

**YOU'VE GOT A FRIEND IN PENNSYLVANIA**

**ADDRESS CORRECTION REQUESTED**



Pittsburgh Council  
**AMERICAN YOUTH HOSTELS INC.**  
6400 FIFTH AVENUE  
PITTSBURGH, PA. 15203

LIBRARIAN AYH & PLAT VIP  
1632 DENNISTON AVE.  
PITTSBURGH, PA. 15217



NON-PROFIT  
U.S. POSTAGE PAID  
PERMIT #127  
PGH. PA. 15232

THE GOLDEN TRIANGLE

Vol. 34

No. 6

JULY, 1983

WHEN.....

YOUR TENNIS

START TO MELT ON THE  
SIDEWALK.....

...AND...YOUR SWEAT SOCKS ARE  
SWEATING EVEN WHEN  
YOU DON'T HAVE THEM  
ON.....

...YOU KNOW.....

...THAT ITS TIME.....

...TO.....

**GET OUT OF TOWN!!!!!!!!!!!!**

WITH  
PITTSBURGH COUNCIL, AMERICAN YOUTH HOSTELS  
6300 FIFTH AVENUE, PITTSBURGH, PA 15232



Pittsburgh Council  
**AMERICAN YOUTH HOSTELS INC.**

6300 FIFTH AVENUE  
PITTSBURGH, PA. 15232

The GOLDEN TRIANGLE is the monthly publication of the Pittsburgh Council, AYH. The contents are the responsibility of the editors.

EDITORS Carole Haim, Jeri Walsh-Allis  
PRINTING Irwin Nauman  
PLATES Jim Allis  
MAILING Don Hoecker, Roy Weil  
TIPS AND TALES Joe Hoechner  
PRODUCTION Don Hoecker  
COVER

\*\*\*\* \* \* \* \* \*

DEADLINES FOR AUGUST ISSUE: July 7...All ads, trips, articles.  
July 21..Production Party

\* \* \* \* \*

OPEN HOUSE is held every Thursday at Headquarters, 6300 Fifth Avenue, next to the Pittsburgh Center for the Arts. HQ is open by 8 pm for socializing. The slide show generally starts at 8:45. Monthly production parties are held after the slide show (on the last or next-to-last Thursday of the month) so we can assemble the TRIANGLE for mailing, as well as get caught up on the news, hear about different trips and get to know one another. SEE YOU THERE!

\*\*\* \*\* \* \* \* \* \*

AUGUST SLIDE SHOWS.

aug 7 An outing in Ohio by Dan Martt  
aug 14 Yosemite and Turtle Creek National Parks by Patrick Alliot  
aug 21 Summer in Scandinavia by Dick Vanderbeck  
aug 28 'Margin for Error', a film on water safety.

\*\*\*\*\*

THANKS TO LAUREN DUTZIK FOR A SUCCESSFUL BANQUET IN APRIL.

AND THANKS TO SHELLY WERNER AND BILL JOHNSTON FOR A WELL-ORGANIZED MORGANTOWN WEEKEND. IT WAS SO ORGANIZED THAT THEY EVEN HAD RAIN.

-WAYNE ALBRIGHT

\*\*\*\*\*

FOR SALE: Ten-speed bikes-Women's Raleigh Super Course, alloy rims, 531 tubing, Weinan brakes, beautiful condition, 250.00. Gitane-22" excellent first 10-speed for child. Nice condition, 100.00. Make offer on both.. Elly and Bob Fleischman, 795-0539.

AYH MEMBERSHIP APPLICATION

AYH memberships are available at any Open House meeting. If you are unable to attend a meeting, you may wish to fill out the application found at the bottom of this page and send it, along with your check, made payable to 'Pittsburgh Council, AYH' to:

AYH Membership  
6300 Fifth Avenue  
Pittsburgh, Pa. 15232

Allow 3-4 weeks for delivery of your hostelling pass. NOTE: Membership also sells International Hostel Guide to Europe for \$7.00 by mail and \$5.00 at Headquarters.

CHECK ONE:

☐ \$7.00 Youth  
☐ \$7.00 Senior Citizen(60+)  
☐ \$14.00 Senior (18-59)  
☐ \$21.00 Family  
☐ \$35.00 Organization (non-profit)  
☐ \$35.00 Three-year Senior \*\*  
☐ \$140.00 Life \*\*  
\$ \_\_\_\_ Tax Deductable Donation

OUR COUNCIL is a volunteer organization. There is always need for leaders and people willing to donate their time and skills for the purpose of maintaining and improving our Council. If you are interested in contributing your efforts to any of the activities or service-oriented areas, please contact a member of the Activities Board, or attend a Board meeting.



