

MARCH

vol. 29 no. 3



OUTDOOR TRIPS

A stylized line drawing of a mountain peak. The peak is formed by two lines meeting at a point. Above the peak, a horizontal line represents the horizon, with several short, diagonal lines radiating upwards from the center, suggesting a rising sun or moon. The entire graphic is composed of simple black lines on a light background.

OF EVERY KIND

YOU ARE NOT ALONE
WITH PITTSBURGH A.Y.H.

OPEN HOUSE

Every Thursday Night

Doors Open: 7:45

Slide Program: 8:45

Our Thursday night Open House is for members as well as non-members. This is a great time to see friends, reminisce about good times, and plan trips.

If you are a visitor or prospective member, this is an ideal time to meet AYHers and discover the ART of HAVING FUN. Just walk up to someone and tell him or her you're interested in canoeing, caving, cycling, hiking, skiing, or whatever and ask how you can get information on that activity.

OPEN HOUSE PROGRAMS FOR MARCH

- Mar 2: Joe Levine will warm you up with his slides and calypso music of the Virgin Islands in a repeat of his slide show of "The Fat Virgin."
- Mar 9: Join Fran Klemencic for backpacking in Banff National Park in the Canadian Rockies, the Great Divide, Glacier scenery, glimpses of Lake Louise, but no Grizzlies.
- Mar 16: Join the "Yellowstone Eight" for a zany but picturesque Fall 1977 tour of the American Rockies, Yellowstone, Glacier Nat. Park and the Badlands.
- Mar 23: One of the "Yellowstone Eight", Bob Goff, will show his "home movies" of the previous trip titled: Geyers and Glaciers.
- Mar 30: To be announced.

THE GOLDEN TRIANGLE

The Golden Triangle is a monthly publication of the Pittsburgh Council of American Youth Hostels, Inc. 6300 Fifth Ave. Pittsburgh, Pa. 15232

Phone: 362-8181 Thursday evenings between 7:45 and 10:30 only.

Please notify Pittsburgh Council, AYH as soon as possible if you change your address. Otherwise, you miss THE TRIANGLE and AYH is charged 25¢ for every newsletter that is returned.

DEADLINES FOR APRIL ISSUE:

Articles & Ads: Thurs, Mar 9

Trips & Trails: Thurs, Mar 16

Production Party: Thurs, Mar 23

Editor: Rick Caplan
Cover: Joe Hoechner
Printing: Sue Leathen
Mailing Labels: Don Hoecker & Roy Weil
Production: Don Hoecker and the enthusiastic AYHers who make production a party rather than a chore.

1978 Activities Board Chairpersons:

Caving: Norm Snyder 371-2371
Skiing: Alan & Mary Barber 833-5311
Hiking: Steve Martin 665-0634
Winter Sports: Jack Kowalski 828-2795
Slide Shows: Bob Goff 323-0268
Donna DiLeonardo 422-9266

SUN DAY - MAY 3, 1978
(from Sierra Club newsletter)

On April 22, 1970 citizens across the USA celebrated Earth Day. Many staged "teach-ins," some organized litter pickups, and others joined bike trips through city parks and countryside. The day marked the beginning of a new national commitment to environmental quality. A similar level of public sentiment now exists for a safe, non-polluting and decentralized power system. The 1973 oil embargo, the 1976 natural gas shortage, & the 1977 New York blackout have focused increased public attention on energy issues. In several cities, groups have organized Energy Fairs, where local craftsmen & scientists displayed their solar equipment. All over the nation people are constructing solar homes or adding solar collectors to existing structures. To date, however, there has been no coordinated expression of the citizen interest in renewable energy. On May 3, thousands of organizations will help the growing public sentiment into a celebration of the sun. The Sierra Club will coordinate some local activities.

Some Useful Addresses

EARS - Environmental Action
Reprint Service, 2239 East
Colfax, Denver, CO. 80206
(Excellent source of publications on alternative energy information. Ask for their latest catalog) 303-934-7182

Solar Action - 1028 Connecticut
Ave., NW, Room 1100, Washington, DC 20036 phone 202-466-6880

Worldwatch Institute - 1776
Massachusetts Ave, NW, Wash DC
20036 phone: 202-452-1999

NATIONAL AYH TRIPS

How would you like to go cycling in Hawaii this summer or climbing in Alberta, Canada or hiking, cycling and rafting in Va. and Easter Pa.... or hiking in the Alps? Plus you can meet hostellers from all over the world!

