



golden triangle

ayh

pittsburgh council, american youth hostel, inc.

Volume 19 Number 6

JUNE, 1968

NATIONAL RALLY: JULY 19 - 21

The Second Annual National AYH Rally will be held in Bowling Green, July 19 to 21. The rally will feature canoeing, cycling and hiking with competitions in each. Other activities will include orienteering (a hiking-compass reading competition), a rodeo, roller racing, swimming, ice skating and general merry making. Five meals will be provided at the very nominal cost of \$6.00. Registration is \$2.00. You may choose from the following accommodations: free camping, trailer camping (\$1.50/night) and dorm space (\$1.00/night). Maps, detailed program information and applications will be available at Headquarters.

NATIONAL BOARD MEETING ELECTS HENRY FISHER MEMBER

Pittsburgh Council President-Henry Fisher's election to the office of Eastern Regional Vice President resulted in his being elected to the National AYH Board, at their May 18th meeting in Washington, D.C.

EUROPEAN TRAVELERS: IMPORTANT

You must have your European Validation Sticker, as well as a picture, attached to your pass if you wish to stay in hostels overseas.

Family passes are NOT useable in Europe.

SHELTER DEDICATION A WET SUCCESS

Nestled in a grove of hemlocks, on the banks of an almost white-water stream, Shelter Number Eight at North Freedom may be the most beautiful shelter on the whole Baker Trail. It is certainly the newest--in fact the dedication trip turned out to be a work party as those who attended it ended up nailing shingles on the roof. A welcome addition to the party were Billie Woodland and the Woodland's five children. Billie's husband, Don, is chiefly responsible for this shelter and most of the recent development of the Baker Trail. (continued on page 66)

May 11th Dedication: Don Woodland, David Wright, Hugh Gilmour and Mary Johnston. Photo by--Bruce Sundquist.



SHELTER DEDICATION, CONTINUED

The foundations for this shelter and its outhouse were dug by Bernard McKenna and some of his boys from the Youth Squad in Wilkinsburg. Assisting Don with the building were: Bruce Sundquist, Manny Morgan, Gordon Hyatt, David Engel and Robert Palazzi.

The dedication of the North Freedom shelter, which was one of the important events of Hostel Week, was highlighted by a cake baked by Billie Woodland with decoration provided by Hugh Gilmour. After the ritual cake-eating and the shingle-nailing, Hugh, Mary Johnston, Dave Wright, Bob Mautino and Cathy Lynch followed the capable map reading of Bruce Sundquist through the rain. The area looked excellent, even under these conditions. The North Freedom Shelter should prove to be a popular one.

When the TRIANGLE asked Billie for a comment on the shelter dedications, she reminded us of the total purpose of the Baker Trail. "This is Pittsburgh Council's most important service project" she said, "it should enable people, not only Scouts--by just a few or many years--to enjoy backpacking--to get close to God by getting close to nature. People who have such experiences should be better people, better able to solve their own problems and society's. That's what the Baker Trail is all about. That's really what the shelters are for."

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TOSRV REPORT

Eight Pittsburghers joined 430 other cyclists from both coasts and everywhere in between for the Tour Of the Scioto River Valley, May 11-12. All of the Pittsburgh cyclists, including five council members completed the 200 mile course.

Columbus Council hosts did a fine job preparing the five meals and provided, with several other councils, about 100 people to support the tour.

* * * * *

CANOE SCHOOL SUCCESSFUL

This year's annual white-water canoeing school on Connoquenessing Creek was one of the best and biggest ever. Over 60 students filled 6 classes and nearly covered the entire creek with canoes. There were two beginners classes, two intermediate classes, one advanced class and one class for C-1's which was taught for the first time this year. The school drew students from the Outward Bound School in Minnesota, Canadian canoeing guides, people from Michigan, Ohio and elsewhere. One student had paddled 2,000 miles by canoe down the entire Rio Grande over a 45 day period on an archaeological expedition. One of the main features of the school this year was a series of 12 fiendishly arranged slalom gates that all students had to run many times. This teaches control and proves embarrassing to students accustomed to just "blundering through" on the rapids. Friday and Saturday evenings were crammed with movies, slides, and lectures on white-water techniques. The school is sponsored by the Y.W.C.A., A.Y.H., the Sylvan Canoe Club and the Wilderness Voyageurs. It has without a doubt become one of the major white-water schools in the Eastern U.S. and Arlene Starkey of the Y.W.C.A. deserves a lot of credit for an excellent job in heading up the organization of it. Those interested in next year's school should get as much canoeing experience as possible this year and obtain an application from headquarters early next March.

