

PITTSBURGH COUNCIL AYH

SHARING

etc.

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POLING & CLIMBING BACKPACKING &

SKIING CAVING & CANOEING LEARNING SKILLS MEETING PEOPLE

& CROSS COUNTRY SKIING & CYCLING

HIKING SHARING EXPERIENCES CANOEING & RAFTING

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PITTSBURGH COUNCIL WELCOMES

NATIONAL BOARD OF AYH

Cliff Ham

The National Board of AYH will meet in Pittsburgh on the weekend of October 15-16-17, having cordially accepted an invitation from our Pittsburgh Council.

Needless to say, we need the help of many of our local members to insure our visitors a pleasant and enjoyable stay. Help will be definitely needed in the following areas :

1. 12 places for accomodations, Friday & Saturday evening for Board Members.
2. Preparing a sheet of directions from and to the airport, and driving directions.
3. Listing of some "good" Oakland restaurants
4. An organizer to handle the accomodations for the Board members.
5. Planning a "pot-luck " supper Saturday Evening (Oct.16.).
6. Making available hotel information
7. Providing snacks Friday and all day Saturday evening

If you would be at all interested in helping out with the planning and organization of this affair, please contact Cliff Ham at 687-4960.

#####

WOULD YOU BELIEVE..... ?????

Jor Hoechner

A Pittsburgh Council Calendar for 1977 Sure, why not, plan ahead a few months.

Hostel storekeeper, Joe Hoechner, has one in the planning stages now. This calendar would be 8 1/2" x 14" black and white format with appropriate illustrations for each month. The weeks of each month would start on a Monday with more space allotted to the weekend, for jotting down AYH trips planned.

Certain Council activities such as OpenHouse, Picnic, Cook Forest & Morgantown Weekends, etc., would be noted in their respective places, along with certain other AYH "trivia ". If you have any Black & white photos or drawings that you would like to contribute to the cause call Joe at 343-2465.

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ACTION NOW : BASIC LIFE SUPPORT

by

Lurana Patterson, RN, REMT

The last two articles in this series deal with basic life support. Basic life support is the procedures consisting of :

1. Recognition of airway obstruction respiratory arrest, and cardiac arrest.
2. Proper management of the above conditions by means of cardiopulmonary resuscitation (CPR) which includes the techniques of artificial ventilation and external cardiac (heart) massage

Many of the emergencies discussed in this series, for example, anaphylactic shock, burns, facial fractures, head injuries, drowning, and shock have the potential for causing respiratory and cardiac arrest (stoppage of breathing and heart action). Although these injuries are, fortunately, the least common that a hosteller will confront, proper management of the problem has great potential for saving life.

Basic life support includes the A-B-C steps of CPR :

A - AIRWAY	AIRWAY control	Cardiopulmonary Resuscitation
B - Breathing	and Artificial ventilation	
C - Circulation	Artificial circulation	

The ABC's of the basic life support should be started as quickly as possible after recognizing that a problem exists. This article will deal with the airway control part of the ABC'S.

ARTIFICIAL VENTILATION

Opening the airway and restoring breathing are the essential steps of artificial ventilation. Artificial ventilation is the emergency treatment for airway obstruction and respiratory arrest.

An obstructed airway occurs in an unconscious person as his head falls forward. This permits the tongue to fall back into the throat closing off the air passage to the lungs. Foreign material in the throat such as vomitus, blood, or broken teeth also obstructs the airway.

Respiratory arrest is the absence of effective breathing. Respiratory arrest can be caused by an obstructed airway, head injuries, shock, or drowning.

PROCEDURE FOR ARTIFICIAL VENTILATION :

The first step in artificial ventilation is to determine the victim's level of consciousness. The rescuer determines the level of consciousness by shaking the victim's shoulder and calling to him. If the victim does not respond, the rescuer should then OPEN the AIRWAY by tilting the victim's head backward.

