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Get Ready
For The
**GREAT
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with
**AYH
GUIDES**

**THE
GOLDEN
TRIANGLE**

**MARCH
1984
VOL. 35
NO. 3**

Canoing Guide
to Western Pennsylvania
and Northern West Virginia



Seventh Edition - 1983
American Youth Hostels - Pittsburgh Council

THE GOLDEN TRIANGLE
Pittsburgh Council
American Youth Hostels
6300 Fifth Avenue
Pittsburgh, PA 15232

EDITOR Joy Layton 486-4753
LAYOUT Penny Miller
ADVERTISING Shelly Werner
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The GOLDEN TRIANGLE is the monthly publication of the Pittsburgh Council, American Youth Hostels. Contents are the responsibility of the editor.

DEADLINES FOR THE APRIL ISSUE: March 8 all trips and articles
March 29 Production Party
DEADLINES FOR THE MAY ISSUE: April 5 all trips and articles
April 19 Production Party

OPEN HOUSE is held every Thursday at AYH Headquarters, 6300 Fifth Ave., Shadyside (next to the Pittsburgh Center for the Arts). The building is open at 8 pm for socializing. Slide Show starts at 8:45. Monthly Production Parties are for assembling the Triangle for mailing, and are after the slide show. It's a good opportunity to get to know one another and get caught up on news, trips, etc. BE THERE!

MARCH SLIDE SHOWS

March 1 "Wintering in Europe" remembered by Bob Goff
March 8 A tour of South China and Peking by bicycle presented by Ron and Lee Furnival
March 15 "Bitter cold and blazing sun; a tour of the American West" by Dennis Schmidt
March 22 "Skiing '83-'84 in the Laurentian Mts., Blackwater Falls, and others." by Fred Parker
March 29 "One Man's Alaska" a 16mm color movie (1980) (Good photography, minimum acting)

AYH MEMBERSHIP APPLICATION

AYH memberships are available at Open House meetings. If you cannot attend a meeting, fill out the application at the bottom of this page and send it along with your check made payable to Pittsburgh Council, AYH, to

AYH Membership
6300 Fifth Ave.
Pittsburgh, PA 15232

Allow 3-4 weeks for delivery of your hosteling pass. Membership also sells International Hostel Guide to Europe for \$7.00 by mail or \$6.00 at HQ.

CHECK ONE:

☐ \$10.00 Youth
☐ \$20.00 Senior (18-59)
☐ \$50.00 Organization (non-profit only)
☐ \$10.00 Senior (60+)
☐ \$30.00 Family
☐ \$200.00 Life
☐ \$. Tax-deductable Donation

NAME _____

ADDRESS _____

ZIP _____

PHONE _____ NEW/RENEWAL _____

BIRTHDATE _____

OUR COUNCIL IS A VOLUNTEER ORGANIZATION. We always need additional leaders and others willing to donate time and skills for maintaining and improving programs. If you are interested in contributing your efforts to any of the activities or service-oriented areas, contact a member of the activities board or attend one of the Board Meetings.

TELL US ABOUT IT.....

Did you enjoy your trip? Do you want to praise your trip leader (or humiliate the turkey who got you lost)? Maybe you'd like to let everyone know about those funny little incidents that make Pgh. AYH trips memorable. Give your ideas (a short, brief, small, little paragraph will do) to the editor, who will publish them in the Triangle as space permits.
....Numb Buns (The Editor)

HOSTELING

the High Road to Adventure

If you want to experience the world for yourself, and FEEL the countryside as well as see it, the youth hostel way is for you. Join American Youth Hostels and make your AYH Pass your key to over 5000 hostels in 50 countries. Send in this coupon and get the details — for the time of your life.

- ☐ I want to join AYH. Enclosed is \$20.00 (\$10.00 if under 18), sign me up and send me my hostel pass, AYH Handbook, and other materials.
- ☐ I'm interested but would like more details — send me your FREE brochure on American Youth Hostels.

