



GOLDEN TRIANGLE

Pittsburgh Council, American Youth Hostels, Inc.

Volume 27 Number 1 January 1976



SPOT NEWS FROM NATIONAL :

Robert W. Yeates has been named the new National Executive Director for American Youth Hostels. His appointment was confirmed by the Executive Committee of the National Board of Directors following a report by the Search Committee, which had been working several months to find a new person to head the professional staff in Delaplane, Virginia.

In the period between the Search Committee's decision and its approval by the Executive Committee of the Board, Yeates started preparing for his new position by reading copies of council newsletters, and participating in Council activities. He has developed a strong interest in helping councils expand and prosper. He pledges to help councils achieve their potentials.

Pittsburgh Council would like to extend our congratulations to Mr. Yeates and hope that he will be able to accomplish his goals and find his experience with AYH both enlightening and rewarding. Good luck

REFLECTIONS

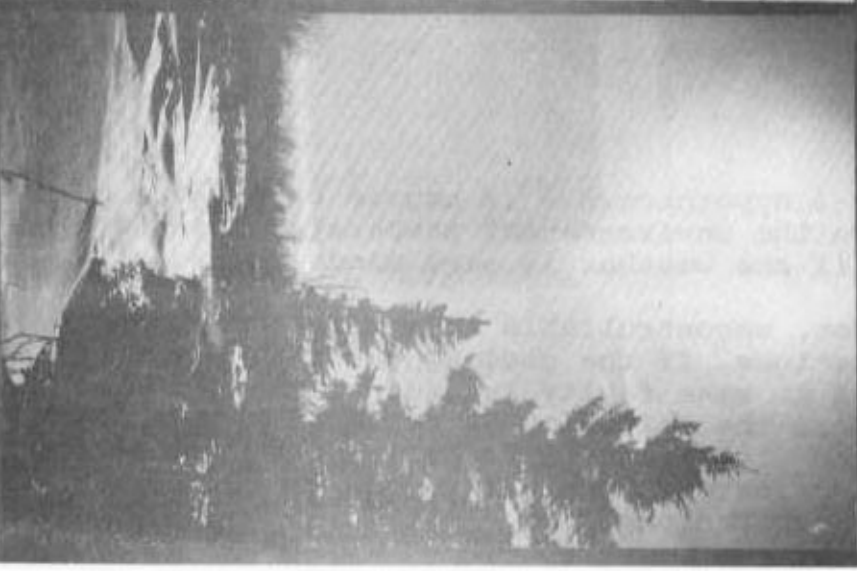
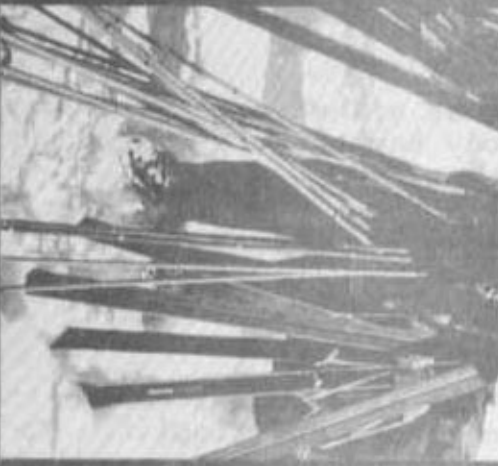
The Bikecentennial Leaders Training Course at Bowmansville
by Phyllis Blumberg

