



golden triangle

pittsburgh council
american youth hostels inc. JUNE 19
vol. 29 no. 6

HIKE INTO HISTORY

Cliff Ham

Western Pennsylvanians are invited to "Hike Into History ", Sunday, June 13 and lead the Bicentennial Wagon Train into the Point.

AYH Pittsburgh Council has been helping , and organizing the hike. Hikers will gather at 12 noon at Roberto Clemente Park, near Three Rivers Stadium, where they will sign patriotic rededication scroll that will be carried with the Bicentennial Wagon Train to Valley Forge. Hiking along with the Wagon Train will be colorful Colonials in full uniform with musket, drum and fife. Band units will keep spirits high as the column wends its way through Roberto Clemente Park, up the ramp to Federal Street, across the sixth Street Bridge, and down Fort Duquesne Boulevard to the Point. The Bicentennial Wagon Train with wagons from many of the 50 states, will follow the hikers.

All the hikers will rendezvous in the park where each will receive a remembrance scroll, and have the opportunity to relive the past , as folks in colonial costumes demonstrate such early crafts as candle-making, blacksmithing, soapmaking, caning chairs, quilting & more.

Whow the day sure does sound like a gala affair. But organizers, "master-hikers " are needed. Here's the clincher, AYH needs about 20 guides to lead the hikers and 6 bicyclists for coordination purposes.

If you feel the spirit of '76, and are interested in reliving the events of our forefathers, than perhaps you would be interested in volunteering your time & skills for the purpose of making this a fun, and successful day for the Pittsburgh Community.

If you can help, Call Joe Curlee at 422-9672 or Cliff Ham at 687-4960.

#####

THE PRICES ARE UP

Sorry, but the move was inevitable. At the Activity Board meeting held, May 11, participants voted to up the fee for non-members for taking part in an AYH trip , longer than ½ a day.

The NEW NON MEMBER fee will be \$2.00 (50¢ for registration plus \$1.50). However, no need to fret. The \$1.50 may be credited to that membership pass that you just haven't had a chance to purchase. But there are limits, only one credit can be used per pass and the trip must be within 30 days .

HAPPY HOSTELING

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THE CYCLING GUIDE : RIDERS & WRITERS

Joe Hoehner

That's right folks, aspiring writers are needed to help set up a "TRI-STATE BICYCLING GUIDE ". Also needed are draftspersons and/ or cartoonists for illustration purposes.

Besides trip write-ups, introductory, descriptive paragraphs are also needed. The list of paragraph subjects is endless. For instance, possible subject headings would be :

HOW TO GET & STAY IN SHAPE
CYCLE MAINTENANCE
TOURING
HOW TO BUY A BIKE
CYCLING IN PITTSBURGH

FIRST-AID HINTS FOR CYCLIST
BIKE SAFETY
CYCLE APPAREL
DOGS & OTHER ASSAILANTS
OR AVOIDING PIGEONS & POTHOLES

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AYH cyclist, and trip leaders, remember now's the time to try -out and write-up that favorite cycle trip that you may want to share with other cycling enthusiast. Perhaps if you are leading a trip, and with the hassels of the job, you just don't have the time to note the trip, perhaps one of the trippers would enjoy being a historian.

If you are interested in writing up a cycling trip, the description should include the following :

SUMMARY : Difficulty: (beginner, intermediate, advanced)
 Distance : (approximate mileage)
 Terrain : (type of country)
 Road Conditions : (surface type, state of repair)
 Traffic : (none, light, moderate, heavy)
 Best Seasons :
 Special Features : (historic, scenery, special festival)
 Emergency phones
 Topo-maps : (list, indicating 7½ or 15', also give
 other good maps)
 AYH Consultant : (author of write-up, followed by names
 of check riders)

The report should include a descriptive paragraph, giving the general nature of the trip, that would convey the feelings of the area to the perspective rider. If you are a creative writer, this would be your opportunity to shine. Perhaps, in your description you can even give comments made by other trippers.

~~Remember~~, the cycling guide is a group project. We need active, enthusiastic AYH'ers to respond to our plea for help. Your response will determine the fate of the CYCLING GUIDE. The Guide will be quite an accomplishment for OUR Council. LET'S GET GOING...

