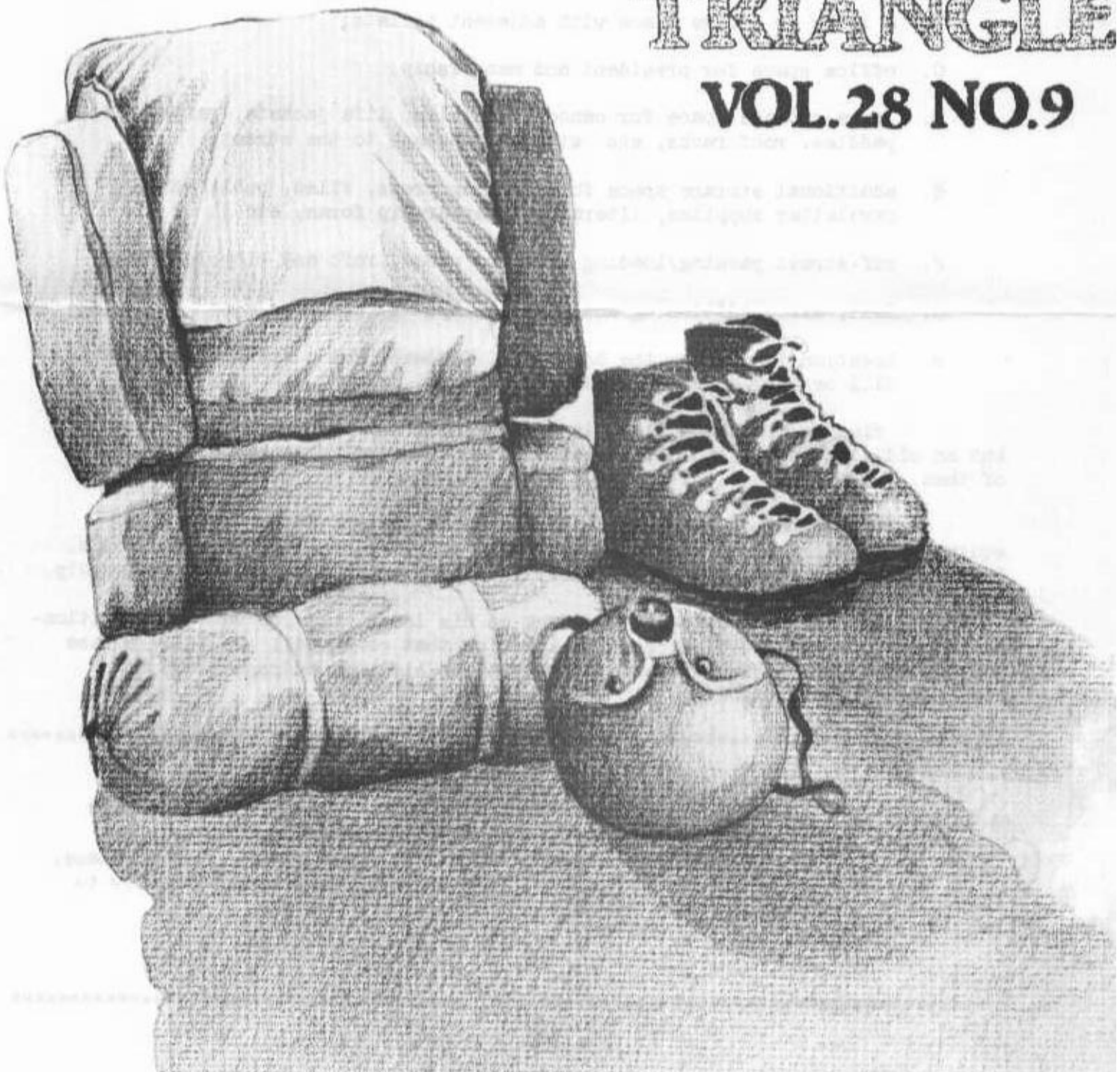


SEPTEMBER



GOLDEN  
TRIANGLE

VOL.28 NO.9



## NEW HEADQUARTERS?

By Joe Hoechner

At a recent activities committee meeting hostel development chairman Joe Hoechner suggested that Pittsburgh Council should consider moving to a new location. The main reason for seeking a different building would be to alleviate the crowding and noise problems that occur during Thursday night open house meetings.

