

pittsburgh council, american youth hostel, inc.

Volume 19 Number 3

MARCH, 1968

BAKER TRAIL NEWS

Did you know that our Baker Trail has six shelters; or that our plans call for the construction of four more to complete the chain from Freeport to Cook's Forest? These shelters are your home away from home along the hiking trail. The inside dimensions are 12 by 8 feet and will sleep 6 comfortably. Each shelter has its official wooden sign, with the name and date of construction routed into the sign. The shelters are: Schenley, 1965; Crooked Creek, 1953, Cochrans Mill, 1963; Idaho, 1964; Milo Weaver, 1966; Mahoning, 1964; and hopefully, North Freedom, 1968.

The Crooked Creek shelter was built of timbers from an old log cabin; the newer shelters are built of rough sawn oak with boards and battens for the siding. Each shelter requires about 1,000 board feet of lumber and 30 lbs. of nails.

Out shelter design has progressed through several stages of development, with general dimensions based on the most efficient use of stock sizes of lumber. We have kept the waste down to approximately 2%.

On March 30th, AYH will break ground for the North Freedom Shelter. Our basic design has been modified so that a better proportioning of the interior space is achieved. If you want some good clean fun, and would like to create something for others to enjoy, sharpen up your saw and check the Trips and Trails page for where to report for work.



BOAT SHOW A SUCCESS

Success seems to be the word for the Council's participation in the Annual Boat Show. Judging by the new faces at Open House and the increased size of our TRIANGLE mailing list, AYH will continue its swelling ranks. Some of our best promoters worked in the AYH booth: Larry Smith, Vi Friesen, Chris Anderson, Tom Jable, Fred and Eileen Hull, Tom Weet, Don Laszacs, Bob Taylor, Chuck and Anna Lee Fitzgibbons, John McMichael and Ed Schumacher. Then there were the representatives of the teenage contingent: Red Graybeck, Sue Spindt, Nancy Simler, Dottie Lynch and Jack Batchelar. Not to mention any names, but there seemd to be quite a bit of promotion directed at males between 14 and 20.

Barb Kowalski, our Miss Boat Show entry, was at the booth Monday - see Bob Omlor or Jim Hurst for details. If there were any awards for the fastest dismantling of a display, Bob Fewkes and Don Hoecker and company would win it.

Thanks to all for such a fine job! --Sue Simler

* * * * *

Extended trips encourage extensive planning, but initial organization of forays into the wilderness has been facilitated by a slew of U.S. Government pamphlets. The National Park Service has published these brief, lucid, hardy guides to just about any Park you'll want to visit. Most include a map, information on accomodations, capsule history of the area and services offered the visitors.

Especially helpful is the booklet: Camping in the National Park System. It lists campground name, highway location, reference map, camping season, limit of stay, type of campground, number of spaces or sites, fee, water and toilet facilities, showers, laundries, and recreational facilities.

These leaflets (or National Park Briefs) were published between January. 1967, and January, 1968, so the information is up to date. Most can be had from the Superintendent of Documents, Government Printing Office, Washington, D.C., for 10 or 15t but Carnegie Library (Art Room, 2nd Floor) has oodles, too. (Ask for M711625g, National Park Briefs.

AYH offers three informative booklets in its library (call Ann Fisher, 521-8992): National Parks, an up to date catalog of N.P.S. briefs, The National Park Story in Pictures and National Parks and Landmarks.

Just paging through these monographs makes our extended trip prospects even more exciting.

--Mary Lilly

Peggy Hewitt is Acting Secretary at present and will be succeeding Mary Lilly as Secretary when Mary leaves for Germany. Peggy was new to Pittsburgh Council in September of 1967, but had previously belonged to AYH in Wisconsin. She cycled in Europe last summer and in addition she skis, cances and climbs. A graduate of Marquette University in Milwaukee, Peggy works as Librarian Assistant at the Carnegie Library Bookmobile Center and hopes to begin work on her masters degree in Library Science next year.

