

pittsburgh council, american youth hostel, inc.

Volume 19 Number 2 FEBRUARY, 1968

CYCLE NEWS

Now is the time to plan for the coming cycling season which will be the greatest ever. Bob Omlor, Cycle Chairman, would like those who have favorite cycling areas to map trips in these areas so that the trips can be made available to trip leaders.

Plans are now being made for a joint cycle camping weekend with Columbus AYH at the end of April in the Pittsburgh area. We are all invited to join Columbus AYH on May 11-12 for their 200 mile "Scioto River Valley" tour which is becoming one of America's best known cycle touring weekends with over 400 riders expected. Later in the spring there will be a trip to the "Great Eastern Cycle Rally" and the Second Annual AYH Rally will occur July 20-21 in Toledo. As you can see there is an exciting cycle season shaping up.

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ANNUAL BOAT SHOW

AYH will again participate in the Pittsburgh Boat Show in the Civic Arena from February 3 to 11.

Over 50 exhibitors will display outdoor equipment with emphasis on water activities. AYH will have an exhibit depicting our activities, along with a continuous slide show. (Thanks to Mr. Mandor of Sears, Roebuck in Penn Center we have a small scale screen.)

Anyone desiring to spend a few hours (continued in next column)

SKIING AT BRISTOL MOUNTAIN

A group of ten companionable escapists journeyed to western New York for
a New Year ski weekend. Escaping
Pittsburgh snow and New Year's Eve
parties, they reveled in New York snow
and accidentally wound up bringing in
the New Year at the Purple Pig, and
eating such rare dishes as Beef and
Reef, and singing temperance songs.

It was discovered that there really are morning and night people. A part of the group mustered their forces for the morning ski session while others managed to straggle in early for the afternoon session. The confused, unable to decide where they belonged, skied in the mornings and in the afternoons, and partied evenings.

Nonetheless, no one suffered (at the time). The skiing was great. Everyone was well fed, thanks to Sue Allardice who had organized food for lunches. The atmosphere was relaxed; the company was grand; the end result was a pleasurable weekend immune to such trivialities as lack of sleep or long drives.

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BOAT SHOW, continued in our booth (after 4:00 p.m. during the week) please call Sue Simler at 371-1517 or Nancy Simler at 743-6661.

Barb Kowalski, a willowy blonde, who works at Sears (and models) will represent AYH in the "Miss Boat Show" Pageant, Monday, February 5, at 7:30 p.m. Everyone is welcome.

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While rummaging through some book sales at Kaufmann's, several "bargains" were discovered. Add one to your nature library.

There were five copies of a big beautiful book, Birds of the World, by Oliver L. Austin, Jr., noted ornithologist. Throughout the 316 pages are 300 specially commissioned full-color illustrations by Arthur Singer. The birds, nests, eggs, etc., are beautifully and clearly depicted; the text is interesting, definitive and given ample space.

AYHers may or may not hunt, but the New Hunter's Encyclopedia, originally \$24.95, now \$14.95, has a wealth of information useful to outdoorsmen and photographers. The beautiful large sized 1130 page volume is all about United States and Canadian big and small game, animal predators, dogs and for real hunters, firearms. Well illustrated animal track guides are included.

Not on sale, but still "finds" are three more books you will enjoy:
Hunting for Fossils by Marian Murray - a "guide to finding and collecting fossils in all fifty states", this book is \$7.95 for 348 pages of clearly presented information which will make your hikes and climbs more enriched.

Several of us have already enjoyed Rascal by Sterling Worth. This 189 page book, only \$3.95, won the Dutton Animal Book Award for the best work - fiction or non-fiction - relating to animals. I won't tell you what is about; treat yourself to this very enjoyable book some winter evening! Then pass it on to another AYHer.

Our climbing contingent will devour Lowell Thomas' Book of the High Mountains. In 512 pages you'll trek all the major ranges of the continents including those most stupendous submarine peaks. Who says there are no mountains unclimbed?

- --Mary Lilly

Who's Who?

Chairman of the Board of Directors, Lloyd Geertz, has been a member for almost nine years. He came to Fittsburgh from the University of Illinois in 1958 after earning his B.S., M.S. and teaching there in the Mechanical Engineering Department. Shortly after arriving in Pittsburgh he bought a foldboat. That's when he heard of AYH and that was about the time canoeing became popular in AYH. He became Trips and Trails Chairman, then President and was elected to the Board in 1965. Lloyd is an optical engineer for American Optical Company and lives with wife, Abbie, and their two children in Monroeville.