Each of these trips (plus others) is offered by AYH National in 1978. For example:

Bicycling on 4 Hawaiian Islands, swim, surf & snorkel - 38 days for \$950, leaving from San Francisco.

Hiking through the Canadian Rockies - preceded by a seminar on snow, ice & rock skills - 32 days @ \$568.

Touring Penna. Dutch Farm Country, hike & bike in the Shenandoah Mountains, visit historic sights in Virginia including Williamsburg - 34 days @ \$417.

Hike through the Alps for some of the worlds most spectacular scenery - 44 days for \$1270.

See Australia, New Zealand and Fiji by bus, camping and hosteling.

These are just a few highlights of the many cycling, hiking or backpacking trips offered in this years National AYH "Highroad to Adventure" brochure. Now is the time to make your plans for that big AYH adventure!

Pick up a copy at Pittsburgh AYH during any Open House meeting or write to:

Travel Dept.
National AYH
Delaplane, Va. 22025

TRIPS

FIRST SPRING BIKE RIDE

For some it's the first robin; for Chuck it's the first bike ride. On Saturday, Mar 18, join him in performing the Rite of Spring. But if the "Super LeTour" sees its shadow in the snow, a X-C ski trip will be substituted. Call Chuck Ejzak at 327-5031.

MARCH X-C SKI TRIPS

If the weather is favorable for skiing in March, weekend trips will be scheduled during Thursday night Open House meetings. Call Alan Barber at 833-5311 for more information.

SUMMER CANOE TRIP

You're invited to join a wilderness canoe trip this summer in the interior of Algonquin Park in Ontario. We will leave at 6:00 AM on July 22 and will return late on July 29. Exploration of seldom visited lakes is available to those willing to undertake 1 to 2 mile portages. The skill level is easy-intermediate; the canoeing will be mostly flat water, but practiced camping skills are desirable. The estimated cost is \$65.00. The trip will be limited to 6 canoes. If you are interested, call Bob Schatz at 242-1898.

SCUBA DIVERS

The planned summer trip will be to the Pennkamp State Underwater Coral Park in the Florida Keys. July 2 to July 8. For details contact wojie at 322-2214.

ATTENTION ROCK CLIMBERS

There will be a class in CPR & in Standard Emergency First Aid given here at the Hostel (nights to be announced later) as a basic requirement in the new certified climbing school. Contact your climbing chairman.

The first outing of the 1978 climbing season, for beginners and all those who were in my class last year, will be held Saturday, March 18. Call wojie (your climbing chairman) at 322-2214. Spaces are limited.

SPECIAL BIKING NOTE

The Western Pa. Wheelmen will have David O'Laughlin (Allegheny Co. Planning & Development) & Al Biehler (Transportation Manager) as guests for their Friday, March 10th meeting. They will present the County's new bikeway study and will answer your questions. Time is 8 PM @ 300 Sixth Ave., Downtown, 2nd Floor. For info call Joe Hoechner @ 343-2465.

