

ACCIDENT WITH INJURIES: ACTION NOW

This article is part three in a series on dealing with medical problems in a wilderness setting.

Abrasions

An abrasion is a superficial, open wound of the skin in which the outer layer of skin is scraped off. Usually, there is very little bleeding although the scrape can be painful. These wounds frequently have bits of gravel, dirt, and other foreign matter ground into the skin. If the wound is not deep, loosen and flush away the debris with fresh hydrogen peroxide solution. Then gently wash the area with an antibacterial soap such as Betadine or Isodine. Rinse copiously to remove all traces of soap. Cover the abrasion with a nonadhering gauze such as Telfa or Adaptic or supply a small amount of antibiotic ointment such as Betadine to keep the dressing from sticking. Apply a sterile dressing over the wound and bandage or tape it in place.

Change the dressing on the abrasion daily or more often if the dressing becomes soiled. If the gauze sticks to the wound loosen it by soaking a few minutes in hydrogen peroxide solution or saline solution (one teaspoon salt to a quart of boiled water).

Lacerations

A laceration is a jagged tear of the skin. It is frequently associated with a contusion (bruise). If the wound is produced by a sharp object such as a knife which causes a smooth, sharp cut, the wound is called an incision. Lacerations and incisions vary in size. They may bleed fairly heavily. If these wounds are deep, underlying structures like tendons, nerves, or blood vessels may be involved. To avoid additional damage to these structures, handle lacerations and incisions carefully. Foreign material should be removed from the wound with hydrogen peroxide. Rinse well with water or saline. When cleaning this wound, make sure to wash dirt away from the wound not into it. Avoid getting the antibacterial soap into the wound itself since the soap is potent enough to damage the delicate underlying structures. In other words, once the debris is flushed out with hydrogen peroxide, wash only the edges of the wound with antibacterial soap, not the interior of the wound, and wash away from the wound edge outward to carry the dirt away from the wound.

If the lacerations or incisions are very large and deep, cover the area with a sterile dressing and get the victim to a hospital as soon as possible. If the laceration is not too large or deep, the edges of the wound can be brought together with narrow strips of tape called butterfly strips or Steri-strips.

Contusions

A contusion is a bruise. The contusion usually results from blunt trauma to the superficial tissue. Small blood vessels break and blood leaks out into the skin, causing swelling and discoloration. Pain is usually mild to moderate. Apply an ice pack or soak the contusion in cool water to reduce swelling. Elevating the extremity also lessens swelling. After 24 hours, some patients feel more comfortable with hot packs rather than ice packs.

Puncture Wounds

A puncture wound results when a pointed or sharp object pierces the skin, making a hole. The possibility of developing a tetanus infection in puncture wounds is especially high, particularly if the victim is not immunized against tetanus. Tetanus germs are anaerobic, that is, they grow only in warm, dark places where oxygen cannot reach. Tetanus grows especially well in caves and farmyards and does not grow as well in rivers and seashores.

A superficial puncture wound sustained in a relatively clean environment should be encouraged to bleed freely to wash out any debris. Next, clean the wound with antibacterial soap, rinse thoroughly, and dress with sterile gauze. Do not apply antibacterial ointment to the wound since this seals the wound, creating an oxygen-free environment ideal for the growth of the anaerobic tetanus germ.

If the patient sustains a puncture wound to any part of the body from an object which remains impaled in the wound such as a ski pole, ax, or knife, do not remove the impaled object. The impaled object may be applying pressure to a severed blood vessel. This pressure might be the only thing preventing the victim from bleeding to death. Removing the object can also damage structures in the wound.

Cut clothing away from the impaled object. Apply pressure around the object if bleeding is profuse. Stabilize the object with bulky dressings. Apply a bandage to the dressing and tape a cup over the object to prevent it from being jostled. If the impaled object is very long or bulky, the object can be cut off several inches from the skin and the stubby piece remaining treated as outlined above.

Nonvenomous Animal Bites

Animal bites are a special form of puncture wound. These bites are often associated with lacerations and contusions. Treat these wounds as contaminated puncture wounds.