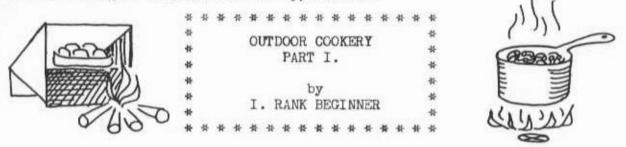
Ben Dell, Board member since 1962, has always been an ardent outdoorsman, particularly ice skater, skier, hiker and canoeist. He served as President in 1961 and was elected to the Board of Directors the following year. Ben is a research chemist at Alcoa in New Kensington having earned his Ph. D. at Penn State. His hikes have turned into walks since the arrival of Timmy, 2, and Susie, 6 months, but he and his wife, Betty, hope eventually to be a hiking family after Timmy and Susie graduate from Hike-apoose and diapers.

Frank Curto has served AYH as Advisory Board member and Board of Directors member for many years. He is Horticulturist for the City of Pittsburgh and arranges the bi-annual flower show at Phipps Conservatory with which we are all familiar.

(continued on page 19)

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The following four pages are the second in a series of articles to be published in the GOLDEN TRIANGLE. The completed series will comprise an Activities Manual covering Pittsburgh Council's activities. Next month will feature Part II of Outdoor Cookery in which menu planning, recipes and food will be discussed. The following month will be devoted to equipment. Any contributions to the "Favorite Recipes" section will be appreciated.



Mr. I. Rank Beginner (the Dunkin' Hines of the Shelter and Backpacking Set) has compiled a selection of articles that will enable you to at least shop wisely, if not produce a five-course meal in 30 minutes at the end of a day of strenuous outdoor activity.

NUTRITION

The following chart lists the nutrients; how many are needed by the average man and woman who are engaged in moderately strenuous activity. The second list gives an idea of which foods supply these nutrients.

	Protein (gm)	Calcium (gm)	Iron (mg)	Vit.A USP	Thiamine (mg)	Ribo. (mg)	Niacin (mg)	Vit.C (mg)	Vit.E (mg)
Men	70	0.8	10	5000	1.6	1.8	21	75	50.
Women	58	0.8	12	5000	1.2	1.5	17	70	50

BASIC SEVEN FOOD GROUPS

- Leafy, green, and yellow vegetables: One plus; servings daily.
 Vitamin A, Thiamine, Riboflavin, Niacin, Vitamin C, Iron, Calcium.
- Citrus fruit, tomatoes, raw cabbage: One plus, servings daily.
 Vitamin C. Yellow fleshed fruits are good sources of Vitamin A, Dried fruit - iron.
- Fotatoes and other vegetables and fruits: Two plus, servings daily Varying amounts of Thiamine, Riboflavin, Niacin, Vitamin C and Iron.
- 4. Milk, cheese, ice cream: daily.
 - Fat, carbohydrates, protein, Calcium, Riboflavin and other minerals.
- 5. Meat, poultry, fish, eggs, dried peas, beans, nuts:
 - Meat, poultry, or fish: daily; dried peas or beans: twice a week;
 - Eggs: four plus, times a week.

 Protein, Iron, Fhosphorous, other minerals, varying amounts of Vitamin A,
 Thiamine, Riboflavin, Niacin.
- 6. Bread, flour, cereals (whole grain, enriched or restored): daily.
 - Iron, B-complex vitamins, and Protein. (Energy foods)
- Butter, fortified margarine, or vegetable oils: daily.
 Butter and margarine: Vitamin A. Oils: energy and unsaturated fatty acids.

A REPORT ON STOVES

Experimenters have reported that the Bleuet Stove is a good, easy, light source of heat for cooking on short trips. However, the volume of fuel that must be carried to produce the same amount of cooking time is much greater when using butane than when using other fuels, particularly white gas. The same reporters state that the Bleuet can be "cantankerous in frigid weather", and that the amount of heat delivered by the Bleuet decreases as the cartridge is emptied. White gas delivers the same amount of heat independent of depletion of fuel.

The Teton travelers of '67 found that the Bleuet was bulky and needed a windscreen, while the Svea and Primus come with built-in wind screens. Also, the possibility exists, if the Bleuet cartridge is improperly installed and punctured,

the butane can cause serious frostbite and complete loss of fuel.

The Svea 123 can be difficult to light, especially without an eyedropper, and is clumsy to handle. It must be refueled every 45 minutes, but has the advantage of being compact and will fit into the Co-op Victory billie. The cover can be used as a cup or small pot. The Primus 71L offers more stability than the Bleuet or Svea, and the lid opens into a useable pot support.

