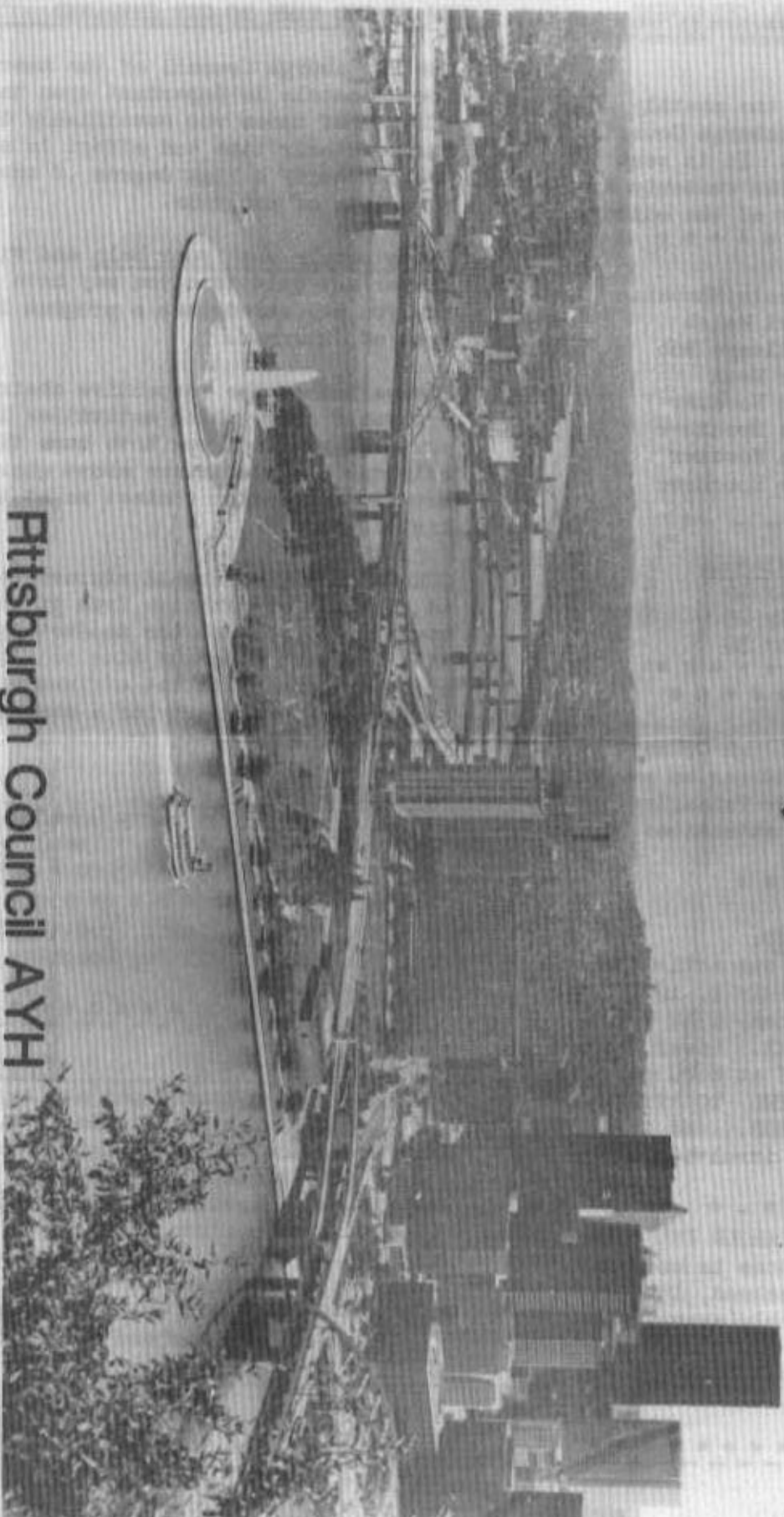


GOLDEN TRIANGLE

**You've got a friend
in Pennsylvania**



Pittsburgh Council AYH

6300 Fifth Ave. Pgh. Pa. 15232

Volume 32 - No. 7



**Pittsburgh Council
American Youth Hostels, Inc.**

6300 FIFTH AVENUE
PITTSBURGH, PA. 15232
(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.

EDITORS

Carole Shanahan

PRINTING

Jeri Walsh

MAILING

Bullseye Bob

Roy Weil

TIPS AND TALES

Don Hoecker

PRODUCTION

Joe Hoechner

COVER

Don Hoecker

Joe Hoechner

DEADLINES FOR AUGUST TRIANGLE:

Articles.....July 16

Trips.....July 23

Production....July 30

CHANGE OF ADDRESS:

Please contact Pittsburgh Council if you have a change of address so you will continue to receive your Triangles. Send to above address, attention: Don Hoecker.

ACTIVITIES BOARD MEETING:

The monthly meeting of the Activities Board will be held on July 1, 1981 at the home of Jeri Walsh, 1712 Wightman St. in Squirrel Hill. (near Forbes) Meeting starts PROMPTLY at 8:00 pm. ANY AYH MEMBER IS INVITED TO ATTEND ACTIVITIES BOARD MEETINGS...and it is a good way to get more involved in your Council.

* - * - * - * - * - * - *

SPECIAL THANKS.....to CAROLE SHANAHAN for the excellent job done in coordinating the Morgantown Weekend, 1981... All went well and smoothly(except the weather, as usual...) ...but can't we bring our rubber duckies next year?.....

NOW IS THE TIME TO GET INVOLVED

The Pittsburgh Council of the American Youth Hostels is dependent upon the **VOLUNTEER** efforts of those who unselfishly devote much of their time and effort in order that we can enjoy a high degree of success in a variety of programs.

These people need your help and will gladly answer any questions you may have concerning how you may strengthen a program in your area of interest.

Please inform the respective chairperson(s) or myself about which activities interest you. If you feel you have some time to help out but are unsure about where you may fit in, please contact me at the numbers listed below.*

