

vol 27 no 4 april, 1976



**golden
triangle**



pittsburgh council american youth hostels inc.

LAURELVILLE WEEKEND IS HERE

Joe Hoechner

If you are a pass-holding AYH member and have not yet spent an over-night at the nearby Laurelville Youth Hostel, NOW'S TOUR CHANCE

Plans are under way to reserve space for about 25 AYH'ers for the week-end of April 24th and 25th. An approximate cost of \$12.00 would include, transportation, trip fees, the overnight stay, and breakfast and dinner.

Preliminary plans have Jack Leahy leading the hiking group. Jack will be doing trail maintenance work on the existing loop trails that are on the surrounding grounds of the hostel. This is the area of the Chestnut Ridge on both sides of the turnpike.

The first official use of the Pittsburgh to Laurelville Bike Route will be lead by either Jack Batchelor, Joe Hoechner, Warren Kennedy, or all three. Hopefully, they will discover a route that is entirely, downhill - both there and back. The rider's overnight gear could be shuttled out in the hikers cars, so that with any luck the cyclist would arrive at Laurelville by Lunch-time. Distance covered is estimated to be about 35 to 40 miles and is for INTERMEDIATE, SKILLED -in-TRAFFIC riding bicyclist. Once the exact rout is determined, it will be written up for inclusion in the Future AYH Cycling Guide Book.

Jim Roberts has promised to lead a group of canoe polers. If he decides to take the canoes onto Jacob's Creek, he won't have to go far. Quite conveniently it crosses the Church-Center property. Well, no matter where the canoeist go, chances are that they will not show up at the Hoatel until late Saturday, just in time for dinner.

What would you have to pack for the week-end? Besides the usual gear for your planned activity, bring a sleeping bag, or sheets and a pillow case, PLUS 2 LUNCHEES. The hostel provides breakfast, dinner, blankets, and pillows. Soweever, don't forget your AYH pass.

To reserve a place contact the trip coordinators, Stan Urin @ 441-3382, and Elaine Merisko @ 271-0831 (between 9:00 - 10:00 P.M.). A deposit of \$5.00 is required for your reservation.

ATTENTION, AYH'ERS

Take note of our new policy concerning AYH local trips. This new policy was passed March 9 at the Activity Board Meeting and will go into effect IMMEDIATELY

1. All AYH trips requiring AYH owned equipment, or having limited space or both, will be limited to members only, until the Thursday before the trip.
2. All AYH members must show pass for ANY AYH trip to avoid the non-member fee.

"If it's got my name on it, you've got my word on it."



Dick Kelty, Founder.

My name is Dick Kelty. I founded an outfit called Kelty Pack some 26 years ago.

If you're a veteran backpacker, you probably know something about the gear we make. May even use a Kelty yourself.

But if you're a beginner, about to buy your first backpack, take my advice. Don't spend a nickel until you've conducted some personal research.

First, talk to someone who owns a Kelty. Ask him how well it's performed. Under what conditions. And for how long.

Next—no matter how highly

a Kelty may have been recommended—take a long hard look at a lot of packs. Ours and others.

In particular, look for answers to the following questions.

Quality. Is the pack made with the best possible materials? Inside and out? Down to the smallest detail?

Function. Is the pack made to *work*? Wherever and whenever you go? Or are you paying good money for fashionable trimmings that simply look good?

Integrity. Does the maker have a solid reputation? Does he back his product and deliver on his promises?



If, after checking all that, you decide on a Kelty, I'll be very gratified.

Sure, our product has changed over the past 26 years, because we're always looking for improvements. Still are.

But we haven't changed our principles. Never will.

KELTY

The Mountain Trail Shop

SHADYSIDE — 5435 Walnut Street (2nd Floor)
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ACCIDENT WITH INJURIES : ACTION NOW

HEAD, CHEST, & ABDOMEN

Injuries to the head, chest, or abdomen can either be open, that is, penetrating into the cavity, or closed (nonpenetrating). The types of injuries can be fractures, bruises, lacerations or problems unique to each of these areas. The injuries happen as a result of falls, blows, or occasionally medical problems.

HEAD INJURIES

A head injury may or may not produce permanent damage to the brain. The appearance of a head wound is often deceiving since small wounds frequently bleed profusely and look much worse than they are while seemingly insignificant injuries produce lasting damage.

