

golden triangle

ayh

pittsburgh council, american youth hostel, inc.

Volume 19 Number 5

MAY, 1968

EASTERN REGIONAL MEETING: HENRY FISHER ELECTED REGIONAL VICE PRESIDENT

Bruce Sundquist, Bob Omlor and Henry Fisher represented the Pittsburgh Council at the Regional AYH meeting in New Haven.

Administration of National plans and policies concerning all members of AYH were discussed and programs on caving and canoeing, among others, were presented by persons skilled in those respective sports. Bruce Sundquist gave a lecture on setting up a Canoe Program that was enthusiastically received. Pittsburgh Council owns more canoes than any other Eastern Regional council.

Henry Fisher was unanimously elected Regional Vice President with the nomination coming from the Philadelphia Council. CONGRATULATIONS HENRY! Hope this doesn't mean we won't see you at Seneca this summer.



BEST COLOR PHOTO

1968 PHOTO/ART COMPETITION

35 mm slide "Mushroom" by Bob Fewkes.
Anyone care to identify the species?

HOSTEL WEEK MAY 5 - 11

Join President Henry Fisher, Sue Simler and Bill Howell on WTAE Radio on Saturday, May 4. That evening Kaleidoscope will feature a preview of Hostel Week with a discussion of AYH activities. Henry and Sue will answer questions from host Howell and others who call in to the program. Tune in 1250 at 8:30 pm for an interesting half hour.

Hostel Week, itself, will get off to a blazing start with a campfire supper when gourmet Tess Henry hosts a picnic at Frick Park on Monday, May 6, at 6 p.m. Reservations must be made with Tess (661-7952) - and ask for directions.

Hostel Week Chairman, Cathy Lynch, announces a fun packed week, including: a "not-too-strenuous" cycle trip through several Pittsburgh (continued on page 60)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Campfire Supper		Cycle Pgh. Parks	Open House: Fox Chapel Hootenany	Shelter Dedication	

NEWEST SHELTER

The construction of our newest Baker Trail Shelter, THE NORTH FREEDOM SHELTER, is on schedule, and it will be dedicated on Saturday, March 11, as the closing event of National Hostel Week.

The shelter is situated on a slight knoll overlooking the river. The site is heavily accented with hemlock and rhododendron. The stream flowing in its bed is like so much background music; the air is crisp and scented with hemlock and pine.

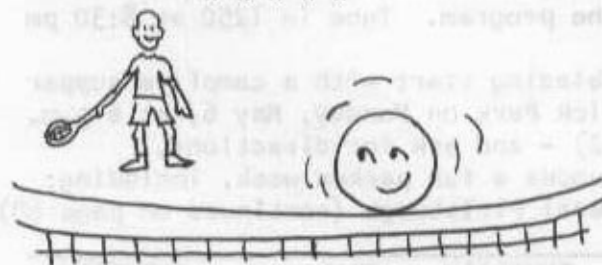
This shelter is our latest design that was described in the March TRIANGLE and has worked out very well with the increased interior space. With the large amount of hikers using the trail in the winter months, an indoor fireplace is tempting for the next shelter in the Atwood area.

Our Baker Trail now has seven shelters and one covered bridge. Three more shelters are needed to complete the chain to Cook's Forest. The sites for these shelters must be selected so that we can schedule construction. We can use more help from our members on this work, so why not join us and learn how to use your hands in a creative activity!

--Donald Woodland

TENNIS TOURNAMENT ANYONE?

Kay Lew (531-4703) would like to hear from anyone who would be interested in planning a Tennis Tournament. Kay assures us that beginners are welcome...so dig your racket and come along!

JUST A REMINDER --
OUR SUMMER PLANS

Pittsburgh Council has three extended trips planned for this summer. Complete descriptions were given in the March TRIANGLE issue. If you are interested in any of these trips, please express your interest to the appropriate trip leader as soon as possible. These trips take a lot of time and effort to plan and the trip leader must know well in advance who is going. Below is a summary of our extended trip plans.

i) White water canoeing --

Where: Riviere Corneille and Riviere Coulonge, Quebec

Who: Howard King (264-1386)

How much: about \$55.00

When: One week July 12 - July 21.

ii) Hiking and backpacking --

Where: Washington (state) near

Mt. Ranier, Olympic Rain Forest

Who: Bruce Sundquist (351-3100 x412)

How much: \$215 (train) or \$260 (plane)

When: Two weeks, July 27-August 11

iii) Climbing and back-packing --

Where: Wyoming, Teton and Wind River Ranges

Who: John Henry (661-7952)

How much: about \$190.