Name _____

Address _____

City _____ State _____

Zip _____ Birthdate _____



American Youth Hostels
8300 Fifth Avenue
Pittsburgh, PA 15232

(412) 362-8181

ARCTIC VACATION

Backpacking trip inside the Arctic Circle of Canada's Northwest Territories. The place is Auyuittuq Nat'l. Park. This area is a mountainous region; 7,000 ft elevation, with varying degrees of topography. There are glaciers, tundra and fiords. The town of Pangnirtung is approx. 17,000 air miles from Montreal, where we will be starting out. The trip is scheduled the last week of July and the first week in August. Round trip air fare from Montreal is \$638 to Frobisher Bay and on to Pangnirtung N.W.T. Anyone interested call Bill Lang as soon as possible.... 821-2994 or 821-7092.



You are cordially invited to

"PUT ON THE RITZ"

at the

ANNUAL AYH SPRING BANQUET



DATE: MARCH 31, 1984
WHERE: URSULINE CENTER
201 South Winebiddle
Pittsburgh, PA 15224

"ELEGANT EDIBLES"



...MENU...

LENTIL SALAD
VEGETABLE SAUTE or COQ DIJON Entree
BROWN RICE MEDLEY
FRENCH CREME with FRESH FRUIT in PUFF PASTRY

HOR d'OEUVRES AND OPENING FESTIVITIES.....6:45
DINNER FOR VEGETARIAN AND NON-VEGETARIAN PALATES
.....7:45

MUSIC AND DANCING...Swing into Spring with sounds of the Big Bands; Ballroom, Jazz, etc. We are looking for music to pre-record; bring your ideas and music to meetings if you want your favorites to be included.

ATTIRE: BALL-ROOMESQUE, retrospective or prospective (BYOB)

R.S.V.P. Forward your reservation to:
KATHLEEN KELLIHER, 112 RAMPARTS COURT, NEW KENSINGTON
PA 15068. 337-0833. Penny Miller 363-3902
Please make checks payable to "Pittsburgh AYH".

NAME _____ # persons _____

ENTREE CHOICE: VEGETABLE# _____ CHICKEN# _____

COST: Member \$11.50; non-member \$12.50

Late fee (after 3/22/84) \$1.50 SEE YOU THERE!!!!

ACTIVITIES BOARD

The March Activities Board meeting will be held March 7 at 10:00 am at the home of Mrs. Janice Asherman's. She lives at 344 Lincoln Dr. in Verona. Her phone number is 828-8158.

TOWN WEEKEND

It's not too early to think about May 18, 19 and 20th. Hopefully it won't rain! (Dream on! ed.) Volunteers are needed for meal chairpersons (two breakfasts, one supper, two evening snacks). Call Dan Martt if interested. 241-4647(h) 922-4000x633(w)

OHIO PYLE HOSTEL WORK PARTIES?

Yes, plans are being developed to do a kitchen expansion which would involve carpenters, electricians and plumbers (plus helpers). The first phase would include a new wood porch and stairs, new front door and window. The second phase would include removal of existing kitchen sink and cabinet units and installation of new counter work.

This would be done with a series of work parties starting in late April/ early May to be finished before the summer rush.

If you can offer your time/ material, please call Joe Hoechner at 373-3403.

ROCKETS TRAINS PLASTIC MODELS
R C PLANE ACCESSORIES D & D

CORAOPOLIS BIKE & HOBBY

ROSS CONCORD

10% DISCOUNT TO AYM MEMBERS
REPAIRS PARTS ACCESSORIES FOR ALL MODELS

938 FIFTH AVENUE
CORAOPOLIS, PA.
264-0982

WORLD ADVENTURE 1984
In celebration of AYH's 50th anniversary year the WORLD ADVENTURE 1984 catalog presents the most exciting program of domestic and international travel that AYH has ever offered. WORLD ADVENTURE 1984 details 63 itineraries of bicycle, hiking, canoe and ski vacations that range all over the world.

WORLD ADVENTURE 1984
ALGONQUIN
For the novice paddler, a trip that explores lakes of Canada's Algonquin Provincial Park, with a chance to photograph the abundant wildlife, camp along the water's edge and learn the skills required by lake canoeing. The group will sightsee in Toronto and Niagara Falls too.
WORLD ADVENTURE 1984
21 days Cost \$695.00 Dates: Adult 7/7-7/27/84
Youth 7/21-8/10; 8/11-8/31/84
Special Youth (13-14 years) 6/30-7/20/84

WORLD ADVENTURE 1984
Tour prices include the costs of all lodging, meals, entrance fees to attractions, group leader, transportation, tips, taxes, and health insurance. All this for as little as \$18 per day. International trip prices include airfare, except Canada. Tours are from 9 days to 10 weeks and offer options for all skill levels.

