



golden triangle ayh

pittsburgh council, american youth hostel, inc.

Volume 26, Number 12 December, 1975



ICE AGE MAY BEGIN SOON --- GET READY --- GO ON AN AYH WINTER TRIP

December brings new activity chairpeople and a new season, winter, to AYH. Most AYH'ers tend to hibernate during the brisk, nippy months of winter. This tendency towards hibernation is generally the result of one or more of the following reasons:

1. The AYH energy saving policy - a low setting on the thermostat at HQ.
2. Winter is a good time to attempt to regain all the weight that was lost, so easily, during the long spring, summer and fall.
3. The arrival of an extremely contagious disease - FOOTBALL MANIA

This winter the new chairpeople are gearing-up their respective programs in a full-hearted attempt to combat these three enemies of AYH Winter Trips.

Here is a summary of the activities being planned for the winter :

I. HIKING Joe Curlee - chairman

Winter hiking is the cheapest sport AYH offers. The only equipment required is a pair of boots that can be waterproofed. One of the best parts of winter hiking is the visibility. No leaves are out to hide some of the spectacular view offered around Pittsburgh. As a additional incentive the fallen leaves and snow hide much of the litter left earlier in the year.

Trips are classified by distance walked, difficulties of terrain, and pace. If you aren't sure of your capabilities, call for details about the hike. Start easy and build up gradually. The only additional equipment you may want to take along is a day pack or bag, rain gear, lunch, and a thermos of hotchocolate, coffee, tea or soup. Joe is determined to take every member on a hike this year. Help him out and in the long run you will be helping yourself. Get out of the winter rut --- TAKE A HIKE

II. CROSS COUNTRY SKIING Mary & Alan Barber - Chairpeople

It took awhile, at times patience wore thin, but it finally arrived - SNOW! Last year was the first decent year for cross country skiing in the area. Those who took advantage of this luxury - snow - had quite a bit of fun, to say the least. Hopefully this winter will be better and the number of cross country ski enthusiasts will mount.

Alan and Mary have some tentative plans and good ideas for a fun season. Beginning trips will work on the basics over easy terrain. Intermediate trips will cover a larger distance, and a varied terrain. Be sure to check with the leader for the trip details, and skill levels required. If you want to purchase equipment. Feel free to ask the Barbers or other AYH skiers for advice. It's quite easy to waste money on this sport.

Equipment may be rented at several places outside Pittsburgh, Alan has hopes of organizing a ski equipment swap and sale. This may be a good way to equip your children. Most of the trips are scheduled on short notice because of the rapidly changing weather conditions. Stop at headquarters on Thursday night or call headquarters on Thursday after 8:30 PM to see if any trips are being planned.

III. DOWN HILL SKIING Jack Kowalski - Chairman

Jack will be at his usual best with the down hill activities this winter. With an increase in AYH'ers interested in down hill skiing, there should be an in-

MORE WINTER FUN!

since some of the possible activities require a minimum number of people for group discounts. If you are interested in down hill skiing, contact Jack early in the season so that he can begin specific planning. If you are a beginner, drop by AYH and talk to Jack or other members about equipment and costs. You just may save some money.

IV. BACKPACKING Joe Curlee - Chairman

Joe along with Jom Roberts, Education and Leadership chairman, will be setting up some winter trips to give members a chance to try cold-weather camping. The same advantages of winter hiking apply to winter backpacking, and a tremendous admiration of creature comforts can be developed. If you would like to try winter backpacking, come to the Winter Outing Seminar, Tuesday, December 2 at 7:30 PM in the Headquarters building.

For safety and other reasons, beginners are asked to participate on several one night trips before going on an extended trip. Last year's winter trips traveled to Laurel Ridge, Dolly Dods and several other places. One Dolly Dods trip found 18 inches of snow, below zero temperatures, a good wind, and even a better time for the trippers.

