

**golden
triangle
ayh**

pittsburgh council, american youth hostels, inc.

Volume 25, Number 2, Jan 1974

FEB



**GO HIKING
THIS MONTH**

CROSS COUNTRY SKIING

To the skiing novice, cross country skiing or Nordic touring is ideal in that it is less expensive and safer than Alpine (downhill) skiing and is easier to master to the point where it can be enjoyed. Anyone who walks or hikes can learn the basic movements and enjoy the freedom of the touring ski. Ski touring is not an uphill trek just for the sake of a downhill run; Nordic skis can be used anywhere there is snow. The expanse of an open field or the stillness of a snow covered frozen lake are not simply temptations but are the natural realm of the Nordic ski touring skier.

A ski trail offers its own particular challenge. Snaking thru woods, it may rise evenly, or drop suddenly for a challenging slalom run between trees. The touring skier is never snowbound. Snow covered roads can not prevent him from enjoying the quiet of an isolated mountain side or discovering the beauty of a mountain valley in its winter setting. Even a city park becomes a ski area for the touring skier. To the cross country racer the challenge of pitting his experience and ability against the terrain and the clock is a calling all its own.

If you are a novice and want to try it on your own beg, borrow, steal or rent a set of equipment. Find a level, snowy place and strap on the skis. Now try walking slowly forward, letting your feet drag. Use the poles primarily for balance. When you feel comfortable doing this try gliding alternately on one foot and then the other. Begin using the poles, pushing slightly with the opposite arm from the foot that is pushing. This should be a natural extension of your natural arm swing motion. The motion is just like walking except that there is the glide with the weight balanced on one ski then the other.

Nordic equipment is different from Alpine equipment. Alpine equipment and technique is strictly for downhill runs, while Nordic equipment and technique is intended to be used uphill, downhill, and on the flat - everywhere. For those of you renting cross country ski equipment the following is one books guide to the size chooses that you will have to make. The people at the ski shop will also be able to help.

Nordic skis are much narrower (65 to 7.5 cm) in width and much lighter (2.0 to 2.5 kg) than the downhill ski. The length of the ski is chosen by the distance from the floor to the wrist of your arm when it is extended over your head. Bindings will consist of only a toe clamp of some kind. There will possible be a cable that grips the back of the heel but it should be attached to the ski only at the front of the foot. Boots resemble ordinary shoes in that they are cut somewhere about the ankles and are made of soft pliable leather on top. The sole is laminated leather or a leather-rubber combination which is designed to be flexible under the ball of the foot, while being able to withstand side twist. The sole is made in one of four standard sizes so that one binding will fit most shoes.

Poles are typically made of bamboo with baskets about 10-12 cm in diameter. The length of the pole should be chosen so that when it is vertical along side the skier, it will fit snugly under the armpit.

One final word about waxes. Waxing is done so that the ski will have the proper amount of friction. A properly waxed ski will glide as long as it is in motion but once gliding stops the ski will stick until your weight is lifted.

CROSS COUNTRY SKIING (cont)

Waxing can and has been made a science, with the cross country racer having at least 20-30 different types of waxes and base preparations for his skis. Which one the racer uses depends on the air temperature and the wetness of the snow. However for the touring skier only three to five waxes are necessary with the following simple rule. If you have trouble going up hill because your skis keep slipping back you need a wax for a higher temperature. If you do not have the glide that you think you should change to a wax for a colder temperature.

Places that we know of that rent cross country skis in the Pittsburgh area include the Ligonier Mountain Outfitters on route 30 in Laughlin, Pa; The C.R.A.B. COOP on Meyran Ave in Oakland; Randy's Racquet and Ski Shop on Murray Ave in Squirrel Hill. Also some of the ski resorts rent cross country equipment.

Local areas known to be suitable for X C skiing given some snow include most golf courses as well as the following parks; Boyce, Racoon, North and South Park, Schenley Park, parts of the Laurel Highlands Hiking.

LET'S CARPOOL

Gas rationing could be upon us in March. Now is the time to form car pools to help alliviate the energy crisis. One member estimated that our open house meetings use about 10,000 liters of gasoline. Car pooling could easily cut that in half. To help organize car pools to the open hpuse meeting drop a card to Bruce Sundquist, 210 College Park Drive, Monroeville, Pa, 15146. Give name, address, phone number, and approximate route. Also state whether you can drive or prefer to ride.