WORLD ADVENTURE 1984
AYH tours are made up of nine participants plus one leader. Travelers share a living experience unique to hosteling that encourages camaraderie and often results in lasting friendships. Hosteling trips also let travelers take part in the day-to-day planning of their actual itinerary, with sightseeing stops and routes governed by group decision and budget.

WORLD ADVENTURE 1984
The WORLD ADVENTURE 1984 catalog is available by writing to AYH WORLD TRAVEL, 6300 Fifth Ave., Pittsburgh, PA 15232. PLEASE INCLUDE 60¢ in STAMPS TO COVER POSTAGE.

Yes, send me a copy of WORLD ADVENTURE 1984!

NAME _____

ADDRESS _____

CITY/STATE _____ ZIP _____

Remember to include 60¢ in stamp to cover postage!

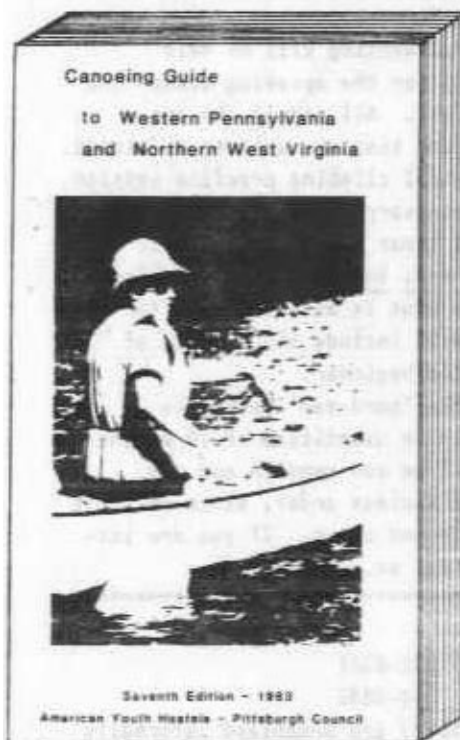
WHAT IS MARCH
31ST?



WHY THE AYH
BANQUET OF COURSE!

A NEW CANOEING GUIDE TO WESTERN PENNSYLVANIA & NORTHERN WEST VA.

EDITED BY MARY SHAW AND ROY WEIL. PUBLISHED BY PITTSBURGH COUNCIL, AMERICAN YOUTH HOSTELS, 1983. 290 PAGES, 6" x 9" SOFT COVER, \$5.00/INDIVIDUAL COPY - A BARGAIN!



INCLUDES:

- DESCRIPTIONS OF TRIPS ON WHITE WATER, FLAT WATER, LAKES AND MARSHES,
- OVER 200 TRIP DESCRIPTIONS
- OVER 2000 MILES OF CANOEING ROUTES
- PHOTOS, MAPS, TABLES, RIVER GAUGE INFORMATION, CAR-SHUTTLE DESCRIPTIONS
- MUCH GENERAL INFORMATION OF INTEREST TO CANOEISTS IN THE AREA
- THE INPUT OF DOZENS OF ACTIVE CANOEISTS AND TRIP LEADERS IN ONE OF THE AREA'S LARGEST AND OLDEST CANOEING PROGRAMS - PITTSBURGH COUNCIL, A.Y.H.

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MAIL TO: A.Y.H. BOOKS, 7303 REYNOLDS STREET, PITTSBURGH, PA 15208.

THANK YOU

I would like to thank the volunteers who helped with the recent WOED pledge drive. AYH was well represented, WOED was pleased, and all had a good time -- Thanks again!!

WOED's Great TV Auction is scheduled for April 6th to April 14th. AYH will be helping out with the phones, etc. Stay tuned for more details. ...Paul Herre (Service)

HELP?!?!?

V.P. Joe Hoehner is looking for some help. Joe will be giving a "Basics of Bicycle Touring" lecture at the Jennings Nature Reserve on Sunday April 1st at 1 pm.

Jennings is located south of Slippery Rock between Moraine State Park and The Old Stone House.

Joe might need a couple of helpers with the "show and tell" portion of the lecture, if you're an experienced cycle tourer with a full equipped bike.

If the weather permits, we can van pool up there early and do some riding. Call Joe at 373-3403.

