

Pittsburgh Council American Youth Hostels, Inc.

6300 PIFTH AVENUE PITTEBURGH, PA. 18232 (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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DEADLINES FOR JUNE TRIANGLE:

Articles.....May 14 Trips.....May 21

Production.....May 28

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 above address attention Don
Hoecker.

ACTIVITIES BOARD MEETING:

The next meeting of the Activities Board; will be held Wenesday, May 6, 1981 at t | the home of Kathy Reilly. Kathy lives | at 420 S. Aiken Ave. in Shadyside.(not | far from Lenny Levy's and Penguin Pizza) | The building is on Aiken between Baum | and Friendship. Go to Apt. B-1.

The Activities Board meeting starts promptly at 8:00pm. Any member of AYH is welcome to attend. It is a good way to get more invokved in what's happening!

see

y o u

there!

SLIDE SHOWS FOR MAY

- May 7- Rich Bartoo takes us to the most beautiful mountain in the world.
- May 14- Laurie and John Orndorff show us the most enjoyable places to vacation in Europe.
- May 21- Carol Davis takes us to the most fantastic islands in the Caribbean.
- May 28- Doug Fowler takes us backpacking in the largest wilderness area in the 48 states.

WANTED: Used camping equipment to buy.

More specifically:
Tent--three or 4-person
Stove
Mess kit, etc.
Please contact Jean Copland at
341-2753 after 4:00 pm.

8#8*8*8*8*8*8*8*8*8*8*8*8*8*8*8

PUBLIC SERVICE: RAFTING SEMINAR

Its time to hit the rivers again but before you do, jog your memory concerning HYPOTHERMIA, CLOTHING, BASIC SAFETY PRECAUTIONS, and more.

Gus Hughes and Barry Govenor will conduct a RAFTING SEMINAR at Pittsburgh Council AYH Headquarters starting at 7:45 pm. For details, or to register, call Gus at 421-4066 after 5 pm or Barry at 481-3300 ext 373 (day) or 421-7114 after 5 pm. MAY 20

INTERESTED IN BUYING inexpensive cance or cartop boat for lake fishing purposes. If you have and are interested, call Jeff at 681-9191 (w) .



Bill Skallos- Co-chairperson of Climbing

Bill grew up in Irwin, Pa. He graduated from Penn State in 1976 with a degree in Architecture. While at Penn State, Bill developed an interest in backpacking. He joined AYH in the Fall of 1976 and has since branched out into X-C skiing, canoeing and primarily rock climbing.

Bill currently lives in Crafton and is employed as an industrial ventilation engineer for the H.H. Robertson Company in Greentree.

Bill is best recognised for his color-coordinated green-brown wardrobe and an old Dodge Dart in which he has carried immense quantities of people, gear and beverages on AYH trips. However, the Dart has recently been retired and Bill now drives a brown Datsun which he calls 'Princess'.

(Editor's Note: In light of Bill's recent purchase of a C.B. radio for Princess, and in conjunction with his reputation for sleeping through some rather interesting circumstances—which we can't go into here—it has been decided that his CB. handle needs to be changed from 'Uncle Bill' to 'Sleeping Beauty'.....
10-4, Good Buddy?)

Joe Levine- Chairman, Trips and Trails

Joe joined the Pittsburgh Council in 1969 and is a Life Member. He began leading hikes and backpacking trips in 1973. Since 1974, he has served the Council as Hiking Chair, Program Chair and Currently as Trips and Trails Chairman.

Joe hostelled through Europe in his youth and hiked many mountain trails. He also enjoys canoeing, both white water and touring, He participated in blazing the Rachel Carson Trail. As Trips and Trails, he played an important role in actualizing the new form for Trip Rental Reports. He organized and taught with Ben Bruggmans the first Backpacking School.

Joe works as a Speech-Language Pathologist Assistant at the Rahabilitation Institute of Pittsburgh(formerly the Home for Crippled Children). His major avocational interest is building and playing replicas of early musical instruments. Lynn Gogots- Co-chairperson, Bicycling

Lynn is presently closing out her college years at Indiana University of Pennsylvania where she is a Senior, with a major in Regional Planning.

Lynn joined AYH in 1975. Aside from leading and attending local cycling outings, Lynn has gone on week long bike camping trips to Vermont and Wisconsin.

In addition to her interest in cycling, Lynn enjoys and is active in cross-country skiing and backpacking.

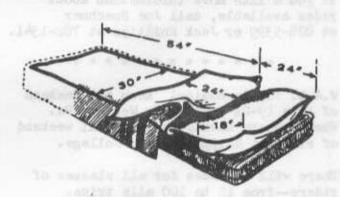
ACTIVITES BOARD POSITION OPEN:

AYH seeking anyone interested in taking on the duties of Secretary.....

Due to the moving out of state of our current Secretary, Pittsburgh Council now has that Activities Board position open.

DUTIES INCLUDE: attending monthly
Board meetings, taking and typing the minutes of these meetings. The potential secretary should live near AYH-HQ so as to
be able to pick up the Council's mail from
the Arts and Crafts Center office. The
Secretary answers general inquiries and
sorts the balance of the mail for the
Chairpeople.

If you are interested, see President Barry Govenor or V.P. Joe Hoechner.



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."

P. .

by Joe Hoechner

Do you know that National AYH has relocated? . You can now reach them at:

AYH Inc. 1332 I St., NW. 8th F1. Washington, D.C. 20005 Toll Free: (800) 424-9426 or (202) 783-6161

* * * * * * * * * *

Do you have any plans for Wednesday night, May 6th at 8 pm? The Museum of Art Theatre at Carnegie Institute in Oakland is showing a 1977 Danish film about a classic bicycle race from Roubaiz to Paris, France. The film is 'A Sunday in Hell' (?) For more info., call the Museum's Film Section at 622-3212.

