



pittsburgh council, american youth hostel, inc.

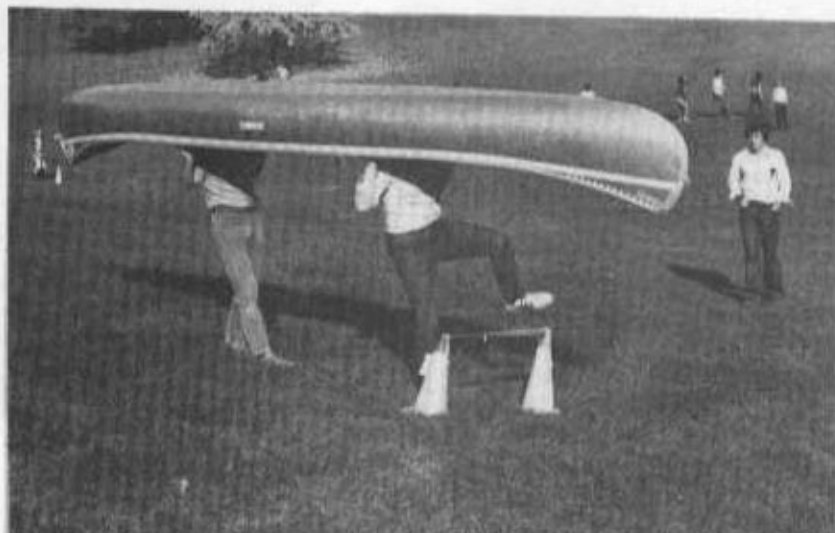
Volume 26, Number 11 November 1975



***Claudette Falkenhan - 1976 President***



## 1975 FALL PICNIC







## ACCIDENT WITH INJURIES: ACTION NOW

This is part 6 in a series of articles on first aid in a wilderness setting and deals with injuries called Fractures.

A fracture is a break in the bone. There are several ways to classify fractures. A convenient method is to consider fractures as either closed (simple) or open (compound). A closed fracture is a break in the bone which is not associated with an open wound. Both open and closed fractures may be associated with bruising and lacerations of adjacent nerves, blood vessels, or other soft tissues. Fractures of the pelvis or thigh bones can lead to severe bleeding into the surrounding tissues, causing shock.

### Signs and Symptoms of Fractures

Obvious signs and symptoms of a fracture are not always present. Hence, the first aider must learn to recognize other clues to the presence of a fracture. If the mechanism of an accident, such as a fall or direct blow, is such that a fracture could exist, assume that it does exist and treat the patient accordingly. With these thoughts in mind, the signs and symptoms of a fracture include:

1. Exposed bone ends
2. The injured person hearing or feeling something snap or break
3. Differences in the shape or length of corresponding body parts
4. Obvious deformities such as depressions, abnormal angulation of a body part, abnormal rotation of a limb
5. Pain or tenderness over the fractured area; feel gently with the fingers along the bone
6. Grating sensation felt when the broken bone ends rub
7. Swelling and discoloration
8. Partial or complete loss of function

### Fracture Management

Any fracture, even a small closed fracture, can become a more serious injury with mishandling. The old first aid maxim of "Splint them where they lie" still applies. The only exception to this rule is in a situation in which there is immediate and life threatening danger from the environment, for example, avalanche, rock slide, or fire. In the situation provide as much support as possible to the injured area while evacuating the patient.

General rules for fracture management include:

1. Make sure that the patient has an open airway and is breathing
2. Make sure that the patient has a pulse
3. Stop bleeding and dress any wounds, including those over open fractures
4. Treat shock (discussed in a later article)
5. Treat the fracture
  - a. Support the fracture on each side of the break while the limb is splinted. Trained personnel like Emergency Medical Technicians, nurses, and physicians will straighten severely angulated fractures if the fracture does not involve a joint or the spine or neck. However, the first aider should not attempt to straighten the extremity unless it is so severely bent that it is impossible to splint or if splinting in the bent position will make evacuation impossible, for example, moving the patient through a tight crawlway in a cave
  - b. Do not attempt to push back any bone ends
  - c. Immobilize the fracture before moving the patient
  - d. Immobilize the joint above and below the fracture site
  - e. Apply slight traction during the splinting process by grasping the extremity above and below the break and applying just enough pull to immobilize the fracture while the splint is fastened