When: Three weeks, August 3 - 25.

John Henry and Bruce Sundquist will run local get-in-shape trips in May, June and early July.

Looking ahead to 1969, Bruce Sundquist is contemplating a high-adventure trip to the wilds of Idaho for rafting on the Middle Fork or Main branch of the Salmon River. Anyone who is interested should contact Bruce. It's not too early!

The GOLDEN TRIANGLE is published by Pittsburgh Council

American Youth Hostels, Inc.

6300 Fifth Avenue, Pgh., Pa. 15232

Phone: (Thursday evenings) 362-8181

Editor: Ann Fisher 521-8992

Co-editor: Sue Allardice

Contributors: Sue Simler Larry Smith, Abbie Geertz, Bruce Sundquist.

 * Pittsburgh Council Activities Manual, Part Five: *
 *
 * ROCK CLIMBING *
 *
 * by I. Rank Beginner *

WHAT and WHY?

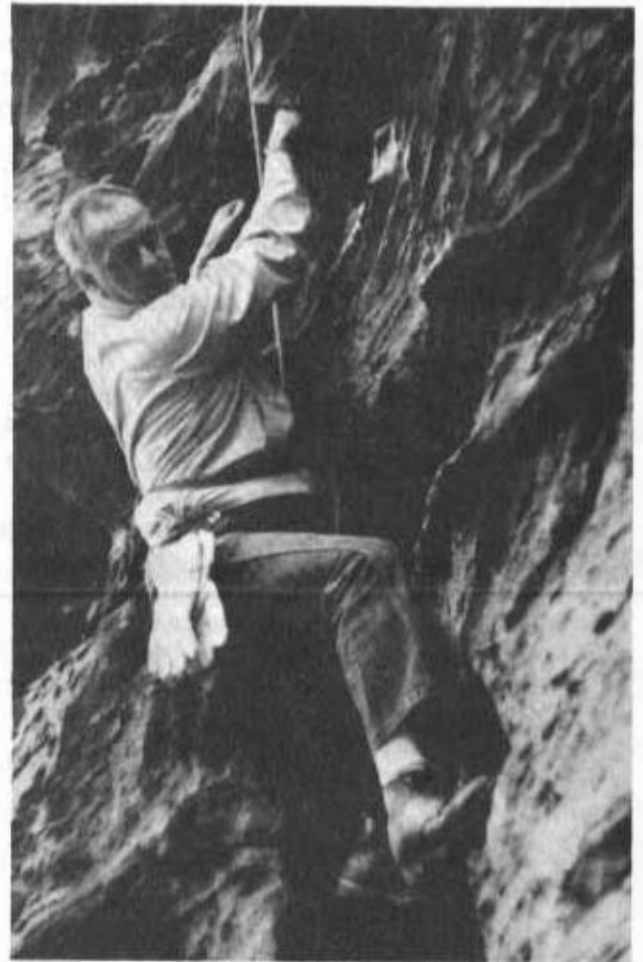
Rock climbing, like most other AYH activities, is a form of recreation. It provides exercise, fresh air and sunshine or rain and misery or snow, ice and bitter winds as the case may be. Nevertheless, the rock climbers keep coming back for more.

But why? Well, we've all heard the classic explanations of the world renowned authors, such as: "Because it's there" or "It's the challenge", etc. These explanations are O.K. for the "world renowned". For the rest of us, these reasons are all true and again, none are true. The only really valid reason is that rock climbers "like" to climb rocks. Just why they like it is rather obscure like why does a small boy like to sled-ride or spin a top? Maybe it's due to our monkey ancestry? Give it a try; you may discover some monkey in you too!

CLIMBER SAFETY

Since most enjoyable rock climbing is done in a near vertical plane, the possibility of falling and being injured is very great unless safety measures are taken. Indeed, they are taken. Infact, the most dangerous part of a rock climbing trip is the drive to and from the rocks!

The principal safety measure is the use of a rope. It is used solely for protection and NOT to climb on. There are exceptions to this which come under the general term "direct aid", such as the rappel discussed below. The rope is tied to the climber's waist using a knot that will not slip. The reason it must not slip is obvious. The bowline and butterfly are



Ken Horner - Teton Conditioning Trip, Spring, 1967. Photo by -- Bob Strong.

such knots. The upper end of the rope is held by the belayer. All but a few inches of slack is removed by the belayer so that the climber falls only a short distance before being caught by the rope. As the climber moves up the face of the rock, the slack in the rope increases and is removed by the belayer. The slack cannot be removed if the climber is pulling on the rope! The climber supports his own weight through hand and foot holds during the climb.

