



**golden
triangle
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pittsburgh council, american youth hostel, inc.

VOLUME 26, NUMBER 9 SEPTEMBER 1975



"THERE'S JUST GOTTA BE A WAY AROUND THAT BLACKBERRY PATCH"

ACCIDENT WITH INJURIES: ACTION NOW

This is Part 4 in a series of articles on first aid in a wilderness setting. This article deals with controlling bleeding.

External Bleeding

Arterial blood is pumped from the heart under high pressure. It is bright red in color. If an artery is cut, the blood spurts out with every pulse beat. Venous blood returns to the heart under low pressure. It is dark red, maroon, or even bluish in color. When a vein is cut, blood flows out rather than spurting out. Capillaries are small branches in the blood vessel system that connect arteries and veins. Blood in the capillaries is under very low pressure. Capillary blood is dark red in color. Blood oozes from a capillary rather than flowing or spurting.

Controlling External Bleeding

The most effective method of controlling external bleeding is direct pressure. If bleeding is profuse, use the first available material to apply pressure directly to the wound. In most cases the first available pressure material is the hand. Applying pressure with the hand controls the bleeding while the first aider secures other dressing materials. If hand pressure does not control the bleeding, insert the fingers directly into the wound and attempt to compress the artery between the fingers or against a bone.

Dressing materials for a bleeding wound range from 3x3 or 4x4 gauze squares to the large multi-trauma dressing. Sanitary napkins or towels make good improvised dressings. The dressing (sterile if possible) should be placed directly over the bleeding wound and pressure firmly reapplied with the hand.

Once the dressings are in place do not remove them, even though they become soaked in blood. Pulling off the old dressings disturbs the clotting mechanism and aggravates the bleeding. Instead, just reinforce the dressings by applying new layers over the old ones. Secure the dressings with a snugly wrapped pressure bandage of Kerlix, Kling, or Sta-tite and elevate the extremity. Occasionally, the first aider can use an air splint over the dressings as a pressure bandage. However, no pressure bandage should be applied so tightly that circulation to the extremity is impeded. If an air splint is used as a pressure bandage, the bleeding site becomes inaccessible and reinforcing the dressings difficult. After dressing the bleeding wound and applying the pressure bandages if necessary, immobilize the area surrounding the wound since movement can dislodge a clot and cause bleeding to resume.

Only if direct pressure, elevation, and pressure bandages fail to control the hemorrhage should the first aider search out a pressure point. A pressure point is a site where the main artery to the injured area lies close to the skin surface and directly over a bone. The most common pressure points are:

1. The brachial artery in the upper arm
2. The femoral artery in the groin
3. The carotid artery in the neck

The brachial artery is in the middle of the arm between the elbow and the armpit in the groove formed by the large biceps muscle and the bone. If pressure is applied properly to this artery, no pulse can be felt at the wrist.

ACCIDENT WITH INJURIES continued

The femoral artery is on the inside of the groin, just below the point where the thigh joins the torso. Use the heel of the hand to apply pressure in this area.

The carotid artery runs along the strap muscles in the neck. Locate the windpipe and slide the fingers off to one side where the bleeding is. Place the fingers over the artery and the thumb behind the neck. Compress the artery between the fingers and the thumb. Never compress both carotid arteries simultaneously since this shuts off all blood to the brain. Some people faint when pressure is applied to the carotid artery because of pressure unavoidably exerted on a small nerve bundle in this area. Take care not to squeeze the windpipe.

Only if direct pressure, pressure bandaging, and pressure points cannot control hemorrhage should a tourniquet be used. In other words, a tourniquet is a last resort. If a tourniquet is used, the victim almost certainly will lose that extremity. Once a tourniquet is in place, it should never be loosened until medical authorities are prepared to handle the emergency. To apply a tourniquet:

1. Place a small thick pad over the main artery between the heart and the wound as close as possible to the edge of the wound.
2. Knot the tourniquet material and insert a device to tighten the tourniquet.
3. Tighten only enough to stop the bleeding.
4. Mark on the victim's forehead the time the tourniquet was applied.
5. Never cover an extremity with a tourniquet in place since the tourniquet may be forgotten.