CURRENT OFFICERS should express their intent to continue or withdraw from office for the coming year so that the nominating committee will have the adequate time to fit available personnel with the offices which will be vacated. See Barry of a member of the nominating committee.

THANK-YOU.

Barry Governor, Pres.
* 421-7114(h)
481-3300 x 373 (w)

FOR SALE: Downhill skis, boots and poles. **AVOID THE RUSH---**call Joe Hoechner for details 373-3403.....

JULY SLIDE SHOWS:

- July 2--Martian landscapes and keyholes of Utah by Dennis Schmidt.
- July 9--Marion Cardani, Hiking through the Highlands. Scottish, that is.
- July 16--More exciting canoeing adventures from various trips.
- July 23--Our first caving slide show by Don Bartchy.
- July 30--Out of this world surprise from Joe Hoechner and Bob Goff.

From the Activities Board

Minutes of June 3, 1981 Meeting

Secy.: Marla White

Cycling: There was some participation in the Easter Seals Ride. Kathy Reilly is working on the logo for the new bicycling jersey which may be available in July. The SPRPC rejected our request for funding for the writing of a bicycle commuting brochure, but we will reapply.

Environmental Action: Petitions to remove Interior Secy. Watt are available. A petition is pending to increase oil production in the Allegheny National Forest where we are participating in the River Study; AYH will protest the increase.

Franchise: A new list of pass-selling agencies will be published in the Triangle. Fanzio Travel is new on this list.

Special Projects: The October picnic will be in Riverview Park.

Trails Coordinator: Corps of Engineer plans for the Jough Lake are to make it the last link in a total trail system connecting W. Pa. with N.Y. and Maryland. The Sierra Club is prominent in the Penn Canal Trail development connecting with the Baker Trail at Crooked Creek. Baker Trail repair hikes are continuing; backpacking trips to repair the northern section are possible.

Hostel Development: Possible New Bethlehem site is 3 miles from the Baker Trail, and 15 miles south of Clarion in the Red Bank Valley Municipal Park.

