

FOUNDED BY
JAN AND HERB CONN

NEWS OF THE P.A.T.C. MOUNTAINEERING SECTION

1718 N Street, N.W. Washington DC 20036

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PROGRAM CHANGE

Ned Gillette

Circumnavigation of Mount Everest

Wednesday, April 10 at 7:30 pm

at St. Alban's School, Massachusetts & Wisconsin Avenues NW

Admission \$3.00

There will be no monthly meeting of the Mountaineering Section to give members the opportunity to attend this outstanding program. The original section program featuring Janet Young and Harold Goldstein will be rescheduled.

"already a good climber"

On Saturday, March 30, fellow member Nori Gessler gave birth to Anne McGivern Gessler, 6 pounds 10 ounces. Both mother and daughter are well and at home now.

Nori told us she may not go back to climbing right away but little Anne is "already a good climber." Congratulations !

Biner offer

REI is offering reworked oval and D carabiners to mountaineering organizations at the discounted price of \$1.50 each. These were defective biners that have been recalled and remilled and have been proof-tested to 50 percent of their rated load strength (oval to 4,000 lbs., D to 6,000 lbs). Order from REI Commercial Sales, Attn Brian Moon, P.O. Box C-88125 Seattle WA 98188; tel. : 206-433-0771 ext. 407.

SPECIAL SECTION

CARDIOPULMONARY RESUSCITATION: CPR

You Can Learn CPR

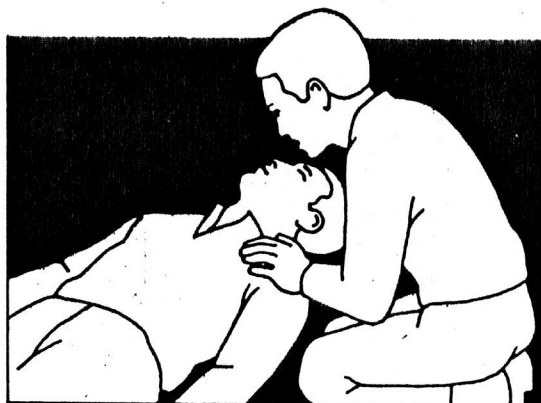
When a person's heart and lungs stop functioning because of a heart attack, shock, drowning or other causes, it is possible to save that life by administering CPR, or cardiopulmonary resuscitation.

CPR provides artificial circulation and breathing for the victim. External cardiac compressions administered manually are alternated with mouth-to-mouth resuscitation in order to stimulate the natural functions of the heart and lungs.

Here's an overview of CPR training and IS NOT INTENDED as a complete guide. Contact your local chapter of the AMERICAN RED CROSS for further information on how you can learn this life-saving procedure.

1. DETERMINE IF VICTIM IS UNCONSCIOUS

Tap or gently shake the victim's shoulder. Shout, "are you OK?" If there's no response shout "HELP!" (Someone nearby may be able to assist.) Do the AIRWAY step next.



2. AIRWAY STEP

Place one hand on the forehead and push firmly backward. Place the other hand under the neck near the base of the skull and lift gently. Tip the head until the chin points straight up. This should open the airway. Place your ear near the victim's mouth and nose. LOOK at the chest for breathing movements. LISTEN for breaths and FEEL for breathing against your cheek. If no breathing occurs do the QUICK step next.



3. QUICK STEP

Give 4 QUICK full breaths, one on top of the other. To do this keep the head tipped and pinch the nose. Open your mouth wide and take a deep breath, making a good seal. Now, give 4 breaths without waiting in between. Do the CHECK step next.



SPECIAL SECTION

Information courtesy American Red Cross

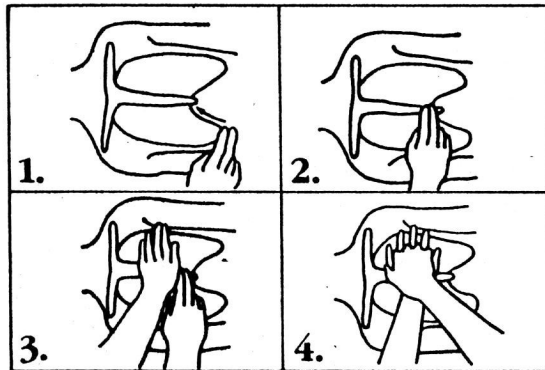
4. CHECK STEP

CHECK the pulse and breathing for at least 5 seconds but no more than 10. To do this, keep the head tipped with the hand on the forehead. Place the fingertips of your other hand on the adam's apple, slide your fingers into the groove at the side of the neck nearest you. If there is a pulse but no breathing give one breath every 5 seconds. If no pulse or breathing is present send someone for emergency assistance (when you're not in the field, you can dial 911 or the operator) while locating proper hand position. Begin Chest Compressions.