Watch for radio and television informa= tion on the Easter Seals Bike rides planned for North Park on Sunday May 17th.

If you've recoveered from TOSRV, you can do some easy loops around the lake or some longer rides out into the countryside. AYH and the Wheelmen are helping out Easter Seals by promoting the day's rides to members.

If you'd like more information about rides available, call Joe Hoechner at 828-5399 or Jack Phillips at 782-1341.

* * * * * * * * * * * *

W.A.G. '81 is coming! Keep the weekend of June 19-21 open. The Western Pa. Wheelmen are having their annual weekend of rides at Slippery State College.

There will be rides for all classes of riders -- from 15 to 100 mile trips.

Check around AYH HQ for applications. (see Chuck or Lynn) For information and applications, write to:

W.A.G. '81 P.O. Box 6952 Pittsburgh, Pa. 15212

GETTYSBURG ANYONE? The Bicycle Federation p. 4 of Pa. is hosting a Blue and Gray Battle-

field tour on June 26-28. Accommodations will be at Gettysburg College, with registration limited to 130 riders.

for an application, contact: John Pixton 445 Dreshertown Road Fort Washington, Pa. 19034 An 18¢ stamp is always appreciated!

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THE NEW GILMARY YOUTH HOSTEL!!! Gilmary/Airport Hostal to open May 18!

The Gilmary Dioces Center Youth Hostel will officially open this month to coincide with the start of direct Pittsburgh to London flights via T.W.A.

Owned and operated by the Catholic Diocese of Pittsburgh, the facility offers 50 bed spaces for hostellers (up to 100 available for large groups who reserve early) Arranged 4 beds to a room. Male and female rest rooms are right down the hall, as is a commons room and kitchenette dining area. There is a separate dining hass serving inexpensive meals on the grounds of the hostel. Also available is a gymnasium, chapel, indoor pool and large playing field.

The Pittsburgh Council has helped 'set up' the hostel by the donation of a brochure rack, bulletin board, smoke detectors, reference maps and books with some cookware and a hostel stamp 'on the way'.

Due to the hostel's capacity and location, it has the potential of hosting Pittsburgh Council Board meeting and perhaps even National AYH Council meetings. It fills a gap to the west of Pittsburgh and may abe the first hostel that European traveller using the new T.W.A. flights use when entering the United States.

Good Luck Gilmary!

P.S. Thanks to Joe Hoechner--Hostel Development.

Have you ever looked down at a hiking trail and seen imprints of lug-soled boots? Have you ever noticed after hiking awhile -- the amount of soil packed between the cleats of your boots? I'm sure we all have, and thought little of it. Well, its time to think and act! Look at that imprint closely. You'll see the Vibram pattern in reverse, with raised welts of earth between the depressions. This raising and depressing breaks the ground cover, a delicate network of plants and rootlets that hold tje topsoil down. Comes the next rain, the unprotected soil will wash away. It has already been estimated that a hiker takes roughly 2000 steps a mile which leaves about 120 pounds of raised soil in his or her bootprints, ready to be eroded down the trail at the first heave rain. Multiply that by millions of hikers and backpackers -- you get the picture -- trails become muddy trenches and delicate vegetation gets smacked by bushwakers.

Why are hiking boots made with cleated soles? It began in the early 1940's. when an Italian mountaineer developed a cleated rubber sole because it gripped better on clean rock and granular snow, and was warmer than the old nailed boots. In the hiking/backpacking boom of the 60's a and 70's, the heavy Vibram soled boots became a kind of status symbol for millions of Americans, a fashion that manufacturers could not ignore and still sell boots.

Cleated boots are useful for some types of rock climbing, are necessary for rough rocky terrain (high mountain trails), and are essential for mountaineering. But for most trails, flat (or ripple pattern) rubber; soles will get you there with minimal damage to our environment.

What can we do to lessen the impact? Here are some suggestions:

- 1. Buying new hiking boots? Look for smooth soles, maybe a sturdy pair of work boots -- much cheaper, lighter on your feet, and good for most hikes and backpacking. Tell the retailers that you prefer smoothsoled boots.
- 2. Time to resole old boots? Write to Quabaug Rubber Co. in Massachusutts (look up the address in the phone book in the library) for suppliers of their smooth rubber soles and while you're at it, request their free booklet on the subject.

- 3. Hiking cross-country? Don't walk single-file; fan out. This lessens damage to vegetation and prevents creating unnecessary trails for others to follow. Observe this also when camping in 'wild' areas.
- 4. Stay on the trail--even if muddy! What hiker isn't experienced in seeing trails with poor drainage, with sections 6 to 20 feet wide and all mud? These were made by thoughtless hikers who detoured and thereby enlarged the muddy sections.
- 5. Stay on switchbacks -- they minimize erosion.
- 6. Backpackers -- Change to sneakers or such when in camp. Don't mill around and trample the groundcover with your 'waffle-stompers'on.

Recommended reading:

- 1. Backwoods Ethics by Laura and Guy Vaterman, Stone Wall Press.
- 2. Audobon Magazine, March, 1981, p.62.
- 3. Backpacker Magazine, articles in 1977 and 1978 issues.



