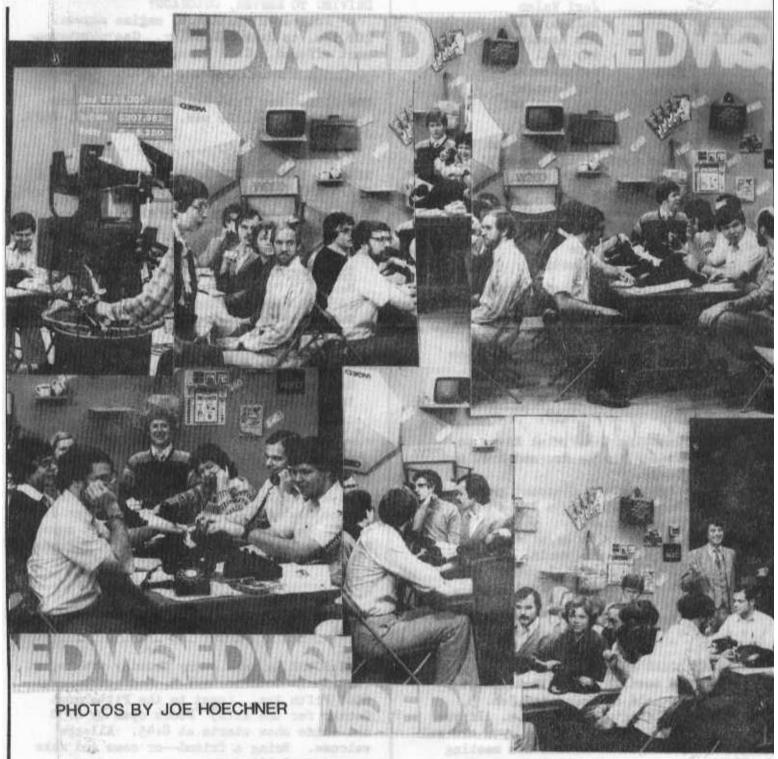
# PITTSBURGH COUNCIL



# **☆GOLDEN☆TRIANGLE☆**

FEBURARY 1982 Vol.33 No.2



AMERICAN YOUTH HOSTELS INC. 6300 FIFTH AVE. PGH. PA.15232 (412) 362-8181

The Gelden Triangle is the monthly publica tion of the Pittsburgh Council, American Touth Hostals. It is sent free to all mem bers. The contents are the sole responsibility of the editors.

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TIPS AND TALES PRODUCTION Jee Heechner

COARS

Don Heecker Hee Heeckner Jeri Valsh

Special Thanks to Judy Gressman who helped with the typing this month!!!

\*\*\*\*\*\*

DEADLINES FOR MARCH TRIANGLE: \*

Feb. 4 Feb. 11

Articles

Feb. 25 Production

\* Due to new procedures being instituted in printing of the Triangle, it is necessary for deadlines to be a week earlier than they had been. We could use a little more cooperation in meeting the deadlines. Thanks- ed.

### AYH SLIDE SHOWS FOR FERRUARY.

Feb. 4- Caneeing the Winisk River to Hudson Bay by Mr. and Mrs. Art Davis.

Feb. 11- Return to a pleasant summer's day on Ontario's lakes with Fred Parker.

Feb. 18- Special show on wildlife of the natural world.

Feb. 25- Lee Gutkind will present Mis movie, 'A Place Just Right', on the people of the Allegheny Wational Forest.

### ACTIVITIES BOARD MEETING :

The next meeting of the Activities
Beard will be held on Wednesday, Feb. 3,
1982. Meeting starts at 8:00 p.m. If you
are not en the Activities Board, you are welcome and encouraged to attend the meeting
to find out more about what is happening in
your Council. GET MORE INVOLVED--there is
always a need for more volunteer effort.

ACTIVITIES BOARD MEETING (cont'd)

The location of the next Astivities Beard meeting has been runered to be at the home of Harriot Ann Seiner. However, at the time of this printing, He. Seiner could not be reached for comment.