#####

ACCIDENT WITH INJURIES : ACTION NOW

INSECT, SPIDER, & TICK BITES

INSECT BITES : Insect bites include those inflicted by bees, wasps, hornets, and ants. Although the sting itself is painful, the most serious manifestation of an insect sting itself is an allergic reaction, (anaphylactic shock).

Once again, the easiest way to avoid being stung is to avoid the insect :

1. keep away from scented preparations and cosmetics
2. If someone has had previous reactions, carry an insect bite kit with the following items.
 - a. tweezers to remove the stinger only, if the stinger cannot be scraped away with the fingernail or a knife blade since squeezing the stinger can inject more of the venom.
 - b. Appropriate prescription medication (usually an antihistamine to be taken orally and epinephrine to be inhaled or injected).

TREATMENT OF AN INSECT BITE

1. Remove the stinger without squeezing it
2. Apply ice to reduce the swelling
3. Observe for signs and symptoms of anaphylactic reactions
 - a. shortness of breath
 - b. generalized swelling
 - c. wheezing
 - d. abdominal pain
 - e. faintness
 - f. shock
 - g. tingling around the mouth
 - h. headache
4. Assist the victim in administering his prescription medication
5. If the victim has a history of allergic reactions or begins to show any of the signs and symptoms listed above, transport to the hospital.

SPIDER BITES : The signs and symptoms are :

1. A sharp pinprick sensation followed by pain and rigidity of other large muscle areas like the abdomen, chest, or back.
2. In brown recluse bites, blisters form
3. Fever, chills
4. Weakness
5. Nausea and vomiting

(cont.)

ACTION NOW : BITES

TREATMENT OF SPIDER BITES

Unfortunately, there is no specific local treatment for spider bites. treat the symptoms that occur. Keep the patient as comfortable as possible. Since management of the bite requires a physican's care, transport the victim to a medical facility.

TICK BITES : Ticks are found in damp areas, grass and weeds. They frequent the edge of paths where they are lured to attack by the scent of a passing host. The peak tick season is the months of May, June and July.

Tick bites rarely cause problems unless they attach themselves to the neck or spinal column. In this case the tick bite can result in tick paralysis which is manifested by irritability, loss of appetite, and pain or numbness in the legs. The paralysis can lead to respiratory failure. However, once the tick is removed the paralysis clears itself.

MANAGEMENT OF TICK BITES

1. Find the tick, look carefully in hairy areas
2. Remove the tick in one piece. Do not leave part of the tick imbedded in the skin since this can cause an infection. Do not squeeze the tick since this can infect more poison.
3. Remove the tick by applying gasoline, petroleum jelly, or a lit cigarette or match to the tick. Wait at least 10 minutes and try to pull the tick off. Once the tick is removed. no further care is necessary.

The series of First-Aid articles, ACTION NOW, that has been appearing in the GOLDEN TRIANGLE, is solely the responsibility of the author, Lurana Patterson, RN, REMT of the Western Pennsylvania Regional Medical Program. The contents of the articles are in no way a reflection of the Western Pennsylvania Regional Medical Program, The Health Services and Mental Health Administration, or the Dept., of Health, Education. & Welfare.

KNOW BEFORE YOU GO

The Delaware Valley Council has available a collection of brochures, maps, etc. describibg numerous scenic, cultural, recreational, and historical attractions of southeastern Pennsylvania.

These publications will be of considerable help to anyone planning a hostelin trip in this region. The publications can be obtained by sending \$1.50 to, Delaware Valley Council, AYH, 4714 Old York Rd., Phila., Pa. 19141.



Tents built like crazy.

Okay. So we've lost our marbles. We took the best selling tent in the world and completely redesigned it. Went the whole nine yards. Now it has everything. We're proud to say it's Gerry-built.

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THE OUTDOOR CHEF

by

Ben Brugmans

In spring of the year in Western Pennsylvania, the hiking weather reminds me of my native Holland. A taciturn damp weather, with intermittent rain, and a rapidly cooling evening as you huddle around the fire, or in Holland around the central stove, talking about the events of the day.