V. CANOEING Gordon Bugby - Chairman

RAFTING Linda Paul - Chairwoman

Winter canoeing and rafting activities can be described simply, "If you are new to the sport, we'll see you in May." Beginners are not eligible for winter trips due to the danger of hypothermia. Generally, winter trippers in these areas have been thru White Water Schools I & II, have a great deal of trip experience, and are a little nuts. Trips are scheduled about 7:00AM Saturday or Sunday morning for that day. If the forecast is sunny, above 40 degrees - you can be sure that AYH'ers will be heading for the river. See Gordon Bugby at open house for details.

VI. CYCLING - Dave Barbour & Warren Kennedy - Chairmen

The racers are riding. So are Jack Batchelor and Ray Rossi. Call Dave or Warren for information on any trip possibilities.

Perhaps this would be an excellent time for AYH cycling enthusiast to take some time out and help out with the paper work for the AYH Cycling Guide. John Hayes is seeking writers, sketchers, editors and co-ordinators. If you don't feel that you can push those pedals this winter, then perhaps you can push the AYH Cycling Guide.

VI. CLIMBING - Jim Gogots - Chairman

To quote Jim on winter climbing, "It's too cold to hug a rock; hug something else or go skiing." See you in the spring.

VIII. CAVING - Barry Walker - Chairman

Why not? It's about 54 degrees down there. See Barry for possibilities or look up Norm Synder - our most active spelunker.

IX. WINTER CLOTHING

Winter outing clothing will be discussed in detail Tuesday evening 7:30 PM, December 2, at AYH Headquarters.

Briefly, There are three simple rules for dress:

1. Wear wool and avoid cotton and synthetics.
2. Stay dry; avoid perspiring
3. Dress in layers instead of one heavy coat

Wool will keep you warm if you do get wet and unlike cotton it does not absorb water. This keeps you dryer while walking through snow. Dressing in layers will allow you to adjust your clothing to changes in physical exertion.

Plans for this winter are just being made, so contact the chairpeople for your area of interest and offer your opinions and advice. No reasonable suggestions will be turned down. Two people can make an AYH trip. So let's hear it for a Christmas cycle trip in Florida and a New Year holiday, canoe poling in the Everglades.

AYH STOCKING STUFFERS

Now that the holiday season is here, have you thought about giving an AYH membership as a gift? Wouldn't an AYH pass make a great gift for your favorite niece or nephew? Maybe even your mother-in-law ?????

Our publication chairman, Bruce Sunquist, has a full stock of our low-priced publications. This includes our new canoeing guide which sales for \$ 2.00. Also, our hostel storekeeper, Joe Hoechner, has a small stock of cycling items. These include: bike flags, \$ 2.50; official AYH Fanny Bumpers, \$ 2.25; and a few pairs of spoke lights at \$ 3.25. Joe also has free replacement flags available. So if you are in need of some stocking stuffers, then remember AYH.!

Congratulations to Roy Weil and Bob Omlor for being the newly elected members of our Board of Directors. They will be seated along with Don Hoecker, Lloyd Geertz, Cathy Lynch, J.D. Myers, and Elizabeth Saffer, for a three year term.

A book brochure of the C&O Canal is now available at the Potomac Area AYH Council.

Featuring a wide list of books & maps the brochure is quite detailed & quite complete. The brochure can be obtained by writing to the Potomac Area Council.

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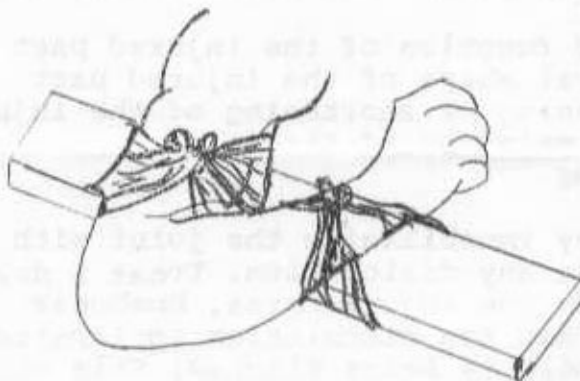


PART II

Specific Fractures

Upper arm fractures or collarbone fractures can be immobilized by strapping the forearm across the chest and suspending it with a sling. If no sling is available, pin the sleeve of the shirt to the front of the shirt.

