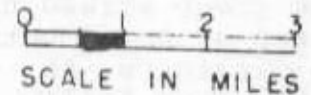


RACHEL CARSON TRAIL

ALLEGHENY COUNTY

PENNSYLVANIA



BUTLER COUNTY

Harrison
Hills Pa

New Kensington

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AYH

golden triangle

pittsburgh council american youth hostels inc.

vol. 29 no. 3 march 1976

1st ANNIVERSARY - RACHEL CARSON TRAIL

RECOLLECTIONS

Joe Levine

One year ago in February, Cliff and Marilyn Ham and I blazed the final segments that completed the Rachel Carson Trail. For a hiking trail practically on the city's doorstep, it is extremely varied, even quite primitive in places. The trail traverses several county parks, follows power and gas lines, skirts suburban homes and farms, crosses creeks, meanders through woods and fields and passes steep bluffs. All 35 miles are within Allegheny County.

About four years ago, the project got under way. Cliff Ham endless hours getting permission from property owners along the proposed route. Mary AYHer's as well as, other individuals and groups were involved. There were several exploratory hikes in '72 and '73 led by Cliff and Marilyn and George and Gladys Schubert. I participated in one such memorable week-end of trail finding and blazing in the fall of '74.

The group worked north from Tarentum and camped in Harrison Hills Park with a troop of Boy Scouts. The following day we routed the trail south from Tarentum to Glassmere. Ah who can forget the bramble patches? Or those cardiac arrest hills that follow the power line north of Tarentum? Remember, the fellow who zipped a black snake into the pocket of his knapsack the disagreeable trail-biker near Creighton..... the Saturday night thunderstorm.....and indefatigable Cliff Ham scouting around and ahead, while the rest of us barely kept up with him, following his blazes?

Well, the trail was completed and has been open to all hikers, but there is work to be done. Occasionally, sections have been disrupted by road construction or by new unsympathetic property owners. Sections have to be re-routed. A connecting leg between County Park 9 and Highland Park Bridge has to be explored. Areas need to be blazed and new extensions are being planned.

It's fun to reminisce on past events and past trips, but it is equally enjoyable to anticipate the fun of future trips. The Rachel Carson Trail still needs our attention and effort to keep it viable. Happy Anniversary Rachel Carson Trail

The Rachel Carson Trail is young and similar to all things in the process of growth & development it needs to be cradled; it needs attention; it needs to be cared for. Thanks to Cliff & Marilyn Ham, Joe Levine, George & Gladys Schubert, Bruce Schender, and Bob Schatz the trail exists, but it is up to other AYHers to keep it in existence. The needs of the Trail range from light maintenance jobs to final artistic touches on the official Rachel Carson Trail patch.

If you would like to know more about the Trail, or more about what you can do to care for the Rachel Carson Trail, then simply write a note expressing your interests to:

RACHEL CARSON TRAIL
AYH - Pittsburgh Council
Pittsburgh, Pa. 15232

The Rachel Carson Trail is unique; we created it and we care for it. HAPPY 1st ANNIVERSARY and with our help it will have many more.



BLAZING AND HIKING THE
RACHEL CARSON
TRAIL



ACCIDENT WITH INJURIES: ACTION NOW

SHOCK

While treating any of the emergencies discussed in this series of articles, the first aider may also be confronted by a condition known as shock. Although the word shock has many meanings, in a medical sense, shock is characterized by an inability of the heart and circulatory system to function normally. Shock is not a single condition but rather a complex state which can be caused by many different factors, including blood loss, loss of other body fluids such as in severe burns or dehydration, poisoning, allergic reactions, or even a severe fright.

Signs and Symptoms of Shock

No matter what the initiating event is, the victim eventually fits the classic description of shock:

1. skin is pale, cold and clammy
2. pulse is rapid and weak
3. respirations are rapid and shallow
4. patient is restless and anxious
5. He has lightheadedness, especially if he tries to sit up
6. He complains of thirst
7. He may be nauseated and vomiting
8. Eventually he lapses into unconsciousness

Treatment of Shock

All severely injured persons should receive preventive treatment for shock. Do not delay treatment until shock develops since the sooner treatment begins the less severe the shock is liable to become.