COMING ATTRACTIONS

Look for special hikes and backpacking trips to work on geology, flower photography, wild foods, flower keying, and map reading.

NEEDED - hiking leaders

AYH WANTS YOU

T.O.S.R.V. date is May 11 and May 12. This 325 km (210 m) bike ride with 3,000 other cyclists is sponsored by Columbus AYH. Joe Hoechner is the man to see about reserving a space in Pghs contingent.

The GOLDEN TRIANGLE is a monthly publication of the

Pittsburgh Council
American Youth Hostels
6300 Fifth Ave.
Pittsburgh, Penn 15232

editor: Roy R. Weil
Production: Joel Platt

362-8181 Thurs evening only

articles over the past months and in this triangle have been contribute by the following:

Larry Giventor
Joe Hoechner
Mary Leathen
Cathy Lynch
Eb Moll
Dave Porterfield
Jim Roberts
Mary Shaw
Roy Weil

If you would like to see your name in print send an article to the editor. He will even by-line the article if you so request.

WANT ADS one dollar items only

(this month)

For sale, used, unsafe life jackets. best used for kneeling pads or could be recovered and used for life vests.

MORE NEWS FROM THE MOLLS
or COME VISIT US THIS SUMMER.

Dear friends at AYH:

With Christmas over and the New Year under way, you could make it your goal for 1974 to go on that long thought about trip to Europe. We have rented a house between Stuttgart and the Black Forest--a half hour in each direction with our traveling friends in mind. You could call it a 4-bedroom town house. The room under the roof is the guest room with hot and cold water and a toilet on the same level. It sleeps two in beds or can hold as many people as two Baker Trail shelters.

After moving and job hunting in June, we had a great hiking vacation with the Conners in Switzerland, eleven days around Mont Blanc thru three countries and over many passes for hikers only. Ten more days in various other areas, such as Zermatt and Grindelwald. Glaciers, waterfalls, and flowers in abundance. Returned to Stuttgart where I started work in a smaller firm producing materials handling equipment.

We have done several day hikes in the area and Gerhard is almost too heavy to carry by now. He is surprised sometimes when his German friends do not understand his English. The smell of sardines on AYH hikes is now replaced by an occasional flask of brandy. Either one is hard to get use to. We have had guests from as far as Canada and the U.S. Capital and visited friends in Paris and attended the wedding in Coventry, England of the "butler and maid" from our farewell hike.

We have fond memories of the years with AYH in Pittsburgh and hope that many of you can come to see us this year. Reserve at 7031 Magstadt, Hohbergerstrasse 8/3, West Germany, telephone 07159-41514.

regards from
Dianne, Eb, and Gerhard

HOSTEL OF THE MONTH HISTORIC CHAMOUNIX MANSION

Everyone knows that European hostels tend to be former castles, stately homes and at least one was a Medieval convent. The most architecturally interesting hostels in the Eastern region are probably the late nineteenth century Coast Guard Station at Martha's Vineyard and the early nineteenth century estate, Chamounix Mansion in Philadelphia.

Chamounix Mansion was built in 1802 as the residence of a wealthy citizen of Philadelphia which was emerging as the leading city of an energetic new country. The mansion has overlooked the flow of the Schuylkill River for over 162 years. It now also overlooks the flow of traffic on the Schuylkill River Expressway.

Except for its approach road and the view of the expressway Chamounix's setting is much as it was in the early 1800's. It is located on its original site in what has become Fairmount Park. One can easily imagine ladies in empire dress and gentleman in frock coats strolling under the trees on the lawn.

The costume of the modern visitor is usually jeans. The high-ceilinged upstairs rooms, each with a marble fireplace, hold bunks for forty hostellers. The rooms on the first floor and basement, which were once parlours, ballroom, dining rooms and kitchens are now common room, hostellers' kitchen and meeting rooms available for small conferences.

The hostel is owned by the city while the restoration and conversion is done by the Friends of Chamounix, who are proud of the architectural value of the house and have tried to maintain its Georgian character.

AYHers are lucky that their visit to Philadelphia can include a stay in one of the city's historic old homes.