## ACCIDENT WITH INJURIES: ACTION NOW (contd)

- f. Secure the splint firmly but not tightly enough to impede circulation

### Splints

Before preceding to a discussion of specific fractures, a discussion of splints is in order. The most common splint is the simple wooden board. The board (and any other hard splint) should be padded before applying it. Another commonly used splint is the air splint or inflatable splint. The air splint comes in various sizes and with or without zippers. To use the type of splint, close the zipper. Gather the splint onto your own arm. Grasp the patient's hand or foot while a second person grasps the limb above the fracture. Apply gentle traction while sliding the splint onto the patient's limb. (The whole procedure is rather like putting a child's arm into a sleeve.) Inflate the splint only by mouth to the point at which an indentation can be made in the splint with your thumb. Leave the fingers protruding beyond the end of the air splint. After splinting the extremity check for the presence of a pulse below the fracture site and inspect the skin of the fingers or toes and the nail beds for swelling, bluish discoloration or pale color which indicates that the splint is too tight. The patient may also complain of numbness, tingling, or increased pain in the area. These are signs of impaired circulation.

In the field, the hosteller can improvise splints from any material rigid enough to support the fracture and long enough to immobilize the joints above and below the fracture, for example, folded maps, folded Space blanket, ski poles or skis, an ice ax, a tightly coiled climbing rope, or tree branches. In a pinch, secure the broken area to another part of the body, for example, a broken leg to the unbroken leg or a broken arm to the chest. Remember to dress an open wound before splinting the fracture. After splinting the limb, elevate it to decrease bleeding and swelling. Patients with open fractures have priority over patients with closed fractures unless associated injuries dictate otherwise. If any of the signs or symptoms of impaired circulation appear, loosen the splint and elevate the extremity. Sometimes applying ice packs to the extremity reduces the swelling and lessens the pain. However, ice can also slow circulation. If the application of ice for 10 minutes does not help the swelling or if the fingers or toes become bluer or paler, remove the ice immediately.

END of Part I on Fractures. Part II in next month's issue

\*\*\*\*\*  
This series of articles is being written by Lurana Patterson, RN, REMT of 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. The contents may not be reprinted without the permission of the author.  
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### AYH TV DEBUT

Did anyone see Claudette Falkenhan, Joe Hoechner and Fred Hull make their debut on TV? They were guests of Richard Alexander on the Consumer Aware program of Mt. Lebanon Cable TV. They taped a nicely balanced half hour discussion on AYH activities, emphasizing the fun and sharing in AYH as well as the responsibility and the training we have for beginners so that they can eventually become trip leaders. Cliff and Marilyn Ham furnished a bulletin board on the Rachel Carson Trail which was a good visual aid, plus a fanny bumper which was a real attention getter at the station. A number of publications were displayed and discussed. Slides of bicycling, canoeing, canoe sailing illustrated some of the topics being discussed.

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## THE OUTDOOR CHEF

At a recent backpacking trip to the groves of the Allegheny National Forest, I was asked to divulge a special recipe for a fabulous outdoor survival bread, which has already gathered fame on such adventures as Pitt's canoe bending Potomac trip of 1973; where 20 people ate 60 lbs. in 3½ days.

It was very popular at RHMB (Robin Hood's Merry Band), so here is the recipe for backpacker's rye yeast bread:

For 8 people on a weekend trip:

6 cups of lukewarm water

2 packages dry yeast

8 cups of rye flour

½ cup molasses

2-3 cups nonfat dry milk

8 cups of white flour

-Mix rye and white flour- keep dry!

-Stir molassis, yeast and dry milk in water

-Stir in enough flour into watery mix till dough is the consistency of pancake batter

-Let rise one hour, stir down

-Repeat this 2-3 times (once after 1 hour, then 45 minutes, then ½ hour), or when nearing edge of pan

-Stir in enough flour mix to make it hard to stir

-pour rest of flour on clean surface, spoon dough on flour, keep hands floured and kneed till stiff enough to shape

-Make 2 \*very large), 3 or 4 (smaller) balls or rolls, put on floured backing sheet, let rise 1 hour or until nice and high

-Bake at 350° for about an hour

-When you smell the bread, and a knife comes out clean, it is done.