To perform the head tilt the rescuer places himself alongside the victim's shoulder. He puts one hand beneath the victim's neck and the other hand on the forehead. He then lifts the neck with one hand and tilts the head back by pressing on the forehead. This maneuver extends the neck and lifts the tongue away from the back of the throat.

If the victim has a NECK OR SPINAL CORD INJURY or if the head tilt is ineffective in opening the airway, the rescuer uses the triple airway maneuver. In the maneuver the rescuer:

1. Moves to the top of the victim's head and places his index fingers behind the angles of the victim's jaw.
2. Pushes with the index fingers to move the lower jaw forward, giving the victim an overbite.
3. Uses the thumbs to push the lower lip open to open the mouth.

After opening the airway, the rescuer checks for the presence of breathing by :

1. LOOKING for the rise and fall of the chest. When looking for respiratory movements the first aider should place his eyes at the level of the victim's chest and turn his head so that he is looking toward the victim's feet. In the normal breathing the chest rises and falls smoothly with each breath.
2. LISTENING for the passage of the air into and out of the victim's nose and mouth and for the sounds of an obstructed airway such as snoring or gurgling. The rescuer places his ear near the victim's nose and mouth as he turns his head to look toward the victim's feet.
3. FEELING for the movement of air against the cheek while looking and listening.

If the rescuer does not see any rise and fall of the chest and does not hear or feel any air moving in and out of the nose and mouth, the victim is in respiratory arrest. At this point the rescuer must begin artificial ventilation.

To perform mouth-to-mouth ventilation, the rescuer uses the hand behind the victim's neck to maintain the head tilt. He uses the thumb and the index finger of the other hand to pinch the victim's nostrils together and maintain pressure on the forehead to keep the head tilted. The rescuer then OPENS his MOUTH WIDELY takes a deep breath, makes a tight seal with his mouth around the victim's and blows into the victim's mouth. He then removes his mouth, turns his head to-

wards the victim's feet to allow the victim to exhale. The rescuer can check for adequacy of ventilation by :

1. Seeing the chest rise and fall with each breath
2. Feeling in his own airway the resistance of the victim's lungs as they expand
3. Hearing and feeling air escape during exhalation.

The initial attempt at mouth-to-mouth ventilation should be four quick, full breaths without allowing time for full lung deflations between each breath. After these four initial breaths, the rescuer ventilates the victim once every five seconds, as long as the victim is not breathing.

The first effort by the rescuer to ventilate the lungs will indicate whether or not the airway obstruction is present. If the rescuer cannot ventilate the victim even after opening the airway and making a tight seal around the mouth, he must check the airway for foreign matter. To check for foreign matter, the rescuer opens the victim's mouth by placing his thumb on the lower teeth, and crossing the index finger under the thumb to push against the upper teeth. Use a spreading action of these two fingers to force open the jaws. Run the fingers of the other hand down the inside of the victim's cheek deep into his throat and up along the other cheek, sweeping out any foreign matter. After sweeping out the foreign matter, try to ventilate the victim in the manner described earlier. If mouth-to-mouth ventilation is still unsuccessful, roll the victim onto his side toward the rescuer and deliver several sharp blows to his back between the shoulder blades. Sweep out any matter dislodged by this maneuver. Roll the victim back onto his back and try to ventilate, using the technique discussed above.

The mouth-to-mouth breathing procedure differs somewhat in size of breath and frequency of breathing in children under 12 years of age and in infants. In children the rescuer opens the airway discussed above and delivers a normal sized breath, 12 times a minute. In infants the rescuer tilts the head back very slightly since the extreme head tilt necessary for adults causes an infants breathing passage to close off. The rescuer covers the infants mouth and nose with his mouth and blows small puffs of air from his cheeks into the infants lung. The rescuer should ventilate the infant every 3 seconds which is faster rate than for adults.

Remember it is important to begin mouth-to-mouth ventilation quickly in the event of respiratory arrest or airway obstruction since every minute of delay increases the chances of permanent brain damage or death.