In addition to tetanus, rabies can also be a problem, especially if the biting animal is a skunk or a fox. Try to capture the animal so that health authorities can examine it. Wash the wound and surrounding skin thoroughly to remove any traces of saliva.

Human bites, while not causing rabies, usually cause far more serious infections than any other animal bite since the human mouth harbors many anaerobic bacteria. Careful cleansing of these wounds is essential.

All puncture wounds, animal bites, and dirty lacerations should be seen by a physician as soon as possible. The wound usually requires surgical treatment to achieve good cosmetic healing. The victim may also require treatment for tetanus and/or rabies.

Wound Care Summary

The general principles of wound care are:

1. Control bleeding by direct pressure
2. Flush out debris
3. Clean wound edges with antibacterial soap; leave flaps of skin intact
4. Rinse thoroughly to remove the soap
5. Apply nonadhering gauze or antibacterial ointment, except in punctures
6. Prevent further contamination with a sterile dressing.

Dressings and Bandages

Dressings are applied to the wound to control bleeding and prevent contamination. They should be sterile. Bandages are used to hold dressings in place. They need not be sterile. The general principles of bandaging are:

1. Do not apply the bandage so tightly that the blood supply to the area is cut off. Increasing pain, pale skin, numbness and tingling are all signs that a bandage is too tight.

2. Do not apply a bandage so loosely that the dressing slips. Self-adhering bandage like Kling, Kerlix, or Sta-Tite are easiest to work with.

3. When bandaging extremities, leave the fingers and toes exposed whenever possible so that circulation to these areas can be checked.

This is the third in a series of articles written by Lurana M. Patterson, R.N., R-EMT, Emergency Care Nurse Specialist with 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. This article may not be reprinted without the written consent of the author.

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 about 8:45 P.M. Come and find out about us.

Aug. 7 Follow Mike and Marta Hurwitz on a cycle trip in Vermont. Swap the bicycle and paddle a canoe.

Aug. 14 Backpacking Down Under. A movie about Sir Edmund Hillary's backpacking adventures in Australia.

Aug. 21 Joe Hoechner leads AYHers in a cycling trip around the new Laurelville Youth Hostel. This is the closest hostel to Pittsburgh and is in the Laurel Highlands.

Aug. 28 Program to be announced.

SCHWINN®

Raleigh

Peugeot

SCHOLL'S BICYCLE CENTER

406 PERRY HIGHWAY

PITTSBURGH, PA 15229

PHONE 412/931-6711

(WEST VIEW)

HOSTEL OF THE MONTH

BOWMANSVILLE YOUTH HOSTEL

Located in Pennsylvania Dutch country, the Bowmanville Youth Hostel offers a unique variety of experiences. The hostel building itself, constructed by Samuel Bowman in 1820, is the oldest in town. It was originally the town's general store and post office. Calico cloth once lined the shelves in the room where the girls now sleep. The boys' bunkroom was a cigar factory, and the girls' rest room the first village post office.

Bikers can travel on the many miles of backroads through Amish and Mennonite farmlands in Lancaster County. Expect horse and buggies, covered bridges and lots of hills along the way. The proximity of three other hostels, Brickerville, Denver, and Geigertown, affords excellent opportunities for a hostel vacation. The Horseshoe Trail, a 150 mile long hiking and equestrian trail, also passes near each hostel.

Attractions within cycling distance of the hostel include the Ephrata Cloister, a restored 18th century German Protestant monastic settlement. Also in Ephrata is the Green Dragon -- a farmer's market and auction open only on Fridays. The Pennsylvania Farm Museum is an outdoor museum of agriculture, rural life and crafts located outside Lancaster. Basketball, baseball, and tennis courts are available at the town park. There is a swimming pool two miles away at Sun Valley campground.

Two local Mennonites serve sumptuous Penn Dutch dinners to hostellers. An evening with either Bart Leaman or Phares Hurst often becomes the high point of a visit to the Bowmanville Youth Hostel.