\*\*BEST BUYS DUE TO OCT 1 INCREASE!

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_ NEW/RENEWAL \_\_\_\_\_  
BIRTHDATE \_\_\_\_\_

# RAFTING

Gus Hughes 469-1295

Bring lunch(including some to share with the leader), tennis shoes, dry clothes, suntan lotion(guarantees rain) and warm clothes(wool) if it is cool.

sat jul 9 Raft the Mighty Cheat Canyon if there is enough water. See 'Big Nasty', 'Even Nastier', 'High Falls', and much more up close and personal. Call Gus Hughes 469-1295 for reservations. Trip will meet at 6 am(UGH!).

sun jul 10 YOUGH- the whitewater capital of the East. Leader will be announced. Call Gus Hughes at 469-1295 for information after jul 4. Meet at 8 am.

sun jul 17 YOUGH-Leader Shirley Sedmak 242-1573.

sun jul 31 YOUGH-Joe Hoechner 373-3403. Meet HQ 7 am.

AUGUST TRIPS ARE ALREADY SCHEDULED FOR THE 14th and 28th.  
WANT TO LEAD A TRIP??? See Gus Hughes.

## HOSTELING the High Road to Adventure

*If you want to experience the world for yourself, and FEEL the countryside as well as see it, the youth hostel way is for you. Join American Youth Hostels and make your AYH Pass your key to over 5000 hostels in 50 countries. Send in this coupon and get the details... for the time of your life.*

- ☐ I want to join AYH. Enclosed is \$14.00 (\$7.00 if under 18), sign me up and send me my hostel pass, AYH Handbook, and other materials.
- ☐ I'm interested but would like more details — send me your FREE brochure on American Youth Hostels.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Birthdate \_\_\_\_\_



American Youth Hostels  
6300 Fifth Avenue  
Pittsburgh, PA 15232

(412) 362-8181

SURPRISES MAKE LIFE WORTH LIVING. One of the biggest surprises of my life was the surprise birthday party at AYH Headquarters for me on May 12, 1983. I was dumbfounded, speechless, flabbergasted, red in the face, and thrilled to think that I had so many friends. My wish for all of you is that on your SEVENTY-FIFTH birthday, you too will have a pleasant surprise!

I love you all,

John W. Hayes

\*\*\* \*\*

TIPSANDTALESANDTIPSANDTALESANDTIPSANDTALESANDTIPSANDTALESANDTIPSANDTALES  
by Joe Hoechner

A new hostel has opened up in Key West, Florida, if you are planning a trip down that way, perhaps before or after hurricane season, do stop in. Call them at (305) 296-5719 or write to Key West Hostel, Box 382, Key West, FL 33041 (members rates are \$6.50, non-members rates are \$7.50)

HANDBOOK CORRECTIONS: The 1983 Handbook has the wrong phone area code and zip code for our Bruceton Mills(morgantown) W.V. Chestnut Ridge Camp Hostel. The correct area code is (304) and the address zip code is: 26525.

If you are heading to Boston this summer look for a new International H0stel to open there in mid-July. Contact the Greater Boston Council AYH for more details. (617) 731-5430.

WANT TO ENJOY LIFE? A Life membership with AYH that is. For the months of July, August and September you can get one(that's all you need) for only \$140.00. As of Oct 1, rates go up to \$200.00. If you would like more than one life membership, that's fine too—buy some for your friends and lovers.

\*\*\*\*\*

...and more info....from Barry Govenor....

The July 1983 issue of Backpacker magazine has a good article comparing the relative merits of camp stoves for those who may be thinking of purchasing this item.

Also—climbing is not as difficult as you may think. Backpacker discusses two of the country's prime climbing areas(Boulder and the Gunks)

\*\* \*\*

FOR SALE- size 11 men's EB climbing shoes. Good condition. Call Barry at 421-7114.



