgh Council, American Youth Hostels. It is sent to all members, free of charge. Its contents are the sole responsibility of the editors.

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DEADLINES FOR MAY TRIANGLE:

Articles	April 16
Trips	April 23
Production	
Party	April 30

ACTIVITIES BOARD MEETING: APR. 1 8 PM

The April Board meeting will be held at the home of Cliff and Marilyn Ham, 3729 Parkview Ave, Pittsburgh, 15213. (no foolin') See map below.

The Activities Board meetings are open to the General Membership. If you want to know what is happening in the Council, or care to become more actively involved, attend a meeting!



OPEN HOUSE

Every Thursday Evening.....

Doors open at 7:45pm. Program begins at 8:45.

- April 2- Cross-country, one pedal at a time. Part II. By George Novak.
- April 9- From America's largest hole to the tallest peak. By Peter Gabriels.
- April 16- The Joys of Canoeing in 1981.
- April 23- First show on Caving. Don't miss it!
- April 30- 'Lets go hiking...' Review of AYH hiking and backpacking.

Mike and Lynne Deroy have moved to a new address---and would like to hear from their AYH friends. The new address is:

P.O. Box 111
Wallingford, Vermont 05773

IF YOU HAVE AN ADDRESS CHANGE.....

Please notify the Council so you will continue to receive your TRIANGLE. Notification of address change should be sent to the Council at the above address, (upper left-hand corner of this page), Attention: Don Hoecker.

NO KIDDING!

On March 11, 1981, 14 members of the Pittsburgh Council, AYH, manned the phones during WQED's current pledge drive and helped the station realize \$18,251 in pledges! Many thanks to those who participated and to Steve Martin, who organized the event.

"TRAINED" CANOES FOR SALE.....

Two experienced AYH green Mad River ABS Explorers are each now available to the highest bidder in time for spring canoeing. The minimum bid for each is \$250. These boats now retail for about \$800. Bids shall be submitted by mail to:

Jane Toben
c/o Pittsburgh Council AYH
6300 Fifth Ave.
Pittsburgh, Pa. 15232

The tie breaker will be the bid with the earliest postmark. Bids must be in by May 1, 1981.

FUTURESHOCK: tips & tales - april 1, 1984

Harrisburg, Pa....President Bush officially dedicated the new T.M.I. Visitor's Center and International Youth Hostel today, overlooking Three Mile Island National Monument.

Located on the scenic west (upwind) bank of the Susquehanna River, the Center will host many of the thousands of scientist, students and tourists which come here to view the nation's newest National Monument.

Speaking through breathing filters, the President denies reports that the National Monument status was just a 'bail-out' for the Met. Ed. Power Company. And he again urged the Governors of the adjacent states to reopen their borders to 'glowers', (those Eastern Pennsylvania residents who wish to resettle in other areas.)

Murraysville, Pa.....Chuck's Garage has a special on its popular 'diesel look' tune-up--only \$39.95! Now your conventional gas-powered car can not only look like a tune-belcher, but also sound and smell like one too!

FOR A LIMITED TIME ONLY, SO
ACT TODAY!!!

Syracuse, N.Y.....The Boston AYH delegation remains in this city's Youth Hostel as 'Collateral' for an unpaid loan. A spokesman for the hostel denied that the three person delegation was being held hostage, explaining that their passes were being held until ALL Boston Council fees were paid in full. The delegation members are spending their time exercising by doing various chores around the hostel, while contributing to an impressive overnight record.

The Boston Council was unaware of their delegation's detention and would 'look into the situation'. Plans are being made to bring up the issue at the next AYH National Convention to be held at the St. Thomas Virgin Island Hostel.

Pittsburgh, Pa.....The AYH Service Chairperson has just scheduled a workshop for all those cycle-commuting executives out there. The date, Wed., April 1st at 7:30 pm. Subject: 'Selection and Maintenance Tips for Attache Cases'.

Various topics of interest to those cycle commuters will be 'Weight vs. Price', 'Getting your Case in Shape', Lubricating of Hinges and Handle' and, of course, 'Security'. For information, call: 362-8181.

Fox Chapel, Pa.....The town fathers of this well-to-do township are still congratulating themselves on the passing of an ordinance BANNING insulation in any new construction. "If some people are worried about saving a few bucks, we don't want them!" was the feeling expressed by several of the Committee members. They further explained that various terms such as 'weatherization', 'retro-fitting', 'energy conservation', etc. are usually associated with the low and middle class--and that's NOT the image they want the township to project.

After passing a ban on joggers and cyclists (to prevent road damage), they approved installation of a decorative electric-powered windmill for the municipal estate's grounds.....

Upper Mt. Lebanon, Pa....A woman motorist is recovering from shock after being 'blown off the road' by a group of bicyclists.

The unidentified woman was driving her new U.S. Chrysler car, 'Hobbit' DieselTurboTripedo when a 'pack' of cyclists overtook her. "I looked out the window and all I could see were hairy legs and flashing pedals." Next thing she knew, her vehicle was sucked up in the draft and blown into the edge of a roadside duckpond.

She plans to continue driving--as soon as she buys a helmet!

Pittsburgh, Pa.....

The H. J. Heinz Plant was blamed today for the disappearance of the 16th Street Bridge. The bridge was last seen about 1:45 am as it disappeared from view in a cloud of steam released from the Heinz Plant. Eyewitness claimed a "very strong" smell of vinegar in the mist which enveloped the bridge causing it to dissolve.

A spokespickle for the plant denied all responsibility for the missing bridge, but did acknowledge a large release of vinegar fumes from its number one vat.

The police are investigating.

Missoula, Montana.....

The Governor of Montana presided at ceremonies today honoring "Bikecentennial" for their outstanding work in putting Montana "on - the - map."