Hostel Operations: Ohiopyle made money for the first time this year in May; there are reservations for 110 overnights in June. The DER will use Ohiopyle Hostel June 14. Gilmary Hostel was written up in the Press but there have been no overnights.

Headquarters Relocation: AYH has received an invitation to rent space at Station Square, or it could bid on Davis School with the Board of Education, or contact the Squirrel Hill Coalition for space in Wightman School.

Old Business: Chris Reid is working on the Cookbook. Eileen Hull needs a replacement for answering service June 12-Aug. 1.

New Business: Clarification is needed from the Board of Directors regarding the appointment of a nominating committee. AYH insurance will be changed from CNA to Hartford Mutual as of July 1 and the cost will increase to 0.20/person/trip. Current membership by National's figures is 1304. Board of Directors Meeting will be Tuesday, June 9, at 8 pm at the home of Claudette Falkenham. Activities Board Meeting will be Wed. July 1 at 8 pm at Jeri Walsh's, 1712 Wightman St.

New Chairpersons: Becky Soisson is the new Canoeing Chairperson and Susan Krotec will help with scheduling. Scott Hill is the new representative of the Caving program to the Activities Board. Re a question about certifying a new climbing leader: any new leader would have to have AYH climbing experience.

ATTENTION PADDLERS !!! (2nd chance)

CANOE - KAYAK - RAFT

AYH Pgh. Council, in conjunction with the Three Rivers Paddling Club, again has made arrangements for a group discount purchase of throw line safety bags from Wildwater Designs. So if you missed out the first time here's your second chance.

These throw line bags are an important safety item that should be carried by paddlers on all trips. The bag is made of nylon, has a flotation disk and contains 65 feet of polypropylene line. The typical Pgh. retail price is about \$27.00, but they will cost us only \$17,

through group purchase. If you are interested, send your name, address, phone number and a check (payable to AYH Pgh. Council) to Ray Yutzy, Kayak Chairman. Bring the order to Thursday night meeting or send it to: AYH Headquarters
6300 Fifth Avenue
Pgh. Pa. 15232

Order must be received by Thursday, July 16.

The more paddlers with safety lines on a trip, the safer for all. So, if you do not have one already, now is the time. If you have one, since many rescues need 3+ lines, two are not too many !!!

BICYCLE TOURING

by Chuck Ejzak
Cycling Chairman

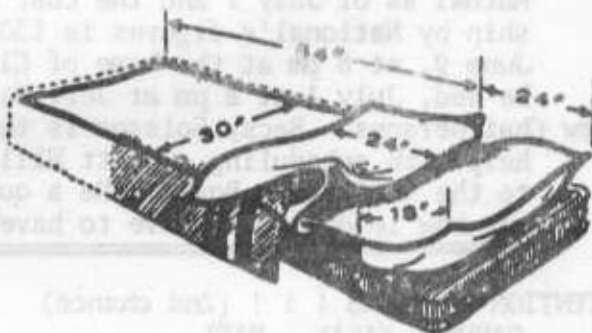
If you have not planned your vacation yet, why not consider taking a bicycle tour? Bicycle tours may be very inexpensive, costing no more than the food you eat, to a little more lavish where you go on a trip led by a commercial bike trip organization. The commercial trips require no special equipment except for your bicycle and a seat or handlebar bag to carry things you may need during the day. They travel pre-scouted routes that usually offer an optimum of good scenery, light traffic and good roads. They have another key benefit since they provide you with other people to ride with. Trips are typically one week or two in duration and costs vary. See the bulletin board and the various cycling magazines for names of these groups. It may not be too late to register for a trip.

For those who would rather tour on their own, the possibilities are endless, but you will need some extra equipment: namely a rear carrier, a set of panniers, sleeping bag, a tent or tarp and cooking gear.