A simple concussion does not produce permanent damage. In this injury the victim loses consciousness briefly but then returns to his normal abilities after he awakens. A simple concussion requires no treatment. However, the victim should be closely observed for at least 12 hours after he awakens. Be alert for:

1. Increasing sleepiness or stupor or difficulty in arousing the victim from sleep. He should be awakened every hour during sleep periods for 24 hours or until reaching the hospital to make sure he can be awakened.
2. A change from his usual behavior or personality patterns.
3. Unequal pupils of the eyes.
4. Increasing or recurring headaches.
5. Development of facial asymmetry such as a droopy eyelid or drooping corner of the mouth.
6. muscle weakness anywhere in the body.
7. Persistent vomiting.
8. Stiff neck.
9. Blood or clear fluid dripping from the nose or ears
10. Seizures

Most of the severe types of head injury lead to swelling and possibly bruises and lacerations of brain tissue. Fractures of the skull may or may not accompany injuries to the brain.

With the more serious types of head injuries the victim usually loses consciousness and cannot be aroused or he regains consciousness but does

(cont.)

ACTION NOW : HEAD, CHEST & ABDOMEN

not act or behave as he did before the injury or he exhibits one or more of the signs and symptoms listed above. This victim should be seen by a physician as soon as possible.

TREATMENT FOR HEAD INJURIES

To treat a head injury the rescuer should:

1. Keep the victim at rest. This rule also applies to a simple concussion until the possibility of more serious injury is definitely ruled out.
2. Transport the victim to a hospital. Place the victim in a side lying position to facilitate drainage of secretions from the victim's mouth. If the patient has no trouble swallowing and is fully awake and alert, he may lie on his back with his head slightly raised. Do not place a pillow under his head since this may obstruct his airway.
3. Suspect a neck injury with any serious head or facial injury.

If the victim has blood or clear fluid dripping from the nose or ears because of a head injury do not pack anything into these openings. Instead, simply place sterile dressings over the openings to catch the drainage and prevent infection. Do not let the patient blow his nose.

If the victim has a seizure or convulsion, protect him from harm. If he has fallen, do not try to hold his extremities since this will do nothing to prevent the convulsion. However, remove objects in the environment that he might strike himself against. Protect the patient's head by cushioning it on a blanket or someone's lap. If his teeth are not clenched shut, place something padded like a roll of gauze, a coat tail, or a bite stick between the teeth to prevent biting the tongue. Do not force the padded object into the mouth since this action can break teeth which obstructs the airway. After the seizure, keep the victim lying down. Be sure he is breathing properly. Turn his head to the side to promote drainage of secretions. Of course, this victim should be seen by a physician as soon as possible.

CHEST INJURIES :

A serious closed chest injury is a crushed (flail) chest. This type of injury occurs when many ribs are broken and/or ribs are broken in many places. This loosens a large segment of the chest wall (flail segment). Because so many ribs are broken, the chest cage is unable to perform properly and breathing is impaired. The crushed or flail segment of the chest wall moves in a direction opposite to the rest of the chest as the patient breathes in and out.

If only one or two ribs are fractured, the first aider can apply a snug cravat (triangle bandage folded into a wide band) or elastic bandage over the rib cage and tie it on the side opposite the injury. The bandage should be tightened up as the victim exhales. However, this method of immobilizing rib fractures does not work well in a flail chest. In this case, splint the

The flail segment by supporting it with a hand until a sandbag or other heavy object can be secured over the flail segment. An alternative method is to turn the patient onto the side of the crushed ribs and let his body weight splint the fractures.

In an open chest wound there is a hole into the chest cavity or an object impaled in the chest wall. In either case, the victim experiences difficulty breathing. There may be a sucking as air enters and leaves the hole in the chest.

If there is a hole in the chest wall, the rescuer should immediately seal it with an airtight dressing -- his hand. Meanwhile, petroleum gauze, plastic wrap, plastic bags, or aluminum foil can be secured over the hole. After the hole is sealed off, the patient should have less difficulty breathing. However, if his condition worsens rather than improves after sealing off the hole, remove the airtight dressing.