The training course was quite a busy, but fun-filled week. The course was..... friendships made..... Overnights at two nice hostels.....sleeping under the stars.....campfires.....group discussions.....demonstrations.....a birthday party.....joining a parade in Ephrata, Pa.....climbing up hill and soaring down (whow).....bike riding through beautiful Lancaster County and a complete Thanksgiving turkey dinner cooked over a woodfire.....touring the chocolate and pretzel factories.....biking on deserted roads and major ones.....visiting a Pa. Dutch Farm; waving to people in horse-driven buggies.. Being photographed for Parade Magazine.....Wearing Bikecentennial Fanny Bumpers.....learning new songs and games.....repairing our bikes.....eating GORP 1000 times and 10000 ways..... rising at 6:00AM.....realizing the joys of a hot shower after a long day.....bike riding in a pack.....getting lost on the road.....exchanging stories.....learning about AYH from the experienced Pros.....talking to the local people.....the thrill of being with other people who enjoy bicycle touring.....three days of bike touring with full pack.....riding at the end of a long line of cyclist going up hill.....seeing a sunrise and feeling tired but feeling good about it.....sharing and being together.....realizing that one is part of a great experience.... and a promise of even more fun this summer with with BIKECENTENNIAL.

THE ACA ANNOUNCES: THE AMERICAN HIMALAYAN KAYAK DESCENT

A nine man team of the Nation's top paddlers, The Raidak River (a river dropping 9,000 feet in 90 miles), and the tiny "forbidden" Himalayan Kingdom of Bhutan, are all part of the first American Himalayan Descent in April 1976. This first attempt at Himalayan exploration will start the US toward new goals for river exploration abroad. In 30 days the Expedition will cover 90 miles, down one of the steepest rivers and through the heart of an isolated kingdom. Every effort will be made to negotiate all parts of the river and to document the entire river. The expedition will return early in May with a wealth of new experience. One can help make the expedition possible by sending contributions to: ACA - Kayak Descent, 8907 Richmond Highway, Alexandria, Va., 22309

DOLLY
SODS - XC



ACCIDENT WITH INJURIES: ACTION NOW

COLD INJURIES

Injuries due to a cold environment usually present as either a local injury like frostbite or a generalized injury like low body temperature (hypothermia). Sometimes both types of cold injuries appear together.

FROSTBITE:

Signs and Symtoms

The areas most commonly affected by frostbite are the ears, nose, hands, and feet. Frostbite begins with the warning signs of numbness and tingling. The involved area becomes increasingly more painful and turns a purplish-red color. The skin burns and itches. If the freezing continues, the skin becomes icy white in color and loses all sensation. In severe cases gangrene sets in.

Treatment

If medical treatment is within a few hours, do not attempt to thaw the part. Simply cover the area and transport the victim. If transporting the victim to a medical facility is not feasible, the rescuer can thaw the area. The frozen area should never be rubbed with snow or anything else since the frozen tissues are very susceptible to additional injury. Instead of rubbing the area, simply place the frozen part in tepid water (98 to 104 degrees F.), that is, water which feels warm to the inner surface of the wrist. The water must be maintained at this temperature for the duration of the thawing. If the victim's feet are frozen and he will have to walk out on them, do not thaw the feet. Studies done at the University of Colorado Medical Center indicate that less damage is done to the feet if they remain frozen than if they are thawed and the patient walks on them. In fact no frozen area should be thawed if there is any chance that the part will refreeze since thawing and refreezing and thawing again greatly increases the damage to the tissues.

The frozen and/or thawed areas should be protected from further injury. Remove any constricting clothing. Place the patient at rest. Do not break any blisters that form. If the patient is conscious, administer warm, nonalcoholic fluids by mouth. The victim should also avoid smoking since nicotine constricts the blood vessels which impairs circulation to the frozen area.

HYPOTHERMIA :

Signs and Symptoms

Generalized cooling of the body (hypothermia) is caused by prolonged exposure to cold. Most cases develop when the environmental temperature is 30 to 50 degrees Fahrenheit, especially if the weather is also windy and wet.

Initially, the victim has intense, uncontrollable shivering and poor motor coordination. He complains of fatigue. If the cooling continues, the victim's speech begins to slur. He starts to make faulty judgements. He stumbles and walks with an unsteady gait. Later, the shivering is replaced by muscular rigidity and jerky movements. The victim begins to hallucinate and suffer from lapses of memory. He becomes disoriented. Eventually, The victim lapses into unconsciousness. His pulse and respirations slow.