Another asset to AYH is Sue Allardice, Chairman of our Twentieth Annual Banquet. She's been a hosteler since March, 1967. and is an experienced caver, climber and hiker, and was a member of the 1967 Teton expedition. She is also a member of the TRIANGLE staff. A graduate of Chatham College, Sue is a commercial artist at WTAE-TV and enjoys painting and photo-

Talented Mary Anne Wienges has volunteered her services in the Publicity Department. A native of New York, she has been in Pittsburgh for about 25 years and in AYH almost a year. Her AYH activities include skiing, canoeing and cycling. In addition, she is interested in oil painting, modern art and philosophy. She works in the Psychology Department at Dixmont Hospital and is working on her Ph.D. at Pitt in Counselling Psychology.

--Abbie Geertz

The GOLDEN TRIANGLE is published by Pittsburgh Council American Youth Hostels, 6300 Fifth Avenue, Pittsburgh, 15232 Phone: (Thursday evenings) 362-8181 Editor: Ann Fisher - 521-8992 Staff: Sue Allardice, Doug Ettinger Tess Henry, Mary Lilly, Cathy Lynch



Time out for dinner: Dottie Rodriguez, Howard King and Bruce Sundquist. Mouth of Seneca Park, Seneca Rocks, W. Va., April, 1967. -- Photo by Eric Stacey

* OUTDOOR COOKERY - Part II by I. Rank Beginner

This feature article is the third in a special series covering all phases of AYH activities. Save these four pages each month and compile your own handbook.

PRINCIPLES OF FOOD PLANNING

1. Adequate nutrition

Both the quantity and the type of food are important considerations in food planning. This article is devoted to meal planning and preparation primarily for back-pack outings, involving fairly strenuous activity. The typical AYH group is generally composed of more men than women, of ages ranging from mid-teens to late middle age with the young adult group predominating. The suggestions for menus and discussion on nutri-

tion are based on these considerations. Under such circumstances. an average diet of about 2,800 to 3,000 calories per person per day is satisfactory for the first 3 or 4 days, after which an additional 400 or 500 calories per day are needed. Most people lose weight at first, then appetites increase more nearly in proportion to the energy being expended. On one-week trips, food requirements for an average group can be met by carrying one and three quarter pounds to two pounds per person per day of dehydrated or freeze-dried food.

A balance between carbohydrates, proteins and fats is important to provide and sustain energy, (continued on page 30)

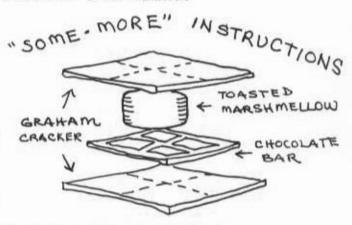
PRINCIPLES, continued from page 29 after breakfast and lunch. Carbohydrates (sugars and starches) are immediately available; energy from protein becomes available later and is more lasting and fats are the most slowly utilized. Providing adequate carbohydrates is rarely a problem, but care is needed to assure sufficient protein and fat, especially for breakfast. Suggestions for assuring this balance are given in the section on menu planning.

Special consideration must be given to provide adequate vitamins and minerals in the diet. In last month's issue a list was published of general nutrients provided in different types of food and daily requirements for both men and women for each of the nutrients. If most of the cereals and crackers are of the whole grain variety there should be few problems in meeting the daily requirements. Vitamin C, however, 2. Lightweight and low bulk may be deficient unless dehydrated citrus fruit juice or some other beverage known to contain this vitamin is served daily. Vitamin C is important in maintaining resistance to infections. Tablets of ascorbic acid, 50 milligrams per person per day, may be substituted for citrus juice.

