GOLDEN 為TRIANGLE

Fittsburgh Council, AYH

May, 1979

volume 30, number 5





Mother's Day Weekend

GEAR 79



Memorial Day Weekend

Every Thursday Night Doors Open: 7:45 Slide Program: 8:45

Our Thursday Night Open House is for members as well as non-members. This is a great time to see friends, make new ones, reminisce about good times, plan new trips,get a ride to the Evergreen.

Slide Program for May

- May 3 Fran Klemencic Bicycle camping in Nova Scotia, June 78. This is the show that was postponed in April.
- May 10 Slides of Zion, Bryce and Arches National Park and Colorado Nat. Monument, by Glenn Oster.
- May 17 Appropriate Technology ecological ways of living. with Bill Porter.
- May 24 Cape Hatteras in Winter, with Ben Brugmans.

May 31 to be announced.

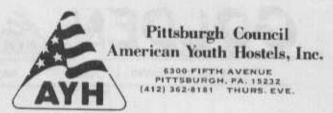
Attention Travelers

For those of you who have been requesting 1979 IYH handbooks (International-Europe): your ship has come in. These books can be obtained at AYH for \$4. By mail they cost \$5.

Our Biking Friends to the West

In mid-July a group of tourers of the Dayton, Ohio Cycle Club are planning to do most of the new Trans-Ohio Trail. When they reach Pa. (s. of Youngstown) they will swing southeast to connect with AMTRAK at either Greensburg or Johnstown. If anyone has any guidance, they need suggested routes from New Middletown, Ohio east along with campaites and perhps home hostel hosts. Give ideas to Joe Hoechner, or write to the leader:

Ms. Garnett McDonough 2116 N. Fountain Blvd. Springfield, Ohio 45504



the Golden Triangle

Editor: Cover:

Rick Caplan Maureen Risacher Rich Alstadt

Ads: Printing:

Bob Oldenski

Mailing: Production: Roy Weil & Don Hoecker

Don Hoecker

and the AYHers who pitch in at production parties.

ber cres.

Deadlines for the June Issue

May 17: Everything due (trips, articles, the cover, ads...everything)

May 24: Production Party

Change of Address

Please notify Pittsburgh Council as soon as possible if you change your address. Otherwise, you miss you miss "The Golden Triangle," a great piece of literature, and we get billed 25¢.

Activities Board Meeting

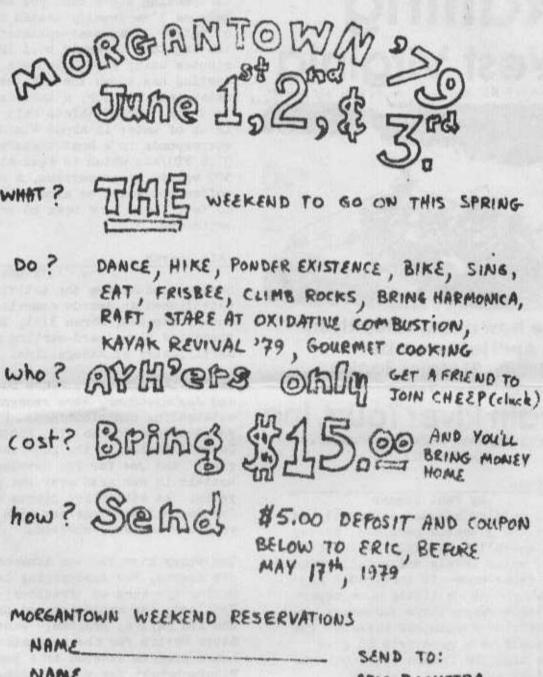
Tuesday, May 1, 1979 8:00 PM

Mary Ellen McBride 972 Davis Ave. Close to Riverview Park, Pa.

phone: 761-2837

directions: Take Ohio River Blvd (19) out of the North Side onto Marshall. Turn left and take Bighton to Davis (sharp right turn - you'll miss it the first time).





NAME SEND TO:

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Rafting News

by Paul Kammer

Hostel rafting started officially in April for the 3 season paddlers. Spring runs are genrally more difficult because of higher water levels and usually require previous experience. If the leader suggests that you get a little more experience, please respect his judgement. For those attending Morgantown weekend, the Narrows would be a good trip to give rafting a try. The Canyon shold only be attempted by experienced raiters.