CALL FOR SLIDES

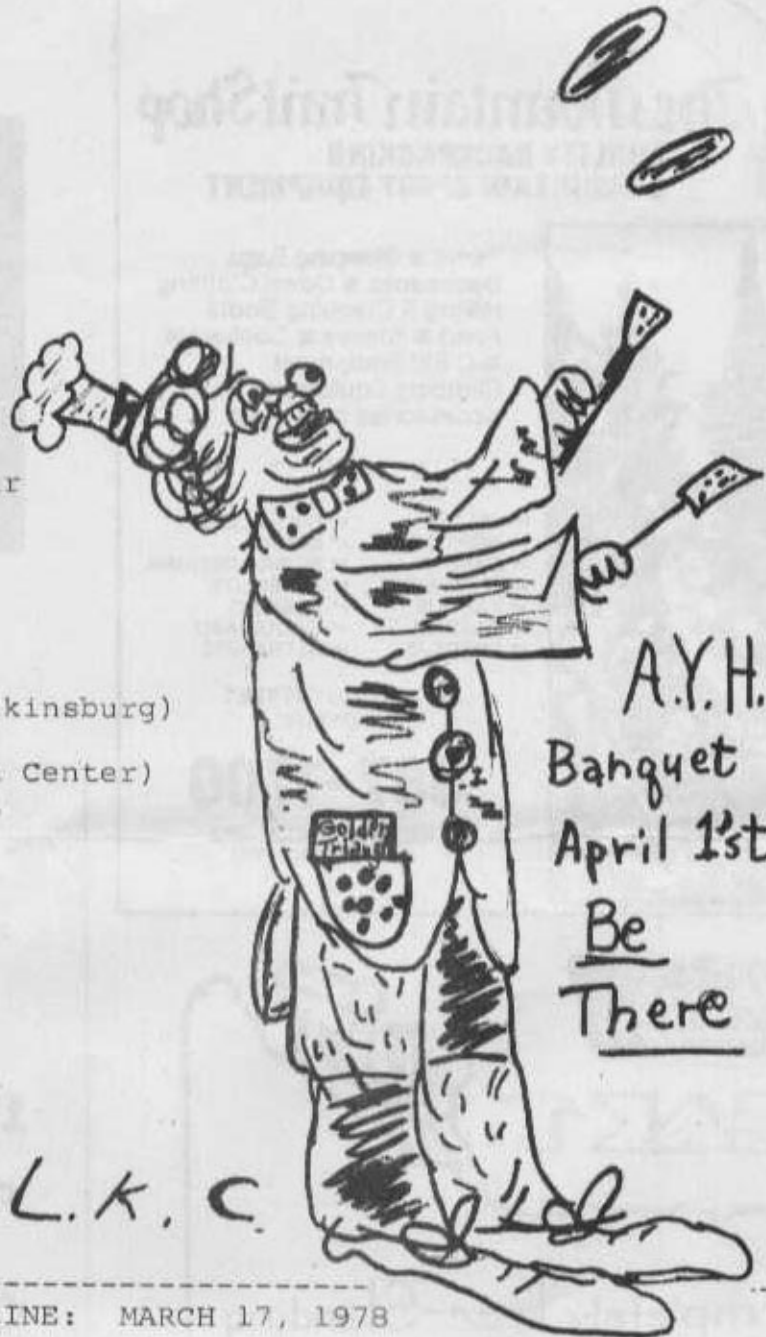
Despite popular opinion to the contrary, Bob Goff's slides do not cover all AYH events. He needs slides of all kinds of AYH activities in order to complete a general slide show to advertise the fun we all have. These slides will be duplicated and returned promptly to their owners. Your help will be greatly appreciated. Phone Bob @ 237-7333, days only till 5 PM.

HOLIDAY INN _ PARKWAY EAST
915 Brinton Road
Pittsburgh, Pa. 15221

SATURDAY, APRIL 1st., 1978
6:00 Social Hour - Cash Bar
7:00 Dinner
Entertainment
Dancing

DIRECTIONS:

Parkway East - Exit 7 (Wilkinsburg)
First Light, turn left
(by Westinghouse Education Center)
Holiday Inn - on your left
WELCOME



RESERVATION DEADLINE: MARCH 17, 1978

NAME _____ ADDRESS _____

Adult Reservations: Roast Beef or Chicken or Filet of Sole
Youth Reservations: Roast Beef or Chicken or Filet of Sole

Cost: Roast Beef or Sole: \$9.00, Chicken: \$8.00
Youth (18 and under) Reservations: \$8.00

Make checks payable to: Pittsburgh Council, AYH, Inc.
Mail reservations and payment to: Elizabeth Cormack
506 Lucia Drive
Pittsburgh, Pa. 15221

For further information, call Janet 271-1996



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5435 WALNUT STREET
SHADYSIDE

687-1700

WEEKDAYS 12 NOON - 9PM
SATURDAY 9AM - 5PM

SKI CROSS COUNTRY



Ski cross country this winter. Our brochure explains how to get started and describes the high quality cross-country skis and equipment we offer for adults and children. Write or call for your free copy.

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enjoyment is our
concern. Stop in—
Let's talk canoeing!

TRANS-AMERICAN BIKE TOURISTS

Mike Deroy is forming a small cycling group to tour the USA west to east, from early May until late August. The group will carry full touring gear and participants must have reliable bicycle and equipment and be in physical shape for cycling 50 miles per day including hills. The route of the trip will be determined by the members of the group. For further info, contact Mike:

Mike Deroy
625 Kirtland St.
Pgh., Pa. 15208

412-371-6943

NATIONAL LEADERSHIP COURSES

National A.Y.H. has released the scheduled hostel locations for leadership training for 1978. They are as follows:

Pt Reyes Calif - Mar 18-25
Porter Ind - May 27-Jun. 3
Bushkill Pa - June 10-17

Bowling Grn Ohio - Sept 2-9
There is an \$85 fee for the course which includes meals, lodging, tuition, insurance, training material & an A.Y.H. Pass (you should get a discount if you're a member now). You must complete an application form, get a physical exam and bring your own bicycle with complete clothing & equipment appropriate for an extended trip.