Treat for shock by:

1. Keeping the victim lying down. If the victim has a head or chest injury or difficulty breathing, raise his head and shoulders about 6 to 12 inches. If the victim does not have a head or chest injury, major fractures of the legs, or injuries to the neck or spine, or difficulty breathing, raise the legs about six inches. If in doubt about what position to raise the patient in, KEEP HIM FLAT.
2. Conserve body heat. Do not over heat. The goal is to prevent unnecessary body cooling. Remember to place as many layers of blankets beneath the victim as over him. If hot water bottles or hot packs are used remember that a semiconscious or unconscious person is very easily burned since he cannot tell you that the packs are too hot. Remember that too much heat causes the blood vessels to dilate. The dilated blood vessels increase the loss of heat from the skin which can worsen the shock.
3. Give the victim fluids by mouth if he is fully awake, if he does not have head, chest, or abdominal injuries, and if medical care is more than four hours away. The best solution to give the victim is

3. a sweetened salt solution (1 teaspoon salt to a quart of water with sugar added to taste) or a commercial product such as Gatorade or Take Five.
4. Treat associated injuries, since bleeding and pain worsen shock.
5. Transport victim to medical facility.

ANAPHYLACTIC SHOCK

Anaphylactic shock deserves special mention since the signs and symptoms are somewhat different from the other forms of shock. Anaphylactic shock is a severe allergic reaction of the body to a foreign material. The reaction begins when a susceptible person is stung by an insect or bee or comes in contact with certain medications or foods. This type of shock usually develops within seconds or minutes after exposure to the foreign material.

SIGNS AND SYMPTOMS OF ANAPHYLACTIC SHOCK

The victim suffering from this form of shock has the following signs and symptoms:

1. Restlessness
2. Lung congestion and difficulty in breathing
3. Coughing
4. Mottled, pale or blue skin
5. Tingling or numbness around the mouth
6. Headache

Later, the other signs and symptoms of shock outlined earlier begin to appear. Unconsciousness quickly ensues.

TREATMENT FOR ANAPHYLACTIC SHOCK

An individual who is susceptible to allergic reactions should wear a Medic-alert tag stating what he or she is allergic to. In many cases, the patient's physician prescribes medication to be injected in the event of an acute attack.

The first aider should place the victim in a position of comfort, usually sitting up. In the unconscious victim, maintain the airway by tilting the head back. Be prepared to administer mouth-to-mouth ventilation if the victim stops breathing.

If the allergic reaction is due to an insect bite on an extremity, place a constricting band between the sting and the heart. The band should not be applied so tightly that the pulse in the extremity cannot be felt. Move the band to keep it between the swelling and the heart.

This series of articles is being written by Lurana Patterson, RN, REMT of Western Pennsylvania Regional Medical Program. The contents of the articles are solely the responsibility of the author and are in no way the responsibility of the Western Penna. Regional Medical Program, The Health Services and Mental Health Administration, or the Dept. of Health, Education & Welfare.

CANNONDALE

WILDERNESS SERIES

After three predecessor packs, one and a half years of research and development and six months of testing and modifications, the Cannondale Corporation has introduced a distinctive new line of internal/external frame packs — the Wilderness Series. By using an internal frame design with the "suspender" harness at the top of the packs and an external extension of that frame with a wide padded waist belt at the bottom, the Wilderness Series combines the best features of an external frame design with those of an internal frame design.

The packs have the same capacity of most large external frame packs with considerably less mass on your back. The main compartment of the biggest pack in the series (OP 60) has large capacity (2,500 cu. in.) yet it is only eight inches deep, fourteen inches wide, and twenty-four inches high. This narrow profile hugs your body and holds the weight in close, which means a very comfortable carry and considerably improved maneuverability.

Previous internal frame designs have had several drawbacks. First, they have allowed a heavy pack to settle too low on the base of the back, causing premature fatigue. (It is important to support a heavy load on the small of the back, while containing the load itself above that point.) Second, they have not provided an adequate means of attaching a heavy-duty waist belt, and third, it has been extremely impractical, if not uncomfortable, to carry anything on the outside at the top and/or the bottom of the packs. These are the reasons, for instance, why we do not recommend the OP 40 for extended use and place a comfortable load limit on the pack of 26 lbs.

The Wilderness Series solves these problems. The frame extends through the pack at the bottom where a wide contoured padded waist belt with anti-roll straps is properly positioned to support heavy loads. Straps are anchored to the top of the pack and to the back of the belt for carrying tents, ground cloths, sleeping bags, etc. The straps are captive so that they won't get lost when not in use but can easily be removed when the need arises.