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 * Pittsburgh Council Activities Manual, Part Six *
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 * WHITE-WATER CANOEING *
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 * by I. Rank Beginner *

The North American Indian canoe and the waterways played an important part in the early development of Canada and the United States. Some of the early fur trade canoes were capable of handling a 4,000 pound load of furs and supplies. A later canoeist was George Washington, who paddled the Youghiogheny River to Chiopyle. Canoes at that time could not stand rapids as viscious as those below the falls; therefore, the attempt to develop a water route via this river to the sea was abandoned. In the early 1900's, canoeing was regarded as too dangerous, and its popularity waned. During the 1950's the sport gained impetus due to better knowledge of safety practices, and during this period techniques were developed to negotiate white water safely. The basic design was still the Indian canoe. Recently the specialized Kayak and covered canoes were innovated.

Today, impassable water for the experienced covered canoeist has all but vanished.

The Buckridge Ski Club of Philadelphia was an early pioneer in the defensive methods of negotiating white water. Once it took 15 years of experience to acquire skill by the trial and error method. Today, without knowledge, a person may become very proficient within three years by attending various white-water schools. Plan to participate in our AYH June session.

One should begin on the easiest rivers and as skill increases, rougher streams can be tried. Do not attempt rivers much beyond your abilities. White-water is classified from Grades I through VI.

 BELIEVE IT OR NOT: "We never touched that rock" insist Larry Smith and Gene Cone. Lower-lower Yough, October, 1967. Photo by--Eric Stacey.



Classes I and II are fine for the 15' and 17' Grumman's. Classes III, IV and V are for covered canoes. Class VI water is only for the most experienced and skilled as it is dangerous to equipment and life. Never go on a flooded stream--this can be extremely dangerous. Various levels of water can change a river completely. This is one of the fascinations of the sport--each trip on the same river is different.

Main items of equipment are a canoe, paddle and a spare paddle, life jacket, knee pads, 15 to 20 foot painters (ropes at the ends of a canoe), and a 60 foot throw rope for rescue. In early spring protection against cold water is imperative. Unprotected in 35° to 40° water, you may survive for only 15 minutes. Long woolen underwear or a wet suit is required. Outer clothing is for adequate warmth and protection from rocks in case of an upset. Upsets are not necessarily tragedies, but add zest and thrills to the trip.

One does not steer in white-water as is done in lakes. Special strokes are used to control speed, direction and maneuverability. Some of the strokes are: back paddle, draw, cross-draw, pry away, sweep, J-stroke, L-stroke, horizontal brace and the vertical brace. All are important, and should be mastered so they can be done automatically.

Sitting on a canoe seat is dangerous. One should kneel on the canoe bottom in white-water, with your derriere just resting against the seat. Kneeling gives upsets. Canoes have upset even in the a three point brace, lowers the center of gravity, increases the power of your stroke, and gives you much better control in rough water.

One must learn to read the water. Standing, regularly-spaced waves are fun to go through and are found below a drop where the fast water has slowed down and they indicate a clear and deep channel. Pillows indicate a hidden rock, and are to be avoided. If you are turned broadside and are being swept towards a rock, lean the canoe toward the rock in order to keep the upstream gunwale up. Otherwise, the canoe



will swamp, be pinned on the rock, and possibly be bent around the rock by the force of the water. Water in a 10-mile-per-hour current will exert 8,400 pounds on a 17' canoe when swamped broadside. If you are out of your canoe, ALWAYS keep yourself on the up-stream side to avoid being crushed between it and a rock. Strong water can rip and tear an aluminum canoe as easily as you can a newspaper. During periods of high water, avoid going around on the outside of a bend, especially when the banks are under cut and there is the possibility of downed trees. The water flows through but you and the canoe will not. The inside of the bend is safer--lower water and weaker current. Hydraulics and steep drops provide problems in aerated water, and back flows are tricky. Aerated water reduces buoyancy for canoe and you. Always wear a life jacket. Also, aerated water gives little purchase for the paddle. In going through a hydraulic or a drop, keep parallel to the current--otherwise a spill is guaranteed.