It is impossible to learn, much less master, the technique of mouth-to-mouth ventilation by reading about it. Supervised practice on manikins is essential for mastery. Contact the American Heart Association for information about courses and practice manikins.

The contents are solely the responsibility of the author, Lurana Patterson, RN, REMT, of the Western Pennsylvania Regional Medical Program.

#####



When trekking along the trail, carrying all your anticipated needs in your pack, you will have found that your favorite munchies will have to be packaged. Except for freeze-dried foil protected out-fitter foods. Even cereals will be more convenient when measured beforehand, perhaps mixed with the appropriate amount of dried milk, and stuffed in a small plastic bag.

Solid butter or more resistant margarine sticks, will unfold themselves in a gooey paste, or on really hot days, they'll waterproof your socks with an appetizing oil of oleo smell. To combat this unwanted phenomenon, it is better to stuff your spreads, peanut butter, or marmalade in a container with a tightly fitting cap. However, deep, depression of the trail-tired spirit can set in when you cannot reach under the neck of your small-mouthed jar to scrape the last of that heavenly quince and pomegranate preserve out. Even your long finger will not reach.

Avoid the original glass container. Sifting the razor sharp splinters from the peanut butter and jelly will leave you feeling you uneasy. Hard polyethylene containers are good, although an unhappy plastic flavor will sometimes penetrate your stash saved for the end of the trip. Very good, but more expensive are those refillable Gerry Tubes, Good to the last squeeze.

When I plan a menu for small groups, I buy food for the exact number of breakfasts and dinners, and one extra lunch beyond calculated needs. This should tide you over any unforeseen circumstances. Lunches consist of breads and spreads; some solid breads (four big slices/person per meal); hard deli-breads keep better. That two pound, foot & a half long, fluffy loaf will compact itself into a curiously flat foot & a half marshmallow-loike ooze. Rye bread for some mysterious reason keeps fresh the longest, up to four or five days; whole-wheat bread becomes stale the soonest.

As for meats & cheese, lunch meats keep from spoiling for a day or two in cooler weather; hard salami, & Lebanon baloney keep much longer. Soft cheese, such as Muenster or Monterey Jack, sweat their oil in hot weather but do not spoil on a weekend trip. Harder cheeses are good, such as Jarlsberg or Gouda; chunks keep much longer than domestic, pressed processed slices.

As for preserves, cans with tight fitting tops are fine, but any former contents which you can smell will effect the taste. That wonderful old tin from your grandfather's Old Blarney Irish Snuff will keep the peach preserve from spilling, unfortunately it will taste like an Irish barnyard after a day or two. Dry goods, such as lemonade, especially in a plastic bag, will not absorb odors as readily. Small, six ounce peanuts cans with soft plastic snap tops are useful for dry goods. And last but not least, fill up that aluminum cook kit with smaller plastic bags, containing ingredients for dinner, interdispersing the left over spaces with cheese, keeps it cooler during the heat of the day.

#####

BOOTS & BACK PACKS...



Purveyors of the best mountain gear, clothing and trail food plus outstanding casual wear.

New hours:

Monday, Tuesday, Saturday 9 till 6 p.m.
Wednesday, Thursday, Fridays 9 till 8 p.m.
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PENNSYLVANIA - RECREATION PLAN

by

Cliff Ham

The Governor's office of State planning and Development has just published, a Penna. Recreation Plan, a summary of which is at the AYH headquarters. The study examines needs and outlines programs that are necessary for continued recreation throughout the state.

FINDING : Although bicycling has the highest incidence of participation.....needs of the bicyclist are not being met....no agency has been designated to provide programs and facilities to meet the growing demands

RECOMMENDATIONS : PennDot should be charged with the designing, acquiring, and building bicycle facilities. The rights of cyclist to use public roads should be clearly defined in UNIFORM VEHICLE CODE. All comments are welcome, write, Planning and development, Harrisburg, Box 1323, 17120.