Bake 10 minutes longer to get crustier outside

If made with molassis, this bread will keep up to 4 or 5 days on the trail. It requires kneading only once, but the "pancake dough" will rise with enthusiasm, over the pan's edge if left unchecked too long. It takes time but saves work. Rye flour can be bought at the Co-op on Semple.

Ben Brugmans



## LEADERSHIP COURSE OFFERED ON BICYCLE TOURING

BIKECENTENNIAL needs 1,400 leaders to run its 1976 tours across America. Over 60 separate courses are being offered throughout the United States during the next nine months. The seven day sessions include classroom and field instruction in bicycle technique, safety, repair, group dynamics, touring and special bike camping skills, and first aid. College credit is available on an optional basis.

The first two courses will be offered concurrently November 23-29 in Antioch (Yellow Springs), Ohio and Bowmansville, Pa. Cost, including food, lodging, instruction, books and materials is \$75.00. Four additional courses to be given December 17-23 and December 26-January 1, 1976 will also take place concurrently in Hemet, Calif. and Pt. Reyes, Calif.

Tours along the Trans-America Bicycle Trail vary in length from 12 to 84 days, covering up to 4,200 miles of America's most historic and scenic regions. Leaders may elect to take groups along any of the shorter sections or across the entire continent.

For further details on Leadership Training Courses and an application, write:

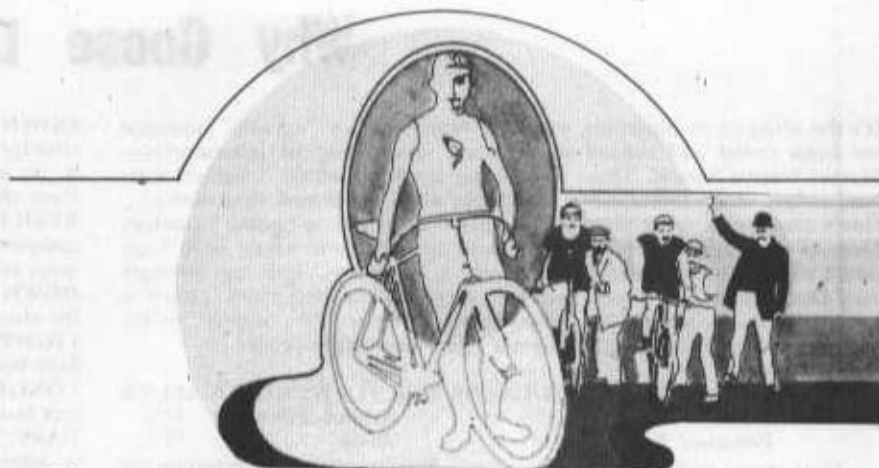
BIKECENTENNIAL '76 (Dept. LTC)  
P.O. Box 1034  
Missoula, MT 59801

Phone: 406-721-1776

or contact Ray Rossi at 422-9764.

Bikecentennial is continuing the self-support program of the production and sale of top quality calendars for 1976. Last year the calendar program was successful in providing funds at a critical time and has helped to continue the research and development of the Trans-America Bicycle Trail and related facilities and services.

Give your support by buying a calendar by sending in the enclosed coupon.



### Commemorative Poster Series Offered

Bikecentennial now offers a commemorative collection of illustrated posters that serve as a unique bicyclist calendar during 1976 and as decorative posters when the months are past.

The series is designed as a special bicentennial edition with a mixture of full and single color illustrations depicting famous American cyclists including tourers, racers, and developers from 1876 to 1976, 100 year cycling history in twelve large illustrations. All at a price you'd expect to pay for a single poster!

The poster-calendar set consists of six, 18" x 24" sheets printed on both sides (6 full color illustrations and single color illustrations).

All sets will be sent in mailing tubes to insure their protection and delivered by December 10, 1975.



sets at \$5.00 ea. (\$4.50 if ordered before Nov. 1, 1975)  
sets at \$4.00 ea. — in quantities of 4 or more  
total



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state \_\_\_\_\_

zip \_\_\_\_\_

Make checks out to Bikecentennial '76  
mail to P.O. Box 1034 Missoula, Mont. 59801

"Bikecentennial is a non-profit organization coordinating research and development of the Trans-America Bicycle Trail to be inaugurated in 1976.