Fractures of the elbow can cause extensive damage to the nerves, blood vessels, and surrounding tissues. If the arm is bent at the time of the fracture, do not straighten the arm since this maneuver pinches off or tears nerves and blood vessels. If the arm is straight at the time of the accident, do not bend it. Apply a well-padded splint to the arm. If the arm is in an awkward position, two splints can be fastened together in the shape of an "L" to splint the elbow. A splint can also be placed so that it forms one side of a triangle while the forearm and upper arm form the other two sides. Then fasten the forearm and upper arm to the splint (See Illustration). In any case the splint should reach from the armpit to the fingers. Pad the armpit to avoid pressure on this sensitive area.



Fractures of the wrist and forearm are splinted with the hand in the palm down position. A broken hand should be splinted by placing a roll of gauze or something similar in the palm and then fastening the whole hand to the splint. A broken finger can be splinted with a padded tongue depressor or a padded stick extending from the fingertip to the middle of the palm.

When the hip or thigh bone is fractured, the victim cannot lift his leg when he is lying on his back. His leg and foot usually turn outward and the injured leg may be shorter than the other. If the thigh is broken, shock usually ensues because of the severe pain and bleeding into the tissues that follows such a fracture. The hosteller must immobilize the leg from the pelvis to the ankles. He can use ski poles or skis as splints or any board or pole that is the proper length. Ideally, the board on the outer side of the leg should extend from the armpit to the ankles. If the hosteller does not have anything long enough to splint this area, he can pad between the victim's legs and fasten them together, thus using the unbroken leg as a splint.

A fractured knee should be treated like a fractured elbow. Splint the knee in the bent position if that is the way it is found or in the straight position if the knee is broken that way.

To treat a fracture of the lower leg, grasp the foot by taking the toes in one hand and the heel in the other hand and pull gently while securing the splints to either side of the extremity. Immobilize the lower leg from above the knee to below the ankle. If a foot or ankle is fractured, loosen the boot or shoe laces. Wrap the foot in a folded blanket or pillow. Keep checking the circulation to the toes. If swelling continues and the boot becomes too tight, remove the boot.

Because fractures of the head, neck, and back present special problems, they will be considered separately in another article.

Dislocations

A dislocation is a displacement of the bone ends that form part of a joint. The dislocation results in injury to the surrounding ligaments and soft tissues. A dislocation usually results from a twisting force or a fall.

Signs and Symptoms of a Dislocation

The signs and symptoms of a dislocation are:

1. Loss of function of the injured part
2. Unnatural shape of the injured part
3. Lengthening or shortening of the injured extremity
4. Severe pain around the joint
5. Swelling

Treat dislocations by immobilizing the joint with a splint or pillow. DO NOT attempt to straighten any dislocation. Treat a dislocation like a fracture. Keep a close watch on the injured area. Numbness, bluish or pale color, and tingling are signs that the circulation is impaired and/or that one of the nerves or blood vessels is being pinched. This victim requires medical care quickly to prevent permanent damage.

Sprains

Sprains are injuries in which ligaments are torn, usually from moving the joint beyond the normal range of motion of that joint. Ligaments help connect bones together and stabilize the joint.

Signs and Symptoms of a Sprain

The signs and symptoms of a sprain are:

1. Pain on movement
2. Swelling
3. Discoloration of the skin around the joint

Usually, there is no deformity of the joint itself.

Treat a sprain by immobilizing the area with a splint or pillow. As the swelling increases, the fastenings may have to be loosened. Elevate the extremity and apply ice to reduce the swelling. If the first aider cannot determine whether or not the area has been fractured or sprained, treat the injury as a fracture.

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WESTERN HIKING AWARD

Cliff Ham became the first recipient of the K T A Western Hiking Award this September by completing three trails: The Baker Trail, Rachel Carson Trail, and the North Country Trail. Which is a grand total of 260 miles - quite a feat!

Eastern Pennsylvanians walk the Appalachian Trail in Pennsylvania, 224 miles, for an equivalent award.

Several other members of the Pittsburgh Council have completed major segments of the three trails. With a little hope, a bit of encouragement, and a good pair of hiking boots they should be eligible for the Western Award at the next K T A meeting.