\*\*\*\*\*\*\*

DRIVING TO DESIVER, COLORADO?

Deliver a small V.W. engine approx. 200 lbs. to Jack Batchelor. Gas reimbursement offered. Call Frank at 673-2211.

FOR SALE: Row Cat--Catamaran fiberglass rowing shell---Like new. Call 412/731-0673.

SPECIAL EVENTS--TOO LATE TO FIT INTO THE TRIPS AND TRAILS:

Annual Winter Weekend at Hooversville (where?). Feb. 19-21. See story and reservation form elsewhere in this issue.

Expo-Mart-Come see A.Y.H. at the Expo-Mart!!! Pittsburgh Council will have a 10'xi0' booth at the Monreevill Expo Mart Camping and Travel Show. Show runs Fri. Jan 29 thru Tues. Feb. 2. If you velunteer in 'manning' the booth, you'll get free admission. Call Joe Hoechner for details at 373-3403--keep trying!

A holiday greating was received from fermer Pgh. Council AYH person, Gerry Finger. Gerry is now a member of the Board of Directors of the Southern Alberta Hosteblang Association. He sent us his address, so it seems he might like to hear from his old friends:

> Gerry J. Finger 830 Royal Ave. SW Calgary, Alberta Canada TZTOL3

OPEN HOUSE is held every Thurday evening at Pittsburgh Council, A.Y.H. Headquarters at 6300 Fifth Ave. (next to the Pittsburgh Center for the Arts) Doors open by 8:30 and slide show starts at 8:45. Alleare welcome. Bring a friend--or come and make some friends!!!



by Joe Hoechner

Thanks to the nice people up in Ontario, Canada, Pittsburgh Council V.P. Joe Hoechner now has 50 free copies of their official road map. Since he doesn't need all those copies, you can pick one up at H.Q. any Thursday night. (Check brochure racks.) If you're in a hurry to leave the country and can't get to a meeting, Joe will send you one - if you send him 2 (two!) 20¢ stamps (U.S.) and your name and address. Send requests to:

Joe Hoechner 1145 Fox Hill Dr. #204 Monroeville, Pa. 15146

Looks like the Pennsylvania Naturalist Magazine has gone out of business. (As had Pennsylvania Illustrated.) The magazine had a nice format and articles (which had included a 4 page story about the Ohiopyle Youth Hostel,) and was published in State College, Pa. For those of you who have unexpired subscriptions, there's probably nothing you can do, except hold on to your back issues, maybe they'll be valuable some day.

Hey, cyclists, wake up! T.O.S.R.V. is coming! NOW is the time to get your request for application in. The secret for a fast response, is to include a self addressed (yours) stamped (20¢) envelope (large legal size) with your inquiry. Then don't wait to find a dorm-mate, just get it back A.S.A.P. with your check. Send requests to:

T.O.S.R.V. Communications P.O. Box 23111 Columbus, Ohio 43223

LAST CHANCE--WINTER WEEKEND ......

by Joe Hoechner

The Pittsburgh Council's Annual X-C Ski weekend is set for Feb. 19-21 at Camp Harmony, near Hooversville, Pa. Dorm space is available for 40 males and 40 females. Sorry, no accommedations for couples.

Bunk beds with mattresses are provided: You must bring your own sleeping bag, pillows or linens. Two breakfasts and Sat. note dinner are being served in the dining hall. Heal times are 8 am and 5 pm. (as presently suggested) You should bring two trail lunches--refrigeration is available in the dorm building. \*By the way, we're staying in the RETREAT CENTER building\*.

. Starting point is Friday night at 7 pm at H.Q. If you DON'T plan on being there, please let Joe Hoechner know. A decision about bus rental will be made early this month, so please indicate your choice of transportation. Those who volunteered to help with snacks will be bringing thier purchases (and sales slips), reimbursements will follow. If you are driving, Jow will provide maps.