Salt is important, since correct salt balance is essential to a feeling of wellbeing. The amount of salt lost in perspiration varies considerably between indi- weight is to increase the use of fat, viduals and changes with acclimatization. During strenuous activity, especially in hot weather at the beginning of a trip, most people want and need more salt than can be added to food without spoiling its flavor. Tastes, however, and the need for salt vary, so a salt shaker should be avail-and desserts. Meat is often the most able at mealtime. Since too much salt is as undesirable as too little, each person needs to be alert to his own craving for salt and adjust his intake accordingly. Other signs of salt deficiency are excessive fatigue, headache, stomach cramps and diarrhea. Salt tablets should be carried

Sufficient water to prevent dehydration is also essential. Substantially more water than regular canned meats. Powdered is usually lost during a day's hike than is milk and cheese can be substituted ocreplaced, regardless of the amount available along the trail. Many people do not drink enough fluids during the twenty four hours to replace this loss unless a

considerable amount of water is combined with their food. Lemonade is a refreshing means of increasing fluids when camp is made early, soup is always an excellent first course, and a generous supply of hot water for beverages should be available after dinner.



Lightweight and low bulk are of primary concern on all but very short trips. To achieve this, keep the water content of foods to a minimum, eliminate heavy packaging materials, and avoid excessive air inside of packages. This means the use of dehydrated foods, repackaging most of the food in poly bags, and avoiding low-density items such as corn flakes or soda crackers. Another way to reduce such a bacon grease or margarine, because fat has over twice as many calories per ounce as protein or carbohydrates. Nevertheless, the diet probably will contain a lower proportion of fat than usual, since there are few rich sauces difficult food to provide in variety without carrying it in the pre-cooked form in tin cans.

A number of mountaineering supply houses offer a variety of freeze-dried meats and powdered eggs to solve this problem. These meats are of good qualto take with water when these symptomsoccur.ity, are not available in regular markets, and considerably more expensive casionally without sacrificing nutritional values.

Meals that are easy to prepare and tempting to the appetite are the other major requirement. Lunch is the most difficult meal to make appetizing, since nearly everything must be hard and dry and the choice of food is rather limited. With careful planning, however, it is possible to offer reasonable variety. Serving different lunch materials on different days will increase this variety.

Dinner, also, is more appetizing if it presents variety in flavor, texture, and color. For example, cream of chicken soup, macarini and cheese and vanilla pudding are discouragingly alike in appearance and texture. A better combination would seem to be vegetable soup macaroni and cheese and fruit cocktail. Herbs and spices add only a few ounces to the load, but can made a considerable difference in the taste. They must be used with discretion unless the cook is certain of individual tastes.

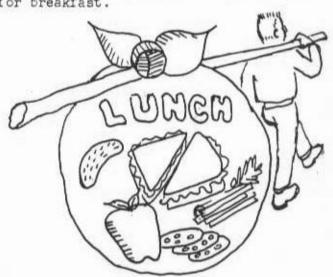
4. Preparation of menus

A good general rule to follow for breakfast menus is to have 1) citrus juice or stewed fruit, 2) a wholegrain cooked cereal with milk, and 3) meat such as hom or bacon, dehydrated eggs may be used instead. Dry cereal may be substituted for the cooked variety, and when more time for cooking is available, paneakes or biscuits may be substituted for the cereal. Dry milk is prepared for use with the cereal, and a supply of instant coffee, tea, and chocolate is available. A supply of hot water is kept available on the fire at all times.

For lunch, special consideration must be given a provide not only quick energy in the form of carbohydrates, but enough project and fat for sustaining energy for the afternoon. A lunch of dry cereal ith reconstituted powdered whole misk and either raisins or nuts will full I this requirement, and is also easily digestible. To vary the lunches, and for use also as snacks a variety of crackers, whole-grain breads, dry sausages and cheese, nuts,

candy (especially chocolate), cookies and a packaged fruit drink should be used.

Soup or broth is always a good first course for dinner, a main dish of either meat or meat substitute, and a starch of noodles or rice, a vegetable, dessert, and the same beverages served for breakfast.



5. Availability of water

When dehydrated or freeze-dried foods are used, special consideration must be given to the availability of a good water supply. This means that extra water must either be carried with you, or there must be a water supply sufficiently close to camp. The most important consideration is that the water not be contaminated, and must be purified first if there is any doubt as to its purity.