STOVE	(Co-op)	WEIGHT (empty)	WEIGHT (full)	BURNING TIME	FUEL	water in ?
Bleuet	\$6.49	14 Oz.	25 Oz.	180 min.	Butane	8-9
Svea 123	7.95	18	21	45	White gas	6-7
Primus 71L	7.95	22	27	90	White gas	7-8
Phoebus 625	13.95*	24	?	90	White gas	4-5
Optimus 8RF	11.95	28	?	75	White gas	6-7
Sterno	.98			45**	Sterno**	7-8

[#] Ski Hut price.

1. SUMMIT, July, August, 1967. p. 10.

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COURTESY, SAFETY AND COOPERATION

The thrill of a secluded spot, untouched and untrammeled can be ruined be stray wrappers and tin cans. Don't be thoughtless - bury or carry out all tin cans and burn all leftover food and paper. Leave your campsite as you would want to find it!

Extra precautions must be taken when using a campfire:

- 1) Don't build under branches of trees
- Don't build in a dry season except in emergency
- 3) Don't leave a fire unattended
- 4) Don't build on a windy day except in emergency
- Always have a water jug handy for sparks.

 Always separate the coals and douse with water after the fire has died out.

NCTE: Many Federal and State laws now allow the affected government to bill and collect all expenses involved in fighting a fire caused by a camper - remember, Smokey seez: "ALWAYS BE SURE YOUR FIRE IS DEAD OUT!"

The cook can always use a helper. Help her (or him) in any way you can. Always check to see if you can get water, build the fire, salt the potatoes, or wash dishes. Helpful co-operation makes the mealtimes more pleasant for everyone, and the cook will love you, too.

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^{**} Sterno - Platform and can(s) of fuel are very easy way to have hot coffee or soup on one day trips. Small can (2 5/8 oz) for 19¢ will burn for 45 minutes and the large can (7 oz) for 35¢ will burn twice as long.

HOW TO SEAL PLASTIC

Here's a neat, easy method for sealing plastic to make plastic bags to fit your specifications. Use heavy plastic labeled "household weight" and available at most supermarkets. Here's how:

1) Cut a piece of plastic twice as long as the finished size desired and the same width with 2" seam allowance.

2) Fold the plastic in half lengthwise and sandwich it between two pieces of wax paper slightly larger than the plastic.

3) With your iron on the "wool" setting, run the tip of the iron along both sides of the plastic - 1 is a good seam. (The fold is the bottom.)

 Carefully remove the wax paper while the seal is still warm.

5) After placing food in the bag you can seal the top using the same method.

HIGH ALTITUDE COCKERY

"Boiling water is not so hot -Way up on the mountain top."

According to Rombauer and Becker in the New Joy of Cooking, water boils at 212 F. at sea level, but the boiling point drops one degree for each 500 feet of elevation. In the Tetons, for example, water will boil at 198° F. in the campground and at 188° F. in the upper camps. This means that cooking time is increased as much as 60%. For freeze-dried and other instant foods, more water will have to be added. Baking particularly requires more water, time and planning.



PACKING AND ORGANIZING

For back-packing, freeze-dried and dehydrated foods are recommended. They are extremely lightweight and easily packed and labeled. Menus using freeze dried food will be given in the March issue of the GCIDEN TRIANGLE and a list of sources will be given.

The main thing to remember is to prepare everything you can at home. Label every package clearly enough to be read at night. Fussing with complicated preparations is no fun over a campfire; simplicity is the key. Prepare all mixes beforehand and have them in plastic bags, which are well-labeled. Fowdered freeze-dried eggs and dry milk can be used, leaving only water to add.

Sort the food by meal. A list of daily menus should be carried in the event the meals must be changed to fit a different schedule. Knowing exactly what your pack contains permits the greatest flexibility with your food. A small package of condiments and beverages you will need for all meals should be prepared.

Handy containers recommended: plastic bags (see article on "How to Seal (more) Plastics" in this issue). Non-breakable polyethelene bottles can be used
and reused to carry liquids or dry
foods. Be sure to test the wide mouth
poly jars before your trip for lid '
leakage, since some do not seal completely. Poly tubes which seal from
the bottom are available for gooey
substances, but are a nuisance unless
absolutely necessary.

Collapsible one or two gallon water bags or bottles can be carried empty to your camp area, thus saving weight and repeated trips to the water source. Several come with handy devices for hanging on trees, and with spouts for easy access to the water.

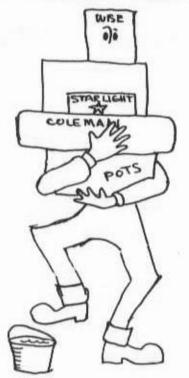
Wooden matches (good for damp days) should be carried in a screw-type safety container.

A-lightweight pot gripper can save space by replacing the extended handles on pots and will prevent burns.