According to Joe's outline a new council headquarters should have:

- A. large meeting room for slide presentations, capable of seating 75-100 persons;
- B. a lobby or lounge space with adjacent toilets;
- C. office space for president and membership;
- D. large storage space for canoes, bicycles, life jackets, rafts, skis, paddles, roof racks, etc. with easy access to the street;
- E. additional storage space for printing press, files, publications, newsletter supplies, literature, membership forms, etc.;
- F. off-street parking/loading area for canoe, raft and bicycle trips;
- G. Heat, air conditioning and electricity;
- H. Location in or near the Shadyside, Oakland, Point Breeze, Squirrel Hill or Highland Park areas.

Finding all these items in one building may be hard Joe points out, but an old fire house, church, school or even a funeral home may provide most of them.

Another alternative is to maintain the present headquarters for equipment storage, small workshops, and as a starting point for weekend trips. The new location could then be smaller if used only for meetings and membership.

Joe would like to get feedback on his ideas. If you have any additional suggestions or know of a possible location that could fill the bill, please let Joe know. Call him @ 343-2465, or write to his home address @ 405 Hoodridge Drive, Pittsburgh, PA 15234.

\*\*\*\*\*

AYH  
Picnic

Sunday, October 30th is the date for this year's AYH picnic which will be held at Riverview Park. Mark the date on your calendar now and watch for more information in the October Triangle. If you'd like to help with the games, food purchase, preparation, or cooking, please call Joan Goode @ 921-8509 to volunteer.

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## KTA ANNUAL MEETING

The annual meeting of Keystone Trails Association will be held on the weekend of September 23-25, 1977 at Crystal Lake Camps, Hughesville, PA (Lycoming County). All members, friends, and interested persons are welcome to attend this relaxed, hiking-oriented gathering at a beautiful mountaintop camp in magnificent northcentral Pennsylvania. Lodging will be dormitory style in rustic cabins equipped with bunks and mattresses. Meals will be served family style in the camp's dining hall.

Hiking, of course, will be the feature of the weekend program. There will be all-day hikes, early morning, afternoon, and moonlight hikes (one featuring astronomy).

Charges for this weekend range from \$1.00 to \$22.20 depending on the number of nights you stay at the camp and the meals for which you register. For a registration form contact Marty Haddad @ 521-4324 or write to KTA secretary Wilma Flag, P.O. BOX 441, Media, PA 19063 immediately. Registration closes September 14, but spaces are limited.

\*\*\*\*\*

### HOSTING VISITORS?

Can you host a foreign visitor? The lack of a hostel in Pittsburgh was recently felt when several European tourists arrived at headquarters expecting to find sleeping facilities. Thanks to our phone answering service their calls were forwarded to a member who was able to direct them to other accommodations.

Can you help out? If you live in the central Pittsburgh area and have some extra space, perhaps you can. If you are a foreign-born Pittsburgh AYH member you may be able to host a visitor from your homeland. If you are a student studying language this is a chance to get some practice!

If you can help, please fill in the form below and mail or bring it to Joe Hoechner. If you have any questions, please call Joe @ 343-2465 or Eileen Hull @ 242-5379.