# UP WITH DOWN ! JACKETS, VESTS, SLEEPING BAGS PARKAS, MITTENS, BOOTIES



## Why Goose Down ?

It's the ultimate in insulating material! Nature's own "miracle" insulator has been tested and refined in the most demanding of laboratories—Mother Nature herself. There is no other insulator which is lighter, warmer, softer, more comfortable and offers more protection than down. Down comes only from geese and ducks. The highest or "prime" qualities come from mature, fully feathered, cold climate birds which have been raised with particular care. Goose Down is normally larger and stronger than Duck Down. However, qualities vary and the best Duck Down is better than the poorer Goose Down. Down is either white or grey. As for insulating value and strength, they are equal for similar grades.

### DOWN IS WARMEST INSULATOR FOR ITS WEIGHT-VALUES:

Down	100%	Acetate Fibre	44%
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**DOWN IS FORM FITTING**—Down filling is composed of individual clusters which are free to expand, contract and move around to fill and shape any gap between the body and the garment or bag.

**DOWN BREATHES**—As it is a natural substance, Down's cellular structure absorbs and dispels moisture. Because air circulates through it, no stale air collects and the excess body moisture is carried away from the Down into the atmosphere.

**RESILIENCE**—Down remarkably withstands an infinite number of compressions and expansions without matting. A light fluffing will always restore the naturally expanded condition.

**DOWN IS WINDPROOF**—The high compressibility of Down allows the clusters to close together to form a barrier against the wind.

**LIGHTEST IN WEIGHT**—Due to the high thermal conductivity and high bulking of Down, much less weight is required to keep warm.

**LONGEST LIFE**—With the normal amount of care, a Down article can last a lifetime.

**EASY TO CLEAN**—The cleaning technique used on a Down article is determined by the fabrics and findings of the article. Down will withstand as many launderings as the fabric, and it is machine dryable at normal temperatures.

**PRESTIGE**—A Down garment is the ultimate in luxury, comfort and market appeal of anything available to the buyer.

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# HANDBOOK CORRECTIONS

## Page

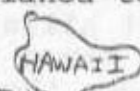
- 108 East Bridgewater, Mass.-Standish museums Youth Hostel, Correct to read 32 miles from Boston/Brookline/Charlestown
- 118 Sunderland, Mass.- Bath facilities, delete tub; Laundromat 2 mi; Bus trans :Trailways, Peter Pan-Amherst, 10 mi; Bicycle repair: Peloton, Amherst
- 110 West Tisbury, Mass.-Martha's Vineyard-Add: Phone Reseravtions accepted when followed by deposit
- 141 Buffalo, N.Y.-Y.W.C.A.-Add: Sponsor-Metroploitan YWCA, 245 North St.
- 143 Mattiuck, N.Y.- Haven of Rest Youth Hostel-Phone: 516-298-4355
- 152 Warrensburg, N.Y.-The Glen House-Add: reservations address, Campus Center 137, Sunya, Albany, N.Y. 12222. Phone: Hostel 518-494-3250, Reserv 518-457-7600. Under opening dates - sleeping bags not permitted
- 170 Warren, Vermont-Homestead Youth Hostel- cahnge to 45 beds; add Laundromat close by, fresh eggs to sell and meals served on adv. notice. Dick Stevens Bicycle Shop is on R100, Add: Tennis courts and golf at Sugar-bush
- 121 Bessemer, Mich- address at hostel is Eli Avenue, Bessemer, Mich. 49911
- 155 New Plymouth, Ohio-Community Camp- Houseparent is Paul R. Gelsleichter
- 68 Juneau, Alaska-Direct mail to Elizabeth E. Harris, Sec.-Treas., 544 West 12th Street, until October
- 73 Julian, Calif- Camp Stevens Youth Hostel-Coorect to read: Hostel open Sept 15-June 14. Closed June 15-Sept 14. Overnight rate \$2.00 per night No camping or swimming on premises. Under food, delete Brook's Market
- 74 Loa Altos, Calif-Correct: Trans, Southern Pacific, Mtn. View, transfer bus foothill College, 2 mi. Greyhound Springer and El Camino (Los Altos) transfer bus foothill (map 35 miles San Francisco)
- 81 Estes Park, Colo.-H Bar G Ranch Hostel- Coreect to read: Men 50; Women 50; Nearest Hostel, Grand Lake -50 mi W. Rate \$2.75 with Pass
- 91 Captain Cook, Hawaii- Open year round only with prepaid reserv. Send enclosed stamped self-addressed envelope with correspondence. Also, note correct loc on map. Change Mauua to Mauna, and Kilanea to Kilauea.