"Bicyclists from all over the world have ridden our roads over hills and mountains," the governor said, "and loved every minute." In honor of the occasion an official proclamation was signed changing the State's motto to:

"BIG THIGH COUNTRY"

THE SIXTH ANNUAL PSCU TRANS-PENNSYLVANIA BIKE TOUR August 2-14 '81

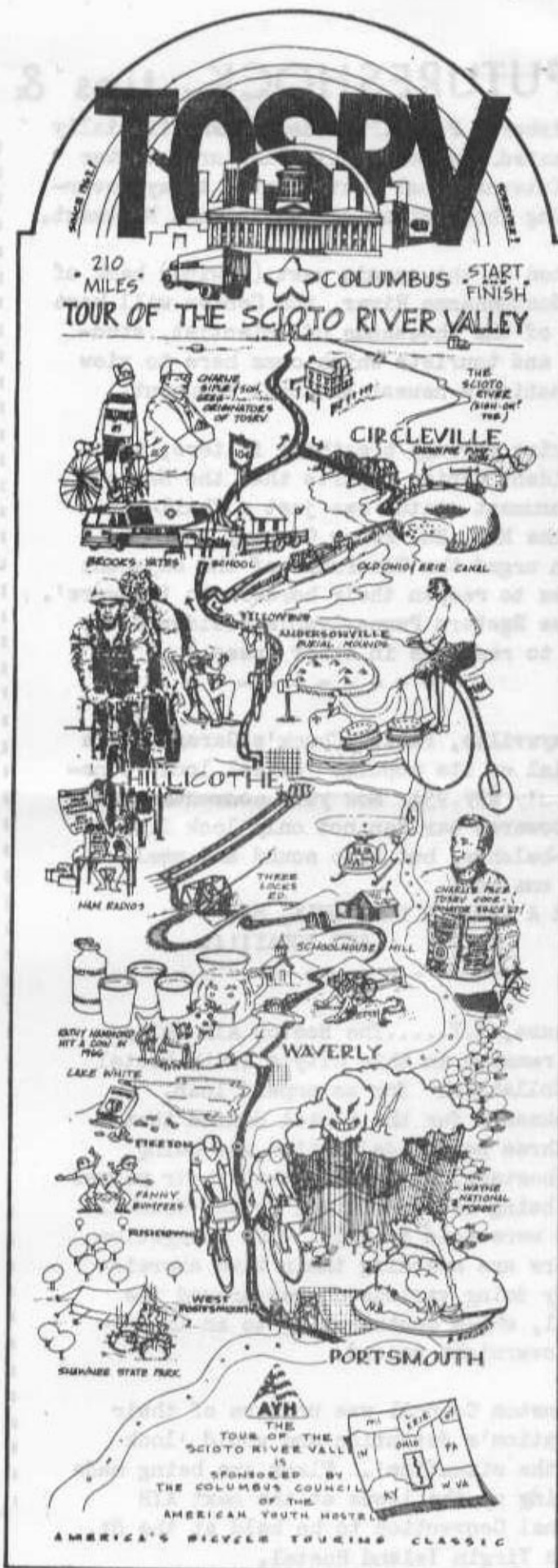
Ride from the shores of Lake Erie to the banks of the Delaware in Philadelphia. Visits to 6 Penna. State College and University campuses and many historic sites.

Registration Fees:

Prior to 4/15/81	- \$100.00
After 4/15/81	\$115.00

For more information:

PSCU Bike Tour
Box 787
Harrisburg
PA 17108



BIOGRAPHY: Clifford C. Ham

Cliff Ham is a recently retired Professor of Urban Affairs from the University of Pittsburgh, now renovating and recycling old houses in the Pittsburgh area.

Cliff is Secretary of the National Board, American Youth Hostels, Inc., and in his seventh year on the Board. He has also been appointed to the Advisory Council for the North Country Scenic Trail (Baker Trail) which was developed as a result of his efforts.

Cliff is a national trip leader for the Sierra Club Outings Committee and leader of training trips (one is planned for June, 1981 in Pennsylvania)

With the Pittsburgh Council, Cliff has been Hiking Chair, Service Chair, Trails coordinator for several years, and now Environmental Action Chair. He is on the committee to find a new headquarters, and has served on the awards committee for several years. During his tenure as Trails Coordinator, Cliff was responsible for the 140 mile Baker Trail, built the Rachel Carson Trail, and helped maintain 20 miles of the Tuscarora Trail. Earlier, he and Marilyn wrote a hiking guide for the country of Lebanon and with Bruce Sundquist he has issued two editions of the Hiking Guide to Western Pennsylvania.

Cliff is newly elected secretary of the Pennsylvania Trails Council.

Cliff and Marilyn live in a 90 year old house which they fixed up over a two year period, at 3729 Parkview Avenue in Oakland.

ABOUT THIS MONTH'S COVER---First in the 'Erin Series'. Directed by Discreet Joe, Photos by Bob, Key Grip Sally, Cookies by Mary Ellen.

Any and all member feedback is welcome and should be sent to the 'Editors', to be printed as space (and editorial discretion -ed.) permits.

TRIP TO EUROPE..... Three mature AYH women are seeking a 4th to join them on a driving/hostelling tour from Germany, through Switzerland, touching Venice, going to Yugoslavia and ending in Greece. Trip leaves April 23rd and returns May 15th.

Contact: Mary Dumbaugh
508 Whitestown Rd.
Butler, Pa. 16001

or call: 412/482-2702

FREE CANOE GUIDE

The AYH Canoe Guide to Western Pa. is in the final stages of revision for the 7th ed. It is scheduled to be published early this summer and be available for purchase later in the year. We are soliciting additions, corrections, revisions, and photographs. As always, anyone who contributes new info to the Guide will receive a FREE copy as soon as they arrive in Pittsburgh. Send any material that you have, together with your name and address, to AYH Canoe Editor, 5131 Penton Road, Pgh., Pa. 15213. Or call Roy Weil or Mary Shaw at 681-5131 between the hours of 7PM and 9PM. Note: No free guide for phone calls.