Owned and operated by American Youth Hostels, Inc., a reservation can be made with the houseparents:

Roger and Jane Lawn
Bowmanville Youth Hostel
Box 117
Bowmanville, PA 17507
215-445-4831.

SCWINN BICYCLE CENTER "The Bicycle Pro Shop"

FLOYD H. NEWINGHAM
740 Fifth Avenue
New Kensington, PA 15068
335-6464.

SPECIAL

SPECIAL

SPECIAL

Peugeot Model U08
\$135.00

This special price is available to readers of Golden Triangle only. Bring a copy of the ad with you. Good only while supply lasts. No rain checks or back orders.

AYH EQUIPMENT AUCTION IS COMING

Once again here is your chance to unload, or sell, your extra old useable gear to other outdoor types.

New President Joe Hoechner is planning to hold the auction sometime this fall - perhaps mid-October.

Start looking around at your gear. If there are any items you'd like to sell off, contact Joe. There will be a large list posted in the front of headquarters for you to note your items on. This will give members plenty of time to see what will be offered.

See next month's Triangle for more details and possible preliminary item list.

VELOCIPED

5842 FORWARD AVENUE
PITTSBURGH, PA. 15217
412 - 521-3189



Tuesday-Wednesday-Thursday-Friday 10:00 A.M. - 7:00 P.M. - Saturday 9:00 A.M. - 4:30 P.M. - Closed Sunday and Monday

OUR

NISHIKI

and

AZUKI

10-Speeds are the only

bicycles available today that offer a LIFETIME GUARANTEE on the frame and all parts!

OUR



panniers and handlebar bags are the finest touring bags on today's market.
(We also carry Cannondale and Bellwether.)

OUR

"CITADEL"

ultra-high security lock has been proven as
the best lock today.

OUR

TOUR Lite

TENT

is the only tent we sell -
it's the only tent designed specifically
for the touring cyclist.

OUR

WHITEWATER KAYAK

is a well-made, top-quality (1-year guarantee)
Kayak at a price even the novice can afford.
And the paddle we sell with it carries an un-
conditional 2-year guarantee.

OUR

Pyrawa and Sea Eagle

inflatables have been proven from Ohiopyle to Angel Falls
and carry a 1-year guarantee.

OUR

BOOK

selection is the finest around - we have more than 50 titles in stock always! And we sell two
bicycling magazines and a river magazine.

SUPER SALE '75 is coming!
SUPER SALE '75 is coming!
SUPER SALE '75 is coming!
SUPER SALE '75 is coming!

Stop in & put your name on our mailing list
so you'll receive a week ahead
of time the complete details!



AUGUST 22-23-24 11:00-6:00

HOME HOSTELS APPROVED

The National Board of Directors of AYH has authorized the registration and chartering of "so called" "Home Hostels" under the supervision of the Columbus and Minnesota Councils of AYH.

Home Hostels differ largely from the regular hostels with which we are familiar and are simply the homes or places of residence of AYH members or friends who are interested in providing sleeping accommodations to one or more hostellers traveling "under their own steam", hiking, biking, etc. and who hold AYH passes or Youth Hostel memberships in other youth hostel organizations.

While regular youth hostels with houseparents operate under a series of rules and regulations subject to which they are chartered annually, some of these rules and regulations are not applicable to home hostels. However, there are some simple regulations to which homeparents are being asked to conform as much for their protection as for the interests of AYH and its membership.

If you are interested in making your home available as a home hostel or if you simply want more information contact Roy Weil at headquarters on Thursday evening.

PITTSBURGH COUNCIL HAS NEW PRESIDENT

At the Activities Board meeting on July 8, Larry Giventer resigned as President of Pittsburgh Council. Joe Hoechner, who has worn many hats with the council including Biking Chairman, Hostel Development Chairman, Hostel Storekeeper, and Council Vice President, will be filling the unexpired portion of Larry's term.

Larry and I will be moving to Modesto, California where Larry will be teaching at California State College Stanislaus. We are going to miss Pittsburgh Council very much and

EQUIPMENT RENTALS

The following is now the accepted procedure for renting AYH equipment.