NORTH COUNTRY TRAIL

The 85 mile North Country Trail was partly located this summer by the Forest Service, Allegheny Outdoor Club, and the Youth Corps.

Hikers now utilize part of the Tanbark Trail, and then proceed to a newly-created section from Kellettsville to Muzette and a future connection to the Baker Trail.

Those who have walked the new trail say, "it's a beauty". The trail is quite convenient for Pittsburgh AYH'ers. It's only 2 ½ to 3 hours away and provides excellent hiking and backpacking.

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(WEST VIEW)

Hikers- Beware of Hunters the Penna. Deer Season opens Monday Dec.1. Be safe; be seen. Play it even safer, Hike on Sundays when there's no hunting permitted.

Are you aware that the best potential Hiking and Cycling Trails are old railroad rights-of-way? The government printing office has prepared a 68 page booklet showing how interested citizens, park planners, outdoor groups can work together to convert these sites. You can get a copy of "From Rails to Trails" #040-000-00330-4 for only \$1.50. Order from:

Public Documents Dist. Center
5801 Tabor Ave.
Philadelphia, Pa. 19120

Do you realize that the Laurelville Youth Hostel has been open about 1 year now? Have you spent an overnight there yet?

There is plenty of hiking area on the nearby grounds, with ski resorts and state parks nearby.

The winter rate is \$ 3.25, with breakfasts and dinners available at a reasonable costs. to reserve an overnight call Mr. Terry Burkhalter @ 412-423-2056

Don't forget your AYH Pass .

It's time to visit the local Salvation Army or Good Will Stores for winter wool purchases. The Salvation Army Store on Baum Blvd. , or near Penn Circle is extremely friendly and the salespeople will help you look thru the clothes. Wool pants sell for \$ 1.50 to \$3.00.

Time to waterproof your boots. Don't use NEATSFOOT OIL OR OTHER PETROLIUM PRODUCTS. This allows the leather to stretch out of shape. Most equipment suppliers recommend a non petroleum wax-like sno-seal. For details come to the Winter Outing Seminar, Tue. December 1 at 7:30 PM at HQ.

Winter trips mean its time to make up some GORP (Good Old Raisins and Peanuts) There are many recipes for this concoction. One sample is : equal amounts of raisins, nuts, chocolate chips, sesame seeds, and butterscotch chips.

Have you checked your first aid kit lately? After a year's use it may be time to restock it. Now that winter is here, be sure to add some matches to your kit -May come in handy

Space blankets and foam pads (closed cell types like Ensolite) can keep you warmer if you go camping this winter. Put the space blanket silver side up under your foam pad. If your tent collects frost on the sidewalls, lay one side of the space blanket up along the side of the tent to keep the dampness out of the tent.

Watch for spontaneous ice-skating parties this time of the year. Usually held on Friday nights, and are announced at the Thursday night meeting. Depending on the weather, groups usually go to Monroeville Mall, North, South , or Schenley Park

Are you an active member? Perhaps you would like your phone number in our 1976 phone list. If so please write down your name and phone number and mail it to the editor before the end of the month.

OPEN HOUSE

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

Dec. 4 Skiing season is here To start off on the right foot Jack Kowalsky will show two short films on downhill skiing. One of these involves teaching the blind to ski.

Dec. 11 Jerusalem and the Holy Land as seen from the Jordanian side. To put us in the mood of the coming Christmas holiday, Barney Bench will show slides of this ancient land and its holy sites.

Dec.18 Bring along your instrument & voices and help AYH spread the spirit of Xmas on our

Strains

Strains are injuries in which the muscle fibers are stretched and torn. Strains do not involve injuries to bones and joints. Strains are caused by a violent, unexpected movement such as trying to lift a heavy weight and then slipping.

Signs and Symptoms of a Strain

The signs and symptoms of a strain are:

1. Severe pain
2. Swelling over the muscle
3. Difficult movement

Treat a strain by putting the area at rest in whatever position is most comfortable for the patient. Apply cold packs to the injured area to reduce swelling. If the victim complains of spasms in the area, he may be more comfortable with hot packs rather than cold packs.