If the victim has an impaled object in his chest, do not remove it. Stabilize the object with your hand while placing dressings around it to hold it firmly in place. If the object is very long, cut the object off about 6-8 inches from the chest and stabilize the short end. Patients with crushed or open chest injuries must be transported to a hospital without delay. Let the victim assume the position he is most comfortable in-- usually with his head elevated. Do not give him anything to eat or drink.

ABDOMINAL INJURIES

In addition to the usual forms of violent injury that can occur to any body part, abdominal injuries can arise from medical problems such as appendicitis. In traumatic injuries the abdomen may have bruises and swollen areas. If internal injury occurs such as from blow or fall or a ruptured appendix, the abdomen soon becomes rigid and board-like. The victim may lie with his knees drawn up to lessen the pain. Nausea and vomiting can accompany the pain. The patient develops the signs and symptoms of shock. When examining an abdomen for swollen areas and bruises, the rescuer should feel the part that hurts last so that he does not cause the victim unnecessary pain.

Treat nonpenetrating abdominal injuries by putting the patient at rest. Let him assume the position he is most comfortable in. Do not give him anything to eat or drink. The victim should be seen by a physician as soon as possible.

If an open abdominal wound is caused by an impaled object that is still in place, do not remove the object; stabilize it with dressings fastened around it. If any abdominal organs protrude from the wound, do not replace them. Instead, keep them moist by covering them with a plastic bag, plastic wrap, aluminum foil, or some other nonadherent material. An alternative method of keeping the organs moist is to cover them gauze sponges saturated with tepid (boiled) water or salt solution (1 teaspoon salt per quart of water).

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ACTION NOW : HEAD, CHEST & ABDOMEN

A patient with an open abdominal wound should be taken to a hospital without delay. Do not give him anything to eat or drink. Keep him at rest.

This series of articles is being written by Lurana Patterson, RN, REMT of the Western Pennsylvania Regional Medical Program. 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.



Introduces

POLARGUARDTHE INSULATION OF THE
FUTURE

530 SOUTH MAIN STREET
GREENSBURG, PENNSYLVANIA
836-2703

A useful compendium of musts and ought-to advice that may be patronizing to the experienced cyclist and incomprehensible to the beginner.

RESPONSIBILITIES OF THE TRIP LEADER

_____ Select a route. All-day trips in the Pittsburgh area are seldom less than 18 miles, and seldom more than 40, depending on the terrain. Be sure you ride the trip on your bike before setting up a new ride. If you're an experienced cyclist riding on your own, remember that you will go much faster on your own, the mixed group will be slower.

_____ Map the Route. If the trip is at all complex, be sure you have six or so maps of the route to give cyclists in the group. The group will string out, and may miss important turns. You are responsible for getting everyone back if you are the leader.

_____ Classify the route. We reclassify our classifications every year, so here is the latest recommendations:

- I. Beginner - Still learning to shift gears
- II. Novice - Less than 100-150 miles of trip experience, can't change a tire, forgets water bottle.
- III. Intermed. - Probably has cycled 200 miles by the end of April, can shift smoothly on hills, can handle most bike repairs, can ride 45 miles, but starts complaining at 30.
- IV. Expert - The hard riders who like to move out and keep going. 45 miles of Washington & Greene Co. hills keep them happy. Can take a derailleur apart and can reassemble it in the dark wearing mittens.
- V. Advanced - There are a few loonies in the AYH that can be attracted to far out trips, e.g. a 150-mile, two-day, full camping pack trip to West Va; or the Seven Steepest Hills in Allegheny County on a One Day Kind of trip. Seeking a printable word for these people, we term them "Advanced".

_____ Announce the trip. Telephone trip details to either Phyllis Blumberg (422-9383) or Warren Kennedy (682-0255). Tell them how long the trip is, generally where it is, when it is, its classification, and the cost. Phyllis or Warren will gladly help you work out the details.

_____ Get a HQ Key. Get keys from Warren Kennedy at a meeting or call him at 682-0255. Return keys to the mailbox at 5851 Northumberland (across from the fire house, near Shady Ave.)