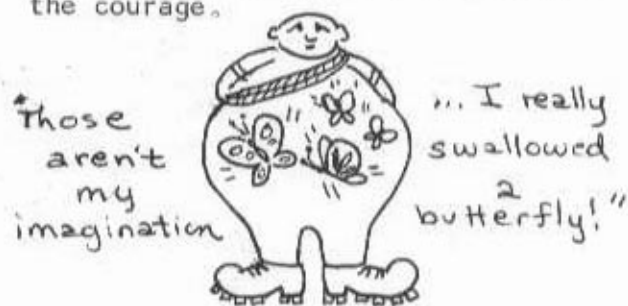
Before climbing, every beginner should first be convinced the belayer can indeed support the weight in the event of a fall. To climb without such confidence is foolhardy.

Another point of prime concern is fear of height, vertigo or whatever you want to call that strange feeling, sometimes referred to as butterflies in the stomach, that says "you are now where you ain't orter be". This is a very common condition not inherent in any particular individual and certainly not inherited. Except for a few rare cases of no interest here, the cause lies in lack of conditioning of the sense of balance. There is a cure: go rock climbing!

When a height is reached that tickles the butterflies--retreat and climb again. Only the stupid and ignorant will have anything to say about one who retreats during the conditioning of the sense of balance. Never be discouraged; the time required for conditioning depends largely on how often you climb. During this period, enjoy the climbing and remember that it is natural to lose a little conditioning during a long layoff such as over the winter months.

BASIC GEAR

For the usual AYH type of rock climbing expedition, one needs only tennis shoes or other similar shoe, lug sole shoes, boots (rubber, neoprene or other suitable sole material) -- (Ha! Some of you thought I was going to leave room for an argument!) A pair of leather or canvas gloves are useful for the rappel -- if you have the courage.



THE RAPPEL

Direct aid, snow and ice climbing and the equipment used are subjects beyond the scope of this article except for the "rappel". This is the term applied to the method of descent used for quick retreat, easiest descent and for just plain fun. It is a method of sliding down a rope using one of several methods of controlling speed. The idea here is that the person doing the rappel controls his own speed and can even stop at will without a great deal of effort. It is far easier to demonstrate this technique than describe it. In any case, do NOT do it without that protective belay; it's your life! Any feeling that the belayer won't do a good job or that you don't need a belay is a lame excuse that may cost you your life. The belayer you don't trust may hold you well enough to save your life.

THE BELAY

The belay is an important part of the safety system and is one of the first things a climber must learn. The rope tied to the climber is held at its upper end by the belayer. Said belayer continually takes the slack out of the rope and must be ready to hold the climber in case of a fall at ANY time during the climb. It should be obvious to everyone

that a belayer cannot hold a 200 lb. man with one hand on the rope and drink tea with the other hand without a great deal of help. Such help is easy to get in the form of friction.

The most common methods consist of passing the rope once around a good sized tree or around the lower waist of the belayer. Needless to say, the belayer should be sitting with outstretched legs braced against something solid. Other points of friction are part of the system. Each point where the rope is bent 90° over rock reduces the tension in the rope by one-third! It is interesting to note that where a number of such bends are employed, the belayer may NOT be aware a fall has occurred!

A small person should never attempt to belay a heavy person using only the friction obtained by a turn of the rope around the waist. Additional friction-- a 90° bend over rock (with due consideration for the rope) or a turn around a tree should be obtained. There are of course other equally satisfactory belays and some instruction should be obtained. Such instruction is always available on AYH trips to the rocks.