The Altra Kit Idea:

Pre-cut to size, do-it-yourself sewing kits for anyone who wants to save 30%-50% on top quality outdoor wear and light weight camping equipment.

The Mountain Trail Shop

5435 Walnut Street (Upstairs) Shadyside

Weekdays 12-9 Saturday 9-5 687-1700



We have Altra kits:

If you enjoy doing things with your hands, you'll enjoy making an ALTRA kit. Anybody can make one, and any home sewing machine will do the job. Each ALTRA Kit contains everything you need: pre-cut material, zippers, thread, pre-measured down packs, rings, grommets, Velcro and complete step-by-step instructions.



Down Parka Kit:

A warm, lightweight down parka that is made from 1.9 oz. ripstop nylon or rugged 65/35 dacron and cotton. Ideal for general everyday use as well as lightweight backpacking, skiing and camping.

- Hand-Warmer Pockets
- No sewn through shoulder seams
- Raglan Sleeves
- 10 oz. high loft prime down (medium size)
- Inside pocket
- Waist drawstring
- High down filled collar
- Two-way zipper
- Five pre-cut sizes

Ripstop **\$31.00**
Navy and Green

65/35 **\$38.00**
Navy and Green



Children's Down Parka Kit:

A warm rugged inexpensive down coat for children. Made from either a 65/35 blend of dacron and cotton or 1.9 oz. ripstop nylon. Designed just like the ALTRA adult parkas.

- Hand-Warmer Pockets
- No sewn through shoulder seams
- Raglan sleeves
- 5 oz. high loft prime down (6-7 size)
- Attached shell hood
- Waist draw string
- High down filled collar
- Two way zipper
- Four pre-cut sizes: 4-5, 6-7, 8-9 and 10-11

Ripstop **\$24.00**
Red and Navy

65/35 **\$29.00**
Navy and Green



Down Vest Kit:

Ideal for skiing, hunting, fishing, paddle tennis or just general knockaround wear for it gives body warmth with unrestricted arm movement. Made from lightweight 1.9 oz. ripstop nylon.

- Hand-Warmer Pockets
- No sewn through shoulder seams
- Velcro front closure
- 5 oz. of high loft prime down (large size)
- High down filled collar
- Five pre-cut sizes

Ripstop **\$17.00**
Navy and Red



Day Pack Kit:

A functional day pack made from strong Cordura nylon. Ideal as a book bag, day tripper, tennis pack, etc.

- Roomy dual compartment carrying pack
- Foam shoulder straps
- Dual slider covered zipper
- Three accessory strap holders
- Convenient carrying strap
- Ax or tennis racket carrier loop
- 7.5 oz. Cordura nylon that is water repellent, abrasion resistant, easy to sew

Cordura **\$11.50**
Green



Mountain Parka Kit:

An all purpose water repellent shell garment made from rugged 65/35 dacron cotton. Fully lined. Ideal for spring, summer, and fall use around town and in the mountains.

- Hand-Warmer Pockets
- Raglan sleeves
- Waist draw string
- Fully lined
- Water repellent, Washable and Breathable
- Adjustable Velcro cuff
- Inside pocket
- Attached, lined hood
- Five pre-cut sizes

65/35 **\$28.00**
Navy, Green and Rust

COLD INJURIES (Cont.)

HYPOTHERMIA:

Treatment

Of course, preventing hypothermia is a far better practice than having to treat it. Clothing that is warm when it is wet, like wool or Dacron II, helps prevent hypothermia. Windbreakers and rain gear prevent chilling. If hypothermia develops, get the victim out of the cold and the wet. Remove all wet clothing. If the patient is fully conscious, give him warm liquids to drink. Get him in dry clothes and warm blankets. (The coverings must be pre-warmed because the victim is so cold that he may not have enough body heat to warm up cold blankets.) Skin-to-skin contact with a "warm body", that is, another person, is also an effective treatment.

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 author and are in no way the responsibility of the Western Regional Medical Program, The Health Services and Mental Health Administration, or the Department of Health, Education, and Welfare. The contents may not be reprinted without the permission of the author.