HALE ALOHA...



KEANAE

CAPTAIN COOK...



- 92 Honolulu, Hawaii-Hale Aloha Youth Hostel- cost of washing machines 50¢
  - 88 Apopka, Florida-Camp Wewa-Direct mail to Jim O'Brien, Dir. Camping services, YMCA, Suite 213-132 East Colonial Drive, Orlando, Fla 32801
  - 137 Hainesville, N.J.-Change to read Layton, N.J.; Houseparents Martin and Dorothy Hughes; Open Year Round; Closed Christmas Eve; Reg Hours 5 PM to 9 AM; Accom 10 males , 10 females, flexible;Add "Washing machine extra fee";Kitchen-Two electric stoves and one refrig. No personal eating utensils provided; Bus-Short line, Milford, Pa. 6 mi; Churches-Protestant and Catholic, Hainesville--Jewish, Port Jervis, N.Y. Near-by Hostels, Bushkill 15 mi.S., La Anna 45 mi W., Madison 55 mi SE., Mt Temper, 70 mi N. Special Note:NO telephone reserv for groups. Reserv required for all hostelers. Sleeping bags recommended for winter use. Canoe and bike rentals available at hostel. Write for summer brochure of Park activities. Cyclists-Avoid Rte 209, Pa. between Milford, Pa and Marshalls Creek.
  - 17 Steamship Bookings are no longer arranged by the National office
- AUSTRALIA- YHA National office has been moved to 1st floor, 26 King St, Sydney
- BELGIUM-Increased overnight fee by 10 fangs at YHA (CWAJ)
- BULGARIA-New hostels opened: TROJAN - Toutisticheski dom "N. Gaberski", 70 beds, meals provided (suppers), station 1,600 metres, altitude 1,500 metres (P.50). Also, KOMSOMOLSKA- Hija Komsomolska, 105 begs, cooking facilities, station Plovdiv (34 km), altitude 1,320 metres.
- Hostel closed: Kom, near Berkovitza in Bulgaria

## A.Y.H. Cycling, Guide Is Alive !

Well, just barely. John Hayes is seeking bicycle trip write-ups for a future tri/state area cycling guide. Not only are trip descriptions needed for the book, but people to help rewrite, sketch, edit, co-ordinate, etc., etc., various sections of this future best seller.

If you would like to help John, see him any Thursday night to render your service. If you have a trip follow the guideline below before turning it in .

### Name of Trip

General location ( county, nearby large city )

### Summary

Difficulty: (beginner, intermediate, advanced, expert)

Distance: (approximate mileage)

Terrain: ( description of topography and type of country)

Road Conditions: ( surface type, state of repair)

Traffic: (none, light, moderate, heavy)

Best Season: (months or seasons ,if known )

Special Features: (historical, scenic, special festival, etc.)

Topographic maps: (list, indicating 7½' or 15'; also give other good maps

Emergency phones: nearby local towns

AYH consultant: (author of write-up, followed by the names of check rider all with dates)

### General

Descriptive paragraph giving general nature of trip, special things to look for, history of region, museums, or whatever.

### Supplies

Locations of water, food, camping, bicycle repair.

### Specific Details

Trip commentary: remarks on hazards (bad hills, turns, or road surface, heights of hills, dogs, heavy traffic....), or whatever. These comments should be keyed to the map and presented as a list (not a solid paragraph in the order they occur on the trip. Use the headings :

Map : Mile, Point, Comment

### Map

Use additional paper for maps.

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### The North East Century Ride II ( September 20, 1975)

Although the day started even before the sun, some Pittsburgh AYH cyclists were eager to join the out-spoken Wheelmen of Youngstown, Ohio in their ride. The heavy rain didn't dampen their spirits, it only helped them to ride faster. Half of our cyclists successfully completed the 101 mile course, for which they were awarded lunch at the 50 mi. rest point, various snacks along the way, a grand view of Lake Erie, and above all The Century Patch! The other half of the Pittsburgh contingent were not as successful. However, the sun did rise and it turned out to be a beautiful day for almost 200 dedicated cyclists. The finer of autumn leaves and the flat terrain of Ohio made the ride quite enjoyable.