If you would like more information about leadership training, write to:

National A.Y.H.
L.T.C.

Delaplane, Va. 22025

or contact Hostel Development
Chairman Joe Hoechner at any
Thursday night "Open House".

TRIP AND RENTAL REPORTS by Joe Levine

Attention Activity Chairpersons and all trip leaders!

Since I assumed the work of Trips & Trails Chairman in Oct 1977, I have been flabbergasted by the inaccurate state of many trip reports that were turned in to me. The following points are taken from the ones most often incorrect. Please make note of them and complete your trip reports correctly. Thank You.

1. Date - fill in day (or days), month and year.
2. Number of Trippers - this includes the leader or leaders.
3. Registration Fees - currently, 50¢ per person per day, except for leaders. Non-members pay additional \$1.50 per day.
4. Trip & Rental Reports are due by end of the month in which the trips took place.
5. Cancelled Trips - fill in Date, Type of Trip, and Trip Leader; write CANCELLED on Report and turn in by end of the month. There is a mailbox for this purpose located near the entrance of headquarters.
6. For combined trips, eg. when some hike or bike or do both--leaders, please indicate activities somewhere on back of Report, perhaps next to Tripper's name; by letters: H (hike), X-C (cross-country ski), B (bike), etc. This is necessary for statistical purposes. Equipment Rentals does not now include fees for X-C ski rentals. Fees are: \$4.50 per day, \$1.00 per evening, \$2.50/½ day.

LET'S GO SAILING - 4
by David Guthrie

Now that you know your rigging backwards and forwards, it's time to get into the action! The first job is rigging the boat--erecting the mast, attaching the boom and rudder, feeding the sheets through their blocks (pulleys), shackling the jib to its halliard, furling the lines neatly, and inserting the centerboard into its well. These basic functions are necessary on every boat from 10 to 50 feet in length. You will learn by doing next summer. Remember--point the boat into the wind!

A quick lecture. The bad sailor is most conspicuous by the scruffy look of his boat, sails and rigging. This insistence on neatness is not just for appearance's sake--in a boat there are many moving objects and loose ends of rope which, if left to their own devices, become tangled and snarled causing chaos and possibly an accident in a confined space.

Now for the water!

Make up your mind from the outset that you will probably botch the launching operation unless you get your feet wet (unless, of course, you launch from a dock). The sailboat is eased into the water with its nose windward. You, as helmsman (helmsperson?), climb aboard to hoist sail, stepping into the middle of the boat to avoid capsizing her.

Then, making sure that the mainsheet can run free, hoist the mainsail fairly tightly to the masthead. Cleat the halliard firmly, with no loose ends. Launch your craft, hoist your sail, and off we go!

As soon as you are in deep enough water to drop your centerboard without fouling it on the bottom, do so. Similarly, allow the rudder blade to drop vertically.

When you are sailing, your back should be to the wind so that you can control the tiller (with which you steer the boat, remember?) and the mainsheet with one in each hand without having to stretch. The sail, of course, is angled on the opposite side of the boat to you (remember lesson 2?), and its position and tautness are determined by the pull you are exerting on the mainsheet. The wind tends to push the sail away, but you hold the sail area against this pressure, and the boat will move forward. If the wind is rather strong and the sail is taut, the sails will be forced out of the vertical line and the boat is said to be heeling. This reduces efficiency, but if you lean back, the boat should tend to even keel. If your weight is not sufficient to counteract this wind pressure, you will need to let out the mainsheet slightly until balance is restored. What should you do if the boat still heels drastically even after you let out the mainsheet and capsize appears imminent? (Answer: next lesson).

If you lean backwards far enough and the boat is heeled far over, you will be hiking out. (not in the AYH sense of the word) Although this is inefficient for a single-hulled boat, the maneuver is thrilling to old salts and terrifying to beginners. Catamarans such as Hobie 16's even have trapezes on them to allow you to hang onto the mainsheet with your feet on the rail. Woe to him when the wind dies while he is so precariously positioned!

CYCLING IN EUROPE

Ben Brugmans is leading an easy-going cycling trip in Europe this summer. Approximate duration will be from 2½ to 3 weeks, with an option to extend your own travels before or after. Time-latter part of August to early September. Cost-under \$1000; including air fare. Holland (lakes, farm country, small mideavel towns, and villages from another century). Germany, Rhine, castles, farming country of Saxony. Belgium and Luxembourg-castles and countryside and a touch of France. Accommodations will be planned and your guide speaks the language wherever you go. Limit is 10 people, carefully selected for congeniality & good spirits. Start thinking about your plans early & call Ben at 363-1613.

