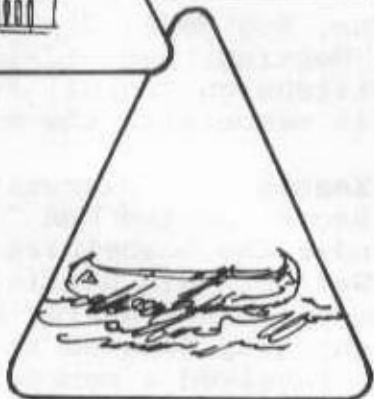
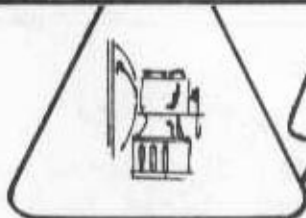


# golden triangle



vol 27 no 2 feb. 76

**pittsburgh council american youth hostels inc.**

## It's Time For Cook Forest

Remember last year! The SNOW-GODS finally answered the pleading prayer of Pittsburgh, AYHers. For two years there had been no snow, and frustrated snow-lovers lugged their equipment onto the bus, and sadly had to keep it on the bus for the remaining weekend. But the story was, just a bit different last February. When we arrived Friday night, we were all happily greeted with six inches of fresh, crisp SNOW. Who you can't imagine the fun that was had by all! The cross-country skiers immediately got into the swing of things, and began waxing their equipment for the fun to come. The toboggans were carefully hoisted out of the bus and put into quick use. Some AYHers even brought their ice-skates and made good use of a nearby lake. Even if one had no fancy winter equipment the fun of hiking and playing in the snow made the weekend a worthwhile experience.

Perhaps, the portfolio of COOK FOREST '75 will recapture the good-times, and good-feelings of last year, and help you to anticipate the coming fun of COOK FOREST '76.

This year, Nan & Dave Porterfield can't guarantee the blessed favors of the snow-gods, but they do promise moonlight on this St. Valentine's weekend. If you want to be part of this gala winter outing, meet the bus at headquarters at 6:00 P.M., Friday, February 13, with your blank check for the balance of the cost ( \$10 reservation deposit is required ), plenty of warm clothes, and your winter gear : cross-country skis, snowshoes, hiking boots, snowball mittens, ice-skates, guitar, banjo, recorder, voice. Make your reservations with Nan & Dave Porterfield, Textor School Road, R.D. #2, Box 173, Zelienople, Pa 16063, phone 452-7071. Make your \$10.00 deposit check payable to David Porterfield. For FOOD, CABIN SPACE, & BUS, last year's cost was \$22.65. RESERVE BY FEBRUARY 6th.

---

### AYH NATIONAL MEETING REPORT

Pittsburgh Council Members, Cliff & Marilyn Ham, Roy Weil, Jim Gogots, and Claudette Falkenhan attended the AYH National Meeting, Dec. 12-14 in Anaheim, California. Larry and Mary Giventer, former Pittsburgh Council President and Triangle editor respectively, joined our council members at the meeting.

A few of the highlights of the meeting : Bob Yeates, new Executive Director described the organization as "the best kept secret in the USA ". Needless, to say, he intends to bring our light out from under the bushelbasket; Pittsburgh Council received an Honorable Mention in the National AYH Newsletter Contest. Mary Giventer, 1975 GOLDEN TRIANGLE editor accepted the award; Mary also won a typewriter as a door prize and she thoughtfully donated it to Pittsburgh Council Secretary Office; Finally, our Council received a membership award for its 4% membership increase in '75.

---

### NEW House Parents

Morgantown Youth Hostel has new house parents, Mr. & Mrs. Barry Adkins. Mr. Adkins was formerly Assistant Park Ranger and Maintenance Foreman at Chestnut Ridge Camp. Pittsburgh Council would like to welcome Barry and his wife and hope to arrange a get-together in the near future.

---



**COOKS FOREST  
WEEKEND**



## ACCIDENT WITH INJURIES: ACTION NOW

### BURNS

All hostellers at one time or another will be confronted by a victim with a burn. Management of a burn depends on the depth of the burn and the extent of the body surface burned. The type of burn, that is, thermal, electrical, or chemical, also affects treatment.

#### DEPTH OF BURN

Burns may be classified as first degree, second degree, or third degree. A first degree burn is a superficial injury like a sunburn. The skin is reddened but will blanch when light pressure is applied to the area. Swelling of the area, is absent or minimal. The burned area tingles and is exquisitely sensitive to touch. A first degree burn is painful. A first degree burn does not scar and will heal without major medical treatment.