Last but not least, tie in all equipment and the spare paddle. This way they will not be lost in the case of an upset. Canoes have upset even in the Allegheny River and equipment lost, especially iron skillet. Never carry car keys, change or a penknife in your pockets. A fast current is an efficient pickpocket.

White-water canoeing is an interesting and exhilarating ever-changing sport. Like bridge, the more proficient you become the greater the fun. Age is no barrier. Several years ago a retired Pittsburgh couple traveled some 2,000 miles on the MacKenzie River in Canada. So you may look forward to many happy years in the enjoyment of your sport.

Let's go! Happy canoeing!



 * Pittsburgh Council Activities Manual: Part Seven *
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 * RAFTING *
 *
 * by I. Rank Beginner *
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Rafting provides an excellent way to explore an unknown stream and to carry beginners along on advanced white-water canoeing trips. It is great fun and little skill is required to "blunder through", except on very wild streams. The main problem with blundering through however, is that it is hard on the rafts. For this reason every raft must carry at least one experienced rafter, preferably one with a fair bit of white-water canoeing experience, to man the stern and to call the strokes for the rest of the crew. On very wild streams where tricky maneuvering in "heavy" water is necessary, every rafter must be experienced if the raft is to last long enough to pay for itself.

Rafting is a fairly safe activity. It must be remembered, however, that falling out of a raft is a fairly common occurrence and once in the water there are almost all the same dangers as in white-water canoeing (being smashed or pinned on a rock or rock crevice, being caught on a submerged object, being carried far downstream and losing consciousness from cold water, etc.). As in white-water canoeing, remember that not wearing a life preserver is

suicide! Clearly rafting is not for small children. It is important that everyone know how to run rapids in his life preserver. Lie on your back with your feet near the surface of the water, pointing downstream so you can use them to fend off rocks. It is doubtful that you will last for more than a few trips without having to use this knowledge.

Basic Gear

Tennis shoes, life preserver, paddle (about 1 foot shorter than you are), long johns or a wet suit for cold weather or water are basic equipment. Do not take ammo boxes or other metal objects with sharp corners. Each raft should carry a large bailer (1 gallon bleach bottle with the bottom cut off) on a long cord, 1 or 2 spare paddles, and a rubber waterproof pack for lunches spare pump, and a first aid kit. Remember--travel light. The heavier a raft is and the more "junk" that is strewn about the raft the harder it is to maneuver and the less comfortable you are. Leave dry clothes in the downstream car. There is utterly no use for them on the raft.

TECHNIQUE

Never sit or kneel on the floor of the raft. Rocks hit the floor hard enough to put a knee in agony for hours. Brace yourself in by wedging your feet between the floor and the inflated donut and sit on the side of the raft (the "donut"). When you hit a rapids you can crouch if necessary, hanging on to your paddle with one hand and the rope on the side of the raft with the other. Be in a position to execute maneuvers whenever called upon to do so. One frequently hears rumors to the effect that rafts really aren't maneuverable. This is utterly preposterous. They are more maneuverable than aluminum canoes although not quite as maneuverable as a C-1. The reason for the rumors is that rafts are usually filled with people highly unskilled in white-water techniques whereas canoes (on the same water) hardly ever are (for obvious reasons).

Be sure to learn the strokes and corresponding commands the stern man wants you to know immediately on starting out on the trip. As in canoeing, whenever the raft is pinned on a rock, keep the upstream side of the raft (gunnel) out of the water. Strokes used in rafting are very similar to white-water techniques. (Basically the people in the

bow do draws, modified cross-draws and back paddling. Everyone should know what is involved with upstream and downstream ferrys, eddy turns, and what to do when caught in a hydraulic. The stern people do draws, reverse quarter sweeps and back-paddling.)

On fine points, the bow people should move back toward the midsection of the raft when approaching a large standing wave to help the raft ride smoothly over it. Otherwise they should be far enough forward to be able to do effective cross-draws. The stern people should move toward the center of the raft just as the raft is halfway over the top of a large standing wave. Otherwise the "springboard" action as the stern tops the wave frequently flips stern people head-over-heels out of the stern.

