

A line drawing at the top left shows children playing with a kite and a ball.

golden triangle ayh

A line drawing at the top right shows children playing, including a boy running, a girl jumping, and two boys on a bicycle.

pittsburgh council, american youth hostel, inc.

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MING LA MARN

PORTRAIT OF A WHITE-WATER CANOEIST

ACCIDENT WITH INJURIES: ACTION NOW

Allen, Dave and Freddie enjoyed a fantastic autumn climb up Gooseneck Peak, highest and most distant mountain in the Gannett Range. On the way down, Freddie slipped on some loose, wet rocks. Somehow, his foot caught under a rock, which held it, while the rest of his body kept on going. The pain was immediate. The foot turned out at a 10° angle. Freddie could not move the foot back to its correct position.

How would you react if you were with Freddie on that trip? As a trip leader or group member have you ever been confronted with an injured companion? Did you know what to do and how to do it? In brief, are your first aid skills up to date?

Most of the time, the hosteller encounters minor injuries where the victim is close enough to "civilization" so that reaching the hospital is merely an inconvenience. On occasion, though, medical care is really inaccessible. Sometimes the victim is badly injured. This person needs action now to avoid becoming one of the statistics revealing that accidents are the number one killer of people between the ages of 1 and 35 in the United States.

Hopefully, this series of articles will provide a framework for action by the trip first aider. This article will deal with determining the seriousness of an injury and other article in the coming months will cover first aid measures for some of the commonly occurring injuries in outdoor activities. The articles do not replace more formal first aid training nor do they turn the hosteller into an Emergency Medical Technician. The series attempts to supplement and update the skills most adults already have.

Triage: Deciding What To Do

Before beginning emergency care, the first aider assesses the situation to determine what care is needed and in what order the care should be rendered. A cut finger does not have the same priority as a head injury. A screaming, hysterical victim should not automatically receive attention just to quiet him or her when another victim lies quietly bleeding to death.

The decision about who to treat first and what injury to treat first is known as triage, from a French word for choice. When an accident occurs, the first thing for the first aider to do is to look at the situation to make sure there are no environmental hazards that will immediately threaten his life or the life of his victim(s).

Injuries involving the airway and breathing, the circulation and heart, and hemorrhage receive priority over all other injuries--and receive priority in that order. First, make sure the victim is breathing. Next, make sure the victim has a pulse. Third, make sure he is not bleeding to death. Only after these three things are checked and treated does the first aider move on to the secondary injuries.

The highest priority injuries require prompt care to prevent death. These injuries are:

1. Airway problems and respiratory arrest
2. Cardiac arrest
3. Severe bleeding
4. Major chest and abdominal wounds
5. Poisoning
6. Heart attack
7. Shock

Middle priority injuries are serious but not immediately life threatening. These injuries include:

1. Burns
2. Major multiple fractures
3. Back, neck and spinal cord injuries

The lowest priority injuries include:

1. Minor fractures
2. Other minor injuries
3. Obviously dead patients

4. Obviously mortal wounds in which death appears reasonably certain (e.g., a climber who fell 100 feet and landed on a sharp rock who has obvious head injuries and a crushed chest)

Patient Assessment: Deciding What the Injuries Are

How does the first aider determine what the injuries are? Naturally, if the victim is conscious, the rescuer can ask him. If the victim is unconscious or unable to speak, the rescuer must look for the injuries. Determining the extent of injuries involves a primary and secondary survey. The primary survey is a search for immediately life-threatening emergencies: airway, circulation and hemorrhage. The secondary survey seeks other injuries that do not pose an immediate threat to life. The following discussion on the primary and secondary surveys provide some understanding of the procedures but can not substitute for actual hands-on practice.

Primary Survey

First, check for adequate breathing. If the victim does not have a neck injury, open the airway by tilting the head back. Place one hand on the patient's forehead and one hand beneath the patient's neck. Push up with the hand under the neck while pushing down on the forehead. At the same time

1. Look for rise and fall of the chest
2. Listen for the exchange of air at the patient's mouth and nose
3. Feel for the movement of air at the patient's mouth and nose

If the patient is not breathing, breathe for him by beginning mouth-to-mouth or mouth-to-nose ventilation. Do not hesitate. Every second is critical since brain cells begin to die within 4 to 6 minutes after their oxygen supply is cut off. If the patient does not start to breathe on his own after four ventilations, go immediately to the next step. (Mouth-to-mouth ventilation will be discussed in more detail in another article.)