SIGNALS

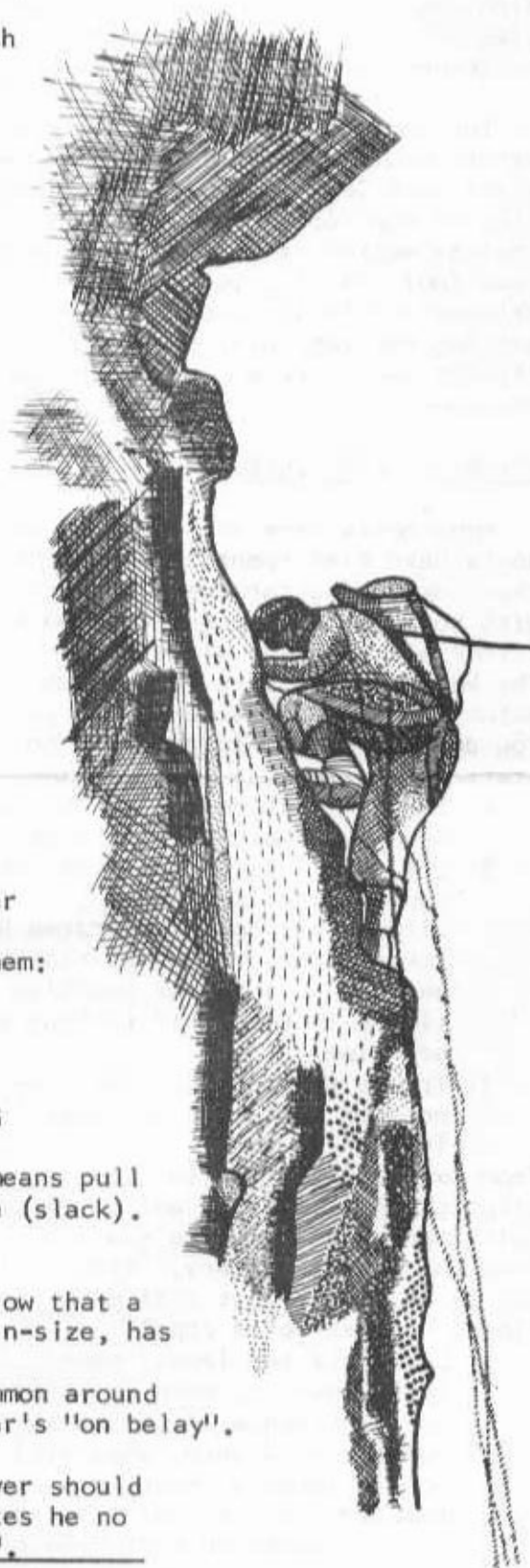
Communications between climber and belayer are extremely important. A standard set of signals have evolved over the years. Use them; inventiveness here is NOT appreciated. These signals are:

- "On belay" -- from the belayer.
- "Climbing" -- from the climber.
- "Climb" -- from the belayer. NO CLIMBING IS DONE PRIOR TO THIS SIGNAL.
- "Up Rope" or "Rope" -- from the climber means pull up the excess rope (slack).
- "Slack" -- from the climber means "give me a little excess rope".
- "Rock" -- a signal used to warn those below that a missile, from pebble to mountain-size, has been dislodged.
- "Ready to climb" -- a signal becoming common around practice rocks, used prior to the belayer's "on belay".

At the end of a climb or pitch, the belayer should maintain the belay until the climber indicates he no longer needs the belay by saying "off belay".

ART AWARD - 1968 PHOTO/ART COMPETITION

Pen and Ink Drawing - "Mountainclimber" by Red Greybeck



Safety requires continual attention. No one should toss rocks, pebbles or ANYTHING ELSE over the cliffs -- someone below may get hit!

The rope, the principal piece of safety equipment, must be treated with great care lest it let you down! Don't step on the rope. You may cut it and thereby weaken it. It may roll under your foot, causing you to lose your balance and fall. Avoid dragging or pulling the rope over sharp rock edges, through mud, fire or any other damaging environment.

CLIMBING TECHNIQUES

Many books have been written and hours have been spent studying them. Then some youngster comes forward with no study and no instruction and climbs all over the place with ease. The best way to learn is: climb, watch, listen and climb some more. You don't need any instruction to start except for the following:

1. In so far as possible, use the strongest muscles--the legs.
2. Get your instruction just BEFORE you start climbing. Many a climber has been frustrated by instructions thrown at him while he is in a strained position until he is too tired to hang on or climb.
3. Try to stand up with your weight on your feet. You are less likely to slip.

From here on, just climb. Your own instincts will serve you well. If you fall, ignore any remarks you may hear from the monkey gallery. After all, who is an ex-pert but a climber dangling at the end of a rope?

4. Last, but not least, expect to fall. There is much to learn from it: confidence in the belay, what you can hold onto; what will hold you in terms of rock, how much friction you can get from the soles of your shoes on what kind of rock, etc. With a little care, the fall is not dangerous.

EQUIPMENT

The personal equipment each climber needs for most trips has already been mentioned. Of course each group must have a rope of suitable length and strength. The common length is 120 feet and the rope is 3/8" or 7/16" nylon or goldline. Other ropes are in use and some are quite satisfactory.

As you progress you will become interested in such things as hardhats, carabiners, brake bars, pitons, piton hammers, keepers, etc. However, you should first consider a canteen of WATER! Then consider a hardhat. All other equipment, including fad type equipment, can come later--much later.