THE LAW AND YOU

US Senate bill #316 the "Eastern Wilderness Bill" has been reported out of the Interior and Insular Affairs Committee. Of particular interest to the backpacks in Western Pennsylvania is the fact that Dolly Sods and Otter Creek were included as Wilderness Areas in the final draft of the bill. Earlier in the session a sub-committee had deleted Otter Creek and the Cranberry Back Country, leaving only Dolly Sods of nearby backpacking areas for wilderness designation.

The next move for Senate bill #316 is a vote by the full Senate. House of Representative action must also follow before these areas can be added to the National Wilderness Preservation System.

Write to either the Hon Hugh Scott or the Hon Richard Schweiker or your Representative about this bill.

MORE THE LAW AND YOU

There is now in the State Senate a bill (#1304) which would allocate five million dollars for bikeways. The bill has been introduced by Senator Thomas McCreesh and has been referred to the Transportation Committee.

The bill provides the money as an appropriation to PennDOT and thus would not be subject to the restriction of the motor license fund of roads only, and hopefully not as much lobbying from the current highway user groups.

As this bill has only one sponsor its fate is doubtful. Write to either your State Senator or to Sen Frank Mazzei the committee chairman.

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THE SPORTSMEN SHOW - CIVIC ARENA
Feb 20 thru Feb 24

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Sportspal/Radisson/Sportyak/Vega/
Funyak/Sunflower/Mayflower/Wildflower/
Butterfly/Wildflower Sailboats
Canoe Sail rigs/ Sailing dinghies
Fiberglass, resin supplies
molds and kits

AMERICAN YOUTH HOSTELS, NATIONAL EXTENDED TRIPS

Hosteling is fresh air and traveling under your own steam and meeting all kinds of f people and exploring a bit of the world first hand and getting to know yourself. AYH extended trips offer cycling, hiking, traveling by public transportation, and even a kayak trip. AYH extended trips ... are sponsered all over the world ... have confirmed reservations and definate itineraries ... stay overnight primarily in Youth Hostels (simple, inexpensive, dormitory type, self-service accommodations with kitchen, washing, toilet, and recreational facilities) ... sometimes camp out or use Y's or small hotels ... consist of coed groups of 7-9 with a leader ... permit side trips (with parental approval) ... have been in operation since 1934.

A trained adult leader is in charge of each trip to help direct the decision making, but he is not a tour guide. His main responsibility is the well-being and safety of the group members; above all his job is to make the trip a memorable one. AYH trip members come from all over and enjoy being outdoors, roughing it, sharing responsibilities and hostel living.

The following is a list of trips being organized by the National Council of AYH. Next months issue of the Golden Triangle will have listings of extended trips being lead by other Councils. To find further information including requirements for participation obtain the "Highroads To Adventure" booklet at Headquarters or write to AYH National Campus, Delaplane, Va, 22025 and request the "forecast" for a specific trip. The cost figure given below sometimes includes transportation from New York or Washington, D.C. or Boston to the starting point, sometimes it does not.

Adventure Trail - bicycle from Philadelphia to Washington via Gettysburg, Skyline Drive, and Williamsburg. \$355, 35 days
Alantic Seafarer - bicycle from Philadelphia to Washington along the Atlantic coast, \$305, 30 days
Canadian Rockies - bicycling, hiking, hoseback riding in the Rockies from Montreal to Jasper. \$625, 35 days
Coastal Cooler - bicycling from Boston to Bar Harbor along the New England coast. \$295, 28 days
Great Lakes - via bicycle, canoe, and horse from Detroit to Chicago via the coast and thru Northern Michigan. \$430, 42 days
Great River Run - bicycle St. Paul to Chicago, with two day canoe trip, boating and swimming in upper Mississippi. \$350, 36 days
Hawaiian Islands - bicycle and explore the islands, swim, surf snorkel and fish. \$710, 35 days
High and Dry - bicycle Denver to Phoenix - challenging biking some caving, climbing, river rafting. \$565, 40 days
Mexico - sample Nuevo Laredo, the central Plateau, Guadalajara, Orozco's murals, Acapulco Bay, and Mexico City via public trans. \$740, 35 days
Mountaineering in Alberta - wilderness backpacking in the Canadian Rockies of Alberta and B.C. \$690, 28 days
New England - bicycle along the Connecticut river from Springfield to Vermont, return via Cape Cod. \$305, 30 days
New England and Quebec - bicycle from Springfield to Montreal and back to Boston. \$405, 42 days
Northwest Passage - bicycle from Detroit to northern Michigan, canoe camp for a week, return to St Paul. \$530, 42 days
Nova Scotia and Prince Edward Islands - bicycle Digby to Bay of Fundy, return to Montreal. \$560, 42 days
Pacific Northwest - Bicycle from Tacoma to San Francisco, includes six day raft trip on the Klamath. \$565, 42 days