The second step in a primary survey is to check for a pulse. Determine whether or not the patient's heart is beating by feeling the carotid pulse in the neck. Place your fingers on the patient's windpipe and slide your fingers off to the side of the neck. The carotid pulse lies in front of the big strap muscles in the neck. Do not reach across the neck while feeling for the pulse. If the pulse is present, continue mouth-to-mouth ventilation until the patient starts to breathe on his own. If there is no pulse, start cardiopulmonary resuscitation (CPR) immediately. (CPR will be discussed in a later article).

If the patient has a pulse and is breathing on his own, check for severe bleeding. Control severe bleeding by direct pressure over the wound and elevating the extremity. Use your hand to apply the direct pressure. Do not waste time looking for sterile dressings, pressure points and the like.

Accident with Injuries Continued

At this point, basic life support measures should have stabilized the patient. Now the first aider can focus his attention on the other obvious injuries and treat them in the order of their importance. When the obvious injuries are treated, the secondary survey begins as the first aider looks for any non-obvious injuries.

This series of articles is being written by Lurana M. Patterson, R.N., R-EMT an AYH member and an Emergency Care Nurse Specialist with the Emergency Medical Services Section of the Western Pennsylvania Regional Medical Program. This series is in response to the feelings of several members that many conventional first aid courses lack certain features that a hosteller might need if confronted with a serious emergency in a wilderness setting. The contents are solely the responsibility of the author and are in no way the responsibility of the Western Pennsylvania Regional Medical Program, the Health Services and Mental Health Administration, or the Department of Health, Education and Welfare. This article may be reprinted only with the written consent of the author. Next month's article will deal with the secondary survey.

COMMITTEE SEEKS NEW NATIONAL DIRECTOR FOR AYH

A widespread search is underway to find a new national Executive Director for American Youth Hostels. A committee appointed by National Board President Jack Campbell is looking for an outstanding person to assume that position and head the staff at the National Campus, Delaplane, Virginia.

The job apparently agrees with most people because since its founding in 1934, AYH has changed executive directors rather infrequently. The last person to hold the job, Frank Cosgrove, headed AYH for 10 years, leaving Delaplane late last year. Justin Cline, a 40-year veteran of AYH service, is currently serving as Acting Executive Director.

The search committee has placed ads in professional magazines and listed the job with executive placement services, but it is also seeking suggestions from active hostellers, councils and AYH-oriented people.

A comprehensive job description is available. For information, or to submit a resume, mail should be addressed to Dick Leary, Chairman, Executive Search Committee, 538 Garden Avenue, Webster Groves, MO 63119. Applications should be in hand by the end of June.

The Golden Triangle is a monthly publication of the Pittsburgh Council, American Youth Hostels, Inc.; 6300 Fifth Avenue; Pittsburgh, PA 15232. Phone 362-8181 Thursday evenings only.

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HOSTEL OF THE MONTH

Rising Waters Youth Hostel

Rising Waters Youth Hostel is located in the heart of the Pocono Mountains in Bushkill, Pennsylvania. One hostel is located within a day's cycling distance (35 miles) and another within a day's hike or ride (15 miles).

The Rising Waters Youth Hostel is operated by AYH on a Special Use Permit from the National Park Service. The hostel consists of a cluster of four cabins and recreation hall. Each cabin sleeps eight and has its own shower and toilet facilities. The recreation hall has complete kitchen facilities with dining area. In the winter a fire in the fireplace lends a cozy atmosphere to an evening of games or songs around the piano. Churches and the Bushkill General Store are located within a mile of the hostel.

In the summer you can swim in either a pond or fast running stream located directly across the street from the hostel. There are plenty of back roads for cycling and acres of woods for hiking. On the hostel grounds there is a net for volleyball or badminton and room to play softball. Canoes can be rented in nearby Dingmans Ferry for canoeing on the Delaware River. Within two miles there is year round horseback riding, tennis, and ice skating. One might also visit Bushkill Falls located .75 mile from the hostel.

In the winter there are several major ski areas located within an hour's drive. Two miles from the hostel there is an area with a small ski slope and tobogganing area.