To rid you of the chill in your bones, the Dutch invented a pea soup, which is a worthy meal when eaten with slices of hearty, buttered bread. Not to be confused with the American namesake, it will stick to your ribs and fill you to satisfaction.

The key to cooking peas, or any other legumes such as lentils or beans, is in the soaking. Start immediately as you enter the campsite. Bring the water with the peas to a boil for two minutes, then shut off your stove and cover the stove for an hour. (A blanket, coat, etc. will do nicely, do not use nylon as it will melt) Pitch camp, rest your feet, tend to your blisters, or just plain groove on the fresh green foliage exuberantly proclaiming spring.

After soaking an hour, simmer peas for a half hour, they will start to crumble. Add the remaining ingredients, simmer another twenty minutes, stirring often, adding water when necessary, dish out, eat.

As an example how you can get big portions from supermarket freeze-dried, I broke down the cost per ingredient for four big eaters, or six normal appetites.

_____	One pot which holds at least three quarts, lid	
_____	Eight cups of water	
_____	Sixteen ounces of split green peas	- 29¢
_____	one half of 2½ ounce jar of Duhee	
_____	freeze-dried soup greens at 93¢ a jar	- 47¢
_____	one package of creamed freeze-dried potatoes	- 57 ¢
	(leave the creamed part home)	
_____	one half of a 3 ounce jar of bacon bits at eighty-nine cents a jar.	- 45¢

Package soup greens, potatoes, and bacon bits in one plastic bag, before going on the trail

TOTAL COST

\$ 1.80

Eat with bread and butter. The complementary amino acids of wheat and legume provide complete protein. Top off the meal with some dried fruit for desert, and a hot drink to suit your taste.

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RAFTING LEADER'S GUIDE

Linda Paul

1. Make sure that there is someone in every raft, who knows what he/she is doing. Try to mix experienced rafters with the non-rafters. Most favorably on a 50/50 ratio.
2. Rafting trips are for MEMBERS ONLY, until the Thursday night before the trip.
3. Delegate chores to all trippers. All should cooperate in loading equipment, blowing up rafts, and returning equipment to the hostel. Part of every trip experience is to learn the trade by doing and taking part in the chores.
4. The leader is responsible for making sure that all equipment is returned intact, and that the key is returned to the rafting chairperson.
5. Use paddles designated FOR RAFTING ONLY. All lost or broken aluminum paddles must be paid for by the responsible party, even if the substitute wooden paddles are retrieved.
6. Take rafting trips seriously, and urge your trippers to do likewise. On a full rafting trip you are responsible for approximately \$3,000 worth of equipment and 16 people.
7. On returning, all rafts must be inflated and left inside HQ to dry. They must be put away before 8:15 on the following Thursday before the Open House Program.

MAKE THIS AN ENJOYABLE, SAFE SEASON

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KTA COUNCIL MEETING

Cliff Ham

Joe Curlee, Marilyn and Cliff Ham attended the Spring Council meeting of the Keystone Trails Association in Wellsboro, Pa. Over fifty hikers from all over the state, District of Columbia, and Maryland, deliberated and planned for improved hiking opportunities. Among the facts learned:

_____ The Trail Bill, SB 144, is stalled in the Pa. Senate Appropriations Committee; some letters to key Senators may help get it passed, and allow matching money from the Federal Government.

_____ A patch for the Tuscarora Trail will be available shortly

_____ Another patch may be awarded to those who help build or maintain some of the KTA approved trails in Pennsylvania.

_____ The Mid State Trail is now 109 Km long. Our Pittsburgh Contingent helped to scout a new section of MST.

_____ Cliff Ham was elected Vice-President of KTA. Maurice Forrester, of Reading, is the new President of KTA.

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A caution to trippers about skills needed for a trip. It may seem unfair for the leader to ask you to get more experience before you go on a school or run a particular river, but it is more unfair for you to attempt a difficult river with less than the needed skills. Self rescue is not always possible. Risk is not only increased for you and your partner, but for the two or three teams of paddlers that must rescue you, your partner, and your boat. Be honest with the leader and acquire your skills and experiences with AYH in a logical sequence.