A good water supply nearby is often the first consideration when choosing a campsite, to save carrying it for both cooking and washing. A trickling stream next to camp provides not only a pleasant accompaniment to dinner, but a soft lullaby for closing camp at night.



A list of suppliers of freeze-dried and other foods suitable for back-packing is available in the AYH Library (521-8992), as are some of their catalogs.

SUGGESTED MENUS



First Day

Dinner

- # Beef broth
- + Vegetable salad
- # Beef stew

Pumpernickle bread and margarine

- * Vanilla pudding
- * Coffee, tea, chocolate

Breakfast

- # Grape juice
- O Bacon
- * Egg pancakes with syrup
- # Coffee, tea, chocolate

- O Deviled ham cheddar cheese sand.
- + Oranges Cookies Candy
- # Ice tea or koolade

Snacks

Mixed nuts and m & m's and Dried apricots



Second Day

Dinner

- # Tomato soup
- # Corned beef hash
- + Cabbage
- # Applesauce Ginger snaps
- # Coffee, tea, chocolate

Breakfast

- * Stewed prunes
- * Wheatena, milk, brown sugar '
- * Fried smoked pork shoulder
- * Coffee, tea, chocolate

Lunch

- + Peanut butter and jelly sand.
- + Apples Cookies
- Candy

Ice tea or koolade

Snacks

Figs and nuts Chocolate candy



Third Day

Dinner

- # Green-pea and onion soup
- * Macaroni and cheese with
- * Shrimp (from Chinese food stores)
- O Fruit cocktail
- # Coffee, tea, chocolate

Breakfast

- * Orange juice
- * Grapenuts
- O Bacon
- * Scrambled eggs
- # Coffee, tea, chocolate

Lunch

- O Spam and cheese sandwiches
- + Apples Cookies Candy
- # Ice tea or koolade

Snacks

Peanut brittle and raisins

Fourth Day

Dinner

- * Vegetable soup
- # Beef with gravy
- * Mashed potato
- # Chocolate pudding
- # Coffee, tea, chocolate

Breakfast

- # Grapefruit juice
- * Hash brown potatoes
- * Scrambled eggs with cheddar cheese
- * Coffee, tea, chocolate

Lunch

- + Peanut butter and jelly sand.
- + Oranges Cookies
- Candy # Ice tea or koolade

Snacks

Mixed nuts, raisins, chocolate nibbles

EXTENDED TRIPS 1968

WHITE WATER CANCEING IN CANADA

Howard King is leading a group of white water canoeists (intermediate or better) to the Province of Quebec for six days of canoeing this July. One can expect to see numerous rapids and three waterfalls along the course of the Riviere Corneille and the Riviere Coulonge to Fort Colounge. If time permits the group will traverse the Grand Calumet Channel of the Ottawa River (flowing flat water). The trip will cover over 90 miles by canoe. The cost will be about \$55. which includes cance rental, transportation, and food while on the river. Leave on a Friday evening around July 12 and get back on a Sunday around July 21. Call Howard at 264-1386 if you think you may be interested in going, or write to him at 225 Oakhaven Drive, Coraopolis, Pennsylvania, 15103.

TWO WEEKS BEFORE THE MAST

Down East dessert depends on what berries are in season and the entree was generally swimming in salt water that morning. Down East wind sings through pine trees and waves break on granite rocks. Add to this a tall-masted schooner that runs before the wind, anchors in quiet coves and visits old seaports from which whalers and tea clippers sailed for the Orient. Sound good? I know that we can spend a week on a schooner sailing out of Rockland, Maine, for about \$135. I think I can get the lorn of my grandparent's cottage on Sebascodegan Island for five days or a week. While we're in Maine we must go to Acadia National Park for a couple of days. The total cost for everything for the two weeks would be \$200. The two weeks of the trip could be taken separately. It would go the last two weeks in August. If you are interested, contact Cathy Lynch (362-1045) after 10 p.m. or at Thursday Open Houses. There will be a deposit due in April. The deadline for expressing definite interest - March 30.