MEN'S

SIZES S M L & XL White T Shirt - 6.50 each

White with Navy Trim - 6.95 each

Yellow or Powder Blue - 7.25 each LADIES

White Cap Sleeve French Cut - 8.00 each Add 50¢ Postage for Each Garment Design is Red & Black

SEND CHECK OR MONEY ORDER TO FOOD TREE INDUSTRIES

422 Fifth Avenue McKeesport, PA 15132

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by Chuck Ejzak

If you are planning to ride in TOSRV, you should by now have ridden at least 200 miles, this year. You should have at least one ride that is 60 miles or more and you should have all of the problems with your bike taken care of. Here are a few last minute items to consider: * Check your tires for deep cuts or other signs that they are about to fail. If they are, replace them. It will not help you attitude of you have to try to find a replacement tire during the ride. (particularly if it is raining.) Make sure your tires are inflated to the proper pressure. A tire that is 5psi too low will cost you alot of energy over 210 miles of riding. Also, check your wheels for loose or broken spokes. * * Take good care of your chain. Remove your chain(use a chain tool), clean it in degreaser, kerosene or other similar solvent and use an old toothbrush to scrub it clean. Lubricate the chain with a good chain lube such as Schwinn Chain Lube, LPD-9, LPS-3 or WD-40. After putting on oil, carefully clean off the excess oil from each link. This is a tedious job that will pay off with increased chain efficiency and life. (in other words, it will make riding easier and your chain will last longer) *-* * Check your brakes -- make sure they operate smoothly, the pads should contact the rim squarely; check you shifting -gear shifting should be smooth and the levers should have sufficient friction to stay in place, the derailleurs should allow the chain to reach all gears, but not let it jump off. * * * * Check your bearings for proper adjustment -- AXLES should spin freely with only barely detectable free play. CRANK--Grab drank arms and try to wiggle the arms back and forth. Excess free play means that something is too loose, missing or broken. While your chain is off for cleaning, check to see that the crank spins freely. HEADSET -- Stand in front of bike and grab the front wheel. Try to move the wheel forward and backward while keeping the rest of the bike still. If the frontfork moves foreward and backward in the frame, then the head set is too loose. If any BEARING makes a

grinding noise, it needs overhauled.

* * * * * RIDING: You should try to keep a good steady pace, If you start off too fast, you will become too tired too early and will have a tough time finishing. If you go too slow you may get worn out and saddlesore. Try to find a good pace and stick with it. Try to ride the 25-35 miles between snack stops without taking breaks in between. Limit your time at snack stops to 20 minutes or less, with 30 minutes max. Bat and drink something at each of the breaks, but don't overdo it. For your safety, avoid the large draft packs. They travel fast since a few strong riders break wind for the followers. With four of five riders, there is little problem if everyone is aware of what everyone else is doing, but with a pack of twenty riders, draft packs are dangerous since there is no room to avoid hazards like fallen cyclists.

* * * * * * Do not bring an expensive sleeping bag or other expensive clothing or gear to be shuttled. Mormally, everything works out fine, but unfortunately, equipment is sometimes lost. It is a good idea to mark your equipment clearly.

* * * * * * * Be prepared for just about any kind of weather. Rain wear is a necessity. Early morning riding is often very cold so a windbreaker with a hood or a hat and wool gloves are a good idea. So are sweatpants or leg warmers.



BIG WHEELS FOR MASTER SEALS BY Chuck Ejzak

On May 17, the Easter Seals is sponsoring their annual bikeathon. Riders must find sponsors to pledge a given amount of money (e.g., 50¢) for every mile that rider rides his bicycle. After finishing, the rider must then collect from his sponsors and send the money in to Easter Seals.

This event should be a great deal of fun for riders of all levels of ability. The rides begin and end in North Park and participants may begin anytime after 9:00 a.m. Riders may take the North Park Bicycle Trail, a 25 or 50 mile route that heads out of the park on lightly travelled scenic roads or a combination of these. All riders must finish by 5:00 p.m., so if you want to do the 50 mile route out of the park, you should start before 10 or 11 a.m. at the latest. Prizes will be given to riders who collect the most money so you do not have to be a good cyclist to do well, you only need a lot of sponsors. The sponsors can be anyone who has money so try your boss, coworkers, parents, children, neighbors or anyone else who you can collect money from to help the Easter Seals to continue their program. Applications are available at HQ on the 'Bicycling' bulletin Board. If you can not make it down to Hu, I can mail you one. Call me and leave your name and address and I will put on one in the mail for you. (Chuck Ejzak, 327-5031-H-, or 462-5000, ext 6436-W-) Forms will also be available from the Easter Seals at their offices downtown.

Car pools will be organized ahead of time for those who desire. Call me if you wish to either drive or if you need a ride.) There will be a bike ride from HQ to North Park leaving at 7:00 am Sunday morning. (Note: The ride up and back may not count in your total distance, but if you want to leave the car at home, or want to feel 'macho', come along for the ride up and back)

In addition to riders, we also need paople to help run this event. We, together with the members of the Western Pennsylvania Wheelmen, will help with registration and passing out refreshments. There will be sufficient time for those to help out to participate in the riding also.

This event promises to be a big day, not only for Easter Seal's fund raising, but also for bicycling. Many who have never experienced a ride of more than one or two miles will be there. Experienced cyclists can help to show them safe riding habits simply by doing it. Seeing ther riders wearing helmets, riding on the right side of the road and obeying traffic laws (e.g., STOP signs) will help them to pick up good habists and develop their interest in cycling.

HOSTELING the High Road to Adventure A way to experience the world for yourself. Hosteling is travelling - shooting rapids, backpacking, bicycling, on skis, by train or car —and staying along the way in hostels . . . low-cost overnight accommodations. Join American Youth Hostels and use your AYH Pass as your key to inexpensive travel around the world. Send in the coupon and get the details . . . for the time of your life. I'm interested but would like I want to join AYH. Enclosed is \$14 00 (\$7 00 if under 18). more details - send me your FREE brochure on American sign me up and send me my hostel pass, AYH Handbook, and other materials. Address Pittsburgh, PA 15232 Toll Free 1-800-336-6019 This series of articles is provided to give our membership some background in understanding effective accident responses. It is no substitute for formal first-aid training, which we encourage trip leaders and participants alike to obtain.