Remember, Ski Rentals are from the chairman, Steve Tubbs. Call Steve at 751-2158

to reserve.

Camp Harmony is north of the Somerset Exit of the Turnpike, (exit#10) about midway between Somerset and Johnstown. You should have dinner Friday Night just off the Pike exit--at a small 'strip' at the edge of Somerset. Travel time is about two hours from Pittsburgh.

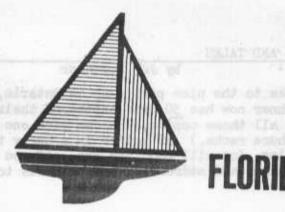
# ALASKA BACKPACK Summer 1982

Don Levenson and daughter are starting to plan a two-week trip featuring Mt. McKinley National Park plus visits to the cities. They would like 2-4 experienced backpackers to share this experience with them. If you would like to consider this adventure, call Don at H-341-6810 or W-923-1890.

# OLYMPIC RAIN FOREST & SEASHORE Summer B-Ping Trip

One memorable Pgh Council trip was a 2 week backpacking trip to Mt. Rainier, the Olympic Rain Forest 7 Olympic Seashore in Wash. State. Three of the original group are planning a similar trip, minus Rainier to get more time at the seashore. In order for the trip to go they must get:

reduced round-trip airfare to Seattle, a total of 8 or 12 persons by Apr. 15. Trip time is undecided, but June is best for the weather. Four days are for B-Ping in the rain forest (Hoh R. & Mt. Olympus area); six for B-Ping along the Racific Coast area of Olympic Nat. Park (wilderness seashore about 40 miles long with car-access only at ends and middle. Pace will be leisurely. Prior experience required; some B-Ping weekends in W.Pa. are mandatory so that all will be ready. For further info. call Bruce Sundquist at 327-8737. A slide show may be given at an Open House or privately.



# sail vacations

Here is a chance to sail tropical waters at a low cost. Explore the Gulf Coast's barefoot islands, Captiva, Sanibel, Boca Grande, and many others. Lots of chances to sun, swim, shell, and beachomb.

If you are not already a sailor these trips offer the fun of learning the art of sail cruising with expert informal instruction. Join us for a five day cruise aboard our 26 foot sailboat, anchoring at new harbors every night. Each trip is limited to five people. The trip is moderate to strenuous swimming ability is a MUST.

Starting Dates: Feb. 1, 8, 15, 22, Mar. 1, 8, 15, 22, 29, Apr. 5, 12, 19, 26, Leader Jerry Barron Cost: 226.35 Deposit: \$75. For a brochure write or call Metro Detroit A.Y.H. 3024 Coolidge, Berkley, MT. 48072 Telephone (313) 545-0511 Hours: 10-Bp.m. Mon. Wed. 10-5p.m. Tue. Thur. Tri.

# MORE NEWS FROM THE ROUGHER THE BETTER CLUB

by Steve Tubbs

Award Nomination: Although it isn't usual for the committee to recognise USEFUL accomplishments, an exception has been made for the efforts of the Dynamic Dozen that assembled the January TRIANGLE. Braving cold, feelings of martyrdom, etc., etc., Daring Don drove them on to assemble 1500 for your reading pleasure. It was a rough story and worthy of a two star nomination.

Honorable Mention-goes to Ed Sieger who skiled down Mt. van Hoevenberg in Lake Placid on one broken ski.

"The Rougher.....The better!!!"

Future Developments- Reliable sources tell of the AYHer contemplating the Chatauqua Ski Massathon and marriage on the same day. Sounds rough--hope it isn't a klister day!
\*

an officer

# CIDENT WITH INJURIES -- action now

# by Lu Patterson, RN, REMT

# EXTERNAL BLEEDING

Arterial blood is pumped from the heart under high pressure. It is bright red in color. If an artery is cut, the blood spurts out with every pulse beat. Venous blood returns to the heart under low pressure. It is dark red, maroon, or even bluish in color. When a vein is cut, blood flows out rather than spurting out. Capillaries are small branches in the blood vessel system that connect arteries and veins. Blood in the capillaries is under very low pressure. Capillary blood is dark red in color. Blood oozes from a capillary rather than flowing or spurting.