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
HOME PHONE \_\_\_\_\_ WORK PHONE \_\_\_\_\_  
I CAN HOST \_\_\_\_\_ MALES, \_\_\_\_\_ FEMALES, \_\_\_\_\_ COUPLES  
I CAN SPEAK THE FOLLOWING FOREIGN LANGUAGE (S) \_\_\_\_\_

Joe Hoechner  
405 Hoodridge Drive  
Pittsburgh, PA 15234

## THE APPALACHIANS

By Ben Brugmans

The Appalachian Mountains we know here in Pennsylvania and West Virginia are a unique and ancient natural wonder, often less than fully understood and appreciated. There are higher mountains and more spectacular peaks, especially out West. But nowhere does the variety of animal and plant life gather in such compact regions as in our very own Appalachians.

Once a great mountain chain, it was higher than the Rockies or the Alps. From two prongs, one in Texas and one in Colorado, with mountains in Missouri, Arkansas, and Oklahoma, a three to four hundred mile wide unbroken range extended from Alabama to Newfoundland, continuing in Ireland, the Southern British Isles, and France into Saxony. Continental drift has separated America from Eurasia. The Glass Mountains of Texas, the Ouchitas of Arkansas, the Great Smokies, the Cumberlands of Tennessee, Kentucky and Virginia, our own Appalachians, the Watchung Mountains of New Jersey, the Catskills of New York, the Birkshires of Connecticut, the Green Mountains of Vermont, the White Mountains of New Hampshire, the Quebec Hills, the Shichshoch of the Gaspé, the Long Range Mountains of Newfoundland, the Kerry Mountains of Ireland, the mountains of Brittany, the Ardennes of France and the Frankenwald of Germany are living remains.

These ancient remnants have worn with weather and glaciation. In our own region, the plant and animal life moved southward and down the mountains to remain in their ecological niche during glacial times. In Europe the southward movement was halted by mountains and the Mediterranean. There are approximately 85 native species of trees in Europe. In the Great Smokies alone there are 130 native species of trees.

The great adventurer of the backboneed animals--the amphibians who first ventured from water to establish a foothold on land--are still more widely represented right here in the Appalachians than anywhere else in the world. There are 30 species of salamanders in the Smokies alone; occasionally new species are found occupying ecological niches in the mountains along similar climactic zones isolated on the mountainsides since the last glaciers receded. The lungless salamanders originated in the Appalachians.

The timber wolf, puma, eastern bison and eastern elk have disappeared, but many other mammals have survived despite man. A large variety of shrubs--rhododendrons, azaleas, mountain laurel and dogwoods--give us pleasure when they bloom. You can follow their blossoms "up the mountain" hiking or backpacking as the season progresses. Last, but not least, remnants of the Pleistocene are with us in the form of bogs. The Canaan Valley, denuded by logging, subsequently dried and burnt to a desert. Dolly Sods is close to Pittsburgh. Its northern climate will surprise us with frosts at any month of the year.

The Cranberry Back Country is probably about the southernmost extent of the arctic Muskeg, called the Glades locally. Here arctic conditions prevail in isolated pockets in a bowl rimmed by mountains. Sphagnum moss, wet and acid, builds up a spongy peat, which does not decay. Orchids, cranberries, insect-eating plants and stopping-off places for migrating arctic birds make the Glades very special.



## READY TO RIDE 50 OR 100 MILES?

If you've been bicycling all summer (in this area) you're probably in shape to do a flat 50 or 100 miles out in Findlay, Ohio on Sunday, September 11.

Joe Hoechner and Mike Haddad will co-lead a group "out west" on Saturday, September 10th. They plan to leave about 2:30 P.M. to get to Findlay in time for the evening dinner and program planned for early arrivals. (Last year Pittsburgh AYHers slept in the parking lot due to a late start.)

Registration fees for the Hancock Horizontal Hundred and Hill-less Half Hundred are approximately \$12.00. This covers maps, dinner Saturday night, breakfast and lunch on Sunday, L.A.W. patches (2), and sleeping bag space on Saturday night. Additional costs will be for transportation (about \$8.00-\$9.00) and AYH day fee (50¢). If there is enough interest, Joe will run it as an AYH patch ride. You can then get a "50 in 5" or "100 in 10" qualification patch too.