Steel rods, 12 - 18" long, can be placed across rocks above a fire for a grill which is easy to pack and easy to use. If you like more sophisticated grills, they are available for approximately \$\phi 1.50\$.

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THE OVER-ANXIOUS CAMP COOK!



COOKING UTENSILS

There are as many kinds of camp pots as there are pots for your kitchen. The biggest mistake you can make is to think you can use the same one in both places. Remember, if you want to save space and weight, forget about that "spider" and those pots with handles that "stick out". Many brands and types of camp pots are available. The type and size you buy will be determined by your eating habits and desires and by the number of people to be fed. We recommend nesting sets for general cooking, and lightweight frying pans without handles (use grippers).

Prevent scouring pots which become sooty from campfires by rubbing a thin coat of liquid soap or hand soap on the outside. This will make cleaning much easier and faster.

Reflector ovens are useful for baking muffins, cookies, spoon bread and other baked goodies. They come in varying sizes and weights according to use. A lightweight oven can be constructed of foil and twigs.

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ALUMINUM FOIL COOKERY

A great idea for outdoor cooking is to bury your dinner. Begin by digging a hole - and lining it with stones if this is convenient. Then build a fire right in the hole. When you have a good "hole-full" of coals, bury your foil wrapped dinner in the coals. The "foiled" food should be completely surrounded by hot coals. Then cover with loose dirt to retain the heat. Do all seasoning prior to wrapping.

Individually wrapped servings are handy as each person gets a package of dinner. If two layers of foil are used the dirty outer layer can be removed and the clean inner layer can be used as a mess kit.

Cooking times vary since all wood does not burn at the same rate. Hard-wood coals can do a good job in 15 minutes. With less ideal fuel, the same meal can take an hour. Generally, you can expect the cooking rate to be fairly slow and a pit of coals will cool gradually. You can, therefore, bury your meal in the morning and return from a hike to a tasty meal.

Foil can be used as a substitute for pots and pans, but this is not generally recommended.

However, foil is helpful when used to cover the exterior surfaces of pots. Campfires are noted for being uneven; since foil is a good insulator, it will hold the heat in. Also, the soot will be on the foil, not on the pot. When used to line the inside of skillets and pots, foil can save a lot of scrubbing. If you have misplaced that tightly fitting lid, use foil.

WAIT! Don't run to your nearest store for 150' of foil. If you get the ordinary kitchen foil for camp cooking, you are in trouble. It won't insulate as well, or hold a fold as well, but it will tear and puncture. Get the heaviest duty foil you can find. The Boy Scouts sell the best kind.

Foil does present a problem - it is indestructable. It won't burn and won't rot. So back into your pack it goes, until you find a garbage can!

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WHO'S WHO, continued from page 14 Elizabeth Saffer has been with the Pittsburgh Council since Hostel Week of 1949. She became Program Chairman before ever going on a trip and later became Membership Chairman, President, and Board of Directors member. In addition, she served two terms on the National Board. A graduate of Chatham College, Liz is a research assistant at Pitt's Medical School. She is characterized by her sharp wit and deep insight. We don't have the pleasure of seeing Liz on many trips but look forward to her annual Open House - a tradition for a number of years.

Julius Rosenson has served on the Board of Directors for quite a few years, and has been an asset to the Pittsburgh Council during that time. Mr. Rosenson is an English teacher at Peabody High School and is particularly interested in linguistics. He also enjoys music and regularly attends the Pittsburgh Symphony concerts. His easy manner and pleasing disposition make him a fine person to have around AYH.

Newest addition to the Board of Directors is Bob Fewkes, amateur zoologist, botanist, canoeist, ornithologist, agronomist, conchologist, photographist, loxodromicist and professionally, chemical engineer. Bob, who grew up in Delaware, has been in Pittsburgh for five years, and in AYH almost that long. He was President for two years and last year was Winter Sports Chairman.

If Fran Czapiewski is the leader of a trip, you can be sure it will be a good one. Fran canoes, hikes, cycles, climbs and skates. She has served as GOLDEN TRIANGLE editor, Trips and Trails Chairman and Public Relations Chairman, and is now on the Board of Directors. She excels in photography as demonstrated by many examples of her work on display at headquarters. Fran's first AYH trip was by cycle through New England, in 1950 and she has been active ever since. She is a secretary at Westinghouse.

--Abbie Geertz

HELMETS AND HARDHATS

Headgear can give two types of protection; it can provide a hard shell which protects against surface injury such as a pebble falling from above or a better helmet can also absorb the energy of an acceleration which could cause severe injury to the brain and its surrounding membranes.