Do not use string, bootlaces and the like for tourniquet material since these are too thin and may injure blood vessels and underlying tissues. A wide pack strap, wide belt, bandana, or cravat bandage are satisfactory tourniquet materials.

Nosebleeds

Control nosebleeds by pinching the nostrils together, applying firm pressure to the upper lip, and applying ice to the back of the neck. If these methods are ineffective, gently insert into each nostril a small wad of sterile cotton or gauze so that a little protrudes from each nostril. Then gently but firmly pinch the nostrils together for at least six minutes. After the six minutes are done, gradually release the pressure. If bleeding continues, pinch the nostrils again. If bleeding does not resume, do not remove the cotton for several hours to avoid disturbing the fresh clots.

While the nose is still bleeding, keep the patient in a sitting position so that he can spit out the blood rather than swallowing it. Swallowed blood usually causes the person to vomit later on. Keep the patient as calm as possible since raising the blood pressure aggravates the bleeding. Once the bleeding stops, do not let the victim pick his nose or remove any clots seen in the nostrils since this can interfere with the clotting process.

This series of articles is being written by Lurana Patterson, RN, REMT of Western Pennsylvania Regional Medical Program. The contents are solely the responsibility of the author and are in no way the responsibility of the Western Pennsylvania Regional Medical Program, the Health Services and Mental Health Administration, or the Department of Health, Education and Welfare. The contents may not be reprinted without the permission of the author.

HUNTING SEASON NOW HERE

Any and all hikers, backpackers etc. should be aware to be extra cautious this time of year. In Penna., hunting can be done (generally) from one half hour before sunrise to sunset, Monday thru Saturday.

The small game season runs Oct 19th - Nov 30th, and again Dec 26th to Jan 18th 1975. During these times hunters will use short range shotguns and sometimes .22 cal. rifles.

The big game season (deer) runs Dec 2nd to Dec 21st. A one day bear season is scheduled for Nov 25th. It is for these seasons that the largest number of hunters are out, armed with long-range high caliber weapons.

Rising food prices are also responsible for an increase in the number of inexperienced hunters out for the first time. Considering the numbers afield the accident rates are very low. In fact more out-of-shape hunters die from heart attacks than gunshot wounds.

What should you do? Use some common sense. As a hiker you are free to use public lands and state game lands 365 days a year - free of charge!

Now the hunter has a few short weeks (not even Sundays) to use what his tax and license fees have been paying for all year. So give him a break - stay home and watch a football game.

