



GOLDEN TRIANGLE

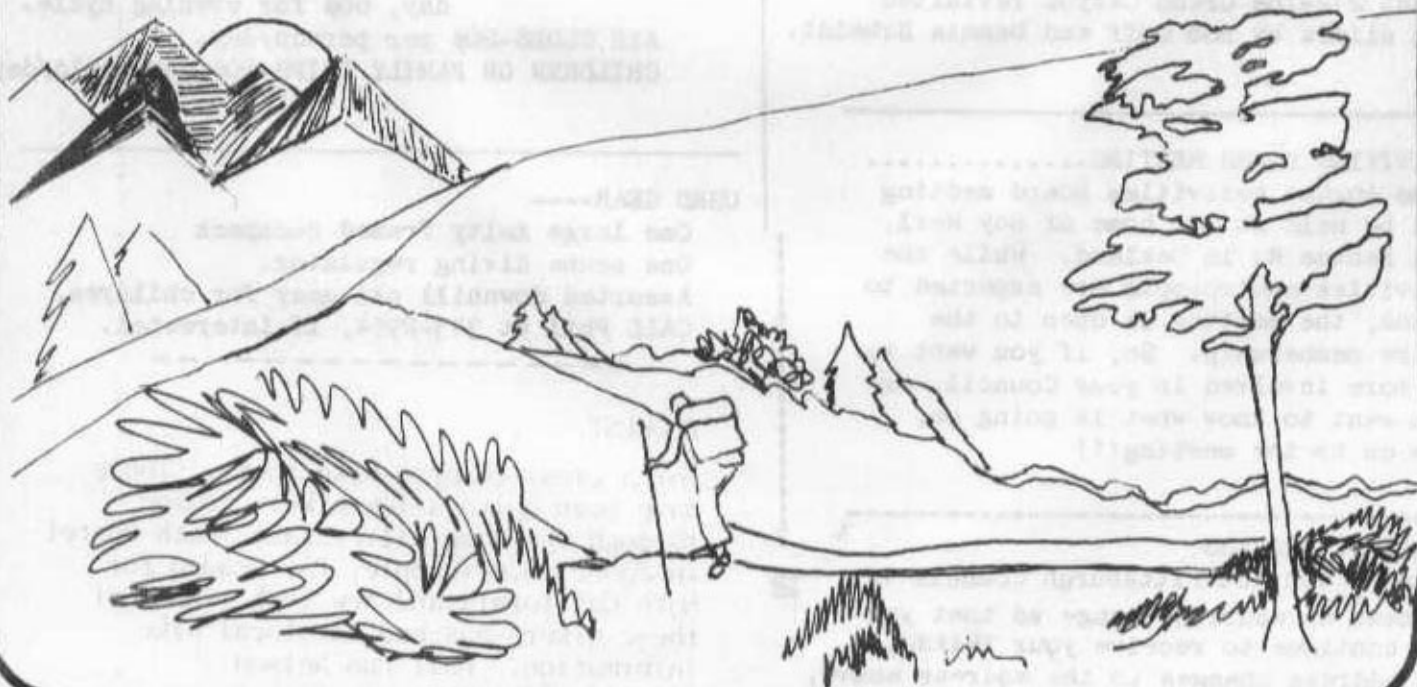
Volume 32 - No. 8



MISSING !? HIKING CHAIRPERSON

LAST SEEN HEADING WEST

hunt on !



PITTSBURGH COUNCIL, AMERICAN YOUTH HOSTELS, INC.
6300 Fifth Ave., Pgh., Pa. 15232, (412)362-8181



Pittsburgh Council American Youth Hostels, Inc.

6300 FIFTH AVENUE
PITTSBURGH, PA. 15232
(412) 362-8181 THURS. EVE.

The GOLDEN TRIANGLE is the monthly publication of the Pittsburgh Council, American Youth Hostels. It is sent free to all members. The contents are the sole responsibility of the editors.

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PRINTING	Bullseye Bob
MAILING	Don Hoecker Roy Weil
TIPS AND TALES	Joe Hoechner
PRODUCTION	Don Hoecker
COVER	Hoechner/Shanahan

DEADLINES FOR SEPTEMBER TRIANGLE

Articles	August 13
Trips	August 20
Production	August 27

SLIDE SHOWS FOR AUGUST.....

august 6--Leslie Evans takes us biking around the Canton area---China, that is!!!

august 13--Another biking show by Phil Norton as we bike around the Lakes, for 6500 miles.

august 20--Woj returns with an update on climbing.

august 27--The Grand Canyon revisited in slides by Bob Goff and Dennis Schmidt.

ACTIVITIES BOARD MEETING.....

The August Activities Board meeting will be held at the home of Roy Weil, 5131 Penton Rd in Oakland. While the Activities chairpeople are expected to attend, the meeting is open to the entire membership. So, if you want to get more involved in your Council, or just want to know what is going on, come on to the meeting!!!

CHANGE OF ADDRESS:

Please contact Pittsburgh Council if you have an address change so that you will continue to receive your TRIANGLE. Send address changes to the address above, attention: Don Hoecker.

SO LONG AND GOOD LUCK!!!