The workmanship of the Wilderness packs, in our opinion, is unsurpassed. All load-bearing seams are double-stitched with size 12 Reda Trusew polyester thread, developed by Coates & Clark for the circus tent industry. (To the best of our knowledge, we are the only ones in the backpacking industry to use this strength thread.) The wrap-around zipper on the main compartment is double stitched and is bar-tacked at each end. All straps pass through frame-anchored swivels and are bar-

tacked to themselves. We have tried to consider all such details and finish each in the best possible way.

The overall result is a superbly made, large-capacity pack that's easier to handle and maneuver, and much more comfortable than any other backpack we have tested.



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Lightweight Camping, Backpacking, and Mountain Sport Equipment

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As the temperature begins to rise and the snow, ice and slush begin to fade away the fair-weather cyclist's thoughts are directed to that 10-speed that's been stored away for the duration of the winter. Now's the time to take it out; look at it; adjust it; and prepare it for the coming months of cycling fun. In order to help you seriously prepare for the coming months of cycling we are sponsoring an AYH Bicycle Tune-Up Clinic at the Hostel on Wednesday night, March 24, from 8-10 PM.

If your bike is giving you problems, bring it along. If you just want to learn more about a bike, you can practice simple maintenance techniques on a Hostel bike. If you have the know how and would like to share your skills with the group come along. If you are at all interested in attending The Bicycling Clinic contact Warren Kennedy (621-2600, XT 8765 during working hours / or 682-0255 during evening hours; or Phyllis Blumberg at 422-9383.

Bicycle Diagnostic Checklist

To help you decide where (or if) you have problems with your bicycle, the following checklist may be helpful.

Tires

- ☐ Are tires free of cuts, abrasions, or bulges?
- ☐ Do the tubes hold pressure for at least a day at pressures suitable for riding?
- ☐ Is the tire tread in good condition?
- ☐ Is the rubber in the tread in good condition?

Brakes

- ☐ Are brake blocks excessively worn or hardened with age?
- ☐ Are brake cables frayed or broken?
- ☐ Are brake arms or levers bent from a recent (or not so recent) fall?

Derailleurs

- ☐ Are they bent?
- ☐ Are they free moving and clean?
- ☐ Are the pulleys excessively worn?
- ☐ Are the cables broken or frayed?
- ☐ Does the chain sometimes come off the gears? Maybe a top-screw adjustment is needed.
- ☐ Do the derailleurs frequently shift gears by themselves?

In addition to tires, brakes, and derailleurs which can be serviced without recourse to special tools or expertise, there are a number of other potential problem areas where difficulties may occur whose remedies are beyond the capability of the novice.

MORE BIKE TUNE-UP

Wheels

- _____ Are the rims badly dented from riding over Pittsburgh's infamous potholes?
- _____ Do the rims appear to wobble back and forth or up and down as they pass between the brake blocks? Perhaps the wheel needs to be trued. Quite difficult to do; best left to a bicycle mechanic.
- _____ Are any spokes broken? Then they will have to be replaced.

Bearings

- _____ Are the headset, wheel, crank and pedal bearings clean and free-moving? Bearings should be disassembled at least once a year.
- _____ Is there excessive play in the bearings? If so they must be tightened.
- _____ Are the bearing races dented, due to riding over bumps?

Servicing bearings can be very tedious business if the balls are uncaged. Replacement of wheel bearing cup-racer is a job best left to an expert, while tightening and adjusting bearings after assembly requires special tools. The cheapest type of pedals cannot be disassembled at all, so that trouble necessitates replacing the entire pedal.

Frames

- _____ Is the frame bent or broken as the result of an accident? If so it should be taken to a bicycle shop for repair.
- Except for very minor degrees of bending a distorted frame calls for expert attention. Alignment of handlebars is somewhat less critical than that of the frame. You may be able to straighten a bent handlebar if you have a pipe vise anchored to a heavy table and are careful not to buckle the tubing.

Freewheel

- _____ Does the freewheel, "freewheel" when coasting without dragging on the pedals?
- _____ Do the pawls engage readily when force is applied to the pedals?

If the answer to either of these questions is "no" the "freewheel" must be checked. Try squirting penetrating oil into the freewheel bearings. If this has no effect the freewheel must be overhauled or replaced.