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HEADQUARTERS FOR TRAIL INFO

HOURS: 9 till 6 p.m. Mon.-Sat. Open till 8 p.m. Fridays

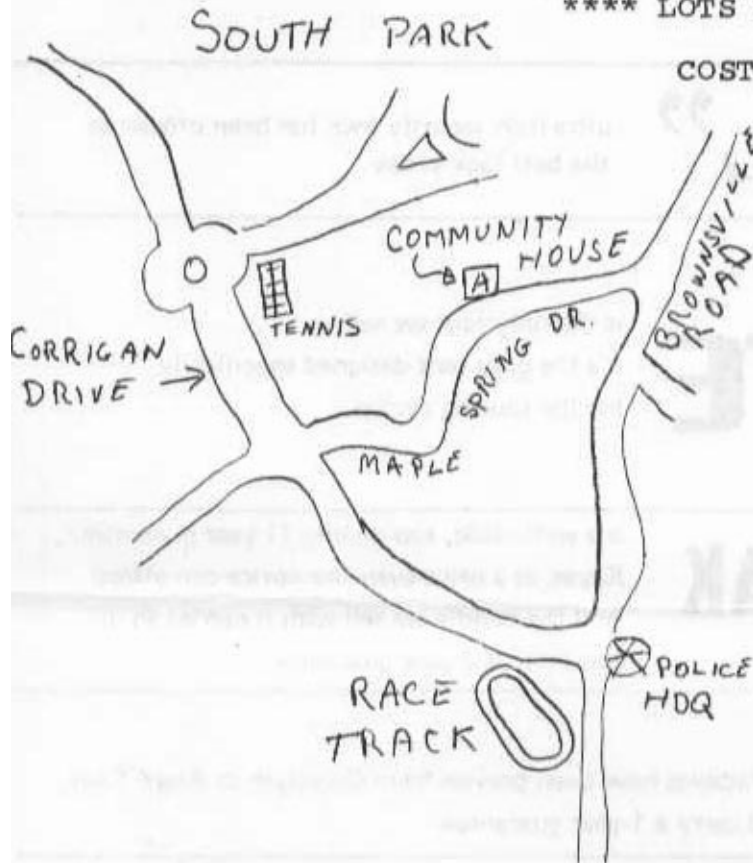
3rd ANNUAL AYH FALL PICNIC

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or call her at 531-1824

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A.Y.H. EQUIPMENT AUCTION IS COMING!

Do you have any good used gear around the house? An old bicycle or parts? Here's your chance to auction it off to other members. Hostel storekeeper Joe Hoechner will run the auction - date to be set mid-October. What will be there? So far Joe has verbal commitments of a tent, bicycle pump, a sterno stove, pair wood skis and misc. camping items. Joe will be posting a chart for you to list your name, item description and minimum bid. Also if you would like to donate the proceeds from your items to Hostel Development please let Joe know. For additional information call 343-2465.

Hostel storekeeper Joe Hoechner has just been resupplied with official A.Y.H. shoulder patches. These are triangular cloth in red, white & blue. Besides shoulders they can be sewn on to backpacks, jackets bicycle panniers, canoes etc. etc. Price only 50¢.

Tired of seeing "throwaway" cans & bottles along hiking trails, 'unspoiled' country bikeways, and canoeing spots? Support PA House Bill 1023. This bill proposes a refund value of 5¢ on every beverage container sold in PA, except certified containers which would have a refund value of 2¢. At present HB 1023 has been referred to the Committee on Liquor Control. The following PA REPRESENTATIVES are members of this committee:
Chairman: Joseph Sullivan (D)
2152 E. ANN Street
Philadelphia PA 19134

Vice-Chairman: Joel J. Johnson
3232 W. York Street
Philadelphia PA 19132

HANDBOOK CORRECTIONS 1975-1976

ADDITIONS: Eastern Region- Ammonoosuc Campground & Lodge, Box 178, Twin Mountain, N.H. (see editor for full description)

CORRECTIONS: Eastern Region

PAGE

- 101 Bar Harbor, Maine - Houseparents, Mr. and Mrs. John Finder; Hostel has hot shower now
104 Seneca, Md. - On the map "Reddick Rd." has been renamed and is now

"Partnership RD."

PAGE

- 105 Brookline, Mass. - New telephone number: 617-277-2322
116 Sheffield, Mass. - Add "tent camping on hostel grounds"
119 Truro, Mass. - has separate dorms for males and females; no family accommodations
132 Belmont, N.H. - New phone: 603-524-9702
139 Madison, N.J. - New phone: 201-377-6541; also Open June 1st to August 24th
157 Bowmansville, Pa - Change "Bartinis" Bicycle Shop, to "Martin's" Bicycle Shop
159 Denver, Pa - Add "hot and cold showers". "Laundry in Denver, 1 mi". Under special attractions, change "Farmer's Market, Ephrata" to "green Dragon (Friday only)".
161 Media, Pa - On hostel map for Ridley Creek, "line Road" should read "Chapel Hill Road".
167 Johnson, VT. - Correct address: Waters House, Johnson State College. Houseparents: Mr. and Mrs. Stephen Tiernay. Hostel is located in Waters House on the Johnson State College lower Campus, off School st., in Johnson, Vt. Dates of operation: June 1 thru third FRIDAY in August
MID-WEST REGION
94 Palos Park, Ill - Houseparent: Mrs. Marie Peterson
121 Bessemer, Mich - correct addr is 1110 E. Iron St.
154 Cincinnati, Ohio - Friars (SA) listing is incorrect; they can accommodate 15 men and 2 women. Also, Catholic Chapel is AT HOSTEL. Protestant Churches are NEARBY.
WESTERN REGION
172 Ashford, WASH - grocery store: "Suvers Country Store"
172 Port Townsend, Wash. - Houseparents: Norman and Eleanor La Roy
DELETIONS
169 Putney, Vt - Putney School Youth Hostel

