

# OH Bike Mini-Newsletter – December 2023

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### Message from the President



The Oxon Hill Board members have been very busy behind the scenes advocating, scheduling, organizing, and keeping us officers on track. Thanks to Joan O., for hosting the monthly meeting, Diane H. and Walt R. for being advocates to our various government agencies, Jessica H. for posting the rides and being our public voice, etc. on Facebook and Leslie T. for this newsletter.



Rabbi Randy, President

### Oxon Hill Bike and Trail Club Board Meeting Minutes

<b>Date/Time</b>	November 13, 2023
<b>Attendance</b>	Board Members: Randy Schoch, Diane Harris, Walt Roscello, Joan Oppel, Jessica Hirschhorn, Ellen Goodwin, Dan Donahue, Jim Hudnall, Leslie Tierstein. Members: Sherwood Byers, Ron Altemus, Jackie Schoch, Jane Hudnall
<b>Absent</b>	Board members: Steve Palincsar

President Schoch called the meeting to order at 7:03pm.

## **Minutes – Randy Schoch**

A motion to approve the minutes from the October board meeting was made and seconded. Minutes were approved.

## **Treasurer’s Report – Joan Oppel**

Walt had not yet joined the meeting, and Joan presented the Treasurer’s report showing the club’s finances are healthy. Year to date income has exceeded expenses. October expenses were relatively higher, because storage locker and insurance premiums came due in October. The year-to-date ending balance of the checking account is approximately \$12,000 with the club’s total funds exceeding \$57,000.

## **Survey of Former Club Members – Ron Altemus and Dan Donahue**

Ron and Dan discussed the results of the survey that was sent out to former club members asking for their impressions of the club and asking why they did not renew membership. Dan had created the questions and format, and Ron implemented the survey using Survey Monkey. The results showed that 53% of respondents opened the survey, 17 individuals clicked the link, and only 12 individuals completed the survey. The board members discussed the responses to the survey and concluded that it was hard to draw any conclusions due to the limited number of responses. Some respondents said they had moved out of the area, or that the rides did not fit their schedule or ride level.

The discussion lead to board members sharing ideas about how to get more riders to come to club rides. Sherwood mentioned that no one shows up if A rides are posted. Joan indicated that one strategy that has worked in the past is to tag a B ride onto one of the already posted CC rides to get more riders to come. Diane suggested that we have an all-class ride in December, however it was noted that colder-weather rides do not attract many riders. Diane indicated that it was her intention to schedule some weekend rides starting in December.

Finally, Jessica raised the topic of the trial membership that has recently been offered on the website. She indicated that the one-month trial membership price of \$3 seems to have had the unintended consequence of encouraging new members to choose the annual membership instead of the cheaper one-month membership. That is a good result for the club.

Jackie mentioned that we should put the IH 100 century event on the agenda for discussion at the December meeting.

There being no further business, the meeting was adjourned at 7:51pm.

**Next Meeting:** December 11, 2023, 7:00 pm, via Zoom.

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## **Message from a Long-Time Member**

Club president Randy Schoch recently received an email from Beverly White. Bev has been a C rider and we have seen her on our Friday IHRT rides. She was a regular rider on the Wednesday rides in the Clinton and eastern PG county area about 40 years ago. She has not been in good health recently and would love to hear from club members. She wrote:

Dear family and friends,

I am sorry I was not able to answer your emails but I have been in the hospital from 10/5 until 11/25.

I am at home recuperating and feeling fine. Because of the problems with my eyes I am not able to answer emails. Phone calls or cards would be preferred.

Beverly

Email: ramanbev1@gmail.com

Phone: 301-894-4338

Address: 1806 Owens Rd Oxon Hill, MD 20745

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## Ride Report – High Bridge Trail

*By Dan Donahue and Diana Donahue*

High Bridge Trail is 31 miles long. Once a rail bed, the trail is wide, level, and generally flat. Its finely crushed limestone surface and dimensions make it easy to enjoy. Hybrid and gravel bikes are well suited to this trail. The park's centerpiece is the majestic High Bridge, which is more than 2,400 feet long and 125 feet above the Appomattox River. It is the longest recreational bridge in Virginia and among the longest in the United States. High Bridge, a Virginia Historic Landmark, is on the National Register of Historic Places. High Bridge Trail traverses Cumberland, Nottoway and Prince Edward Counties and the towns of Burkeville, Farmville, Pamplin City, Prospect and Rice.