ANNOUNCING SECOND BACKPACKING SCHOOL

Would you like to get more out of hiking than day trips? Here is your chance to learn more about backpacking. Ben Brugmans and Joe Levine will offer instruction with practice in two sessions at headquarters, to be followed by several easy weekend trips this Spring.

1st session: Sat. March 11 at 11:30AM. Participants will prepare a backpacking lunch for themselves. Cost 75¢.

2nd session: Sat Apr 8 at 2PM.

Instructions will cover: equipment-planning, buying and care; trip planning--where to go, what to take, how to pack, food preparation; protecting your body and environment, and more. You must register by March 9th to participate. To sign up call Ben at 363-1613.

--- USED CANOES FOR SALE ---

In keeping with our practice of maintaining good equipment, two canoes will be sold and replaced with new canoes. Place your bid now for a slightly used 17' Grumman canoe with shoe keel (whitewater). The two highest bids will take home these excellent buys. The minimum bid accepted is \$160. Submit written bids to:

Tom Vogel

29 Wilkins Road

Pittsburgh, Pa. 15221

or directly to AYH. All bids must be in by April 1st. Winning bids will be announced April 6, 1978.

BICYCLE ACROSS THE USA

If you're interested in bicycling across the USA from east to west this spring, Julie is looking for a few fellow riders. Write: Julie Hammer
1471 Amherst
Buffalo, N.Y.
14214

LOSE ANYTHING?

Laurelville Weekend trip leader Joe Hoechner has a small collection of "lost" articles left over from the 3 day hostel weekend. If you have found anything (like a pair of X-C ski poles) please turn it over to Joe so he can connect it with the owner. Joe still has a pair of Ladies hiking boots from last year's trip. They're in good condition, about size 8. Make Joe an offer he can't refuse. Proceeds to the Hostel Development Fund.

ATTENTION - CYCLISTS!

The City of Pittsburgh, Parks and Recreation Dept needs help this spring to set up cycle safety clinics. These will be 3 or 4 Saturday morning sessions (2 hours long) to teach the basics of maintenance and safe riding techniques. They will be indoors at city parks (Riverview, Highland, McKinley) run by the City with the help of A.C.A., the Wheelmen, and A.Y.H.

Would you like to help? If you are an experienced bicyclist who knows the ropes (...er, gears, spokes, chain, etc.), contact Ed Sieger at 621-2911 or 561-4790

HOSTEL NEWS

The Columbus Council opened a new hostel late in 1977. It's the "Malabar Farms Youth Hostel" Route 1, Lucas, Ohio, 44843. It's located in Central Ohio near Mansfield--phones: (419) 526-9336

The hostel is located in a former farm house and can sleep 20 people in 4 bunkrooms. It has a fully equipped kitchen, a dining room and a common room. The area is suitable for cycling, hiking, canoeing and cross-country skiing. The overnight rate is \$2.50.

If you would like to help support this new hostel - spend an overnight there. Reserve with the houseparents at the above address or with:

Mr. Ron Eisle
Columbus Council Hostel
Development
815 Greenridge Road
Worthington, Ohio
43085

TIPS & TALES

by Joe Hoechner

If you're interested in bicycling in California, you may want to get a copy of the "Pacific Coast Bicentennial Route". This 100 page touring guide costs only \$1.00 from:
Caltrans Publications Unit
60002 Folsom Blvd.
Sacramento, Calif 95819

Did you hear about the New York mother who told her child to go outside and play in the snow - but try not to get dirty!

Would you like to be a houseparent? National AYH is looking for part or full time help at Truro, Orleans, Nantucket (Mass), Porter Ind., Point Reyes Cal., and Cumberland Md. If you would like more info about "houseparentship" contact:

Bill Nelson
National A.Y.H
Delaplane, Va.
22025

Interested in Pa. County Road maps? You can request a FREE index & price list from:

PennDot Publication Sales
P.O. Box 134
Bldg 33
Middletown, Pa. 17057

Try to do your indoor exercises in front of your houseplants. They will not only enjoy your company, but will benefit from your "exhalations."

Do a non-smoking friend a favor. Introduce him or her to Pittsburgh A.Y.H.!