These articles are revised from those printed in 1975-76 Triangles. They have been written and revised by Lurana M. Patterson, R.N., M.S., who is currently Clinical Instructor, Nursing In-service Education Department at Presbyterian-University Hospital. In addition, the articles have been reviewed and approved by Ronald Stewart, MD, Director of the Emergency Department at Presbyterian-University Hospital and Medical Director for the Emergency Medical Services System for the City of Pittsburgh. In addition, Dr. Stewart is the Director for the Center for Emergency Medicine, University Health Center of Pittsburgh.

ABRASIONS:

An abrasion is a superficial, open wound of the skin in which the outer layer of skin is scraped off. Usually there is very little bleeding, although the scrape can be very painful. These wounds frequently have bits of gravel, dirt and other foreign matter ground into the skin. If the wound is not deep, loosen and flush away the debris with fresh hydrogen peroxide solution. Then gently wash the area with an antibacterial scap such as Betadine or Isodine. Rinse copiously to remove all traces of scap. Cover the abrasion with a non-adhering gauze such as Telfa or Adaptic, or apply a small amount of antibiotic cintment such as Betadine to keep the dressing from sticking. Apply a sterile dressing over the wound and bandage or tape it in place.

Change the dressing on the abrasion daily or more often if the dressing becomes soiled. If the gauze sticks to the wound, loosen it by soaking a few minutes in hydrogen peroxide solution or saline solution (one teaspoon salt to a quart of boiled water). Abrasions generally heal without scarring if they are kept clean.

LACERATIONS:

A laceration is a jagged tear of the skin. It is frequently associated with a contusion (bruise). If the wound is produced by a sharp object such as a knife which causes a smooth, sharp cut, the wound is called an incision. Lacerations and incisions vary in size. They may bleed fairly heavily. If these wounds are deep, underlying structures like tendons, nerves or blood vessels may be involved. To avoid additional damage to these structures, handle lacerations and incisions carefully. Foreign material should be removed from the wound with hydrogen peroxide. Rinse well with water or saline. When cleaning this wound, make wure to wash dirt away from the wound and not into it. Avoid getting the antibacterial soap into the wound itself since the soap is potent enough to damage the delicate underlying structures. In other words, once the debris is flushed out with hydrogen peroxide, wash only the edges of the wound with antibacterial soap, not the interior of the wound. Wash away from the wound edge outward to carry the dirt away from the wound.

If lacerations or incisions are very large and deep, cover the area with a sterile dressing and get the victim to a hospital as soon as possible, since the wound will require stitches. The patient may also need a tetanus booster shot. If the laceration is not too large or deep, the edges of the wound can be brought together with narrow strips of tape called butterfly strips or Steri-strips.

CONTUSIONS:

A contusion is a bruise. The contusion usually results from blunt trauma to the skin without actually breaking the skin. Small blood vessels break and blood leaks out into the skin, causing swelling and discoloration. Pain is usually mild to moderate. Apply ice packs or soak the contusion in cool water to reduce swelling. Elevating the extremity also lessens swelling. After 24 hours, some patients feel more comfortable with hot packs rather than ice.

PUNCTURE WOUNDS:

A puncture wound results when a pointed or sharp object pierces the skin, making a hole. The possibility of developing a tetanus infection in puncture wounds is especially high, particularly if the victim is not immunized against tetanus. Tetanus germs are anaerobic, that is, they grow only in warm, dark places where oxygen cannot reach. Tetanus grows especially well in caves and farmyards and does not grow as well in rivers and seashores.

A superficial puncture wound sustained in a relatively clean environment should be encouraged to bleed freely to wash out any debris. Next, clean the wound with antibacterial soap, rinse thoroughly and cover with sterile gauze. Do not apply antibacterial ointment to the wound since this seals the wound, creating an oxygen-free environment ideal for the growth of the anaerobic tetanus germ.

If the patient sustains a puncture wound to any part of the body from an object which remains impaled in the wound such as a ski pole, ax or knife, do not remove the impaled object. The impaled object may be applying pressure to a severed blood vessel. This pressure might be the only thing preventing the victim from bleeding to death. Removing the object can also damage structures in the wound.

Cut clothing away from the impaled object. Apply pressure around the object if bleeding is profuse. Stabilize the object by stacking sterile dressings around it. Apply a bandage over the dressing. You can also tape a cup over the object to prevent it from being jostled. If the impaled object is very long or bulky, the object can be cut off several inches from the skin and the stubby piece remaining treated as outlined above.

NON-VENOMOUS ANIMAL BITES:

Animal bites are a special form of puncture wound. These bites are often associated with lacerations and contusions. Treat these wounds as contaminated puncture wounds.

In addition to tetanus, rabies can also be a problem, especially if the biting animal is a skunk or a fox. Try to capture the animal so that health authorities can examine it. Wash the wound and surrounding skin thoroughly to remove any traces of saliva.

Human bites, while not causing rabies, usually cause far more serious infections than any other animal bite since the human mouth harbors many anaerobic bacteria. Careful cleansing of these wounds is essential.

All puncture wounds, animal bites, wounds with impaled objects and dirty lacerations should be seen by a physician as soon as possible. The wound usually requires surgical treatment to achieve good cosmentic healing. The victim may also require treatment for tetanus or rabies.

WOUND CARE SUMMARY:

The general principles of wound care are:

- 1. Control bleeding by direct pressure over the wound.
- 2. Flush out debris.
 - 3. Clean wound edges with antibacterial soap; leave flaps of skin intact
 - 4. Rinse thoroughly to remove the soap.
 - 5. Apply nonadhering gauze of antibacterial ointment, except in punctures.
- 6. Prevent further contamination with a sterile dressing.