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LEADER'S GUIDE

- _____ Check your equipment. Minimum equipment for a day-long trip is: spare tube, rear derailleur and brake cables (may be cut for front use), small and large screwdriver, needle-nose cutting pliers, 4" crescent wrench, repair wire, electrician's tape, gloves or rag, fanny bumper or flag, and FIRST AID KIT, (your own or get one from the Hostel).
- _____ Check Trippers Bikes. Unless you know the rider, squeeze tires to check inflation, squeeze brakes to check them. Do this before leaving on the trip. You can check 10 bikes in 60 sec. flat.
- _____ Check the Trippers. If the trip is everything above "Novice", question the tripper about his/her experience. If in doubt, gently ask them to ride to the top of the parking lot hill, and back with a couple of shifts. YOU'LL KNOW. Discourage inexperienced riders from trips beyond them. We have had 40% drop-outs within one hour because leaders did not screen the riders.
- _____ Harangue your trippers. Tell them to keep to the right, ride single file, watch for gravel, wear bright clothing and fanny bumpers, consider themselves totally invisible to motorists. You ride the rear and put a trusted map reader at the front.
- _____ Complete trip report. AYH fee is \$0.4. Also collect 2¢ per mile from each tripper, measured from AYH HQ to jumping-off point, and pro-rate expenses you have incurred among trippers. At the end of trip divide mileage money among drivers. This calculation requires a CPA.

PROBLEMS MOST FREQUENTLY ENCOUNTERED ON CYCLING TRIPS :

There's about a 50% chance you'll have a flat on a day trip...perhaps a 10% chance you'll have a broken brake or derailleur cable...25% chance you'll have a bad spill...100% chance that someone will forget raingear... 100 % chance that someone won't have a water bottle...100 % chance that someone will forget their lunch...100% chance that somebody will have lunch, water bottle, raingear and a broken carrier... 50% chance that someone will mis-shift and jam chainwheels...33% chance you'll wish you brought a light sweater...80% chance that boys under 16 will cowboy-up and down the line and infuriate motorists.

Prepared by your 1976 AYH Cycling Comittee.
Call us if you have any further questions

Dave Barbour - 243-2870
Phyllis Blumberg- 422-9383
Warren Kennedy - 682--0255

BIKEWAYS

Rich Feder

Do you cycle the Pittsburgh City bikeway ? Do you like it, or do you feel that it should be better and/or safer ? Do you know of any other palces where a bike route could possibly laid-out ? How does an exclusive bike path (as opposed to the present bike route shared with autos) built along the Penn Central Railroad, connecting Downtown with Oakland, Shadyside, East Liberty, Wikinsburg, and Edgewood sound ? Well, Rich Feder and Joe Hoechner would like to have your opinion before May 1, the date of the Bike Symposium.

The Bikeway Symposium will be held Saturday, May 1, from 10:00 AM to 3:30 PM at a location to be announced (most likely Oakland or East Liberty).

At the Symposium, Pittsburgh Council will be given a chance to give an opinion and suggestions to the Federal Highway Administration, PennDot, other state agencies, local communities, and the world, on bikeways.

After the Symposium , a short, beginners cycling trip through the city is being planned. Perhaps, you can join us, bring your bike and show that you fully support PEDAL POWER

If you have any ideas or suggestions concerning Bikeways, or if you would like to know more about the Symposium contact either Rich Feder at 421-5708 or Joe Hoechner at 343-2465.

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HEADQUARTERS FOR TRAIL INFO

HOURS: 9 till 6 p.m. Mon.-Sat. Open till 8 p.m. Fridays

THE T-SHIRTS ARE HERE

Well, the official ,Pittsburgh Council AYH T-Shirt has arrived. These shirts are available in white, or yellow colors, and in sizes small, medium and large. On the front left is the new Bicentennial Logo, with the words, "Pittsburgh Council " underneath. Across the back is the famed statement, "GET OUT OF TOWN - with Pittsburgh AYH. "

The production of these shirts is under the auspices of hostel storekeeper, Joe Hoechner. Joe had given up on the idea of a bicycling T-shirt, and put together a design that would hopefully have an appeal to all members of our Council.

Oh yes, the price. The white shirts are \$2.50 each, and the yellow \$3.00. All the print work is in big, bold, black. If you would like to purchase one of these official T-Shirts, stop by the hostel any Thursday night, during open house meetings. P.S. Many thanks to Jim Roberts for his unusually fine photowork for the shirts.