AYH Hiking Chairperson Kathy Reilly will be moving to Colorado on August 10. Kathy has been active with the Pittsburgh Council for several years now and we are sorry to see her go. For those who want to keep in touch, her address is:

Kathy Reilly
Box 395
LaPorte, Colorado 80535

IMPORTANT NOTICE--NEW TRIP INSURANCE

by Joe Levine, Trips and Trails

For many years Pittsburgh Council has carried insurance for accidental injuries to trippers through CNA. Premiums were 10¢ per tripper/day with coverage up to \$500. On July 1, the old policy expired, and we are now covered by Hartford Insurance. New premiums are 20¢ per tripper/day, with coverage up to \$1000, with additional \$1000 for accidental death or dismemberment.

How will this change affect trips costs? The Board of Directors and the Activities Board have made the following decisions:

--From July 1 to September 30, 1981, the old Registration fees will remain, the Council will make up the 10¢ difference.

--Beginning October 1, 1981, all trippers will pay an additional 10¢ per day Registration fee, as follows:

MEMBERS--60¢ per day, 35¢ per ½ day
NON-MEMBERS--\$2.10 per day, \$1.10 per ½ day, 60¢ for evening cycle.

AYH CLUBS--20¢ per person/day.

CHILDREN ON FAMILY TRIPS--20¢ per child/day.

USED GEAR----

One large Kelty framed backpack
One scuba diving regulator.
Assorted downhill ski gear for children.
CALL Phil at 343-2954, if interested.

REQUEST. . .

For a cross-country bike route. There have been quite a few bikers coming through the Camp Silver Lake Youth Hostel in Fombell/Zelienople, PA. headed for both California and New York. None of these bikers has had any local bike information. Call Pam Nelson - 412-452-6720.

AUGUST TIPS AND TALKS

GOOD NEWS!!! The Pittsburgh Council AYH Board of Directors has voted NOT to make **DESIGNER JEANS** mandatory on all Council trips. This is despite the current trend-setting rules requiring "D.J.'s" on certain California and New York Council trips.

The Pittsburgh Board re-affirmed the right of the trip leader to set the requirements for each trip: It is therefore the trip leader's decisions as to how fashionable his/her trip shall be.

COMING UP NEXT MONTH: Alligator shirts!

HEY CYCLISTS--Why is the hot month of August a great time to ride? Answer: Its too hot for dogs to chase you!!!

As we all know, April and May are also good months since most dogs are out of shape from not chasing bikers during the winter months. (a few dogs do keep in shape by chasing cross-country skiers) Come June and July, man's 'best friend' has all four legs in fine tune.

But once you get to August, if you last till then, the heat gets to most mutts and they can't catch you--if YOU are in shape!!!

BACKPACKERS, BOATERS

Now available from the Bureau of Environmental Planning Information Series is the booklet, Local Protection of High Quality Streams.

Copies can be obtained from your Regional Water Quality Manager of DER, or from:

Mr. Mike Krempasky, Manager
Local Planning Assistance Program
Bureau of Environmental Planning
P.O. Box 2357
Harrisburg, Pa. 17120

The report covers nearly 25% of the stream miles in Pennsylvania, classified as having high quality or exceptional water values and includes:

- 1) Information about federal and state requirements for these streams.
- 2) Locations of High quality streams in Pennsylvania.
- 3) How local governments can protect these streams.
- 4) Case studies of stream-protecting programs and
- 5) A list of high quality and exceptional streams by county.

FREE CAMPING, USA

If you are planning a camping trip across the U.S., be sure to get a copy of **SEE AMERICA FREE**. It is a directory of more than 6,000 **FREE** campgrounds in the U.S. and includes detailed information on each campground and its nearby attractions.

This 725 page book can be purchased for \$6.95 from Van Neer Publications, Inc., Box 1289, Clearwater, Florida. 33517.

OFFICERS!!!

Please submit proposed budgets to Fred Hull by the first of September. If you are planning on leaving office, please inform your replacement of any pertinent information pertaining to your activity/program.

THANK-YOU,
Barry Govenor

OPPORTUNITY KNOCKS AGAIN!!!

October elections are coming up . Anyone interested in being involved in the government of Pittsburgh Council, AYH, or who wishes to be more involved in an activity or function, contact the Nominating Committee.

American Youth Hostels membership passes may be purchased on Thursday nights at Headquarters or during regular business hours at the following pass-selling agencies associated with the Pittsburgh Council, AYH:

ARD Travel, Inc.
408 Rodi Road
Pittsburgh, Pa. 15235
412/241-3955

Atlas Travel Service
Kaufmann's 9th floor
400 Fifth Ave.
Pittsburgh, Pa. 15222
412/261-0248

Fox Chapel Travel Service
1520 Freeport Road
Pittsburgh, Pa. 15238
412/362-8181

Pittsburgh Travel House
3510 Fifth Avenue
Pittsburgh, Pa. 15213
412/687-2234

Ponzio International Travel, Inc.
Porter Bldg.
Pittsburgh, Pa. 15222
412/471-7800

Student Affairs Department
Alliance College
Cambridge Springs, Pa. 16403

Avalanche, Inc.
1794 N. Highland Road
Pittsburgh, Pa. 15241
412/833-7800

more ----- Tips and Tales

New Council T-Shirts are here! Hostel storekeeper finally has the new supply (12 dozen to be exact). Design by Kathy Reilly in a medium blue color. Price \$4.00 at any Thursday night open house. Sizes S, M, L, & XL. If you are out of town and would like a shirt please send your size plus a check for \$5.00 (to cover postage) made out to "Pittsburgh A.Y.H." to the attention: Hostel Storekeeper.