FIRST AID *** FIRST AID *** FIRST AID *** FIRST AID *** FIRST AID***

There will be a Standard First Aid course given in March. The course is fifteen hours long and will cover splinting, bandaging, burns, and artificial respiration. CPR is not part of the Standard First Aid course but may be taught if there is enough interest. Classes will be from 10am to 2pm on three Saturdays: March 17, 24, and 31. The location of the class must still be decided. This course is advisable for anyone interested in firstaid and especially those people interested in leading AYH trips and are not yet certified in first aid. The fee for this class is \$15 and includes a first aid handbook. Class size is limited. Please call Woj at 322-4524 for further info and to sign up for this class.

SQUARE DANCE

Coal Country Traditions, Inc. is sponsoring a South Hills square dance Saturday, March 24 at the Franklin School on Florida Ave. in Bethel Park. 7:30 to 10:30pm. Beginners are welcome. Come alone or bring a friend. Admission \$3.00. For info call 321-4462, 279-5544

SLIDES AND SPEAKERS AVAILABLE

Know any group that would like to hear about the AYH World Adventure extended trips program? Pittsburgh Council now has a slide presentation and speakers to describe exciting travel possibilities for 1984 and early 1985. Call Marilyn Ham (687-4520) or Larry Laude (665-9554).

CHAUTAUQUA SKI MARATHON 1984

Twenty-three AYH members travelled to Westfield, NY over the February 2-4 weekend to ski the Chautauqua marathon. Conditions were interesting. The rain Friday turned the track to hard, fast ice, which turned to slow slush as the temperature warmed. Eleven skiers won the Gold Medal by completing the 55km course; 6 skied 37 km and won Silver Medals, while three won Bronze Medals (20 km).

Gold Medalists:	Chuck Ejzak	5 hrs 44 min	#175
	Craig Rowlands	5 hrs 50 min	#185
	Sue Sang	6 hrs 15 min	#220
	Steve Martin	6 hrs 16 min	#222
	Fred Parker	6 hrs 30 min	#251
	Bill Keating	6 hrs 33 min	#258
	John Popp	6 hrs 58 min	#298
	Paul Brazier	7 hrs 5 min	#309
	Cliff Ham	7 hrs 12 min	#320
	Jeff Marsh	7 hrs 55 min	#350
	Jane Toben	8 hrs 30 min	



Silver Medalists: Carl Spitz, Donna Leban, Fran Klemencic, Eric Bauer, Bill Skallos

Bronze Medalists: Rick Ulaky, Lynn Ejzak, Harriet Ann Seiner

Others: Marilee Skallos, Marilyn Ham, Shirley Sedmack, Judy Henosky.



BLACKWATER FALLS REMEMBERED.....

The weekend of Jan. 20-22 turned out cold but sunny with lots of snow. Where were we? Blackwater Falls State Park in Davis, West Virginia, of course. "We" were 62 AYH'ers from the Pittsburgh area, and the skiing was great. The group divided itself into various levels of abilities, with beginners staying near the lodge and others going father afield.

Folk and Squaredancing were the after dinner entertainment provided by the park. We met 12 people from the Potomac Area Council (Washington, D.C.). Later, a few members of our group showed slides from their recent trip to the Laurentians.

Room arrangements were juggled at times, and a couple of gentlemen ended up with "surprise" roommates. (No complaints from the men, but a couple of females considered filing a sex discrimination suit in an unrelated incident!)

As the organizers, Chuck and I feel the trip was a success and hope everyone who went thinks so too. We want to thank everyone for a memorable trip and to say that next year we'll be better prepared to lead a trip for 60! See you then!

CANOEING

Gordon Bugby 371-4233

The regular canoe chairperson, Steve Shafer, will return in June.

CLIMBING

Dale Vilsack	276-7385
Karl Morner	521-6404
Scott Workman	421-2521

Climbers will be holding practice sessions at the Evergreen Bar for the winter months, after the regular Thursday night meetings. No reservations required. Beginners welcome. Equipment needed: money, a bizarre sense of humor and a funny hat.

MARCH 3, SATURDAY An organizational meeting will be held at 8 pm to discuss equipment purchases for the upcoming season and to lay out a tentative climbing schedule. All people who are interested in climbing and having a good time are welcome to attend. The meeting will be followed by a typical climbing practice session so bring any equipment you feel is necessary. The meeting will be at 1522 Denniston Ave., Squirrel Hill (near Shady and Forbes).