The next step is to choose a route. Some states, such as California, Oregon, Washington, North Carolina, Wisconsin and Ohio have mapped touring routes. These routes, like the commercial bicycle touring companies, offer great scenery, low traffic and reasonable terrain. Bikecentennial has maps or knows where to get them for trips all over the U.S., Canada and other parts of the world. If you do not like any of these or if you do not have the time to research, then get a good road map and list of campgrounds (both public and private) and go. You can always modify your route during your trip as you talk to other cyclists in hostels or bicycle shops. You can mix a designated route with a side trip or let your return route be one where you plan as you go. For instance, suppose you have two and

a half weeks and not a great deal of money (\$200 or less). One trip could be to leave from Pittsburgh and spend a night at the Fombell hostel (Camp Silver Lake). From there you can connect up the the Cardinal Trail and take it across Ohio. For the return trip, you could try your own route and take some of the scenic roads along Lake Erie, cutting south somewhere along the Eastern border of Ohio. By using a car or public transportation, your possibilities are limitless. When you plan your trip, be sure to leave plenty of time for sightseeing, rests and bad weather. For trips less than two weeks, try to keep average day to 35 miles or less unless you are in great condition. For longer trips, the average day could increase since you may want to spend entire days just riding but for shorter trips you will want to take a slower pace.

Bicycle touring offers a unique way to spend a vacation. The slower pace lets you spend more time to experience the land you are touring. Trips can be tailored to fit anyone riding ability, pocketbook and amount of available time.



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."

first aid 3

ACCIDENT WITH INJURIES: ACTION NOW

Part 5 in this series of articles on first aid in a wilderness setting deals with injuries to the neck and back.

Injuries to the neck and back are very important since they can produce serious consequences. The exact type of spinal injury is difficult to diagnose without x-rays and other specialized testing. Thus, handle all potential spinal injuries as if they were fractures. Before moving any injured person, keep in mind that a spinal injury may be present.

Any person with trauma to the face, head, neck or back is especially at risk for spinal injury. The trauma could be a fall, a blow, a motor vehicle accident, a diving or white water injury. The accident may product actual deformity of the bones (vertebrae) of the spinal column - either a fracture or dislocation- or may damage the spinal cord which lies within the spine column without damaging the vertebrae.

SIGNS AND SYMPTOMS OF A SPINAL INJURY

To assess a conscious patient for a spinal for a spinal injury, the rescuer should:

1. Ask the patient what happened. His recollection of how the injury occurred clues the rescuer in to the possibility of spinal injury.
2. Ask the patient if he has any numbness, tingling, or burning sensations in his hands and/or feet. If he answers yes, this could indicate an injury to the spinal cord.
3. Ask the patient if he feels pain when he moves.
4. Look for bruises, cuts, or deformities in the neck and back areas - without moving the patient.
5. Feel gently over the area of suspected injury for deformities or abnormal protusions. Complaints of tenderness or pain over an area should lead the examiner to suspect a spinal injury.
6. Ask the patient to wiggle both his feet and to squeeze your hands.
If the handgrasps are:
 - weak
 - unequal in strength
 - absent (patient not able to squeeze)suspect a spine injury in the neck area.
If the foot wiggles are:
 - absent
 - weak
 - unequal in strengthsuspect a spine injury in the neck or mid-back.

Inability to move normally(paralysis) may be permanent or temporary depending on the type of injury to the spinal cord.

7. Touch the patient's feet, legs, and hands in several areas. Ask him to say "touch" if he feels them. If he does not feel the touch or if he feels them on one hand or leg but not the other, he may have a spinal injury

To assess an **unconscious** victim for a spinal injury, the rescuer should:

1. Ask others what happened.
2. Look for bruises, cuts or deformities in the neck or back area without moving the patient.
3. Feel gently over the area of suspected injury for deformities or abnormal protrusions.
4. The best recommendation is to treat all unconscious patients as if they had a spinal injury.

In summary, the spinal cord allows us to:

- move arms and legs
- feel light touch
- feel pain

Any abnormalities in these areas could indicate a spinal injury.