The most common mistake rafters make is to think one maneuvers a raft by steering it, i.e., pointing it left to move left, etc. This simply does not work. A raft is moved left by both the bow and stern people drawing their respective ends toward the left, etc. Only on quiet water does steering work.



Below are several basic rules every rafter should know:

- 1) Never drag rafts over any dry surfaces.
- 2) Never screw pump completely into pump socket on raft. Screw the pump part way in, then screw the raft plug the rest of the way onto the pump using finger pressure only.
- 3) Carry one pump on the raft trip, in a waterproof pack because most pumps are ruined after getting wet a few times.
- 4) Be sure the hot sun does not make the rafts too hard. Remember, if the raft bursts because of overinflation, it will cost you plenty.
- 5) Never land on a beach littered with broken glass, etc. This, too, could cost you plenty of time and money.
- 6) Carry the rafts up from the pull-out spot inflated. Deflate them on a grassy spot free of sharp objects, dust, dirt, etc.
- 7) Spread the rafts out to dry immediately after returning from the trip. Do not drag them over concrete floors, etc.
- 8) Tie spare paddles in across the thwart of the raft so that they don't touch the floor. Any paddle not tied in is bound to be lost. The same holds for all other equipment.



How does this sound? A 2 or 3 hour backpacking trip along a woodsy trail to a four-sided view--including the Blue Ridge Mountains and the Shenandoah Valley. Old Raggedy Mountain (Old Rag) is just such a place. It is an outlier of the Blue Ridge which can be seen from the Skyline Drive near the Luray Caverns in Virginia. The area abounds in wild-life and trails and has a shelter and spring near the summit. Good climbing rocks cover a part of the mountain with pitches up to 200' in height. As these rocks are granite they offer a change from our usual climbs. The trip to the start of the trail is 260 miles by turn-pike and good, speedy roads--4½ hours of easy driving. Ann or Henry Fisher (521-8992) can tell you how to get there.

PASSHOLDER INFORMATION

No special Family Life Membership card will be printed but two cards, one each for the husband and wife, will be issued in order to facilitate the using of this same card, individually, abroad. As you know, families with their children (up to 18 years) may hostel in the USA and Canada with this double membership category.

ERRATA

Corrections for last month's edition: Rate Schedule - Registration Fee for a local trip should read - 30¢ per person and 50¢ per day per non-member additional.

ARIZONA TRIP

Bob Fewkes, Doug Ettinger and Walt Kalback hit Southern Arizona last week with a mighty clash of shutters and the odor of burning film...Eastman Kodak went up 5 points on the exchange. Look out for an 8 hour slide show on wild-flowers of the Sonoran Desert some Thursday evening.

While Pittsburghers enjoyed their seasonal heavy fogs, the boys hiked under clear blue skies and bright sun. The cactus and plenty of other "stuff" was blooming on cue. Somewhere in that mountain of exposed film is a specimen of every desert plant known to man.

Temperatures were in the 80's during the day and 60's at night, humidity was between 5 and 15%...the full moon cast stronger shadows than Pittsburgh's noon-day sun. The trip was flawless except for a brief assault by a small pack of coyotes which was interesting...after ward.

WHO, WHAT, WHERE!

Don't miss the Three Rivers Art Festival this year--MARY LILLY has proven her abilities and her painting was accepted for the Festival. It begins May 30 in the Golden Triangle (where else). By the way, Mary is now in Passau, Germany, where she will be studying until the middle of July.

Our own kiwi has gone home. BRIAN DUKES returned to New Zealand and will be the photographer for the Zoology Department of the University in Christchurch.

LES GRAY is now living near Salt Lake City. He reports skiing is excellent at Alta, with about 135 inches base.

JANICE WOODWARD has been spotted at several Open Houses after being in Germany for a year and a half with the Diplomatic Service, and seeing just about everything there is to see in Europe. Rumor has it she may be off again, this time to Hawaii.