Dr. George Snively of the Snell Research Foundation has found that most serious head injuries are due to the acceleration effect imparted to the brain inside the skull, when the head was suddenly arrested. The results can be concussion or intercranial bleeding even though the skull has not been fractured! Thus after suffering a head smash against a rock in mountaineering or white water exercise or against the cement when falling from a cycle, a victim can get up, walk away - and die ten minutes later.

The three types of helmet in use are: 1-sling suspension, 2-elastic foam, and 3-crushable foam. The last is best as it will buffer a blow and hold the imparted force to that amount which is able to crush the liner, until the liner is completely squashed. On the other hand, a sling suspension or elastic foam helmet does most of its yielding at trivial forces. It will bottom with severe downward blows and offers little more than "shell" protection when struck from the side.

The following table tabulates Dr. Snively's estimates of the maximum speed at which a head can travel and still escape serious injury when stopped squarely by a rock:

Type of Protection Speed of Impact
Bare Headed 6.7 mph
Sling suspension(downward) 9.5 mph
Climbing helmet with

crushable liner (Malibu) 19.0 mph Best car racing helmet 24.0 mph

The following list, while not being limited thereto, is representative of the type of helmet one should consider for optimum protection:

 Bell Toptex Malibu (deisgned for surfing) lined 5/8" of crushable foam, weight 1 lb. - \$15.00 (continued on page 20) HELMETS, continued

2. Bell Toptex Skiat. Ski helmet, 50% greater impact protection than Malibu May be too bulky for canceing but good for skiing or climbing. \$25.00

3. Buco Protector II, although bulky and heavy (1.75 lb) provides similar protection as Malibu. Is adjustable from 6\$ to 7\$. \$15.00

The Wisconsin Hoofers white-water group adopted the Malibu and found that it is not an encumberance and that its bouyancy is even beneficial en Eskimo rolls. ITS YOUR HEAD - PROTECT IT !!

Sources: Eric S. Jacobson, American White Water Magazine, Summer, 1967. Summit, April, 1966 See also: Magazine of Standards, vol. 37, no. 9.

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1967 EXTENDED TRIPS

The summer of 1967 proved to be a very active one for the Pittsburgh Council. Not only were the regular weekend trips available, but also a wide range of extended trips, covering almost every facet of AYH summer activity, such as cycling, canoeing, climb-

ing, hiking and sightseeing.

The first big trip was a cycle-hike to Washington, D.C., led by Sue Simler. The 9 trippers placed an article in the Cumberland newspaper warning the residents that they were coming and then on June 14 headed by train for the Cumberland Hostel on the C & O Canal where they spent the first night. hostelers spent five days cycling on the C & O Towpath, sleeping out along the way and stopping in towns to buy food. Averaging 30 miles a day, they eventually got to the Capital. Since the trip was officially over once they reached the big city, the group split up, resulting inthe usual free-for-all. Sue left for her duties as leader of a Nationally sponsored European trip, while the rest cycled around Washington sightseeing for about a week. The entire trip cost only \$20.00.

Bruce Sundquist headed the next big trip of the summer, a one week cance (continued in next column)

EXTENDED TRIPS, continued trip to Wisconsin. Bruce was accompanied by six other hostelers, including Bill Athey, John Henry, Cora Addicott, Fred and Larry Hall. The group left during the middle of July and drove to Devil's Lake in two cars with four canoes and sailing rigs. The first day was spent sailing on the Lake, followed by canoeing on the Dells of both the Wisconsin River and the St. Croix River. With a day out for swimming in Shell Lake, the trippers finished their week by white-water canoeing the Bois Brule which runs into Lake Superior. The group did not encounter as much wilderness as expected, although they did appreciate the North Woods atmosphere. Many animals were spotted, including mosquitos. Camping areas were located along the way, and since the route was actually one long stream, no portages were necessary.

Bill Athey solved the two car communication problem with two-way radios.

Tom Weet led the third trip of the season to "EXPO 67" inMontreal, Canada. Tom had eleven members in his group. long drive to Montreal was broken up by sightseeing at the Grand Canyon of Pennsylvania. Once at EXPO, the group settled down inLongchamps camping area. 13 miles from the entrance which was traveled by bus and subway. The trippers did very well though, and averaged only two lost members at each rendezvous. Who can forget Evelyn Edwards' four mile trek to the camp at 2 a.m. because she missed the bus? The group did a lot of walking. They saw nearly thirty pavillions, and among the best liked were "Man and his World" and the "Polar Regions" (where the men were able to ride down a chute similar to those used in logging operations), as well as the Air Car.