THE OUTDOOR CHEF

by

Ben Brugmans

Thought by some to be a culinary luxury of the high trail cuisine, fruits and vegetables to round out a meal are one of the highlights of the evening repasts on any trip.

Although dried fruits are economical in price and weight, I like fresh fruits and vegetables, which are no excessive burden on weekend backpacks or longer canoe tours.

However, nothing is as demoralizing as a wilted lettuce salad. So here is a suggestion for cube salad - crunchy, satisfying and almost as good for your constitution as dried prunes.

For 4-6 people: a few carrots - scrape and slice thin
 1-2 cucumbers - peel and slice thin
 1-2 apples - wash, core, and cube
 a few celery stalks - wash, remove bottom white, cube.

Add a generous dosage of Italian dressing (French, Roquefort and other mayonnaise based dressings have to be kept refrigerated), either to the central pot or to taste to each individual dish. Eat while you are waiting for dinner to cook in aforementioned pot.

(cont. next p.

IE OUTDOOR CHEF

(cont)

s for the meat dish which keeps try
olbassi or Polish sausage.

olbassi : 1/3 lb. per person
16 ounce can sourkraut
for 4-6 people
1-2 hard rolls/ person or
mashed potatoes (the recom-
mended serving size on the
back of the dried potatoes
is for small eaters)

team the kolbassi in the sourkraut,
serve on roll with kraut on top, or
with the reconstituted potatoes.

DO YOU RECALL ??

few years ago someone gave a slide
show at an AYH open house meeting on the
outhwest sesert and Navajo Indian Life.

If you have any knowledge as to who gave
the show, please contact Bruce Sundquist
t 327-8737 (eve.)

ne Sierra Club is putting together a
lide show on soil conservation and needs
opies of the slides from that show.

WITTEWATER NUTS

e now have, for our very own use, two
ayaks. Our sincere thanks are extended
to the donor - VELOCIPEDE - 5842 Foreward
ve., for his most gracious gift.

ie kayaks are made of Polyethelene, in-
cluded in the gift are seats, foot braces,
id paddles. The use and rental of the
ayaks will be subject to AYH policy.

Thank you very much.

ie Bureau of Outdoor Recreation has re-
mmended that 46 miles of Pine Creek,
om Ansonia to Waterville, be designated
National Scenic River. It also suggested
at the State of Pennsylvania acquire full
tle to the gorge section, called the Grand
nyon of Pa. between Ansonia and Blackwell.

ie final report of this study will be
ailable next fall.

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man, Joe Hoechner, Lurana
Patterson, & Jim Roberts.

Remember The Golden Triangle is your
publication. If there is any item of
interest that you would like to share
with other AYH'ers, fill free to
write-up the story and submit it to
the editor for publication. Deadline
for February issue will be Jan. 8.

COME SKI WITH US!



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

Down and Polargard garments from JanSport,
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Peter Storm oiled wool sweaters.

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SUNDAYS WITH GOOD SNOW!

T.O.S.R.V. 1976 IS COMING!!

That's right, the 14th annual "Tour of the Scioto River Valley" is coming up the weekend of May 8 & 9.

Why think about it now? Well the applications for this two day 210 mile ride are mailed out near the end of February. By the end of March the 3,000 places are full. So act early.

The secret for getting an application early is to include a self-addressed - stamped-envelope with your request. These always get mailed first. Even if you went last year, play it safe and write in early for another application.

Pittsburgh AYH usually receives a quantity of applications for distribution. But they don't always arrive early enough.

If you plan to take or lead one of this year's "Bikecentennial" Trips, why not do a 210 mile weekend to get in shape? More information regarding T.O.S.V. will follow in later issues of the TRIANGLE. But write now for your application.

T.O.S.R.V. COMMUNICATIONS

P.O. Box 23111

Columbus, Ohio 43223

CONGRADUALATIONS

Pittsburgh Council would like to Congradualte members, Sandy Pie and Phyless Blumberg on their successful completion of the Bikecentennial Training School. These AYHer's are now qualified leaders for either National AYH or the Bikecentennial Tours of this summer.