Did you hear about the guy who owned a big, 8 cylinder Detroit gas-hog and only drove it on short trips around his neighborhood? Claimed he couldn't afford to take it on long trips.

Say did you hear about the new Fall T.V. program that will feature the true stories of cross country cycle-tourers? The show will be called "Wheel People".

Thanks to recent action by the PA State Legislature, Pittsburgh Council A.Y.H. may be allowed to start a new activity: Is there a "Bingo Chairperson" out there?

Board of Directors

JUNE BOARD OF DIRECTORS MEETING
Minutes: C. M. Lynch

The Pittsburgh Council A.Y.H. Board of Directors met on June 9, 1981 at Claudette Falkenhan's new home. The Board agreed to accept Boston Council's \$600 payment on the loan for the Bridgewater hostel as a final payment, thus forgiving the interest.

Scott Hill presented plans for expansion of the caving program--with emphasis on beginning caving. The Board voted a budget of \$425 for equipment.

Cliff Ham, for the Headquarters Sites Committee, reported on the Center for the Arts building plans and discussed two properties that might be available for us to buy. Rental space was also discussed.

Other council problems considered included the change in our trip insurance (which will cause an increase in our trip fees) and the need for good communication between Activity Chairman and the Activities Board.

Members of the Board present at the meeting were: Don Hoecker, Marilyn Ham, Claudette Falkenhan, Cathy Lynch, and Roy Weil.

cross country bike route

Pittsburgh A. Y. H. Fombell, PA to New Middletown, Ohio Bike Route

Camp Silver Lake Youth Hostel (Near Zellenople, PA) to Ohio's Cardinal Trail (Trans-Ohio Bike Trail) Eastern Trailhead. New Castle Schwinn Shop Directions: From Mt. Jackson, PA follow Rt. 108 East to Brewster Rd. (First left about 1 mile). Turn Left/North, ride about 3 miles, watch for angled R.R. tracks & cross Mahoning River. Go $\frac{1}{2}$ mile to Very Bad R.R. tracks. Turn right to join West Washington St. Ride about $1\frac{1}{2}$ miles to Scotland Lane, make Left/North up to Rt. 224/W. State St. Shop at #1907.

Emergency Phones: New Castle Bike Shop (412) 652-3434, (412) 652-0902,

Fombell Hostel (412) 452-6720, Bike Warehouse (216) 542-3671.

New Castle Hospitals: 658-9001, 658-3511.

Route Scouted Spring 1981 by Joe Hoechner & Sally Brunson.

Footnote: Alt. route from Hostel to Hazen on good, flat dirt road along Connie Creek. Take first right off Rt. 588. Follow road crossing creek & tracks. Turn left at store, then left across R.R. tracks before up hill. Follow creek about $\frac{1}{2}$ mile, turn left on gravel road at "T". Continue to bridge, and climb to Rt. 588, at "T" turn right to pick up bike route.

Caution: Watch out for big coal trucks!

<u>MILEAGE</u>	<u>DIRECTION</u>	<u>COMMENT</u>
0.0	Left/West on Rt. 588	From Hostel entrance Drive.
2.2	Straight	Rt. 588 turns left (At Duffy's!)
2.8	Uphill	About 1 mile. Treefarm?
4.5	Cross bridge, bear right	Just past village of Hazen.
5.0	Right	Country Club Dr. - Before hill.(5.3 left stay on C.C. Dr.)
7.1	Right	Cross bridge. Watch traffic! Make immediate right off bridge, follow road, bear left, continue straight.
7.6	Bear left	Harmony-Fisher Rd., After RR. underpass.
8.1	Left at "T"	Old Rt. 288 (Zelie. Rd.).
8.3	Left/right	To cross new bridge. Watch traffic!
8.5	Right	Immediate off bridge. Left on old, Rt. 288, hill!
9.1	Left	Cross highway on Hillside Avenue.
9.3	Right	4th St. Truck route sign.
9.6	Left	Cresant Ave. Traffic light at school.
10.0	Right	9th St. Continue 1 block past light.
10.2	Left	Beaver Avenue.
10.5	Left	13th St. for 1 block, then right/West onto Rt. 321.
11.9	Right	Follow Rt. 351 West, downhill, cross Beaver River, Then uphill!
12.9	Right	Still on Rt. 351 West. Enter Koppel Boro.
13.2	Straight	Cross Rt. 18. Stay on Rt. 351 West.
17.8	Right	On Rt. 168 North, Town of New Galilee.
20.2	Straight	Cross over Turnpike at Dairy Farm.
24.2	Left	West on Moravia - Petersburg Rd.
25.8	Right	North on to Paden Rd.
28.8	Right	L. R. #37009.
29.5	Straight	Enter town of Mt. Jackson. Follow Rt. 317 West to Ohio (Note: To get to New Castle Bike Shop follow Rt. 108 East.)
32.0	Zig-Zag	Dangerous angled RR crossing! Bessemer.
34.8	Ohio/PA	State Line. Follow Ohio Rt. 630 into New Middletown.