MORE ON THE PENNA. RECREATION PLAN

Hiking is dependent on the trail systems in wooded areas. There does not appear to be a deficiency in trails at the present time. However, were hiking is dependent on unbroken, undisturbed passages, future development could be curtailed. There is a need to identify trail networks and to coordinate preservation and development networks.....

SUMMARY : Facility Needs

1. Bicycle paths
2. tennis courts
3. swimming pools
4. ice skating areas
5. playgrounds
6. hiking trails
7. vehicle trails
8. ball parks ; 9. picnic areas
10. natural swimming areas

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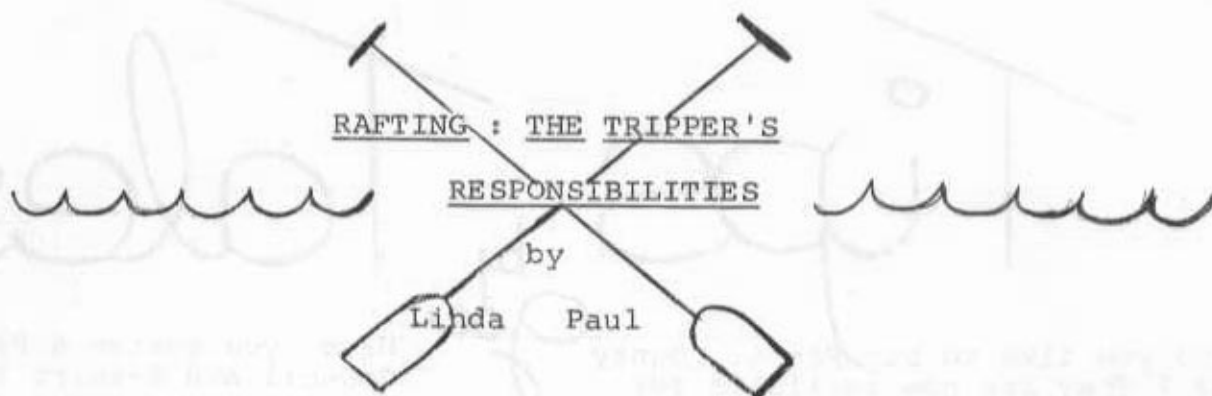
SCHOLL'S BICYCLE CENTER

406 PERRY HIGHWAY

PITTSBURGH, PA 15229

PHONE 412/931-6711

(WEST VIEW)



1. Bring appropriate equipment, lunch, rafting shoes, appropriate clothing (wool in colder weather), and a change of dry clothes.
2. Make sure your equipment - personal gear, paddle, life jacket, is loaded into the cars.
3. Make yourself useful. You must help load rafts, inflate rafts, carry rafts up HEARTATTACK HILL, and put away all equipment neatly.
4. Do not abuse equipment. A raft is to be paddled around rocks not through them. Each hostel raft cost approximately \$600.00.
TREAT IT RIGHT
5. Hostel equipment lost or destroyed by trippers is to be replaced by the responsible tripper.
6. Do not straddle the perimeter air chambers while paddling through rapids. This could lead to nasty injuries. Keep all legs inside the raft.
7. Falling out of the raft is not a disaster, but take the following steps :
 - a. lay back in the water and get your feet up.
 - b. get behind any boat, to keep it from running you over
 - c. do not try to walk in moving water, swim out.
 - d. float down to the next pool, and wait to be rescued.
8. Be courteous to fellow trippers. Do not hold up the trip, however allow the raft in front of you enough time to negotiate each rapid safely to avoid jam-ups.
9. Follow the leader's instructions, The leader should provide a short rafting school at the beginning of the trip. If you still have trouble controlling the raft, ask for further instruction.
10. If you reserve a spot on a raft trip, consider it a serious obligation. If you are unable to go on the trip, notify the leader as soon as possible. Remember, its only through COOPERATIVE EFFORT that enjoyable trips are had.