1ST WEEK IN MARCH 10% OFF
2ND WEEK IN MARCH 20% OFF
3RD WEEK IN MARCH 30% OFF
4TH WEEK IN MARCH 40% OFF

ARE YOU A GAMBLER?

Come to Avalanche the first
and second week in March and pick
from a full inventory of
down and polarguard parkas, vests,
cross country skis and all winter
merchandise

OR wait for larger savings
during the 3rd and
4th week in March.

YOUR GAMBLE

First week large selection--

Last week giant savings



1794 NORTH HIGHLAND ROAD 833-7800

A Y H
LEADERSHIP MANUAL SEMINAR INFORMATION

In the last issue of the Triangle the problems and progress in solving these problems in the activity leadership areas were stated. One of the first steps to be taken to help correct these problems will be the production of a leadership manual for use this spring. This manual will be in two major sections. The first section will be general in nature and apply to all activities. The second section will be specific for each activity.

THE FIRST SECTION OF THE LEADERSHIP MANUAL WILL BE WRITTEN AT A WEEKEND SEMINAR TO BE HELD MARCH 3 & 4 AT THE FOREST HILLS COMMUNITY CENTER NEAR THE INTERSECTION OF BRADDOCK ROAD AND ARDMORE BLVD. IN FOREST HILLS!

The seminar will begin at 7:30 P.M. Friday evening, March 3 and continue Saturday morning at 8:30 A.M. Most of the activities board will be involved, but help is needed from the general membership as well as trip leaders. The seminar will need about 35 members to accomplish the work.

Some of the areas to be discussed and developed in the manual are:

- Purpose and philosophy of the council's trip program
- General leader qualifications
- Leader responsibilities
- Activities Board members' responsibilities
- Trip report procedures
- Cash collection and distribution procedures
- The outline to be followed for developing the second section of the manual

The specific sections for individual activities of the manual will be written after the general section is prepared. These sections will be produced by each chairperson and a group of interested members. If your interests are directed to one activity, please contact your chairperson after the seminar date for further information.

IF YOU WOULD LIKE TO HELP WITH THE SEMINAR PLEASE CALL JIM ROBERTS AT 271-7178 BETWEEN 6:00 - 9:30 P.M. TO RESERVE A PLACE. SPACE IS LIMITED AND A RESERVATION IS NEEDED. Please do not call during the day or after 9:30 P.M.

If all goes well, look for a report in the next issue of the Golden Triangle.

AND CONTRIBUTE!!!!
CHECK THE DEADLINE FOR THE NEXT ISSUE
THIS MONTH'S GOLDEN TRIANGLE.
BECAUSE YOU DID NOT CONTRIBUTE TO THE
DO YOU KNOW WHY THIS SPACE IS EMPTY???

INFORMATION ON FIRST AID AND CARDIOPULMONARY RESCUCITATION FOR COUNCIL MEMBERS

If you are interested in certification in First Aid (F.A.) or Cardiopulmonary Rescucitation (CPR) the following information may be of interest to you:

Schedule of classes offered by the
AMERICAN RED CROSS, PITTSBURGH-ALLEGHENY COUNTY CHAPTER
200 4th AVENUE, P.O. BOX 1769, PGE., PA 15230

<u>COURSE & TIME</u>	<u>DATES</u>
#1 Multimedia standard F.A. classes* *(for multimedia F.A. <u>only</u> each complete course takes only one day) 8:30 A.M. - 4:30 P.M.	Fridays only-March 3,10,17,31, April 7,14,21,28, May 5,12,19.
#3 Standard F.A. & Personal Safaty 7:00 - 10:00 P.M.	Mondays April 10,17,24, May 1, 8,15,22.
#5 C.P.R. - Basic Life Support 1:00 - 4:00P.M.	Mondays-March 27, April 3,10.
#6 C.P.R. - Modular System 7:00 - 10:00 P.M.	Tuesdays-March 28, April 4,11.
#7 C.P.R. - Modular System 7:00 - 10:00 P.M.	Wednesdays-April 5,12,19.
#8 C.P.R. - Basic Life Support 1:00 - 4:00 P.M.	Mondays-April 24, May 1,8.
#9 C.P.R. - Basic Life Support 7:00 - 10:00 P.M.	Wednesdays-April 26, May 3,10.
#10 C.P.R.- Modular system 7:00 - 10:00 P.M.	Wednesdays-May 17,24,31.

Advance registration is necessary. Please call the first aid office at 263-3191 to register. There is no fee for instruction ; there is a fee for supplies used in the class.

+++++

[F I K O E I K I]
(already????????)

