



Top **MARY SHAW**
Women's Champion

NATIONAL RANKING POLERS

Below **ROY WEIL**
Men's Runner-up



2. Checking for a carotid pulse. If the pulse is present, continue to maintain the airway. If the pulse is not present, begin cardiac massage. (A later article will discuss cardiac massage)
3. Controlling serious bleeding by direct pressure over the bleeding site.
4. Splinting the victim before moving him. Splint a deformed neck or back in the position in which it is found. Do not straighten the deformity simply to make splinting easier. Move or straighten the neck only if necessary to open the airway, that is, if the triple airway maneuver does not work

SPLINTING A SPINAL INJURY

Have one rescuer apply gentle traction to the victim's head by placing his hands behind the ears and exerting a steady pull, keeping the head in line with the spinal cord. A second rescuer should apply a neck support. Generally an Emergency Medical Technician would use a cervical collar to support the neck. Since this collar is not available in the field situation, the rescuer can improvise a neck support with a towel, jacket, or blanket folded to the size of a neck collar. An alternate method is to fold a blanket lengthwise into a roll about 8 inches wide. Fold the blanket into a horseshoe shape. Place the "U" of the blanket at the top of the patient's head. Bring the long ends of the blanket down the sides of the patient's head and cross them over the patient's chest. Secure the ends to the chest. This same horse-collar support can also be applied by passing the blanket behind the patient's neck without moving the head and crossing the ends over the chest.

If possible, complete the "packaging" of the spine injured patient by immobilizing him on a head-to-waist or head-to-toe rigid support, such as a stretcher lashed together from skis, a toboggan, or a packboard. To place the patient on this rigid support, he must be log-rolled. One person maintains head traction while four or five other people slightly roll the patient to one side while the rigid support is slid beneath the patient. While the victim is being rolled, the head should be kept in line with the rest of the body and should not be permitted to flop forward or backward or tilted to either side. The body should not be allowed to bend. In other words, the victim's body should be moved as a rigid unit like a log. Once the victim is on the rigid support, strap him to the board. If regular seat-belt type straps are not available, the victim can be secured to the board with gauze bandage, adhesive tape, cravat bandages, or rope.

If the rigid support is not available, the victim may be rolled onto a blanket face down and dragged to safety. When using this method, be careful not obstruct the victim's airway. Remember that the blanket drag is a last resort; a rigid support is the preferred method.

This series of articles is being written by Lurana Patterson, RN, REMT of Western Pennsylvania Region Medical Program. The contents are solely the responsibility of the author and are in no way the responsibility of the Western Pennsylvania Regional Medical Program, the Health Services and Mental Health Administration, or the Department of Health, Education and Welfare. The contents may not be reprinted without the permission of the author.

CANOE POLING IS REALLY HERE!!

Pittsburgh AYHers are now the second- and fourth- ranked canoe polers in the nation. At the National Canoe Poling Races held August 16th and 17 near St. Louis, Mo., Roy Weil was runner-up to the National Men's Champion. Mary Shaw won the Women's Championship and placed fourth in the Open (Men's) races.

Canoe poling is a rapidly growing sport in Pittsburgh. From three or four polers experimenting with a homemade wooden pole about two years ago, the group has grown to twenty or more, with an ample supply of lightweight aluminum poles. A poler controls the canoe by standing in the center (yes, alone in the boat) and pushing against the river bottom with the pole. The direction he (or she) pushes and the amount of "twist" he makes with his hips, knees, legs, and back determine what the boat does. Not all rivers are suitable, but the Pittsburgh area offers a lot of good ones -- fairly shallow with a reasonably uniform bottom of small or medium-sized rocks. The advantages of poling are that the poler gets a better view of the river, has very precise control over the boat, especially in rapids, and can go upstream as well as downstream.