The guide is not the effort of just one or two people but is the collection of the experiences of many canoists over many years. Although the editors do put in a lot of work, they depend on YOU to provide the basic information and revisions. Any type of material is helpful: additional gauge readings, new hazards, removal of old hazards, new streams, new put-ins, new take-outs, and suggestions for inclusion or exclusion of material.

BOARD OF DIRECTORS

The first Board of Directors Meeting of 1981 was held in Jan. at the home of Cathy Lynch. The Board approved the Activities Board budget and discussed the AYH's financial picture. Cliff Ham reported from the Com. on Location. The Pgh Center for the Arts, is proposing to construct a new bldg in which its participating groups could share space. By paying a share of costs, the AYH could be one of the groups. This Board meets quarterly to consider major issues. The Activities Board deals with day-to-day issues.

BY Lynn Gogots and Chuck Ejzak

This year should be a good one for AYH bicycling. The number of experienced trip leaders is larger than we had last year at this time. This month we are bringing back a program that was very successful a few years ago. These are called **BIKE SERIES**. **BIKE SERIES** rides are, as the name implies, a series of rides that gradually increase in difficulty to help beginners improve their riding abilities. Bike series I is a class 'D' ride of only a few miles. These gradually build up to Bike Series VI which is a Class 'B', 40 mile ride. It is not necessary to ride all of these rides and they are not limited to beginners, but they are a good way to introduce yourself to cycling. Note also that while Bike Series I may have a short class involved, these are rides and not classes.

In addition to Bike Series, we will have many of the old favorites like the Easter Weekend ride around Pymatuning Reservoir. Also coming are weekends at Bedford and Gettysburg, day trips all over, a family ride or two and participation in many invitational rides such as TOSRV, WAG, NEOC, TASSEL and many others. We will also have Tuesday and Thursday evening cycles and classes on bike maintenance, basic riding skills and bike camping.

Helmets are required for all rides and are available for rent if you need one. In addition to helmets, we have bicycles to rent and pannier bags for bicycle camping trips. We are open to suggestions for rides and urge you to contact one of us to organize a trip, so we can find some experienced bicycle trip leader to help you.

TOSRV BOUND? Join Fred Parker bicycle camping to Columbus, Ohio for TOSRV, May 3-8. Call 824-2638 if interested.

ATTENTION TRIP LEADERS!!!!

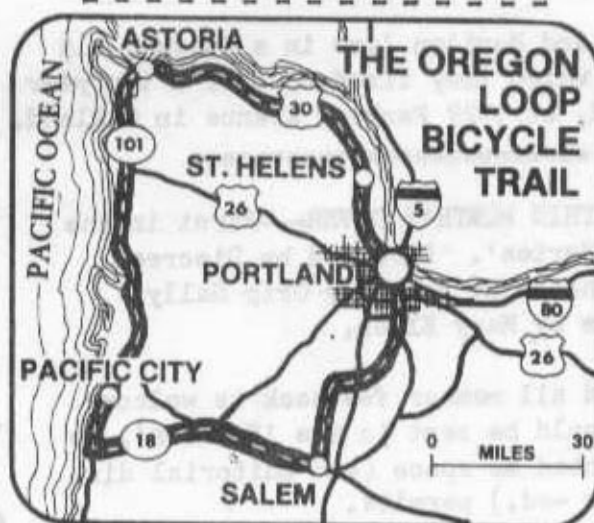
BY: Joe Levine

Please note these changes in completing **TRIP AND RENTAL REPORTS**, as agreed to by the Activities Board:

1. **CLIMBING**- equipment rental fee is up from \$2.50 to \$3.00 per person, per day.
 2. **CANOEING**- rental fee for **FLAT** or **WHITE** water is \$4.00 per boat per day.
 3. **X-C Ski** at Headquarters (usually on Thursday Evenings) NO registration fee required.
 4. On trips with more than one activity (Ski-backpack, bike/hike) please indicate in the margin of the Report the number of participants in each activity for each day.
- .. **FOR EXAMPLE:** Bike/Hike: 10 trippers- E-6, H-4. Thanks for your help.

START YOUR CLIMBING CAREER NOW.....

IF...you've never been rock climbing
 OR...have developed dish-pan hands since last season,
 GREET winter's end by joining the festivities at the first annual BYOB finger-tip scraping seminar on Wednesday, April 31. Rid yourself of excess skin which might otherwise be 'lifted' by the megaliths that have been waiting for you all winter. **CHALK BAGS AND SMOOTH STONES ARE VERBOTEN!** Bring Your Own Brick. (BYOB, remember?) Call 666-727735 (ONN-RAPPEL) to reserve. (good grief! -ed.)