If this article has aroused your interest to the extent of loss of control, the book Mountaineering, The Freedom of The Hills, by the Climbing Committee of the Seattle Mountaineers, is an excellent text. If it has dampened your spirits, come on the next AYH climbing trip and have them lifted.

All ages can participate.

"Congratulations! You have just climbed Mt. Sundae!"



PITTSBURGH COUNCIL, AMERICAN YOUTH HOSTELS, INC.

Current Schedule of Rates, Fees and Costs

May 1, 1968

BLICATIONS & PATCHES:

Baker Trail Guide Book (see comb)*	\$.75
Baker Trail descriptive folder	Free
Canoe Streams of Western Pennsylvania	.60
3'x4' map of canoeable streams in Western Pa. (incl. mail)	1.00
Golden Triangle Monthly (12 issues)	2.00
Forbes Trail Guide	.15
Library: Books	.25/book
Catalogues & Circulars	Mailing Cost
Baker Trail Patch (see comb)* 1-4 @ .75 ea; 5-9 @ .70 ea; 10-19 A .60 ea; 20-over @ .55 ea.	
ombination: Baker Trail Guide and Patch	\$1.25

ONSORED TRIP FEES AND RENTALS:

cident Insur. (mandty)	.10/da/person	Carbide Lamp Rental	.35/da
gist. Fee (local trip)	.30/da/member	Cave Rope Rent (non-AYH trip)	.50/ro/da
gist. Fee (local trip)	.60/da/non-mem.	Climb. Rope Rent (non-AYH trip)	1.00/ro/da
gist. Fee (extended)	2.50/wk/member	Descend. set Rent (non-AHY trip)	.40/st/da
mb. equip. fee	.20/pers./da climbed	Helmet Rental (non-AYH trip)	.30/da
ce Rental:	1.50/bike/full da	Ski: Rental	.75/pr/da
	1.00/bike/half da	Pole Rental	.75/pr/da
	.45/bike/evening	Boot Rental	.75/pr/da
ft Rental:	2.50/da/person	Skis, Poles & Boots	1.50/pr/da
noe Rent: calm water	2.50/canoe/da	Snowshoe Rental	.50/pr/da
white water	3.50/canoe/da	Toboggan Rental	1.50/da
sailing rig	1.00/da		

ANSPORTATION: \$.0125/person/mile divided equally among all drivers on a trip according to air carrying capacity. Extra charge for heavy loads, trailers, etc. at a rate of .0125/150 inds or more (leader's descretion).

LES: (1) All equipment must be returned by Thursday following a trip or double charge will be assessed. No continuous use allowed (such as skis all season, etc.). (2) All fees, expenses and ntals must be collected by leader and he is responsible for that amount. Collections should be .de at beginning of trip. (3) Trip leader is not charged any fees. All expenses are divided amo : trippers. (4) A person bringing his own canoe is charged canoe rental like everyone else but paid usual rent for his canoe (if used). (5) Damage to AYH equipment must be paid for by guilt rty in case of gross negligence, otherwise 1/2 cost must be paid by tripper. Lost equipment ist be paid for by trip participants.

APPLICATION FOR MEMBERSHIP

me _____ Phone _____

dress _____ Age (if under 21) _____

y _____ Zip Code _____

ll you use your AYH pass abroad? _____ Ever held an AYH pass before? _____

pes of Pass: (Inquire at Headquarters about Organizational Passes \$11.00)

Youth (under 18) . . \$4.00	Family \$ 9.00	Sponsor \$10.00
Sr. Youth (18-20) .. 6.00	Life 50.00	TRIANGLE
Adult 7.00	Family Life . 100.00	SUBSCRPTION . 2.00

ike checks payable to: Pittsburgh Council, American Youth Hostels, Inc.

6300 Fifth Avenue, Pittsburgh, Pennsylvania 15232

RACING RESULTS

Pittsburgh Council canoeists took a first stab at white-water canoe racing recently and were pleased with their successes. Four canoe-loads of AYHers attended the Penn State Outing Club Annual Racing Event on Red Moshannon Creek, March 30 and 31. All ran in the cruiser class in Grumman's and all placed well. In the C-2 men's race, Ed and Dean Tomko placed first and Howard King and Ed Redgate placed fourth. In the C-2 mixed, Harvey Shapiro and Kay McKeown placed second, and Doug Ettinger and Mary Ann Wienges placed third. Everyone enjoyed the trip and we will expect to attend the event next spring also.

