



December 26th, 2022

VOLUME 65, ISSUE 21

What's New?

Happy Holidays and Happy New Year!

Please Vote:

Voting is now open for the officer positions of PATC-MS! It's going to be a tight race, so be sure to make your [vote](#) count. Voting closes and winners will be announced at the monthly meeting on January 18th.

Carderock Break-ins:

There have been a number of break ins at Carderock and Great Falls in the last few weeks. From the PATC-MS Whatsapp group: "In regards to the car break ins, news 4 says it is primarily Honda CRVs that are being targeted. Also, the thief has been stealing credit cards and cash, but leaving the purse and wallet so victims don't realize they have been robbed until later."

Monthly Meetings

We took a break from monthly meetings in December. Happy holidays all!

We will resume monthly meetings in January. The meeting will take place on January 18th, at the Patagonia store in Alexandria. This meeting will be a social combined with a presentation on ice

climbing/the AAC by Piotr Andrzejczak (AAC DC Section Chair) at the Patagonia store in Alexandria. It will also be an opportunity for everyone to meet the new Co-Chair and Vice Chair.

Wilderness First Aid Recap

by **Todd Jenkins**

On the weekend of December 10-11, 16 PATC-MS members participated in Wilderness First-Aid (WFA) training in Arlington, VA. The course began just as an emergency medical situation in the wilderness would unfold: Some of us were (under)prepared, the introductions were short and quick, and the course information hit us like the water from a fire hose for 23 hours over two days. Despite the months we had to prepare and any previous First-Aid knowledge we already had, I think everyone learned more than they already knew. The training very quickly covered many simpler first-aid topics such as soft tissue wounds, insect bites, allergic reactions, cold and hot weather injuries, sprains, strains, and blisters - with a heavy focus on prevention. Much more time was spent learning and conducting practical exercises on more serious injuries such as head, neck, and spine injuries, fractured limbs, heavy bleeding, hypothermia, and numerous other scenarios where life and limb are at risk.

At the end of the course, 16 PATC-MS members were certified in their ability to assess, treat, and assist in the rescue of serious injuries in a remote location. In addition to the immediate assessment and treatment of the commonly known ABCs (Airway, Breathing, Circulation), we learned to continue into a secondary assessment, where more information is gathered and recorded regarding the patient; including their medical history, the details of the accident, recording their observed injuries, and continual monitoring of their vitals. We are now able to reduce and splint an angulated fracture; assess and clear a patient from a potential head, neck, or spinal injury; and apply, monitor, and release tourniquets in order to prevent major blood loss. The students experienced enough stress during the training that all of us, if required to exercise these skills, will be eternally grateful when we're able to pass off our patient to the next level of medical care. Having now completed the course, we hope that any injury victims that we'd encounter are now better supported until higher-level medical assistance or rescue can be delivered.

To echo our instructor's parting comments, "The world is a safer place with you in it." Thanks to Cara for doing all the hard work behind the scenes to coordinate the WFA training.

Upcoming Events

[Click here to sign up for an event!](#) See the website for details on each event

New Year Vertical Happy Hour- Sportrock Alexandria

December 30 @ 5:00 pm - 8:00 pm
Sportrock Alexandria 5308 Eisenhower Ave, Alexandria, VA

AAC-DC & PATC-MS Women's Vertical Happy Hour at Movement CC

January 6, 2023 @ 5:30 pm - 9:00 pm
Movement Crystal City 1235 S Clark St, Arlington, VA

Tow Path Run/Walk

January 8, 2023 @ 11:00 am - 4:00 pm
C&O Tow Path Dickerson 20700 Martinsburg Rd, Dickerson, MD

John Christian Resource Center Inauguration Party

January 8, 2023 @ 4:00 pm - 6:00 pm
Please RSVP on the website for the address

Alpine Skills Weekend 2023

January 12, 2023 @ 10:00 am - January 16, 2023 @ 10:00 am
Mt Washington - New Hampshire North Conway, NH

Vertical Happy Hour at Columbia Movement (open to all)

January 12, 2023 @ 5:30 pm - 7:00 pm
Movement Columbia 7125 Columbia Gateway Dr #110, Columbia, MD

Daks Ice Climbing & Backcountry Skiing Weekend

January 13, 2023 - January 16, 2023
Rock and River 616 Alstead Hill Lane, Keene, NY

Monthly Meeting

January 18, 2023 @ 7:30 pm - 9:30 pm
Patagonia Store 815 ½ King St, Alexandria, VA

Are you a new member?

Welcome to the club! Here are a few suggestions to help you stay connected to the group.

New Members Guide

Check out our [New Members Guide](#) to learn about what we do and how you can get involved.

Monthly Meetings

Join us at [Club Meetings](#) for a great opportunity to come and meet the members of the club and see what we do!

Carderock Open Climbs

Everyone is welcome at Carderock Wednesdays, which usually kicks off around 4pm. A link to signup through Eventbrite is available through the [Events Page](#).

Stay connected

Don't have social media? Join our google group! To join:

1. Go to the [Potomac Mountain Club Google Group](#) page.
2. Sign into your google account. If you don't have a google account, you can still join but you'll have to associate your email address with a google account first.
3. Hit the button at the top of the page that says "Ask to join group". One of our members will approve your request within a week.
4. Having difficulties? Follow the troubleshooting steps [here](#).

2022 Club Officials

Co-Chairs

Nicole Horvath & Caroline Mosher

chair@patcms.org

Vice Chair

Jay Bishop

vicechair@patcms.org

Secretary

Marc Grunberg

secretary@patcms.org

Treasurer

Andy Bernat

treasurer@patcms.org



Up Rope History

Did you know
Up Rope Newsletter
has been around
since 1944?

Check out past issues
on our
[Archives Page!](#)

Up Rope Editor
Jenna Schueler
upropeeditor@gmail.com

Up Rope Submissions

Trip Report Submissions: Please send all trip reports to upropeeditor@gmail.com. Please put in the subject line TRIP REPORT: Name. Please include the full first and last name of the writer and full names of as many club attendees as possible. If you have it, logistics information such as guide services, camp grounds, restaurants, etc. would be useful at the end of the story. Please list who is in each photo and who took it. There is no word limit for trip reports.

General Submissions: Submissions for climbing news, member of the month, and gear/book/gym reviews can be sent to upropeeditor@gmail.com at any time. Aim to keep them between 200-400 words.

All submissions will be edited for grammar and length when necessary.

COVID 19 Safety

Let's all make sure we're balancing caution with passion! Here are some resources to help protect ourselves and our community during these trying times. Here are some resources to help you stay informed.

- Check out the Access Fund's [Climbing During the Coronavirus Pandemic](#).
- Learn about the CDC's [Considerations for Events and Gatherings](#).
- Stay up to date with the CDC's [COVID-19: What's New & Updated](#) page.