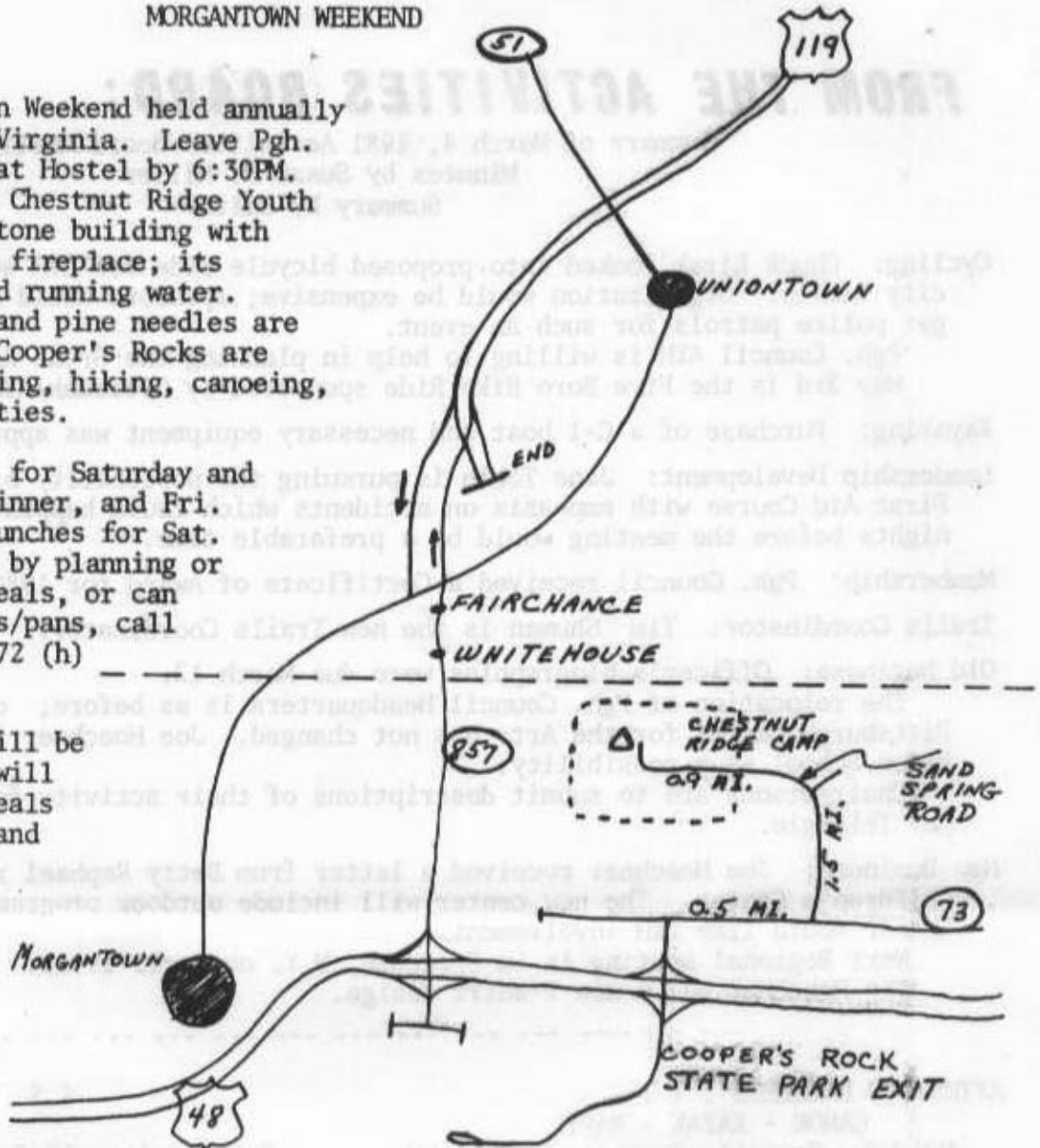
MORGANTOWN WEEKEND

June 5-7 is the Morgantown Weekend held annually in the mountains of West Virginia. Leave Pgh. Friday Night at 7PM. Be at Hostel by 6:30PM. Drive to Klaer Lodge, the Chestnut Ridge Youth Hostel. The lodge is a stone building with large covered porch and a fireplace; its kitchen has gas stoves and running water. Dorm style rooms, porch, and pine needles are available for sleeping. Cooper's Rocks are nearby for climbing; caving, hiking, canoeing, and rafting are possibilities.

There will be group meals for Saturday and Sunday breakfasts, Sat. dinner, and Fri. and Sat. snacks. Bring lunches for Sat. and Sun. If you can help by planning or shopping for one of the meals, or can lend the use of large pots/pans, call Carole Shanahan at 421-0672 (h) or 766-4810 (w).

The cost of the weekend will be approximately \$20, which will include transportation, meals noted above, hostel fee, and registration. Equipment rental is extra! Hostel pass is required. Reservation and \$10.00 deposit should be in by May 28. Make checks payable to "Pittsburgh Council AYH."

More information will be available in the May Triangle, and more detailed maps and directions will be available for the drivers.



MORGANTOWN WEEKEND RESERVATION

NAME(S) _____

PHONE(S) _____

AMT. ENCLOSED _____

CAN YOU DRIVE _____ NEED A RIDE _____

CAN HELP WITH: MEALS _____ TRANSPORT _____

Mail to:
Carole Shanahan
2720 Shady Avenue
Pgh., Pa. 15217
Phone: 421-0672

FROM THE ACTIVITIES BOARD:

Summary of March 4, 1981 Activities Board Meeting

Minutes by Susan M. Miller

Summary by Editor

Cycling: Chuck Ejzak looked into proposed bicycle ride for AYH week in August within the city limits. Organization would be expensive; sponsors would be hard to find; hard to get police patrols for such an event.

Pgh. Council AYH is willing to help in planning the Great Race sponsored by Pgh. May 3rd is the Five Boro Bike Ride sponsored by Citibank/AYH, N.Y.C.

Kayaking: Purchase of a C-1 boat and necessary equipment was approved.

Leadership Development: Jane Tobin is pursuing the possibility of AYH sponsoring a First Aid Course with emphasis on accidents which could happen outdoors. Thursday nights before the meeting would be a preferable time.

Membership: Pgh. Council received a Certificate of Award for 1980 membership efforts.

Trails Coordinator: Tim Shuman is the new Trails Coordinator.

Old Business: Officer's biographies were due March 12.

The relocation of Pgh. Council Headquarters is as before; our position with the Pittsburgh Center for the Arts has not changed. Joe Hoechner is looking into Park Place School as a possibility.

Chairpersons are to submit descriptions of their activity for publication in the May Triangle.

New Business: Joe Hoechner received a letter from Betty Raphael regarding Riverview Children's Center. The new center will include outdoor programs for teenagers. The Center would like AYH involvement.

Next Regional meeting is in Syracuse, N.Y. on April 11-12.

Joe Hoechner has a new T-shirt design.

ATTENTION PADDLERS ! ! !