AYH NATIONAL EXTENDED TRIPS (Cont)

Pacific Northwest - Bicycle from Tacoma to San Francisco, includes six day raft trip on the Klamath. \$565, 42 days
St Lawrence Special - bicycle Niagara Falls to Stratford for Shakespeare, return to Lake Placid via Montreal. \$485, 42 days
Southern Discovery - bicycle the Skyline Drive, hike in Great Smoky Mt. park, drive to New Orleans and Fla. \$545, 42 days
Southwest Roundup - drive and hike thru the canyons and mountains of Colorado, New Mex., Arizona, Utah. \$475, 30 days
Western National Parks - 6,000 mile station wagon trip thru eight states and twelve national parks. \$575, 42 days
White Mountain Whipsaw - Boston to New Hampshire's White Mountain by bike. Backpack 11 days on ridges and gorges. \$365, 30 days
Yankee Explorer - from Boston, bicycle into the mountains of Vermont and N.H., then down the Maine beaches. \$295, 28 days

The following European trip costs includes air fare from the Northeast coast and back.

Central Europe - 8 weeks via bike and train \$1105
European Explorer - 8 weeks via bike and train, \$1070
Southwest Europe - 8 weeks via bike and train \$1155
British Isles Special - 6 weeks via bike. \$955
England and Scandinavia - 6 weeks, cycling, hiking \$1100
European Swing - 6 weeks via bike and train \$975
Northern Europe - 6 weeks via bike and train \$1000
Vagabout Special - 6 weeks via bike and train \$970
Britain and Eire - 4 weeks via bike \$800
Saddlebag Special - 4 weeks via bike and train \$755
Switzerland/Rhine Valley - 4 weeks via bike and train. \$800
Chateaux Country, 3 weeks via bike and train. \$675
English Countryside - 3 weeks via bike and train. \$605
Sun & Sand: The Riviera - 3 weeks via bike and train. \$680
Alpine Ramble - Mountain walking - 6 weeks. \$985
Wanderweg - 3 weeks hiking - \$735
European Highlights - 4 weeks via public transportation. \$880
Mediterranean Odyssey - 6 weeks via public transportation. \$1120
Southern Spree - 6 weeks via public transportation. \$965
Wayfarer to Israel - 6 weeks via public transportation. \$1160
Western Europe - 4 weeks via public transportation. \$845
Saddlebag Special - 3 weeks via bike and public transportation. \$845
Switzerland/Rhine Valley - 3 weeks via bike and train \$895
Kayaking - 4 weeks Germany and Austria via kayak and train. \$880
40th Anniversary Special - 2 weeks via public trans. \$690
French Africa, Eng. & France - 5 weeks via public trans. \$1210

Happy Hosteling

TRIPS AND TRAILS

The trips below are open to the public, except that AYH members have priority when the trip size is limited. Trip cost includes 40¢ for registration and insurance (\$500 medical) plus transportation cost and equipment rental. Call the trip leader to reserve or cancel, or for more detailed information.

Sat Feb 2 - COOK FOREST WEEKEND- A weekend in the snow in the Cook Forest area.
Sun Feb 3 See last month's triangle. Reserve with Dave Porterfield, R.D. 1, Zelienople 452-7071 (toll call). Cost \$15.00 includes bus to the cabins.

Sat HIKE will be on section 11 of the Baker Trail, Corsica to Fisher, 9 miles. Leave the cabins about 9:00 AM, and return about 4 PM. Be sure to have winter clothing, and good warm waterproof boots. Lunch provided for those on the American plan. Others wanting to join call Cliff Ham 687-4960.