This series of articles is being written by Lurana Patterson, RN, REMT of Western Pennsylvania Regional Medical Program. The contents are solely the responsibility of the author and are in no way the responsibility of the Western Pennsylvania Regional Medical Program, The Health Services and Mental Health Administration, or the Dept. of Health, Education and Welfare. The contents may not be reprinted without the permission of the author.

FLYING CREPES — THE OUTDOOR CHEF

Many years ago, when the high cost of super-light freeze dried foods for backpacking wore heavily upon me, I weighed some alternatives. One of the most active foods is dry milk powder, if not imbibed in liquid form.

To provide a simple, tasty breakfast, which is rich in protein, colorful, and nutritious in fast food value from starches and sugars, and a bit more chewy than the regular American hotcakes - try backpackers crepes. You simply combine your magic white powder with some clear water from a bubbling mountain stream and - voila

Your premixed jar of white powder:

- A. about 2/3 flour mix - some white, some whole wheat, and some rye. Any combination of white and other flours will do.
- B. about 1/3, or even a little more, of non-fat dry milk
- C. either 1 fresh egg per one to two people
or powdered egg mixed into the jar
or egg replacer - a Golden harvest product from the General Nutrition S

Pour mix into a pot (1/2 cup per person), stir water in until the batter flows like maple syrup. Heat frying pan until butter or margerine sizzles. Pour a dab of batter in the center of the pan, and slowly swirl the batter to the edge with an adept circular motion of the wrist, covering the bottom of pan. When the top is dry, flip, wait ten seconds, and flop onto a plate. Fill with preserves, jelly, or cheese bits, etc. Roll like a sausage - and eat.

Note: Keep the batter thin, that will keep the crepes paper thin

Greetings,

Our trip went very well. There is no getting around just alot of long days driving. Larry and I hit all extremes of temperatures from 101 driving through Los Vegas to 27 degrees one night in Bryce Canyon National Park. The car held up quite well - this was not too easy a trip for a little four cylinder engine fully loaded with not only the trunk crammed but the back seat as well.

The highlights of the trip were: A brief stop in St. Louis. We toured the Busch brewery. Like a lot of industrial tours they showed a lot of bottling and labeling process, but very little of the actual brewing process. We did get a free sample which was a nice break on a hot day....

We then stopped to see Larry's friend in Lawrence, Kansas. He got his PhD at Pitt about a year ago and has been teaching at the University of Kansas. It was a very reassuring stop to see the lifestyle of an assistant professor - not bad..... They took us to an area which is proposed for a Grasslands National Park. It is a prairie land which has escaped agricultural use or too much grazing and is apparently much the way the prairie was before the settlers came. The proposal is to reintroduce a buffalo herd and other animals. It was interesting land, but the national park idea is still quite tentative.

From Kansas we headed to Mesa Verde, where we saw Indian ruins to our fill. They have excavated a new area since we were there before. Weatherhill Mesa, and it has some interesting Cliff dwellings. Inspired by the Indians, we bought some pottery there too.....

The North Rim of the Grand Canyon was our next stop. It is a lot different than the South Rim - on a cool, wooded plateau. We did some nice hiking there. One day we hiked along the rim and through the forest on the Widforss Trail which was just beautiful. The next day we hiked down into the Canyon on the North Kaibab Trail. We weren't able to get reservations at Phantom Ranch so we hiked as far as Roaring Springs and back up in one day. It is about a 10 mile round trip and goes down and then up 3400 feet. Surprisingly enough the worst part of the trip was not the climbing but sharing the trail with mule trains.....

We then spent two days at Bryce Canyon. It has beautiful colored rock formations. It was also nice hiking country and since it was not as large or formidable as the Grand Canyon, you could get a feel for it. By the way, they are considering closing the hotel and cabin facilities at Bryce and Zion. They are run by TWA and are not in good shape.....

That takes care of our trip and lands us "home" in Turlock. Turlock is flat, agricultural, and hot - but quite pleasant, really. The temperature has been in the low 90's but the humidity is so low that it really isn't bad.

We do miss our many friends from AYH. Please keep in touch.
Mary & Larry Givens
1122 Colorado Ave.
Apt. 13
Turlock, California
95380

The Golden Triangle is a monthly publication of the Pittsburgh Council, American Youth Hostels, Inc. 6300 Fifth Avenue, Pittsburgh, Pa 15232. Phone: 362-8181, Thursday evenings only.