If you would like to apply for leadership school see Joe Hoechst for an application (343-2465).

Joe has been accepted for the AYH Training Program at Yellow Springs, Ohio and can take a group in his area.

CLASSIFIED

Gitane 21" Gran Sport cycle for sale. Red color with toe clips, new tires, rear rack, and two sets of fenders. Only \$80.00. Call Joe at 343-2465 during the evening hours.

Last year the Aqua-Zoo, this year??????? It's time to start thinking about the annual AYH Spring Banquet. It's always a gala affair. Plan on going. More details will appear at a future time.

Special

SCHOLL'S BICYCLE CENTER

406 PERRY HIGHWAY

PHONE 412/931-6711

(WEST VIEW)

Tour de France.....\$295

Raleigh Competition.....\$265

Crescent.....\$235

All bicycles on special have
sew-up tires

For Sale - 23 1/2 " Schwinn World
Voyageur, asking \$220. If interested
contact Jack Batchelar at 963-7868.

HAPPY HOSTELLING IN '76 !!

HAVE YOU RENEWED ?

Stop! Look at the address label on the back of this newsletter. If it does not read " LIFE ", "VIP", or " Dec. 76" and you have not renewed your membership in the past couple of weeks, then this will be your LAST Golden Triangle

You may ask, " What are the advantages of being an AYHer ? " To mention a few The thrill and excitement of rafting on the Yough ; The sense of peace and serenity of a backpack trip at Dolly Sods ; The satisfaction and contentment of having spent a worthwhile day, (weekend), with worthwhile people.

Besides, the AYH membership pass entitles you to a monthly issue of the GOLDEN TRIANGLE, and accessibility to lodge in the AYH hostels in the United States, Canada, and Europe. What more could one want, for such a minimal fee ?

If you would like to be part of our 1976 activities, then merely fillout 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 in USA and Canada only)\$12.00
- () Organization Membership\$15.00
- () Life\$110.00
- () Family Life\$220.00

SERVICE INTEREST

- ___ Newsletter
- ___ Hostel Development
- ___ Bicycling
- ___ Publicity
- ___ Trail Maintenance
- ___ Equipment Repair
- ___ Auditor Service
- ___ Typing
- ___ Art Work
- ___ Key Punch Operations
- ___ Publications
- ___ Cycling Guide