RIVER ETIQUETTE:

Probably the most important factor contributing to an enjoyable trip, assuming the needed skills, is cooperation on the river. One boat can ruin an outing by simply not thinking of the others. If a boat is maneuvering in a rapid, stay out of the way. Many paddlers like to hold back to get a better look at a rapid or to set up for a good run; you must also hold back. Stay out of their way especially if the other boat is being paddled solo or poled. You can avoid congestion at rapids by staying spaced out on the river. Before leaving an eddy, look upstream to see if another boat is coming. Remember, it takes several seconds to get out of the eddy and moving downstream. The other part of river etiquette is to avoid hogging the rapids or eddies. Take your turn properly and move on. Setting in one place too long slows down the trip and creates congestion.

CHECK LIST FOR TRIPPERS:

Personal Equipment -

- _____ river clothing, shoes, socks, hat with brim
- _____ sun protection
- _____ rain gear
- _____ wind breaker
- _____ knee pad or cushion
- _____ lunch and drink (no glass containers and no alcohol)
- _____ strap for glasses
- _____ complete change of clothes (and shoes) for end of river

Trip Procedure -

- _____ lower and load onto a car your half of a canoe
- _____ select and load into a car one good life preserver
- _____ select and load into a car one paddle of proper size (check with the leader)
- _____ select and load into a car for each boat one bailer, one spare paddle, and one spare life vest.

Make sure you load and unload your own canoe. This spreads the work load evenly among the trippers. If you are a petite member, we won't ask you to lift the boat up to or take off of the car racks. But you can help carry the boat to and from the cars and help store the canoes in the rafters at headquarters. A Grumman canoe weighs only 75 pounds. One half of this is just 37½ pounds. We agree that some of the put-ins and take-outs are difficult, but if you are not willing to carry your ½ canoe, we prefer you try hiking.

CANOEING TIPS FOR TRIPS WITH A Y H IN 1976.

Canoe Schools:

AYH is planning on session a month for Whitewater Canoe School I and II. Two sessions a month are being planned for Beginning Canoe School.

Beginning Canoe School- Usually on Wednesday evenings twice a month, this school is on flatwater in Pittsburgh. Designed for individuals with no canoeing experience, the school covers the fundamentals: parts of a canoe, getting in and out of a canoe, and setting up a canoe for an AYH trip. Students will learn forward and back paddle strokes and practice paddling the canoe in a straight line from the stern. Canoeing safety will be stressed.

Whitewater Canoe School I- Prerequisites - Experience: Several class I river trips paddling from both bow and stern. Skills: paddle a canoe in a straight line from the stern, know forward and backward paddle strokes and steering strokes. You will work on maneuvering strokes (draw, cross draw, pry-away, and sweeps), downstream and upstream ferries, and river reading. Safety procedures for running rapids and working rescues will be emphasized and practiced. You will swim a rapid during the course. Everyone will paddle from the bow and stern on both sides of the canoe.

Whitewater Canoe School II - Prerequisites - Experience: Whitewater I School and several trips on Class I and II rivers practicing the skills learned in Whitewater I school. Skills: You must be able to do downstream and upstream ferries from the stern of a canoe. The school will work on eddy turns, peel outs, surfing in standing waves and hydraulics, rescue techniques, river reading and scouting rapids from shore. General tactics for running difficult stretches of river will be discussed and practiced. You will take part in a rescue and be rescued during the course.

Trip fees for canoe schools run higher than regular canoe trips. While the instructors receive no pay for the school, AYH feels it is not fair to ask them to pay rental or mileage for the trip. The instructors share of the fees are divided among the students. Schools usually take 12 students and 4 instructors. All of AYH's instructors at this time are products of AYH canoe schools. If you are willing to take our instruction in canoeing, AYH feels that you have an obligation to help teach on future schools.

Instructors are giving up a day of good canoeing to teach the schools. If you sign up for a school and do not show up the day of the trip, there is a good possibility that you may not be afforded the opportunity to attend a school until the next season. Canoe schools are booked up well in advance of the day of the trip. There is usually a waiting list. If you can not make the trip, you are obligated to call the leader (at a decent hour) and cancel. If an emergency occurs at the last minute, a call to AYH Headquarters is expected about the time the trip is to meet.