## RAFTING

After a slow start, AYH rafting is ready to roll. June trips, which did not make the TRIANGLE will have run down the mighty Cheat Canyon, and the Yougheny at Ohioyle. July includes more of the same. Other trips will be run this year on an impromptu basis so keep in touch by coming to meetings. Joe Hoechner has yet to schedule his family float trip down the Middle Yough, which is always on the enjoyable side, at least until you start feeling the sunburn. August may include a run down the New River, which many call the Grand Canyon of the East. The weekend of August 20 and 21 comes to mind with Saturday spent running the big water and Sunday a float trip on an easier section. In September several assaults at the Cheat Canyon will be attempted. In October, hold on to your hats...its the incredible GAULEY! One day will be spent running the Upper stretch in an 8-person raft while the second day--devil may care--the lower section will be run in 4-person rafts!!!!

REALLY INTERESTED? Become a raft leader. Anyone serious about learning to lead a raft trip can go along for free on any raft trip-that can include training. Feel the confidence of controlling your own fate in the middle of a churning, twisting, mass of white water. All raft trip leaders and leader trainees will have first crack at the New and the Gauley river trips, which will be limited to 8 people on the first day.

\*\*\*\*\*

## NOMINATIONS FOR NEXT YEAR'S ACTIVITIES BOARD

The nominations committee is getting into action again, and they need some help. First, we need two or three interested members who are not currently on the Activities Board or Board of Directors to serve on the Nominations Committee. Contact Joe Hoechner, Larry Laude, or Chuck Ejzak if you are interested. Second, we want people to serve on various committees. In addition to the activities such as: Rafting, Caving, Skiing, Climbing, Bicycling, Backpacking, Hiking, Canoeing, Kayaking, and Volleyball, there are other offices such as President, Treasurers, Secretaries, Headquarters, Triangle Editors, Hostel Development, Hostel Operations, Program, Environmental Service\*, Franchise, Librarian, Trips and Trails, Publications, Membership, Special Projects, Trails Coordinator, Service, and the Board of Directors. Relax--most of the offices are filled, but many of these committees can use your help. If you have questions about any of these or would like to help out on any of the above committees or in some other capacity, call Chuck Ejzak(466-6196), Larry Laude(665-9554) or Joe Hoechner(373-3403). We can use your help.

hiking continued.....

- sat jul 23 INTER- Destination to be announced.  
Meet at HQ at 8:30. Call Eric Bauer at 687-1766.
- sun jul 31 INTER. Glacier Ridge Trail in Moraine State Park. Call Shirley Sedmak at 422-0849. Meet at HQ at 9 am.

KAYAKING Ray Yutzy 341-5682 Lou Conley 681-8321

EQUIPMENT: Similar to Canoeing.

- sat jul 2 WWI School. Learn the basics of kayaking on the river. Beginners school or pool sessions are a prerequisite for this school. Trip size is limited so sign up early with Lou Conley 681-8321.
- sat jul 9 WWI( intermediate) kayak trip. Contact Gus Hughes at 469-1295 for information and to reserve.
- sun jul 10 TRIP LEADERS SCHOOL. This school is designed to teach the basics of trip leading to all those interested in becoming kayaking trip leaders. Contact Lou Conley at 681-8321 for further information.
- sun jul 17 Beginners school. Learn the basics of kayaking on a nice calm lake. This school is intended for people with little or no previous kayaking experience. Trip size is limited so sign up early with Lou Conley at 681-8321.
- sat jul 23 WWI School. Learn the basics of kayaking on the river. Beginners school or pool sessions are a prerequisite for this school. Trip size is limited so sign up early with Lou Conley at 681-8321.

NOTE TO THOSE WHO CONTRIBUTE ARTICLES FOR THE TRIANGLE-PLEASE PUT YOUR NAME ON ALL ARTICLES SUBMITTED SO WE CAN INCLUDE BY-LINES!!!!!!!!!!

ADVERTISERS: ALL ADS MUST BE SUBMITTED IN BLACK AND WHITE ONLY. PASTE-UP OR A CLEAN COPY ARE ACCEPTABLE.

# TAKE A FEW MINUTES TO BRING YOUR BICYCLE IN FOR SERVICE



**YOU'LL  
SAVE TIME AND  
MONEY LATER**

**Whether You Need Repairs Or Just A Tune-  
up, This Is The Best Time To Have It Done**

**RON SOLOW'S BICYCLE  
SERVICE**

**2208 MURRAY AVE. (SQ. HILL) 422-0978**

**OPEN 7 DAYS**

HIKING Shirley Sedmak 242-1573

sat jul 2 Orienteering at Laurel Mountain with Cliff and Marilyn Ham. Leave HQ at 9 am. Bring lunch and compass. Instruction will be followed by compass competition. Call 687-4520.

sun jul 3 Trail hike with Rick Ulaky. Meet at HQ at 8:30. Call 422-0849(h) or 231-3666(w).

sat jul 16 Return to the Bear Run Nature area to hike the Peninsula Trail. BEGIN/INTER. Possible side trip to Fallingwater. Date is tentative, so call John Francis for further information at 777-8627(w) or 766-4852(h).