The whoe trip cost much less than expected. Lodgings cost only \$35.00 and the entrance fee to EXPO was only two dollars per day. Most of the meals were eaten inexpensively in the various nationality booths, so the trip cost about \$60 per person. On the way home the group stopped at the Thousand Islands and some were able to see Niagara Falls.

(continued on page 22)

OPEN MESSAGE TO EVERYONE

What a team your Activities Board and Board of Directors is! We just can't seem to stop going! Ken Horner is really "going" on his Ski School, Cathy Lvnch is "going" every week on her skating trips. The Golden A staff has received a letter of commendation from Frank Cosgrove, the Executive Director of AYH for its unusual and comprehensive coverage. (He is going to circulate the news in SHARE, a National newsletter to AYH leaders.) Bruce Sundquist has started a Hiking Guide, Don Woodland is buidling two more overnight shelters on the Baker Trail along with six latrines and is putting up many guide signs. Sue Simler has again set us up in the Annual Boat Show and Manny Morgan is going to get us our second area Hostel this year (Cook's Forest, maybe). Thanks to the above - and ALL THE REST OF YOU who are active - the 20th year of Pittsburgh Council promises to be the best yet! 好好好好好

WANT ADS

Skis (for person 5'6 or 5'10) \$20./pr Ski poles (assorted sizes) 5./pr Canoes (17' Grumman, Std. 120.00 weight and keel) 90.00 Baker Trail patches .50 Baker Trail Guides .50 Canceing Guides to Western Pa. . 50 Handbooks and Hostel Guides 1.00 Underwood typewriters (2 good) open-Older typewriter open Realist 500 slide projector

(inc. five 30-slide trays) 15.00 CAVERS, here's your chance to save the rental fee on carbide lights - we have several for sale at the unheard of low price of \$3.25 each. Low prices on parts and tip cleaners, too.

Contact Ann Fisher, 521-8992, for all want ad items.

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SLIDES

Photographers - we need you! The slide program given to interested groups is being refurbished. Please give slides of any AYH activities to Bob Omlor. They will be returned.

LET'S BUILD OUR OWN CANOES

In all white-water canoeing groups the empahsis is turning more and more to fiberglass, covered canoes (C-ls & C-2s). Many of our white-water enthusiasts already own C-ls and with a few more we could easily run C-1 trips on some of the more exciting white-water streams. Bob Fewkes has volunteered to give us the benefit of his considerable experience in C-1 building and will help in preparing a mold as a start on the project. All we need is a working area. A heated garage or part of a basement will do. Anyone having some unused but heated space they would be willing to rent for the project should contact Bruce Sundquist (372-1212, X 412) as soon as possible. Those interested in building their own C-1 should also contact Bruce. The cost is about \$45./ boat. 特特特特特

AMERICAN CYCLING

Why not subscribe to American Cycling Magazine which needs your support. The cost - \$4.00 for 10 issues (March - December). There are plenty of good tips on cycling, places to cycle, and cyclecraft. One dollar more gets you a membership in the LEAGUE OF AMERICAN WHEELMEN, which includes their monthly newspaper, patch, cycling insurance and cycle registration.

Don't pass up the opportunity to join this excellent organization. Write to: 5118 W. Foster Avenue, Chicago, Illinois, 60630.

HOSTELITIES (or TV Style)

Mission Impossible: Bob Fewkes doing an Eskimo roll.

Good Morning World: Is it 6 a.m. already? Invaders: Charge for Gammon's Restaurant Run for Your Life: Here come's Bob

Omlor with his camera My Three Sons: Fisher, Strong and Horner

took the wrong path
Rat Patrol: Activities Board
Secret Storm: White-water canoeing
Profiles in Courage: Going to an Open

House in the wintertime

THURSDAY NIGHT IS "OPEN HOUSE" AT AYH

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

- lst Slides of Bob Strong's trip to the White Mountains in the summer and some of his other exciting jogs.
- 8th Contemporary dancing lessons by the experts. Good for banquets, night clubs, barn dances and great fun.
- 15th Climbing and caving "antics" of the Pittsburgh Explorers on sound film. Courtesy of Mel Tobias. (This time it will happen.)
- 22nd More movies by Henry Pollak poking his nose into the Northwest Territory.
- 29th Outdoor equipment show, including comparison of brands.
 SADIE HAWKINS RACE following the program winners may propose.
- MARCH 1st TWENTIETH ANNUAL BANQUET commerating the founding of the Pittsburgh Council in 1948. This year the banquet will be held at the Adams House. See page 23 for details page 24 for a complete map.