Your rafting co-chairmen would appreciate input in planning a rafting program. Tentative plans include several schools: for trip leaders, beginners, advanced. Contact us with ideas:

Paul Kammer (843-5152)

John Orndorff (362-5401)

would You Believe 4 Minutes on Warm Days?

by Steve Martin

Last month I described a lightweight backpacking stove that you can make. Because I've usually heated only 8 oz of water, I was over-optimistic in estimating that it would boil 12 oz in 3 minutes using 2 fuel tablets. Further testing has shown that if the initial water temp. is 50F, 2 tablets boil 8 oz in 3 min. Three tablets will easily boil 12 oz of water in about 4 minutes. This corresponds to a heat transfer rate of 31.6 BTU/min which is equivalent to 500 watts. By comparison, a small electric coffee pot would be around 500 watts. So far, there have been no reported meltdowns.

AYE Awards

by Cliff Ham

Several months age the Activities Board established an awards committee. At the Annual Banquet, March 31st, the Committee presented seven hard-working AYR members Certificates of Recognition.

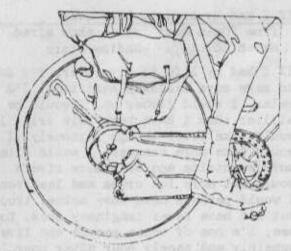
Two of the awardees, Bruce Sundquist and Joe Hoechner, were recegnized for outstanding contributions: Bruce for 16 years of service to AYH, Pittsburgh Council including the publications program; and Joe for the development of hostels in our area over the past two years. An attractive plaque was prepared for Council Headquarters with the names of Bruce and Joe engraved.

The other five leaders honored were:
Jim Gogots, for encouraging leadership
during his term as President; Arvid
Westlund, for arranging and promoting
the AYH sailing program; Jane Toben and
Steve Martin for the innovative coffee
house program started this year; and Jim
Wojciechowski for revitalizing the AYH
climbing program, "getting our Council
back on the rocks."

In presenting these awards, members of the committee stressed that all active AYH members are themselves volunteers, and in a real sense all deserve recognition. AYH depends on the contributed services of all of us.

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Committee members were Cathy Lynch, Mary Ellen McBride, Bob Goff, and Cliff Ham.



Planning & Hieyels Camping Trip by Sus Ditson

The first step is deciding where to go. Assuming this has been done, what are the next considerations? Climate of the area is very important, since clothing and bike equipment are directly related to climate. Aside from the fact that you don't want to be frozen at the end of a long Rocky Mountain downhill ride, what could be more ridiculous than riding your studded winter tires thru 90F desert sands? Cycling attire resembles backpacking attire, except that cycling shoes are more comfortable than walking shoes. As a quick reference, basic equipment resembles Rick's suggestions for backpacking, so I'll refer you to the April, 1979 issue of the Triangle for that.

"How will I carry all that paraphenalia?", you may ask. Starting with a bike- Hopefully it will have all the necessary components to make it roll, and brakes to stop it. Spare parts such as replacement cables, spokes & tubes, and a tool kit must not be forgotten. Please don't forget or lose your handy-dandy tire pump as I did last summer (while hitch hiking with my bike) - most of us don't have 70 or 80 pounds of wind "to go."

Now, where do we keep this stuff?
A front (handlebar) bag keeps your camera, snack, and tools handy. A set of rear panniers keeps the other necessities together. Don't forget the bungle cords to hold your sleeping bag and tent onto the back carrier.

(continued next column)

It is very important that weight be evenly distribruted between your two panniers, or you'll spend a lot of time losing your balance. Braking is also more difficult because of extra weight.

Sofar, I've neglected the topic of roads. Riding is unquestionably easier on paved, pothole-less surfaces. I happen to enjoy less popular areas and generally don't object to hard dirt roads. Forget sandy roads or rock back roads unless you enjoy pushing your bike. Check recent maps, local police and cycling groups for updated info.

If all of this has left you confused, let me summarize; choose your area for cycling, pack your clothing, etc. to suit the climate Decide what route you might enjoy, then find out as much as possible about road conditions. Check your bike making sure it's in top shape and that you have minor replacement parts and a tool kit. A comfortable seat helps. Being in shape will make for a more pleasant first few days. Finally, if you have any questions, we're more than willing to talk. Happy Bicycling!