Although the ride begins with a "mass start" at 7:30 A.M. on Sunday, many riders wait to let the first crush leave. Joe recommends helmets, water, tools, spare tube, and rain gear for those riders planning to participate.

For registration forms and to reserve with the above leaders call Joe @ 343-2465 or Mike @ 521-4324.

\*\*\*\*\*

## GET INVOLVED IN AYH

Would you like to get involved in the planning of AYH activities? If so, you should volunteer to fill one of the AYH offices or committee seats. In October AYH will hold its annual elections, and the nominating committee is now actively seeking enthusiastic nominees. The following are voluntary posts in AYH:

President	Climbing chairperson
Secretary	Canoeing chairperson
Treasurer	Caving chairperson
Assistant Treasurer	Cycling chairperson(s)
House Manager	Hiking chairperson
Membership	Rafting chairperson
Librarian	X-Country Skiing chairperson
<u>Triangle</u> Editor	Winter Sports chairperson
<u>Triangle</u> Production	Special Projects
<u>Printer</u>	Service
Publications	Trail Coordination
Program	Trips and Trails
Public Relations & Advertising	Bikeway Committee
	Hostel Development Committee

If you have the interest and enthusiasm to volunteer for one of these posts, or if you would just like a bit of information on what an AYH post entails, please contact Jim Gogots @ 384-9149.

REMEMBER: AYH is a volunteer organization. The extent and quality of our program is dependent on the input of our members!!

\*\*\*\*\* 5. \*\*\*\*\*

TIPS & TALES  
By Joe Hoechner

When shopping for a new bike, you may notice that all frames are not created equal.

Bike shops have 19", 20", 21", 23", and 25" as their usual stock sizes. If you go to a couple of shops, the same size frame may feel different between two different brands of bikes. If the bikes are foreign made they will be built in metric sizes and then "converted to U.S. measurement." Depending on which way the importer "rounds off" his numbers, it could affect the feel of a frame. Typical metric sizes and their conversions are as follows:  
50 cm = 19.7", 54 cm = 21.3", 57 cm = 22.4", 60 cm = 23.6", and 63 cm = 24.8".

\* \* \* \* \*

Speaking of frames, do you know that EXXON is now into the bike frame business? That's right! They are building a combination aluminum and graphite frame that is super lightweight.

You can request a free brochure on their frames from:

Graftek Division, EXXON Inc.  
242 St. Nicholas Avenue  
S. Plainfield, N.J. 07080

For some reason they don't include any prices in their literature.

\* \* \* \* \*

If you're planning a trip to the Cumberland, MD. youth hostel, check in advance! The building may still be closed for "temporary" repairs. If you can't reach the houseparent at the phone number listed in your handbook, check with the Potomac Area Council (Wash, D.C.) for the current status of the building.

\* \* \* \* \*

If you're interested in trail information on Bikecentennial, check with cyclist Joe Hoechner. He has just finished leading his second tour and has the guidebook/map set for the Virginia/Kentucky areas and the new map set for the Washington, D.C. loop trails in Virginia.

\* \* \* \* \*

The Carnegie Museum of Natural History now has a free guide to the Pittsburgh area's environmental education programs. The directory is entitled "People, Places and Programs for Environmental Learning." Stop in at 4400 Forbes Avenue for your copy

\* \* \* \* \*

If you have a long drive coming up you may want to let EXXON plan your route for free. EXXON will send you FREE marked up road maps showing your route from departure to destination. Be sure you specify "Fast and Direct" or "Slow and Scenic." Send your requests to:

EXXON Touring Service  
P.O. Box 307  
Florham Park, N.J. 07932

\* \* \* \* \*

If you're interested in fall bicycle touring (cool riding, few tourists, etc.), you may want to see Vermont. You can do this with "Vermont Bicycle Touring." Write for their brochure to:

V.B.T.  
R.D. #2  
Bristol, Vermont 05443

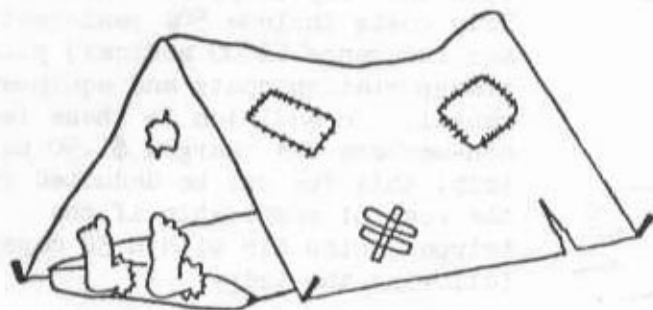
\* \* \* \* \*

You can now get detailed maps of Allegheny National Forest for 50¢ each. There is the old commemorative issue and the new issue with updated hiking trail locations. Be sure you specify which one you want and make your check payable to "U.S.D.A. Forest Service." Send to:

Allegheny National Forest  
P.O. Box 847  
Warren, PA. 16365

\* \* \* \* \*

## NEED A LITTLE HELP?



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AND ALL OUTDOOR EQUIPMENT.

ALSO, CREATION AND RE-CREATIONS

WITH LEATHER.

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Stuff • Climbing Rope &  
Gear • Woolrich • Duofold  
Norse Net & Tennis Togs •  
Yoneyama Tennis  
Racquets • Gerber  
Knives • Ski Touring •  
Topo Maps



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• Rt. 286S/Indiana, PA 15701 412/463-7440

## AYH MEMBERSHIP 1977

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

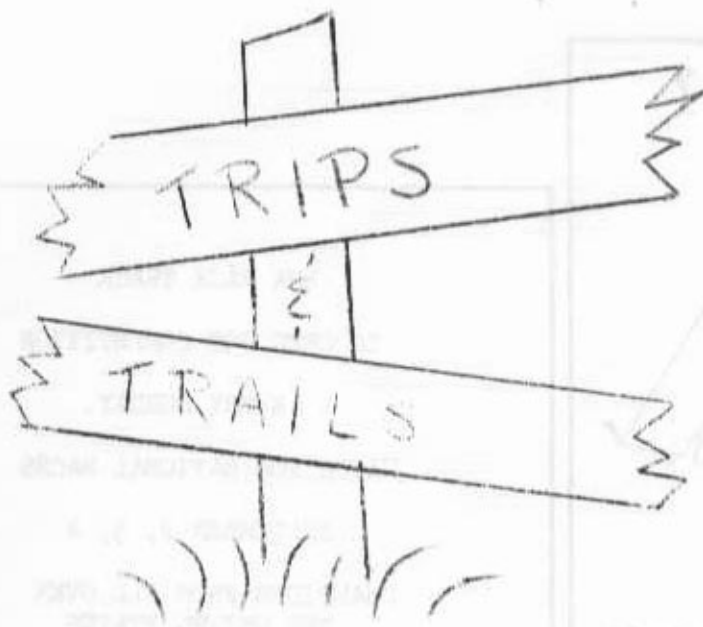
PHONE \_\_\_\_\_ NEW \_\_\_\_\_ RENEW \_\_\_\_\_

TYPE OF MEMBERSHIP: Check one

_____ Youth (under 18)	\$ 5.00
_____ Senior (18 and over)	\$ 11.00
_____ Family (valid in USA)	\$ 12.00
_____ Organizational	\$ 25.00
_____ LIFE	\$110.00
_____ FAMILY LIFE	\$220.00

Mail this application with a check payable to Pittsburgh Council AYH, Inc. to MEMBERSHIP AYH, 6300 Fifth Avenue, Pittsburgh, PA 15232.