MANAGEMENT OF SPINAL INJURIES

As in all other types of injuries, complete the primary survey before moving the patient by:

1. Opening the airway. If a spinal injury is suspected do not tilt the head back. Use the jaw thrust instead.
 - place index fingers of the hands behind the angles of the jaw in front of the ear lobe.
 - grasp lower jaw firmly and lift it forward and upward - a "chin lift" type of maneuver.
2. Checking for breathing. If the patient is not breathing, that is, if the chest does not rise and fall and if there is no breaths of air from the patient's nose or mouth, breathe for the patient:
 - keep the jaw lifted forward
 - make a tight seal over the victim's mouth
 - close the victim's nose with the rescuer's cheek.
 - breathe out into the victim's mouth(additional information about artificial ventilation will be discussed in a later article.)
3. Checking for a carotid pulse. The carotid pulse is found in the neck between the windpipe and the large strap muscles of the neck. If a pulse is present, continue to keep the airway open and breathe for the patient if necessary. If the pulse is not present, begin heart compressions. (a later article will discuss heart compressions.)

Begin the secondary survey by looking and feeling the scalp, skull, face, and neck. If any abnormalities are found, treat the patient for possible spinal injury. If there is any drainage from the ears or nose or any head injury, treat for possible spine injury.

If you suspect a spinal injury after examining the head and neck, stop the secondary survey for a moment. Immediately, immobilize the head and neck to prevent accidental movement which could aggravate the injury. To immobilize the head and neck:

- have one rescuer apply a steady gentle pull to the victim's head by placing his hands along the sides of the head and keeping the head in line with the spinal cord. If the neck is bent do not straighten it to make immobilization easier - splint it in the position it is found. Move or straighten the neck only if necessary to open the airway, that is, only if the jaw thrust does not open the airway.
- a second rescuer stabilizes the neck with rolled towels, a rolled jacket or a blanket roll wrapped around the neck. Do not move the head when placing the neck support.

After immobilizing the neck continue with the secondary survey (See the April, 1981, Triangle). Once the secondary survey is complete and all other injuries are treated, the victim is ready to be "packaged" for transport to a hospital.

The spine injured patient must be transported on a head-to-waist or head-to-toe rigid support such as a toboggan or a packboard or skis lashed together. To place the patient on this rigid support, he must be log-rolled. One person maintains the head traction with hands alongside the patient's head. Four or five other people slightly roll the patient to one side while the rigid support is slid beneath the patient. While the victim is being rolled, the head must be kept in line with the rest of the body and not permitted to flop forward or backward or tilted to either side. The rest of the body should also be kept straight. In other words, move the body and head as a rigid unit like a log. Once the victim is on the rigid support, strap him to the board with straps, rope, tape or roller bandage.

If a rigid support is not available, roll the victim onto a blanket face down and drag to safety. Be careful not to block the patient's airway. The blanket drag is a last resort. A rigid support is the preferred method.

GETTING DOWN THIS SUMMER?

If you are a cyclist head out to Maine with "Down East Bicycle Tours." Run by former Pittsburgher Art Greif the typical day's ride can be from 35 to 65 miles depending upon your ability. From the rocky seacoast to the rural valleys you can cycle Maine at it's best. For more info. write to: D.E.B.T.

P.O. Box 473

Portland, Maine 04112

or see Sally Brunson at any open house.

VINTAGE CANOE FOR SALE

16' Peterborough - 1954 wood and canvas canoe made in Ontario, Canada. Make-offer. Ron James- 561-4827.

Once again the annual Morgantown Hostel Weekend was a big success (splash?). Once the fog lifted, Saturday trippers headed out to various places: Laurel Caverns (to dry out), downtown Morgantown to an afternoon cartoon matinee (and to dry out) and down to the Cheat River to watch the trees race by. One possible activity that did not take place was mud wrestling despite the great potential in material. Perhaps next year.....
(Best Bet: cavers!)