Hostel News - Work Party May 19,20 by Joe Hoechner

The first weekend work party at the Oniopyle Hostel is planned for the weekend of May 19.20. Joe is planning to leave for Headquarters at 0:15 AM, if there is enough interest in going out Friday night, we will leave them.

hoth skilled craftspersons & unskilled helpers will be needed. The majority of the work involves plumbing & heating systems. Bring your tools; any donetions of hardware, parts, etc. would be appreciated. There is additional carpentry & electrical work to be done this is mostly in the kitched area involving relocation of the entrance door, adding an exhaust fan and outlets.

We need these donations: business deak, chair & file cabinet, shower curtains & rods, chairs, tables, sofas, refridgerators, ladders, building materials, paint, hardware, cots, mattresses brushes. Call Joe at 322-6114.

(Any ideas on how to feed these hungry beloers that weekend?)





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If I Had My Life to Live Over from "Open Door" radio show aired March 18, 1979 -Nadine Starr

If I had my life to live over, I'd dare to make more mistakes next time. I'd relax, I would limber up. I would be sillier than I have been this trip. I would take fewer things seriously. I would take more chances. I would climb more mountains and swim more rivers. I would eat more ice cream and less beans. I would perhaps have more actual troubles but I'd have fewer imaginary ones. You see, I'm one of those people who live sensibly and samely hour after hour, day after day. Oh, I've had my moments, and if I had it to do over again, I'd have more of them. In fact, I'd try to have nothing else, just moments, one after another, instead of living so many years ahead of each day. I've been one of those persons who never goes anywhere without a thermometer, a hot water bottle, a raincoat and a parachute. If I had to do it again, I would travel lighter than I have. If I had my life to live over, I would start barefoot earlier in the Spring and stay that way later in the Fall. I would go to more dances. I would ride more merry-go-rounds. I would pick more daisies (if I could start my 85 years over again).

Joe Hoechner

Cyclists and Motorists, watch for the Greenfield Bridge to be closing soon, & to be ripped down and a new one to open in 2-3 years. It connects Beechwood Ave bikeway with Schenely Park - have fun finding an alternate route....the Pgh bike route is to be re-striped and signed starting in June, with new bike racks.

by Chuck Ejzak

Bicycle maintenance scares many people, and with good cause since a poor repair job may mean expensive future repairs or even an accident. But there are many things that the bike owner can do for himself. Check lists of standard maintenance are available in books and shops. Periodically check to make sure that your brakes and shifters work properly; check for rattles. Check tire pressure every other week, and lubricate your chain once month. Do this by spraying on bike or motorcyle chain lube and wiping the chain as dry as possible. Excess lubricant collects dirt which is harmful to the chain. To inflate tires, a floor type pump with a quick release valve and a pressure gage is best for the home The next best thing is a frame pump, to be carried with you, like the Zefel HP. A dial type pressure gage is better than the common pencil type gage because the pencil type gages usually leak about 5 psi whenever you take a reading.

by Chuck Ejzak
These are in addition to the tips
provided by your info packet.

1) Make sure your bike is working pro-

2) Be prepared for rain. Test your raingear beforehand by riding with it on for a few miles.

3) Wear a helmet. The council rents Bell helmets. People on the cycling committee can recommend helmets to buy.

4) Sweat pants are inexpensive, will go over cycling shorts, and will keep you warmer than wet blue jeans (there were many complaints last year by people wearing blue jeans in the cold, wet, windy weather).

5) Avoid riding in the large packs that will form. Groups of 2-5 are much more

enjoyable and safer.

6) Bring a light, carbonydrate filled snack to get you through the first

25 miles of the ride before breakfast.
7) Although TOSRV has a reputation as the world's longest lunch line, don't make a pig of yourself. It will slow you down.

"Anyone who refuses to wear his biking helmet must have a pretty thick skull!"



CONGRESS OF THE UNITED STATES

SENATORS FROM PENNSTLVANIA (6 Year Term) - Senate Office Bldg., Washington, D.C. 20510

Richard S. Schweiker - Skippack Pike, Worcester, Pa. 19190 Rep - 1/3/81 H. John Heinz III - 1950 Squaw Run Rd., Pgh., Pa. 15238 Rep - 1/3/83