Next year's ride promises to be even better than this year's. If you like cycling along beautiful, FLAT, country roads you would enjoy N.E.O.C. The Century III ride is guaranteed to be a clear and sunny day with temperatures in the low 70's. Plan to go next year and join in on the FUN !

Phyllis Blumberg

## TIPS AND TALES

Planning to be home on these cold winter nights? Why not put together your own outdoors gear? There are 2 firms which specialize in "kits", for tents, parkas, backpacks, etc. Even if you don't plan to make a major item, these firms can supply you with Velcro strips, zippers, straps & buckles, etc. You can request catalogs from:

Frostline Kits  
452 Burbank St,  
Broomfield, Colo. 80020

or  
Holubar Kits  
P.O. Box 7  
Boulder, Colo. 80302

If you have the ability to sew kits and would like to teach or help others, please let the Hostel Development Chairman know (Joe Hoechner).

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People are always seeking info regarding the C&O Canal. If you plan to hike the towpath you may want to check on conditions first. You can write to:

Park Superintendent  
C&O Canal National Park  
Sharpsburg, MD. 21782

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Can't get away for Bikecentennial next year? Try something closer to home. The League of American Wheelmen (L.A.W.) is having a "National Convention of Bicyclists" to be held in Carlisle Pa.

The site will be Dickinson College, July 8th to 11th, 1976. The approximate cost for the convention, dorm rooms, meals, rides, etc is about \$38. Registration forms and complete details should be out early 1976. To get more info, write to:

Bike Carlisle  
413 Appletree Rd,  
Camp Hill, Pa 17011

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Need a holiday gift for a friend? Request a catalog from "American Archives, Box 1776, Meriden Conn. 06450". This firm specializes in Pewter Jewelry and has some designs for bicyclists & skiers. Prices are "moderate".

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Would you like to contribute to a future Pittsburgh Council Tri-State cycling guide? John Hayes is seeking bicycle trip write-ups

for this long-awaited book. For all the facts & figures, see the complete story in this issue.

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L O S T : 1 AYH rental tent, approx. 5X7 Alpine design, light brown exterior, Silver reflectorized tent floor & inside of fly. Please return or give information of whereabouts to Joe Hoechner or Jim Roberts.

\*\*\*\*\*

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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Cover & pictures: Jim Roberts  
Printing: Bruce Sundquist  
Contributors: Lurana Patterson, Joe Hoechner, Mary Shaw, Eileen Hull

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### OPEN HOUSE

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

Nov. 6 : Has time changed the thrill of climbing the Grand Tetons Join Mary Lou Brown as she reminisces her past adventures at the Grand Teton National

Nov. 13: A first hand view of Ireland presented by a first-handed Irishman. Jack Leahy presents "Mountain Climbing in Ireland"

Nov. 20: Enjoy a movie presentation on the Isle of Royale with Dave Casavoda.

Nov. 27: Happy Thanksgiving! Hostel Headquarters - Close for the holiday.

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## 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 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.