CANOE - KAYAK - RAFT

AYH Pgh. Council, in conjunction with the Three Rivers Paddling Club, has made arrangement for a group discount purchase of throw line safety bags from Wildwater Designs. These throw line bags are an important safety item that should be carried by paddlers on all trips. The bag is made of nylon, has a flotation disk and contains 65 feet of polypropylene line. The typical Pgh. retail price is about \$27.00, but they will cost us only \$16.00 through group purchase. If you are interested, send your name, address, phone number and a check (payable to AYH Pgh. Council) to Ray Yutzy, Kayak Chairman. Bring the order to Thursday night meeting or send it to : AYH Headquarters, 6300 Fifth Ave., Pgh., Pa. 15232. Order must be received by Thursday, April 16. The more paddlers with safety lines on a trip, the safer for all. So, if you do not have one already, now is the time. If you have one, since many rescues need 3+ lines, two are not too many !!!

\$ \$ FOR SALE \$ \$

Canoe poles. 12 foot aluminum. Now is the time to buy before the season starts, so that you can go on all of the spring trips. \$15.00. See Roy on a canoe trip or call 681-5131

Fanny Bumpers, the reflective orange triangles for bicycle riding. The size and shape of the slow moving vehicle symbol. \$2.25. Call Roy at 681-5131.

¢¢ FOR RENT ¢¢

APT. for Rent - North Side

Luxurious, historic, renovated townhouse. 3 bedrooms, 1½ baths. All new everything. Preserved wood decor, wall to wall carpeting, front and rear porches, enclosed yard, thermal windows and fully insulated, new dishwasher and appliances. \$370 plus utilities. Call Bob at 231-6694.

first aid 1

ACCIDENT WITH INJURIES is a series of articles on first aid to provide our membership with some nitty-gritty of effective accident responses. You are encouraged to get formal first-aid training, usually offered through the Red Cross.

This series of articles are revised from those printed in 1975-6 Triangles. They have been written and revised by Lurana M. Patterson, R.N., M.S., who is currently Clinical Instructor, Nursing In-Service Education Department at Presbyterian-University in Pittsburgh.

Aller, Dave and Freddie enjoyed a fantastic autumn climb up Gooseneck Peak, highest and most distant mountain in the Gannet Range. On the way down, Freddie slipped on some loose, wet rocks. Somehow his foot caught under a rock, which held it. The rest of his body kept going. The pain was immediate. The foot turned out at a 10° angle. Fred could not move the foot back to its correct position.....

How would you react if you were with Fred on that trip? As a trip leader or group member, have you ever been confronted with an injured companion? Did you know what to do and how to do it? In brief, are your first aid skills up to date?

Most of the time, the hosteller encounters minor injuries where the victim is close enough to civilization so that reaching the hospital is merely an inconvenience. On occasion, medical care is really inaccessible. Sometimes the victim is badly injured. This person needs action now to avoid becoming one of the statistics revealing that accidents are the #1 killer of persons between the ages of 1 and 35 in the U.S.

Hopefully this series of articles will provide a framework for action by the trip first-aider. This article deals with determining the seriousness of

an injury. Articles in coming months will cover first aid measures for some of the commonly occurring injuries in outdoor activities. The articles do not replace more formal first aid training, nor will they make you into an Emergency Medical Technician. The series attempts to supplement and update skills most adults already have.

TRIAGE: DECIDING WHAT TO DO

Before beginning emergency care, the first aider assesses the situation to determine what care is needed and in what order the care should be rendered. A cut finger does not have the same priority as a head injury. A screaming, hysterical victim should not automatically receive attention just to quiet him or her when another victim lies quietly bleeding to death.

The decision about who to treat first and what injury to treat first is known as triage, from a French word for choice. When an accident occurs, the first thing for the first aider to do is to look at the situation to make sure there are no environmental hazards that will immediately threaten his life or the life of his victim(s). Such things as falling rock, snow slides and cold endanger everyone.

Injuries involving the AIRWAY and breathing, the CIRCULATION and heart, and HEMORRHAGE receive priority over all other injuries--and receive priority in that order. First, make sure the victim is breathing. Next, make sure the victim has a pulse. Third, make sure he is not bleeding to death. Only after these three things are checked and treated does the first aider move on to the secondary injuries.

The highest priority injuries require prompt care to prevent death. These injuries are:

1. Airway problems and respiratory arrest
2. Cardiac arrest
3. Severe bleeding
4. Major chest and abdominal wounds
5. Poisoning
6. Heart attack
7. Shock

Middle priority injuries are serious but not immediately life threatening. These injuries include:

1. Burns
2. Major multiple fractures
3. Back, neck and spinal cord injuries

The lowest priority injuries include:

1. Minor fractures
2. Other minor injuries
3. Obviously dead patients
4. Obviously mortal wounds in which death appears reasonably certain. (e.g. a climber who fell 100 feet and landed on a sharp rock who has obvious head injuries and a crushed chest)

PATIENT ASSESSMENT: DECIDING WHAT THE INJURIES ARE

How does the first aider determine what the injuries are? Naturally, if the victim is conscious, the rescuer can ask him. If the victim is unconscious or unable to speak, the rescuer must look for the injuries. Determining the extent of injuries involves a primary and secondary survey. The primary survey is a search for immediately life-threatening emergencies: airway, circulation and hemorrhage. The secondary survey seeks other injuries that do not pose an immediate threat to life. The following discussion on the primary and secondary surveys provide some understanding of the procedures but can not substitute for actual hands-on practice.

Primary Survey

First, check for adequate breathing. If the victim does NOT have a neck injury, open the airway by tilting the head back. Place one hand on the patient's forehead and one hand beneath the patient's neck. Push up with the hand under the neck while pushing down on the forehead. At the same time:

1. Look for rise and fall of chest
2. Listen for exchange of air in mouth and nose
3. Feel for movement of air at mouth and nose.