REPRESENTATIVES FROM ALLEGHENY COUNTY (2 Year Term) 25 Districts in Pennsylvania Member of Congress, Washington, D.C. 2051 Lith Dist. - William S. Mourhead - Bigelow Apts., Pgh., Pa. 15219 18th Dist. - Doug Walgren - 600 Chatham Park Dr., Pgh Pa 15220 D - 1/3/81 20th Dist. - Joseph M. Caydos - 3000 Valley Ridge Rd., McKeesport, Pa. 15133 - 512 North Maple Ave., D - 1/3/81 21st Dist. - Don Bailey Greensburg, Pa. 15601 D - 1/3/81 22nd Dist. - Austin J. Murphy - 699 Maple Dr., Monongahela, Pa. 15063 D - 1/3/81 25th Dist. - Eugene V. Atkinson - 690 Franklin Avenue Aliquippa, Pa. 15001 D - 1/3/81

GENERAL ASSEMBLY OF PENNSYLVANIA

SENATORS FROM ALLECHENY COUNTY (4 Year Term) 50 Districts in Pennsylvania Capitol Building, Harrisburg, Pa. 17120

District 37th - Michael P. Schaefer - 259 Gaklyn Rd., Bethel Park, Pa. 15102 D - 12/1/80 38th - Leonard Hodack - 4922 Hatfield St., Pgh., Pa. 15201 D - 12/1/82 Loth - Edward M. Early - 101 Oxbridge Dr., Pgh., Pa. 15237 D - 12/1/82 u2nd - Eugene F. Scanlon - 1131 Termon Ave., Pgh., Pa. 15212 13rd - James A. Romanelli - 89 Pius St., Pgh., Pa. 15203 D - 12/1/82 D - 12/1/80 Luth - Frank A. Pecora - 6342 Woodlawn Rd., Verona, Pa. 15147 R - 12/1/82 Listh - Edward P. Zemprell! - 1244 Bickerton Dr., Clairton, Pa 15025 D - 12/1/80

REPRESENTATIVES FROM ALLEGHENY COUNTY (2 Year Term) 203 Districts in Penna.

Capito	Building, Harrisburg, Pa. 17120	Leuna.
District	sarrang, narranurg, Pa. 1(120	
17th - Thomas J. Murphy 19th - K. Leroy Irvis	- 2210 Perrysville Ave., Pgh., Pa. 1521h - 205 Tennyson Ave., Pgh., Pa. 15213 - 266 h2nd St., Pgh., Pa. 15201 - 231 S. Pacific Ave., Pgh., Pa. 1522h - 1910 Carson St., Pgh., Pa. 15203 - 695h Reynolds St., Fgh., Pa. 15206 - 1527 Oberlin St., Pgh., Pa. 15208 - 3619 Forbes Trail, Murrysville, Fa.	D = 12/1/80 D = 12/1/80 D = 12/1/80 D = 12/1/80 D = 12/1/80 D = 12/1/80
26th - Michael Dawide 27th - Rick Chess 28th - Deo. F. Pott, Jr.	- 7 Cverbrook Blvd., Fgh., Pa. 15210 - 1260 Steuben St., Pgh., Pa. 15220 - 1113 St. Thomas Dr., Gibsonia, Pa.	H - 12/1/80 D - 12/1/80 D - 12/1/80
29th - Ronald P. Gootel 30th - Richard J. Cessar 31st - Brian D. Clark	- 107 Short St., Pgn., Pa. 15237 - 119 Grant St., Pgh., Pa. 15223 - 920 Carlisle St., Natrona Heights, Pa	R - 12/1/80 R - 12/1/80 R - 12/1/80
32nd - Phyllis T. Kernick 1 ffd Roger F. Duffy 34th - Ronald R. Cowell 35th - Tom Michlovic 36th - William W. Knight	- 10753 Frankstown Rd., Pgh., Pa. 15235 - 636 Sixth St., Oakmont, Pa. 15139 - 121 Oilmore Dr., Pgh., Pa. 15235 - 1103 Kirkpatrick Ave., North Braddock, Fa. 1510h	D - 12/1/80 D - 12/1/80 D - 12/1/80 D - 12/1/80
37th - Emil Mrkonic 38th - Bernard P. Novak 39th - Robb Austin	- 208 20th Ave., Munhall, Pa. 1512G - 516 Rebecca St., McKeesport, Pa 15132 - b10 Carnegie St., W. Mifflin, Pa 15122 - 6000 Smithfield St., McKeenport, Pa. 15135	
42nd - Terry McVerry	- 339 Alamo Dr., Pgh., Pa. 15211 - 611 Olowood Dr., Pgh., Pa. 15227 - 249 Roycroft Ave., Pgh., Fs. 1523; - 126 Edgecliff Rd., Carnegie, Pa. 15106 - 55 Bridge St., Dakdale, Pa. 15071 - 1719 Vance Ave., Corappolis Pa 15108	D - 12/1/80 R - 12/1/80 R - 12/1/80 R - 12/1/80 D - 12/1/80

1)When in charge ponder.