MINUTES FROM THE ACTIVITIES BOARD MEETING, July 1, 1981 (edited)

- TREASURER'S REPORT:** A new assistant treasurer is needed.
- CANOEING:** New paddles for canoeing and rafting are in and will be marked.
- CAVING:** Scott Hill is new Caving Co-chairperson. The Board of Directors approved a \$425 budget for the purchase of caving equipment. A rental fee of \$1.00 will be charged for those using the club caving equipment.
- CYCLING:** Jersey order was sent in. Bike camping seminar to be held July 8.
- PUBLICATIONS:** Chris Reid has compiled the final draft of the cookbook, and turned it over to Bruce Sundquist.
- ENVIRONMENTAL ACTION:** There is a need to voice opposition to increased oil and gas drilling in Allegheny National Forest.
- FRANCHISE:** University Travel no longer sells AYH passes.
- HIKING:** Kathy Reilly will be moving to Colorado in August. A new Chairperson is needed.
- KAYAKING:** The C-1 and appropriate equipment have arrived.
- MEMBERSHIP:** May, 1981 membership figures match our September, 1980 figures.
- PRODUCTION:** A table purchased for production parties needs to be returned from Ohiopyle.
- RAFTING:** Throw bags and paddles are in. Gus Hughes is new Rafting Vice-chairperson, with specific responsibilities for budget, and communications with Activities Board.
- SERVICE:** Inquiry received from Mt. Lebanon Baptist Church, requesting help in developing a youth program.
- SPECIAL PROJECTS:** AYH Annual Picnic will be held at Riverview Park on October 18.
- TRAILS COORDINATOR:** Joe Levine held a maintenance hike on the Rachel Carson Trail with two other people. More maintenance hikes will be scheduled for September.
- VOLLEYBALL:** Tuesday and Thursday Volleyball well attended. Policy of not charging fees on Thursday nights will be continued.
- HOSTEL DEVELOPMENT:** Gilmary had its first two official AYH overnights. Houseparent leaving July 1 will be replaced by one assigned by Pgh. Diocese. Gilmary Hostel was featured on the cover of the International Hostel Newsletter.
- HOSTEL OPERATIONS:** 130 overnights at Ohiopyle in June. There were 90 reservations for July as of the 1st.
- QUARTERS RELOCATION:** Committee trying to set up a meeting re: Wightman School. Postponed to mid-July.
- BUSINESS:** Funding received from S.W. PA. Regional Planning Commission for a new bicycle commuting brochure. Joe Hoechner is working with Jack Phillips on this. Joe Levine reported new insurance coverage, effective July 1, 1981. First aid kits needed for activities. Individual activities should set up kits to meet their needs. Nominating Committee passed to include Steve Martin, Cathy Lynch, Chuck Ejzak and Lou Conley.
- NEW BUSINESS:** Information for Canoeing Guide should go to Roy Weil. New AYH T- Shirts available at \$4.00 each. Sheet sacks selling well. New order for throw bags is being placed. All activities chairpersons are asked to prepare statements, books, etc. for the September audit and to be aware that 1982 budgets will soon be requested for approval by the Board of Directors.
-



first aid 4

ACCIDENT WITH INJURIES - ACTION NOW

Part 6 in the series of articles on first aid in a wilderness setting deals with injuries to the bones and joints.

FRACTURES

A fracture is a break in the bone. A closed (simple) fracture is a break in a bone which is not associated with an open wound. In an open (compound) fracture, the broken bone pierces the skin creating an open wound. Both closed and open fractures can cause bruising and damage to adjacent nerves, blood vessels, and other soft tissue. Fractures of large bones such as the pelvis or thigh bone (**femur**) can lead to severe internal bleeding and shock.

SIGNS AND SYMPTOMS OF FRACTURES

Obvious signs and symptoms of a fracture are not always present. If the mechanism of an accident is a fall or direct blow, one must assume that a fracture exists and treat the patient **accordingly**. Signs and symptoms of a fracture include:

- pain or tenderness over the bone when the bone is touched
- exposed bone ends
- the victim hearing or feeling something snap or break
- obvious deformities over a bone such as depressions, lumps, or abnormal angulation or rotation of a limb
- partial or complete loss of function of the body part
- swelling and bruising

FRACTURE MANAGEMENT

Complete the primary survey (see the April, 1981 Triangle):

- open the airway
- check for breathing
- check for a carotid pulse
- treat shock (shock will be discussed in a later article.)

Do the secondary survey to locate all the injuries. Do not move the patient until the survey for injuries is complete. Any fracture can become a more serious injury with mishandling. The only exception to the old axiom of "Treat them where they lie" is a situation where there is immediate and life threatening danger from the environment such as a fire, avalanche or rock slide. In these situations provide as much support to the patient's body as possible while moving **him**.