Canoe schools are posted at the headquarters building the night of the Triangle deadline. If you are anxious to get on a school, come to a meeting and sign up there. In any case, sign up as soon as you get your copy of the newsletter. Canoe schools fill early!!

TRIP CLASSIFICATION: Streams and rivers are classified according to their difficulty.

Flat Water - Lakes, ponds, or slow flat rivers with no apparent current. No rapids or riffles are encountered, and there is no problem navigating the river.

Class I (flowing water) - moving water with a few riffles and no waves. Few or no obstructions.

Class II (easy white water) - Easy rapids with waves up to three feet high. Wide clear channels that are obvious without scouting. Some maneuvering required.

Class III (intermediate white water) - rapids with high, irregular waves often capable of swamping an open canoe. Narrow passages that often require complex maneuvering. May require scouting from shore.

Hoster canoes run nothing higher than class III streams and rivers.

ALLEGHENY CANOE CLUB

Canoe Class "76

WHAT : A one day calss and actual practice in the art of canoeing, free of charge.

WHEN : Saturday, June 5, 1976, from 10:00 A.M. to 5:00 P.M.

WHERE : Drake well state Park

WHO : Inexperienced canoest over 12.

Register : Send name, address, phone no. to Gene Maul, Oil City Canoe Sales, Rt. 62 N. R.D. #2, Oil City Pa. 16301.

DEADLINE : May 29, 1976.

Bring : Dress to accomodate the weather, and bring a lunch.

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HEADQUARTERS FOR TRAIL INFO

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ACA NATIONAL CHAMPIONSHIPS



Canoe Poling Nationals Sprints Marathons The event will take place on June 26 & 27, on the beautiful, crystal-clear Black River, one of the loveliest ribbons of water ever to ooze through the Ozarks.

If you are at all interested in taking part in this grand event, see Gordon Bugby or Roy Weil for more information.

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Tips & Tales

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by Joe Hoechner

You may be interested in knowing that the Western Pennsylvania Conservancy has recently relocated their headquarters.

The new location is in the Commonwealth building (18th floor) at 316 Fourth Ave., Pgh., Pa. 15222.

If you plan to visit the Kaufman estate at Fallingwater, you must call in advance for reservations. Last year nearly 67,000 people toured the famous house. For reservations, phone: 288-2777.

#####

If you are passing thru Eastern Pa. this summer you may want to visit the small town of Trexlertown near Allentown.

That's the location of the new Trexlertown Velodrome. This is the only Bicycle Track in Pa., and the owner's claim " the best in the country".

They have events open to both clubs and the general public. For more information contact:

Velodrome Director
222 Main Street
Emmaus, Pa. 18049

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Would you like to work in the U.S. Forrest Service ? For only 35 ¢ you can order the pamphlet " A Job With The Forrest Service". Make the check payable to Superintendent of Documents and request no. 001-000-03429-4, mail to :
Public Doc. Dist. Center
5801 Taber Ave.
Philadelphia, Pa. 19120

#####

Please use proper terms :
"Bikeways" NOT cyclo-paths

Are you a draftsman or cartographer ? Perhaps you could offer your services to help publish the Pittsburgh AYH Cycle Guide.

If you have these talents, please contact Joe Hoechner @343-2465.

#####

If you are an active cyclist, you may want to attend the " National Convention of Bicyclist " to be held July 8-11 in Carlisle, Pa.

This is being sponsored by the Harrisburg Bicycle Club and the League of the American Wheelmen.

You can register in advance for any number of days, events, accommodations or meals. There's not only a variety of rides planned, but also workshops on touring, Hostels, clubs safety, etc. Also there will be film and slide shows.

If you would like to attend, you request an application form from:

Bike Carlisle
413 Applatree Rd.
Camphill, Pa. 17011

#####

Bicycle trip descriptions for the new cycle guide are coming in at an incredible rate - about ONE per month. If we are ever going to have a cycle guide, we have to get moving. On a How-To-Do-it story see this month's triangle or check with Joe Hoechner.