2)When in trouble delegate.

3)When in doubt mumble. -James H. Boren

Unnamed Law: If it happens, it must be possible.

In the fight between you and the world. back the world. -Franz Kafka

Garbage is only raw materials that we're too stupid to use. -Arthur C. Clarke

Anybody who wants the presidency so much that he'll spend two years organizing and campaigning for it is not to be trusted with the office.

-David Broder

Dirksen's Three Laws of Politics: 1)Get elected. 2)Get re-elected 3)Don't get mad, get even.

If you've got them by the balls, their hearts and minds will follow. -Poster alleged to have hung in office of former Nixon Aide Chuck Colson

No man's life, liberty or property are safe while the legislature is in session.

D - 12/1/80

- 1719 Vance Ave., Coracpolis Pa 15108

MAY 1979
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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 and rental. In addition, non-members are charged \$1.50/day, which can be deducted from cost of membership.

Canoeing Chairperson: Dave Marschik (327-2778)

- Bring a lunch, knee pads and rain gear. Meet at AYH 8 AM. Call Dave Marschik (327-2778) or (256-3443 day).
- sun may 6 Class II Whitewater Poling is welcome. Meet at AYH at 8:30 AM. Call Jane Toben (466-7885 eve) or (462-5000 x6585 day).
- fri may 11 West. Pa. Whitewater School Too late to sign up. sun may 13
- sat may 19 Whitewater School I For those with a little experience. Bring lunch, raingear, change of clothes. Call Dave Marschik.
- sun may 20 ACA Nat. Canoe Cert. For canoeists who have completed WW Schools I & II. Cost \$3 + trans. Call Jim Roberts (271-7178).
- fri may 25 Experienced Canoe Pine Creek area, leave AYH 8 PM, canoe camping, you mon may 28 must have your own equipment. Cost about \$25. Call Rich Bartoo (833-8506).
- fri aug 10 Whitewater Canadian Trip On the Riviere Rouge in Quebec. Intermediate sun aug 19 whitewater experience is necessary. The first part will be in Mont-Tremblant Provincial Park with 18 miles with many rapids. The second section will be from 5 miles North of Rivington to the bridge just above the Ottawa River. Leave AYH 8 PM. Cost around \$65. Reserve with Howard King (264-1386) or Dave Marschik (327-2778 eve) or (256-3443 day).

Rafting Committee: Paul Kammer (843-5152)
John Orndorff (362-5401)

- sun may 6 Trip Leader School On the Yough. Experienced rafters, we need your help to strengthen our rafting program. Contact Paul Kammer for more info.
- sun may 20 Cheat Canyon This is one of the East's best 11 miles of heavy whitewater requiring a great deal of maneuvering. Experienced rafters only. Call Paul Kammer.
- sat Jun 2 Morgantown Weekend Cheat Canyon (sat) and Narrows (sun). Saturday's sun Jun 3 trip is for experienced rafters only, eleven miles of heavy ww. Sunday's trip is less strenuous and about 6 miles. Leaders to be announced.

Committee:

Sue Ditson (363-8017) Chuck Ejzak (327-5031) Ed Sieger (561-4790)

sat may 5 Intermediate - 50 miles. Sue Ditson (441-3863).

sun may 6 TOSRV training - 75 miles advanced Chuck Ejzak (327-5031).

fri may 11 TOSRV

sun may 13

- sun may 13 Inter 25 miles in Ligoneer. Meet at AYH at 8:30 AM. Call Mike or Marta Hurwitz (422-9204).
- sun may 13 Inter Mother's Day Bike Ride. Meet at AYH at 9:30 AM. Ride to Riverview Park for lunch (bring one). Ice cream at Isaly's after lunch. The bikeway has been repayed. About 30-35 miles. Call Sally Brunson (231-6074).
- sat may 19 Inter Steve Schomer (824-5352).
- sun may 20 Inter Steve Tubbs (322-6361).
- sat jun 16 WAG 79 Wheelmens Annual Gathering. Held at Slippery Rock College. Rides sun jun 17 range from 15 to 75 miles each day. Dorm space and meals available. Look around for an application or call Jack Phillips (782-1341).
- sat jun 23 JHACTFH 79 Joe Hoechner's Annual Cycle Tour to the Fombell Hostel.
 sun jun 24 A Gas Saver Trip, from AYH to camp, about 45 miles. Pannier rentals available, sleep in hostel's tents, use pool, cost about \$8. Call Joe (322-6114).