After completing the survey, treat the fracture:

- support the fracture above and below the break while applying the splint. A rescuer trained only in first aid should avoid straightening a limb in order to splint it unless it is so severely bent that it is otherwise impossible to splint or if splinting it in the position it is in will make evacuation impossible, for example, moving the patient through a tight crawlway in a cave.
- do not push any protruding bone ends back through the skin

- cover any exposed bones or open wounds with a sterile dressing
- select a splint long enough to immobilize the joint above and below the fracture
- pad the splint with soft material
- secure the splint to the body part firmly but not so tightly that circulation to the part stops. Use roller bandage or straps, not cord, to keep from cutting into the skin,

SPLINTS

A common fracture immobilization device is a flat wooden board. The board (and any other hard splint) should be padded before applying it. Another common **device** is the inflatable splint. To apply, gather the deflated splint onto your own arm. Grasp the patient's hand or foot while a second person holds the limb above the fractured site. Slide the plastic onto the patient's limb. (The whole procedure is similar to putting a child's arm into a sleeve.) Close the zipper if the splint has one. Inflate the splint by mouth until your thumb makes only a slight dent in the plastic. In the field anything rigid enough and long enough to support the joints above and below the fracture can be used to immobilize a fracture - folded maps, a folded "space" blanket, skis, ski poles, an ice ax or a tightly coiled rope. If all else fails, secure the **broken** area to another part of the body, for example, a broken leg to the unbroken leg or a broken arm to the chest.

After splinting a fracture, elevate the limb to decrease swelling. Check the fingers or toes of the extremity frequently. If the fingers or toes become swollen or blue or pale or the patient complains of numbness, tingling or increased pain in the area, the splint may be too tight. Loosen the splint slightly. Be sure the extremity is elevated. Applying cold to the extremity can help reduce the swelling and pain. However, cold also impairs circulation. If applying the cold for 10 to 20 minutes does not help or if conditions worsen, remove the cold pack immediately. When applying cold packs to the body, do not place the ice directly against the skin. Wrap it in cloth first to prevent "burning" the skin.

All fractures should be examined by a physician but open fractures and fractures causing shock or decreased circulation to an extremity (pale or blue fingers, numbness and tingling not relieved by loosening a splint or elevation) must be seen immediately.

The next article in this series continues the discussion of injuries to bones and joints by describing specific fractures, sprains, and strains.

\$ For SALE: : :

Cots \$5.00
Mess kits - \$1-5.00
Skiis - \$5.00
Two-man tents - \$15.00
Canoe Bags - \$10.00
Call Pam Nelson -
412-452-6720

\$ \$ FOR SALE \$ \$

River Chaser K1 new clear with new
split bags short type stern bags \$360
River Chaser clear with split bags 260
Seda kevlar/epoxy kayak paddles
82" new- \$40 used- \$15
Nona helmet am-med \$20
New nep boots molded soles size 10 \$20
Tent 2-man Gerry with stakes \$50
Coleman Peak 1 backpack stove model 400
new - \$25
Phoebus backpack stove model 625 - \$10
Call wayne - 431-0193

AUGUST TRIPS & TRAILS

The trips listed here 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 and rentals. In addition, nonmembers are charged \$2.00 per day which can be deducted from the cost of membership. Trips are classified BEGINner, INTERmediate, or ADVanced, with the exception of the water sports and bicycling.

* * * * *

CLIMBING

Chairpeople: Woj 322-4524 Bill Skallo 921-5695
Jeri Walsh 422-9686

All beginners must sign up for climbing trips--there is a limited number of beginners on each trip. You will need a pair of ratty tennis shoes, water bottle, lunch, a rain poncho (so it doesn't rain) and a funny looking hat. If you have a pair of leather work gloves, they will be useful in belaying.

sat aug 8-

sun aug 9 INTER/ADV- 7 am from parking lot of HQ. Learn techniques of lead-climbing, seconding, rigging, at White Rocks. Anyone interested in staying overnight, we will be camping out and welcoming the Beginners on Sunday.

sun aug 9 BEGIN- Trip to White Rocks. Leave from HQ at 7 am.

sat aug 29 ALL- The Great Escape Weekend - join us for a trip to White Rocks, spend the weekend camping and climbing your heart out! Reserve with Woj, Jeri, or Bill.

VOLLEYBALL

Chairperson: Larry Laude H-665-9554 W-462-5000 X7532/X6287

Volleyball games are played every Tuesday and Thursday night at AYH headquarters from 6 pm. untill dark.

BACKPACKING

Chairperson: Steve Martin H-469-3153 W-462-5000 X6185

sat aug 15- EASY Backpack trip to Canaan Valley in West Virginia. Hike 7-8
sun aug 16 INTER miles per day. Swimming possible. Leave HQ at 7 am on Sat.;
return Sun. night. Call Dick Nugent at 487-5549 (H) or
487-4500 X340 (W) to reserve.

fri aug 21- EASY Backpack trip along Seneca Creek to the top of Spruce Knob in
sun aug 23 INTER West Virginia. Leave HQ at 7 pm Friday night. To reserve
call Kevin Craig at 488-7255 (H).

fri aug 21- INTER Backpack Lost Turkey Trail. Leave AYH HQ at 7 pm. Call Glenn
sun aug 23 Oster, W 566-3041; H 364-2864.

fri sep 4- INTER Backpack Quehanne Trail. Leave AYH HQ at 7 pm. Call Glenn
fri sep 11 Oster, W 566-3041; H 364-2864.



bicycling

BICYCLING

Chairpeople: Chuck Ejzak 327-5031, Lynn Gogots 384-9149

Bring a spare tube, raingear and wear a helmet. Helmets are required on all Council trips. A=Advanced, B= Intermediate, C= Easy, D= Beginner, E= Learn to Ride. Trips depend on weather.