A second degree burn involves a deeper layer of skin. Damage to the structure in this layer permits fluid to leak into the skin causing blisters. In addition to blisters, the skin is also reddened. This type of burn is also painful but is not as sensitive to touch as the first degree burn. A considerable amount of swelling occurs. A second degree burn can result in scarring and requires treatment to heal properly.

A third degree burn involves the full thickness of skin. The hair follicles, sweat glands, and pain fibers are all destroyed. The skin appears pale white or charred. The fatty layer underlying the skin, bones, ligaments, and tendons may all be exposed. A third degree burn is painless although the surrounding of second or first degree burns still hurt. Extensive swelling occurs. Third degree burns require expert medical care to heal.

#### EXTENT OF BURN

While deciding the depth of burn, the rescuer must also estimate the extent of body surface burned. This assessment can be done by using the "Rule of Nines". A "9" area equals 9% of the body surface. The "Rule of Nines" for adults is:

<u>Location of Burn</u>	<u>% of Body Surface</u>
Head, face and neck	9
Entire arm	9
Chest (thorax) and abdomen, front	18
Chest (thorax) and abdomen, back	18
Entire leg	18
Genitalia	1

The "Rule of Nines" for infants and children is:

Head, face and neck	18
Entire arm	9
Chest (thorax) and abdomen, front	18
Chest (thorax) and abdomen, back	18
Entire leg	14
Genitalia	1



## BURN INJURIES (Cont.)

For example, an adult sustaining burns of the front of his chest, abdomen, and one arm would have a 27% burn.

After determining the depth and extent of the burn, the rescuer can then classify burns as critical, moderate or minor. Critical burns are:

1. Complicated by respiratory tract injuries which produces breathing difficulties, major soft tissue wounds, or fractures.
2. Third degree burns of critical areas like the face, hands, and feet
3. Third degree burns involving more than 10% of the body
4. Second degree burns involving more than 30% of the body

Moderate burns are:

1. Third degree burns of 2-10% of the body but not including the critical areas of the face, hands, and feet
2. Second degree burns involving 15-30% of the body
3. First degree burns involving 50-75% of the body

Minor Burns are:

1. Third degree burns involving less than 2% of the body
2. Second degree burns involving less than 15% of the body
3. First degree burns involving less than 20% of the body except face, hands and feet.

These classifications apply to the burn itself since the age and general condition of the victim must be considered in the overall management, for example a moderate burn in a young child must be considered critical in terms of the immediate treatment required.

## TREATMENT :

The following principles apply to treatment of the first degree burn:

1. Immerse the burn area in cool water immediately until the pain is relieved
2. Keep the burned area clean and dry
3. If possible, cover the burned area with a nonadherent sterile dressing or a clean dressing
4. Do not apply tannic acid or picric acid ointment. These are old remedies now known to be dangerous.
5. Do not apply any butter, grease or ointment to the burn that will not wash off with water. An ointment with a water soluble base can be applied

The following principles apply to treatment of the second and third degree burns:

1. Immerse the burned area in cool water until the pain is relieved
2. Remove clothing from around the burn by cutting it off if necessary. Do not attempt to remove any clothing sticking to the burned area itself
3. Since swelling occurs rapidly, remove all rings, bracelets, and similar articles immediately even from an unburned part
4. Gently clean the skin with a mild soap and rinse well
5. Cover the burned area with a sterile dressing or clean sheet. Do not use a blanket or anything scratchy or fuzzy. Apply splints, if necessary to immobilize the area. If the hands are involved, dress the hand by wrapping the fingers separately and then curving them slightly over a roll. Elevate extremities.

7. Do not break blisters
8. If the victim is fully awake and alert and medical care is some distance away, give fluids or salt solution( 1 teaspoon salt per quart of water by mouth
9. Keep the patient at rest while transporting to a medical facility

In addition to the general treatment outlined above, certain burns such as: chemical burns, tar burns, and electrical burns require special handling. The care and treatment of these special burns will be considered in a subsequent article.

#### BURN CARE SUMMARY :

General principles for treating burns are:

1. Wash off the area
2. Apply a sterile dressing
3. Treat for shock by keeping the patient at rest and giving fluids
4. Avoid greasy, that is, non-water soluble, ointments.

---

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 Western Pennsylvania Regional Medical Program, the Health Services and the Mental Health Administration, or the Department of Health, Education and Welfare.