The poling races, which are sponsored by the American Canoe Association and the Meramec Canoe Club of St. Louis, test both speed and maneuvering ability. The race is held at the Times Beach rapid on the Meramec River. The course makes a loop, going downstream and then back up to the starting point along a marked course. The course requires the poler to execute such maneuvers as turning the boat around and passing a bouy backwards, going under a low tree limb upstream (against the current), and moving the entire boat all the way around a fixed point. It also forces the competitor to pole through very shallow and very deep places and to return upstream against both strong and shifting currents.

The official standings in the Open competition were:

| | |
|-------------------|------------|
| 1. Marty Guenther | 164.1 secs |
| 2. Roy Weil | 172.1 secs |
| 3. Joe Mitchell | 205.9 secs |
| 4. Mary Shaw | 215.1 secs |
| 5. Mike Guenther | 223.1 secs |

Marty, Mike and Joe are from the St. Louis area.

A trip to Missouri offers a vacation as well as a race. The clear, spring-fed streams of the Ozarks are canoeable year-round. Many of them are protected as National Scenic Rivers, and canoe rental and shuttle service are readily available. Along the rivers, magnificent bluffs offer caves to explore and wide clean gravel bars provide excellent campsites. The rivers flow over gravel bottom with occasional fishing holes up to 17' deep. You can pole, paddle or float down the streams and watch the fish, turtles, and other life on the bottom -- and you can often see eight or ten feet down.

Plans are already afoot (afloat?) for a Pittsburgh contingent to go to Missouri next year for the poling races and an Ozark float trip.

Be prepared -- Get a Pole!!

3rd ANNUAL FALL AYH PICNIC

at South Park's Community House
Saturday, October 11th - 1:00 PM

FOLK DANCING WITH THE MERRITTS

Also cycling, hiking, softball, games
and races--TREASURE HUNT**frisbee float

**** LOTS TO EAT ****

COST? An uninflationary \$2.75 per person

This includes a picnic dinner of
hot dogs, potato salad, hamburgers,
baked beans, cole slaw, indigestion, etc.,
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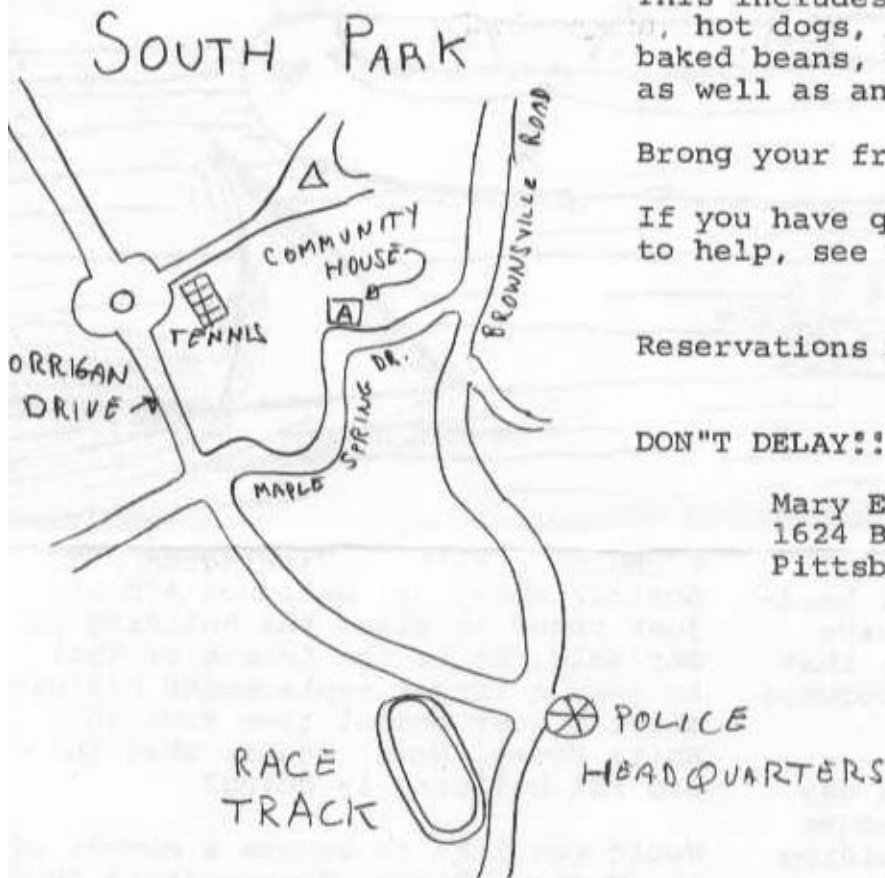
Bring your frisbee, guitar & other toys!