Evening Cycles

Aug 4-Kathy Foster 421-5349

Aug 11-Chuck Ejzak 327-5031

Aug 18-Lynn Gogots 384-9149

Aug 25-Judy Menosky 731-0212

Aug 6-Jeff Marsh 831-9490

Aug 13-Leader Needed

Aug 20-Marla White 362-5490

Aug 27-Lou Conley 681-8321

sat aug 1

B- 30-40 miles along the Allegheny River, then some hills on the North Side. Bring a lunch. Meet at HQ at 8:30 am. Kathy Foster. 421-5349.

sun aug 2

C- 25 miles. Exploratory trip in the New Wilmington area. See covered bridges, Amish farms and wagons on quiet country roads. End the day in the town swimming pool. Bring a lunch, water, swimsuit and towel. Cost about \$6-8. Reserve with Joe at 373-3403 or Sally at 231-6074. Meet at HQ at 8:15 am.

sat aug 8

C- 35 miles. Cycle rolling Slippery Rock area with Mike and Marta Hurwitz. Bring lunch. Be at HQ at 6:00 am. To reserve, call 421-9204.

sun aug 9

B- 30 miles. Ride in Washington County with Rich Reder. Meet at HQ at 7:45 am. Bring a lunch. Call Rich to reserve at 371-9230.

sat aug 15-

sun aug 16

A-C Weekend at Shawnee State Park near Bedford. Rides from twenty to eighty miles in farm country. Meet Chuck or Lynn at HQ at 6:30 pm on Friday, aug 14. Reserve by Thursday, aug 13 with Chuck at 327-5031, or Lynn at 384-9194.

sat aug 22

C- 35-40 miles. Destination to be announced later. Meet at HQ at 8:30 am. Call Larry Cole to reserve at 823-1026.

sun aug 23

C- 20-30 miles. Second Annual Duquesne Incline Ride. Join Lou Conley and friends for the second annual tour of Downtown Pittsburgh, Point State Park and finally the ride up the Duquesne Incline for a good look at Pittsburgh from Mount Washington. We'll stop somewhere for lunch and don't forget to bring fare money for the incline. Meet at HQ at 8:45 am. Call Lou Conley to reserve at 681-8321.

sat aug 29

C- 30 miles along the Allegheny River. Meet at HQ at 9 am. Call Larry Laude to reserve at 665-9554.

sun aug 30

A- 60 miles. Ride to West Newton with Ben Humphries. Call him at 829-2497 to reserve. Meet at HQ at 10 am.

CAVING

Chairpeople: Norm Snyder 351-4068, Scott Hill 682-1270

fri aug 14-

sun aug 16

Join Norm Snyder on a cave trip to Indiana State. This trip is for the yearly Indian Cave Capers. Lots of big caves and cavers from all over the U.S. Call 351-4068 between 6 and 7 to reserve.

NORM SNYDER TRIP --ADVANCED!

sept 25-

oct 10

Join Norm Snyder on a two week trip. One week backpacking trip around the Grand Canyon and the second week around Aspen Colorado. Call 351-4068 between 6 and 7 to reserve.

HIKING

Chairperson: Kathy Reilly H-687-6160 W-281-7833

Bring lunch, raingear and cash for transportation and trip fees.

- sat aug 8- NIGHT HIKE! Watch the Perseid Meteor Shower from Ohiopyle
sun aug 9 State Park. Meet at AYH HQ about 6:30 pm, dinner en route to the hostel for overnight. Bring Hostel pass, flashlights, long pants, star charts, etc. Swim or day hike on Sunday. Limit first 15, reserve with Joe at 373-3403
- sun aug 23 INTER Laurel Highlands Trail. Leave at 8 am from HQ. Call Jack Peth H-921-7214 or W-777-5365.

CANOEING

Chairperson: Becky Soisson 244-1151

Basics: Lunch in a waterproof bag, drinking water, kneepads, raingear, swimsuit, change of dry clothes, non-cotton clothing, tennies, sun protection, large sponge, strap for eyeglasses. Rental boats-limited number available-reserve through trip leader. All trips meet promptly at 8 am at HQ.

- sat aug 1 Flatwater Canoe Trip. Dick Nugent 487-5549.
- sun aug 2 Class I trip. Oscar Mayer will lead. Families welcome! Call Becky to reserve 244-1151.
- sat aug 1- Class III-IV Canada Trip. First week features River Rouge-
aug 16 Mont Treblant Provincial Park-Quebec. Second week- Jacques Cartier River-Laurentides Provincial Park- Quebec. Trip size limited. Canoe camping. Dave Marchik 327-2778 or Ray Yutzy 929-4443.
- sat aug 8 Class I-II Middle Yough. Call Tom Springett 621-8362 before 10 pm.
- sun aug 23 Class I-II Leader needed. Call Becky to volunteer 244-1151.
- sat aug 29 Class I Beginner Trip. Call Norm Snyder between 6 and 7 pm at 351-4068.
- sun aug 30 Class IV Lower Yough. For truly experienced (???) open boaters, level permitting. Meet in Ohiopyle at private boaters' change house at 10:30 am to unload. Trip will put on at 12:45; take off at 6:30 pm. Canoes must have FULL FLOATATION. AYH canoes cannot be used on this trip. Trip leaders: Frank Bruns, Dave Marchik, Jim Roberts. Call dave 327-2778 or Jim 539-7599 to reserve. Trip size limited. Cost 50¢ (no gasoline fees will be collected).
- sat sep 5- Class II LABOR DAY WEEKEND TRIP. Cheat River, W. Virginia,
mon sep 7 with side trip to local country fair and ox roast. Call George Mouradian 521-6828 after aug 22 to reserve.