Rental Policy

Linda Paul

Canoes, Anyone

Rental policy for our newly acquired kayaks has been established :

1. Rental rates are \$2.50/day for flatwater, and \$3.50/day for white water. This includes all equipment.
2. Kayaks will be limited to streams currently run by AYH open Boats, which are limited to Class II rivers or less. They are welcome on all AYH open boat trips on a trip available basis.

Start thinking about the Annual Morgantown Weekend. It will be the weekend of May 21-23. Plans are being made now. If you'd like to help in the planning, call Bill or Sue Leathen at 366-8996.

The canoeing chairman will accept sealed bids for the TWO "RED LABEL" canoes hanging overhead in the hostel.

One has been patched in the Hostel tradition. The other is battered, but UNBROKEN. Both boats fall into the "very experienced " category.

We feel that a minimum bid for the patched boat should be \$120, the other, \$140.

If you're interested, place a note stating the highest price you'd pay for the boats, into an envelope and get it to "Splash" Gorden as soon as possible.

TIPS AND TALES

The "March of Dimes" is having their annual 20 mile march on Sunday April 4th. This year Marchers are urged to wear red, white, and blue in honor of the Bicentennial year. For more information call the March of Dimes at 391-3193. If you'd like some company while you walk, ask around AYH during open house meetings, there's always a few AYH'ers willing to face a challenge.

If you are out driving, watch out for bicyclists. They are out in the spring doing the "Pothole - Polka" in Pittsburgh its caught on a lot better than the hustle.

Despite they're popularity, "Earth Shoes" will not fit the toe clips on a ten-speed bike. Stick to sneakers.

Cyclist, Joe Hoechner, is looking for other Bikecentennial School applicants. If you have been accepted for the training course at Yellow Springs Ohio, April 10th-16th, you can share a ride with Joe. Call him at 343-2465, NOW

The Pennsylvania Association for Retarded Citizens (P.A.R.C.) will hold their annual Bike-hike on Sunday April 25th.

If you are not going on the AYH Laurelville Weekend, you may want to do some in-town cycling for this charitable cause.

If you would like more information concerning rides & locations call P.A.R.C. at 322-6008.

Want AD - Bicycle Helmet - Racers padded strip type. price \$ 6.00. Call @ 343-2465.

If you have applied to T.O.S.R.V. you should have your acceptance or rejection notice back by now. if you would to gettogether car-pool efforts for Columbus contact Warren Kennedy, bicycle chairperson. Leave information regarding your name, phone number, car size etc.

One AYH'er gave his thoughts about last year's T.O.S.R.V. He did the first 105 miles without any flat tires or mechanic troubles, no car, no dog, or no cyclist problems.

He got about 100 feet from the dinner stop when a car door opened up right in front of him - A TOSRV safety patrol car, no less

Hostel storekeeper, Joe Hoechner, has only 4 copies left of the old 1967 AYH guide to the C&O Canal.

Priced to sell @ only \$1.75 each. see Joe at any open-house meeting.

Did you know that the United Nations has declared May 30th -June 6th as " World Bicycle Week " ? Well, they have.

If you are curious as to just what that means, write & ask:

The United Nations
485 Lexington Ave.
N.Y., N.Y. 10017

Hm Isabel Smith ???? Well, AYH'ers familiarize yourselves with the name. She was the schoolteacher from Mass. who founded the American Youth Hostel Movement in 1934. Since its beginning more than 2½ million American AYH'ers have registered 7 million overnights at Youth Hostels in the U.S.A.