If you have questions or would like
to help, see Claudette Falkenhan 531-1824

Reservations by Oct. 4 are a must.

DON'T DELAY!! Fill out coupon & mail to:

Mary Ellen McBride
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NAME: _____ PHONE: _____

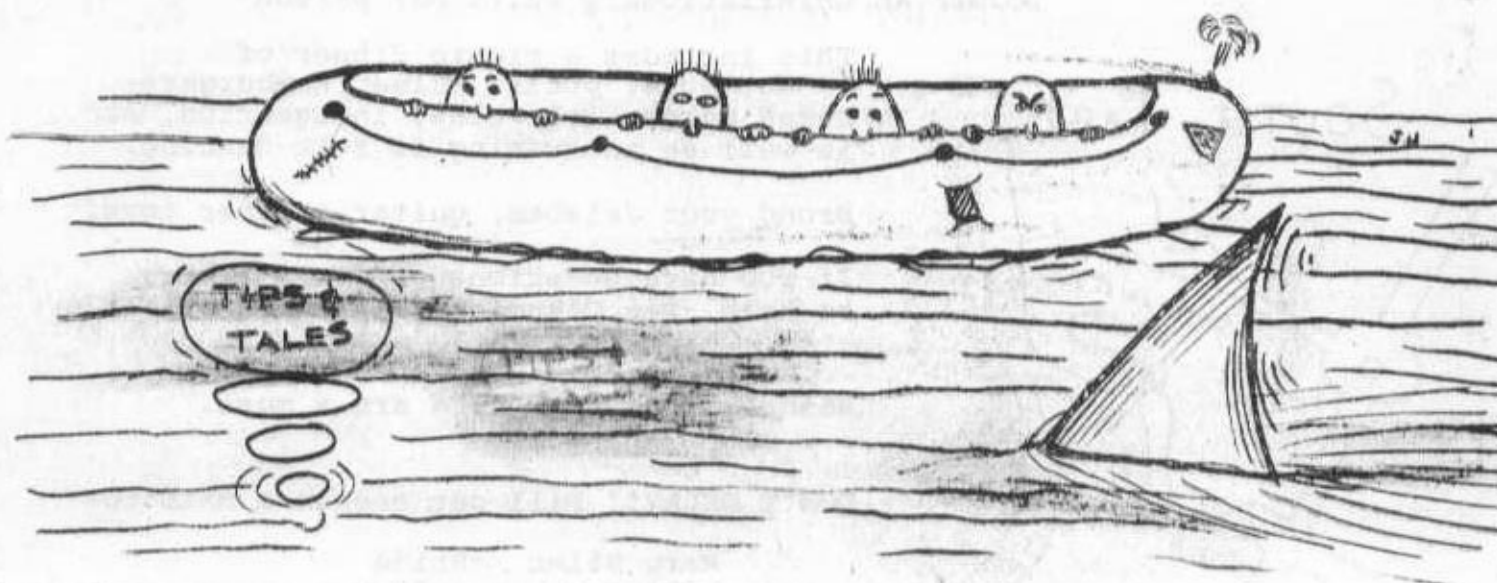
NO. PERSONS ATTENDING: _____ AT \$2.75 per person

TOTAL AMT: _____

Do you need transportation?_____ Can you take passengers from Hostel?

Make checks payable To: Pgh. Council, AYH, Inc.

"EASY RAFTERS"



Rumor has it that Jim Roberts is collecting snapshots for new council headquarters display boards. If you have any "Happy Hostellers" type photos that you don't want returned, please forward them to Jim any Thursday night.