Additional trips may be scheduled on the basis of interest (and water level) at the Thursday night meetings.

KAYAKING

CHAIRPERSON: Ray Yutzy 929-4443

Basics: Similar to canoeing

Rentals: A limited number of kayaks are available; reserve through the trip leader. Kayaks are welcome to paddle with canoe trips; reserve through the trip leader.

KAYAKING ...continued

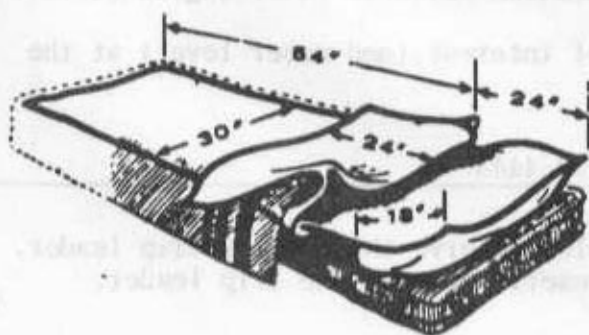
thu aug 6-	Class IV	Ocoee, Chatooga, and Nantahala Rivers in N.C., S.C., Tenn., and Ga. Including the "Save the Ocoee" River Festival on Sat. August 8. Ray Yutzy 929-4443.
tue aug 11		
sun aug 16	Intro School	Intro. to kayak school for beginners. Ray Yutzy 929-4443.
sat aug 22	Class I-II	Lou Conley 681-8321.
sat aug 29	WW I School	Whitewater I Kayak School. Ray Yutzy 929-4443.
sun aug 30	Class I-II	Gus Hughes 421-4060.

***** Indoor Pool Sessions for Fall : The Allegheny Community College, Allegheny Campus (North Side) will be offering two 12 week evening kayaking courses. Courses will begin the week of Sept. 21, 1981. Courses will emphasize boat control, paddle strokes, and rolling. Cost: approx, \$40 including instruction, pool use, kayak, and all necessary equipment for 12 sessions of 2.5 hours each. Class sizes are limited and all spaces were filled in the spring session so register early if interested. For information contact: Community College of Allegheny County or call: 237-2729
Allegheny Campus or
808 Ridge Avenue 237-2732
Pittsburgh, PA 15212

RAFTING Chairperson: Paul Kammer 843-5152

All trips on the "Yough" unless otherwise noted. Bring: lunch, change of clothes, and old tennis shoes.

sat aug 1	Float/loaf/swim. Easy Yough with Joe Hoechner 373-3403.
sun aug 2	Yough leader needed. Call 843-5152 to volunteer.
sat aug 8	Leader needed. Call chairperson to volunteer.
sun aug 9	Leader needed. Call chairperson to volunteer.
sat aug 15	Yough. John and Lori Orndorff 244-0746.
sun aug 16	Yough. Ed Sieger 731-9678 (H) or 246-5589 (W).
sat aug 22	Norm Snyder. Call between 6 and 7 pm. 351-4068.
sun aug 23	Paul Kammer 843-5152.
sat aug 29	Yough. Don Bartchy 928-8355.
sun aug 30	Shirley Sedmak 288-5147.
sat sep 5-	LABOR DAY WEEKEND. SAVAGE I P A. Let down is scheduled.
mon sep 7	Only experienced paddlers. Gus Hughes 421-4066.



Sheet Sleeping Sack

This can be made from unbleached muslin or old sheets. The bag should measure 78 in. long x 30 in. wide with a pocket to cover the pillow 18 in. deep. A flap of 24 in. is needed to protect the upper blanket, and a gusset each side of the bag adds roominess and prevents tearing. Many AYH councils sell ready-made nylon or muslin sheet sleeping sacks.

FOR SALE AT ANY THURSDAY NIGHT MEETING - PRICE \$8.00 EACH. FOR MAIL ORDER INCLUDE \$2.00 FOR POSTAGE AND MAKE CHECKS PAYABLE TO "A.Y.H."

British COLUMBIA HOSTELS

(* Affiliated with the Canadian Hostel-
ing Association - B.C. Region)
(† Not all Mini Hostels serve meals)
These mini hostels are not inspected by
the C.H.A.
All mini hostels are under the control of
the owners.

Please note that the following
guidelines apply to all mini hostels
listed here and hostellers are expected
to:
a) Write or phone ahead for reserva-
tions.
(Should you wish a reply to a letter

please enclose a stamped self-
addressed envelope.)
Guaranteed reservations will be
made upon receipt of the first night's
fee.
b) Provide their own linen & toiletry
bag.

c) Uphold the customs of the Interna-
tional Youth Hostel Federation.
Mini Hostels may not be open year
round - please check dates open.
As most Mini Hostels are in private
homes, please respect their special re-
quests as indicated.