FUN INTERESTS

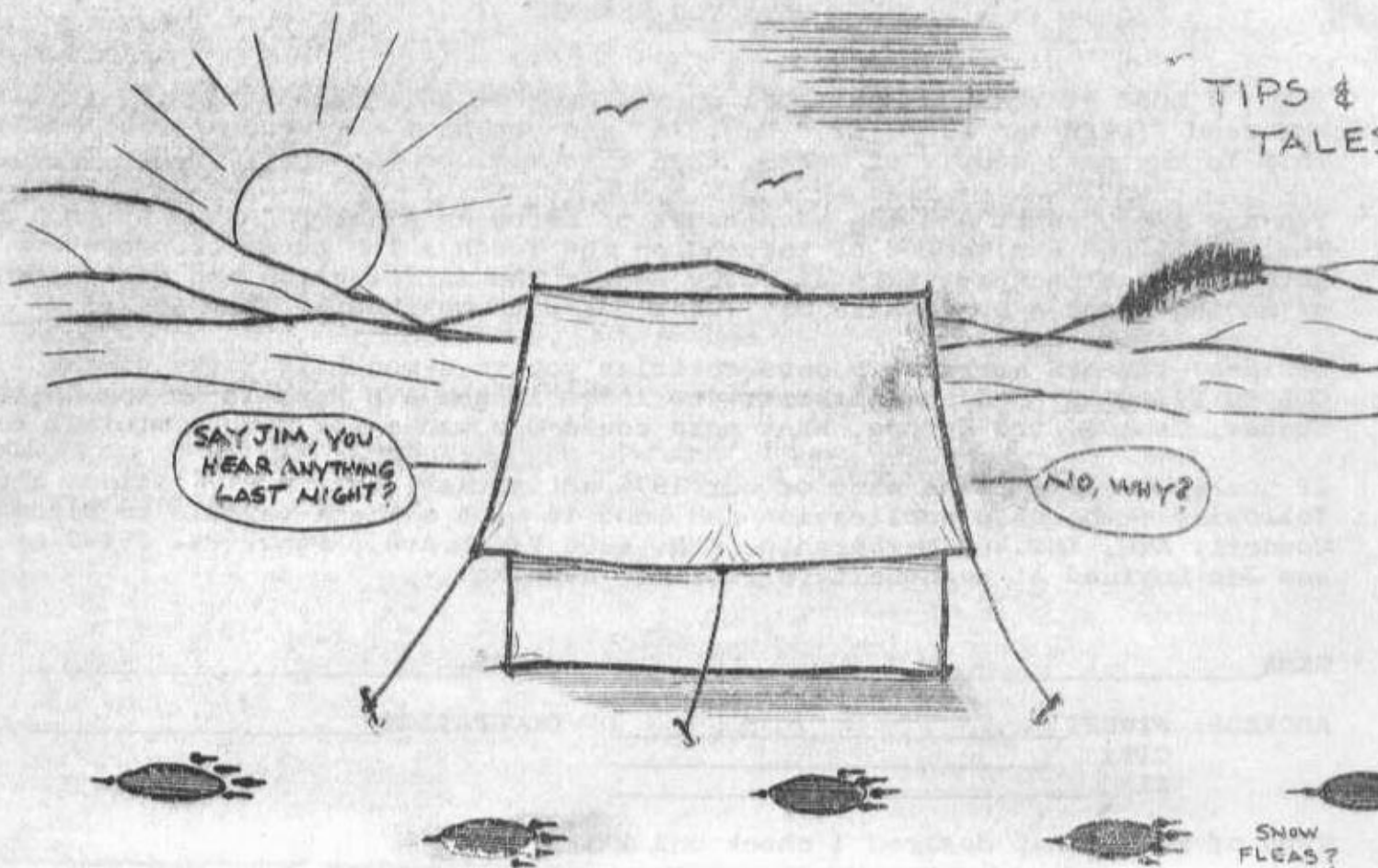
- ___ Canoeing
- ___ Hiking
- ___ X-C Skiing
- ___ Bicycling
- ___ Rafting
- ___ Climbing

LEADERSHIP

- ___ Backpacking
- ___ Hiking
- ___ Bicycling
- ___ Caving
- ___ Rafting

Make this a memorable bicentennial celebration. Join AYH and join in on the FI

TIPS & TALES



Last year during a winter backpack an AYHer was observed wearing two hats. When asked about it, he gave the following explanation. "Recommend a light weight knit cap to pull down to keep the ears warm over which you can wear a crusher-style hat with a brim to keep the snow off your face and eyeglasses." Try it, sounds O.K.

Suffering from "frigid face" while hiking or skiing? Perhaps, you may want to start chewing gum. That's right! The action of chewing gum keeps the jaw muscles moving and can help to keep your face warmer.

Prevent liquid-filled compass freeze ups by carrying the compass in your shirt pocket inside your jacket.

Oh, if your compass does happen to freeze, try thawing it out with your hot breath.

The U.S. Ski Team needs your donation to help support the team's efforts this year's Winter Olympics. Gifts \$5.00 and over receive the "U.S. team" patch. If you would like to help, mail your contributions to:

United States Ski Team
P.O. Box 100
Park City, Utah
84060

If you're an active downhill skier, you may want to check the "skier's hotline". The list is posted near the hostel entrance. If interested these spontaneous ski trips fill in your name and the other information on the list.