Hostel Storekeeper Joe Hoechner promises to have the new council T-shirts available this month. Color is to be a medium blue with the AYH, etc., in black ink. Best part is that they are a 50/50 fabric which means very little (if any) shrinkage.

JULY TRIPS AND TRAILS

The trips listed here 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 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 the water sports and bicycling.

CLIMBING Chairpeople: Woj-322-4524 Bill Skallos 921-5695 Jeri Walsh 422-9686

All beginners must sign up for climbing trips--there is a limited number of beginners on each trip. You will need a pair of ratty tennis shoes, water bottle, lunch, a rain poncho(so it doesn't rain) and a funny looking hat. If you have a pair of leather work gloves, they will be useful in belaying.

- fri july 17-
sun july 19 INTER- Seneca Weekend at Seneca Rocks in West Virginia. Only those who have participated in AYH climbing trips previously will be permitted. Call Woj, Bill or Jeri to reserve.
- sun july 26 BEGIN- The summer is waning--get those climbing tootsies moving if you haven't been out yet!!!! Trip will leave from HQ at 7 am with the usual breakfast stop. Call any of the above to reserve.

CAVING Chairpeople: Norm Snyder 351-4068 Scott Hill 682-1270

- sun july 12 BEGIN- Visit a local cave with Scott and Peggy Hill. Leave HQ at 8:30 am. Call 682-1270 to reserve.
- sat july 18 BEGIN- Join Norm Snyder on a beginner cave trip. Need a partner for my 11 year old daughter. Call 351-4068 to reserve between 6 and 7 pm.
- sat july 25 BEGIN- trip to a W. Virginia cave. Leave HQ at 7 am. Call Scott or Peggy Hill. 682-1270.
- sat aug 1 BEGIN- trip to a local cave. Leave HQ at 8:30 am. Call Scott or Peggy Hill. 682-1270.

RAFTING Chairperson: Paul Kammer 843-5152

Bring a lunch, change of clothes and tennis shoes. A windbreaker and/or wool sweater is also recommended.

- sun july 5 Yough(tentative). Leave HQ 8 am. Call Shirley Sedmak at 441-6538 to reserve.
- sat july 11 Yough. Leave HQ 8 am. Call Norm Snyder to reserve. 351-4068.
- sun july 12 Float/Loaf/Swim Family trip along the 'easy' Yough, from Confluence to Ohio pyle. Meet at HQ at 8:30 pm. Call Joe Hoechner to reserve. 373-3403. Keep trying!!!
- sat july 18 Yough. John and Lori Orndorff 244-0746. Leave HQ 8 am.
- sun july 26 Cheat, if water, Yough if not(?). Gus Hughes 421-4066. Bob Van 833-8486 Will leave HQ at 8 am.

HIKING

Chairperson: Kathy Reilly 687-6160(h) 281-7833(w)

Bring lunch, raingear and cash for transportation and trip fees.

- sat july 11 ADV- Possible advanced trip to Cooper's Rock area. Rugged trip with beautiful scenery. If interested, call Kathy Reilly at 687-6160.
- sun july 12 INTER- Hike with Mike and Marta Hurwitz, destination undecided. They will meet at HQ at 8:30 am. Call 422-9204.
- sat july 18 BEGIN- Start the day with a hike at McConnell's Mills. After lunch travel to Moraine Park for an afternoon swim. Call Wayne Albright to sign up at 421-0996. Meet at HQ at 8:30 am.
- sun july 19 INTER- Hike along section 5 of the Baker Trail, about 10 miles. We'll meet at HQ at 8:30 am. Call Kathy Reilly to reserve. 687-6160.
- sun july 26 INTER- Join Shirley Sedmak for a 10 to 12 mile hike on the Laurel Highlands Trail. The trip will meet at HQ at 9 am. Call Shirley at 441-6538.

BACKPACKING

Chairperson: Steve Martin 462-5000 x 6185 (w) 469-3153 (h)

- sat july 11-
sun july 12 EASY INTER- Dolly Sods area. Approximately 6 miles/day. Swim in a mountain lake. Leave HQ 7 am, saturday. Call Dick Nugent at 487-5549(h) or 487-4500 x 340 (w).