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Remember! The Golden Triangle is your publication. If there is any item of interest that you would like to share with other AYH'ers, feel free to write-up the story and submit it to the editor for publication.

GO

HIKING

THIS MONTH | |

REMINDER !

December.....the time of the holidays; the time of gift-giving; the time to renew your AYH membership. If you are not a life member, then remember your AYH pass is invalid at the end of this month.

Think about all the "good-times" you've shared with AYH'ers this past year. The banquet at the zoo, rafting on the Cheat River, the fun and games of the South Park picnic, whow, the list is limitless. Then anticipate the fun you could have this coming year if you were an AYH pass holder.

No doubt you'll be anxious to purchase a 1976 AYH pass for your family, your friends, and for yourself. If your anxiety is overwhelming or if you just can't make a Thursday Night open-house meeting this month, then merely fill out the following membership application and send it with a check payable to Pittsburgh Council, AYH, Inc. to Membership, AYH, 6300 Fifth Ave., Pgh.Pa. 15232.

NAME _____ PHONE _____
 ADDRESS: STREET _____ OCCUPATION _____
 CITY _____
 Zip. _____

Type of Membership Desired (check One) :

- () Youth Membership (under 18)..... \$ 5.00
- () Senior Membership (18 and over)..... \$ 11.00
- () Family Membership (valid in USA and Canada only)..... \$ 12.00
- () Organization Membership..... \$ 15.00
- () Life..... \$ 110.00
- () Family Life \$ 220.00

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 --Rafting
 --Climbing

LEADERSHIP

--Backpacking
 --Bicycling
 --Caving
 --Hiking
 --Rafting

Our 1976 program is dependent on the interests and the involvement of our active members. Make this a memorable bicentennial celebration and treat yourself to an AYH Pass. Join in on the fun!

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.

- Tue. Dec. 2 Here's your chance to find out how to attire yourself for outdoor winter activities and still manage to save money. Join Jim Robert for a sneak preview of his designer originals and for some hints and tips to supplement your winter wardrobe. The show will begin at 7:30 PM at AYH Headquarters. Don't forget to dress warmly.

- Fri. Dec. 5 Intermediate backpacking trip on the Laurel Ridge Trail from Rt. 31 to Rt. 30. The trip will leave Headquarters Friday evening at 7:00 PM and return sometime Saturday evening. Normal camping gear is needed. The distance of the trip will be approximately 15 km and the costs will be \$3.50. For reservations call Bob Schatz at 653-1613 or 242-1898.
- Sat. Dec. 6

- Sat. Dec. 6 Hike the Glacier Ridge Trail from OLD STONE HOUSE to Moraine State Park. This is a 10 mile hike for those with a little experience under their belt. The cost will be about \$2.50. We will also be making the day-old donut stop on Route 8 en route to the hike. Bring your foul weather gear. Trip leaves from headquarters at 8:30 and will return about 6:00. To reserve call Claudette Falkenhan at 531-1824.

- Sun. Dec. 7 Enjoy a leisurely walk through the scenic Bear Run Nature Reserve with Aileen Pastorek. The hike will be approximately 6 miles, the cost \$2.50, and the time of departure 8:30 at AYH -HQ. If you would like to spend an enjoyable day with Aileen call her at 521-9191.



- Sun. Dec. 7 Explore Kesparis Cave south of Connellsville, Pa. with Doug Eittinger. The trip is for beginners and intermediatespelunkers. Bring a lunch, water, raingear, two sources of light, and a change of clothes (preferably a mechanics suit). Meet at Hostels HQ at 8:27 AM and no later. For further information call 241-4800.

- Fri. Dec. 12 Have you ever been caving in West Virginia ? Now's your chance.
- Sat. Dec. 13 Join Norm Synder and brave a few of the many caves of West Virginia. If you are interested call Norm between 6 & 7 Sunday thru Thursday at 371-2371.