MARCH 14, WEDNESDAY, Beginning Climber's Workshop II. 7 to 9pm. A continuation of February's workshop that is also intended for those who have limited experience. Will include all aspects of top-roping and equipment needed for the beginner.

SWEATSHIRTS: I have found out that the 'hard-man' design is available for sweatshirts when ordered in quantities of 10 of the same size/color. I will try to see if we can send in our own (clean) sweatshirts to get around the minimum order, since we don't have that many people of the same size and color. If you are interested in ordering a shirt, please tell me. ...Karl.

KAYAKING

Lou Conley	681-8321
Ray Yutzy	341-5682

Winter kayaking trips (cold weather) are organized informally at the Thursday night Open House meetings, usually by those who are equipped (wet suits) for cold weather paddling.

There may be space available during Tuesday night pool sessions at Keystone Oaks High School during March. If you are interested, see Lou.



AYH BANQUET
MARCH 31ST

MARCH TRIPS AND TRAILS

Trips listed are open to the public. AYH members are given priority. Trip costs include a 75¢ registration fee (50¢ per half day or evening; 35¢ for AYH members), plus transportation and rentals. IN ADDITION, nonmembers are charged \$1.50 per day, which may be deducted from the cost of membership when joining AYH. The registration fee covers insurance (\$1000 medical/ \$1000 accidental death or dismemberment).

With the exception of cycling and water sports, trips are classified NOVICE (participants are taught the activity), EASY, INTERMEDIATE, or ADVANCED.

BACKPACKING Debbie LaRlaca 795-4179
Jack Peth 921-7214h 777-5365w

An organizational meeting to outline the goals and plans for this season's backpacking will be held at Jack Peth's home on Monday, March 12 at 7:30 pm. (125 Elmont St. West End) If you would like to have some input or just stand by we will be glad to have you. Call Jack.

Soon the warmer weather will be upon us and time to start planning some outings with your family. How about a camping trip with AYH? For those of you with children who would be interested in a camping trip with planned day hikes and outdoor activities please let us hear from you. Trips of this kind can be organized if you're interested. Call Jack or Debbie.

BICYCLING Lynn Ejzak 466-6196
Bob Schwartz 241-4647

If the weather gets warm enough, there will be spontaneous trips going out. To find out about trips, hear them being announced on Thursday nights, or call HQ on Thursday nights, or call Lynn or Bob. If you want to lead a trip, give us a call.

CAVING John Popp 653-6026
Vicki Lineback 422-0296

MARCH CYCLING MEETING

3-15-84 7:00

LARRY LAUDE'S HOUSE
5807 ELMER ST

PLEASE

COME!



AYH NAME LIST

AYH NAME LIST

AYH NAME LIST

AYH NAME LIST

LOOKING FOR SOMEONE SPECIAL????

If you are, Pittsburgh Council will help you find people with similar interests-rafting, cycling, skiing, and all those other popular outdoor activities.

We'll be printing a list of names, addresses, and phone numbers of interested AYH MEMBERS along with their favorite activities, giving you an idea of who might be interested in joining you on an evening or weekend trip.

This list is meant to include people from all over the Tri-State area. There will be other useful numbers, such as the Ohiopyle Hostel, whitewater reports, and activity chairpersons. The list should be available by April 1st.

In order to cover printing and postage costs, there will be a \$1 fee to have your name included and to receive your copy.

Send the coupon shown below along with \$1 to:
AYH NAME LIST, Pittsburgh AYH, 6300 Fifth Ave.,
Pittsburgh, PA 15232.

DEADLINE IS MARCH 10th. DO THIS NOW!!!!

AYH NAME LIST

NAME _____

ADDRESS _____

PHONE () _____

CHECK OFF YOUR FAVORITE ACTIVITIES!!!

☐ RAFTING
☐ CAVING
☐ CROSS COUNTRY SKIING
☐ DOWNHILL SKIING
☐ CLIMBING
☐ BICYCLING
☐ BACKPACKING
☐ CANOEING
☐ KAYAKING

☐ HIKING
☐ VOLLEYBALL
☐ YOGA
☐ SQUAREDANCING
☐ ICESKATING
☐ BIRDWATCHING
☐ SAILING
☐ JOGGING
☐ OTHER _____



REMEMBER: SEND BY MARCH 10 ALONG WITH \$1 to Pittsburgh AYH!!!!!!!!!!!!!!