For a fun visit to Rising Waters, call or write for reservations to:

Ted and Diane Pollis
Box 223
Bushkill, PA 18324
(717)-588-6394.

BICYCLE TRIP EQUIPMENT LIST

The following is a suggested list of bike equipment for touring adapted from the latest Hostel Guide and modified by hard experience. The items are listed roughly in order of importance.

- spare tube
- 3 tire irons
- 4-inch adjustable wrench
- small screwdriver
- small needle-nose pliers
- with wire cutter
- cloth friction tape
- rear brake cable
- rear derailleur cable
- brake blocks in holders
- with nuts and washers
- oil can
- tire pump
- tire repair kit
- wiping cloth or gloves

Trip leaders should add:

- chain rivetter
- spare chain links
- roll of soft wire
- bolts and nuts
- spokes
- spoke wrench
- first aid kit
- locking system

CANOE REGATTA SCHEDULED

A canoe regatta on the West Branch of the Susquehanna River from Milton State Park to the Shikellamy State Park Marina is being planned for Saturday, July 12 at 1:00 P.M. Rain date is July 19, also at 1 P.M.

The race will be limited to open canoes only with two persons in each canoe. There will be three categories: men, women, and mixed. Minimum age is 11 years, but one crew member must be at least 14. There will be three winners in each event, with trophies for all the winners. Coffee, soda, and donuts will be provided for all contestants at the Marina when each canoe finishes. For applications or more information contact the Lewisburg Chamber of Commerce, Box 13, Lewisburg, PA 17837.

DAVE'S CYCLE TRIP HINTS

--You're not really ready for a long day trip unless you can:

- 1) Repair a flat tire by yourself
- 2) Adjust front and rear derailleurs
- 3) Adjust brakes and change blocks

-- Best bike repair book for non-pro is probably "Derailleur 5, 10, & 15 Spped Bicycle Repair" (Xyzyx Consumer Aid. \$3.95)

-- Schwinn sells an excellent luggage rack (the aluminum one that fastens to the saddle post tightening bolt.) And the Schwinn 90 psi "LeTour" tire is superb

-- Aside from blown tires, most trip delays are caused by jammed chains. These invariably result from improper downshifting while going up hills. Derailleurs will always jam if you shift while your weight is on the pedals. You must overspeed and coast for just a second before shifting. This takes plenty of experience. Practice at home, on a steep hill, not on the trip.

-- Best foul weather gear is a water-proof, short, hooded jacket. You'll sweat inside, but the icy water will stay outside. Dave recommends the Lightweight Rain Parka sold by Recreational Equipment in Seattle.

-- Chamois-lined knitted shorts are worth the investment if you cycle a lot. Wool knits are better than nylon.

--A chain lubrication system that works:

- 1) Soak chain in paint thinner in 3 pound coffee can
 - 2) Wirebrush and wipe it clean until its clean enough to take to bed with you
 - 3) Soak chain for a couple of hours in automatic transmission fluid (any kind) in another coffee can
 - 4) Let chain drip dry for couple of hours
 - 5) Wipe chain thoroughly dry.
- Lubrication is on inside where you need it. Keep outside clean.

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PITTSBURGH, PA 15229

(WEST VIEW)

EXTENDED TRIPS

Joe Hoechner seeks 6-8 people for a one week tour of rural Long Island, New York, sometime in July or August. Cost would be about \$25, includes free campsites and gear shuttle. Minimum age 19. For info call Joe @ 343-2465.

Terry Burkhalter, houseparent at the Mennonite Church Center Hostel, is seeking an experienced AYH raft trip leader for a private trip mid-week in July. This would be at Ohio pyle for a group of adult counselors and teenagers. All of the leader's expenses would be paid. Please contact Terry @ 423-2056 (days) and Gordon Bugby @ 371-4233 to set an available date.

We received a letter from David Perlman, a member of a Boston cycling club, who is planning to cycle from New York City to the West Coast this summer. He will be in Pittsburgh and is interested in a companion to complete the trip. Ask Mary Giventer for details.