- 1) Tripper informs trip leader of his/her need for equipment.
- 2) Trip leader conveys request to the chairperson of the respective activity.
- 3) Activity chairperson allocates equipment to the leader according to a scale of priorities.
- 4) AYH trip leader is then responsible for the rented equipment and for its return to the activity chairperson in reasonably good shape - i.e. a tent must be cleaned and dried by the tripper before being returned to the trip leader.
- 5) Chairperson receives equipment and stores it in its proper place.

Scale of priorities for rentals.

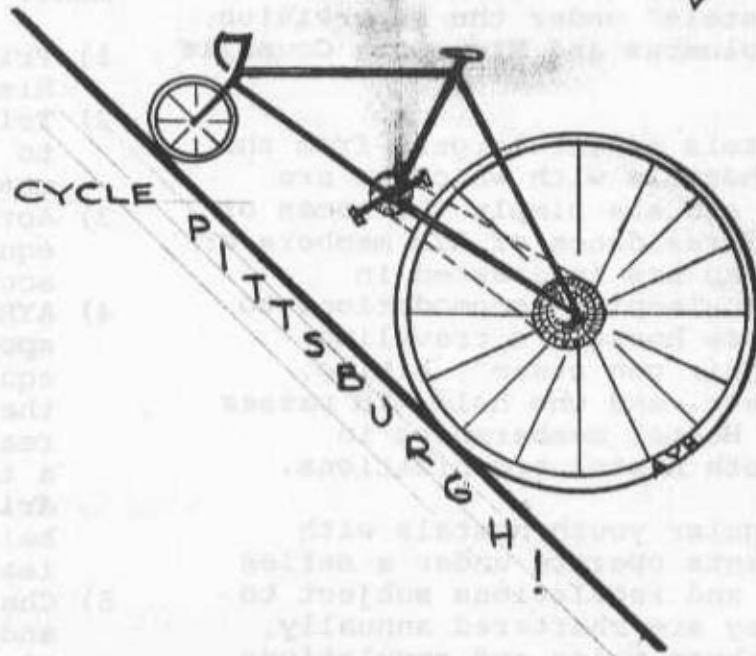
- 1) 1st choice to AYH trip leaders for members on a scheduled trip.
- 2) 2nd choice to AYH trip leader for non-members on a scheduled trip.
- 3) 3rd choice to current AYH trip leader for use on a private trip.

and want to thank everyone for having made all of our experiences with AYH so memorable and for all the help we've had to make our various jobs with AYH so much easier and enjoyable.

Our home in California will always be a "home hostel" for our friends from Pittsburgh and we hope many of you will be able to visit us.

Joel Platt will be serving as interim Triangle Editor. Good luck Joel!

FUTURE T-SHIRT ?



Can you do better than the above logo for a Pittsburgh AYH T-shirt? -- Please Do! Hostel storekeeper Joe Hoechner is seeking designs.

The design picked will be silkscreened on either a white shirt or on a safety yellow or orange shirt. The cost could vary from \$2.50 to \$5.00.

So don't just sit there, here's your chance to get your art work pedaled all over town. For more information call Joe @ 343-2465.

FUTURE TRIP ANNOUNCEMENTS

Cycle/Camping/Caving - Enjoy a one night stay at Laurel Caverns campsite for a weekend of Beginner's caving and Intermediate cycling, sometime in late September with Joe Hoechner.

Cycle/Camping at Lake Pymatuning. Stay at the park campgrounds and cycle around to see the fall foliage. Trip will also coincide with the first day of hunting (geese and duck) there. Sometime in mid-October with Joe Hoechner.

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.

Editor: Mary Giventer

Production: Aileen Pastorik

Cover:

Contributors: Lurana Patterson, Joe Hoechner, Roy Weil

Printing: Al Levenson

COME ON OUT TO



IN WEXFORD PA. ROUTE 19 NORTH

**Featuring A Complete Line Of
American and Imported Bicycle
Home of the World Famous
AMERICAN FLYER®
Bicycles**

PARIS-SPORT



Paris-Sport's new custom frame shop is under the personal supervision of one of France's finest frame-makers, Pepi Limongi, and foremost Eastcoast builder, Corky Gulbransen!