If the patient is not breathing, breathe for him by beginning mouth-to-mouth or mouth to nose ventilation. Do not hesitate. Every second is critical since brain cells begin to die within 4-6 min. after the oxygen supply is cut off. If the patient does not start to breathe on his own after four ventilations, go to the next step. (Mouth-to-mouth will be discussed in greater detail in a later article.)

The second step in primary survey is a check for a pulse. Determine whether or not the patient's heart is beating by feeling the carotid pulse in the neck. Place your fingers on the patient's windpipe and slide your fingers off to the side of the neck. The carotid pulse lies in front of the big strap muscles in the neck. Do not reach across the neck while feeling for the pulse. If the pulse is present, continue mouth-to-mouth ventilation until the patient starts to breathe on his own. If there is no pulse, start cardiopulmonary resuscitation (CPR) immediately. (CPR will also be discussed in a later article.)

If the patient has a pulse and is breathing on his own, check for severe bleeding. Control severe bleeding by DIRECT PRESSURE over the wound and elevating the extremity. Use your hand to apply the direct pressure. Do not waste time looking for sterile dressings, pressure points and the like.

Secondary Survey

After completing the primary survey and instituting basic life support measures, the first-aiders begin the secondary survey to look for non-obvious injuries. While doing the secondary survey, be alert for Medic-Alert tags. Do the secondary survey in the following manner:

CHECK THE SCALP for cuts and bruises. Look for blood in the hair. Do not move the head while checking for scalp wounds. Check the back of the scalp by placing your fingers behind the neck and sliding them upwards toward the top of the head.

CHECK THE SKULL for depressions and protruding bone fragments. Use your fingertips to gently palpate the whole skull, including the face.

CHECK THE EARS AND NOSE for blood or clear watery fluid. Presence of either or both these fluids indicates possible skull fracture. However, blood in the nose can indicate a bloody nose while blood in the ear may have run downhill from a bloody nose.

CHECK THE NECK for fracture. Look and feel gently for deformities or abnormal bony protrusions in the neck. If you find ANY abnormalities at this stage of the survey, stop the survey for a moment. Immediately STABILIZE the neck with rolled towels, a rolled jacket, a blanket roll or two filled canteens secured with a roller bandage, a belt or pack straps.

After stabilizing the neck, check the CHEST for movement on both sides and for fractures. Look to see if the chest is rising and falling in the normal manner. If the sides are not rising and falling together, or if one side is not moving at all, rib and lung damage may be present. Gently feel the chest for broken ribs--a depression or a grating feeling as the bone fragments rub against each other. The patient may also complain of pain, especially on inspiration.

CHECK THE ABDOMEN for spasms and tenderness. Gently feel the abdomen with the fingertips held almost parallel to the abdomen. A board-like abdomen or spasms in the abdomen indicate injuries or internal bleeding in the abdomen.

Check the PELVIC AREA AND GENITALIA. Look for cuts and bruises. Check the bony areas for swelling, discoloration or deformities. Feel for lumps and tenderness. If one leg rolls outward or one leg is shorter than the other, the patient may have a broken hip.

CHECK THE EXTREMITIES for paralysis. In general, if there is paralysis in both the arms and legs, the neck is broken. If the legs are paralyzed but not the arms, the fracture is in the mid or lower back. Determine paralysis by doing these tests:

1. Ask the patient if he has any sensation in his arms and legs. If he complains of numbness or tingling in his arms and legs,

suspect spinal cord damage.

2. Ask the patient to move both his feet and try to raise his legs slightly, one at a time. (if he does not have any leg fractures.) If he cannot do either of these tests, suspect a spinal cord injury.

Next, ask the patient to wiggle his fingers and squeeze your hands. If he cannot do either of these things, suspect a spinal cord injury in the area of the neck.

If the patient is unconscious, he will be unable to respond to these tests. In this case, check the patient's response to a painful stimulus, such as pressure against a fingernail. If there is NO spinal damage, the painful stimulus triggers a reflex action in which the extremity moves away from the pain, just as we involuntarily jerk our hand away from a hot stove. If the spinal cord is damaged, there will be no such reaction.

Lastly, CHECK THE BUTTOCKS for fractures or wounds. If spinal damage is suspected, do not move the patient to inspect this area--just slide the hand over this area without disturbing the patient. If spinal damage is not suspected, roll the patient slightly to check this area. Feel carefully for deformities in the bony structures and for bleeding wounds that might not be obvious if the patient is lying on his back.

After determining the nature and extent of the injuries, the first aider can then proceed to treat the injuries. The rest of these articles deal primarily with treatment of injuries commonly seen by the hosteller.

Any reproduction of these articles requires the written consent of the author.



THINGS TO CONSIDER BEFORE GOING ON A LONG BIKE RIDE.....

by Chuck Ejzak,
AYH Cycling Chairman

There are several things that you may wish to have before you start taking bicycle trips of 50 miles or more. Here are some items that do not cost a great deal of money and will almost certainly be appreciated on longer rides:

TOE CLIPS- are strongly recommended. They greatly improve pedaling efficiency by helping to hold your foot on the pedal. They also may let you apply force on your upward pedal stroke in addition to downward force. They cost about \$6.00 for a pair with straps. They come in various sizes that correspond to shoe size.

CYCLING SHOES- can increase both your comfort as well as pedalling efficiency. They have stiff soles that resist the cutting effect that pedals have on soft soled shoes. This same cutting effect may destroy a pair of other shoes rather quickly, so you may actually save money in the long run by buying riding shoes now. There are several types of shoes available ranging from Bata Bikens (15.00) that are basically canvas shoes with stiff soles to many more exotic touring shoes such as Avocet Touring shoes (\$40) that have corrugated soles that act like cleats while you are riding but are comfortable for walking. On the extreme end are cleated shoes, (\$40+). These provide the best riding but are tough if not impossible to walk in. All three styles have good and bad points. Bata's are rather inexpensive and permit you to change your foot position while riding. They do look ugly and don't fit everyone well. Avocet and similar shoes look more like running shoes and are more comfortable to walk in, but the corrugated design restricts foot position. This may cause knee problems for some riders. The cleated riding shoes provide the

most efficient riding and often come with adjustable cleats to permit proper placement of feet on the pedals. While walking is not easy in these shoes, there are many rides where you do not do much walking, or you can carry lightweight slippers with you.