#####

Tips by Joe Tales

Would you like to buy Penna. County maps ? They are now available for 30¢ each from the Penna. Game Commission - also state game lands' maps are 25¢ each.

You can write to them and request an index of "Sportsman's recreation Maps", or just list the counties you want and make a check out for the total cost to :

Penna. Game Commission
Box 1567
Harrisburg, Pa. 17120

#####

Hey, Bicyclists , Do you ride at night ? Are you fed-up with little "Mickey Mouse " head and tail lights ?

Hope is Here There is a company in Virginia that specializes in Bike lights. Write now to request their phamplet/price list :

Bicycle Lighting Systems
6334 Crosswoods Drive
Falls Church, Va. 22044

Please note, THEY ARE EXPENSIVE .

#####

Do you plan to Bicycle tour in the state of North Carolina this summer ? Well, that state has a Bike Route study in work right now.

You can send for the Bike Route information, write to :

Mr. Curtis Yates
N. Carolina Dept. of
Transportation
Raleigh, N.C. 27611

#####

Have you gotten a Pittsburgh Council AYH T-shirt ? Hostel storekeeper, Joe Hoechner, reports that they are selling very well. In fact the yellow shirts (\$ 3.00) will probably be sold out by this fall.

There are still plenty of white shirts in sizes small, medium, & large, and the price only \$2.50.

#####

Say, have you heard of the new T.V. series planned for this fall ? It's to be called the "BIONIC BICYCLIST ".

It's about an outstanding cyclist who has a near-fatal crash while out riding - he and the bike get really messed up .

Luckily, a scientist & a bike shop owner, come upon the wreck, and thru their efforts the rider and his bike are literally put back together.

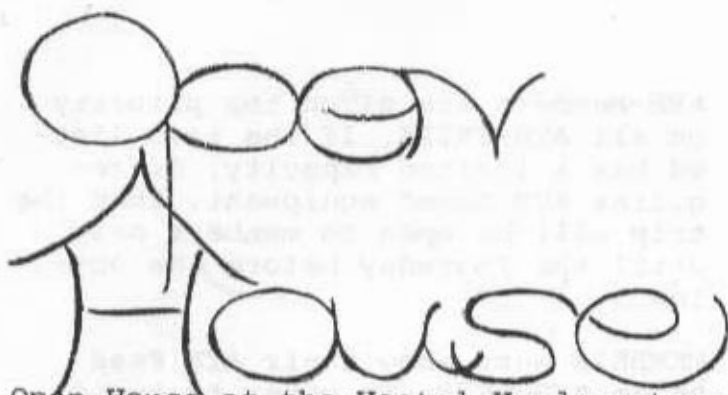
Sounds good, lets hope the series gets rolling along, O.K.

#####

Are you planning a cycle trip to the Laurelville Youth Hostel This month ? Joe Hoechner has a 50 mile route mapped out on topo maps. If you would like to check out the route give Joe a call @ 343-2465.

Don't forget to make reservations with the Hostel. Phone # 423-2056.

#####



Open House at the Hostel Headquarters is held every Thursday evening. Doors open at 7:45 with a program at 8:45. The programs are always of interest to old, new and perspective AYH'ers.

Our open house is for all members, as well as nonmembers. This is a great time to see friends, to reminisce about the thrills of last week's raft trip, and to make plans for future trips. If you're a perspective member, this is an ideal time to meet ATH'ers, and discover the ART of having FUN.

AUG. 5 Sing-along with Mike Deroy. Bring your recorders, guitars or voices. We'll sing on the lawn in front of the headquarters - if it doesn't

AUG. 12 J.D. Meyers will take all interested to the SOUTHWEST. The show is "Desert Scenes and Flowers". Don't miss it.