CLIMB, HIKE, BACK-PACK IN WASHINGTON

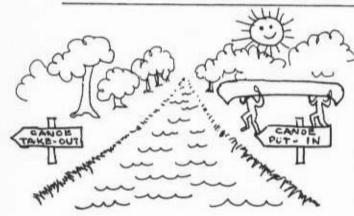
Bruce Sundouist is leading a group of hikers to Washington State this July for 12 days of hiking and back-packing around Mt. Ranier, the Clympic Rain Forest, and the Olympic Beach. Most of the hikes and back-packing trips around Mt. Ranier will be in the pine forests and at the edges of the glaciers part way up Mt. Ranier (spectacular views, excellent camping, and a visit to an ice cave or two). In the Clympic Park the group will hike through the moss shrouded forests that are unique to this area. The trip will end with a three day back-packing trip along the Olympic Beach, one of the few remaining wilderness beaches left in the United States (and the most scenic). All trippers must be experienced hikers; backpacking experience is desirable. The trip will cost about \$215 by train (all expenses). If you wish to fly, add \$50. Departure date - July 27. Contact Bruce at 372-1212, X 412.

In conjunction with this trip, Henry Fisher is leading a climbing section to the Cascades. (Limit: 5 climbers). They will climb Glacier Peak, Mt. Baker and Mt. Hood or Mt. Ranier, in addition to niking. The deadline for reservations and the beginning of the training sessions is April 1.

WYONING BACK-PACKING TRIF

A three week back-packing trip has been scheduled in the scenic Wyoming mountains and wilderness areas. Leaving August 3 and returning August 25, we are planning to back-pack in the Teton, Wind River ranges and in the Alaska Basin area. The trip will consist of four and five day treks to each area along with some limited rock climbing. On the trail we will be eating dehydrated and freeze-dried food. Conditioning hikes are planned for this spring and summer. Approximate cost will be \$190. For more information call John Henry at 661-7952.

MEMBERS CNLY on extended trips - so buy your pass now.



CANCEING STREAM MAPS AVAILABLE

Copies of the 3 x 4 map of canceing streams that is currently hanging on the wall in Headquarters is now available for 50¢ from AYH (add 20¢ if you want the map mailed to you in a mailing tube). The map, which includes all of Western Pennsylvania (including the headwaters of the Susquehanna River system), Western Maryland and Northern West Virginia, was drawn by Phil Chase, who for many years was one of the most active canoeists in this area. It has recently been improved by Don Hoecker. The man contains a large amount of information of interest to canoeists such as rut-in and take-out spots, elevation changes along the course of ecah river and a description of the difficulty of various sections of each river.

* * * * *

SAVE THESE DATES

April 5, 6, 7.

for our annual Petersburg Weekend.

On Saturday we will watch the canoe races and enjoy the program in Petersburg. On Sunday we will raft and canoe on the Dry Fork of the Cheat River (or the North Fork of The South Branch of the Potomac). Bring your own food, camping equipment and about \$9.50.

The trip will leave Headquarters at 7:30 p.m. on Friday. Howard King (264-1386) leads.

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WEST VIRGINIA HIGHLANDS WORKSHOF

Beautiful Blackwater Falls Lodge was the scene of the West Virginia Highlands Conservancy Workshop on January 27th and 28th. Pittsburghers Doug Ettinger and Bruce Sundquist joined others from Washington, D.C., Baltimore and many other nearby areas.

The Delegates discussed revision of the U.S. Forest Service voluminous preliminary proposal for the development of the Seneca Rocks - Spruce Knob Recreation Area and the By-Laws for the organization which included consideration of action concerning impending legislation on Wild Rivers in West Virginia. As it looks now only the Cranberry River and parts of the South Branch of the Potomac, Shaver's Fort of the Cheat and the Greenbriar Rivers will receive any sort of protection as wild rivers (by West Virginia, itself, as the current Wild Rivers Bill in Congress includes no West Virginia Rivers).