Are you an old railroad buff? You may want to visit a restored stationhouse in nearby Bridgeville Pa. The building has been renovated to serve as the town's public library. But the best feature has to be the rebuilt caboose which is attached and serves as the children's library - real Neat-O!!

An un-named cycling member reports that the product "Liquid Wrench" works great for fast chain cleaning jobs. If you loack the time (& ability) for complete chain removal maybe this will help. It is a messy job; so don't try it on the living room rug. Also try to avoid any overspray which may land on your rims. Afetr you have scrubbed the grit & gunk from your links, be sure to replace your lubrication with a "clean" (non-oily) spray of WD-40.

Planning a trip to Washington D.C. Hostel? Hurry up! National AYH has just voted to place the building up for sale. It is the intent of Natl to seek a larger replacement building about 1/2 hour travel time from the White House. Hmmm, wonder what the old FBI building is doing?

Would you like to become a member of the Western Penna. Conservancy? They are the organization responsible for the creation of many of the park land in this area. If you would like membership information write to them at 204 Fifth Ave. Pgh. Pa. 15222 or call 288-2777

Now that fall is here it is the time for all outdoorspersons to stock up on safety orange clothing. If you are a cyclist or hiker be sure to visit your nearby sporting goods or department store. You'll be able to buy gloves, hats, knitted caps, vinyl vests, etc. All in bright international orange. Don't forget- support the right to arm bears!

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NEW AYH PASS PRICE LIST

Starting on October 1, 1975 the cost of yaerly and life passes for membership in the AYH will increase to the following amounts:

Special Youth \$2.00

Junior \$5.00

Senior \$11.00

Family \$12.00

Life \$110.00

Family Life \$220.00

NEW PHONE LIST

The Editor would like to compile a new phone list of active members to be published as soon as possible. If you would like to be on this list, please fill out the coupon (or reasonable facsimile) and mail to:

EDITOR

Pgh. Council - AYH

6300 Fifth Ave.

Pgh., Pa. 15232

or bring it in any thursday to the regular meetings.

Phone list

NAME: _____

PHONE: _____

Work or second phone # if desired: _____

The Altra Kit Idea:

Pre-cut to size, do-it-yourself sewing kits for anyone who wants to save 30%-50% on top quality outdoor wear and light weight camping equipment.

The Mountain Trail Shop

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Weekdays 12-9 Saturday 9-5 687-1700



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Down Parka Kit:

A warm, lightweight down parka that is made from 1.9 oz. rip-stop nylon or rugged 65/35 dacron cotton. Ideal for general everyday use as well as lightweight back-packing, skiing and camping.

- Hand-Warmer Pockets
- No sewn through shoulder seams
- Raglan Sleeves
- 10 oz. high loft prime down (medium size)
- Inside pocket
- Waist drawstring
- High down filled collar
- Two-way zipper
- Five pre-cut sizes

Ripstop **\$31.00**
Navy and Green

65/35 **\$38.00**
Navy and Green



Children's Down Parka Kit:

A warm rugged inexpensive down coat for children. Made from either a 65/35 blend of dacron and cotton or 1.9 oz. ripstop nylon. Designed just like the ALTRA adult parkas.

- Hand-Warmer Pockets
- No sewn through shoulder seams
- Raglan sleeves
- 5 oz. high loft prime down (6-7 size)
- Attached shell hood
- Waist draw string
- High down filled collar
- Two way zipper
- Four pre-cut sizes: 4-5, 6-7, 8-9 and 10-11

Ripstop **\$24.00**
Red and Navy

65/35 **\$29.00**
Navy and Green



Down Vest Kit:

Ideal for skiing, hunting, fishing, paddle tennis or just general knockaround wear for it gives body warmth with unrestricted arm movement. Made from lightweight 1.9 oz. ripstop nylon.