AUG. 19 Hmm, I wonder if that bit of greenery is edible? While out in the woods, I'm sure ... thoughts have crossed your mind. Bob Moran will shed some light on the subject with his slides on, "Edible & Poisonous Plants".

AUG. 26 "The Odd Couple Pickles the West", Bob Goff and Arv Westland (the fastest kisser in the West.) return for what promises to be a fun show.

EVENING CYCLE TRIPS

Every Tuesday & Thursday rides are from 6:30 -8:30, starting and leaving from the Hostel. Bicycles may be rented for 50¢. Reservations must be made before the ride. If you are renting a bike, you must be at the hostel no later than 6:15.

LEADERS : If you cannot make the ride, please get a replacement. Come on the trip before yours, to get the key and the trip after to pass it on. LEADERS, try to be at the Hostel at 6:00.

CYCLISTS : You will be riding at dusk, you NEED a LIGHT. Wear bright clothing, and carry a spare to guard against a flat.

AUGUST

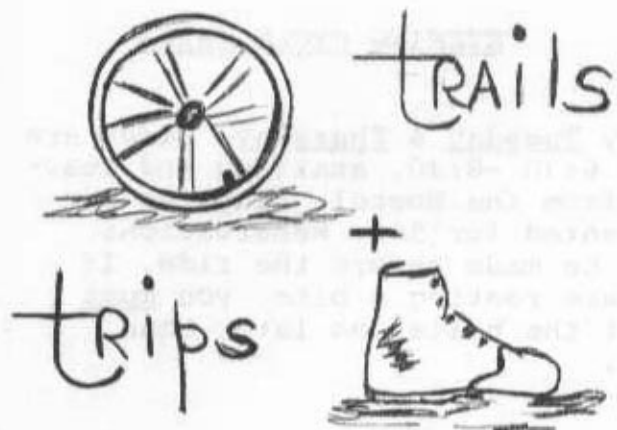
3...	Aylene Harper	462-9371	&
	Mary Hester	678-6044	
5...	Gary Ludwig	521-4964	
10..	Ed Sieger	561-4790	
12..	Mike Deroy	371-6943	
17...	Jill Stockmal	431-4945	
19...	Joe Curlee	422-9672	
24...	Elaine Merisko	271-0831	
26...	Warren Kennedy	682-0255	
31..	John Alexander	486-3359	

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WANT AD : New motorcycle helmet-never used. Medium size Green Metal Flake color. Only \$12.00. If interested call Joe at 343-2465.

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AYH-Members are given top priority on all AYH-TRIPS. If the trip listed has a limited capacity, or requires AYH owned equipment, then the trip will be open to members only, until the Thursday before the outing.

MEMBERS must show their AYH Pass on an AYH-TRIP, in order to avoid the non-member fee.

The non-member fee is \$2.00 (50¢ for registration plus a \$1.50). If the non-member purchases an AYH-Pass within 30 days of the trip, the \$1.50 will be credited to the purchase of the pass. Only one credit will be used per pass.

REMEMBER, make your reservations early, and if you cannot make a trip, call the leader and cancel, so that the place may be made available to another anxious AYH'er.

Fri. July 30 thru Aug. 1. State College Cycle - Join Larry Hull & Joe Hoechner for a weekend of cycle camping in the country. Two rides each day for intermediate and advanced cyclist. Camping will be in the beautiful Bald Eagle State Park. Oh, there will also be swimming. For more information call Joe at 343-2465.

Sat. July 31 thru Sun. Aug. 1. Canoe Camping - An easy flat water trip on the upper Cheat Lake, camp one night. Bruce Sanquist is leading. For more details call him at 327-8737.

SAT. Aug 7 Ever been to the Summit Inn on Route 30 east of Uniontown? Well, neither has Dave Gasvoda --- but he's been inside the mahogany and wicker dining room and likes it. Plan is to have a scrumptious lunch at the inn (attention Ben Brugmans) and walk it off in the nearby Lick Hollow. Reservations a must. Call Dave at 681-2435. Cost \$3.00 plus lunch.