# CONTROLLING EXTERNAL BLEEDING

The most effective method of controlling external bleeding is direct pressure. If bleeding is profuse, use the first available material to apply pressure directly to the wound. In most cases the first available pressure while the first available pressure while the first aider secures other dressing materials. If hand pressure does not control the bleeding, insert the fingers directly into the wound and attempt to compress the artery between the fingers or against a bone.

Dressing materials for a bleeding wound range from 3x3 or 4x4 gauze squares to the large multi-trauma dresing. Sanitary napkins or towels make good improvised dressings. The dressing (sterile if possible) should be placed directly ower the bleeding wound and pressure firmly reapplied with the hand.

re point is a site where the Once the dressings are in place do not remove them, even though they become soaked in blood. Pulling off the old dressings disturbs the clotting mechanism and aggravtes the bleeding. Instead, Just reinforce the dressings by applying new layers over the old ones. Secure the dressings with a snugly wrapped pressure bandage of Kerlix, Kling, or Sta-tite and elevate the extremity. If an air splint is available, it can be applied over the Deeding area as a pressure bandage. However, the bleeding site then becomes flaccessible and reinforcing the dressings difficult. After dressing the Only if direct pressure, surface and directly the hemorrhage should the tightly that circulation a pulse and the skin should des if necessary, keep the clot and cause bleeding to bleeding wound and applying the pressure bandage bleeding at rest since movement can dislodge a c No pressure bandage should be applied remain reasonably normal in color and temperal bleeding area as a pressure bandage. However, to the area stops. You should be able to feel The most common pressure points elevation, and pressure bandages fail to conmain artery to the injured area lies close first aider search out a pressure point. over a bone.

- The brachial artery in the upper are
   The femoral artery in the groin
  - 3. The carotid artery in the neck

The brachial artery is in the middle of the arm between the elbow and the armpit in the groove framed by the large biceps muscle and the bone. If pressure is applied properly to this artery, no pulse can be felt at the wrist. The femoral artery is on the inside of the groin, just below the point where the thigh joins the torso. Use the heel of the hand to apply pressure in this area.

The carotid artery runs along the strap muscles in the neck. Locate the windpipe and slide the fingers off to one side where the bleeding is. Place the fingers over the artery and the thumb behind the neck. Compress the artery between the fingers and the thumb. Never compress both carotid arteries simultaneously since this shuts off all blood to the brain. Some people faint when pressure is applied to the carotid artery because of pressure unavoidable exerted on a small merve bundle in this area. Take care not to squeeze the windpipe.

Only if direct pressure, pressure bandaging, and pressure points cannot control hemorrhage showld a tournique be used. In other words, a tournique is a last resort. If a tournique is used, the victim almost certainly will lose that extremity. Once a tourniquet is in place, it should never be loosened until medical authorities are prepared to handle the emergency. To apply a tourniquet:

- Place a small thick pad over the main artery between the heart and the wound as close as possible to the edge of the wound.
- Knot the tourniquet material and insert a rod-type device to use as a windlass to tighten the tourniquet.
- . Tighten only enough to stop the bleeding.
- 4. Mark on the victim's forehead the time the tourniquet was applied.
- 5. Never cover an extremity with a townniquet in place since the tourniquet may be forgotten.

On not use string, bootlaces and the like for tourniquet material since these are too thin and may injure blood wessels and underlying tissues. A wide pack strap, wide belt, bendana, or cravat bandage are satisfactory tourniquet materials. Any patient who meeds a pressure bandage or tournique to control bleeding should be seen promptly by a physician.