Also
IN STOCK
Now



MSR BICYCLING HELMET

In 1973 many bicycling clubs were using our climbing helmet because they felt a need for head protection. Bicyclists requested changes in the MSR climbers helmet to make it better suited for bicycling. By using their ideas and getting feedback from bikers who had tested our prototypes, we now manufacture a helmet specifically for bicycling. The response to this helmet has been TREMENDOUS!

TIPS AND TALES

Help celebrate the U.S. Bicentennial - visit Montreal ! If you are a bicyclist you may want to attend the '76 Olympics there. The city is building a \$15 million, 10,000 seat Velodrome for the bicycle races. While you are watching the races you may ponder the thought that the massive concrete arches overhead are held together with epoxy glue !!!

Need a bike or backpack? Try checking the tackboard ads on the walls of headquarters. If you want to advertise an item please use a standard 3"x5" index card and be sure to remove your card after one month.

Due to some complaints, all cyclists are reminded to please wait for your trip leaders at the tops of the big hills.

Beginner canoeists can now rest assured - the canoeing chairperson has confirmed the fact that not one tripper has been attacked by sharks - yet.

Say there water person, want to buy a good used raft? Well, half of it is a poor used raft - needs patched. If you may be interested in last year's victim of the Yough please call Gordon Bugby @ 371-4733 for information regarding its condition.

Do you realize that Pittsburgh Council elections will soon be upon us? If you have someone in mind for a post (yourself maybe) please speak up to the nominating committee - Mary Shaw, Joe Hoechner, Roy Weil and Jim Roberts.

Now available through Bikecentennial in cooperation with Shimano American Corporation are such items as cycling shirts (\$5); cycling caps (\$2); water bottles without bracket (\$2); decal and tube sticker (.40) poster (\$1) or all wool cycling jersey (\$25). These items support Bikecentennial financially, as well as distinctively sporting their name and logo. Write Bikecentennial '76; PO Box 1034; Missoula, Mt., 59801.

EVENING CYCLE TRIPS

Trips leave headquarters Tuesday and Thursday evenings at 6:30 PM and return before dark. Cost: a paltry 25¢. Be sure your bike has a flag for these trips on city streets. You should carry a spare tube and know how to change a tire. We might be able to rent you a bike if yours is sick, but call leader first.

August trip leaders

Aug. 5	Claudette Falkenham 571-1824
Aug. 7	Mike Hurwitz 731-1083
Aug. 12	Aileen Harper 462-9371
Aug. 14	Joe Hoechner 343-2465
Aug. 19	Ray Rossi 364-5705
Aug. 21	Joe Hoechner 343-2465
Aug. 26	Mike Derooy 371-6943
Aug. 28	Dave Barbour 243-2870

Evening trip leaders: If you can't come, you get a replacement. Come on trip before yours to get the key, come on trip after yours to give it up.

Hostel Storekeeper Joe Hoechner now has available Talon sew-on reflective tape at the special bargain price of 25¢ per package. Each package includes 2 yards of ½ inch wide tape. Available in either yellow or white, the tape is 100% cotton drill tape coated on one side with reflective material and is washable, dry cleanable, and color fast. Great for home sewing of outdoor equipment or apparel or for adding trim to ready made clothing. See Joe any Thursday at headquarters.