Chain & Gears

- _____ Is the chain clean and free-moving? If not it should be cleaned, preferably in a degreasing solvent bath, which necessitates removing the chain with a special chain breaking tool.
- _____ Do the teeth of the rear cogs show signs of wear? Perhaps the cogs need to be replaced which require tools found only in bike shops.

Take this check-list and examine your bike. If your bike needs to be repaired and shows signs of any of the above symptoms, then The AYH Bicycle Tune-Up Clinic will be a definite "must" for you. Remember, Wednesday Night, March 24, from 8-10 PM The Bicycle Tune-Up Clinic for a fun-filled cycling season one needs a safe, well-tuned bicycle.

THE BAKER BIKEWAY

140 miles of backcountry roads

8 overnight shelters

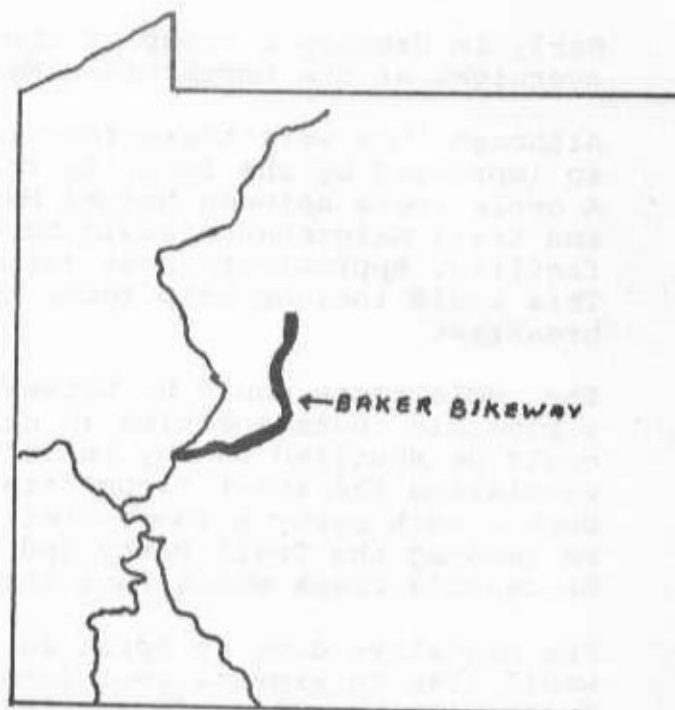
2 loop bikeways

The Bikeway heads northeast from Freeport and follows roughly the Hiking trail, going around some hills that the hiking trail goes over and taking roads when the hiking trail goes thru the woods.

GUIDEBOOK now available:

see Bruce Sundquist at Thurs meeting

or send \$1.50 to
American Youth Hostels, Inc
6300 Fifth Avenue
Pittsburgh, Pa 15232



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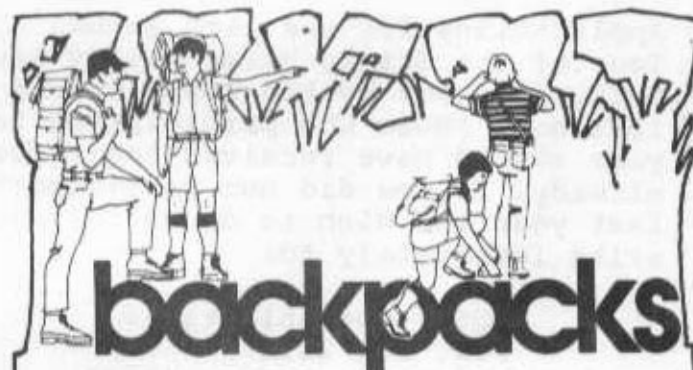
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LIGONIER MOUNTAIN OUTFITTERS

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HEADQUARTERS FOR TRAIL INFO

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

Laurelville Spring Weekend Is Coming

Joe Hoechner

Early in January a group of about 16 Pittsburgh AYH'ers spent their first overnight at the Laurelville Mennonite Church Center Hostel.

Although they were there for cross-country skiing (excellent), they were so impressed by the facility that talk of a spring weekend soon developed. A cycle route between Hostel Headquarters and Laurelville could be scouted, and trail maintenance could be done on the extensive rolling grounds of the facility. Approximate cost for a 2 day, 1 night stay would be about \$12.00. This would include trip fees, transportation, the overnight, a dinner & breakfast.