-12-

## SECOND ANNUAL I.T.O.T.N.R.....

IT IS WITH GREAT PRIDE AND TREPIDATION(?) WE ARE VERY PLEASED TO ANNOUNCE our SECOND ANNUAL INTERNATIONAL TOUR OF THE NIAGARA RIVER. (please make note of the spelling, Bob). The TOUR de RIVER NIAGARA (August 6, 7 and 8) is open to Class B and C cyclists as well as non-cyclists (for sightseeing). View such splendid panorama as the Niagara Parkway and Falls, Fort Erie, Welland Canal, Lake Ontario, a horticultural university, Canadian dogs, mounted police and much much more. Lovely accommodations in youth hostel. Trip is limited in size so reserve early, EH? Call Bob Schwartz for information and reservations at 241-4647.

\*\*\*\*\*

### BLACKWATER FALLS WEEKEND

January 20 to 22, 1984

CROSS-COUNTRY SKIING

TOBOGGANNING

DOWNHILL SKIING

HIKING

WHATEVER ELSE.....(video games)

at

BLACKWATER FALLS LODGE

BLACKWATER FALL STATE PARK

near Davis, W. VA.

This has almost always been a great weekend for cross-country skiing and the ski trails get better every year. Limited space is available so mail your reservation and deposit in now. All rooms have twin beds.

NOTE that you get a price break if you choose your roommate now and send in one check for the both of you.

Make checks payable to: Pittsburgh Council, AYH. No cash please. Mail, along with a Reservation Form and a S.A.S.E. to :

Chuck and Lynn Ejzak

6858 Wilson Street

West Mifflin, PA. 15122

(Phone 466-6196 for information)

ALL RESERVATIONS MUST BE MADE BY MAIL--THIS IS A FIRST COME, FIRST RESERVED WEEKEND!!!!!!!!!!

### RESERVATION FORM

BLACKWATER FALLS

Make check payable to: Pgh. Council AYH

Mail to: Chuck and Lynn Ejzak, 6858 Wilson St., West Mifflin, PA 15122

Include S.A.S.E.

NAME

PHONE

NAME

PHONE

\$19.50/person single

\$38.50/double(two persons)

(includes deposit and AYH trip fee) (Duplicate or reasonable copy of

FOR SALE: REI two-person tent, ripstop nylon, urethane coated floor and rainfly. ALSO is lightweight, for bicycle touring. Doesn't leak. Best offer. Call Donna Seidel at 434-3798(w) or 323-2996(home-leave message).

\*\*\* \*\*

#### WANNA GO TO CANADA?

If you are planning to visit our northern neighbors, the Canadian Office of Tourism has supplied us (thanks to Joe Hoechner) with a list of provincial Canadian tourism offices. The addresses are:

EMFOUNDLAND  
P O Box 2016  
St Johns, NF A1C 5R8

PRINCE EDWARD ISLAND  
P O Box 940  
Charlottetown, P.E.I. C1A 7M5

NOVA SCOTIA  
129 Commercial St  
Portland, ME 04101

NEW BRUNSWICK  
P O Box 12345  
Edmonton, NB E3B 5C3

TOURISME QUEBEC  
C P 20 000  
Quebec City, Quebec Q1K 7X2

ONTARIO TRAVEL  
900 Bay St  
Toronto, ON M7A 2E5

RAVEL MANITOBA  
-133 Carlton  
Innipeg, MAN R3C 0V8

SASKATCHEWAN TRAVEL  
3211 Albert St  
Regina, SASK S4S 5M6

TRAVEL ALBERTA  
Box 2500  
Edmonton, AL T5J 2Z4

TOURISM BRITISH COLUMBIA  
117 Wharf St  
Victoria, BC V8W 2Z2

TOURISM YUKON  
P O Box 2703  
Whitehorse, Yukon Y1A 2C6

TRAVEL ARCTIC N W T  
Yellowknife, N W T  
X1A 2L9

\*\*\*\*\*

LEAVE SEPTEMBER 9-11 OPEN for a weekend of bicycling or sailing with a picnic on Saturday, the 10th at Pymatuning Lake. See details next month.