ADDITIONAL INFORMATION

- 18 Dates of IYHF Conference in Oakland: August 9-12, 1976

TIPS AND TALES

Hostel storekeeper Joe Hoechner now has a limited free supply of Day-Glo orange vinyl. "so what" you're saying to yourself. Well, if your bike safety flag has been eaten by hungry trees, here's your chance to get a replacement. See Joe any Thursday at open house

Uncle Sam has two new publications dealing with bikes/bikeways. "Bicycle Transportation" (72 pages, #055-000-00135-9, .95¢) discusses the use of bikes as a transportation alternative. The other is titled "bicycle facilities in the Federal Aid Highway Program" (20 pages, #050-001-00082-0, .45¢) outlines the Federal Act of 1973 which allows use of highway funds for bikeways. If you'd like to order these publications, make check payable to "Superintendent of Documents" and mail to "Public Documents Distribution Center".

5801 Tabor Ave.

Phila. Pa. 19120

Time to think about Holiday greeting cards? Sure, and if you're an outdoors-person, you may want to send "Woodsy" cards to your friends. For Free catalogs of Christmas cards write to: Leanin' Tree Co. Current Inc.
P.O. Box 1500 Colorado Springs
Boulder COLO. 80302 Colorado 80941

The following is a conversation from a recent A.Y.H. backpack trip to Dolly Sods area during August:

Scene: Pre-dawn light at campsite in deep cold valley next to babbling creek, temperature maybe high 40's

Youthful tripper: "gee golly it sure is cold, what time does it start snowing around here?"

Experienced person: "Hmmm (glances at watch) 'bout 3 o'clock".

Have you ever thought about cycle touring thru the state of Michigan? Well, the Michigan State Department of Natural Resources wants you to! They have published a set of 9 touring maps, each map outlining 5 or 6 rides. If you want a set send your request to: Michigan Tourist Council
300 South Capitol
Lansing Mich. 48913

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OPEN HOUSE

Open house is held every Thursday evening. Everyone is welcome, member or non-member. Doors open about 7:45 P.M. with the program starting about 8:45 P.M. Come and find out about us.

Sept. 4 A journey to three cities. Sights and sounds of West Africa during a motorcycle ride from Accra, the coastal capital of Ghana, northward through Kumasi and into the savannactity of Thmale as described by Stephen Tubbs - ex-Peace Corps volunteer in Ghana.

Sept. 18 The Orient Express. Explore the many contrasts - ancient and modern, Urban and Rural, Rich and poor - of the British Crown Colony of Hong Kong and the now closed country Thailand. Join Al Hribar for a unique trip through some of the
(cont'd next page)

MELCROFT HOSTEL OBITUARY

In the March 1975 issue of the Golden Triangle we published our proposal for a youth hostel at Melcroft, Pa. We now regret to inform our members of the demise of this project. It was halted by the Saltlick Township Official's rejection of our sewage disposal plan. After unsuccessful attempts of the hostel development committee to meet with the township officials, the activities board cancelled the project at its meeting on June 10, 1975.

A total of \$650 has been spent toward the development of this possible hostel. The generous contributions that we received have helped defray this expense.

The Hostel Development Committee is continuing to search for possible hostel sites in Southwestern Pa. (the Laurel Ridge Area in particular) and welcomes your suggestions.

The Golden Triangle is a monthly publication of the Pittsburgh Council, American Youth Hostels, Inc., 6300 Fifth Avenue, Pittsburgh, Pa. 15232. Phone: 362-8181 Thursday evenings only.

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Cover: Jim Roberts
Printing: Al Levenson
Contributors: Lurana Patterson, Joe Hoechner, Jim Gogots

NIGHT CYCLING ANYONE?

With fall approaching, the daylight is getting shorter & shorter. If you have grown accustomed to commuting with your bike or running errands, you may find yourself "in the dark". If you would like some idea as to what type of light to buy, just partake in a park ride any Tuesday or Thursday night. A.Y.H. members will be blossoming in all manner of head & taillights (maybe footlights too?) Look around & ask the various owners their preference in lights.