Unless otherwise indicated Mini Hos-
tels are for MEMBERS ONLY.

Location (Dates Open)	Mailing Address	Directions	Accommodation (Cost)	Special Notes (Meals, etc.)
COMOX (Year Round)	Ronald & Genevieve Walker 1660 Robb Ave. Comox, B.C. V9N 4S1 Phone: 339-3763	Entering Comox from south, turn left on Anderson Road, up to Robb Ave. and turn right.	2 single beds (\$5.00 with breakfast)	Non smoking adults only
COURTENAY (Year Round)	Forbidden Plateau Lodge P.O. Box 3271 Courtenay, B.C. Radio Phone: ask for Plateau Ski Lodge	25 km from Courtenay, From Victoria or Nanaimo follow Hwy. #1 until Courtenay and follow road signs to Forbidden Plateau.	Capacity: 12 (\$4.00)	Discounts on meals, ski rentals and ski shop purchases for C.H.A. mem- bers.
GALIANO ISLAND (April - November)	Stephen Pattison Santa Fe - Portler Pass Road Galiano Island, B.C. V0N 1P0 Phone: 539-2868	Main Island Hwy., 3.2 km from Shur- dies Bay ferry terminal, 2.4 km from Montague Harbour ferry terminal, in an inland valley.	10 camping spaces and bunkhouse ac- commodation. (\$2.00 - members \$3.00 - non-members) camping only	(Kitchen available for self-cooking) Accepts members & non-members
MERRITT (Year Round) Closed August 1980 only	Bart Joling 2101 - Gables Cres. ent Merritt, B.C. V0K 2B0 Phone: 378-2127	One home in town and one cottage on Nicola Lake with full accommodation.	3 single beds 3 double beds (\$5.00 - bed only)	Outdoor sports, hiking, skiing (break- fast & dinner)
NELSON (Year Round)	Ms. Jane Steed Killarney On-The-Lake R.R. #1 Nelson, B.C. Phone: 352-2196	2 km west of an A & W drive-in on Johnstone Road, directly across from Nelson.	1 double bed (\$5.00 - bed only \$8.00 - bed and breakfast)	Whitewater, Red Mt. Ski area, Kohance Glacier Park, Kootenay Lake.
GRAY CREEK (Year Round)	Gray Creek Auto (camp P.O. Box 28 Gray Creek, B.C. V0B 1S0	From Nelson, take the Kootenay Lake Ferry Road, and cross from Bal- four to Kootenay Bay on ferry. From Creston, travel north on Hwy. #3A.	Capacity: 8 (\$4.00)	On the lakeshore, good cycling in area
MOBERLY 10 km west of Golden (Year Round)	Brian Olynek Lot 2 - Adolf Johnson Road Moberly, B.C. Phone: 344-5178	Hard to find — phone first.	5 single beds 3 double beds (\$5.00 - bed only \$7.00 - bed & breakfast \$11.00 - bed, breakfast, & dinner)	Rocky Mtn. Columbia & Kicking Horse River, Columbia Valley (break- fast & dinner)
WYNNDEL (Year Round)	Kate Knapton R.R. #1 Wynndel, B.C. V0B 2N0 Phone: 866-5482	11 km from Creston on Hwy. #3. Garage on highway. Bed & bath are make left turn but don't cross railway Pass aluminum potato shed. A 1500 wards and house is on left side.	3 single beds 2 double beds (\$4.00 - bed only \$5.00 - bed and breakfast)	good cycling & hiking

LOW COST ACCOMMODATION
FOR ALL AGES

AYH MEMBERSHIP APPLICATION

Fill out the following application and bring/send it with a check payable to "Pittsburgh AYH" to: AYH Membership, 6300 Fifth Avenue, Pgh. Pa. 15232. Allow 3-4 weeks for delivery by third class mail. Enclose an additional dollar for first class mail. (Note: Membership sells International Hostel Guide to Europe for \$5.00 by mail and for \$4.00 at Headquarters.)

Name _____ Phone _____

Address _____ New?/renewal? _____

Zip _____ Birthdate _____

Check one:

- | | |
|--|--|
| <input type="checkbox"/> \$7.00 Youth (under 18) | <input type="checkbox"/> \$35.00 Three-year Senior |
| <input type="checkbox"/> \$7.00 Senior Citizen (60+) | <input type="checkbox"/> \$35.00 Organization (non-profit) |
| <input type="checkbox"/> \$14.00 Senior (18-59) | <input type="checkbox"/> \$140.00 Life |
| <input type="checkbox"/> \$21.00 Family | |

Please circle one or more:

Service: Newsletter, Hostel Development, Bicycling, Publicity, Trail Maintenance, Equipment Repair, Auditor Service, Typing, Art Work, Membership

Leadership: Backpacking, Cycling, Canoeing, Caving, Climbing, Hiking, Cross-country Skiing, Rafting.

Pittsburgh Council

AMERICAN YOUTH HOSTELS INC.

6300 FIFTH AVENUE

PITTSBURGH, PA. 15232



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vacations call toll free 1-800-323-1717