Any one interested in joining the Highlands Conservancy should send \$5.00, to Dr. Thomas E. King, 120 East Main Street, Bridgeport, West Virginia. An excellent way to keep up to date on conservation activities all over the U. S. is to join the Wilderness Society, 729 15th Street, Washington, D.C., 20005.

—Bruce Sundquist



If you think that's a whopper ...

The January thaw brought a decline in ski activity, but the real skiers were still at it. Jim Hurst went on the trip to Hidden Valley on January 27th and claims that conditions were excellent. We have to take Jim's word for it because he was the only one on the trip! The ski school on Friday nights got off to a good start though Tess Henry is still trying to contact some people who started out for Boyce Park on the evening of the great traffic jam.

The most popular trips of the period were by far those that featured quantities of good food and hours of sitting by the fires, such as J.D. Meyer's Baker Trail hike on the 28th and Ann Fisher's Cook's Forest trip (February 10 - 11). On J. D.'s trip, only a handful led by Fran zapiewski and Dotty Lynch completed the planned hike. (And they were really looking for those blazes as dark closed in.) Bobby Geertz, 4, hiked just as far as the rest of the people.

On Ann's trip, most everyone completed the daytime hike on Saturday as Doug Ettinger's candid movies will surely prove. In the evening while four people went tobogganing, Bruce Sundquist demonstrated map reading by moonlight on a hike. The sing-song (that's English for a sing-along) was marred by what seemed to be the howling of wild dogs coming from the area where Jack Batchelar and Tommy Kirschbaum and others were (??) trying to sleep. The trip had an international flavor with David Wright (England), Diane Clegg (Australia), Henry Pollak (Canada and elsewhere), and Eberhart Moll (Germany). Some got the impression that it also littered the route to and from Cock's Forest with disabled cars, but there were only -three dead batteries, two flat tires, one broken wheel bearing and a collapsed transmission. By Wednesday after the trip almost all of the personal gear had found its way home, some it must be admitted, by very strenuous routes.

more in next column

Having something in common with the groundhog, Ed Schumacher rode his bike from Mt. Lebanon to the second meeting in February, causing a severe snowstorm. Bob Omlor left for skiing in Austria, confident that cycle season would wait for his return. Bob Fewkes and Harvey Shapiro made the announcement that many have been waiting for -- Canceing season has started!!

-- Cathy Lynch



Alarm goes off - 7 a.m. UGH! Snowing hard. UGH!! UGH!! Get up, eat breakfast. Phone Maxine. Intend to say "Its snowing hard, we'll cancel!" Say instead, "Its snowing hard, shall we cancel?" Maxine says no.

Phone Don's mother - He hasn't cancelled but is late - so there's no hurry. Slither along slowly in my slob. Collect Maxine. Slither toward 8:45 a.m. rendezvous at Howard Johnson's on route 60.

See 'route 60 - turn left' sign on Parkway - take it. Looks wrong; turn around. Still looks wrong, turn around again. Look at map - carry on; turn right. See sign 'Pittsburgh - 13' turn around.

The slob slithers onward. Rendezvous sighted ahead, pull in to the warm welcome of Ho Jo's coffee. Arrival time: 9:12 a.m. "Well, Don won't be here for ages yet". Drink cup of coffee. "Well, Don won't be here for a long time yet", read magazine. "Don should be here any time now", drink another cup of coffee. "Don should have gotten here by now", go on reading magazine. Time: 10:30 a.m.

"Excuse me, are either of you called David or Maxine? You're wanted on the phone". "Hi, David? Don phoned to say he waited till 9:10 to see if you came. You didn't, so he went home".

Well, at least we didn't have to slush through all that nasty snow!

--David R. Wright

THURSDAY NIGHT IS "OPEN HOUSE" AT AYH

Schedule of Programs for March, 1968 8:30 p.m.

- 7th Slides of "off the beaten track" in Great Britain and a bit of Europe by David Wright
- 14th White water equipment show; learn how to select the optimum paddle, the safest helmet and life vest, the economical deck cover; see the latest in C-l's and how they are outfitted. Join the "in" crowd!!
- 21st Come with our lovely Sue Simler on a cycling trip through Europe. See the true hosteling spirit.
- 28th The Canadian Government Travel Bureau presents a slide show which will take us on the beautiful Trans-Canadian Highway from Newfoundland to Vancouver.