Yearly memberships expire Dec. 31, 1977.



## SEPTEMBER TRIPS & 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. In addition to these fees non-members are charged \$1.50 per trip; this fee can be deducted from the cost of membership if the tripper joins AYH within 30 days following the trip.

Call the trip leader to reserve or cancel or to get information if you are just interested in knowing more about the trip. Please call during normal hours (6:30 - 9:30 P.M.) unless otherwise noted. Make reservations as early as possible but in no case later than the Thursday before the trip.

- |                                   |  |
|-----------------------------------|--|
| Fri. Sept. 2 to<br>Mon. Sept. 5   | <u>Backpack:</u> Join Norm Snyder on a backpacking trip to the Adirondacks. Call between 6 and 7 P.M. Monday through Thursday @ 351-4068.  |
| Sun. Sept. 4                      | <u>Bicycle:</u> The famous seven-mile hill climb in Lynn Run State Park will be attempted solo on a unicycle by leader Ed Sieger. And, catch this, Ed will do a three-mile descent on a skateboard. You can join Ed on this really good ride! Call him @ 561-4790 for details. Meet at headquarters at 8:30 A.M. and bring regular cycling gear. |
| Sat. Sept. 10 to<br>Sun. Sept. 11 | <u>Hancock Hundred:</u> Join Joe Hoechner and Mike Haddad for the Hancock Hundred, a flat 50 or 100 mile ride near Findlay, Ohio. Cost about \$20.00. See trip story in this <u>Triangle</u> (p. 5). Leave Pittsburgh 2:30 P.M. on Saturday. <u>Reservation needed!</u>  |
| Sat. Sept. 10                     | <u>Beginner's Climbing School:</u> Barry Johnson will lead this school at White Rocks. No experience is required. Call Barry at 831-8392 for details and to reserve your spot.   |
| Sat. Sept. 10                     | <u>Raft Trip:</u> Join us for a sensational raft trip down the Yough. We will leave at 7:30 A.M. and return at 9:00 P.M. This trip is the most spectacular trip of the season because the people that control the dam allow more water out which raises the river level. Experience is necessary. Call Ed Sieger @ 561-4790 to reserve.          |



- Sun. Sept. 11      Beginner's Hike: Chuck Pierson will lead a pleasant day hike on the Baker Trail. Dress for the weather and bring lunch. Call Chuck @ 683-2951 for more information.
- Sun. Sept. 11      Flat Water Canoe Trip: Join Joe Levine as he paddles around Lake Arthur (Moraine State Park). Bring pad to kneel on, tennis shoes, lunch, swim suit, change of clothes and towel, and about \$7.00. Reserve with Joe @ 422-8287 (9-11 A.M. or P.M.). Meet at 8:00 A.M. sharp.
- Sat. Sept. 17      Bicycle Rides: The League of American Wheelmen will sponsor several rides at North Park. There will be Century and Half Century rides and Metric Century and Metric Half Century rides. The rides will begin at 8:00 A.M. SHARP. Patches will be available for the rides. Call Jack Phillips @ 782-1341 for details.
- Sat. Sept. 17      Beginner's Backpack: The Laurel Highlands Trail will be the setting for another of Ben Brugnans' backpacking trips. This trip will feature the community food plan and will cost about \$8.50 including food. Reserve with Ben @ 683-6094.
- Sun. Sept. 18
- Sat. Sept. 17      White Water Canoe School I: Mike Derooy is taking reservations @ 371-6943. You will need flat water practice, tennis shoes, kneelers, lunch and change of clothes. This school is to introduce flat water people into flowing water. Meet at headquarters at 8:00 A.M.
- Sun. Sept. 18
- Sun. Sept. 18      Advanced Beginner's Cycle: Cycle from the Fombell Hostel to the edge of McConnells Mill State Park (23 miles of pleasant country roads). Bring lunch, water, tools, rain gear. Meet at Pittsburgh headquarters at 8:30 A.M. Call Jim Rexroad at 774-9467.
- Fri. Sept. 23      Shenandoah Canoe Trip: Bill and Sue Leathen will give further information on this class II trip. Call them @ 366-8996.
- Sun. Sept. 25
- Fri. Sept. 23      Hiking: The Keystone Trails Association will hold its annual meeting at Crystal Lake Camps in Hughesville, PA. Hikes of various lengths will be held throughout the weekend and are open to the public. See the story on page 3 of this month's Triangle for full details on this fun-filled weekend.
- Sun. Sept. 25
- Fri. Sept. 23      NEOC: Try a 100-mile ride from nearby Youngstown, Ohio to the shores of Lake Erie and back by participating in NEOC - 4, the North East Ohio Century. (An alternative 50-mile route can also be taken.) The rides are sponsored by the Out-Spokin' Wheelmen, a IAW affiliate. The registration fee is \$4.00 through September 9, 1977 and \$5.00 thereafter. The fee entitles the registrant to use two rest stops with snacks and drink, a lunch stop with complete food service, map, I.D. #, patch and sag wagon service. Sleeping bag space is available on Friday
- Sun. Sept. 25