AYH PHONE LIST 1986

PGH. COUNCIL HEADQUARTERS 362-8181

Compliment of
Jim Gogots - Vice-
President

824-5680 ALBRIGHT, Gene	462-9371 HARPER, Aylene
486-3359 ALEXANDER, John & Fran	325-2345 HAYES, John & Pauline
833-5311 BARBER, Alan & Mary	881-6492 HEHMAN, Joan
243-2870 BARBOUR, Dave	922-5859 HERRON, Clara
422-8763 BARNARD, John	678-6044 HESTER, Mary
687-7824 BARRETT, Linda	422-9396 HIGGINS, Eunice
833-8506 BARTOO, Rich & Nancy	243-2469 HOECHNER, Joe
963-7868 BATCHELOR, Jack	243-8298 HOECKER, Don
683-8874 BENCH, Barney & Marie	242-5379 HULL, Fred & Eileen
422-9383 BLUMBERG, Phyllis	681-4064 HUNTING, Gene
242-4645 BOWER, George	276-0447 HURST, Jim & Judy
431-6491 BRINCKA, Helen - Mary	731-1083 HURWITZ, Mike & Marta
363-8313 BROWN, Mary	831-8392 JOHNSON, Barry & Linda
231-6074 BRUNSON, Sally	381-9005 JURGOVSKY, Annie
371-4233 BUGBY, Gordon & Jan	682-0255 KENNEDY, Warren
327-0273 CECIL, Owen	264-1386 KING, Howard
687-2794 COMWYN, Bill & Elaine	561-0443 KNUUNDER, Ed
761-5539 CSELLARS, Kathy	828-2795 KOWALSKI, Jack
422-9672 CURLEE, Joe	363-6052 LA MARK, Mike & Tina
371-6696 CZAPIEWSKI, Fran	761-7330 LAYLAND, Jan
682-7612 DAVIS, Carol	935-4188 LEAHY, Jack & Helen
431-8299 DE SALVO, Gabriel	366-8996 LEATHEN, Bill & Sue
371-6943 DEROY, Mike	422-8287 LEVINE, Joe
621-6118 DRIBEN, Joyce	661-4218 LEW, Kay
621-1100 ELYASH, Liberty	521-4964 LUDWIG, Gary
833-2435 ESTES, Guy & Louise	361-3707 LYNCH, Cathy
241-4869 ETTINGER, Doug	361-6299 MAUK, Fred
531-1824 FALKENHAN, Claudette	421-9891 McBRIDE, Mary Ellen
362-0989 FEDER, Rich	362-4613 McCLELLAN, Bruce
941-8865 FELDKAMP, Jack - Kevin	271-0831 MERISKO, Elaine
563-1570 FITZGIBBONS, Chuck & Analee	362-7454 METCALFE, Jim
661-0663 FREEBURG, Linnea	372-7599 MEYERS, J.D. & Elinor
681-2435 GASVODA, Dave	767-9423 MURRAY, Bill & Meg
372-6053 GEERTZ, Lloyd & Abbie	264-3658 OLMOR, Bill & Vi
243-8416 GILMOUR, Hugh	362-5401 ORNDOFF, John
384-9149 GOGOTS, Jim	363-8753 PANSON, Armand
921-8509 GOODE, Joan	521-9191 PASTOREK, Aileen
863-6870 GRAPES, Karly	682-4827 PATTERSON, Luana
681-7164 GUTHRIE, David	361-2154 PAUL, Linda
365-1943 GZESH, Dan	863-5075 PIETRUSZA, Phylis
687-3789 HALBERSTADT, Charlie	521-5244 PLATT, Joel
687-4960 HAM, Cliff & Marilyn	452-7071 PORTERFIELD, Dave & Nan

521-5386 ROBERTS, Jim & Linda
 422-9764 ROSSI, Ray
 683-5128 SAFFER, Elizabeth
 265-3531 SCHUBERT, George & Gladys
 681-5131 SHAW, Mary
 243-2710 SICKELER, Terry

241-1512 SINGSEN, Ted
 561-4790 SEIGER, Ed
 466-5201 SLAUGH, Phil
 287-4458 SMITH, Walt
 371-2371 SNYDER, Norm
 242-1090 SPEYER, Alex

431-4945 STOCKMAL, Jill
 441-6611 STOUGHTON, Helen
 422-9264 STRICK, Minnie
 327-6267 STRONG, Bob
 327-8737 SUNDQUIST, Bruce
 364-7991 TROSIAN, Tony

751-3852 TUBBS, Steve
 441-3382 UHRIN, Stan
 243-6564 VAN ZOEREN, Hal & Jan
 266-0824 VOETTNER, Bill
 521-4708 WALKER, Barry & Peggy
 681-5131 WEIL, Roy

687-6223 WEINER, Bill
 242-0330 WILSON, Pam
 833-7029 WISSNER, Phil
 563-4368 WOLF, Mike & Pat
 563-5419 WOODLAND, Don

FREQUENTLY CALLED NUMBERS

CHESTNUT RIDGE Youth Hostel (304) 292-4773
 (Morgantown, W. Va.)