LAW AND YOU

A bill, PN 155, has been introduced in the Pennsylvania legislature which would protect rare and endangered wild plants. Entitled, the "Rare and Endangered Wild Plant Act", it provides for "private wild plant sanctuaries", protection of sensitive wild plant areas, and further protection by prohibiting the taking, possession, transportation, exportation, processing or sale of endangered species unless it is for preserving the species. It creates a license procedure for wild plant conservationists and also calls for the education of the general public as to the value of wild plants.

The Department of Environmental Resources would conduct studies to determine which plants should be classified as rare and endangered, determine necessary management measures for the plants to sustain themselves and issue regulations.

The bill would establish a "Public Rare and Endangered Wild Plant Conservation Fund", money for which would come from fines, license fees, penalties and special appropriations. \$50,000 would be appropriated to DER for fiscal year 1975-June 1976.

Persons guilty of violating provisions of the act would be subject to fines of not more than \$200 if they are unlicensed, or, if licensed, not more than \$100, have their license revoked, or both.

The Appalachian Trail in Pennsylvania is also an endangered species. There are about 48 miles of this trail which are threatened to the extent that a landowner could actually sever the 2,000 mile footpath. In 1968 the National Trails System Act was passed, but it can not be implemented until enabling state legislation is passed. Such legislation, SB 143 and SB 144, has now been introduced into the Pennsylvania Senate. Similar legislation was introduced last year and failed to pass, largely due to lack of interest.

PITTSBURGH AYH T-SHIRTS?

Would you like to show the world (or at least the city) of your affiliation with Pittsburgh Council?

Pittsburgh Council has the opportunity to secure "custom designed" T-shirts for AYH members. These would include local council identification as well as the AYH identification which is now available on T-shirts sold by New York council.

Membership response is needed before an investment would be made. What type of design would you like, what color shirt?

The cost of production increases as you go from a plain white shirt to colors and also increases with designs on both the front and back.

If you have an idea for a design please sketch it out on an 8½" by 11" sheet of paper. Also include your color choices (shirt and design), sizes, quantities you would be interested in, price range acceptable, etc. Give or mail your design to Joe Hoechner at headquarters. Be sure to include your name and phone number.

WANT ADS

For Sale: Seldom used Vasque hiking boots. Men's size 8. Call 243-2710.

For Sale: Holdsworth 10 speed bike--\$300. A-1 condition. For more information call Jack Phillips 782-1341 evenings.

For Sale: Experienced vertical seam Hugo C-1 wants new home and master. Needs some work. Call Roy Weil, 681-5131.

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TIPS AND TALES

Hikers, beware of products for waterproofing boots that contain petroleum or petroleum derivatives. The soles of most boots are stitched with nylon - petroleum tends to stretch nylon, allowing leakage through the stitching. Also, it may loosen the cement that bonds the vibram sole. The best waterproofing is wax-based and safest to use. A tip from your sadder but wiser hiking co-chairman.

Planning to buy a new tent this season? Make sure it is a new tent. New government regulations require that all tents made from now on be fire-retardant. This treatment adds an ounce or so to the weight and a few dollars to the price. Make sure you check for the fire-retardant quality before purchasing.

Three display panels are hanging in the entrance of the headquarters building. Some of the space is for pictures of current AYH activities. If you want to share some of your pictures with other members, give them to Jim Roberts at Open House. They will be returned.

AYH life preservers are only one season old. They are not to be used for kneeling pads. Use other objects for kneeling pads.

This season we will try to eliminate some examples of "sexism" which have existed on some trips. This is particularly noticeable on river trips where the cry of "man overboard" can be heard. This will no longer be tolerated. From now on if someone goes over the side, the cry should be "person overboard". Rescues will not commence until everyone is using the correct terminology.

When looking for new areas in which to hike remember to forward the details of the hike to Cliff Ham or Bruce Sundquist for use in a future Hiking Guide.

EASTERN REGIONAL MEETING

Roy Weil, Cliff Ham, Marilyn Ham, Larry Giventer and Mary Giventer represented Pittsburgh at the Eastern Regional meeting held April 25-26 in Washington, D.C. Roy Weil is serving, and at this meeting was reelected, as Eastern Regional Vice President.

Saturday was devoted to workshops on such topics as organization, hostel development and the council presidents' meeting. With national staff members serving as resource persons, the workshops provided an opportunity for councils to discuss mutual problems and exchange ideas. From these workshops resolutions were generated for action Sunday.