PETERSBURG RACES WEEKEND:
THRILLING WET GOOD FUN

Many Pittsburgh AYHers were on hand April 6 and 7, for the annual Petersburg White Water Races weekend. Former Council members -- Linda and Roger Stewart, raced in the Saturday A.C.A. Middle States Division Wildwater Championships. Separate races were conducted for racing canoes and kayaks ...and for cruising and slalom boats. One-hundred-twenty-five entrants were listed (double last year's).

Saturday night's festivities featured John D. Rockefeller, IV and a Smorgasboard Dinner at the Volunteer Fire Co.'s hall for 400 people. (Guess who was number 401?)

The Middle States Slalom Championships were held on Sunday.

TRIP LEADERS --

June trips must be given to your Trips and Trails Chairman, Bruce Sundquist, at the BEGINNING of the Thursday Open House on May 23. Please have full description of trips, including date, time, cost, "bring alongs" and leader's phone number. Individual cards or sheets for each trip would be appreciated.

HOSTEL WEEK (continued from page 1)

Parks on Wednesday at 6:30 pm (Bob Omlor 264-4485); the first Sunday of Hostel Week, tour Racoon Creek Wild Flower Preserve with Don Laszacs (846-1232). leave HQ at 8:30 am with lunch and \$1.50.

There will be a riotous hootenany at Headquarters for the Thursday Night Open House (8:30 pm) under the string-plucking of Dottie Lynch and the lyric voice of Sue Allardice; and a scenic hike through Fox Chapel on Friday at 6:30 pm (Nancy Simler 793-6661).

Culminating the week's activities will be a dedication of the North Freedom Shelter on the Baker Trail -- including a hike on Saturday (Don Woodland 563-5419). The Trips and Trails pages list other exciting events.

EVERYONE is invited to participate in any or all of these trips. Why not bring a friend?

NEWS from the TRIANGLE staff:

If you have not been receiving your TRIANGLE due to a change in your mailing address...or if you will be moving to a new address...or if you would like to check the address we have for you; contact Membership Chairman, Kay Lew 531-4703.

Articles for the June TRIANGLE are due on Thursday, May 16 and will not be accepted after that date!

Larry Smith has volunteered (?) to handle TRIANGLE assemblies - but they will still be at Fisher's, 8:00 pm on the Tuesday noted in the TRIANGLE. Please see Larry for details and directions (and remember, the more the merrier!)

THE CYCLE CHAIRMAN (Bob Omlor 264-4485) would like to have your opinion on whether or not to limit participation in cycle trips of over 25 miles in length to those who have completed a 25 mile in 3 hour level trip. This trip can be completed easily by anyone who has gone on several afternoon trips.

THURSDAY NIGHT IS 'OPEN HOUSE' AT AYH

Schedule of Programs for MAY, 1968
8:30 p.m.

- 2nd MOVIES: Spills and Thrills of the 1940's. Hillclimbing...Jalopy races
Armored tank maneuvers. Cinematography by Doug Ettinger.
- 9th HOOTENANY TIME! Sing along with our gal Sue Allardice, gay blade
Eberhardt Moll, and blase Kay McKeown...to the accompaniment of the
guitar plucker trio - Nancy Simler, Dottie Lynch and Ed Shoemaker.
Background noise will be provided by Bruce Sundquist and Doug Ettinger
(you better be there, Bruce!) and an epic poem about the birds and bees
and other high-flyers at half-time by either Cathy Lynch or Don Hoecker
(neither one has volunteered yet!). After "you-all" have done your
howling, refreshments will be served.
- 16th THE XERXES SPECIAL -- "Tiger-country natives", Feredoon Behrooz (Iran)
and Roch Mercier (Quebec), will project their reflections on the screen
of some rather "odd" people called hostellers.
- 23rd April showers always bring MAY FLOWERS and white water canoeing. Since
May is better known for the former, Bob Fewkes has been persuaded to
cast a few thistles, buttercups and other little known beauties on the
screen. Oratory on how to enjoy, where to find and what to know about
flowers while smoking a pipe will be included.
- 30th MEMORIAL DAY--FOLK DANCE...led by one of our most amusing veterans,
Hugh (not High) Gilmour. Hugh became a nomad in Europe sometime
after the Great Conflict and gained much popularity among the Parisian
girls because of his "soft shoe" technique as told by Audrey Hepburn.