- Dec. 13&14 Depending on weather conditions, Barry Walker will either be
- Sat. & Sun backing or cross country skiing in the upper Yough Area. All intermediates with their own equipment are welcome. The cost will be about \$ 4.00 plus food. If interested call Barry at 521-4708.

- Sat. Dec. 13 A beginner's hike on the Laurel Highland Trail. Dan McGaffin welcomes and encourages all beginner, intermediate, and experienced hikers. The distance to be covered will be about 8 miles and the trip will cost approximately \$ 3.50. To reserve call 531-5027.

- Sun. Dec. 14 Get away from the T.V. football games for a hike and/or cross-country ski. Do an 8 mile beginners hike near the Mill Run Reservoir Area. Call Joe Hoechner @ 343-2465. Bring a lunch, \$3.50, and remember to dress in layers. Trippers will meet at the hostel at 8:17.
- Fri. Dec. 19 This is a backpack trip - not a forced march. Ernie Hilton invites all semiexperienced people to join him on a fun filled weekend
Sat. Dec. 20 either at Dolly Sods or some such place in West Virginia. For
Sun. Dec. 21 more information call Lumberjack Ernie, 339-9887.
- Sat. Dec. 20 Have you ever been to Yellow Creek State Park ? Come along and help Ed Seiger and Mike Deroy explore the area. This is an intermediate hike approximately 12-15 miles. Cost will be about \$3.00. The trip will be leaving the hostel at 8:30. If the weather is too rough, there's always skiing. To reserve see Ed or Mike at a Thursday night open house meeting.
- Sat. Dec. 20 For those who fear being out in the cold too long there's always Settler's Cabin Park. Join Joan Goode for a short hike and an after hike warm-up at her house. The cost will be \$1.50 and the trip will leave AYH-HQ at 9:30 AM. For further information call Joan at 921-8509.
- Sun. Dec. 21 Cross Country ski in Pittsburgh suburbs of Forest Hills and Frick Park with Doug Ettinger. This will be a 6 mile trip mostly on wooded trails. The trip will begin and end at Doug's residence. Various brews and or-derves to be served around a warm pot belly stove at twilight. To reserve call 241-4869. If there is no snow trip will be cancelled.
- Sun. Dec. 21 Hike section 5 of the Baker Trail from Idaho shelter to Atwood shelter. Bill Adams and his trippers will leave Hostel Headquarters at 8:30. Bring lunch, water, raingear, and some money. To reserve call 276-4394, after 6:30.
- Fri. Dec. 26 Join Norm Synder as he explores the second largest cave in the
Sat. Dec. 27 state of Virginia. For more information call Norm between 6 & 7 Sunday thru Thursday at 371-2371.
- Sat. Dec. 27 Ed Goodrich will lead a hike on the Baker Trail. Dress according to weather conditions and bring lunch and water. Cost about \$ 2.50. For more information see Ed at a Thursday night open house meeting.
- Sun. Dec 28 A cross country ski trip, only if there is snow. Must have some experience and own ski equipment. Leave AYH at 8:00 AM. NO SNOW - NO GO. Call Jim Roberts at 521-5384 between 6:30 & 9:00.
- Thur. Jan. 1 Get out and enjoy the first bicycle trip of the New Year. If Joe Hoechner is not skiing, he will spend a few hours on an in city cycling tour (weather permitting). To reserve call 343-2465. Meet at AYH at 1:00 PM.
- Thur. Jan. 1 Annual New Year's backpack trip, to Dolly Sods, W. Va. Must
Fri. Jan. 2 be prepared mentally, and physically for fog, snow, blizzards,
Sat. Jan. 3 sunny days or anything. Needless to say no beginners will be
Sun. Jan. 4 accepted. Call Jim Roberts for details at 521-5386 between 6:30 & 9:00.

 <h1>DECEMBER</h1> 						
1	2 WINTER WARDROBE SEMINAR	3	4	5	6 HIKING	7 HIKING CAVING
8	9	10	11	12 West Va	13 CAVING BACKPACKING	14
15	16	17	18	19	20 HIKING	21 X-C SKIING
22	23	24	25 MERRY XMAS! HQ closed	26	27 HIKING	28 X-C SKIING
29	30	31				

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