DRESGINGS AND BANDAGES:

Dressings are applied to the wound to control bleeding and prevent contamination. They should be sterile. Bandages are used to hold dressings in place. They need not be sterile. The general principles of bandaging are:

- 1. Do not apply the bandage so tightly that the blood supply to the area is cut off. Increasing pain, pale skin, numbers and tingling are all signs that a bandage is too tight.
- 2. Do not apply the bandage so loosely that the dressing slips. Self-adhering bandages like Kling, Kerlix of Sta-Tite are easiest to work with.
- 3. When bandaging extremities, leave the fingers and toes exposed whenever possible so that circulation to these areas can be checked.

BELL HEIMETS, Schwinn, Fuji, SUPERGO Fouring Raleigh, Redwood Shorts Peugeot, REDWOOD Shorts Soma



SCHOLL'S BICYCLE CENTER

406 PERRY HIGHWAY PITTSBURGH, WEST VIEW, PA. 15229

LEARN TO SAIL

The Pittsburgh-Allegheny County Chapter of the American Red Cross operates a Small Craft training base on Pymatuning Lake where they instruct canoeing and sailing. Students for these courses must be over ten years old and able to swim well enough to maintain themselves for ten minutes in the water, fully clothed. The facilities are campsites near the parking area including rest rooms with well water, a wash house for hands, face and cooking utensils, but no showers. They have eight Puffer Sailboats with a capacity of two persons each. The AYH has reservations for a sailing course the weekend of July 10-12 for 16 people. More people can be accommodated by rigging the AYH sailcances. Hot water will be provided for all meals unless there is an interest in group meals. Cost will be approximately \$15.00.

If you are interested in attending, fill out the application below and give to Fred Parker at any Thursday Night Open House meeting or mail to. Fred Parker, 730 Shaw Ave., Monroeville, PA. 15146.

SWIMMING ABILITY: TRANSPORTATION: Need a ride Can Drive and carry extra riders Yes, I have room for extra gear. Ican carry one or two canoes. (But will need a canoe rack	NAME:			PHONE:		12020013	JUNE OF	
Can Drive and carry extra riders	WIMMING ABILITY		SHELTER	NEEDS:				
Can Drive and carry extra riders Yes, I have room for extra gear. Ican carry one or two canoes. (But will need a canoe rack	TRANSPORTATION:	Need a ride		-	_Have sp	ace for_	_more p	cople
Ican carry one or two canoes. (But will need a canoe rack		Can Drive and carry	extra	riders				
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FOOD: Interested in group dinner() lunches() Brankforts()		Ican carry one or two	canoes.	1 1	ut will	need a ca	noe rack	
FOOD:Interested in group dinner(), lunches(), Breakfasts()Offer to help plan(), Procure(), Prepare(), Clean up().								

Canoe Schools: Pittsburgh Council runs several canoe schools for its members to allow new members to get started in canoeing or improve their skills. A number of our instructors are ACA nationally certified whitewater canceing instructors.

BASIC CANOEING introduces the members to canceing on flat and moving water. Steering and maneuvering strokes are taught along with the proper methods of getting into and out of a cance and how to load, unload, lift, and carry a cance.

WHITEWATER CANOE I SCHOOL - Prerequisites: Basic Canoeing School or equivalent experience You will review maneuvering strokes (draw, cross draw, pry-away, and sweeps). The school will work on ettiquette, scouting procedures, safety procedures for running rapids, and rescue procedures will be taught and practiced. You will swim a rapid during the course. Everyone will paddle from the bow and stern on both sides of the cance.

WHITEWATER CANOE II SCHOOL - Prerequisites: Whitewater I School and several trips on Class I rivers practicing the skills learned in Whitewater I School. The school will work on: eddy turns, peel outs, braces, surfing in standing waves and hydraulics, rescue techniques, river reading and scouting rapids from shore. General tactics for running difficult stretches of river will be discussed and practiced. You will take part in a rescue and be rescued during the course.

Trip fees for cance schools run higher than regular cance trips. While the instructors receive no pay for the school, AYH feels it is not fair to ask them to pay rental or mileage for the trip. The instructors share of the fees are divided among the students. Schools usually take 12 students and 4 instructors. All of AYH's instructors at this time are products of AYH Canoe schools. If you are willing to take our instruction in canoeing, AYH feels that you have an obligation to help teach on future schools. In structors are giving up a day of good canoeing to teach the schools. If you sign up for a school and do not show up the day of the trip, there is a good possibility that you may not be afforded the opportunity to attend a school until the next season. Canoe schools are booked up well in advance of the day of the trip. There is usually a waiting list. If you cannot make the trip, you are obligated to call the leader (at a decent hour) and cancel. If an emergency occurs at the last minute, a call to AYH Headquarters is expected about

the time the trip is to meet. Canoe schools are posted at the headquarters building the night of the Triangle deadline. If you are anxious to get on a school, come to a meeting and sign up there. In any case, sign up as soon as you get your copy of the newsletter. Canoe schools fill early!!!

AYH TRIP CLASSIFICATION: AYH uses the International Whitewater Classification System. Under this system, navigable rivers are divided into six classes from Class I (easiest) to Class VI (extremely dangerous). Lifevests are required for all trips. AYH schedules trips from Flatwater through Class III:

FLATWATER: Lakes, ponds, or slow-flat rivers with no apparent current. No rapids or riffles are encountered and there is no problem in navigating.