- Hand-Warmer Pockets
- No sewn through shoulder seams
- Velcro front closure
- 5 oz. of high loft prime down (large size)
- High down filled collar
- Five pre-cut sizes

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Navy and Red



Day Pack Kit:

A functional day pack made from strong Cordura nylon. Ideal as a book bag, day tripper, tennis pack, etc.

- Roomy dual compartment carrying pack
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- Three accessory strap holders
- Convenient carrying strap
- Ax or tennis racket carrier loop
- 7.5 oz. Cordura nylon that is water repellent, abrasion resistant, easy to sew

Cordura **\$11.50**
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Mountain Parka Kit:

An all purpose water repellent shell garment made from rugged 65/35 dacron cotton. Fully lined. Ideal for spring, summer, and fall use around town and in the mountains.

- Hand-Warmer Pockets
- Raglan sleeves
- Waist draw string
- Fully lined
- Water repellent, Washable and Breathable
- Adjustable Velcro cuff
- Inside pocket
- Attached, lined hood
- Five pre-cut sizes

65/35 **\$28.00**
Navy, Green and Rust

1975 AYH ACTIVITIES BOARD ELECTION

The Following people have been nominated for election on October 16, 1975 by the Nomination committee:

President: Claudette Falkenhan
Secretary: Aylene Harper
Treasurer: Fred Hull
Asst. Treasurer: Joel Platt
Bicycling: Dave Barbour and Warren Kennedy

Canoeing: Gordon Bugby
Caving: Barry Walker
Climbing: Jim Gogots
Hiking: Joe Curlee
Rafting: Linda Paul

Winter Sports:

Down Hill: Jack Kowalski
Cross Country: Maty & Alan Barber
Trail Coordinators: Cliff Ham and Jack Leahy
Hostel Development: Joe Hoechner and Roy Weil

Publications:

Production: Bruce Sundquist
Distribution: Mary Ellen McBride
Trips and Trails: Sue & Bill Leathen
Membership: Jan Leyland
Triangle Editor: Elaine Merisko
Leadership Development and Education: Jim Roberts
Public Relations: Bill Corwin
Service: Stan Uhrin
Special Events: Marta & Mike Hurwitz
House: Gary Ludwig
Program: Eunice Higgins and Joe Levine

OPEN HOUSE

Open House is held every Thursday evening. Everyone is welcome, member or non-member. Doors open about 7:45 PM with the program starting about 8:45 PM. Come and find out about us.

Oct 2 A slide show sandwich served up by Joe Levine. A private canoe camping trip in the Adirondacks; a solo hike in North Carolina Wilderness; and an AYH canoe trip on the West Branch of the Susquehanna.

Oct 9 Ride around Cape Cod on a bicycle A week-long bicycle jaunt in a loop around Cape Cod using camping and hostel facilities. A lot of sun on Nantucket Island and Martha's Vineyard

Oct 16 No program. Come vote for your favorite as we elect officers for the coming year. ** ALSO ** Bring some cash to pick up those pieces of equipment you've always wanted as they are

auctioned off in the annual AYH auction. Auctioneer Joe Hoechner will provide tags for all members to identify their items. Check out the list of items mounted on the wall by the big wood table.

Oct 23 Follow two former Baker Trail Chairmen (Don Woodland and Ed Moll) on a hike. They are not lost - They intended to hike in Germany.

Oct 30 Cross country and ski Touring. Ski equipment - care and waxing, selection methods and techniques - places to go, and Safety and a movie or slides. Jack Kowalski is your host.

* A female trip leader was mugged
* and beaten in the park near the
* AYH Headquarters recently. Members
* should be careful and on the alert
* and should not hesitate to call
* the police.

The long awaited Canoe Guide has gone to the printer. WILL be available in mid October. Send \$2.00 plus your address to:

American Youth Hostels
6300 Fifth Avenue
Pittsburgh, Pa 15232

to get one or show up Thursday evenings.

Do you have a favorite bicycle ride? Send description to John Hayes, our new bicycle Guide Editor.

The Golden Triangle is a monthly publication of the Pittsburgh Council, American Youth Hostels, Inc., 6300 Fifth Avenue, Pittsburgh, Pa. 15232. Phone: 362-8181 Thursday evenings only.