---

# SUB-AQUATICS

- \* Scuba lessons - equipment, diving, & lessons
- \* Canoes, River Supplies, and other inflatable crafts
- \* Underwater Photography Equipment ( all brands )
- \* Life Vests by Stearns - including specialty types
- \* Wet suits - sales and rentals
- \* Water Skis plus all accessories
- \* White Stag Snow suits and Speeds Swim Wear

#### LOCATION :

1593 BANKSVILLE ROAD  
Pittsburgh, Pa.  
412/531-5577

# COME SKI WITH US!



X-C Skis & Gear  
X-C Rentals  
Introductory Lessons  
Ski Tours

Down and Polargard garments from JanSport,  
rail Tech, Gerry, SnowLion & Woolrich.  
ster Storm oiled wool sweaters.

NORDIC & BACKPACKING SPECIALISTS

## Ligonier Mountain Outfitters

ROUTE 30 • LAUGHLINTOWN • 412/238-6246  
OPEN TUESDAY THROUGH SUNDAY 10 TO 5 • FRIDAY TIL 8  
SUNDAYS WITH GOOD SNOW!

Visit a Lesser-Used-Park " is a 42  
ge booklet prepared by the National  
rk Service to encourage people to  
e less crowded areas in the Park Sys  
m. Cost of the booklet is 60¢. Ask  
r stock # 024-005-00589-7.

eck or money order should be sent  
: Superintendent of Documents  
U.S. Govt. Printing Office  
Washington, D.C. 20402

OR SALE - Old Pair of downhill  
kiis with cable bindings. Great for  
ounting over the Fireplace Cost  
nly \$10.00. If interested call  
oe Hoechner at 343-2465.

## AYH LEADERSHIP TRAINING COURSES

Did you ever have the desire to lead  
a National AYH trip? Or, did you ever  
wander if you were fully qualified and  
equipped to lead an organized outdoors  
adventure? Or, would you just like the  
opportunity to polish the skills that  
you have acquired on our local council  
outings?

If your response is "YES" then perhaps  
you may want to know more about the  
National AYH Leadership Training  
Courses. Details concerning cost, loc-  
ation, and content may be obtained by  
writing to William A. Nelson, AYH Travel  
Director, Delaplane, Va. 22025.

For the Eastern Region the site chosen  
as the AYH Training Center has been  
Bushkill, Pa., and the date June 12-19.  
If you cannot make this date, and are  
still interested in attending the leader-  
ship course, the AYH Course will be  
offered in the Western and Mid-West  
Regions.

# RALEIGH

## 75

SPECIALS

SCHOLL'S BICYCLE CENTER

406 Perry Highway

Phone: 412/931- 6711

If you are a beginner cross country skier, the art of waxing may seem to be quite a mystery. You can read the printed instructions which may say, "the best place to wax is in your house". WRONG! Only if you intend to ski in your own backyard.

If you are going on a trip in Western Pennsylvania you must confirm local conditions before waxing. Which means you must be at your destination checking out snow surface, temperature, wind, terrain, snowfleas, etc., etc. When in doubt ask the trip leader.

---

Say, did you hear about the dedicated cyclist that had his bike "Zibarted", so that he could ride all winter?

---

On a recent cross-country ski trip to Linn Run State Park, several AYH'ers were surprised to see snowmobilers using a road posted "NO SNOWMOBILES". One can assume that the park service must only post these signs but must also teach some people how to read them.

Be sure to wear BRIGHT clothing so that these snow jockeys can see you while you ski.

---

Hostel store keeper, Joe Hoechner, now does have a few of the 1967 edition of the C&O Canal Guide Book. Price only \$1.75, see Joe any Thursday. If you can't make it add 25¢ & Joe will mail you a copy. Make checks payable to "Pittsburgh AYH".

---

A sticking sleeping bag zipper can be really troublesome, especially in the middle of the night!

If you are out in the boonies on a hostel trip, a remedy for such a problem should be handy. Try rubbing on some candle wax, or even some soap. Better yet, check out ALL your equipment BEFORE the trip.

It's surprising the number of bicyclists that appear for spontaneous ice-skating parties. It sure is good exercise for the legs (GROAN). But cyclist, if you really feel that you have to use HAND signals as you go around the rink, do it with a bit of grace, perhaps it may even complement your skating style

---

Be kind to your boots! If you are going winter hiking or skiing, why not keep your boots inside your car, where it's warm rather than in a cold trunk. This will keep your boots, as well as your feet, quite happy and content.