The cycle route would be between 40-45 miles. Plans are being made to scout a possible route sometime in early April. The cyclists' overnight gear could be shuttled out by the hiking group. The hikers would be clearing and re-blazing the short "loop" trails on the facility grounds. By providing such a work party a lower over night rate is possible. Jack Leahy probably be leading the Trail Party and Jim Roberts even wants to go canoe poling on Jacob's Creek which runs thru the site.

The tentative date is April 24 & 25 (two weeks before T.O.S.R.V.). If you would like to express your interest in the weekend, please call Joe Hoechner @ 343-2465. Needless to say this trip is limited to pass-holders only. Check out the April edition of the Golden Triangle for the full details.

T.O.S.R.V.

Applications for the 15th annual Tour of the Scioto River Valley are being sent out by the TOSRV Communications. Those who participated last year should have received their forms already. If you did not participate last year and wish to do so this year write immediately to:

TOSRV Communications
P.O. Box 2311
Columbus, Ohio 43223

All perspective applicants are asked to send their forms and fees back immediately. There are only 3400 places available and they fill-up rapidly.

In Memorium

Esther Alexander passed away suddenly on February 11, 1976. She was a friendly, and witty person and a hard worker for AYH. All who knew her will greatly miss this special lady.

Are There Caves In Pa. ?

by John Harris

Contrary to popular belief, West Va does not host the only caves in the Tri-State area. It seems as though all AYHers run off to spelunk in the Mountain State and neglect the Chestnut Ridge of the Laurel Highlands.

There are numerous caves on this easily accessible ridge. One such cave is Bartons Cave, located in Fox State Forest. The cave is uncommercial 2.8 miles SE of Laurel Caverns. The Cave is on a tributary of Quebec R

The cave is composed of one main passage, ranging in height from 20ft. to 18 in. and a width from 30 ft. to 10 ft. At the back of the cave there is a chimney climb through an icy water passage. Throughout the cave the water is safe to drink as long as its not muddy. If you plan to explore this cave, expect to spend at least 4 hrs. underground. Remember, "Happiness is a Clean Cave"



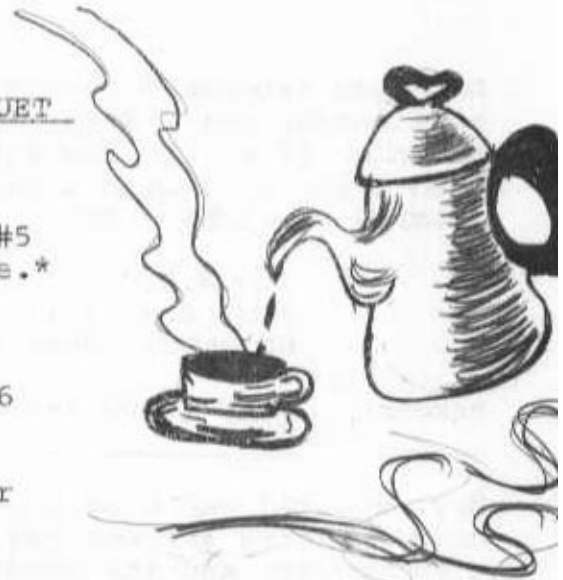
A. Y. H. ANNUAL BANQUET

AMERICAN LEGION POST #5
126 North Highland Ave.*
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Friday, March 26, 1976

6:30
7:15

Social Hour - Cash Bar
Buffet Dinner



Entertainment - Group Singing &
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* About two blocks from Sears towards Penn Avenue.

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Name _____

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No. of Reservation at \$6.75 ea. _____

No. of Reservations at \$5.75 ea. _____ (Youth - 18 and Under)

Make Checks Payable To: PITTSBURGH COUNCIL, AYH, INC.

Mail to:

Sally Brunson
911 Beech Avenue
Pittsburgh, Pa. 15233
(231-6074)

Kay Hess
312 S. Braddock Ave.
Pittsburgh, Pa. 15221
(241-9105)

RESERVATIONS MUST BE IN BY MARCH 18, 1976

TIPS AND TALES

Have you requested your T.O.S.R.V. application yet ? Well, if you haven't, it may be too late already. Rush a letter (with a self-addressed-stamped envelope) to :

T.O.S.R.V.
P.O. Box 23111
Columbus, Ohio 43223

Remember, only 3,000 are accepted

Hey, does anyone know how to get sticky cross-country ski wax off the body of a Volkswagon and its owner ??

Did you know that 25,000 deer are killed on Pennsylvania Highways each year ?