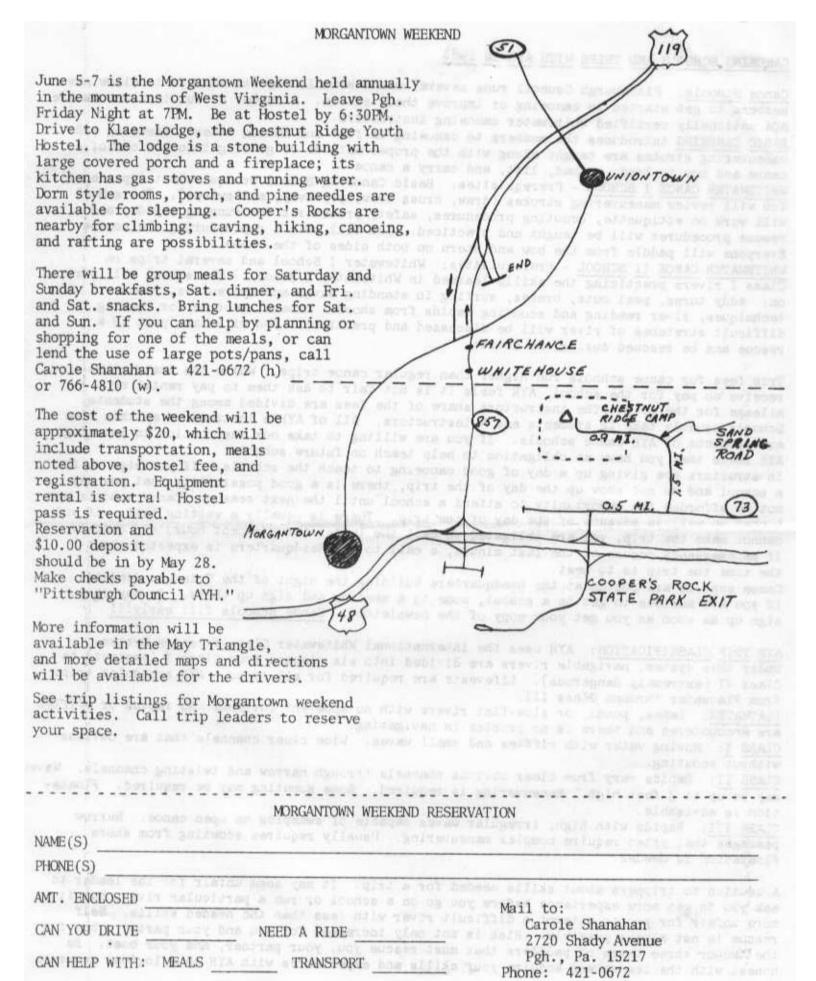
CIASS I: Moving water with riffles and small waves. Wide clear channels that are obvious

without scouting. CLASS II: Rapids vary from clear obvious channels through narrow and twisting channels. Waves

may be up to 3 feet high. Maneuvering is required. Some scouting may be required. tion is advisable.

CLASS III: Rapids with high, irregular waves capable of swamping an open cance. Narrow passages that often require complex maneuvering. I shally requires scouting from shore. Floatation is needed.

A caution to trippers about skills needed for a trip. It may seem unfair for the leader to ask you to get more experience before you go on a school or run a particular river, but it is more unfair for you to attempt a difficult river with less than the needed skills. Self rescue is not always possible. Risk is not only increased for you and your partner, but for the two or three teams of paddlers that must rescue you, your partner, and your boat. Be honest with the leader and acquire your skills and experiences with AYH in a logical sequence.



ACTIVITIES BOARD MEETING MINUTES. APRIL, 1981. (as summarized by editors)

Treasurer: Activities Chairs should check with Fred Hull before making any major purchases.

Canoeing: Summer program and leadership training program is being planned. Ray Weil is in charfe of the Instructors Training Workshops tentatively sheeduled for June 26-27.

Cycling: Easter Seals is planning a May 17 ride and would like AYH promotion. TOSRV: Chuck Ejzak would like to coordinate a list of people who were rejected and a list of those who were accepted and cannot go.

Advertising: The Triangle will not longer run ads for apartments, etc; only activity related ads will be run.

Kayaking: Thro-line policy was discussed-trip leaders should have throw lines and it suggested that regular kayakers and canosists purchase them.

Memberships: A Hostel Club Coordinator has not yet been found.

Rafting: One raft must be sent out for major repairs; others must be patched; paddles and ropes are needed. It may be possible to purchase used 6-man rafts.

Service: The Army Corps of Engineers would like AYH participation in their safety day. Canoeing may have demonstration.

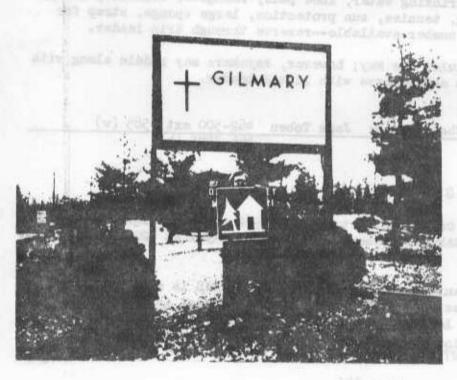
Volleyball: Indoor sessions are almost over for the season. Volleyball is now an official AYH activity.

Hostel Development: Gilmary is not listed in the 1981 handbook; but it is listed in the new Hostels of Pa. brochure.

Hostel Operations: As of April 18, there is a lot of room available at Point Park.
Headquarters Relocation: The Design Alliance was selected as the new architects for
the Pittsburgh Center for the Arts. Their design showed the AYH in the
basement of the Scaife Unit, which would probably be unsatisfactory. The
plans called for an expenditure of \$3 million and above. The chances of
Federal aid are diminished and the Center is counting on local assistance.
The committee is still searching for possible alternatives for space.

New Business: A new Secretary is needed by May. Activities chairs were requested to submit articles for the May Triangle outlining their sport.

Mext Board Meeting: At home of Kathy Reilly, May 6, Wednesday at 8 pm.



HEY!

our new hostel!