GLOVES- For long rides, gloves are a necessity. Hands can be damaged from supporting a large portion of your weight on the handlebar. Gloves and/or handlebar padding can prevent damage to your hands. Riding gloves cost between \$10 and \$15.

HELMET- Required for all AYH rides. Get a good helmet. It will not only protect you better, it will be much more comfortable. Two good helmets available locally are PRO-TEC (\$26) and BELL BIKER (\$34).

RAINGEAR- is important, especially this time of year. The latest rage in rainwear is GORETEX. In case you have not yet heard, GORETEX professes to be breathable and waterproof. It is also expensive (\$120) and while it is breathable, it is not as breathable as uncoated fabric (windbreaker, \$6). Thus, even if you have a Goretex garment, you may wish to wear it only in the rain. So, before you buy a Goretex rainsuit, consider the amount of riding you do in the rain and whether a coated rainsuit may be satisfactory. The cheaper rainsuits range from about \$5.00 to about \$40.00 for a fancy one. While there may be somewhat more condensation in these less expensive garments, you may decide to put up with \$100 of condensation and use it to buy a set of high quality lightweight wheels.....

BIOGRAPHY: Chuck Ejzak, Cycling Chairman

Chuck Ejzak joined Pittsburgh Council in September, 1976. A Life Member, Chuck is employed as an engineer for Westinghouse at the Bettis Laboratory. His interests include Bicycling, Cross-Country Skiing and backpacking. He has taken several long bicycle tours, including a 5900 mile ride in the summer of 1978 from Seattle, Washington to Pittsburgh.

april: TRIPS & TRAILS

The trips listed below are open to the public with the exception that AYH members are given priority when a trip is of limited size. Trip costs include 50¢ registration and insurance (\$500 medical) plus transportation and rentals. In addition, non-members are charged \$1.50 per day which can be deducted from the cost of membership. Trips are classified BEGINner, INTERmediate, and ADVanced, with the exception of Bicycling.

BACKPACKING

chair: Steve Martin 462-5000 x 6185 (w)

- thu apr 16- INTER- Backpacking trip in Shenandoah National Park. Leave AYH HQ at 7pm
19 on Thursday. To reserve call Steve Martin at 462-5000 ext 6185 or
469-3153.
- sat apr 25- BEGIN- Backpacking trip on Baker Trail. Leave AYH HQ at 8am. Call Joan
26 Baker at 687-7947 any time after 6pm to reserve.
- wed apr 29 BEGIN- Beginners Backpacking School at the Hostel Headquarters at 7pm.
Get ready for the spring backpacking season by finding out about all
of the things you should leave at home. For more information call
Steve Martin.

CANOEING

chair: Jane Toben 466-7885 (h) 462-5000 x 6585

Cold weather canoe trips are scheduled at the Thursday night meetings. Necessary equipment for these ventures includes wool and/or wet suits.

- thu apr 16- ?????- Canoe-camping Easter weekend someplace good. Trip leaving AYH HQ
?? on Thursday, April 16th at 7:30 pm. To reserve call Ray Yutzy at
929-4443 or Dave Marschik 327-2778.
- wed apr 15 7:30pm There are three dates for a program designed to develop canoe trip
wed apr 22 7:30pm leaders. The program will be conducted at AYH headquarters. All
sat apr 25 8:00am skill levels welcome. Call Frank Bruns at 561-8579 to reserve.
- fri may 8- The Western Pa. Whitewater Canoe School will be held at Camp Kon-o-
10 Kwee. The Pgh Council AYH is a co-sponsor along with the Red Cross
and several other canoe clubs. The cost is \$60 for the school,
food, and lodging (add \$10 if you cannot furnish your own canoe).
Applications and further information is available from Jane Toben
or Dave Marschik 327-2778.

KAYAKING

chair: Ray Yutzy 929-4443

Kayak trips are scheduled at the Thursday night meetings, if any are scheduled. Cold weather equipment is the same as for canoeing.

CAVING

chair: Norm Snyder 351-4068

- fri apr 3- ?????- Join Norm Snyder on a cave trip to Virginia. See the second biggest
4. cave in the state. Leave headquarters at 7pm Friday. Call 351-4068.

CLIMBING

chair: Woj 322-4524 (h)
Bill Skallos 421-5695
Jeri Walsh 422-9686 (h) 684-9686 x 318 (w)

First time climbers will need a pair of old tennies, a water bottle, poncho, and lunch.

- sat apr 11 BEGIN Beginner's trip. Call Woj, Bill, or Jeri to reserve.
sun apr 26 BEGIN Trip to White Rocks. Call Woj, Bill, or Jeri to reserve.
-

HIKING

chair: Kathy Reilly 687-6160

Bring raingear, lunch, and water.