Interested in the Pittsburgh Ski Club? For information on trips, meetings, membership fees, etc. write:

Pittsburgh Ski Club
P.O. Box 2022
Pittsburgh, Pa. 15230

MORE TIPS AND MORE TALES

OPEN HOUSE

Cross country skiers - If you are going far on a day trip, you should carry a spare emergency tip. These are made of light weight plastic & are designed to get you back to the car. A spare tip could turn a long walk into a salvagable trip. Spare tips are inexpensive and available from the more popular catalogues.

Alan and Mary Barber, our cross-country chairpeople, are trying to find a way of prying cross country skiers out of snowdrifts. Some have suggested leaving the skier until spring thaws, but the 50¢ AYH day fee does add up. Please, pass on any advice.

Winter trip leaders - For day trips you usually check the weather. You do advise your trippers on the proper clothing and equipment, but do you ever think about your transportation? Check the forecast for the trip home. You may want to equip your car with the following: a shovel to dig cars out of ditches or from under drifts caused by passing snowplows; salt or sand for traction; a set of booster cables in case one of the cars won't start; Tools, you may have to remove a good battery from one car and carry it to the dead battery for a jump.

Remember, your responsibility begins and ends at the Headquarters building. You must do everything to keep the trip safe and moving, even during the driving portions.

Winter travelers - Have you heard the horror stories of travelers trapped on Summerset Mountain on the Turnpike or in some other remote place during one of our rare heavy snow storms? If you have camping equipment, a sleeping bag, stove, boots, and freeze dried food, it might be a good idea to make up a small pack to throw in the trunk of your car for any trip away from home during the winter season. A set of emergency equipment takes up little room and it could save your life or at least make you a little more comfortable.

Open house is held every Thursday evening. Everyone is welcome - members as well as non-members. 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 dis- the fun of hostelling.

Jan. 1 : Have a HAPPY New Year Hostel Headquarters are closed for the Holidays

Jan. 8 : See Jay & Margaret Anderson's photographic highlights of their 3,000 mile trans-continental bicycling adventure last summer. The ride was from the Canadian Rockies to Southern Ontario. The trip included five days of wilderness canoeing in Northern Minnesota.

Jan. 15 : Join Eugene Albright as he takes us to the summit of Mt. McLaughlin and Middle Sister Mts. on the Pacific Crest Trail. This is your chance to share the beauties of the High Cascades in Northern Washington.

Jan. 22 : Did you ever wonder what it would be like to camp in Vermont and Canada? Come and find out as Cliff and Marilyn Ham show slides of their summer adventure.

Jan. 29 : Did he catch you in the "Fun & Games"? Or was your mouth full of an AYH Burger? Jim Squibb and his camera were very busy at the AYH picnic. Jim invites all to come and see the FUN.

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 cost 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.

- Thur. Jan. 1 Get out and enjoy the first bicycle trip of the New Year. If Joe Hoechner is not skiing, he will spend a few hours cycling in the city. To reserve call 343-2465. Meet at HQ at 1:00 PM.

- Thur. Jan. 1 Annual New Year's Backpack trip, to Dolly Sods, W. Va. Must
- Fri. Jan. 2 be prepared mentally, and physically for fog, snow, blizzards,
- Sat. Jan. 3 and everything. Needless to say this trip is NOT for beginners.
- Sun. Jan. 4 For details call Jim Roberts at 521-5386 between 6:30 & 9:00.

- Sat. Jan. 3 Joe Curlee will be leading a ten mile hike or X-ski trip in the Laurel Mountains. Everyone is welcome and X-country ski equipment can be rented. Weather conditions will determine what activity we will be doing. The cost of the trip will be \$ 3.50 plus costs of equipment rental. The trip will leave HQ at 8:30 for more details call Joe at 422-9764 or 422-9672.

- Sat. Jan 3 Norm Synder will be going caving in West Virginia, " where the
- Sun. Jan 4 BIG ones are ". If interested call Norm on Sundays between 6:00 & 7:00 at 371-2371.

- Sat. Jan 10 Join Ed Sieger as he takes a 8-10 mile hike on the Baker Trail. Dress warmly and enjoy a comfortable day with BIG ED. The cost will be about \$2.50, and the trip will leave HQ at 8:30. For further information call 561-4790.