---

One problem that cross-country skiers seem to be having is SPLITTING POLES. The bamboo ski pole, that is.

---

If you are a 6'2", 200 lbs. AYH'er, you really can't expect a 1/4" diameter bamboo pole to take your entire weight during a fall.

Check your poles for cracks, between. If you find a crack, use a good wood glue to fill it. If it is really big, you may also want to use tape.

---

A veteran cross-country skier reports that the best place for doing the smelly sticky job of ski base preparation is at somebody else's apartment. Hmm?

---

Have you ever made outdoor gear from a catalog kit? Some people would like to but hesitate about buying "sight unseen".

Why not check out the Mountain Trail shop in Shadyside. They carry the "alt kits". Stop up there sometime, and look around.

Also, a catalog of Frostline Kits can be obtained by writing to Dept. C,  
452 Burbank  
Broomfield, Colo  
80020





REMINDER.....

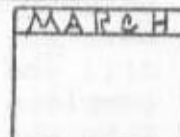
ANNUAL A.Y.H. BANQUET

SAVE YOUR MONEY AND YOUR APPETITE

Tentative Dates - March 20th or 26th

Watch for details in the March Triangle  
or

Contact Gladys Schubert (265-3531)



#### CONGRATULATIONS

Pittsburgh Council extends its congratulations to Mary Giventer, '75 GOLDEN TRIANGLE editor, for receiving an Honorable Mention in the AYH National Newsletter Contest.

We also thank Mary and all other Council members who have devoted their time and their effort in making the TRIANGLE an enjoyable publication.

Special thanks to Jim Roberts for his willingness and skill as cover coordinator ; Joe Hoechner for his endless tips and enjoyable tales ; and Bruce Sundquist for his efforts in assuring all members a monthly TRIANGLE.

#### WILDERNESS DESIGNATION PROPOSED FOR GREAT SMOKEY MOUNTAINS

An association of many outdoor clubs including the Wilderness Society and the Sierra Club are working for official designation of most of the Great Smoky Mountain National Park as a wilderness area.

The appeal of the highest peaks and largest park in the East is obvious. The most important function of the park is to preserve this superb wilderness area. Unfortunately, national park status does not assure preservation.

Plans calling for encroachments on magnificent wilderness must be stopped. The Senate and House of Representatives will be deciding the fate of this area. Write to them & tell them to SAVE

## A WINTER ADVENTURE

by

Mike DeRoy

Once again some hardy AYHers set out for Stowe, Vermont in search of the mighty snow-snake. It was a bright December 26th that Claudette Falkenhan, Jack Batchelar, Mike DeRoy, John and Tom Taber, and Elaine Merisko set out on a two-day trek to Stowe, stopping to add Dave Pearlman (cyclist who passed through Pittsburgh this summer) at Stamford, Connecticut and to sleep at the Stockmal residence at Stockton, Conn.

We arrived in SNOW SNAKE country just before dark and settled at WINTERHAUS, which became our happy adobe for the next six days. After the arrival of Jill and Nan Stockmal, our group was complete, and we were eager to plunge into the myriad of snow adventures, that were waiting to be unraveled.

Lo, the odds were with the snow-snakes who thrive on the ice-spotted trails and under the crusty snow, but the group persisted and we continued our search, and in the pursuit we all shared many fun adventures.

Cross-country skiing at the Trapp Family was as sheer delight. Interesting and well kept trails, scenic overlands, and lots of snow what more could a cross-country skier want? Jill was even able to get a terrific deal on Berke Beaner skis.

Still, no luck with the snow-snakes. Ah! Perhaps they reside on the mighty Mt. Mansfield. Needless, to say downhill skiing was the next adventure. What fun? The most fascinating run was the TOLL Road for its length of 4 1/2 miles after a chairlift ride of over a mile. The weather was cold, but for our \$12.00 lift ticket we were determined to have fun and face 15 degree weather with a wind chill factor of -40 degrees.

Looking back we can see that the 1,887.3 mile trek was well worth it. The spell of Vermont was the vacation: cloud-dotted mountains, long, winding valleys, crisp clean air, a bright winter sunshine, and SNOW. Though the snow-snake was never found, the THRILL of its chase was well worth the adventure.