- Fri. Sept. 23 to  
Sun. Sept. 25      NEOC continued: night for a small additional fee. For an application write to NEOC - 4 Communications  
116 Prestwick Drive  
Youngstown, Ohio 44512.  
Mike Haddad will act as a clearing house for car pooling information, so please contact him (521-4324 evenings before 9:00) if you plan to go.
- Sat. Sept. 24 to  
Sun. Oct. 9      Extended Backpacking Trip: Norm Snyder is looking for people for a backpack trip to the Grand Canyon in Arizona. The trip will also include the Escalante Canyon, filled with Indian cliff houses. Possibly some easy canoeing and some caving will be included. Call Norm @ 351-4068 between 6 and 7 P.M. Sun. through Fri.
- Sat. Sept. 24 to  
Sun. Sept. 25      Backpacking Trip: Fran Klemencic will lead a trip for experienced persons to the Spruce Knob area of W. Va. Leave AYH parking lot at 6:45 A.M. on Saturday. Reserve with Fran @ 793-5419.
- Sat. Sept. 24      Easy Intermediate Cycle: Gail Gregory will lead a pleasant 25-mile trip from the Fombell Hostel to Brush Creek Co. Park. Bring lunch, water, rain gear, tools. Meet at headquarters at 8:00 A.M. Call Gail at 771-6395.
- Sat. Sept. 24      Beginner's Hike: Joe Levine will lead a hike on the Rachel Carson Trail of about  $5\frac{1}{2}$  miles. He will leave headquarters at 9:00 A.M. Bring lunch, water, and rain gear. Cost about \$2.00. Call Joe @ 422-8287 (9-11 A.M. or P.M.).
- Sun. Sept. 25      Cycle Trip: Joan Heyman is being brave and contemplating a 200-mile afternoon cycle ride. Call Joan for details.
- Fri. Sept. 30 to  
Sun. Oct. 2      Intermediate Backpack: Dick Nugent will be leading a fall backpacking trip to the Black Forest Trail. All persons with their own equipment and the ability to do 7-8 hilly miles per day are welcome. Leave Friday night; return Sunday evening. This trip will be limited to about eight people; so reserve early with Dick @ 487-5549.
- Sat. Oct. 1      ACA White Water Certification: Those who have taken WWI and WWII schools may now obtain ACA White Water Certification. On October 1st AYH instructors will give written and skill tests to those who apply. Persons who pass will receive an ACA card and patch. Cost \$1-3 above normal white water fee. Call Jim Roberts for details and reservations @ 271-7178.

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FOR SALE: Raleigh Competition Cycle - 22 $\frac{1}{2}$ " frame, sew-up tires.  
\$300.00 - Call Joe Hoechner @ 343-2465.