KAYAKING

Chairperson: Ray Yutzy 929-4443

Basics: Similar to Canoeing.

Rentals: A limited number of Kayaks are available to reserve through the trip leader. Kayaks are welcome to paddle with canoe trips--reserve through trip leaders.

- fri july 3-
sun july 5 New River, W. Va.--Ray Yutzy. 929-4443.
- mon july 6-
sat july 11 North Carolina (trying again). Class 3-4 trip--limited space. Car camping. Ray Yutzy 929-4443 or Carol Davis 821-8047.
- tues july 14 Mid-week kayak trip or school as trippers request. Ray Yutzy 929-4443.
- sat july 18 Intro kayak school for Beginners. Ray Yutzy 929-4443.
- sat july 25 Whitewater I Kayak School. Ray Yutzy 929-4443.

CANOEING

Chairperson: Becky Soisson 244-1151

Basics: Lunch in a 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. Schools and trips meet PROMPTLY at 8 am at HQ.

- fri suly 3-
sun july 5 Class III trip--New River, W. Va. Car camping. Ray Yutzy 929-4443.
- sat july 4 Class I trip. Norm Snyder. 351-4068.
- mon july 6-
sat july 11 North Carolina(trying again) Car Camping. Ray Yutzy. 929-4443.

CANOEING.....continued.....

sat july 11 Whitewater I School--Gordon Bugby. 371-4233 before 10 pm.
sun july 12 Class II trip--Jim Gogots. 384-9149.

fri july 10-
sun july 12 Learn to Sail at Pymatuning Lake sponsored by the Pittsburgh/Allegheny
County Chapter of the American Red Cross. Call Fred Parker. 824-2638.

sat july 18 Class I-II trip. John Kurtz. 421-3962.
sun july 19 Solo Paddling School--Dave Marschik. 327-2778.

sat july 25 Whitewater II School--Jim Roberts. 539-7599 before 9:30 pm.
sun july 26 Intro School--Leader needed. Call Becky to volunteer.
sun july 26 Class I-II trip. Leader needed. Call Becky to volunteer.

wed. july 29 Middle of the week special--Class II trip...Kathy Lynch. 327-0529.

sat aug 1 Flatwater trip. Dick Nugent. 487-5549
sun aug 2 Class I trip. Oscar Mayer will lead. Families welcome. Call
Becky to reserve. 244-1151.

sat aug 1-
sat aug 16 Canada trip. Class III-IV. First week features River Rouge-Mont
Trebant Provincial Park-Quebec. Second week-Jacques Cartier River-
Laurentides Provincial Park-Quebec. Trip size limited. Canoe
camping. Dave Marchik. 327-2778. or Ray Yutzy 929-4443.

***Additional trips may be scheduled for available boats on the basis of interest at
the Thursday night meetings.

SPECIAL TRIP

sept 25-
oct 4 Join Norm Snyder on a trip out West to a seldom visited canyon with
over a hundred Indian cliff dwellings over 400 years old. We'll also
backpack in Colorado. Call 351-4068 between 6 and 7 pm.

BICYCLING Chairpersons: Chuck Ejzak 327-5031 Lynn Gogots 384-9149

Bring a 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.

WORKSHOP---Ever think about bicycle camping? Come and learn what you need to know.
Chuck and Lynn will conduct a bike camping workshop at HQ on Wednesday, July
8th at 8:00 pm. For more information, call Harriet Ann Seiner at 681-1189.

FUTURE CYCLE TRIP--Labor day weekend- Anyone interested in spending the holiday at
Niagara Falls? We would stay on the Canadian side at the Youth
Hostel. We would avoid the tacky traffic areas and daytrip along
the river valley into the countryside. To express interest call
Joe Hoechner at 373-3403.