C-1 PROJECT NEWS

Thirty C-1's have now been built and the mold is now idle. It will soon be rented out to the Explorers Club and to the Wilderness Voyageurs. Many boats are now in the water and the rest will be shortly (and they float, too!). The mold has deteriorated considerably since it was purchased and there are ideas floating around to the effect that we should make a new mold (using whatever profits result from the thirty boats). The new mold would be flanged, with horizontal split and an integral cockpit. This would result in boats of much higher quality and reduce the work involved to three evenings (3 people the first night, 2 the second and 1 the third) to produce a finished product, seams and all! Those interested in working on the mold committee should contact Bruce Sundquist (351-3100, X 6416).

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PHOTO CONTEST

U.S. CAMERA AND TRAVEL magazine and the New York Council are sponsoring a photography contest, which is open to members of AYH only. The photos must be of AYH trips, but can be black and white or color. Other requirements: Minimum size: 4 x 5 inches or 35mm. Closing date: September 1, 1968

Return of entries: only if accompanied by self addressed, stamped envelope.

PRIZES: 1st - full course at the Famous Photographers School of Westport, Connecticut.

2nd- Yashica TL Supercamera with f/1.7 Yashinon lens, behind-the-lens metering, plus leather carrying case.

3rd - Yashica Electro 35 camera with electronic shutter and f/1.7 lens plus case.

4th-12th - copy of U.S. CAMERA WORLD 1969.

Mail entries to Metropolitan New York Council of American Youth Hostels, 14 West Eighth Street, New York, New York 10011.

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HOSTEL BRIGHTENING

Springtime has brought not only cycling and canoeing to AYH, but also a great new sparkling-clean look to our headquarters.

On the Saturday before Hostel Week a group of typically enthusiastic AYH workers scrubbed away our winter's accumulation of Pittsburgh soot and other undesirable matter and hung a set of freshly ironed curtains at every window. The high point of Clean Up Day may have been the rescue of a vagabond dog who attempted to lap up the Lestoil, but it should also be noted that Leader Ken Horner has arranged a fascinating collection of half-empty paint cans for Bruce's inspection. (Other interested parties may find them in the back room, somewhere.)

Before leaving for home, the clean-up crew enjoyed a lunch provided by Tess Henry and Eberhard Moll. Many thanks to Ken Horner for organizing this successful party.

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PADDLES FOR SALE

AYH now has some wide-blade canoe paddles for sale at cost (\$4.50 each). These are top grade ash paddles that retail at \$7.00 each. They are 8" wide (2" wider than our present paddles) and that really makes a difference in maneuvering canoes and rafts in white-water. Paddles should reach up to your chin or nose for canoeing in aluminum canoes and should be 6 to 9" shorter for C-1's and rafts. See or call Bruce Sundquist at 351-3100 X 6416.

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THURSDAY NIGHT IS "OPEN HOUSE" AT AYH

Schedule of Programs for June, 1968
8:30 p.m.

- 6th Are you thinking about trekking into the high Himalayas? First you better see Fred Kissell's slides of the region near the base of Mount Everest, homeland of the abominable snowman.
- 13th Is anyone interested in going with the Pittsburgh Council to the North Cascades in the state of Washington this summer? Fran Czapiewski, a very effervescent hiker and camper, is prepared to take you on a short trip via slides through this rugged Alpine mountain range, presently being proposed as a National Park.
- 20th Keep in step and up-to-date. Release yourself to folk dancing. Be merry. Be demure. Be saucy. Be clumsy. Be haughty. Be hyperbolic. Laugh at your own mistakes. Hugh Gilmour will entertain and instruct, wearing his lederhosen.
- 26th Spills, thrills and some chills of AYH activities of a bygone era, i.e. last winter. Narrated by our favorite and most uninhibited photographers, Bruce Sundquist.

HOSTEL WEEK AND OTHER MATTERS

Would you believe that it was just three months ago that Bruce Sundquist led the first and last cross country ski trip of the season with the brand new AYH cross country ski equipment?

That was just about a week before Harvey Shapiro started announcing canoe trips. One of the earliest beginners' canoe trips this season was Fred Hull's trip on the Conemaugh. It encouraged at least three people to go on to canoe school. Lots of familiar faces showed up at Canoe School at Camp Corondowanna (especially among the instructors) but the unfamiliar faces proved that we're not the only ones crazy enough to see something in white-water.

Meanwhile the cavers have visited Lemon Hole--again. And the climbers have been to Seneca Rocks again--and

again.