Sat. Aug. 7 CANOE SCHOOL II - If you have survived are previous schools and are still determined, check with Gordon Bugby, at 371-4233 (before 10 P.M.).

Sat. Aug. 7 A surprise bicycle ride - Skip hasn't decided where to ride, but he does know that he will ride. If you would like to join Skip , and peddle the rolling hills of the Penna. countryside, call 683-0053.

MORE TRIPS AND MORE TRAILS

- SUN. Aug. 8 WHITEWATER CANOEING. Ray Gonda will lead a trip for experienced paddlers. Cost should run about \$7.00. See Ray at the open house, Thursday night.
- SUN. AUG. 8 Jack Batchelor tries his luck, once again on the Yough. If he handles a paddle like a peddle the day should be quite a thrill. If you would like to join Jack on the river, call Jack at 963-7868.
- Fri. AUG. 13 CANADIAN CANOE CAMPING. The annual Howard King Canada thru
Sun. AUG. 22 Trip on the RIVIERE ROUGE in Quebec. Intermediate whitewater experience required. Nine nights camping. Call Howard at 264-1386, for additional information.
- Sat. AUG. 14 Canoe trip to the wilderness area of ALGONQUIN Park.
thru
Sat. AUG 21 Will need some canoeing experience. Cost about \$50.00. If interested, please call Bob Schatz at 242-1898.
- Fri. AUG. 13 Join Norm Synder in a cool cave, a nice way to beat the thru
Sat. Aug. 14 the heat. If interested in joining Norm call him bet- 6& 7 Sun thru Thurs. at 351-4068.
- Sat. AUG. 14 Intermediate hike - 10 to 15 miles. Bring lunch and raingear. The group will depart from the hostel at 8:30. For more information, see Joe Curlee at Thursday night open house meeting.
- Sat. AUG. 14 Rafting on the Yough with Joe Hoechner. A good time guaranteed and hopefully good weather. Bring lunch, tennis shoes and dry clothes. Call Joe at 343-2465 for more information.
- Sat. Aug. 14 A bicycle tour from the hostel HQ to North Park and Back. Tony Trosan will lead. Total riding distance will be under 35 miles. A lunch and normal repair equipment should be carried. . The route is pleasant, in places surprisingly scenic, and will be covered at the pace of the slowest rider. Tony plans to describe the ride in the BICYCLING GUIDE, and would appreciate note taking assistance. For information call Tony at 776-3319
- Sun. AUG 15 Another infamous Joe Curlee Raft trip on the Yough. Join Joe for a good day. Call & reserve at 422-9672.

AND MORE TRIPS

- Sun. August 15 THE SECOND INTERNATIONAL TOUR OF MILL CREEK PARK -
The ride is sponsored by the Out-Spoken Wheelman of Youngstown, Ohio. The ride is classified for Nature lovers and super-bikers. The ride is a 23 mile leisurely excursion through Mill Creek Park, which has three lakes, boating, and beautiful gardens. The entry fee for the ride is \$2.00 which includes a super lunch, and a ROSE garden. If you are interested in joining the Wheelman, contact Arni Nashbar, 6187 West Blvd., Youngstown, Ohio, 44512, (216) 758-0848.
- Fri. August 20 Join Joe Hoechner for a "Roscoe Ramble" in Cosh-
thru octon, Ohio. Do a 124 mile tour of the Ohio Canal
Su. August 22 area with the Akron Bicycle Club. See Joe for
applications. Fees range from \$3.00 to \$20.00.
For more information call Joe at 343-2465.
- Sat. August 21 Joe Curlee is still loose on the Yough. Bring lunch,
rafting shoes, & dry clothes. To reserve call Joe
at 422-9672.
- Sat. August 21 Intermediate Hike on the Laurel Highlands Trail.
Bring, lunch, raingear & meet at the Hostel at 8:30.
For more details on the hike call Dick Nugent at
487-5549.
- Fri. August 28 Warren Kennedy will lead his Second Antietam Battle-
thru field bike tour. The tour will start at the Kiwanis
Sun. August 30 AYH Hostel at Sandy Hook. Warren will be cycling
through Antietam, with a side excursion into
Harper's Ferry. This will be a great weekend to
brush-up on your Civil War History. If you are at
all interested call Warren at 682-0255.
- Sat. Sept. 4 LABOR DAY WEEKEND - Cycle, camp, swim & Hike. Getaway
thru for a \$5.00 weekend (maybe) with Joe Hoechner at
Mon. Sept. 6 Barkcamp State Park, Ohio. Free campsites. Freefirewood
Need camp gear for three days, 2 nights, buy food near-
by. Swim in the lake and hike in the park. Sag-wagon
driver wanted. Reserve by Aug. 26 th, call Joe at
343-2465.