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. med.) plus transporation and rentals. In addition, non-members are charged \$2.00/day which can be deducted from the cost of membership. Trips are classified BEGINner, INTERmediate or ADVanced, with the exception of Cycling.

Tentative Chairperson: Larry Laude 655-9554(h) VOLLEYBALL At the April Activities Board Meeting, Volleyball became an official AYH Pittsburgh Council activity. Winter games were played this year at area schools, using the game facilities. A 50¢ fee was charged to cover insurance and upkeep of equipment. (per person)

TUESDAY EVENING VOLLEYBALL will start up again on April 28. Meet at Council HQ. We will play in Mellon Park. Games will start at 6:00pm and last until dark.



Chairpeople: Woj 322-4524, Bill Skallos 921-5695 Jeri Walsh 422-9686(E) or 684-9000 ext 218 (W)

All beginners must sign up for climbing trips -- there is a limited number of beginners on each climbing trip. You will need a pair of ratty tennis shoes, water bottle, lunch (enough to share with Woj ...), a rain poncho and funny looking hat. If you have a pair of leather work gloves or gardening gloves, they are useful for belaying.

sat may 9

BEGIN-Trip to White Rocks. Leave HQ at 7:00 am. We will stop at Mickey D's for breakfast. Call Woj, Billy or Jeri to reserve.

sun may 31

BEGIN-Trip to White Rocks. Same as above.

kayaking

Chairman: Ray Yutzy 929-4443 KAYAKING Basics: Lunch in waterproof bag, drinking water, knee pads, 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.

*There are no all-kayak trips scheduled for May; however, kayakers may paddle along with canoe trips. See canoeing schedule and reserve with listed leader.

canoeing 462-500 ext 6585 (w) Jane Toben Chairperson: 466-7885 (h)

BASICS: Same as above (kayaking). SCHOOLS AND TRIPS meet PROMPTLY at 8 am at HQ.

Class 1-2 trip Call John Kurtz at 421-3962 or Matt Vargo at 331-8476. may 2 gat INTRODUCTION TO CANOBING School. Call Oscay Mayer at 422-8216. sun may 3

fri may 6-Western Pennsylvania Whitewater Canoe School--AYH is a co-sponsor along sun may 10 with the Red Cross and other cance clubs. The cost is \$60 for the school, food and lodging. (add \$10 if you cannot furnish your own cance) Applications and further information, call Jane Toben or Dave Marschik at 327-2778. (Jane's # listed above)

TRIPS AND TRAILS, continued.....

CANO	EING:	continued
100000000000000000000000000000000000000	may 9	

Flatwater trip- Norm Snyder. Call 351-4068 to reserve. Class I trip-John Komosinski. Call 371-9476 to reserve.

sat may 16 Flatwater trip--The final Yough from Suttersville to Boston-on the

Mon. Call Cathy Lynch to reserve. 361-3707.

sun may 17 W.W.I School. Call Gordon Bugby at 371-4233 before 10 pm. to reserve. sun may 17 CLASS I-II trip. Call Toni Minicucci at 372-8435 to reserve.

fri may 22-

sun may 10

mon may 25- MEMORIAL DAY WEEKEND FAMILY CAMPING TRIP--Frank Brunz. 561-8579.

fri may 22-

mon may 25- MEMORIAL DAY WEEKEND CLASS I-II CANOR CAMPING TRIP--Pine creek. The Grand Canyon of PA. Rich Bartoo. 883-8506.

sat may 22 sun may 23

mon may 24-----Day trips to be organized by interested paddlers, at Thums. meeting on May 21,

sat may 30 FLATWATER Class I trip. Dick Nugent. 487-5547.
sun may 31 FLATWATER- Don Hoecker. 243-8295(h) or 256-3278(w).

**Additional trips will be scheduled for available boats or the basis of interest at the Thurday night meetings.

backpacking

Chairperson: Steve Martin 462-500 x 6185(w)

fri may 15sun may 17-

Beginner backpacking trip in the Otter Creek Wilderness Area. Leave HQ at 7 pm on Friday. To reserve, call Steve Martin at 462-500 ext 6185 or 469-3153(h).

fri may 29-

sun may 31- Beginner Backpacking trip in Allegheny National Forest. Leave HQ at 7 pm on Friday. To reserve, call Ed Sieger at 256-5589.



RAFTING

Chairman: Paul Kammer 843-5152

thur. may 14

PATCH PARTY 6:00 pm. at HQ.

sat may 16

Norm Snyder. 351-4068.

sat may 30

P. Johnson, Moom TWP Outing Club.

sun may 31

Trip Leader workshop on the Yough. Gus Hughes. 421-4066.

Propies who have deprived, countries not be not been presented and propies are

MORGANTOWN WEEKEND --

sat june 6-

Cheat Narrows. Leader needed.

sun june 7

Cheat Canyon. Gus Hughes. The Canyon is 12 miles of Class IV and V. EXPERIENCED PADDLERS ONLY!

	-	-		
	1	C	avi	ng

Chairman: Norm Snyder 351-4068

may 1-

Join Norm Snyder on a cave trip to Virginia. See miles of caves. Call 351-4068 to reserve.

may 22-25

Join Norm on a three day backpack trip to Virginia around Skyline Drive. Call 351-4068.

sept 25oct 10

Looking for people to go to the Grand Canyon. Will also hike in the Rockies. Call Norm at 351-4068, if interested.

hiking

HIKING Chairperson: Kathy Reilly 687-6160, or 281-7833(w)
Bring water, lunch, raingear. 50¢ for registration and transporation money.

sat may 2 INTER hike with Steve Tubbs along Chestnut Ridge. Leave HQ at 8 am/

Call Steve at 751-2158.

sun may 3 INTER hike with Shirley Sedmak. Near Bear Run. Approx 10-12 miles.