Please note that not all trips are acceptable. Rumor has it that Jack Batchelor submitted a ride between Fox Chapple & Downtown. Although Jack did a complete scouting job last win The fact that the Route uses the frozen Allegheny, rules out its daily use. SORRY ABOUT THAT, JACK

Great jumping leprechauns, Dolly Sods with "Pleasant Jack Leahy ". As we hike through the last of the ground hugging scrubbery, I think back.

Cold last night, but then we had a late start. As we sat in the Lone Star Restaurant, waiting for the third car to arrive, we were consoled by enormous pieces of home baked blueberry and apple pie. Entertainment was provided by a lovers argument, complete with a red flashing police car. An hour and a half later, Bill finally arrived with Pam & Marta, having taken the scenic Somerset loop tour, apparently too involved with his company to watch for his turnpike exit.

More pie, more tea, and more coffee. Off finally to sneak into Horseshoe campground, closed for the season. Beautiful moonlit night, babbling stream, exceedingly hard picnic benches, the adventure had begun.

After crossing the soggy grasslands of Dolly Sods, , we hike up a slight incline to meet the ridge. The brilliant sun glares over the yellow, tan and gold grass, under which the tender new green is beginning to spring up, yet a cold wind greets us , as we reach the edge of the plateau and look down on the farms of the valley.

Looking right and left sandstone juts out where the overburden has eroded and bedrock crumbles to roll down the hillside. Walking along the ledges, through some sporadic patches of tough bush, the eerie loneliness of the landscape is broken only by some rusting tumbled down ,barbed, wire fences. The sandstone outcrops disintegrate slowly to leave a brilliant quartz in the small pools of fantastic beach sand on a lonely windswept plateau ridge.

That evening, moonlit and ellow after big meals, the campfire discussion drifts to travels in faraway foreign places. The next morning frost covers the grass. But the morning sun quickly dispels the chills. A blue brilliant sky warms the day , while we pass by several valleys with active beaver ponds dotting the landscape.

Several lengthy, sunny rest stops, later we find our cars and head back to finish a great weekend with an all you can eat pancake party at the Maple Pot Restaurant, where we split up , and at peace went home.

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GOLDEN TRIANGLE

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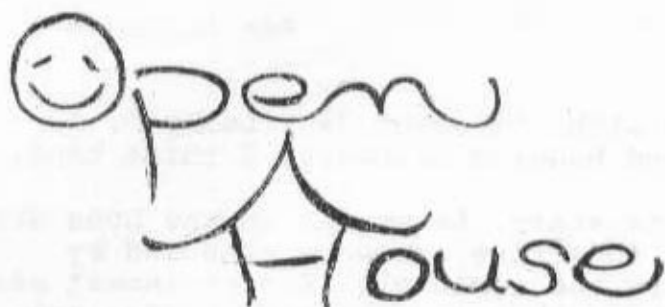
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DEADLINE FOR JULY TRIANGLE ----- JUNE 10.

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EVENING CYCLE RIDES

The rides are from 6:30 -8:30 starting and ending at the Hostel. Bicycles may be rented for 50 ¢. Reservations must be made before the ride. People renting a bike must be at HQ no later than 6:15.

with Eunice Higgins & Joe Levine

Open house at the Hostel Headquarters is held every Thursday evenings. 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 non-members. This is a great time to see friends, to reminisce about that century bike ride, to make plans for future trips. If you're a perspective member, this is an ideal time to meet AYH'ers and discover the ART of having FUN.

June 3 Rock breaking in the Red Hills of Wyoming. Mary Lou Brown will show slides of the area and inform us about the geology.

June 10 "The Highest Mountains in the World". Join Hal and Jan Van Zoren on a trek to the Hindu Kush range in Northern Pakistan.

June 17 Joe Levine Productions presents : The Rachel Carson Trail, the Baker Trail, & Bear Run Nature Reserve, in a slide show titled, " The Fall of '75 ".

June 29 Film : " The American Wilderness" in past, present, & future.

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 should be at the Hostel at 6:00.

Cyclists, Bring a light since we will be riding at dusk, carry a spare tube to guard against a flat.