Editor: Joel Platt
Production: Aileen Pastorik
Cover: Jim Roberts
Printing: Al Levenson
Contributors: Lurana Patterson,
Joe Hoechner, Mary Shaw, Roy Weil

TRIPS AND TRAILS

The trips listed below are open to the public with the exception that AYH members are given priority when the trip is of limited size. Trip costs include 50¢ registration and insurance (\$500 medical) plus transportation costs and equipment rental. Call the trip leader to reserve or cancel or just for more information about the trip.

Please call during normal hours (6:30 - 9:30 PM) unless otherwise noted. Make reservations early but in no case should they be made later than the Thursday before the trip.


- Fri Oct 3 to Sun Oct 5 Advanced beginner bike trip to tour the Amish country of Lancaster County, Pa. Cost about \$20. Plan to stay at Bowmansville Hostel and visit the sites and rolling farmland of the Amish. Call Aylene Harper @ 462-9371 or John Hayes - 325-2345. Sam Carleson is our tour leader
- Sat Oct 4 to Sun Oct 5 CANOEING The long awaited "Autumn Leaves Weekend. Fred and Eileen Hull (242-5379) will lead this overnight Canoe-Camping trip. Canoe School I experience level required. You'll need camping gear, two lunches one supper and one breakfast. Cost about \$10.00
- Sat Oct 4 to Sun Oct 5 Backpacking for beginners with equipment with Joe Levine on the Baker Trail. Leave Sat 8AM, return early Sun evening. We will hike about 8 mi. from Fishes to Corsica shelter and return cross-country for about 5 mi. Cost about \$5.00 To rserve, call 422-8287 after 9 PM.
- Sat Oct 4 RAFTING Joe Curley rides again on a late season challenge of the mighty Yough. By now you know to bring lunch, drinking water and dry clothes. Cost about \$7.00. Reserve at 361-3598
- Sun Oct 5 HOSTEL DEVELOPEMENT Joe Hoechner will lead a survey party to the Jumonville Methodist Camp for possible chartering as an AYH facility. Short hike possible on Braddock's Trail. Trip limited to 12. Reserve with Joe at 343-2465
- Sun Oct 12 CANOEING Stan Uhrin will lead a canoe school II level trip for folks with energy left from the picnic. Call Stan at 441-3382 Cost about \$5.00
- Sun Oct 12 INTERMEDIATE HIKE with Joe Curlee on the Laurel Ridge Trail for about 10 mi. Cost about \$3.00. Leave headquarters 8:30 AM. Call Joe for details at 361-3598
- Sun Oct 5 CLASS II-III BIKE RIDE Short of time? Try an afternoon only, leisurely bike ride through the suburban roads of Fox Chapel with Ralph Hempel. This Autumn excursion will be about 25 mi., starting and ending at AYH. Ride will begin at 1 PM and be back at approx. 6 PM. Cost: only 50¢. Contact Ralph for reservations at 963-8080
- Fri Oct 17 - Sun Oct 19 CLASS II BIKE RIDE Enjoy the cool, fall foliage at the lake Pymatuning area. Tenting at low cost youth froup sites & cover 30-35 miles per day. Teenagers welcome! Cost about \$7.00 (watching duck hunters too). To reserve call Joe Hoechner 343-2465
- Sat oct 18 - Sun oct 19 CANOEING Fall water levels on the Cacapon River in West Virginia will limit this weekend trip to solo boats with poling experience. Reserve with Gordon Bugby at 371-4233 (before 10 PM) Camping and rain gear will be needed