One hunter blames it on "All those hikers tramping through the woods, scaring the animals out onto the roads." Hm, what can you say to that ?????

Beneath every goose-down-jacketed-cross-country skier, there is a bicyclist waiting for spring. Do not despair, spring is almost here

Watch for rides to start (officially) in April with possible spontaneous trips at the end of this month.

Speaking of bicycling has anyone seen that reflecting handlebar tape which appeared in the Bike Shops over the winter ?

Bicyclists Watch for planning to start an official cycle route connecting Pittsburgh Council Headquarters with Laurelville Youth Hostel.

If you are interested in helping to scout possible routes contact: Warren Kennedy, Joe Hoechner, or Dave Barbour.

Hostel store-keeper, Joe Hoechner has been experimenting this winter with cross-country ski waxes on his bicycle tires. He reports moderate success on fresh powder snow with light green & green running waxes. The klisters do well on slush and ice. But Joe advises that "burning in " the base wax with a propane torch on Michelin high pressure tires is a bit tricky. Joe assures us that he'll keep trying.

Experienced AYH canoeists, 40 degree temperatures and sun does mean a canoe trip. Arrangements are made Thursday night and trips are on streams and creeks that are too low to run in May. It's a must to have wool clothing and a face that's familiar to the leader.

If the coming ICE AGE is delayed another year and winter does end, it will be time to store your cross-country skis (No, Joe, you can't water ski with them, the pole baskets are not big enough).

Wooden skis must be protected from moisture that can cause delamination of the many layers. Cover the marks & scratches on the top surface with varnish. The bottoms should be clean of all old running wax and smoothed with very fine emory cloth or steel wool. A new base coat should be burned on. Strap the skis together without blocking them apart to avoid warping. Then store them in a dry place.

Over 40 AYH'ers were introduced to cross-country skiing this winter. They love it. Many thanks to those who helped out on introductory trips

Are you thinking about early spring cycling ? Check your local salvation army or Goodwill stores for wool clothing. Those long downhill runs can be a bit chilly.

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 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.

- Fri. Mar. 5 Our council's number-one spelunker, Norm Synder, will once
Sat. Mar. 6 again brave the caves of West Virginia. If you are at all
 interested in joining Norm for an exciting day of caving call
 him between 6 & 7 Sunday thru Friday at 371-2371.
- Sat. Mar. 6 Start March out on the right foot and spend the day hiking
 with George Bower. The hike will be along the Old Pennsyl-
 vania Canal near Blairsville and up along Chestnut Ridge.
 Total distance to be covered will be approximately 9 miles.
 If interested call George at 242-4645.
- Sat. Mar. 13 Join John Orndorff for a hike on the 10 most beautiful miles
 of the Laurel Ridge Trail. The trip will meet at AYH HQ at
 8 o'clock and leave promptly at 8:30. For mor information
 contact John at 362-5401. Intermediate hikers only
- Sun. Mar. 14 If you are interested in a super-fun hike call Ray Rossi or
 Joan Hehmann - 422-9764 / 881-6492. The hike will be about
 8 miles most likely along the Slippery Rock Creek through
 beautiful McConnell's Mill State Park. The trip will be for
 all levels of fun loving hikers, and the cost only \$ 2.00.
- Fri. Mar. 19 Once again, a caving trip to West Virginia, this time Norm
Sat. Mar. 20 Synder promises miles of caving accompanied by miles of
 stone formations. If you would like to experience the thrill
 of the underworld ,contact Norm between 6 & 7 Sunday through
 Friday, at 371-2371.
- Sat. Mar. 20 If you're a hike-loving hosteller, join Steve Tubbs on an
 intermediate to advanced hike. Destination and duration of
 the trip.....UNKNOWN. The trip will leave Hostel Head-
 quarters at 9:00. To reserve call Steve at 751-3852.