EXTENDED TRIPS, continued

Perhaps the most exciting trip of the summer was the Teton expedition led by Henry Fisher. Henry, along with ten other climbers (Ann Fisher, Fran Czapiewski, Maxine Lew, Sue Allardice, Bob Herman, Mary Lilly, Ken Horner, Brian Dukes, Feredoon Behroozi and Les Gray) set out in the middle of July to conquer the American Alps. The group traveled in two cars and one airplane. The airplane took one day, one car took two and one half days and four disheartened souls in the other car spent 24 long hours in Ogalala, Nebraska, with a very sick transmission. After much scanning of skies and roads, the group managed to rendezvous in the Jenny Lake Campground. The next few days were spent getting bodies and equipment in shape. Fran led several seven mile hikes around the Lake, while Feredoon gave lectures on the evils of smoking. Camp chores had been assigned before leaving so every_ thing was fairly well organized.

The first major climb was Teewinot (which means "big belly, but no one had any extra fat when this mountain was finished). The first day of the climb was spent dodging mosquitos and trudging up a steep "walk-up" under full packs.

That night was spent in awe, not only of the beauty of the surrounding country, but also from the fact that they had actually gotten that far. Seven happy people made the assent but returned showing a little wear and tear (understatement!! ed.).

Two days of rest and sightseeing in Yellowstone and Jackson followed.

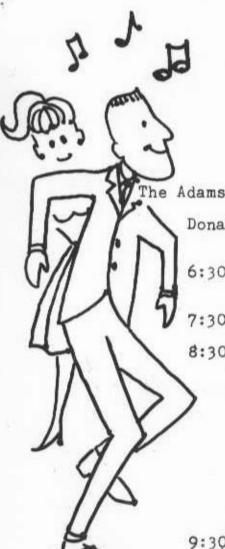
Four trippers walked 21 miles round trip to Lake Solitude and over the 11,000 foot Paintbrush Divide, while the other seven spent the two days climbing the Grand Teton.

The night was spent at 11,600 feet on the lower saddle where the cold wind and cramped quarters only heightened the thrill. With the accomplishment of the summit, the 120' free rappel and the glissading on the snowfields, (not to mention the beautiful view) the climbers had their moment of glory.

The trip home is indescribable! After losing each other many times, sightseeing in South Dakota, and finally separating unintentionally in Illinois, all returned. It was \$148. well spent.

--Les Gray

ANYONE INTERESTED IN AN ADVANCED FIRST AID COURSE, CALL JOHN HENRY NOW!! (661-7952)



You are invited

to the

TWENTIETH ANNUAL BANQUET

PITTSBURGH COUNCIL, A.Y.H.

Friday, March 1, 1968

The Adams House

Adamsburg, Pa.

Donation - \$4.50 (includes Gratuity)

6:30 p.m. Social Hour and Preview of the Photo and Art Competition

7:30 p.m. Dinner

8:30 p.m. Henry Fisher - presentation of the Officers and members of the 1968 Activities Board

> Brian Dukes - presentation of the Awards in the Photo and Art Competition

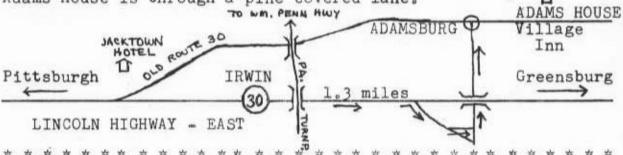
9:30 p.m. Dancing to the music of the "Rhythm Kings"

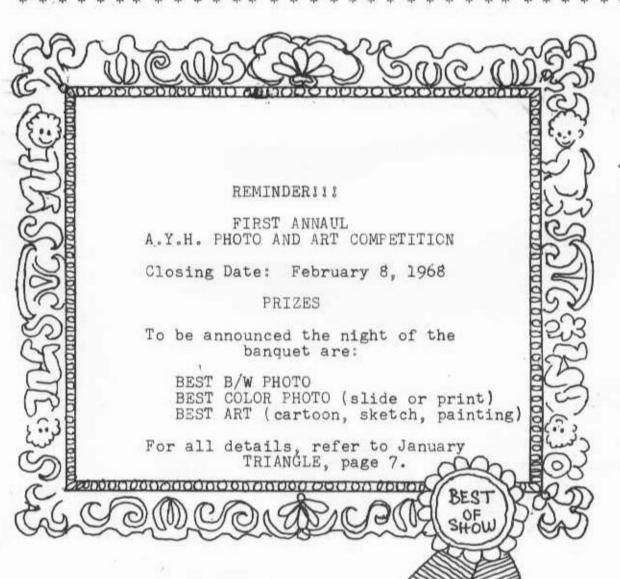
Name	1	Address
Please reserve:	Swiss	Steak Boned Chicken Breast
Number of reservations	at \$4	50
Youth (18 and under) a	t \$4.0	00 Total
	rvation to: 1	tsburgh Council, American Youth Hostels ons before February 23, so that tickets Mrs. Frederick C. Hull 109 Lavern Street