29028'

People who aske the summit of I There I was my only rea a voice and

People who asked "Big Jim" Whittaker his impressions of the summit of Everest, got this reply -

There I was, finally, on the summit of the world; my only reaction was "My, God!" - and from below a voice answered "yeesss?"

APPLICATION FOR MEMBERSHIP

Name		Phone
Address		Age (if under 21)
City		Zip Code
Will you use your AYH pas	s abroad?	Ever held an AYH pass before?
Types of Pass: Youth (under 18) Senior Youth (18-20) Adult Family Inquire at Headquarte	6.00	Life

Make checks payable to:

Pittsburgh Council, American Youth Hostels, Inc. 6300 Fifth Avenue, Pittsburgh, Pennsylvania, 15232

MIREN 1933 TRIPE AND TRE

- 3 SUN SKI Laurel Mountain with John Henry (661-7952). Leave HQ at 8:00 a.m. Cost about \$6.50.
- 8 FRI SKATING at North Park, late session. Leave HQ at 9:30 p.m. Mary Micules (621-8643) leads. (\$2.00)
- 9 SAT HIKE in the Slippery Rock Gorge south of McConnell's Mill. Frendoon Behroozi (361-5794) leads. Leave HQ at 9:00 a.m. with lunch and hiking shoes. Cost about w1.25.
- 10 SUN SKI at Seven Springs with Eric Stacey (351-3296). Leave HQ at 8:00 a.m. Cost about φ7.50.
- 16 SAT SKATING at North Park, late session. Leave HQ at 9:30 p.m. Cathy Lynch leads. (362-1045). (\$2.00)
- 16 SAT CANCE. Start the Canceing season with a crunch on our annual ice breaking trip down Buffalo Creek. Beginners are welcome. Bring lunch, change of clothes. Wear warm woolen clothes and wool socks. Cost φ4.JO. Leave HQ at 8:50 a.m. Ho and King (264-1386) leads.
- 17 SUN HIKE. Time and place to be announced or call Chuck Vogan at 843-3836.
- 23 SAT CANCE Loyalhanna Creek from Ligonier to Kingston Dam. For canceists with some white-water experience only. Leave HQ at 8:30 a.m. with lunch and about \$3.00. Bruce Sundquist (351-3100 X 412) leads. Wear a wet suit or several pair of longjohns.
- 23 SAT SKI Blue Knob with Bob Omlor (264-4465). Cost about \$17.00.
- 29 FRI SKATE at North Park, late session. Leave HQ at 9:30 p.m. Cathy Lynch (362-1045) leads. (\$2.00)
- 29 FRI Ground breaking and foundations work party for the latest Baker Trail 30 SAT Shelter North Freedom. Leave HQ at 7:00 p.m. and sleep in Mahaning Shelter. See Don Woodland (563-5419) for details.
- 31 SUN CYCLE. Come on the first cycle trip of the 1968 season. Leave HQ at 2:00 p.m. for a tour of Fittsburgh Parks. Get in shape for the coming cycle season. Reserve with Bob Omlor (264-4485).
- Sun Send March out like a lion at the Fourth Annual Kite Flying trip.

 Despite psychedelic connotations, it will be held in Schenley Fark.

 Despite political connotations, the traditional "high tea" will feature Chinese cuisine. A bicycle trip will leave from HQ for the Park at 1:00 p.m. The motorized support group will leave HQ at 1:45 p.m.

 Bring your own kite, rice bowl and chopsticks. Cost \$\pi 1.50\$. Cathy Lynch (362-1045).
- 31 SUN CANCE. Penn State Outing Club is holding a 7 mile race on Red Moshannon Creek. Anyone is welcome to enter in open cances or C-l's. degistration \$1.00. Contact Harvey Shapiro for more complete details. (621-2600 X 304).