WILLIAMSBURG CYCLE TRIP --
JUNE 7, 8 and 9

A cycle trip around historic Williamsburg, Virginia, is planned for the weekend of June 7-9. The trip will leave headquarters at 6:30 pm, Friday evening, and the trippers will spend the night camped out near Washington, D.C. and arrive in Williamsburg on Saturday morning. The group will cycle through Williamsburg and the surrounding area all day Saturday and Sunday morning, leaving for home on Sunday afternoon. The cost will be between \$18 and \$22, including a \$5.00 deposit which is due by May 23. Reserve with Sue Simler (371-1517).

CYCLING NEWS

The regular THURSDAY NIGHT CYCLE TRIPS resume on Thursday, May 16. Leave headquarters at 6:30 pm and return in time for the meeting. These trips will continue every Thursday till August.

- - - - -

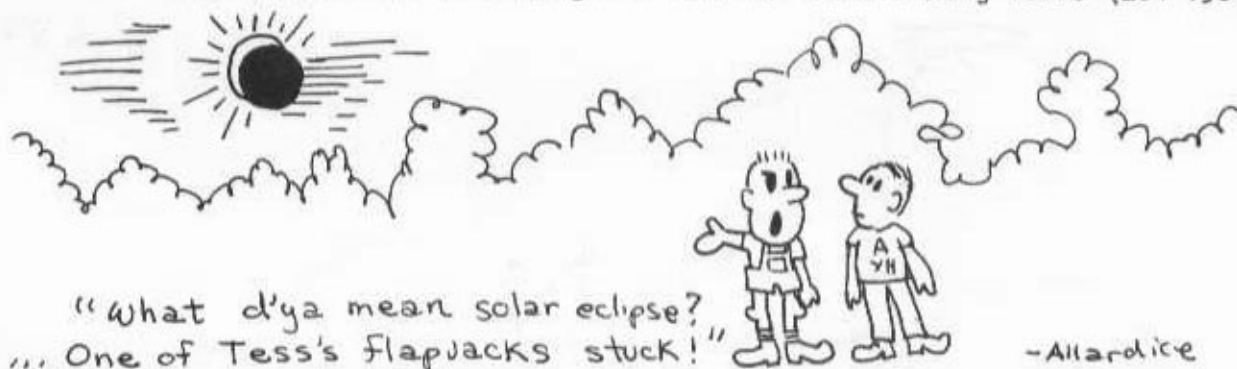
No cycles will be rented without the Cycling Chairman's permission (Bob Omlor 264-4485).

Cycle trip leaders have the right to reject any cyclist at the start of a trip if his cycle is found to be in poor condition. This is necessary for his own safety and for the smooth operation of the trip.

M A Y T R I P S A N D T R A I L S

- 3 to FRI Annual White Water Canoeing School at Camp Carondowanna.
 5 SUN (Advanced reservations were required.)
- 4 SAT Come early...stay late, to a CLEAN-UP, PAINT-UP, FIX-UP PARTY at headquarters. We really want to look our best for HOSTEL WEEK, so join in. Everyone is needed! Ken Horner (457-7088) will supervise (Look out Tom Sawyer, here is your equal!) Starting time: 10:00 am. Bring your own sandwiches...lemonade and cookies will be provided.
- 5 SUN Tour the Racoon Creek Wild Flower Preserve with Don Laszacs (846-1232). Leave HQ at 8:30 am with lunch and about \$1.50.
- 5 SUN Fast 50 mile CYCLE trip. Leave HQ at 8:00 am. Trip is especially recommended for those who attend the Columbus Rally. Bob Omlor (264-4485) leads. Cost is 40¢ plus rental. Bring water.
-
- 11 SAT CLIMB at McConnell's Mill with John Henry (661-7952). Leave HQ at 8:00 am with lunch and about \$1.50.
- 11 SAT Come to the DEDICATION of the NORTH FREEDOM SHELTER on the Baker Trail. Don Woodland (563-5419) leads. Leave HQ at 9:30 am with lunch, poncho and about \$2.00. Be prepared to do some hiking in the area.
- 11 SAT CANOE on the Clarion River. Suitable for beginners. Fred Hull (242-5379) leads. Leave HQ at 8:00 am with lunch, change of clothes and about \$4.25.
- 12 SUN CYCLE through Frick Park on an easy afternoon hike, leaving HQ at 1:30 pm. Led by Feredoon Behrooz (361-5794) 40¢ plus rental.
- 12 SUN Intermediate white water CANOEING. The stream to be announced. Don Hamilton (327-3511) leads. Leave HQ at 8:00 am with lunch, change of clothes and about \$4.00.
-
- 15 WED Q&A SESSION: HOSTELING IN EUROPE, 8:30 pm, headquarters. Sue Simler (371-1517) will answer questions pertaining to cycling and touring. Everything from the European Hostels to the Language Barrier...including all nooks and crannies between Copenhagen and Rome...will be covered.
- 18 SAT SPELUNKING in Crabtree Cave with Bob Herman (361-8864). Leave HQ at 8:00 am, with lunch, light, and about \$1.50. Clothes change too!
- 18 SAT Feredoon Behrooz (361-5794) leads a HIKE in an area to be announced. Bring lunch, poncho, canteen and about \$1.50.
- 18 to SAT Intermediate white water canoeing and camping on the Cacapon River in
 19 SUN West Virginia (one of the most beautiful canoeing streams in the east). From Capon Bridge to Largent. Bring camping equipment, food for five meals, change of clothes and about \$9.50. Leave HQ at 7:30 pm. Friday. Howard King (264-1386) leads.