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 Aug 1 In City Swim at Clara Herron's. Swimming will be available at the Chatham West Pool anytime from 11 AM to 8 PM -- fee \$1. Cool drinks and snacks will be available in Clara's apartment after 5 PM with supper at 8 PM. Supper will be held rain or shine -- cost will be divided. Tennis may be available also. Kids welcome! Call Clara for more details 263-1633 work; 922-5859 home.
- Sat Aug 2 Class III Bike Ride. A more restrained Tony Trosan will affirmatively answer the burning question, "Is there a new, interesting, and sensible bike route from AYH to North Park?" Find out for yourself on this 30 mile round trip tour. Will leave headquarters at 8:30 for a token 50¢. Call Tony and let him know you'll be along: 776-3319.
- Sat Aug 2 Canoe School I. Class I whitewater with Gordon Bugby (371-4233). You'll need a change of clothes, lunch, sun protection and around \$6.00.
- Sat Aug 2 Rafting. Dan Gezesh will take reservations @ 363-1943 for a trip on the Yough. Plan to get wet. Bring dry clothes for later and a lunch. Cost about \$6.00.
- Sun Aug 3 Canoeing. Whitewater trip for those with at least Canoe School I experience. Call Bill Corwin for more specifics @ 687-2794. Cost will be about \$5.00
- Sun Aug 3 Class III Bike Ride. Try a well established, old favorite ride of many -- the Mingo Creek loop -- this year mastered by Ernie Hilton. This 35 mile circular route runs between South Park and Mingo Creek Park in Washington County. Plenty of occasions will exist to whirlpool your newly conditioned body in Mingo Creek, so bring your water suit, as well as lunch. Trip will cost about \$1. Will leave AYH at 8 AM. Enlist in this once in a summer thrill by ringing Ernie at 339-4887.
- Sun Aug 3 Experienced rafters wanted to help Larry Giventer lead a raft trip on the Yough for members of Architect's Workshop. This is their payment for all the work they have done for us on hostel design. If you know the river well and could instruct novices, call Larry to volunteer your services and have an enjoyable day -- 422-9282.

MORE TRIPS AND TRAILS

- Sat Aug 9 Rafting. Joe Curley (361-3598) will guide interested rafters. Reserve early. Bring lunch, change of clothes and about \$6.00.
- Sun Aug 10 Class II. Bike Ride. Calling all nature loving bikers: the Outspokin Wheelmen of Youngstown, Ohio extend an invitation to you to join them for a 23 mile scenic tour of Mill Creek Park. This will be an absolutely leisurely ride with plenty of stops to view points of interest (gardens, waterfalls, nature museums). Total cost will be about \$7.00 which includes registration and lunch. Bill and Meg Murray will handle all arrangements. Registration must be in by Wednesday August 6. Call Bill or Meg at 767-9423.
- Sun Aug 10 Rafting. Join Carol Davis and Kathy Spindt Cseller for this peak season run on the Yough. Reserve at 682-7612. Bring lunch, drys and about \$6.00.
- Tue Aug 12 Activities Board Meeting. Check location with Claudette Falkenham. All interested members are welcome.
- Wed Aug 13 Canoeing for Very Beginners. Reserve with Jim Roberts for this introduction to the joys of canoeing. Call 521-5386. School starts at 6 PM and runs until dark.
- Fri Aug 15 through Sun Aug 24 Canoeing. The annual Howard King trip in the Canadian wilds. Check with Howard @ 264-1386 to see if there is still room. You will need complete camping gear and food along with intermedaite white water experience. Cost about \$55.
- Sat Aug 16
- Sun Aug 17 If there are any canoe's left from Howard's trip, canoe
- Sat Aug 23 trips will be announced at Open House for these two weekends.
- Sun Aug 24
- Sat Aug 16 Beginner's Climbing. Jim Gogots makes another trip to White Rocks for a beginner's climbing school. Bring leather gloves and stiff soled hiking boots or tennis shoes. For additional information call Jim at 363-2924.
- Sat Aug 16 Rafting. Walt Smith has affered to lead hostelers on the mighty Yough. Reserve early @487-4458. You know by now to bring a lunch, drys and \$6.00.
- Sat Aug 16 Class I - II Bike Ride. Happy days are here again! Jolly Joe (Curlee that is) is leaving the trails behind to spend a day on his bicycle leisurely recreating along the sun drenched shores of Lake Arthur and into the cool, shaded roads of McConnell's Mills. No sore muscles are promised. Just a good time swimming, sun bathing, frisbee chasing and perhaps even some canoeing. If interested a picnic might be worked up. Talk it over with Joe at 361-3598. Will leave headquarters at about 8 AM. Cost about \$3.00.