\*\*\*\*\*

EARN TRIP MONEY....The kerosene heater at HQ needs attention. If you are capable of providing repairs, see or call Fred Parker, 824-2638.

\*\*\*\*\*

RAFT AUCTION: A used 4-man raft is now for sale. This raft is in reasonably good condition and should give the occasional user several years of enjoyment. The only problem is it has only one outside chamber instead of two(blow bulkhead) but is airtight and can still be used in whitewater. Great for family float trips and lake excursions. Bids can be placed by mail to Gus Hughes, 106 Duquesne Ave, Dravosburg, PA 15034, no later than July 23. Raft will be sold Aug. 1. Retail price new=\$900.00. Minimum bid-\$75.00. For more information, see Gus Hughes at a Thursday night meeting or call 469-1295.(keep trying, I really do live there)

\*\*\*\*\*

CAVING John Popp 653-6026 Vicki Lineback 422-0296

Norm Snyder 351-4068

sun jul 3 BEGIN-to Bear Cave. A pleasant hike through the woods leads to this underground maze. Roy Provins 687-3898 or Vicki Lineback 422-0296.

fri jul 15- INTER- to Bone-Norman Cave system near Lewisburg,  
sun jul 17 W. Va. Call Dan Martt 687-3898.



Schwinn Bicycles

## KRAYNICK'S BIKE SHOP

**EXPERT SERVICE**

New, Used and Antique Bikes and Parts

For Sale or Trade

5003 Penn Ave., Pgh., PA 15224  
(412) 621-6160



CLIMBING Woj 322-4524 Barry Govenor 421-7114

Karl Morner 521-6404

sat jul 9- INTER-Climbing at Seneca. Leave Friday night.  
sun jul 10

sat jul 9 SHY-BEGINNERS CLIMBING TRIP. This will be a small trip(no more than five) especially for those who wish to try climbing but prefer to do so in a small group. Will go to either High Rocks or White Rocks. Call Jeri Walsh-Allis at 422-2889. Will leave HQ 8:30 am.

sat jul 16- INTER-Climbing at Gettysburg. We will be staying  
sun jul 17 with the bikers at Gettysburg College. Climbs are on very vertical quartzite (5.6+ climbing) All intermediate-type climbers are welcome. Leave Friday night. Contact Dale Vilsack (276-7385) or any of the names listed above.

sun jul 24 BEGIN-Climb at White Rocks(near Uniontown)

sat aug 6 BEGIN Climb at White Rocks(near Uniontown)



# BICYCLING, CONTINUED.....

sat jul 23-  
sun jul 24

BICYCLING LEADERS' DEVELOPMENT WEEKEND-  
Cyclists of any ability who would like to lead trips please come with us to Camp Silver Lake Hostel. Contact Chuck, Lynn or Bob if you want to learn how to become a good leader.

sat jul 23

B-C-SOLAR ROLLERS SPECIAL- 15-20 miles. This will be a novelty ride touring 5 solar home sites in Pittsburgh. Ride will start at 9 at the upper reservoir in Highland Park, and will end in a 'bring your own' picnic with fun and festivities in Highland Park. Call Donna Leban 429-1072(h) 343-4005 x226(w) to reserve. The tour can also be done by car--meet the same place. A charge of \$5.00 goes to the W. Pa. Solar Energy Association. Will stop for lunch on the South Side.

sat jul 30-  
sun jul 31

Bicycle camping weekend with Paul Baughman. Bike to Ohiopyle and stay at the hostel or camp nearby. Panniers available or support vehicle for your gear. Your choice. Call Paul at 446-3675.

sat jul 30

C-Joe Hoechner will do an easy 25 miles to a mystery location. Call Joe at 373-3403.

sun jul 31

B- 60 miles. Join Josh Whetzel at the Mellon Bank parking lot in Ligonier at 10 am, for Ligonier-Johnstown loop.

sun jul 31

C/D-13 or 26 miles in the Sewickley area. A very scenic and leisurely ride with little traffic. Meet HQ to carpool 8:30 am and will try to leave from Osborne School in Sewickley by 10 am. Call Judy Menosky at 242-1573.

## EVENING CYCLES:

thur jul 7

6:45 pm. Beginners join Judy Menosky(242-1573) and Mike Brumer(521-6689). Call if you need a helmet or bicycle.

thur jul 21

7 pm-'You and your TEN SPEED! Let Joe teach you how to shift gears on your bike.