MORE TRIPS AND TRAILS

- Sat Oct 18 ADVANCED BEGINNERS HIKE with Pat Gallagher on the Chestnut Ridge, near Blairsville. Leave headquarters at 8:30 AM. Cost about \$2.50. For details call Pat at 373-3828
- Sat Oct 18 CLASS II BIKE TRIP Get out into the cool, clean refreshing air of Washington County with Phil Slaugh, enjoying the scenery and tranquility of the back country roads. This pleasurable 30 mi. trip will begin at 8:30. Bring a lunch, rain gear and bike tools. Bike flags will be mandatory and advance reservations a must. Cost: \$2.00. Call Phil at 466-5204
- Sun Oct 19 BEGINNERS HIKE in Bear Run Nature Reserve. Join Dave Gasvoda to enjoy fall foliage. Bring lunch, camera and rain gear. Cost about \$3.00. Leave at 8:30 AM. Call Dave at 681-2435 for details
- Fri Oct 17 - Sun Oct 19 INTERMEDIATE BACKPACK - and see the spectacular fall colors on the Black Forest Trail in North-Central Pennsylvania with Mike and Marta Hurwitz. Leave headquarters Friday nite at 6:30 PM. Cost will be about \$10.00. Group size is limited and reservations are absolutely necessary. Reserve at 731-1083
- Sat Oct 25 INTERMEDIATE HIKE with Ed Sieger on the Laurel Ridge Trail - the last 12 mile section toward Ohiopyle. Cost about 3.50. Leave at 8:30 AM. Call Ed at 561-4790
- Sun Oct 26 CANOEING A beginners poling trip. You'll need a wet suit or full woolies, water reading experience. Call Mary Shaw at 681-5131
- Fri Oct 31 - Sun NOV 2 TRAIL MAINTENANCE HIKE on the Tscarora Trail lead by Jack Leahy and Cliff Ham. Leave Friday at 7 PM, return Sunday evening. Home base for the weekend will be the picnic shelter in Cowan's Gap State Park. the trip will not be all work, but will include hiking and Saturday nite fun. This is a great trip - don't miss it! Cost about \$7.50. For reservations call Jack at 935-4188, or Cliff at 687-4960
- Sat Nov 1 - Sun Nov 2 EASY BEGINNER BACKPACK in BEar Run (near Ohiopyle) lead by Mary Lou Brown. Leave Sat at 8:30 AM. After a short hike to the campsite, trippers will leave their packs and hike an interesting loop trail with emphasis on nature study. In the evening, there will be a group supper, followed by singing around a camp fire. Bring suitable clothes, gear, food for breakfast and 2 lunches. Cost will be \$4.00. For reservations and more detail, call 364-8229
- Fri Oct 24 - Sat Oct 25 Hike the Laurel Sock Trail, one of the better trails in Pa. Call Norm Snyder between 6 & 7 Mon thru Thur at 371-2371

Canoe Chairman's Note: This is the last of the Scheduled Canoeing for 1975. There will, however, be trips going out when the weather looks promising. These will be organised on very short notice. If you're willing to be awakened on a Sunny Saturday or Sunday morning, be sure to sign the list posted on the Canoeing Bulletin Board and join the "Compulsive Canoe Club". If not we will be seeing you all next year around the end of April. Many, many thanks to all you trip leaders and canoe school instructors who made this season so much fun.

GLB

| MON | TUE | WED | THUR | FRI | SAT | SUN |
|----------------|---|-----|----------------------------|--|---|--------------------------|
| OCT OCTOBER |  | 1 | 2 | 3 ADVANCED | 4 BEGINNER HIKE CANOE/CAMPING BACKPACKING RAFTING | 5 BIKE RIDE SURVEY |
| 6 | 7 | 8 | 9 | 10 | 11 PKNIC | 12 CANOEING HIKE |
| 13 | 14 ACTIVITIES BOARD MEETING | 15 | 16 ELECTIONS AUCTION | 17 CLASS II INTERMEDIATE HIKE | 18 BIKE RIDE/CAMPING BACKPACK CANOEING HIKE BIKE | 19 HIKE |
| 20 | 21 | 22 | 23 | 24 HIKE/CAMPING | 25 HIKE | 26 POLING |
| 27 | 28 | 29 | 30 | 31 TRAIL MAINT. | NOV 1 HIKE BACKPACK | 2 |

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