Much of the business centered around the Eastern Regional Hostel Development Fund which was formed last year from voluntary contribution of member councils. Pittsburgh contributed \$200 to the fund, Boston \$700, Delaware Valley \$5. Boston expressed the feeling that since only Boston and Pittsburgh had made substantial contributions and no funds had been dispersed that the fund was not operational and requested its money be returned. After much discussion this request was defeated. It was reaffirmed to continue the hostel development fund with it being administered by a Hostel Fund Committee and each council again called on to participate to the maximum voluntary amount. Roy Weil, Eldon Housinger of Boston, and Ron Schreiber of Potomac Area will comprise the committee. Additionally it was voted to make a grant from the fund of \$397.56 to the Franklin County Hostel Club of New York for beds.

Other action included resolutions to form state hostel development committees whenever feasible and for councils to develop hostel development plans and hostel program needs to be compiled for guidance on a regional level. Despite all this business time was available for socializing and the meeting ended with a bike ride to Mount Vernon.

OPEN HOUSE

Open House is held every Thursday evening. Everyone is welcome, member or non-member. Doors open about 7:45 P.M. with the program starting around 8:45 P.M. Come and find out about us.

June 5 - From down below to up on top -- Caving in West Virginia and Costa Rica, with Barry Walker. A little volcano climbing thrown in for an added attraction.

June 12 - A varied program of Hiking and Backpacking in the East, in the West and up into Canada. George Bower is our host for tonight.

June 19 - White Water Canoeing - a slide show. Shooting white water in Vermont, New England, and Wisconsin with an occasional spill thrown in. Ted Singsen shows us how it's done - the canoeing, not the dunking.

June 26 - Under water slides with David Guthrie. John Pennekamp Underwater National Park, U.S. Virgin Islands, Glover's Reef and British Honduras.

EVENING CYCLE TRIPS

Trips leave the headquarters building each Tuesday and Thursday evening at 6:30 and return before dark. Be sure your bike has a flag for these trips on city streets. We usually tour the city bikeway, city parks, or city back roads. You should have a spare tube and be able to change a tire. Cost 25¢. We may be able to rent you a bike if yours is hung up. Call the leader to check.

Evening trip leaders for June:

June	Tues.	Thurs.
3,5,	Roy Weil 681-5131	Jack Batchelor 963-7868
10,12	Mike Hurwitz 731-1083	Dave Barbour 243-2870
17,19	Peter Krell 521-9239	Joe Hoechner 343-2465
24,26	Gary Ludwig 521-4964	Ray Rossi 364-5705.

CANOE POLING

Local paddlers are starting to discover the sport of canoe poling. A solo canoeist stands in the center of the boat and uses a long pole to control the canoe by pushing and jabbing against the bottom of the stream.

To introduce new people to the sport, there will be a trip for beginning polers on Saturday June 7 (see Trips and Trails for details). We will start in a shallow pool on a Class I Creek for an hour or so of practice and instruction, then pole upstream for a while, eat lunch, and pole back to the starting point.

The trip will be on a Class I stream, but you should have canoeing experience and confidence in your ability to "read" water, understand currents, and execute maneuvers (particularly upstream and downstream ferries). You will be alone in the boat, but it's not necessary to have solo paddling experience. If you're a capable stern paddler that's good enough.

A few poles are available for loan, but if you can find a hardwood pole 1 to 1½" in diameter and 12' long we will tell you what to do to its ends.

Details: Saturday June 7. Canoe poling, instructional trip to a Class I stream. Meet at headquarters at 8:30 with lunch, sneakers, change of clothes, and so forth. Cost: \$2.50 rental & approximately \$2.50-\$3.00 registration and transportation. Reservations required because of limited number of boats, poles and instructors. Call Roy Weil or Mary Shaw, 681-5131.

July Trips.

July 2-5 Don Levenson leads an advanced backpack in Quebec Run Wild Area.

July 4 - Barry and Peggy Walker lead a hike and walk-through cave trip.

See next month's issue for details.

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¢ for registration and insurance (\$500 medical) plus transportation costs and equipment rental. Call the trip leader to reserve or cancel or just for more information about the trip.

Please call during normal hours (6:30-9:30 PM) unless otherwise noted. Make reservations early but in no case should they be made later than the Thursday before the trip.