# MOS EBLEEDS

Control nosebleeds by pinching the mostrils together, applying firm press to the upper lip, and applying ice to the lack of the neck. If these method are ineffective, gently insert into each mostril a small twist of sterile cotton or gauze so that a little protrudes from each nostril. Then gently but firmly pinch the nostrils together for at least six minutes. After the six minutes are up, gradually release the pressure. If blooding continues, pinch the nostrils again. If blooding does not resume, do not remove the cotton for several hours to avoid disturbing the fresh clots.

While the mose is still bleeding, keep the patient in a sitting position so that he can spit out the blood rather than smallowing it. Smallowed blood usually causes the person to vomit later on. Keep the patient as calm as possible since raising the blood pressure aggravates the bleeding. Once the bleeding stops, do not let the victim pick his mose or remove any clots seen in the nostrils since this cam interfere with the clotting process

# 

SPECIAL EVENT: Annual Winter Weekend!!!

????QUESTIONS?????: Call (412) 373- 3403

WHERE: Camp Harmony, Hooversville, Pa. (WHERE???)

WHEN: Friday night, Feb. 19th thru Sunday Afternoon, Feb. 21, 1982

TRANSPORTATION: We will car-pool from A.Y.H.-H.Q. between 6:30 and 7:00 p.m., on Friday night. Suggest having supper in Somerset at turnpike exit. The possibility of renting a bus (non-smoking, 'natch) will be explored. Arrive at camp approximately 10:30 p.m. Maps to follow.

ACCOMODATIONS: We have reserved the 'retreat center', which sleeps 40 male/40 female in 2 bunkrooms. (sorry, no private accomodations this year.) It has a large commons room, fireplace, indoor plumbing and kitchen area. There's a great frisbee field outside (in Feb.?) Space is available on a first-come basis.

FOOD: Meals will be served by the camp staff in their dining hall: Breakfast and supper on Saturday and breakfast on Sunday. You MUST bring 2 trail lunches for the weekend. A snack will be provided for both Friday and Saturday nights by Pittsburgh Council, A.Y.H.

SKI RENTAL/SKIING: As in the past, equipment rental will be on a one day basis unless there is surplus gear available. Call Steve Tubbs to reserve, phone# 751-2158. Skiing can be done on the site's rolling hills or in nearby Babcock State Forest or Blue Knob State Park.

WHAT TO BRING: A.Y.H. Pass, Sleeping bag, warm clothes (toilets are indoors, but dining hall is a short walk), boots, skiis, towel, toiletries and 2 lunches. Don't forget musical instruments, books, games, etc....

COST: Oh, yes, about \$35 for the weekend (cheap!!!) The final number will depend on the transportation used. A deposit of \$20 should be paid to leader Joe Hoechner by Feb. 10th. Make checks payable to Pittsburgh A.Y.H..

(clip out)		the market	
RESERVATION FOR	A.Y.H. WINTE	R WEEKEND, 1982.	
NAME(S)		Let Mitth	
PHONE#	A.	Y.H. PASS #	12 12 13
INDICATE CHOICE OR DORM:	Male	Female	
I CAN HELP WITH SNACKS I NEED A RIDE I'D LIKE TO SEE A BUS F I CAN DRIVE PASSENG I WOULD LIKE TO LEAD A	ERS	AMOUNT ENCLOS (20.00 per pe Make checks p PITTSBURGH	rson deposit) ayable to:
Bring this to any meeting i Joe Hoechner 1	n November, D 145 Fox Hill	ecember or January, Drive #204 Monro	or mail to: eville, Pa. 1514

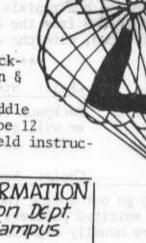
# COMMUNITY COLLEGE ALLEGHENY COUNTY

EARTH SPORTS I - Instructor: Bruce Cox

Intro Course covering rockclimbing, caving, backpacking, orienteering, parachuting, X-C skiing, skin & scuba diving, hang gliding, & mountaineering. Class begins Wednesday, Feb. 24, at Reizenstein Middle

School, East Liberty, Pgh. There will be 12 classes from 7 to 9:30 pm. Optional field instruc-

tion trips.