During the Civil War, the bridge was a strategic point for both Union and Confederate soldiers. Both armies made attempts to destroy it to prevent the other side from crossing the river. About a dozen miles from the west end of the High Bridge Trail is Appomattox Court House, where General Lee finally surrendered. Several museums and other historical attractions in Appomattox make the town a worthwhile side trip.

This trail has been a bucket list trail for Diana and me for some time. We rode sections of it in late August, when we participated in a park ranger-led moonlight ride. Unfortunately, the moon was obscured by heavy cloud cover that night, so we knew we had to go back for another try. Our first trip involved camping at Twin Lakes State Park, about 25 minutes from Farmville. On the return, we stayed at a hotel with no elevator, and we were on the 2d floor. (We were lowering a cooler just before the strap gave way. Hotel staff thought a guest had fallen. Unfortunately, we didn't get a picture of their expressions as they came running.)

This time we went in mid-November, during a nice warm spell (upper 50's). We rode during daylight hours and had a good view of the trail, the High Bridge, and the surrounding fall scenery. We saw a Civil War cannon set to the side of the trail. We missed the town of Rice because we blinked. However, this trail is a lovely ride from Farmville to the bridge and beyond. It's well worth the trip. The town of Farmville is well set up to receive cyclists and walkers who come to experience the trail.



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## First aid for an unconscious person: ACLS certification guide

*Editor's Note: A link to this article was forwarded to the club from a representative of Pacific Medical Training, a company that provides first aid and other medical training locally, courses designed by Advanced Cardiac Life Support (ACLS) I thought it might be worth a look, although I hope to never to have to use the techniques described..*

Unconsciousness is a serious medical emergency with potential complications. Lack of oxygen to the brain can cause brain damage, and choking can be fatal. Performing CPR may result in injuries like broken ribs, but it is crucial to attempt CPR and call for medical help promptly.

### Here are the key steps for first aid when someone is unconscious:

- Check if the person:
  - Has any airway blockage
  - Is breathing
  - Has a pulse or heartbeat
- If there is no breathing or a weak pulse, call 9-1-1 and begin CPR.
- If the person is breathing but appears dazed or confused, ask them basic questions to assess mental status.
- If a spinal injury is suspected, keep the person's neck supported and immobilized, and inform emergency services.
- Avoid unnecessary actions like making the person drink liquids, sitting them up, splashing water, or placing objects under their head.

- If an object is lodged in the throat, continue CPR and check for foreign objects before providing rescue breaths.
- Do not leave the person unattended and seek immediate medical attention.

Remember, providing first aid is important, but seeking medical help promptly is crucial to minimize complications.

- If the person is breathing:
  - Ask basic questions to assess mental status.
  - If there's a suspected spinal injury, keep the neck supported and inform emergency services.
- If the person is not breathing:
  - Carefully move them onto their back while protecting the neck for CPR.
  - CPR should be continued until medical help arrives in the absence of breathing, movement, or coughing.
  - Any other bystander must look for an AED. Before using it the person must know where AED pads should be placed.

Assessment through look, listen, and feel method was removed in 2010. Activate emergency response and start chest compressions for an unconscious or gasping person.

### Temporary unconsciousness:

- Fainting (neurally mediated syncope) is mostly harmless and does not require treatment.
- Other causes include dehydration, low blood sugar/pressure, heart problems, and hyperventilation.

### Things to avoid when providing first aid to an unconscious person:

- Don't give them liquids or make them sit up.
- Avoid splashing water, shaking, or placing objects under their head.
- Check for object obstruction before providing rescue breaths during CPR.
- Don't leave them alone; seek immediate medical attention.

Administer first aid to an unconscious person, but medical attention is crucial. The sooner they receive emergency care, the fewer complications may arise.

Have a look at the [ACLS online course](#) for details.

### Conclusion:

Unconsciousness is the inability to respond to stimuli. Follow simple steps: check vitals, call emergency services, and perform CPR if needed. Share all relevant information with emergency responders. Prompt hospitalization reduces complications.

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This article is one of the Educational articles on the web site of the Advanced Cardiac Life Support (ACLS) Training Center.