Sun HIKE will be on section 12 of the Baker Trail, Fisher to Gravel Lick. so above for details.

Sat & Sun STROLLS - Shorter hikes through Cook Forest will be planned for other participants of the weekend at 9AM, 1PM, 11PM.

Sat SNOWSHOE Ever go snowshoeing?? no! or only once/ well neither have we, so join Joel Platt in giving companionship to out lonely snowshoes. If you are going to Cook Forest weekend and care to try call Joel at and pray to Snow gods

Sat Feb 9 Backpacking Bushwack in Green County with Jim Roberts. Learn
Sun Feb 10 some map reading skills along the way. Beginning backpackers (some camping experience preferred) welcome. Leave Headquarters 8 AM Sat and return Sun late afternoon. Cost \$3.00. Call Jim Roberts at 362-5792 between 10-11 PM. (but not after 11PM)

Sat Feb 9 Hike Al White leads a beginners hike to McConnells Mill State Park. Leave AYH Headquarters at 9 AM. Cost \$2.00. Call Al at 362-5100 ex 403 during the day for reservation.

Sat Feb 16 Beginners Hike somewhere on the new Rachel Carson Trail. An easy hike beginners welcome. Leave Headquarters at 9:00 AM with lunch, \$1.00. Reserve with Cliff Ham, 687-4960.

Sat Feb 16 Ski Outing Barry Walker leads a ski outing for first timers. experienced skiers welcome also. Leave headquarters at 8:30 AM. Call 661 3389 to reserve. Cost \$3.00

Sun Feb 17 Intermed. Hike Join Mary Shaw for a nice hike on the new Laurel Ridge trail. Leave headquarters at 8:00 AM, Cost \$3.00. Call Mary at 681- 5131 to reserve.

Sat Feb 23 Cross Country Ski Larry Giventer will lead cross country ski trip (or hike if no snow) somewhere. Beginners welcome. Call Larry at 422-9282 for reservation. Leave headquarters at 8:00 AM. Cost \$3.00.

Sat Feb 23 Photographic backpacking wiht Mike Wolf. Go with Mike in search
Sun Feb 24 of scenes for next years christmas cards. intermediate and beginner backpack. call Mike at 363-4368 for reservation, and to coordinate lenses. No sense everybody carrying a 5 pound 200 mm lens. Cost \$5.00. leave headquarters at 8 AM

OPEN HOUSE

Open house is held every Thursday evening. Everyone is welcome, member or not. Doors open about 7:30 PM, with the program starting about 8:30 PM. Come and find out about us and our activities.

Feb 7 - Recall warmer climates and the sun as Cliff and Marilyn Ham show slides of backpacking in Florida.

Feb 14 - Barney Bench takes us on the trail of Lewis and Clark from St Louis to the Pacific, over 2000 miles up the Missouri, across the Bitterfoot Mountains, and down the Snake and Columbia Rivers to the Oregon coast.

Feb 21 - Well traveled AYH member Liz Saffer will show slides taken during several trips to Russia

Feb 28 - Think snow!!! Jack Kowalski will present a ski program. Probably a slide show from some of this year's ski trips.

TRIPS AND TRAILS CONTINUED

Fri Feb 22 - Caving - A Norm Snyder cave trip to West Va. Leave Friday
Sun Feb 24 at 7 PM and return Sunday afternoon. Call Norm at 371-2372 for reservations and details.

Sat Mar 2 - Map reading, backpacking trip. Bob Schatz leads a map
Sun Mar 3 reading practice somewhere in the wilds of Penn. Leave Headquarters about 8 AM Sat. and return late Sun afternoon. Call Bob at 683-1613. Cost \$4.00.

Fri May 3 Closed boat canoe school. The annual Y, Red Cross and AYH
Sun May 5 whitewater Canoe School has expanded this year to include a weekend of closed boat instruction. Designed for the intermediate who wishes to perfect his skills for that BIG river or who is thinking about competition.

Fri May 11 Western Pennsylvania Whiterwater Canoe School - 1974. This
Sun May 13 intensive weekend course is designed for the person having canoe experience and the interest in whatewater canoeing. preference is given to those intending to instruct others and lead canoe trips. A limited class of c-1 and K-1 is planned. The school will be limited to a certain number of students. Instructors are competent and well versed in whitewater teaching techniques. Cost \$26.00 includes lodging insurance and the text book. Obtain application from Gordon Bugby 371-4233.