SPECIAL EVENT FOR CYCLISTS- City of Pittsburgh 'Great Ride'. Free t-shirts, soft drinks!
Meet 9:30 am, Sunday July 12 at Flagstaff Hill in Schenley
Park. Bring your bike! Call 255-2355 for more information.

BICYCLING continued

EVENING CYCLES:

Tuesday

July 7 Lou Conley 681-8321

July 14 TBA

July 21 Alan Fritz 795-1919

July 28 Lou Conley 681-8321

Thursday

July 2 Fred Parker

July 9 Harriet Ann Seiner

July 16 TBA

July 23 Marla White 362- 5490

July 30 Judy Menosky 731-8212

fri July 3-

sun July 5

MDC- Midwest Double Century. A-B. Wapakoneta, Ohio. Here is an opportunity to impress your friends. Ride 200 miles in less than 24 hours. Also a double metric(124 miles) and a single metric(62 miles) available. See Chuck or bulletin board for more details.

wed July 8

Bike camping seminar. HQ at 8pm. Everything you always wanted to know.....but were afraid to ask. Bring your questions and a friend.

sat July 11

sun July 12

B+. 40-50 miles with Lou Conley leaving HQ at 9:30 am. 681-8321.
C. Bike Series II. Join Alan Fritz (795-1919) at 9 am for a ride from Elizabeth to Donora. 25 miles.

fri July 17-

sun July 19

Gettysburg Weekend with Mike and Marta Hurwitz. Leave HQ 6:30 pm Friday and return in the late afternoon on Sunday. Bring sleeping bag or sheets, swimsuit and \$35.00. Sleep at Gettysburg College. Call 422-9204 to reserve.

sat July 25

sun July 26

B+. 50 miles with Kevin Craig. Meet at HQ at 8:30 am. Call 488-7255 (h) or 434-4272(w).
C. Bike Series III. 30-35 miles in Washington County with Larry Cole. 823-1026. Leave HQ by 9 am.

TOUR ALONG THE SOUTHERN SHORE OF LAKE ERIE. Anyone wishing to go on T.A.S.S.L.E. on September 26-27, pick up application on bulletin board and give it to Chuck or Lynn by July 9 for group discount.

CORRESPONDENCE CORNER.....

Lois Schipper will be starting a two-year (and then some...) stint with the Peace Corps in August. She would like to hear from her AYH friends. Her address after August 10th will be:

Lois Schipper
B/C Corps de la Paix
B.P. 222
Novakchott, Mauritania.
West Africa

Lots of luck, Lois!

FOR SALE: Downhill skis, boots and poles. Avoid the rush!!! Call Joe Hoechner for details at 373-3403.

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. Allow 3-4 weeks for delivery by third class mail. Enclose an additional dollar for first class mail. (Note: Membership sells International Hostel Guide to Europe for \$5.00 by mail and for \$4.00 at Headquarters.)

Name _____ Phone _____

Address _____ New?/renewal? _____

Zip _____ Birthdate _____

Check one:

- | | |
|--|--|
| <input type="checkbox"/> \$7.00 Youth (under 18) | <input type="checkbox"/> \$35.00 Three-year Senior |
| <input type="checkbox"/> \$7.00 Senior Citizen (60+) | <input type="checkbox"/> \$35.00 Organization (non-profit) |
| <input type="checkbox"/> \$14.00 Senior (18-59) | <input type="checkbox"/> \$140.00 Life |
| <input type="checkbox"/> \$21.00 Family | |

Please circle one or more:

Service: Newsletter, Hostel Development, Bicycling, Publicity, Trail Maintenance, Equipment Repair, Auditor Service, Typing, Art Work, Membership

Leadership: Backpacking, Cycling, Canoeing, Caving, Climbing, Hiking, Cross-country Skiing, Rafting.

Pittsburgh Council
AMERICAN YOUTH HOSTELS INC.

6300 FIFTH AVENUE
PITTSBURGH, PA. 15232



RETURN POSTAGE GUARANTEED

ADDRESS CORRECTION REQUESTED

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vacations call toll free 1-800-323-1717