CREATIVE HOSTELING ANYONE???

Have you looked at your new *U.S. Hostel Handbook* yet? It's a special 50th Anniversary, new format edition! Check out some of the new and old hostel locations to plan the year's trips. How about Philadelphia's Chamounix Mansion Youth Hostel? Spend a long cool weekend in the "City of Brotherly Love" touring by foot or bicycle. You can get there via Pittsburgh's Intrak rail service but be sure to check the baggage car requirements before you plan to bring your bike.

In a more rural setting is the new Ironmasters Hostel in Pine Grove Furnace State Park. It's right on the Appalachian Trail and is in the midst of a beautiful PA state park. You can spend your first or last day at this hostel while backpacking or use it while cycling on day trips to Gettysburg (10 miles south).

Closer to home is the Ohiopyle State Park Hostel at the southern trail head of the Laurel Highlands Trail. Try using it for your first or last overnight while using the trail or while recovering from a Yough river raft trip.

There are also the new Baltimore Hostel, which opened last summer, and the new International Hostel in Boston. Take a few minutes to read your new handbook and plan your Hostel Summer!!!!

...Joe Hoechner



HEY! LOOK! WE HAVE...

---THE FRESHEST PRODUCE
---THE BEST COUNTRY
---THE LEAST EXPENSIVE
HERBS AND SPICES



EAST END
FOOD CO-OP

5474 PENN AVE. 361-3598

MON-FRI 10 AM - 8 PM

SAT 10 AM - 6 PM

SUN 12 PM - 4 PM

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ASNES
BLACK ICE
BONNA
CANNONDALE
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clothing
cross country skis
bike accessories
camping accessories
stoves, packs, tents
underwear, polypropylene
tents
boots
cross country skis
packs, clothing, sleeping
bags

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boots
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topo maps
Swiss army knives
socks, hats
clothing and equipment
clothing

Pittsburgh's first outdoor specialty shop introduces a new concept in providing top quality, name brand outdoor clothing and equipment — **discount prices every day on everything we sell.**

This is not a pre or post-season sale, but an announcement of a new way of doing business.

Step up to value and take a closer look at the Mountain Trail Shop (on the second floor at 5435 Walnut Street in the heart of Shadyside, across from the Gazebo).

Here you'll find outdoor clothing and equipment . . .
parkas • sweaters • jackets • polypropylene • shirts
vests • gore-tex rainwear • sleeping bags • boots
bike accessories • cross country equipment

WE HAVE IT ALL

Designed and manufactured by the country's leading outdoor clothing and equipment firms.

As always, we stand behind everything we sell — and we continue to provide the advice and service you've come to expect. So —

Step Up to Value and Take a Closer Look at

The Mountain Trail Shop

5435 Walnut St. (2nd fl.)
across from the Gazebo
Shadyside

Daily Noon to 9 Sat. 9 to 5

687-1700



Lowest Prices in Pittsburgh

AROUND ANAPURNA TREK

Join Chicago Council's month long expedition to Nepal; Oct. 28 to Nov. 27, 24 days of trekking, 31 days overall. Land cost: \$1,700, air fare from New York: \$1,607. For more info, contact the Chicago Council Office, 3712 N. Clark St., Chicago, IL 60613. (312) 327-8114 or the trip leader, Joseph Dlugach V.M.D., 5730 Rising Sun Ave., Philadelphia, PA 19120 (215) 342-8394.



WHO ? WESTERN PENNA SOLAR ENERGY ASSOC
WHAT ? HOME OWNERS WORKSHOP
WHERE ? PGH CIVIC GARDEN CENTER
WHEN ? MARCH 19 9:30 AM TO 4:00 PM

YOUR HOME ENERGY QUESTIONS ANSWERED
BY PROFESSIONALS!

FLEA MARKET FOR OUTDOOR GEAR

AYH will be sponsoring two flea markets for outdoor clothing and equipment in 1984: MAY 12 and SEPTEMBER 15th. Both dates are on Thursday evenings between 6:30 and 9:00 pm before the regular AYH meeting, and located in and around HQ. Some items sold at past flea markets have included: canoes, tents, skis, climbing equipment, backpacks, cooking equipment, bicycles, etc.