- Sun June 1 Exploratory Hike in Washington County. We will check out several areas for hikes near California State College. Picnic in the evening. Leave AYH at 9 AM with lunch and supper. Cost 50¢ registration plus about \$3.00 transportation. Cliff and Marilyn Ham will lead. Call 687-4960.
- Sun June 1 Canoeing White water, Class II for experienced paddlers only. Call Gordon Bugby @ 371-4233. Cost about \$6.00.
- Sun June 1 Class III Intermediate Bike Ride with Jack Batchelor. Ride will be 35-40 miles in a location to be announced. Bring tools, rain gear and lunch. Call Jack for details @ 963-7868.
- Wed June 4 Canoeing for very beginners--A short course on loading, carrying, entering and basic paddle strokes on nearby flat water. Potential paddlers should plan to be at headquarters at 6 PM with boat shoes and dry clothes. Cost about \$3.00. Call Gordon Bugby @ 371-4233.
- Fri June 6 Join Norm Snyder on a hike to the Laurelssock Trail in
Sat June 7 Pennsylvania. Features 100" waterfalls and many other scenic features. Leave Friday evening and return late Saturday. Call Norm @ 371-2371.
- Sat June 7 Canoe Poling School Basic paddling and river reading experience required. Call Mary Shaw or Roy Weil at 681-5131. Costs should run around \$6.00. Some poles will be available or bring your own.
- Sat June 7 Join John Bohrer on a nice easy hike on a beautiful section of the Baker Trail. Call John at 561-6563 for information--leave your number and John will call you back. Leave headquarters at 8:30 am.
- Sun June 8 Intermediate Rock Climbing Join Barry Johnson on an exploratory climbing trip to High Rocks. Meet at the headquarters building at 8:00 AM with your lunch and any equipment; climbing, hiking or tennis shoes are required. Reserve with Barry at 831-8392.
- Sun June 8 Canoe School I For people with at least flat water experience. Reserve with Joel Platt at 521-5244. The cost will be about \$6.00.

MORE TRIPS AND TRAILS

- Sun June 8 Join Dick Nugent on a beginner's hike on the new Rachel Carson TRail. Leave at 8:30AM from headquarters. Bring lunch and about \$2.00.
- Sun June 8 Class II Advanced Beginner's Bike Ride. Ride 20-25 miles in the South Park area with Joe Curlee leading. Bring tools, raingear and lunch. Leave headquarters at 8:30AM. Cost about \$1.25. Call Joe to reserve @ 361-3598.
- Sat June 14 Canoeing, easy flat but flowing. Bill and Elaine Corwin will lead. Reserve at 687-2794. Bring lunch, dry clothes, boat shoes and about \$5.00.
- Sun June 15 Class II Advanced Beginner's Bike Ride with Ray Rossi in an around the city tour. Should have city riding experience. We'll pass through such exotic areas as downtown Pittsburgh, the Mexican War Streets area, ride an incline up Mt. Washington, Mt. Oliver, South Side and Oakland. A bike flag is recommended. Total distance will be about 20 miles. Leave at 8:30 from headquarters with tools, raingear, lunch and about \$1.00. Call Ray to reserve at 364-5705.
- Sun June 15 Hiking. Enjoy the Laurel Ridge Trail with Bill Bright. Leave at about 8:30 and cost will be approximately \$2.50. Call Bill at 823-0442.
- SAt June 14 Advanced beginners or intermediate hike in the State Game Lands near Ambridge, Pa. Call Aileen Pastorek for details @ 521-4883. Leave headquarters at 8 AM.
- Sun June 15 Rafting on the Yough with Alex Speyer. The cost will run about \$6.00 per person. You'll need a lunch, boat shoes, and a set of dry clothes. Reserve at 242-1090.
- Sun June 15 Canoeing Don Hoecker, 243-8298, will offer one of his unique trips. Flatwater for about \$5.00. Bring a lunch, boat shoes, sun protection and a change of clothes.
- Wed June 18 Canoeing for very beginners -- a repaat of the June 4 trip covering the very basics for first time paddlers. Meet at headquarters at 6 PM with boat shoes and dry clothes. Cost about \$3.00. Call Gordon Bugby @ 371-4233.
- Sat June 21 Annual WAG ride - Bicycle tour of Washington and Greene
Sun June 22 Counties sponsored by the Western Pennsylvania Wheelmen. A choice of 5 different rides each day from the lazy, casual to the most demanding. Accomodations are available at WASHINGTON and Jefferson College. See Ray Rossi or Joe Hoechner for an application.
- Sat June 21 Earn a rare "50 in 5" Pittsburgh AYH ride patch with Joe Hoechner at WAG '75. You must register with WAG (\$3.00) to get their patch too. For intermediate riders, but other rides are available also. Total cost about \$5. For time, transportation details, reservations, etc. call Joe @ 343-2465.