REGISTRATION INFORMATION
Continuing Education Dept.
CCAC-Allegheny Campus
808 Ridge Ave. Pah., Pa. 15212 Call 237-2729 or 237-2732

BACKPACKING & WILDERNESS TRAVEL - Instructor: Bruce Cox

A comprehensive study of the art & science of living with your home on your back. You will learn how to travel lightly, efficiently, safely, with a minimum amount of environmental impact, and be prepared to have a great time.

Designed for campers, hikers, hunters, fishermen, Boy & Girl Scout leaders, and beginning wilderness users.

Topics Include: equipment selection, dressing for the outdoors (winter and summer), dangers (real and unreal), orienteering (map and compass), menu planning, water purification, and trip planning.

Class beggins Monday, Feb. 22, at St. Basil's H.S., Carrick, Pgh. There will be 12 classes from 6:30 to 9:30 pm. Optional

field trips.

# BIKEPACKING INTO COUNTRYSIDES AND LIFESTYLES

By Phil Norton

BikePress U.S.A. P.O. Box 326 Mars, PA 16046 (412) 625-1180

\$4.50 plus \$1 tax and mailing Back roads led the author to unexpected discoveries on his seven-month bicycle tour of eastern North America.

Filled with photos, this is the documentary of Phil Norton's travel adventures, his encounters with wildlife, and his discovery of the simple lives and wisdom of country people from James Bay to the Gulf of Mexico.

Equipment Checklist and bicycle-camping tips

BACKPACKING

KAYAKING

The trips listed here are open to the public with the exception that AYH members are given priority when the trip is of limited size. Trip costs include 60¢ registration and insurance (\$1000 medical - \$1000 accidental death or dismemberment) plus transportation and rentals. In addition, nonmembers are charged \$1.50 per day which can be deducted from the cost of membership. Trips are classified BEGINner, INTERmediate, or ADVanced, with the exception of the water sports and bicycling.

******	****	*******

Chair: Steve Martin H-469-3153 W-462-5000 X6185

sat feb 27- INTER sun feb 28	Backpack trip in Allegheny National Forest. If there is enough snow we will go on skis (after we get there, of course). Leave AYH HQ at 6:30 am Saturday morning. To sign up call Steve Martin at the above.
CANOEING	Chair: Becky Soisson 244-1151
equipped, and spir:	out during the cold weather months, but only for the experienced, well- ited paddlers. Necessary equipment includes wool and/or wet suits. Hally organized at the Thursday night meetings.  Chair: Shirley Sedmak 441-6538
sun feb 14 BEGIN	Easy beginner's 3-4 mile hike in Frick Park. Meet at Frick Park Reynolds Avenue near the Bowling Green. Warm up with hot chocolate. For details, call Joe Levine at 241-3265.
sat feb 6 INTER	Join Glenn Oster hiking approximately 10 miles in Moraine State Park. Leave headquarters at 8 am. For reservations and questions call 566-3041W or 364-2864H.
sun feb 21 BEGIN	Five miles in Mingo Creek State Park in Washington County. Meet at HQ at 9:30. Call Shirley Sedmak at H-441-6538 or W-288-5147.

The Basics are similar to Canoeing. Trips may be organized at Thursday night meetings

Lou Conley 681-8321

based on interest and water levels by those equipped for cold weather paddling.

Ray Yutzy 929-4443

Chair:

Indoor pool sessions will be held every Monday night from November through February at West Allegheny High School. The sessions will last from 8 to 10 pm and are intended to teach both the basics of Kayaking and Kayak Rolling Techniques. Boats are available for rental and people of all experience levels are welcome. Contact Lou Conley above for information.

# VOLLEYBALL Chair: Larry Laude H-665-9554 W-462-5000 X7532/X6287

\* \* \* If If you wake up to a snowy Tuesday morning check your favorite radio station for school closings. If the Pgh. Public Schools are closed, there is no volleyball.