If you were not able to enroll in last seasons AYH canoe schools or have not paddled for several seasons and feel rusty (sorry!), you may be interested in the following information concerning the Western Pennsylvania White Water Canoe School. The school is held annually on Mother's Day weekend at the YMCA Camp Kon-O-Kwee near Zelienople. The school consists of two intensive evening sessions of class work and two exhaustive days of river paddling. Class size is limited to 12 students accompanied by 4 instructors. There are 4 classes ranging from beginner through intermediate and advanced. The maximum number of places in the school is 48! Some canoes are available for renting but you must bring your own PFD (life vest), paddle, and knee pads. Sleeping accomodations are similar to a hostel. Three meals are provided for Saturday and two (no supper) for Sunday. Cost of the school is \$50.00. There is no charge for instruction. The fee covers costs for students and instructors. If you desire more information and/or an application contact Tom Vogel at AYH open house or at: 29 Wilkins Road Pittsburgh, PA 15221 .

If you would like to get a free copy of the official 1978 West Virginia Highway Map you can write to:

W.Va. Dept of Highway
Public Information Div.
Charleston, W.Va.
25305

If you are interested in detailed, low cost county maps you can request a price list from the "Advance Planning Division" at the same address.

Would you like to write to your state senators? You can contact Sen. H. John Heinz III or Sen. Richard S. Schweiker:

United States Senate
Senate Office Building
Washington, D.C.
20510

Did you hear about the house-plant fanatic who died and left all his money to his fronds?

Interested in recycling? So is G.R.I.P. The Group for Recycling in Pennsylvania is a local organization right here in Pittsburgh. Their membership is \$2 per year. For more info call 661-4447 or write to:

G.R.I.P.
P.O. Box 7391
Pgh., Pa. 15213

Is there really such a thing as a turkey down sleeping bag?

If you are a good amateur photographer, you may want to enter your work in the Jennings Nature Reserve Slide Contest to be held in April. If more info is needed write:

Jennings Nature Reserve
R.D. #1
Slippery Rock, Pa.
16057

What's happening in town? You can find out by dialing 391-6840 for a recorded message. This service is provided by the Pittsburgh Convention Visitors Bureau. Try it sometime.

Council thanks go out to those trip leaders who registered 84 overnights at the new Hostel at Fombell Pa. (1977). We hope to see more use in 1978 now that it's listed in the handbook. Reservations a must!

You can consider yourself an avid AYH member if you have the ZIP code memorized--of National Headquarters in Delaplane, Va.!

If you're a South Hills resident, and you need some rental equipment, try "Avalanche." They now stock many items for rental. They also sell the new Gore-Tex material by the yard. For more info, give them a call at 833-7800.

T.O.S.R.V. 1978

Hey cyclists! Wake up! It's almost too late for T.O.S.R.V. 1978.

If you would like to do a 210 mile Ohio weekend early in May, now is the time to request an application (or ask around at a hostel meeting). The trick is to send a self-addressed stamped envelope to assure yourself of a fast reply. The space (3000) is usually full by mid-March, so write now to:

T.O.S.R.V. Communications
P.O. Box 23111
Columbus, Ohio 43223

G.E.A.R. 78

Speaking of bikes, watch for G.E.A.R. 78. The Great Eastern Rally is being held in Millersville, Pa. over Memorial Day Weekend. For more info, write:

G.E.A.R. 78
P.O. Box 6215
Hellam Branch, Pa. 17406

The trips are for all levels of riders and go thru the Pa. Dutch countryside around the Lancaster area.

Joe Hoechner & Jim Roberts are seeking AYH members interested in taking the Red Cross C.P.R. course. This could involve 3-4 evenings of instruction followed by a test to receive your certification. If you are interested, call Joe at 343-2465.

Are you ready to join the Sierra Club? If you, contact:
Allegheny Group, Sierra Club
P.O. Box 7404
Pgh., Pa. 15213

ETC. by Steve Martin
(a rambling guy)

Ready? ... The population of cross-country skiing is waxing.

Protect your skis! There has been one confirmed case of delignastification!

TELEMARX AND RELIGION

Steve was teaching Elaine how to do a Telemark X-C ski turn. They were practicing left turns first because they are easier to do. Elaine couldn't do them. Then she tried a turn to the right and did it perfectly the first time. Since she is right-handed, they couldn't explain her success until she realized that the form for turning to the right is identical to the form for kneeling in church. So, next year's X-C ski school will take place at...