ELVILLEAURELVILLE (Pa.) Youth Hostel (412) 423-2056
 (Mennonite Church Camp)

CUMBERLAND (Maryland) Youth Hostel (301) 777-0932

SANDY HOOK (Maryland) Youth Hostel (301) 834-9252

JAMESTOWN (New York) Youth Hostel (716) 664-2802

RIVER GAUGE READINGS

CORPS OF ENGINEERS	(8 am. - 4 pm.)	644-6897
NATIONAL WEATHER SERVICE	(24 hrs.)	644-2890

PITTSBURGH WEATHER REPORT 936-1212

LIGONIER MOUNTAIN OUTFITTERS (412) 238-6246

MOUNTAIN TRAIL SHOP 687-1700

SCHOLL'S BICYCLE CENTER 931-6711

SEVEN SPRINGS CROSS COUNTRY SKI (Don Riffle) (814) 352-7777

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. Call the trip leader to reserve or cancel, or if you are just interested in knowing more 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.

- Sat. Apri. 3 Ah Cycling season is here Can you still do 25 miles in 3 hrs. ? Find out and join Joe Hoechner at North Park. The cost will be \$ 1.00 including patch. Reservations are a must. Meet at the Hostel at 12:30 PM & remember to dress in layers. Call Joe at @ 343-2465. BEGINNERS WELCOME.
- Sat. Apri. 3 Calling all fun-loving hikers to join Dave Guthrie for a five mile hike thru Frick Park. The hike will depart at 11:00 A.M. from Hostel Quarters. If you're interested call Dave at 681-7164.
- Sun. Apri. 4 Everyone is welcome to join our illustrious hiking chairperson, Joe Curlee, for a hike on the Baker Trail. The trip will leave at 8:30 and return at 5:00. The distance to be covered will be approximately 10 miles. For more details call Joe at either 422-9672/or 422-9764.
- Sat. Apri. 10 What better way to confront the challenges of the Laurel Ridge Trail than with that famed hiker, Chuck Halberstadt? Meet at the Hostel at 8:30 with lunch in hand. The trip will return at about 6:30. Chuck invites everyone, and knowing Chuck, he means it.
- Sun..Apri. 11 Where he's going, he does not know, but Mr. Tubbs always has something of interest in mind. Join Steve Tubbs on a one-day impromptu cycling excursion. For reservations or if you just don't like surprises, call Steve at 751-3852.
- Sun. Apri. 11 Looking for a challenge? Then try hiking with Mike. Mike DeRo will be leading a hike on the Baker Trail, and he promises that it will be rigorous. The trip will depart at 8:30. For reservations call Mike at 371-6943.
- Tues, Apri. 13 Activity Board Meeting - Time 8:00; Place to be announced.
- Wed. Apri. 14 75 miles in 5 days. Join Boy Scouts and Girl Scouts from Zelienople and Harmony on parts of the C & O Canal National Historic Trail. This is a Backpacking Trip and not an official AYH trip. Leaders: Nan and Dave Porterfield. If interested call at 452-7071 or write Textor School Rd., R.D. 2, Box 173, Zelienople, Pa. 16063. One can Join on any portion of the trail.
- Thru Apri. 19

(cont.)