MORE TRIPS AND MORE TRAILS

- Sun. Mar. 21 Explore the wilds of the Warrior Trail with that Master Guidesman, Charles Halberstadt. Charley always promises a pleasant day. The hike will be of the beginner/ intermediate level and will cost approximately \$3.50. Time of departure, 8:30. If you plan on spending the day with Charley call him at 678-3789 to reserve a place.
- Wed. Mar. 24 AYH Bicycle Tune-Up Clinic - Now's the time to take that bike of yours out of storage, and start getting it in shape for the up-incoming bicycling season. If your bike was giving you problems last season, it's time to tighten some of those loose bolts, or share your own skills in helping other AYH'ers repair their own bikes and the hostel bikes. If you are at all interested in attending The AYH Bicycling Clinic from 8-10 PM this Wednesday evening, then contact either Warren Kennedy at 682-0255/ or Phyllis Blumberg at 422-9383. For more information see the feature article that appears in this Golden Triangle.
- Fri. Mar. 26 AYH Annual Banquet - Once again it's time to tune up your singing voice and put on your dancing shoes for the Annual Banquet. This year this festive occasion will be held at the American Legion Post # 5 on North Highland Ave. in East Liberty. Social Hour will begin at 6:30 and the Buffet Dinner at 7:15, followed by a full evening of group singing and folk dancing. The cost for the affair will be \$6.75 per adult and \$5.75 for all youths (18 and under). Hurry-up and reserve your place at the banquet table. All reservations must be made by March 18. For more information see Triangle story.
- Sat. Mar. 27 Yep - you guessed it, another Laurel Ridge Trail Hike. This time it's an 8 mile beginner hike with Mary Ellen McBride. If you are interested in joining Mary Ellen call her at 421-9891. The cost of the trip will be about \$3.50.
- Sun. Mar. 28 Conditions permitting - Limber-up your legs and bike for an in-town afternoon ride. Dress warm, preferably in layers. Meet at the hostel at 1 PM. The fee will be 50¢. Call Joe Hoechner to reserve @ 343-2465.

Date Mar.??? Suprise Hike - Cliff Ham will be making plans to organize an Exploratory Hike of the Fox Chapel Area. The specifics of the trip will be announced at a Thursday night open house meeting.

Snow ???????? Joe Curlee will lead a X-country ski trip to Hidden Valley Trails if and when there's snow. All information to be announced when the weather forecast predicts SNOW. Perchance, you happen to see those little white crystals from the heavens above, call Joe at 422-9672 / 4229764.

OPEN HOUSE

Open house at Hostel Headquarters is held every Thursday evening. Doors open at 7:45 PM with a program at 8:45 PM. The programs are always of interests to old, new, and perspective AYH'ers.

Our open house is open to all, members as well as nonmembers. This is a great time to see friends, to reminisce about past experiences, to make plans for future trips, and if you're a perspective member this is an ideal time to meet AYH'ers and discover the fun of hostelling.

March 4 Thinking about Bikecentennial? Perhaps, the Bikecentennial Slide Show will put some definite actions behind those thoughts. Come and see the show c/o Joe Hoechner.

March 11 Part II - The Gene Albright Show : Gene will take us on the second part of his trip to the Pacific Northwest. Also, a few backpacking scenes on the Black Forest Trail in Northern Penna. will be shown.

March 18 Ah The wonders of the Grand Canyon. Join Bill Leathen as he takes us on a quick visit to Bryce, Zion, and the Grand Canyon.

March 25 Going on Bikecentennial???? Perhaps, you'd like to go in style. This evening, Joe Hoechner will show us how to cycle across the USA in high fashion.

THE GOLDEN TRIANGLE is a monthly publication of the Pittsburgh Council American Youth Hostels, Inc., 6300 Fifth Avenue, Pittsburgh, Pa. Phone: 362-8181, Thursday evenings.

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pg.10- Laurelville.....Joe Hoechner
pg.10- Caving.....John Harris
pg.11- Banquet.....Gladys Schuber
pg.12-Tips & tales.....Joe Hoechner
& Jim Roberts

Miscellaneous: Roy Weil, Joan Goode
& Warren Kennedy

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 AYH'ers, feel free to write-up the story and submit it to the editor for publication. It's a pleasure to read about an AYH or personal trip that was truly enjoyed.

The deadline for the APRIL edition The Golden Triangle will be Thursday March 11. All articles should be sent to : The Editor, AYH, Pgh. Council 6300 Fifth Avenue, Pittsburgh, Pa.

A. Y. H. ANNUAL BANQUET

MARCH 26, 1976

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MON.

TUES.

WED.

THUR.

FRI.

SAT.

SUN.

MARCH

1.	2.	3.	4.	5.	6. Caving	7.
8.	9. Board Meeting	10.	11.	12.	13. hiking	14.
15.	16.	17.	18.	19.	20. hiking	21.
22.	23.	24. Bike Clinic	25.	26. AYH Banquet	27. hiking	28.
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