THE GOLDEN TRIANGLE is a monthly publication of the Pittsburgh Council American Youth Hostels, Inc., 6300 Fifth Ave., Pittsburgh, Pa. 15223. Phone: 362-8181, Thursday evenings. Editor: Elaine Merisko  
Production: Aileen Pastorek  
Photography: Jim Roberts  
Cover Coordinator: Jim Roberts  
Printing: Al Levenson & Sue Leathen  
Contributors: Mike DeRoy, Joe Hoechns, Claudette Falkenhan, Lurana Patterson, & Gladys Schubert.  
Letter-Head: Mike LaMark

Remember, THE GOLDEN TRIANGLE, is your publication. If there is any item of interest or a personal trip report that you would like to share with other AYHers, feel free to write-up the story and submit it to the editor for publication. Due to Cook Forest weekend, the deadline for March will be Feb. 5.

## OPEN HOUSE

Open house is held every Thursday evening. Everyone is welcome, members as well as nonmembers. Doors open at 7:45 PM with a program at 8:45 PM. This is a great time to see friends, make plans for a future trip, or to become a member and discover the fun of hostelling.

Feb. 5 : Visit the scenic highlights of the West Coast, e.g., Mt. Ranier, Crater Lake, Mt. Shasta, etc., etc., with Bob Schatz. Extra added attractions: slides of several local AYH trips.

Feb. 12 : Come and join Alan Barber Family as they describe the Cross-Country ski exploits in Utah's Wasatch Mountain Range. If time permits, Alan would also like to share slides of a few local trips.

Feb. 19 : Tired of Winter? Joe Levin will warm you up with his slides of the British Virgin Islands.

Feb. 26 : Civilized Alpine Hiking with the Hurwitzs and the Connors for some wonderful experiences in the German and Austrian Alps.

## 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 P M ) unless otherwise noted. Make reservations early but in no case should they be made later than the Thursday before the trip.

- Sat. Feb. 7 Join Claudette Falkenhan for a pleasant day hike on the Glacier Ridge Trail. The day old donut shop will be a pre-trip energy stop on the way out. The approximate length of the hike will be 10 to 11 miles. The trip will leave hostel headquarters at 8:30. For reservations call 531-1824.
- Sun. Feb. 8 Would you like to be part of the winter fun and test your tale at cross-country skiing ? Well, Jim Roberts is once again planning on taking a group of beginners, with or without equipment , for a cross-country ski adventure. The costs of the trip will be \$9.50, and will leave headquarters at 8:00 AM. If interested call Jim at 521-5386. If there is no snow, a day hike will be scheduled.
- Sun. Feb. 8 Have you ever really enjoyed a winter day right here in Pittsburgh ? The beautiful woods of Frick Park can be quite exquisite during the winter time. Don't miss the pleasures of home, join Joe Levine as he leads a hike through the woods of Frick Park. Joe will leave the hostel at 9:30. For reservations call Joe at 422-8287.
- Fri. Feb.13 Once again it's time for annual AYH winter weekend at Cook  
Sat. Feb.14 Forest. The list of activities is endless : cross-country skiin  
Sun. Feb.15 hiking, snowshoeing, singing, etc., etc., etc.. Even if snow doesn't arrive there is always lots to do, and lots of AYHers to enjoy. The trip is a specialty for all AYHers, and it does fill up rapidly. Don't delay in reserving your place with Nan and Dave Porterfield, Textor School Road, R.D. 2, Box 173, Zelienople, Pa., 16063, phone 452-7071. A deposit check of \$15.00 is required, the check payable to David Porterfield. The total cost of the trip will be \$22.00 for food, cabin space, and bus. See the cover story on this month's Triangle for more information concerning the weekend.
- Mon. Feb.16 Are you going to Cook Forest and have the following Monday as a free day? What better way of spending a holiday than by extending a good weekend. Well, Alan Barber plans on doing just that and taking full advantage of the snow up North. If you feel like extending your weekend, and cross-country skiing with Alan , call him at 833-5311.