June 11.....	Steve Shore	583-6897
3.....	Mike Derooy	371-6943
8.....	Ray Rossi	422-9764
10.....	Cliff Ham	687-4960
15.....	Rich Feder	421-5708
17.....	Gary Ludwig	521-4964
22.....	Aileen Pastorek	521-9191
24.....	Joe Curlee	422-9764
29.....	Mike Estner	421-5428

On Wednesday, June 2, at 6:00 Joe Hoechner (343-2465) will have a beginners bicycle demonstration. He will demonstrate how to shift gears, brake, and ride a ten speed.

For Sale - 23½" Schwinn World Voyageur. Call Jack at 963-7868.
#####

For Sale - Complete front wheel. Quick release 27", from a Schwinn "Le Tour", \$20.00. Also a hoop type Bumper rack, and a Shimano Freewheel tool. Call Joe @ 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 any AYH-Trip in order to avoid the non-member fee.

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

- Sat. June 5 Easy canoeing, moving water. Make reservations with Mike Deroy, 371-6943. You'll need boat shoes, rain gear, lunch, a change of clothes and about \$5.00.
- Sat. June 5 Another cycle trip into history . Join Skip Chapman as he cycles through the famed "Whiskey Rebellion Area ", Mingo Creek. If interested call Skip at 683-0053.
- Sat. June 5 For FAST WALKERS ONLY . Dick Nugent will lead a fast-moving, 25 mile hike on the Laurel Highlands Trail. Cost of the trip will be approximately \$3.00. To reserve call Dick at 487-5549.
- Sat. June 5 Rafting on the Yough. Join Joe Curlee for an enjoyable day. Bring lunch, shoes, clothes. Call Joe for details at 422-9672.
- Sun. June 6 Canoe Poling School. If you can read water and have paddling experience, here's your chance to try the joys of POLING. Roy & Mary (681-5131) will lead and teach the equipment is the same as for a canoe trip, and should run about \$6.50. Remember this is one person per boat and the equipment is limited. Be serious when you reserve.
- Sun. June 6 Easy beginners hike in Harrison Hills Park and the Northern End of the Rachel Carson Trail. Bring lunch, water and about \$1.50 for cost. Leave HQ at 9:30 AM. The Hike will be about 4 miles. If interested call Joe Levine at 422-8287.

MORE TRIPS AND MORE TRAILS

- Sat. June 12 FAMILY TYPE CANOE TRIP with Peggy and Barry Walker. The trip is headed for the Slippery Rock area. People with small children should provide proper sized life jackets. Bring lunch, wading shoes and about \$4.00. To reserve a place for you and your family call the Walkers at 521-4708.
- Fri. June 11 Beginners Backpack with Ben Brugmans on the North Country.
Sat. June 12 Meals will be communal style. The trip will leave the
Sun. June 13 hostel Friday at 7:00 and return Sunday. To reserve a place call Ben at 793-5419.
- Fri. June 11 It's Mountain Laurel Time What better way to view the
Sat. June 12 beauties of the season, then in the Black Forest. If
Sun. June 13 you are an intermediate Backpacker, then Marta & Mike Hurwitz welcome you to join them on an adventure in the Black Forest. The cost will be about \$10.00. To reserve call 731-1083.
- Sat. June 12 Joe Hoechner will lead a bicycling trip in the vicinity of Ligonier. The area is ideal for cycling. If you are interested in spending the day with Joe, call him at 343-2465, and reserve a place for yourself.
- Fri. June 11 A bit tired of the run-of-the-mill hostel cycling trips ???
Sat. June 12 Do you think its time for a challenge ??? Well, Jack
Sun. June 13 Batchelar has the answer. You've guessed it - An Advanced Mountain Bike Trip. The trip will be limited to six people. So, if interested, call Jack at 963-7868.
- Fri. June 11 Join Norm Synder on a cave trip to West Virginia. This is
Sat. June 12 your chance to see miles of caves. If interested call Norm at 371-2371, between 6 & 7 , Sunday thru Thursday.
- Sun. June 13 Canoe School I - Rain or Shine See or call Jim Roberts at 521-5386, and find out if you can qualify. The cost will be around \$ 7.00.
Please do not reserve for these schools if you're not serious. We have competent instructors who are giving a days time and effort.
- Sun. June 13 An intermediate hike with Dave Gasvoda. The trip will be about 5 to 6 miles on Quebec Run and Sandy Creek. The trip will leave at 8:45 and return at 3:50. If interested see Dave at an open house meeting.