Pittsburgh, Pa. 15235 (Eileen's phone number is 242-5379)

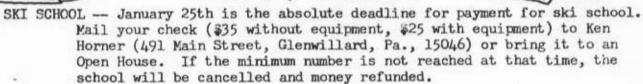
DIRECTIONS TO THE ADAMS HOUSE:

The Adams House is located about 1-2 miles northeast of the Irwin Interchange of the Pennsylvania Turnpike. At the fourway stop sign intersection in Adamsburg, turn right (if you use Route 30); go straight (if you use Old Route 30). Then continue about 1/10 of a mile to The Adams House ... diagonally across the road from The Village Inn. The approach to The Adams House is through a pine covered lane.





TRIPS & TRAILS



- Sat. 3 SKI at Laurel Mountain or Hidden Valley. John Henry (661-7952) leads. Leave HQ at 8:15 a.m. with \$6.50 plus equipment or rental.
- Sat. 3 Late session SKATING at North Park. Leave HQ at 9:30 p.m. with \$2.00. Cathy Lynch (362-1045) leads.
- Sun. 4 Try your hand at SNOWSHOEING over the hills and dales of Boyce Park. Get in shape for spring hikes. Reserve with Bruce Sundquist (372-1212, Ext. 412). (Limited supply of snowshoes). Leave HQ at 1:00 p.m. with \$1.00.
- Sat. 10 2nd ANNUAL COOK'S FOREST WEEKEND...you heard about last year's trip,
 Sun. 11 now come and see for yourself! Hiking...tobogganing...skiing...snow
 ball fights...rustic cabin lodging. Community supper, breakfast, and
 lunch (share duties). Leave HQ Saturday, 8:00 a.m., home by 7:30 p.m.
 Sunday. Bring lunch, mess kit, sleeping bag, air mattress, dress warmly.
 Approximate cost \$7.50. Reserve with Ann Fisher (521-8992).
- Fri. 16 Late session SKATING at North Park. Leave HQ at 9:30 p.m. with \$\pi 2.00. Jack Batchelar (421-0615) leads.
- Sat. 17 HIKE along the scenic portion of Slippery Rock Creek from the old Iron Furnace to McConnell's Mill or Breakneck Bridge. Feredoon Behroozi. (361-5794) leads. Leave HQ at 9:00 a.m. with lunch and dressed for the weather. Cost approximately \$\phi\$1.25.
- Sat. 17 SKI at Hidden Valley. Mary Micules (621-8643) leads. Leave HQ at 8:15 a.m. with \$6.50 plus equipment or rental.
- Sat. 17 SKI at Holliday Valley (New York) with Harry Aspden (683-6555). Leave Sun. 18 Friday night for two full days of skiing. Call Harry for details and reservations.
- Fri. 23 Late session SKATING at North Park. Leave HQ at 9:30 p.m. with \$2.00. Cathy Lynch (362-1045) leads.
- Sat. 24 Explore BEAR CAVE near Blairsville with Bob Strong (327-6267). Suitable for beginners. Bring lunch, light (preferably one you can wear on your hat), and about #1.25. Leave HQ at 9:00 a.m.
- Sat. 24 SKI at Blue Knob with Bob Omlor (264-4485). Leave Friday night. Cost Sun. 25 about \$20.00.
- Sun. 25 CROSS-COUNTRY SKIING on Laurel Ridge near Jones Mills. Start at the top of the ridge and ski about five miles to the bottom. Participants should be able to do a good snowplow. Bring skis, boots, poles and dress warmly (no warming huts along the way!). Cost about \$1.40.

 Leave HQ at 9:00 a.m. Bruch Sundquist (372-1212, Ext. 412) leads.



FEBRUARY 1968



Monday	Tuesday	Wednesda	y Thursday	Friday	Saturday Sunda	
	Miles Are to the test		Open House slides of White Mountains		3 SKI SKATE	4 SNOWSHOE
5	6	7.	Open House	9	COOK'S F WEEKEN	Paralla Landon Landon Landon
12	13 Activities Board Meeting	V 14 Articles	0pen House Pittsburgh Explorers' Movies		17 HIKE SKI SKI	18 SKI
19	20	21 Trips due	22 Open House Northwest Territory slides	23 SKATE	24 SKI	25 SKI X-C SKI
Assembly Party	27	28	29 Open House Equipment Show	MARCH 1 Twentieth Annual Banquet		0-3 302 - 30 - 3

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

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