The East Coast was hit by a bad snow storm the second week of February. Elaine decided to take advantage of the snow by skiing around New Haven. While skiing along, she felt the snow give away a little, so she looked around and saw ski racks sitting "on the ground." She'd just skied over a car!

ACTIVITIES BOARD MEETING
Tuesday, March 7, 1978
8:00 PM
Marilyn & Cliff Ham's
4723 Wallingford St. (Shadyside)
Pittsburgh, Pa. 15213
687-4960
*****EVERYONE WELCOME*****

MARCH TRIPS AND TRAILS

The trips listed below are open to the public with the exception that AYH members are given priority when the trip is of limited size. Trip costs include 50¢ registration and insurance (\$500 medical) plus transportation costs and equipment rental. In addition to these fees non-members are charged \$1.50 per trip; one non-member fee can be deducted from the cost of membership if the tripper joins AYH within 30 days following the trip. Call the trip leader to reserve or cancel or to get information. Please call during normal hours (6:30-9:30 PM) unless otherwise noted. Make reservations as early as possible but in no case later than the Thursday before the trip.

- Thr. Mar. 2 Beginner X-C - Conditions permitting, Joe Hoechner will offer beginners cross-country ski instruction in Mellon Park 6:30-8:30 PM. Rental fee: \$1.00. Reservations for equipment needed. C 11 Joe @ 343-2465.
- Sun. Mar. 5 Afternoon Hike in Frick Park with Joe Levine. Meet at 1 PM. Wear suitable clothes and bring something to drink. Cost: 25¢.
- Sat. Mar. 11 Backpacking School 1st session. Meet at headquarters at 11:30 AM. Subjects: Equipment and preparing lunch for backpackers. Cost for lunch is 75¢. You must register by March 9th to participate. Call Ben Brugmans at 363-1613.
- Sun. Mar. 12 Beginner Hike - Paul Stratton will lead an afternoon hike somewhere near Pittsburgh. The trip will leave the hostel parking lot at 11:00 AM. For more information contact Paul Stratton at 929-7923.
- Thr. Mar. 16 Beginner X-C - see Thr. Mar. 2.
- Thr. Mar. 23 Intermediate Backpacking Trip - Steve Martin will lead
thru a three day backpacking trip in the Black Forest of Pa.
- Sun. Mar. 26 The trip will leave the hostel parking lot at 7:00 PM,
Thr. night and return on Sunday night. For more info,
call Steve at 665-0634.
- Fri. Mar. 24 Possible Bike Trip - Depending on the weather, there
thru could be a 3 day Easter weekend bicycle trip. Joe
- Sun. Mar. 26 Hoechner would like to hear from experienced riders
who can get away March 24-26. He would like to see
Washington D.C. by bike, using the "new" hostel there
as a base camp. Give Joe a call @ 343-2465. Cost would
be transportation, food, day fees and hostel overnight
fee (\$4.50 per night).
- Sun. Apr. 2 All Fools Bike Ride - If the weather permits, join Joe
Hoechner @ AYH for an afternoon ride around town. Dress
warmly and bright. Meet @ 1:30PM, cover 10-15 miles.
Cost: 50¢. Call Joe @ 343-2465 to express interest.

AYH MEMBERSHIP RENEWAL

Fill out the following membership application and bring or send it with a check payable to "Pittsburgh Council, AYH" to Membership, AYH, 6300 Fifth Avenue, Pittsburgh, Pa., 15232.

NAME _____ PHONE _____

ADDRESS _____ OCCUPATION _____

(zip code) NEW/RENEWAL _____

____ Youth membership (under 18)	\$ 5.00
____ Senior membership (18 and over)	\$11.00
____ Family (valid in USA and Canada only)	\$12.00
____ Organization membership	\$25.00
____ LIFE	\$110.00
____ FAMILY LIFE	\$220.00

SERVICE INTERESTS: ____ Newsletter; ____ Hostel Development; ____ Bicycling;
____ Publicity; ____ Trail Maintenance; ____ Equipment Repair;
____ Auditor Service; ____ Typing; ____ Art Work; ____ Key Punch

LEADERSHIP: ____ Backpacking; ____ Bicycling; ____ Canoeing; ____ Caving;
____ Climbing; ____ Cross-country skiing; ____ Hiking; ____ Rafting.

Pittsburgh Council
American Youth Hostels, Inc.
6300 Fifth Avenue
Pittsburgh, Pa. 15232

Non-profit Organization
U.S. Postage PAID
Pittsburgh, Pa. 15232
Permit #127

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