If you are using a bike flag (isn't everyone?) they are worth their weight in gold at dusk. The Day-Glo orange flag just becomes super visible in the dim light. For additional safety try some reflective tape on the flag shaft.

Hostel storekeeper Joe Hoechner has a new product - illuminated "spoke lites". These cost \$3.25 a pair including batteries. As this is a new product some of the "bugs" have to be worked out. The batteries included in the set are real cheapo's and burn out after 20 minutes. Try a pair of Duracell AAA. For about 4 hours burning time. The lights use only one battery each (to save weight & size) so they burn pretty fast. The other problem is that the lens cover snaps-in, pops-out. These may be ok in central Kansas but not in bumpy Pittsburgh. The fastest cure is a piece of transparent scotch tape to secure the lens.

Remember: Be safe - be seen!

OPEN HOUSE (cont'd)

most densely populated areas in the world, into the remotest regions of non-communist China, around the rocky crags of Mount Victoria, and through the land and temples of the Kings of Siam.

Sept 11 Gettysburg and Antitam by bicycle. If you were there this summer, you might see yourself pedaling merrily along as Warren Kennedy jumped off his bicycle to snap a few pictures. If you see yourself on the screen, give a cheer!

Sept 25 to be announced

TRIPS AND TRAILS

The trips listed below are open to the public with the exception that AYH members are given priority when the trip is of limited size. Trip costs include 50¢ registration and insurance (\$500 medical) plus transportation costs and equipment rental. Call the trip leader to reserve or cancel or just for more information about the trip.

Please call during normal hours (6:30 - 9:30 PM) unless otherwise noted. Make reservations early but in no case should they be made later than the Thursday before the trip.

Mon Sep 1 (labor day) trips announced at open house

Sat Sep 6 Rafting. Joe (Hopalong) Curley will take reservations and arrange for rafts to enjoy the Yough. Reserve at 361-3598. You'll need a lunch, a change of clothes and about \$7.00

Sat Sep 6 Canoeing. Flat and flowing canoeing for people who have mastered the basic strokes. Stan uhrin (441-3382) will lead. Cost about \$5.00. Bring lunch, cahnge of clothes and boat shoes

Sun Sep 7 Canoeing. Another easy trip for those who wish to try out what they learned at canoe schools. Call Don Hoecher @243-8298. Cost about \$5.00, lunch etc.

Sat Sep 13 Rafting. Joe Curley Rides(?) Again. If you want to take one of these "End of Season" trips, reserve early. Call 361-3598. Lunch, change of clothes and about \$7.00

Sat Sep 13 Canoeing. A family style trip with Peggy & Barry Walker & Family. Cost about \$5.00. Families with small children should have their own life vests. Plan to swim, bring a lunch and change of clothes. Reserve with the Walkers @521-4708

Sat Sep 13 Class II-III Bike Ride. Meander around the hills and valleys of Ligonier with John Orndorff. Highlights of the trip will be a visit to CMU's Powdermill Bird Banding station and a gradual 8 mile climb up through Lynn Run State Park. Total mileage: 25-30. Gather at headquarters at 8:00 to leave at 8:30. Call John @362-5401 for details and reservations

Sat Sep 13 Beginner's Hike. Join Charlie Halberstadt for a beginners hike on the Laurel Ridge trail. Bring lunch, water and about \$3.50 for expenses. To reserve, call 678-3789

Sun Sep 14 Rafting. Dan Gzesh will take reservations @365-1943. Cost about \$7.00, bring your own lunch, dry clothes

Sun Sep 14 Canoeing. Bill & Sue Leathen (of Morgantown Fame) will lead a scenic canoe trip on some gently flowing stream. Reserve @ 366-8996. Cost about \$5.00, lunch dry clothes and drinking water

Sun Sep 14 Beginner's Hike. Joe Levine leads a beginner's hike on the Rachel Carson from Tarentum to Harrison Hills Park. Leave from Headquarters at 8:30. Bring water, lunch and about \$2.00 for cost. For details and to reserve, call 422-8287 after 9 PM