## MORE TRIPS AND MORE TRAILS

- Thur. Feb.19 Conditions permitting, Joe Hoechner will supervise a snow-person building party outside of hostel headquarters. The fun will begin at 7:30, before the regularly scheduled open house program.
- Sat. Feb.21 Where will Chuck Halberstadt be hiking this Saturday ?? The hike is open to all classes of hikers, the location of of the hike is a SURPRISE. If you are interested in spending a pleasant day with Chuck, call him at 678-3789.
- Sun. Feb.22 Where there's snow, there's always a cross-country skier. Barry Walker will lead a cross-country ski trip for AYHers with their own equipment, wherever, he can find snow. To reserve, call Barry at 521-4708.
- Sun. Feb.22 Joan Sieffert and Joe Curlee will lead a trip on the Laurel Ridge Trail. Everyone is welcome and we will hike as much as the group wants. There will be an opportunity to abbreviate the hike for those interested. The trip will depart hostel headquarters at 8:30. If you would like to go call Joan at 621-3291 Or Joe at either 422-9672 or 422-9764.
- Sat. Feb.28 Join Steve Shore and Sally Bronson on a day hike. The hike is open to all classes of hikers, and the area to be enjoyed be announced at a future time. If interested call Steve at 683-6897.
- Sat. Feb.28 Cross-Country skiing - Join Joe Hoechner for a cross-country ski trip somewhere in the Laurel Mountains. The trip is open to ski-lovers with all levels of ability, but you must have your own equipment. NO SNOW, NO GO. The cost of the trip will be about \$4.00 and reservations can be made by calling Joe at 343-2465. The trip will leave AYH at 8:30 AM.
- Sun. Feb. 29 It's LEAP YEAR - with an extra day on your hands perhaps you would like to enjoy it on the Baker Trail. Stan Uhrin will lead a hike, approximately 8-10 miles on the Baker Trail, and he promises that this day will be a fun day. If you are interested in joining Stan, call him at 441-3387.

---

FUTURE TRIP : Vacation Backpack Adventure - Don Levenson is planning on spending another August, backpacking at the Wyoming Wind River Range. He invites up to 6 experienced backpackers to join him for 10-12 days at the end of August in the fabulous Bridger Wilderness Area. The cost will be about \$40.00 for food and supplies, plus travel expenses. If you are at all interested in joining Don and his daughter, you may contact by calling, 421-0987.





HAVE YOU RENEWED ????????

This is the FINAL calling of all '75 AYHers. STOP, and LOOK at your address label, if you are not a life member, and have not yet renewed, then this is a FINAL REMINDER to inform you that this will be your LAST GOLDEN TRIANGLE

What are the advantages of being an AYHer ?? Well, to mention a few : The Winter-Weekend at Cook Forest ; the singing and the dancing of the Annual AYH Banquet ; The thrill and excitement of rafting on the Yough; The sense of peace and serenity that results from the satisfaction and contentment of having spent a full, worthwhile day, with worthwhile people.

If you would like to be part of our 1976 activities, then merely fill out the following membership application and send it with a check payable to Pittsburgh Council, AYH, INC. to MEMBERSHIP, AYH, 6300 Fifth Ave., Pgh., Pa., 15232 or see Jan Leyland at headquarters, Thursday evening.

NAME \_\_\_\_\_ PHONE \_\_\_\_\_  
ADDRESS: STREET \_\_\_\_\_ OCCUPATION \_\_\_\_\_  
CITY \_\_\_\_\_  
ZIP \_\_\_\_\_

Type of membership desired ( check one ) :

- ( ) Youth Membership ( under 18 ) .....\$5.00
- ( ) Senior Membership ( 18 & over ) .....\$11.00
- ( ) Family Membership (valid, only, in USA & Canada ) ....\$12.00
- ( ) Organization Membership.....\$15.00
- ( ) Life.....\$110.00
- ( ) Family Life.....\$220.00

INTEREST : \_\_\_\_\_

I WOULD BE INTERESTED IN HELPING OUT WITH \_\_\_\_\_

Don't delay, RENEW NOW Join AYH and Join in on the Fun

Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
February						
2.	3.	4.	5. DEADLINE FOR Δ ARTICLES	6.	7. Hike	8. X-C SKI
9.	10. Activity BOARD Meeting	11.	12.	13.	14. Cook FOREST WEEKEND	15.
16.	17.	18.	19.	20.	21. X-C SKI	22.
23.	24.	25.	26.	27.	28. Hike	29. Hike

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

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

ADDRESS CORRECTION REQUESTED  
RETURN POSTAGE GUARANTEED

LIBRARIAN, A.Y.H. VIP 0  
650-B KELLY AVE.  
PITTSBURGH, PA. 15221

IF THIS DOES NOT SAY  
" DEC, ' 76 "  
THEN THIS IS YOUR  
LAST ISSUE OF THE  
GOLDEN TRIANGLE

DON'T DELAY, FILL OUT THE  
APPLICATION ON REVERSE SIDE !