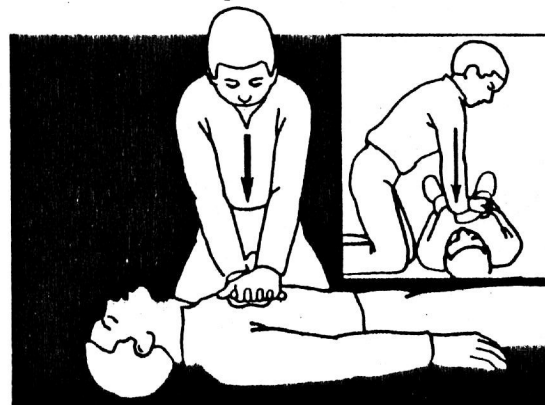
5. HAND POSITION FOR CHEST COMPRESSIONS.

1. With your middle and index fingers find the lower edge of the victim's rib cage on the side nearest you.
2. Trace the edge of the ribs to the notch where the ribs meet the breastbone.
3. Place the middle finger *on* the notch, the index finger next to it. Put the heel of the other hand on the breastbone next to the fingers.
4. Put the first hand on top of the hand on the breastbone. Keep the fingers off the chest.



6. CHEST COMPRESSIONS

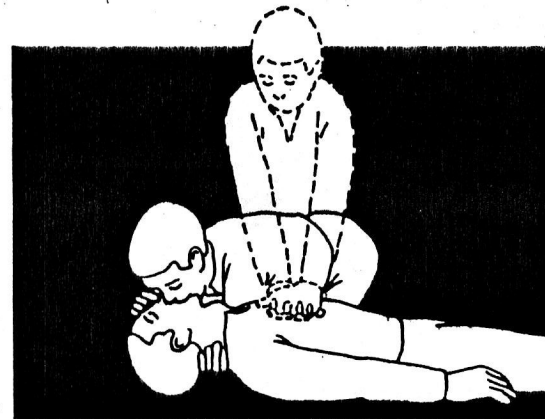
PUSH straight down without bending your elbows while maintaining proper hand position. Keep your knees shoulder width apart. Shoulders should be directly over the victim's breastbone. Keep hands along the midline of the body. Bend from the hip not the knees. Keep fingers off the chest. Push down about 1½ to 2 inches. Push smoothly. Count, "1 and, 2 and, 3 and, etc."



7. PUSH 15—BREATH 2

Give 15 compressions at a rate of 80 per minute. Tip the head so the chin points up and give 2 quick full breaths. Continue to repeat 15 compressions followed by two breaths. Check the pulse and breathing after the first minute and every few minutes thereafter. **NOTE: Do not practice chest compressions on people as it could cause internal injuries.**

This information does not take the place of CPR training. Contact your local Red Cross chapter on how you can learn this life-saving procedure.



Courtesy: Army Reserve Magazine

CLIMBER'S CALENDAR

For program information, call PATC tape (202/638-5306) during daytime; for trips call the leader or Tom Russell (301/869-8058). Day trips to top rope or short multipitch climbs require no partner. Weekend trips (identified with an asterisk*) are to lead climbing areas. Please arrange for your own climbing partner(s) in advance. For instruction in basic and advanced rock climbing techniques, call John Teasdale (301/262-9128). Basic Rock Climbing is a four part course: introduction to rock climbing at a nearby crag followed by additional instruction on three regularly scheduled Section Sunday climbs.

April 6-8*	Seneca Rocks & Shawangunks	Stuart Pregnall	202-338-6140
April 6	Training: Lead Climbing	John Teasdale	301-262-9128
April 10	CHANGE: No Section meeting to make possible attendance of "Circumnavigation of Mt. Everest" by Ned Gillette by St Alban's Outing Club, at St. Alban's, Massachusetts & Wisconsin, Washington 7:30 pm		
April 14	Little Stony Man	Tom Russell	301-869-8058
April 21	Old Rag	James Eakin	301-977-5811
April 28	Annapolis Rocks	(Trip leader needed)	
May 1	Executive Committee meeting	at Joe Wagner, 7:30 pm	202-966-6379
May 4-5	Training: Lead Climbing	John Teasdale	301-262-9128
	Shawangunks		
May 5	Little Stony Man	Tom Russell	301-869-8058
May 8	Monthly Section meeting, PATC HQ, 8 pm, Business & Program Program: Climbing in the Pamirs with Randy Starrett and William Garner		
May 12	Old Rag	James Eakin	301-977-5811
May 19	Hermitage	James Eakin	301-977-5811
May 25-27	Seneca Rocks or Shawangunks	(Trip leader needed)	

Mountaineering Section, PATC

Up Rose

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ADDRESS CORRECTION REQUESTED