A canoe school for VERY BEGINNERS will be held on some Wednesday evening. If you're interested in a get acquainted session, contact Gordon Bugby at 371-4233 or talk to him at the open house.

#####

FUTURE TRIPS

O.K., Moby Dick fans, this is it. Dave Gasvoda wants to spend a weekend (more or less) swimming, sailing, harpooning, studying history, and going into histrionics at the AYH Hostel on Nantucket Island.

When ? Mid to late September is when. Shipmates are advised to apply at the Pequod at 681-2435.

#####

Joe Hoechner is making plans to cycle in Ohio for either the "Hancock Horizontal Hundred " on Sept. 12, or the "Sesqui-century (150 mile) ride at Marion on Sept. 18 & 19.

If you would like to do some flat long rides, give Joe a call at 343-2465. After all you've had all summer to get into shape

#####

Here's your chance to experience the thrills and beauty of the Grand Canyon, with Pittsburgh Council's one and only spelunker, Norm Snyder.

Norm will be backpacking in one of the most exciting areas of the canyon, THUNDER RIVER. The trip will leave Sept. 24 and return Oct. 10. For more information call Norm at 351-4068, between 6 & 7, Sunday thru Thursday.

#####

M.T.O.S.R.V. - The Mini- Tour of the Scioto River Valley. Here's your chance to start training for TOSRV '77, and also to earn the 75 in 7 and 25 in 3 AYH cycling patches. Tentative date Sept. 18-19. For more information call Phyllis Blumberg at 422-9383.

#####

GOLDEN TRIANGLE

The Golden Triangle is a monthly publication of the Pgh. Council of the American Youth Hostels, Inc.

ADDRESS 6300 Fifth Ave.
Pittsburgh, Pa. 15232

PHONE 362-8181 (Thur. even.)

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Production..Aileen Pastorek & the few faithful AYH'ers who are always willing to give a hand, that's appreciated.

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DEADLINE FOR SEPTEMBER ISSUE

AUGUST 12

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>August</i>						CYCLE & TRIP CANOE CAMPING 1
	CYCLE		CYCLE		CANOE II	RAFTING
2	3	4	5	6	7	8
	BOARD MEETING		CYCLE		HIKE	RAFTING
9	10	11	12	13	14	15
	CYCLE		CYCLE		"ROSCOE RAMBLE"	
16	17	18	19	20	21	22
23	24 CYCLE		CYCLE		ANTIETAM TOUR	
30	31	25	26	27	28	29

Pittsburgh Council
American Youth Hostels, Inc.
6300 Fifth Ave.
Pittsburgh, Pa. 15232

Non-Profit Organization
U.S. Postage
Pittsburgh, Pa. 15232
Permit # 127

ADDRESS CORRECTION REQUESTED
RETURN POSTAGE GUARANTEED

" A WEEKEND WITHOUT AN AYH TRIP
..... IS LIKE A DAY WITHOUT SUNSHINE "

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