Volleyball continues on a weekly basis on Tuesday evenings. All participants are requested to donate 35¢ toward the upkeep of equipment. All are welcome. Low-key skills are done until there are enough folks to begin playing. Meet at Taylor-Alderdice High School gymnasium from 6-9 pm on Tuesday evenings.

CROSS COUNTRY SKIING	Chair: Steve Tubbs 751-2158	Fred Parker	824-2638
sat feb 6 INTER	15-20 km. 8am. Arthur Mazer	661-2966.	RIEMPPERSON U.S. S.
thu feb 11	Fred Parker at above number.	6:30 pm.	

Fred Parker at above number. 8:30 am. All welcome. sat feb 13 sun feb 14 INTER-Laurel Mountain (optional 10 km race \$6). 8 am. Cliff Ham 687-4520. ADV Judy Menosky 731-0212. 6:30 pm. thu feb 18 thu feb 25 Barry Governor. 421-7114. 6:30 pm. sat feb 27 INTER Ben Humphries 829-2497. 9 am. sun feb 28 BEGIN Jeff Marsh 831-9490.

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If you want to experience the world for yourself, and FEEL the countryside as well as see it, the youth hostel way is for you.

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	but would like more details — sen merican Youth Hostels.	d me your FREE
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Address	State	American Youth Hostels 6300 Fifth Avenue Pritisburgh, PA 15232
Zip	Birthdate	(412) 362-8181



# AYH Activities Meeting of December 2, 1981

BUDGET: The Board of Directors approved the budget with slight modifications.

CAVING: A brochure on the caving program is being prepared. CYCLING: There are seven car-top bike racks to be sold.

TRIANLE EDITORS: The Triangle received an award from National A.Y.H.

FRANCHISE: Avalanche will sell passes at their new stores.

SPECIAL EVENTS: Possible location for the spring banquet is the Holiday House.
The cost would be \$7.95 per person, slightly higher for non-members. It will probably be March 13 or 20. Joe Hoechner will chair the Awards Nominating Committee.

TRAILS COORDINATOR: Glen Oster attended a meeting on the North Country Trail.

The trail will run from New York to North Dakota. Planning should be completed by October 1982.

LDRSHPDEVELOPMENT: CPR course will hopefully start in February and will be open to the general membership. Monday night was first choice, Wednesday, second.

NEW BUSINESS: National Council Meeting: After 7 years of service, Cliff Ham retired from the board and received an award from National A.Y.H. for his service. Boat Licenses: There is a proposal to require the licensure of all boats in the state.

ATTENTION: ALL YOGA ENTHUSIASTS: Yoga classes have been cancelled until spring has spring.... However, if someone wants to donate their house with a thick carpet and lots of heat, please call Jane at 521-4946.

# AYH MEMBERSHIP APPLICATION

Fill out the following application and bring/send it with a check payable to "Pittsburgh AYH" to: AYH Membership, 6300 Fifth Avenue, Pgh. Pa. 15232. Allow 3-4 weeks for delivery by third class mail. Enclose an additional dollar for first class mail. (Note: Membership sells International Hostel Guide to Europe for \$5.00 by mail and for \$4.00 at Headquarters.)

Name	Phone
Address	New?/renewal?
Zip	Birthdate
Check one:	or 7:00 on Uniter January 15 to carpool to Blacks
\$7.00 Youth (under 18)	\$35.00 Three-year Senior
\$7.00 Senior Citizen (60+)	\$35.00 Organization (non-profit)
\$14.00 Senior (18-59)	\$140.00 Life
Leadership: Backpacking, Cycling.	Service, Typing, Art Work, Membership Canoeing, Caving, Climbing, Hiking, Cross-
Pittsburgh Council	mill you has qu'il Aniq maniq quin densité une 2 au remain de la Company (Company) and Alamertan

6300 FIFTH AVENUE PITTSBURGH, PA. 15232

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