- sun apr 5 BEGIN Half day hike to Schenley Part for parents and kids from 3 to 10 years old. Meet at HQ at 1:00 pm. Call Stanley or Jerry Sattinger to reserve at 561-5056.
- sat apr 11 INTER Hike with Norm Snyder. Destination to be decided later. Leaving HQ at 8am. Call Norm at 351-4068.
- sun apr 12 INTER Craig Rowland is leading a hike to Laurel Highlands Trail and leaving from HQ at 8 am. Call him at 242-0107.
- sat apr 18 INTER Hike with Kathy Reilly. Destination to be decided. Leaving from HQ at 8:30 am. Call her at 687-6160 or 281-7833 (w).
- sat apr 25 BEGIN- Hike with Steve Schomer on the Baker Trail, leaving from HQ at 8 am.
INTER Call him at 824-5352 or 256-2040 (w) to sign up.
- sun apr 26 BEGIN Hike to Raccoon Park with Kevin Craig. He will be leaving HQ at 10 am. Call him at 488-7255 or 434-4272 (w).
- sat apr 25-26 ????? Enjoy a spring weekend at the Ohiopyle Youth Hostel. Bring daypacks, trail lunches, AYH Pass. Hike on park trails or Laurel Highlands trails. Group meals possible. Call Jim Gogots at 384-9149 or Joe Hoechner 828-5399 to reserve. Limited to 20 persons.
-

BICYCLING

chair: Chuck Ejzak 327-5031

Bring spare tube, raingear, and wear a helmet. Helmet is required on all Council trips. Look at article in March Triangle for ride classifications. A-advanced, B-intermediate, C-easy intermediate, D-beginner, E-learn to ride. Trips depend on weather.

- sat apr 4 C Meyersdale Maple Festival, no more than 30 miles. Trip leaves HQ by 6:30 am and travels to maple festival for breakfast and sightseeing. This may include car camping Saturday night if enough people are interested. We will ride after breakfast and sightseeing in Meyersdale. You must reserve. Call Chuck Ejzak at 327-5031 before Thursday, April 2.
- sun apr 5 B 40 miles, leave HQ at 10 am and ride east toward Bushy Run and back. Call Fred Parker at 824-2638.
- sat apr 11 B 30 miles along the Allegheny River. Leave HQ at 8:30 am and back at noon. Call Chuck Ejzak at 327-5031.
- sat apr 11 D Bike Series I- 10 miles around town starting at 1pm. Learn to ride. Chuck Ejzak at 327-5031.
- sun apr 12 B 30-40 miles leaving from HQ at 9:30 am. Training ride for TOSRV- either out to North Part or up along the Allegheny River. Lou Conley at 681-8321.

- fri apr 17- B Annual Bike camping trip around Pymatuning Reservoir. 30 miles each day
18 Leave HQ at 8 am on Friday and come back Saturday evening in time for
Easter. Panniers available for rent. Call Lynn Gogots at 384-9149
to reserve.
- sat apr 25 C Bike Series II- 20 miles from Elizabeth to Donora and return. This
is a very nice lightly traveled level road along the Monongahela R.
Leave HQ at 10 am.
- sun apr 26 C 25 miles near Ligonier with the Hurwites. Call Mike or Marta at 422-
9204. Meet at HQ at 8:30 am.
- sat apr 25 B 50 miles near Prosperity in Washington County. Meet at HQ at 9am.
Kevin Craig at 434-4272 (w) or 488-7255 (h).
- sun apr 26 B+ 40 miles, leaving HQ at 9 am to ride to North Park, then to Oakmont
and then return. Larry Laude at 462-5000 (w) or 665-9554 (h).
- fri may 1- A-C Weekend at Pymatuning. This is the last opportunity to get yourself
3 ready for TOSRV. Rides vary from 25-70 miles. Sleep in a large
trailer. Leave HQ at 6:30 pm. Call Fred Parker at 824-2638.

SPECIAL STUFF

- sat apr 4- Spring cleanup at Ohiopyle Youth Hostel. Misc. yard work, painting (always!),
5 etc. Free overnight! Reserve with Joe Hoechner 828-5399. Limit of 12.
- wed apr 8 There will be a bicycling workshop at HQ at 8 pm. Bring your questions and
yourselves! For more information call Harriet Ann Seiner at 681-1189.
- sat jun 13- ADVANCED-!-North Carolina Canoe-Kayak trip. Natahala, Chattooga, French
21 Broad, Little Tennessee, Ocoee, and other 'good' Southern rivers. Class III
and III+. Car camping. Trip size limited. Reserve with Ray Yutzy on
Thursday nights or by calling 929-4443; or call Carol Davis at 821-8047.
- aug First two weeks. Canadian Whitewater Canoe-camping trip. Class III rivers
for experienced paddlers. Trip size limited. Reserve with Dave Marschik at
327-2778 or Ray Yutzy at 929-4443.



KNOW YOUR CHAIR PEOPLE ! & !

From left to right: Bill Skallos, Climbing; Donna Leban, Publicity; Joe Hoechner, Hostel Development; Steve Tubbs, Cross-Country Skiing; "Nordic" Norm Snyder, Caving.



AYH MEMBERSHIP APPLICATION

Fill out the following application and bring/send it with a check payable to "Pittsburgh AYH" to: AYH Membership, 6300 Fifth Avenue, Pgh. Pa. 15232

Name _____ Phone _____
 Address _____ Occupation _____
 _____ Zip _____ New?/Renewal? _____
 Social Security # _____ Birthdate _____

Check one:

_____ \$7.00 Youth (under 18) _____ \$35.00 Three-year Senior
 _____ \$7.00 Senior Citizen (60+) _____ \$35.00 Organization (non-profit)
 _____ \$14.00 Senior (18-59) _____ \$140.00 Life
 _____ \$21.00 Family

(Note: Membership sells International
 Hostel Guide to Europe for \$5.00.)

Please Circle one or more:

Service Interests: Newsletter, Hostel Development, Bicycling, Publicity, Trail
 Maintenance, Equipment Repair, Auditor Service, Typing, Art Work

Leadership: Backpacking, Cycling, Canoeing, Caving, Climbing, Hiking, Cross-
 country Skiing, Rafting.

Pittsburgh Council
 American Youth Hostels, Inc.
 6300 Fifth Ave.
 Pittsburgh, Pa. 15232

Non-Profit Organization
 U.S. Postage PAID
 Pittsburgh, Pa. 15232
 Permit #127

Return Postage Guaranteed
 Address Correction Requested

HAM, MARILYN P. LIFE 0
 3729 PARKVIEW AVE.
 PITTSBURGH, PA. 15213



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