TRIPS AND TRAILS

- Fri. Apri. 16 Easter week-end backpack in Quebec Run Wild Area. Leave
thru Leave Thursday evening at 7:30 and return Sunday Evening.
Sun. Apri. 18 Must have proper equipment and your own food. Cost will be
approximately \$6.00 for transportation and trip fee.
If interested call Don Levenson at 421-0987.
- Fri. Apri. 16 That West Virginia spelunker is off again. If you haven't
Sat. Apri. 17 been caving before, this is the perfect opportunity. To
reserve , call Norm Synder at 371-2371, between 6 & 7
Monday thru Friday.
- Sat. Apri. 17 Hike for late sleepers on the Rachel Carson Trail. Joe
Levine will cover an easy 4 mile stretch between Glass-
mere and Tarentum. Wear suitable clothes and bring your
lunch. The cost will be about \$ 1.50. The trip will leave
at 10 A.M. and return about 3:30. Call Joe at 442-8287,
mornings or evenings.
- Sat. Apri. 17 Did you ever cycle from Grove City to Slippery Rock?
Well, you won't want to miss it. it's quite a nice ride.
Ed Sieger will be leading and if your interested call him
at 561-4790.
- Sun. Apri. 18 HAPPY EASTER
- Sat. Apri. 24 The First Annual Laurelville Weekend - If you are an inter-
thru mediate cyclist, or a good hiker, or a canoe polerand are
Sun. Apri. 25 the proud owner of an AYH pass, then this is the spring
weekend that you have been waiting for. The trip cost
will be about \$12.00, and is limited to 25 AYH'ers. For
more information see page ONE of this Golden Triangle.
Reservation fee will be \$5.00. If you are at all inter-
ested, contact trip coordinators, Elaine Merisko between
9:00 - 10:00 P.M. @ 271-0831 or Stan Uhrin at 441-3382.
- Sat. Apri. 24 Join Bob Schatz on the historic Forbes Trail. The hike
will be about 8 miles and will leave the Hostel at 8:30.
For more information call Bob at 653-1613.
- Sun. Apri. 25 The first AYH raft trip of the '76 season. Join
Sid Lipman for an exciting trip down the Youghiogheny
from Ohioptyle. For details and reservations call Sid at
242-7096.
- Sun. Apri. 25 The second half of the Forbes Trail. Luc Berger will
lead an easy 5 mile hike on the Forbes Trail ending at
Bouquet. The trip will leave at 10:00 A.M. and remember
to bring your Lunch. To reserve call Luc at 683-3131.
- Fri. Apri. 30 Beginners Backpacking trip at Allegheny National Forest.
thru the trip will be about 4 miles each day on Saturday and
Sun. May 2 Sunday. The trip size will be limited. Call between 5:30-
7:00 P.M. Monday thru Friday. Total cost will be about
\$5.00. If interested call David Wassam at 243-4827.

OPEN HOUSE

Open House at the Hostel Headquarters is held every Thursday evening. Doors open at 7:45 with a program at 8:45. The programs are always of interest to old new, and perspective AYH'ers.

Our open house is for ALL members, as well as non-members. This is a great time to see friends, to reminisce about past experiences, to make plans for future trips, and if you're a perspective member, this is an ideal time to meet AYH'ers and discover the fun of hostelling.

- April 1 Dive into the Carribean with Dave Guthrie. The show will feature some prize-winning underwater photos.
- April 8 "In search of Uranium", Barney Bench takes us around the world on a quest for this precious element.
- April 15 Bob Goff will show a film of his many excursions out in the WEST.
- April 22 Joe Hoechner and Jim Roberts team up and will present a slide show of Cross-Country Skiing.
- April 29 Have you ever considered rafting down the Colorado? Now is your chance to discover the wonderment of it all. Join Terry Sickeler in a trip down the Colorado and into the Grand Canyon.

GOLDEN TRIANGLE

The Golden Triangle is a monthly publication of the Pittsburgh Council of the American Youth Hostels, Inc., 6300 Fifth Ave., Pittsburgh, Pa.
Phone: 362-8181, Thur.even.only.

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Directory.....Jim Gogots

Remember, THE GOLDEN TRIANGLE is your publication. If there is any item of interest, personal trip report or photographs that you would like to share with other AYH'ers, feel free to submit them to the EDITOR for publication. It's always a pleasure to read about an AYH or personal trip that was truly enjoyed.

The DEADLINE for the MAY edition of the GOLDEN TRIANGLE will be Thursday, April 8. All articles should be sent to:

The Editor
AYH Pittsburgh Council
6300 Fifth Ave.
Pittsburgh, Pa. 15232

ANNOUNCING the NATIONAL CANOE POLING RACES. The races will be in St. Louis, Missouri on the weekend of June 26 & 27.

Roy Weil and Mary Shaw are not organizing two weeks canoeing before and/or after the races. But if you are a canoe poler, and have canoe camped, have a talk with them.

1 <i>April</i>				2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	Hm ! How Many AYH outings, have <u>YOU</u> scheduled for this MONTH ?????	

Pittsburgh Council
American Youth Hostels, Inc.
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