\*\*\*\*\* 10. \*\*\*\*\*

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## OPEN HOUSE

### EVERY THURSDAY NIGHT

DOORS OPEN: 7:45

SLIDE PROGRAM: 8:45

Our Thursday night OPEN HOUSE is for members as well as non-members. This is a great time to see friends, reminisce about good times, and plan trips.

If you are a visitor or prospective member, this is an ideal time to meet AYHers and discover the ART of HAVING FUN. Just walk up to someone and tell him or her you're interested in canoeing, caving, cycling, hiking, skiing, or whatever and ask how you can get information on that activity.

### OPEN HOUSE PROGRAMS FOR SEPTEMBER

Sept. 1: Talent Night--SINGALONG--on the lawn. Come on all you guitar pluckers, recorder tootlers, singers and jokesters. This is your chance to show what you can do! If you are up to giving a short performance, let the program chairpersons know. (p.s. Joe Levine promised to play his Hurdy-Gurdy!)

Sept. 8: Join Jumpin' Joe Hoechner as he shows us "Scenic Cycling through Delaware."

Sept. 15: Come join Gene Albright in Paradise Canyon where the Scapai Indians dwell, in the Grand Canyon of Arizona, and in the Rocky Mountains of Colorado.

Sept. 22: Alan Barber takes us again to the Northwest for "Backpacking in the Olympic National Park."

Sept. 29: "Winter Climbing and Camping in the White Mountains of New Hampshire" with Bruce Cox.

\*\*\*\*\*

### AYH ACTIVITIES CHAIRPERSONS:

CYCLING: Steve Shore 683-6897 CANOEING: Mike Deroy 371-6943

Ed Sieger 561-4790 RAFTING: Joe Curlee 422-9672

CLIMBING: Barry Johnson 831-8392 HIKING & TUBING: Dick Nugent 487-5549

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## THE GOLDEN TRIANGLE

The Golden Triangle is a monthly publication of the Pittsburgh Council of American Youth Hostels, Inc. 6300 Fifth Avenue, Pittsburgh, PA 15232

PHONE: 362-8181 THURSDAY EVENINGS  
BETWEEN 7:45 and 10:30  
ONLY

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EDITOR: Marty Haddad  
COVER: Kathy Reilly  
ADVERTISING: Jim Gogots  
MAILING LABELS: Don Hoecker & Roy Weil  
PRODUCTION: Mike Haddad and the many enthusiastic AYHers who make production a party rather than a chore.

\*\*\*\*\*

DEADLINE FOR ARTICLES & ADVERTISING FOR OCTOBER ISSUE:  
Thursday, September 15  
DEADLINE FOR OCTOBER TRIPS :  
Thursday, September 22  
OCTOBER TRIANGLE PRODUCTION PARTY:  
Thursday, September 29

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CHANGE OF ADDRESS: Please notify Pittsburgh Council, AYH as soon as possible if you change your address. Otherwise, you miss The Triangle, and AYH is charged 25¢ for every newsletter that is returned.

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M	TUES	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SEPT.					---- BACKPACK thru Sept. 5 ---- CYCLE	
			1	2	3	4
5	6	7	8	9	10	11
	BOARD MING.		△ ARTICLES & ADS DEAD- LINE		----- HANCOCK HUNDRED CLIMBING RAFTING	----- HIKE CANOE
12	13	14	15	16	17	18
			△ TRIPS & TRAILS DEAD- LINE		----- BACKPACKING ----- ----- CANOEING ----- ----- CYCLING ----- ----- HIKING -----	
19	20	21	22	23	24	25
			△ PRODUCTION PARTY	----- BACKPACK -----		
26	27	28	29	30		

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I think that I may never see,  
(But please feel free to disagree)  
A prettier sight than a brand new rabbit  
With a bike rack on it!

— Joe Hoechner