Everyone got together for Hostel Week. The picnic Tess Henry organized for Monday night attracted the largest crowd--despite the cold weather. All the cycles went into use on Wednesday night and Thursday's Hootenany (organized by Doug Ettinger and em-ceed by Hugh Gilmour) was a swingin' success. A big vote of thanks goes to the performers who donated their services. The Trillium Trail Hike on Friday led by Dotty Lynch and Don Laozacs saw Trillium by twilight, which may be the best way.

Did that single kite entered in the kite beauty contest ever get the cracked cup it so richly deserved? Has anyone thought of a trophy for the couple (if any) who actually paid off the dinner date won in the Sadie Hawkins race?

JUNE - TRIPS & TRAILS

- SAT 1 CYCLING (25 miles in 3 hours) in the Fox Chapel area. Bob Omlor (264-4485) leads. Leave HQ at 8:30 a.m. with 40¢ plus rental. Note: after July 1 the successful completion of a 25-in-3 will be prerequisite for any longer ride.
- SAT 1 RAFTING and CANOEING (C-1's only) on the Elk River in central West Virginia.
- SUN 2 An exciting river for experienced canoeists and rafters only. Bring camping gear, two changes of clothes, water, five meals and about \$13.00. Howard King (264-1386) leads. Leave HQ at 7:30 p.m. Friday.
- SUN 2 CYCLING in Frick Park with Feredoon Behrooz (361-5794). Leave HQ at 1:30 p.m. Cost is 40¢ plus cycle rental of \$1.00.
-
- SAT 8 Come CLIMBING at Camp Carmel Rocks with Carol (621-2600 X 538) and Dave (683-7000 X 72) Thompson of the Pittsburgh Climbers. An excellent trip for beginners and intermediates. Beautiful view. Leave HQ at 9:00 a.m. with lunch, whatever climbing gear you have and about \$2.00.
- SAT 8 An interesting 25-30 mile CYCLE trip starting in North Park over a new cycle route. Dave Pattison (242-9224) leads. Meet at HQ at 8:00 a.m. to load cycles. Bring lunch and about \$1.50 plus cycle rental. Reserve.
- SAT 8 Twenty mile backpack trip on the North Mountain Ridge overlooking Seneca Rocks. Carry everything for the two days on your back. For further information call John Henry at 661-7952.
- SUN 9 Advanced white-water CANOEING on the Cheat River or the Dry Fork in West Virginia. Bring lunch, water, change of clothes and about \$5.00. Leave HQ at 7:00 a.m. with Harvey Shapiro (621-2600 X 304).
-
- WED 12 ICE SKATING at Coulter's Pond (indoor) in Wilkinsburg. Mary Johnston (621-0520) leads. Leave HQ at 8:15 p.m. or meet the group at the pond at 8:45. \$1.00 plus rental. Bring heavy sweater and gloves.
- SAT 15 HIKE through Ferncliff Nature Reserve at Obiophyll with Don Lacza (846-1232). Leave HQ at 8:30 a.m. with \$1.00 and lunch.
- SAT 15 Beginners CANOE trip on a river to be decided later based on water levels. Bring lunch, canteen, change of clothes and about \$4.50. Leave HQ at 8:00 a.m. with Ed Redgate (362-7136).
- SAT 15 SPELUNKING in Barton's Cave. Leave HQ at 9:00 a.m. with Matt Lausch (322-5562). Bring lunch, \$3.00, a carbide light and spare flashlight.
- SUN 16 Father's Day HIKE for families (and everyone else) at Conemaugh Dam. Kay Lew (531-4703) leads. Cost \$1.50. Leave HQ at 10:00 a.m. Reserve.
- SUN 16 Roch Mercier (361-5794) leads a CYCLE trip, hauling cycles from HQ to the Mineral Beach swimming pool on Rte 88 near South Park. Bring lunch, about \$3.00 (plus cycle rental of \$1.00) and bathing suit.
- SUN 16 RAFTING and CANOEING (C-1's only) on the lower Youghiogheny. Bring lunch, change of clothes and about \$5.00. Leave HQ at 8:00 a.m. with Bruce Sundquist (351-3100 X 6416).
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JUNE TRIPS (CONTINUED)