- Fri Nov 7 Interested in hiking and camping on one of the best trails in Pennsylvania ? Make reservations with Norm Snyder to enjoy the sites on the Laurel Sode Trail. Special attraction--waterfalls. Call Norm at 371-2371.
- Sat Nov 8 This is your chance to hike with our new president - Claudette Faulkenhan in Moraine State Park. The hike will be approximately 6-8 miles. Bring a lunch and \$2.50 for expenses. For reservations call Claudette 531-1824.
- Sun Nov 9 Stumble along the future "River Gorge Trail " of the Yough River with Joe Hoechner. The trip will be an 11mi. stretch between Confluence and Ohiophyle and hopes of checking out Hostel sites. Bring a lunch, camera, raingear (?) and \$3.75. Meet at Headquarters at 8:27 AM. For information call 343-2465. (Boaters welcome - Walking instructions provided )
- Fri Nov 14 Backpack in Otter Creek with Ben Bougmans. Must be an intermediate backpacker with equipment. To reserve, call Ben at 793-5419.
- Sat Nov 15 Explore Section II of the Baker Trail with Joe Levine. Bring lunch, water and raingear (?). Distance to be covered will be approximately 8 1/2 mi. and cost will be \$2.50. The trip will leave headquarters at 9:AM. Call Joe before 11:AM or after 9:AM at 422-8287. ( All beginners are welcome )
- Sun Nov 16 Join Dick Nugent as he continues to explore the Rachel Carson Trail. This is a 6 Mile beginners hike. Lunch, water, raingear, and hiking boots are required. Departure time - 9:AM. For information call 487-5549.
- Sun Nov 16 Stan Uhrin will lead a hike on the Baker Trail, section to be announced, about 8-10 miles. Bring lunch, water and \$2.50 for expenses. To reserve call Stan at 441-3382.
- Tues Nov 18 Canoe dent-banging and raft-patching party. Come and help repair the damage inflicted on our rafts and canoes during the past season. Food, drinks and spontaneous paddling stories will be provided. Meet at the hostel at 7:30 PM.
- Sat Nov 22 Intermediate hike on the Laurel Ridge Trail, about 12mi. For information, call Gary Delzer at 683-5767.

## MORE TRIPS AND TRAILS

- Fri Nov 21 Intermediate backpack on the Laurel Ridge Trail with  
 Sat Nov 22 John Orndorff. Will leave Friday at 7:00 PM and return  
 Sun Nov 23 Sunday evening. Food and full equipment are essential.  
 Cost will be approximately \$5.00.
- Sun Nov 23 Bikecentennial Training School - If you want to lead a  
 to trip next year you must attend this school. Joe Hoechner  
 Sat Nov 29 will probably lead a group to one of the training sites. If  
 you need a ride sign up with Joe 343-2465 or Ray Rossi  
 422-9764.
- Fri Nov 28 Annual Ohio Weather-Breeder Hike - Join Cliff Ham and  
 Sat Nov 29 challenge rain, snow, hail and fog along the Buckeye Trail,  
 Sun Nov 30 from Navarre to Akron, in the northeastern Ohio area. The  
 plan is to cover 30 miles in three days, mostly along the  
 towpath of the old Ohio Canal. See Canal Fulton and a canal  
 boat, Crystal Springs, Portage Lakes and Akron Parks. Leave AYH  
 at 8 AM on Friday, the day after Thanksgiving; return Sunday  
 evening. Bring full backpack equipment, food and about \$9.00.  
 Reservations are essential. Call Cliff at 687-4960.
- Sun Nov 30 "Keep your fingers Crossed Country Ski " - Remember last  
 Thanksgiving ? If there is SNOW, this will be a fun day for  
 people who know how or knew how . Must have equipment. Call  
 Jim or Linda Roberts 521-5386 between 6:30 and 9:30 PM.  
 Place and Cost ??????

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### SPOT NEWS :

Bikecentennial needs 1,400 leaders to run its 1976 tours across America. Over 60 separate courses are being offered throughout the United States during the next nine months. The seven day sessions include classroom and field instruction in bicycle technique, safety, repair, group dynamics, touring and special bike camping skills, and first aid. College Credit is available on an option. For further information contact either :

Ray Rossi                      or      Bikecentennial  
 422-9764                              P.O. Box 1034  
    Missoula, MT 59801

Congratulations to Joe Curlee and Cliff Ham for winning the orienteering event at the Keystone Tri Association annual meeting . This the fourth year of victory for the Pittsburgh Council. The honor was shared this year with a team from Lancaster County, with both pairs covering the strenuous course in 3 hours 13 minutes. Needless to say the event was frustrating for many participants. Only 4 out of a total of 13 teams finished

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NOVEMBER						1 TSCARDORA WEEKEND BEAR RUN BACKPACK	2
3	4	5	6 OPEN HOUSE	7	8 LAUREL SOBE CAMPING PRESIDENTIAL HIKE	9	
10	11 ACTIVITIES BOARD MEETING	12	13 OPEN HOUSE	14	15 HIKING	16 HIKING	
17	18 REPAIR PARTY	19	20 OPEN HOUSE	21	22 BACK PACKING	23	
24	25	26	27 THANKS - GIVING NO MEETING	28 "Weather-Breeder"	29	30 HIKE " SKIING ?	

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