MORE TRIPS AND TRAILS

- Fri Sep 19 Thru Sun Sep 21 Canoeing. The Annual Shenandoah/Potomac Trip with Bill & Elaine Corwin. For experienced canoeists. Plan to stay at the Sandy Hook Hostel for two nights. Cooking facilities available. Cost about \$18.00 Bring "decents" to tour Harper's Ferry. Reserve at 687-2794
- Sat Sep 20 to Sun Sep 21 Cycle. Car camping/cycle/cave trip to Laurel Caverns Suitable for adv. beginner to intermediate cyclists/cavers. Join Dave Barbour & Joe Hoechner for an "over & under" tour of the Laurel Mountains. Cost of about \$7.50 (without food) includes transportation, trip fees, cave admission, campsite & a 25 mostly downhill ride mile to Ohioophyle State Park. For reservations, time and info call Dave @243-2870 or Joe @343-2465
- Sat Sep 20 N.E.O.C.II. NorthEast Ohio Century II Join the "out-spokin" Wheelmen for an indian summer tour of N.E. Ohio. Tour starts north of Youngstown and goes thru small towns of N.E. Ohio. Registration closes 9/15/75. For info and registration forms, see or contact Ray Rossi @364-5705
- Sun Sep 21 Hike. Aileen Pastorek will lead a mystery hike. Area to be announced later. If your curiosity is piqued, call Aileen for details @521-4883
- Fri Sep 26 to Sun Sep 28 Rock climbing. The Hostel climbers will challenge Seneca Rocks in West Virginia for this month's venture. We will leave the headquarters Friday night & return Sunday evening. Jim Gogots will lead this trip for experienced climbers only. Call 363-2924. Maybe even a short cave trip thrown in for diversion
- Fri Sep 26 to Sun Sep 28 Backpack trip in Allegheny Nat'l Forest with Ben Brugmans. For beginners with equipment. Leave 7PM Fri, return Sunday eve. To reserve, call Ben at 373-0132
- Fri Sep 26 to Sun Sep 28 Adv. Canoe & Cycle camping. Enjoy the early Fall foliage in the West Virginia area. The High point of this trip is a visit to the Buckwheat Festival, Sat eve in Kingwood, W.Va. Leave Fri eve at 7 and return Sun eve. Reserve biking with Jack Batchelor 963-7868 and canoeing with Claudette Falkenham 531-1824

Advance notice: Oct 4&5 Canoe Camping. The Autumn leaves an the Clarion, with Fred and Eileen Hull

EVENING CYCLE TRIPS -- THURSDAYS ONLY

Trips leave headquarters Thursday evenings at 6:30 PM and return before dark. Cost: 25¢. Be sure Your bike has a flag for these trips on city streets. You should carry a spare tube and know how to change a tire. We might be able to rent you a bike if yours is sick, but call leader first.

Trip Leaders

SEP 4: Phil Slauch 466-5201

Sep 11: Ed Sieger 567-4790

Sep 18: Bill Leathen 366-8996

Sep 25: Claudette Falkenham 531-1824

Evening trip leaders: If you can't come, You get a replacement. Come on trip before yours to get the key. Come on trip after yours to give it up.

MON	TUE	WED	THUR	FRI	SAT	SUN
1 LABOR DAY TRIPS ANNOUNCED	2	3	4 OPEN HOUSE	5	6 RAFTING CANOEING	7 CANOEING
8	9 ACTIVITIES BOARD MEETING	10	11 OPEN HOUSE	12	13 RAFTING CANOEING BIKEING HIKEING	14 RAFT CANOE HIKE
15	16	17	18 OPEN HOUSE	19 SHENANDOAH CANOE TRIP CYCLE/CAVE NEOCHILLER HIKE	20	21
22	23	24	25 OPEN HOUSE	26 ROCK CLIMBING-SENECA BACK PACK - ALLEG. NATL ADV. CANOE & CYCLE	27	28
29	30	SEPTEMBER			OCT 4 CANOE/CAMPING	OCT 5

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