ROCKETS TRAINS PLASTIC MODELS  
R C PLANE ACCESSORIES D & D

# CORAOPOLIS BIKE & HOBBY

ROSS CONCORD

10% DISCOUNT TO AYH MEMBERS  
REPAIRS PARTS ACCESSORIES FOR ALL MODELS

938 FIFTH AVENUE  
CORAOPOLIS, PA.  
264-0982

## TRIPS

AND

## TRAILS

The trips listed here are open to the public, with the exception that AYH members are given priority when the trips is of limited size. Trips costs include a 75¢ registration fee(50¢ for half day or evening) and insurance(\$1000 medical/\$1000 accidental death or dismemberment ),plus transportation and rentals. IN ADDITION, nonmembers are charged \$1.50 per day per person which is deducted from the cost of membership, if you join AYH. Trips are classified BEGINner, INTERmediate, or ADVANCED, with the exception of cycling and water sports.

BACKPACKING Steve Martin 469-3153(h) 462-5000 x6185(w)  
Jack Peth 921-7214(h) 777-5365(w)

fri jul 8-

sun jul 10

BEGIN-A good beginners trip on the Hickory Creek Trail in Hearts Content area of Allegheny Nat'l Forest. Will cover approximately 11 miles. Leave HQ Fri at 7 pm. For more info and reservations call Debbie LaPlaca at 795-4179

# BACKPACKING

CONTINUED.....

Fri jul 15-  
sun jul 24

INTER/ADV- Backpack the Mid-State Trail--100 miles of mountain hiking--plenty of good vistas. For information and reservations, phone Glenn Oster at 566-3042(w) or 364-2864(h).

**bike barn**  
SCHWINN/RALEIGH/BMX  
SALES/QUALITY REPAIRS

412-363-5330  
SERVICE DESK 363-5332  
6023 HARVARD ST. PGH. PA 15206

BICYCLING Lynn Ejzak 466-6196 Bob Schwartz 241-4647(h) 681-2500(w)

Trips are listed according to the following classes: A-Advanced, B-Intermediate, C-easy Intermediate, D-Beginner, E-Learn to Ride. Bring a spare tube, pump, water, lunch and raingear. Helmets are required on ALL AYH trips. They are available as rentals if you do not own one. Bikes and panniers also available for rent.

sat jul 9 C-30 miles. Tour of scenic Westmoreland County with Paul Baughman. Call 446-3675.

sun jul 10 B-Join Dan Martt on the Cecil-McDonald-Hickory loop. 50 miles, moderately hilly. Call Dan at 241-4647. Will meet at HQ 8:00.

Fri jul 15-  
sun jul 17 GETTYSBURG WEEKEND- Tour the battlefields or the rolling countryside fo Gettysburg, PA. Mike and Marta Hurwitz. Class C or B trips will be available. Stay at Gettysburg College. Cost will be about \$35.00. Call the Hurwitz' at 422-9204.

sun jul 17 D-Rank beginners ride. Please bring soap for this festive tour of Eastern Pittsburgh. Meet at HQ at 9:59 am or call Bob ( see phone# above)

Quality Service

Quality Bike

from

**THE BIKE RACK INC.**



Penn Hills  
P.H. Shopping Ctr  
241-1565

Squirrel Hill  
2010 Murray Ave  
521-1565

Murrysville  
4055 Wm Penn Hwy  
327-6430

CANOEING Penny Smith 243-1387

ALL TRIPS MEET AT 8:00 AM PROMPTLY AT HQ

EQUIPMENT: Lunch in a waterproof bag, drinking water, knee pads raingear, hat, swimsuit, dry clothes, non-cotton clothing, tennies, sun protection, large sponge, strap for sunglasses, or eyeglasses.

sat jul 9 WWI-II-Jim Porcelli 731-9176.

sun jul 10 WWII-Bob Buck 793-1480.

sun jul 17 WWI-II Don Hoecker 243-8298.

sun jul 24 WWI-II Millard Underwood 561-0871.

sun jul 31 WWII Gordon Bugby 371-4233.

Simple Street  
**FOOD COOP**

We have fresh produce, bulk staples, ethnic foods, hard-to-find items such as tofu, tahini, specialty flours, bean sprouts, and a wide selection of herbs and spices (no minimum amt.)



CORNER WARD AND SIMPLE STS. 687-1227  
open 10 to 8 - Monday thru Saturday

CLIP THIS  
**coupon**

GOOD FOR  
ONE SHOPPING  
AT MEMBER PRICES  
(15% DISCOUNT)