AND MORE TRIPS AND TRAILS

- Sun Aug 17 Join Bill Bright if you'd like to go on this month's only hike. Meet at the hostel at 8:30 to hike the Laurel Highlands Trail. Cost will be about \$2.50. Call Bill at 823-0442 for more information on this beginner's hike. Don't forget lunch.
- Sun Aug 17 Class III Bike Ride. Spend the day cycling up the back roads of the Laurel Highlands area. Our resident cyclist, Mike Kent will lead. A mid afternoon dip might be possible so bring a swimsuit. Total mileage about 25-30 miles. Cost about \$4.00. Bring a lunch. Leave headquarters at 8 AM. Let Mike know if you are coming by calling 547-7225.
- Fri Aug 22 Class II Bike Ride. Join Joe Hoechner for a (mature) ride in South Park. Need 2 lights, bright clothing and reflectors. Trip fee 25¢. Meet at park at 7:30 PM. To reserve call Joe at 343-2465. Enjoy a full moon and refreshments afterwards.
- Sat Aug 23 Rafting. Jolly Joe Hoechner will guide the hostel voyageurs this trip. Reserve @ 343-2465. Bring the usuals - lunch, dry clothes and \$6.00.
- Sat Aug 23 Intermediate Backpack. Join John Bohrer on what must be his 103rd trip to backpack the beautiful Cranberry Back Country. Leave Friday night; get back Sunday. Call John at 561-6563.
- Sun Aug 24
- Sat Aug 23 Class II Bike Ride. For another nice, relaxing, easy paced and virtually flat 25 mile tour, sign up with Claudette Falkenham to cycle around the farmlands of Slippery Rock. Bring your swimming costume for an after the ride dunking. Reservations are a must and bike flags are mandatory. Cost: \$3.00. You'll need tools, raingear, and lunch. Meet at headquarters at 8:30 AM. Claudette can be reached at 531-1824.
- Sun Aug 24 Class III Bike Ride. Leave the city with Steve Uhler and bike on out to the Irwin/Jeanette area to explore Bushy Run Battlefield and Museum. It's another WIN day trip - cost just 50¢. Trip will leave and return at headquarters. Leave at 8:30 AM with lunch, tools and raingear. Call Steve at 271-9250 to reserve. About 40 miles round trip.
- Sat Aug 30 Canoeing. Join Claudette's "poling army". A canoe poling trip on some exotic stream where ordinary paddlers cannot navigate. Call Claudette Falkenham (531-1824). Cost about \$5.00.
- Sun Aug 31 Canoeing. Class I-II type fun trip for experienced paddlers. Call Gordon Bugby 371-4233 before 10 PM. Cost about \$6.00.
- *****

WANTED: MORE HIKING LEADERS. If you are frustrated by the low number of hikes being led this month, don't complain, volunteer. Announce your plans at Open House and set up some impromptu trips.

MON	TUE	WED	THUR	FRI	SAT	SUN
AUGUS				1 In-city Swim	2 Bike Canoe School I Raft	3 Canoe Bike
4	5	6	7 Open House	8	9 Raft	10 Bike Raft
11	12 Activities Board Meeting	13 Canoe School	14 Open House	15 Canadian Canoe Trip	16 Bike Cmb Raft	17 Hike Bike
18 Howard	19	20 King	21 Open House Canadian Canoe Trip	22 Bike	23 Bike Raft Backpack	24 Bike
25 SEPT 1	26	27	28 Open House	29	30 Canoe	31 Canoe

Pittsburgh Council
AMERICAN YOUTH HOSTELS, INC.
6300 Fifth Avenue
Pittsburgh, PA 15232

ADDRESS CORRECTION REQUESTED
RETURN POSTAGE GUARANTEED

DATED MATERIAL: PLEASE EXPEDITE

Non-Profit Organization
U.S. Postage

PAID

Pittsburgh, PA 15232
Permit #127

LIBRARIAN, A.Y.H. VIP 0
650-B KELLY AVE.
PITTSBURGH, PA. 15221