- 18 to SAT CLIMBING at Cooper's Rocks (an excellent place to learn!).
- 19 SUN John Henry (661-7952) leads. Leave HQ at 8:00 a.m. Saturday. Return Sunday evening. Bring food, camping gear, whatever climbing gear you have and about \$2.50.
- 19 SUN Beginner's CYCLE trip starting at HQ and ending up, 18 miles later in Oakmont. Meet Sue Simler (371-1517) at 1:00 pm at HQ. Cost is 40¢ plus rental.
-
- 21 TUES CYCLE Maintenance Clinic, 7:30 pm at headquarters. Have you put off leading a trip or the purchase of a 10 speed cycle because you lack experience in cycle maintenance? This is a good chance to get acquainted with the working parts of a cycle.
- 25 SAT White water CANOEING on the Upper Youghiogheny from Confluence to Ohio pyle. Will take some white water beginners. Bruce Sundquist (351-3100 x412) leads. Load canoes at 8:00 am at HQ. Cost about \$4.50.
- 25 SAT HIKE in a scenic area around Blackwater Falls. Karen Braddock (531-5734) leads. Leave HQ at 8:00 am with lunch, poncho, canteen, hiking shoes and about \$2.80.
- 25 SAT CYCLE twenty-five miles to the Fox Chapel area. Leave HQ at 9:00 am, cost about 40¢ plus rental. Mystery leader to be announced.
- 26 SUN Beginner's CANOEING on moving water. Stream to be announced. Bring lunch, change of clothes and about \$4.00. Leave HQ at 8:00 am. Lloyd Geertz (372-6053) leads.
- 26 SUN A scenic CYCLE trip through Ligonier Valley. Sue Simler (371-1517) promises "only slightly rolling hills". Leave HQ at 8:00 am. Bring lunch and water. Cost about \$2.00 plus rental.
-
- JUNE 1 SAT CYCLE 25 in 3 (twenty-five miles in three hours) for the First Level AYH Award. Good chance to earn your "25 in 3" patch. Meet at HQ at 8:30 am. Bob Omlor leads (264-4485). 40¢ plus rental.
- JUNE
- 1 to SAT Enjoy a rough WHITE WATER TRIP for C-1's and rafts. Run the Elk
- 2 SUN River or another West Virginia stream. Howard King leads (264-1386).



1968
May

1968 May		WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2 OPEN HOUSE: Movies	3	4 HQ Work Party	5 Cycle Hike
MONDAY	TUESDAY	WHITE WATER CANOE SCHOOL				
NATIONAL "YOUTH HOSTEL WEEK"						
6 Campfire Supper	7	8 Cycle Pgh. Parks	9 OPEN HOUSE: Hootenany	10 Fox Chapel Hike	11 Canoe Shelter Dedication Climb	12 Cycle Canoe
13	14 Activities Board Meeting	15 Q&A Session Hosteling in Europe	16 Cycle OPEN HOUSE: Xerxes Spec. △ Articles	17 Due:	18 Hike Cave	19 Cycle
					Climbing Canoe	
20	21 Cycle Maintenance Clinic	22	23 Cycle OPEN HOUSE: Wildlife Trips Due!	24	25 Canoe Hike Cycle	26 Cycle Canoe
27	28 △ Assembly Party	29	30 Cycle OPENHOUSE: Dancing	31	JUNE 1 Cycle	JUNE 2
					Canoe	

PITTSBURGH COUNCIL
American Youth Hostels, inc.
6300 Fifth Avenue
Pittsburgh, Pa. 15232

Non-Profit Organization
U.S. Postage Paid
Pittsburgh, Penn.
Permit #127

ADDRESS CORRECTION REQUESTED

*625 Polk
90 Calio Hall*

9402