Hiking Chairperson: Valerie Krenicky (462-4486)

If anyone is interested in going on a hike on a day that none is planned, take your chances and meet at AYH at 8 AM.

- sat may 5 Inter About 11 miles on the Laurel Highlands Trail ending at Ohiopyle.

 Meet at AYH 8:30 AM. Call Mike or Marta Hurwitz (422-9204).
- sun may 6 Wildflower Bear Rum Meet at AYH at 9 AM. A 5 mile hike with May Ashcraft of W. Pa Botanical Society. Call Marilyn Ham (687-4960).
- sun may 13 Inver Craig Rowland (242-0107).
- sun may 20 Historical In-town Walk Meet at AYH at 9 AM. Bring a lunch, call Steve Schomer (824-5352).

Caving Chairperson: Norm Snyder (351-4068)

sat may 12 Join Norm and family on a beginners cave trip to ?. (a mile hike, a thousand foot cave, a four thousand foot limestone mine). Call Norm Snyder.

Chairperson:

Wojie (322-4524)

- wed may 9 Ground School Meet at AYH at 8 PM; for serious-minded beginners.
- sat may 12 Begin Reservations necessary. Call Wojie (322-4524) or Bill (921-5695).
- wed may 16 Ground School Meet at AYH at 8 PM. The class will be divided into two groups: those with and those without experience.
- sat may 19 Weekend Climbing Trip Reservations needed. Call Wojie or Bill. sun may 20

Backpacking

Chairperson: Rob McEachern (828-2635)

- tue may 15 School Meet at AYH at 7 PM. Call Rob McEachern.
- fri may 18. Begin Otter Creek. Call Chuck Ejzak (327-5031).

sun may 20

fri may 25 Inter - Cranberry back-country. Call Bill Porter (362-0481).

mon may 28

Special Events

fri may 25 Memorial Weekend Trip - Join Norm Snyder on a trip to Mt. Washington. See mon may 28 the beautiful White Mt. Leave 7 AM Friday. Call Norm (351-4068).

> Baseball? - If anyone wants to get together to see a baseball game, a group of 20+ gets the Red Carpet Treatment. A Friday night game would be best, like June 22 (Chicago) or June 29 (Montreal w/ fireworks). If you are interested, call Joe Hoechner (322-6114).

Russian Hike - Citizen Exchange Corps, by invitation of the Soviet Sports Committee, has reserved spaces for American hikers in the International Mountaineering Camp, CAUCASUS-79. The program will center in the upper Baksan Valley of the Caucasus Mountains, literally in the shadow of Mt. Elbrus, the tallest peak in Europe at 18,480'. These 4 week programs are designed for anyone in good physical condition who enjoys rigorous hiking and is also interested in learning about the life and culture of the Soviet people. For more information, write: Dr. James Campbell, Colorado Mountain College, Leadville, Colorado. 80461 or phone him at 303/486-2015.



AYH Membership Application

Fill out the following membership application and bring or send it with a check payable to "Pittsburgh Council", AYH " to Membership, AYH , 6300 Fifth Avenue, Pittsburgh, Pa., 15232.

Name -	- Comment of the Comm	Phone	4 masses til som fr
Address		_ Occupation	
	(zipcode)	New/Renewal _	1232
	Youth membership (under 18) Senior membership (18 and over) Family (valid in USA and Canada on Organization membership	\$5.00 \$11.00 (4) \$12.00	
=	Organization membership LIFE	125.00	

Please Circle:
Service Interests: Newsletter, Hostel Development, Bicycling,
Publicity, Trail Maintenance, Eq. Repair, Auditor Service,
Typing, Art Work, Key Punch:
Leadership: Backpacking, Bicycling, Canoeing, Caving, Climbing,
Cross-country skiing, Hiking, Rafting.

Pittsburgh Council American Youth Hostels, Inc. 6300 Fifth Ave. Pittsburgh, Pa. 15232

Non-Profit Organization U.S. Postage PAID Pittsburgh, Pa. 15232 Permit #127

Return Postage Guaranteed Address Correction Requested

> HAM, MARILYN P. LIFE (4723 WALLINGFORD ST. PITTSBURGH, PA. 15213