- SAT 22 Bob Strong (372-6267) leads a CLIMBING trip to Lynn Run - all grades. Leave HQ at 9:00 a.m. with lunch, about \$2.00 and whatever gear you have.
- SAT 22 BACKPACKING trip in the Otter Creek area of West Virginia (one of the
SUN 23 best hiking areas in the state). Bring camping gear, food, pack and frame and about \$4.50. Leave HQ at 7:00 a.m. Saturday with Bruce Sundquist (351-3100 X 6416).
- SAT 22 White-water CANOEING (c-1's and experts in open canoes only) on the Cheat
SUN 23 Narrows and/or the Cheat Canyon. Don Hamilton (256-3535) leads. Bring camping gear, food, etc. Leave HQ at 7:30 a.m. Saturday. About \$4.00.
- SUN 23 Mary Micules (621-8643) leads a CYCLE trip through Pittsburgh Parks starting at 1:30 p.m. Cost 40¢ plus \$1.00 cycle rental.
- SUN 23 Beginners CANOEING on the Clarion River. Leave HQ at 8:00 a.m. with lunch canteen, change of clothes and \$3.75. Sam Prellwitz (242-6105).
-
- WED 26 Canoe School Classroom Session. See Sunday, June 30th, below.
- SAT 29 Sue Simler (371-1517) leads another of her scenic CYCLE trips to the Ligonier area, about 25 miles. Bring lunch, canteen and about \$2.00.
- SAT 29 Feridoon Behrooz (361-5794) leads a HIKE through Laurel State Park. Bring lunch, \$2.00 and leave HQ at 8:00 a.m.
- SUN 30 Beginners white-water CANOEING SCHOOL on the Upper Youghiogheny. All participants must attend a classroom session at HQ at 7:30 p.m. Wednesday June 26. Bring lunch, change of clothes, knee pads, tennis shoes, wool socks, canteen and about \$4.75. Leave HQ at 8:00 a.m. with Lloyd Geertz (372-6053).
- SUN 30 Last chance to complete a 25-in-3 trip before the new rule goes into effect, which will limit those who have not completed a 25-in-3 to trips under 25 miles. Bob Omlor (264-4485). Cost 40¢ plus \$1.00 rental. CYCLE.
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THURSDAY NIGHT CYCLE TRIPS CONTINUE, however, they are so popular that some people who must rent cycles find the supply is rather limited. Why don't some of you cyclists lead short trips other evenings or Sunday mornings so everyone can get their weekly cycle trips in!

APPLICATION FOR MEMBERSHIP

Name _____ Phone _____

Address _____ Zip Code _____

City _____ Age (if under 21) _____

Will you use your AYH pass abroad? _____ Ever held an AYH pass before? _____

Types of Passes: (Inquire at Headquarters about Organizational Passes \$11.00.)

Youth (under 18) . . \$4.00	Family! 1 . 1\$ 9.00	Sponsor \$10.00 or up
Sr. Youth (18-20) . . 6.00	Life 50.00	TRIANGLE
Adult 7.00	Family-life . 100.00	SUBSCRIPTION . . 2.00

Make checks payable to : Pittsburgh Council, American Youth Hostels, Inc.
6300 Fifth Avenue, Pittsburgh, Pennsylvania 15232

19 JUNE 68

					SATURDAY	SUNDAY
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	1 Cycle	2 Cycle
3	4 Pub- lications Committee Meeting	5	6 Cycle OPEN HOUSE: Himalayan Show	7	Canoeing & Rafting	
					8 Climb Cycle	9 Canoe
					Backpacking	
					Cycle - WILLIAMSBURG, VIRGINIA	
10	11 Activities Board Meeting	12 Ice Skate	13 Cycle OPEN HOUSE: Cascades △ Articles	14 Due	15 Canoe Cave Hike	16 Hike Cycle Rafting & Canoeing
17	18	19	20 Cycle OPEN HOUSE: Folk Dancing TRIPS DUE!	21	22 Climb	23 Cycle Canoe
					Canoeing	
					Backpacking	
24	25 △ Assembly Party	26 Canoe School	27 Cycle OPEN HOUSE: Winter Revue	28	29 Cycle Hike	30 Canoe- School Cycle

PITTSBURGH COUNCIL
American Youth Hostels, Inc.
6300 Fifth Avenue
Pittsburgh, Pa. 15232

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