August Interested in a trip to Ireland?? Marilyn and Cliff Ham are planning a month-long tour of Ireland, for bikers and/or hikers, during August 1974. Cost is around \$500. Will be using hostels and traveling under own power, and cooking most meals. Interested?? call 687-4960.

Friday nights - Ice skating - Pull those ice skates out of the rafters and join a group of AYHers at North Park for the late (11-1) session. Meet at the headquarters at 9:30 or at the rink at 10:30. Call Mary Brinka 431-6491 for more details. No reservation neccessary, just come.

COME To The AYH Banquet

★ Food
★ Dancing
★ FUN



Directions: The Hospitality Motor Inn is located on Rodi Road,
off parkway east, Penn Hills exit.

Parking; Lower parking level

Please detach and mail

Reservations: Name _____

Address _____

** Please reserve by March 25th

Number of adults at \$6.50 _____

Buffet Dinner

Number of young adults at \$5.00 _____
(20 yrs or younger)

Make checks payable to: Pgh Council AYH, Inc.

Mail to: Jeannette Bugby, 262 Cascade Rd., Pittsburgh, Pa. 15221

(371-4233 if you have questions)

The following is a summary of the financial statement for 1973 and the budget for 1974 of American Youth Hostels, Inc. Pittsburgh Council. It has been approved by the Boards. This money is spent by the Activities Board which meets once a month, and to which you are welcome as a participant. A more detailed report is posted at the headquarters and any Board member (Committee chairman) will be willing to talk about the discussion that went into the budget.

	Actual 1973		Budget 1974		NOTES
	Income	Expense	Income	Expense	
OPERATING DIVISIONS					
Hiking	511.50	7.00	500	190	tents, two backpack
Canoeing and Rafting	1789.50	1325.12	1465	975	
Cycling	285.00	23.02	500	575	replace stolen bik
Climbing	0.00	0.00	40	50	
Caving	3.20	33.00	40	35	
Winter Sports	10.00	0.00	80	30	
Baker Trail	18.00	214.85	0	670	trail extension
Miscellaneous					
Publications	5715.53	4593.97	6500	5500	
Golden Triangle	308.00	638.18	310	885	
CENTRAL OPERATIONS	4194.16	1895.86	3830	2850	
total	\$12,834.89	\$8,731.00	\$13,265	\$11,760	
Net Operating costs	\$4103.89		\$1505		
Interest and dividends	777.85		910		
Net gain in assests	\$4881.74		\$2415		



SKI TOURING HEADQUARTERS

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There were two items which the Board would have liked to include in the budget which they did not because there is no one to spend the money. These items are service and hostel development.

The Board views the service function as twofold: First supplying either seed money or transportation money to needy groups so that they can enjoy the outdoors traveling under their own steam; and second providing leadership training to leaders of other groups so that they may safely lead trips. AYH also provides a means so that recognized groups can obtain leadership liability insurance for its leaders.

The board views hostel development as needing an individual that has as his dream a hostel or a series of hostels in the Western Pennsylvania area.

If you would like to spend time and effort in either of these areas, come talk to us. We have the money.

F E B R U A R Y				1	SAT 2	SUN 3
THURS					HIKE SNOW SHIE COOK FOREST WEEKEND	HIKE
MON 4	TUE 5	WED 6	OPEN HOUSE 7 FLA. BACKPACKING A ARTICLE DVE	FRIDAY 8	7	10
					BACKPACK GREEN COUNTY	
11	12 ACTIVITIES BOARD MEETING	13	OPEN HOUSE 14 LEWIS + CLARK A TRIPS DVE	15	16 HIKE SKI OUTING	17 HIKE
18	19	20	OPEN HOUSE 21 RUSSIA	22	23 CAVING IN WEST VA. XC SKIING BACKPACK WITH CAMARA	24
25	26	27	OPEN HOUSE 28 SKI	1	2	3
					BACKPACK WITH A MAP	

Pittsburgh Council
AMERICAN YOUTH HOSTEL, INC.
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