- Sun. Jan 11 Stroll through Schenley Park with Joe Levine. After the walk join Joe for Hot Chocolate and snacks at his home. Trip will meet at 10:00 at the hostel. To reserve call Joe at 422-8287.

- Sun. Jan 11 Bridge Anyone ? Fred and Eileen Hull invite all bridge enthusiasts to join them in a pleasant game of bridge, Sunday evening. If you are interested, or if you feel lucky reserve a place at the table by calling Eileen at 242-5379.

- Sat. Jan 17 Jim Roberts will lead a X-ski trip or hike. Everyone is welcome and beginners are encouraged to come along and join in on the fun. The trip will depart from HQ at 8:30. For more information call Jim between 6:30 -9:00 at 521-5386.

- Sun. Jan 18 Barry Walker will be attempting another X-ski adventure - so cross your skis and your fingers. But have your hiking boots on hand. If you are interested in sharing this adventure, call Barry at 521-4708.

MORE TRIPS AND TRAILS

- Fri. Jan. 23 Cross country skiing and winter camping at Dolly Sods.
 Sat. Jan. 24 The skiing will be for experienced trippers but the camping
 Sun. Jan. 25 will be only for the HARDY. The trip will go as a backpack
 if there is snow. For details call Jim Roberts at 521-5386
 between 6:30 and 9:00 PM.
- Sat. Jan. 24 Have you ever cross country skied in the Cranberry Back Countr
 Sun. Jan. 25 There's a possibility that Alan Barber, our X-country chairper
 will be backpacking and skiing there this week-end. If you are
 interested in joining Alan, you may contact him at 833-5311.
- Sat. Jan. 24 Interested in hiking on a little-used footpath ? Charley
 Halberstadt is dusting-off the contour lines of the Warrior's
 Trail map in preparation for taking out a party to explore
 this Old Indian Trail in Greene County. The trip will be about
 8-10 miles and it will leave the Hostel at 8:30. If you think
 that you might be interested, see Charley at a Thursday meetin
 or call him at 678-3789.
- Sun. Jan. 25 Depending on the weather conditions, Mike Deroy will be either
 cross-country skiing or hiking. If you plan on spending the
 day with Mike, see him the Thursday prior to the 25th for the
 up to the moment prognostication, or call him at 371-6943.
- Sat. Jan. 24 Are you tired of COLD WINTER OUTINGS ? Perhaps, caving could
 Sun. Jan. 25 be the answer. Once again, Norm Synder will be going caving
 in West Virginia. He promises a WARM day and plenty of
 passages. If you are interested call Norm between 6 & 7 at
 371-2371.
- Sat. Jan. 31 George Bauer will be bushwacking for approximately 9 miles in
 and around the Conemaugh Reservoir area. This hike will be for
 advanced beginners. For all the specifics contact George at
 242-4645.

FUTURE TRIPS : 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 for food
 and supplies plus travel expenses. If you are at all intereste
 in joining Don and his daughter , you may contact him by
 calling, 421-0987.

Michigan Council has extended an invitation to all AYH'ers to
 sail in tropical waters at low cost. The trips will explore th
 10,000 Islands, Captiva, Sanibel and many others. One need not
 be a sailor to join the fleet, moderate to strenuous swimming
 ability is a must. The trips are FIVE DAY cruises scheduled
 throughout the months of Feb., March, and April. The cost is
 approximately \$149.00. For more information write or call:
 AYH 14335 W. McNichols , Detroit Michigan,
 Phone : (313) 273-8560.

MON.	TUES.	WED.	THUR.	FRI.	SAT.	SUN.
JAN			1 Bike Ride	2 DOLLY	3 Sobs Back Pack TRIP	4
5	6	7	8	9	10 Hike	11 CARD PARTY
12	13	14	15	16	17 CROSS-COUNTRY SKI	18
19	20	21	22	23 DOLLY	24 Sobs SKI week-end	25
26	27	28	29	30	31 HIKING	1976

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