Meet at HQ at 9 am. Call Shirley at 441-6538(h) or 288-5147(w).

sat may 9 BEGIN hike with Joe Levine. Rachel Carson Trail. Leave HQ at 10 am.

Call 422-8287 to reserve.

sun may 10 MOTHERS DAY -- Take your MOM for a hike!

sat may 16 INTER hike with Eric Bauer. Bear Run. Leave HQ at 8:30 am. Call

Eric at 687-0766.

sun may 17 INTER hike with Judy Flowers. Quebec Run. Meet at HQ at 8 am.

The best time to call between 5 and 6:15 p, / 828-1592.

sat may 23 INTER hike along the Laurel Highlands Trail with Barry Govenor.

Leave HQ at 7:30 am. Call him at 421-7114(h) or 481-3300 ext. 373(w).

sat may 30 BEGIN hike along several trails in the Todd Sanctuery, Audobon Reserve.

Full of flowers, birds and trees. Leave HQ at 9 am, return by 5 pm.

Bring lunch, binoculars, nature guides, plus transporation costs and

50¢. Call Marilyn Ham at 687-4520.

sun may 31 TRAIL MAINTENANCE HIKE ON THE BAKER TRAIL. Wear your old painting clothes

and bring some friends. We'll be repairing old blazes and doing some trail trimming. AYH supplies some paint and the tools. Call Kathy

Reilly at 687-6160(h) or 281-7833(w).

SPECIAL EVENT -- RAFTING THE CHEAT CANYON

An official AYH rafting trip has not made it down the Cheat Canyon for almost 2 years. This year, another attempt will be made on Morgantown Weekend. The Cheat is a big, rough river, with many long and hazardous rapids. To minimize the risks in rafting this river, certain special safety precautions will be followed: There will be two leaders (myself and one other) who know the river well. By that I mean they have been down it 5 or more times. Second, only experienced paddlers will be allowed to go. People who have kayaked, canoed and rafted on big whitewater, several times or more are welcome. But all paddlers must have been in a raft at least once. Third, the water level must be below 3 feet. Above that level there are just too many pinning and flipping possibilities. The last thing needed is a large amount of cooperation in setting up a shuttle. If interested, see Gus Hughes ASAP to discuss ways of doing this. Lets have a great run down the Canyon this year!

Qus Hughes

Chairpersons: Chuck Ejzak 327-5031

Lynn Gogots

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

мау 9-	
19	TOSRV- If you would like to carpool to Columbus for Tosrv, Call Chuck at 327-5031.
may 9-	
10	Class C Weekend ride. Camp Silver Lake Hostel in Fombell. Joe Hoechner. 828-5399.
may 10	Class B- 20-30 miles. Leave HQ at 9:30 am. Lou Conley. 681-8231/
wed. may 13	BASIC BICYCLE MAINTENANCE-Subject: Chains. Bring your bike, some clean rags, an old toothbrugh and a plastic drop cloth large enough to work on. 7:30 pm at HQ. Call Chuck if you have any questions.
sat may 16	Class C. Bike Series III. 30 miles near Mingo.Park. Jeff Marsh 831-9490. Meet Hq at 9:30 am.
sun may 17	BIG WHEELS FOR EASTER SEALS-Start the North Park Bike trail any time after 9 am. You must finish by 5 pm. Ride sponsor sheets available on Bicycling Bulletin Board. If you want to drive with someone or would like to take passengers, call Chuck. There will be a group cycling from HQ to North Park, leaving at 7 am. Helpers are needed for this event to help register riders, pass out orange drink and other similar things. Pleast tell Chuck if you are interested.
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may 23-

25 If anyone is interested in leading a weekend trip or wants to go on

a weekend trip, call Chuck.

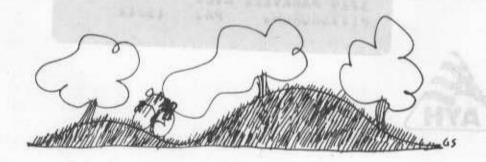
may 24 Class B+- Approximately 40 miles to Bushy Run. Call Larry Laude at 665-9554(h)or 462-5000 ext 7532(w). Meet at Hq. 9 am.

EVENING CYCLES:

All trips leave from HQ at 6:30 pm and return in time for Open House.

may 7
Harriet Ann Seiner. 681-1189
may 14
Jeri Walsh. 422-9686(h) or 684-9000 ext 218(w)
may 21
Jeff Marsh. 831-9490.
may 28
Lou Conley. 681-8321/

*TUESDAY EVENING cycles will start in June.



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

Name	Phone
Address	Occupation
Zip	New?/Renewal?
Social Security #	
Check one: \$7.00 Youth (under 18)	\$35.00 Three-year Senior
\$7.00 Senior Citizen (60+)	\$35.00 Organization (non-profit)
\$14.00 Senior (18-59)	\$140.00 Life
\$21.00 Family	(Note: Membership sells International) Hostel Guide to Europe for \$5.00.
Please Circle one or more: Service Interests: Newsletter, Host Maintenance, Equipment Repair, Audit	tel Development, Bicycling, Publicity, Trail for Service, Typing, Art Work

Leadership: Backpacking, Cycling, Canoeing, Caving, Climbing, Hiking, Cross-

Pittsburgh Council American Youth Hostels, Inc. U.S. Postage PAID 6300 Fifth Ave. Pittsburgh, Pa. 15232 Pittsburgh, Pa. 15232 Permit #127

country Skiing, Rafting.

Non-Profit Organization

Return Postage Guaranteed Address Correction Requested

> HAM. MARILYN P. 3729 PARKVIEW AVE. PA. PITTSBURGH,

LIFE

15213

THE PROPERTY AND ADDRESS OF THE PERSON AND ADDRESS.