STILL MORE TRIPS AND TRAILS

- Sat June 21 Canoeing on the beautiful Clarion River. The annual float trip from Cooksburg to Mill Creek. Fred and Eileen Hull will take reservations at 242-5379. The cost should be about \$6.00.
- Sat June 21 BEginner's Hike of 5 miles on the Forbes Trail. For details call Lucien Berger at 683-3131 after 8 P.M.
- Sun June 22 Closed Boat School. For folks with their own kayaks or closed canoes. Call Mary and Roy at 681-5131. Cost about \$3.00.
- Sun June 22 White Water Canoe School I with Jim Roberts as chief instructor. Flat water experience required. Reserve with Jim at 362-5792. Cost about \$5.00.
- Sun June 22 Intermediate hike Travel with our expert Joe Curlee, on a 12-15 mile section of the Laurel Ridge Trail. Joe promises to keep an easy pace for intermediate hikers. Bring lunch and \$3.50. Leave at about 8:30 AM.
- Fri June 27 Escape summer heat with a trip to a cool 50⁰ cave with Nbrm Snyder. Call Norm between 6PM and 7PM weekdays
- Sat June 28 at 371-2371 for details of which West Virginia cave he will explore this time.
- Sat June 28 Class III Intermediate Bike Ride with Mike DeRoy of 30 miles in Mercer County. A bike flag is mandatory on this trip. Also bring the usual lunch, raingear and tools. Approximate cost is \$3.00. Leave headquarters at 8 AM. REserve with Mike at 371-6943.
- Sat June 28 Rafting Jolly Joe Hoechner will challenge the mighty Yough for the first time in 1975. Join Joe by calling 343-2465. You'll need a lunch, a dry set of clothes, river shoes and about \$6.00.
- Sat June 28 Canoeing (to be announced at Open House).
- Sun June 29 Canoe School II. For those people who have survived Flat and Canoe School I. This will cost about \$6.00. Bring a lunch, knee pads, a set of dry and boat shoes. Reserve with Gordon Bugby, 371-4233.
- Sun June 29 Class III Intermediate Bike Ride. Mike and Tina LaMark lead this trip of 25-30 miles in Greene County. Bring lunch, tools, and a spare tube. Cost \$2.25. Leave headquarters promptly at 8:30 AM. Call 343-6052.
- Sun June 29 Beginner's hike on Section I of the Baker Trail. We'll be doing some maintenance - wear old clothes. (Long sleeves and long pants a must because of poison ivy). Bring lunch, water, leave headquarters at 9 AM. Call Joe Levine for details at 422-8287 at night.

					MAY 31 BEG. HIKE * CANOEING * BIKE TOUR * * SEE MAY 4	1 EXPLORATORY HIKE CANOEING BIKE TOUR
2	3	4 BEGINNERS CANOEING COURSE	5	6	7 CANOE POLING SCHOOL BEG. HIKE HIKE LAURELSOCK TR.	8 ROCK CLIMBING CANOE SCHOOL # I BEG. HIKE BEG. BIKE TOUR
9	10 ACTIVITIES BOARD MEETING	11	12	13	14 CANOEING BEG. HIKE	15 BEG. BIKE TOUR HIKE CANOEING RAFTING
16	17	18	19	20	21 WAG RIDE CANOEING BEG. HIKE	22 CLOSED BOAT SCHOOL CANOE SCHOOL I INT. HIKE
23	24	25	26	27	28 CAVING INT. BIKE TOUR RAFTING CANOEING	29 CANOE SCHOOL II INT. BIKE TOUR BEG. HIKE
30						

Pittsburgh Council
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