Anyone wishing AYH to sell items for them will be expected to make a 10% donation to AYH. Those wishing to make a tax deductible contribution of clothing or equipment to AYH for resale are encouraged to do so. In any case, mark your calendars now: MAY 12 and SEPT. 15th to

*****BUY**SELL**SWAP*****
For more info call Bill Johnston at 687-4893.

FURNISHED APARTMENT

Will sublet one bedroom, first floor for three to six months starting May 1st. Air conditioned, off-street parking, patio, near street car stop, large kitchen. Phone 341-7452.

A NEW OUTDOOR COOKBOOK BY AND FOR ACTIVE OUTDOOR PEOPLE*

* THIS BOOK WAS NOT GHOSTWRITTEN IN A TEST KITCHEN!

THE AYH OUTDOOR FOOD BOOK, EDITED BY CHRIS REID,
PUBLISHED BY PITTSBURGH COUNCIL, AMERICAN YOUTH HOSTELS,
1981, 144 PAGES, 6" x 9" SOFTCOVER, \$3.00/INDIVIDUAL COPY



INCLUDES:

- ◆ MANY RECIPES, MENUS, PACKING TIPS AND TRIP FOOD-PLANNING IDEAS FROM CANOEISTS, BICYCLISTS, BACKPACKERS, CROSS-COUNTRY SKIERS, ETC.
- ◆ LOCALLY-DEVELOPED, WITH INNOVATIONS FOR SAVING TIME, FUEL AND WEIGHT.
- ◆ SPECIAL SECTIONS ON BACKPACK STOVE SELECTION AND USE, FOOD DRYING PROCEDURES, BEAN-SPROUTING TECHNIQUES & OTHERS.
- ◆ PHOTOS, DIAGRAMS, SKETCHES & OUR OWN ANECDOTES AND GEMS OF WISDOM, WON THE HARD WAY.
- ◆ BEGINNER TRIP INFORMATION, SHOPPING TIPS, AND MORE.



LIKE OTHER PUBLICATIONS OF PITTSBURGH A.Y.H., THIS BOOK COLLECTS THE EXPERIENCES OF DOZENS OF ACTIVE, EXPERIENCED PARTICIPANTS IN THE GROUP'S LARGE, ENERGETIC PROGRAM OF CANOEING, CYCLING, HIKING, BACKPACKING, RAFTING, CLIMBING, CAVING AND SKI-TOURING.

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Your Name _____ Quantity @ \$3 Each = _____
Address _____ Shipping & Postage 72¢ per book = _____
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Note: Dealers/group orders over \$40.00 receive a 1/3 discount and we pay the postage, please inquire. Total Order = _____

MAIL TO: A.Y.H. BOOKS, C/O FRAN CZAPIEWSKI, 7303 REYNOLDS ST., PGH., PA 15208.

MARCH 1984 TRIPS AND TRAILS

DATE	DAY	ACTIVITY	LEVEL	LEADER	PHONE	TIME	DESCRIPTION
3-4	S-S	Ski-Pack (we hope)	Inter	Fred Parker	824-2638	Sat AM	A Parker special into the Allegheny National Forest. Advance reservation required.
3	Sat	Hike	Easy	Eric Bauer	687-0766	9:00	Destination to be announced.
10-11	S-S	Backpack	Inter	Glenn Oster	364-2864h 566-3042w	Sat AM	Hike into the Little Salmon Creek area of the Allegheny National Forest. Call for info and reservations.
10	Sat	Cave	Easy	Vicki Lineback	422-0296 624-2507		A trip to Laurel Caverns.
16-18	F-S	Cave	Inter	Vicki Lineback John Popp	422-0296 653-6026		A trip to caves in the Penn State area.
17	Sat	Hike	Inter	Tom Conley	922-2593	8:30	Crooked Creek State Park.
24	Sat	Hike	Inter	Glen Oster	364-2864		Hike the Glacier Ridge trail in Moraine State Park area- approx. 8 miles. Call for info and reservations.
31	Sat	Hike	Inter(?)	Norm Snyder	351-4068	8:00	Destination to be announced.
31	SAT	BANQUET	ALL LEVELS	SEE Page 3		6:45	



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