AND MORE TRIPS & TRAILS

- Sat. June 19 THE WAG BICYCLE TOUR. Don't miss the seventh Annual WAG Ride. The WAG is sponsored by the Western Pennsylvania Wheelmen and the Washington-Greene County Tourist Promotion Agency, and does have something for everyone. The ride and weekend are unque for there are trips for all levels of cyclist from the beginner to the super-advanced cyclist eager for a challenge. All the trips are on the scenic rolling roads of Washington-Greene County. If you are interested in taking part in the WAG'76 see Warren Kennedy for more information.
- Sun. June 20
- Sat. June 19 This is another one of Joe Curlee's act on packed , rafting trips on the Yough. You'll need a lunch and a complete set of dry clothes. If you would like to join Joe, call him at 422-9672.
- Sat. June 19 Easy Canoeing, on the Clarion River Float Trip. Join other canoist from all over Pa. The natives will provide shuttle service and sell refreshments. The trip will be \$7.00. To reserve call Don Hoechner, 256-3278 (days) or 243-8298 (ev
- Sun. June 20 WHITEWATER CANOEING, a class II type run, for all those who have completed School II. If interested call Joel Platt at 521-5244.
- Fri. June 25 LANCASTER WEEKEND BICYCLE RIDE - Stay in Pa. most beautiful
Sat. June 26 Hostel (needless to say, you must bring your pass). The
Sun. June 27 trip will include a tour of te Pa, Farm Museum, Ephrata Cloister, the pretzal and chocolate fatory. Dinner Sat. night will be at a Pa. Dutch Farm House. You'll need sleeping bag, mess kit and lunch for two days. You must reserve your place before June 13, by making a \$10.00 check payable to Phyllis Blumberg, 5851 Northumberland St., Pgh., Pa.15217. Cost of the weekend will be around \$30.00. For more details call Phyliss at 422-9383.
- Sun. June 27 Easy Canoeing with Bill & Sue Leathen. For a reservation on this fun voyage call 366-8996. The cost will be \$5.00.
- Sat. June 26 CANOE SCHOOL II. This is the most advanced of the Hostel Schools. For qualifications check with Gordon Bugby, 371-4233, before 10 PM.
- Sat. June 26 Dick Nugent will lead a backpack trip on the Laurel High-
Sun. June 27 lands Trail. Leave Saturday morning, return Sunday evening. The trip will cover 6-7 miles each day. All levels of backpackers with equipment are welcome. If interested call Dick at 487-5549.

HAPPY HOSTELING

MON.

TUE.

WED.

THUR.

FRI.

SAT.

SUN.



June

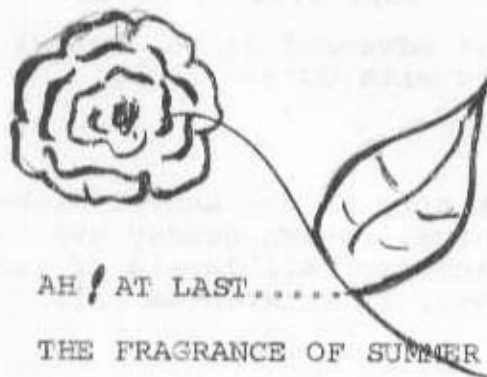


	1 Even. Cycle	2	3 Even. Cycle	4	5 Mingo Creek Cycle Trip	6 Poling School
7	8 Activity Board Meeting	9 Evening Canoe School	10 Even. Cycle	11 " Backpackers weekend "	12 Cycle Trip	13 Canoe Scho
14	15 Even. Cycle	16	17 Even. Cycle	18	19 THE WAG Rafting	20 RIDE Canoeing
21 28	22 Eve. Cycle 29	23 30	24 Eve. Cycle	25 Lancaster Weekend	26 Canoeing	27 Bike Ride

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AH! AT LAST.....

THE FRAGRANCE OF SUMMER IS UPON US !