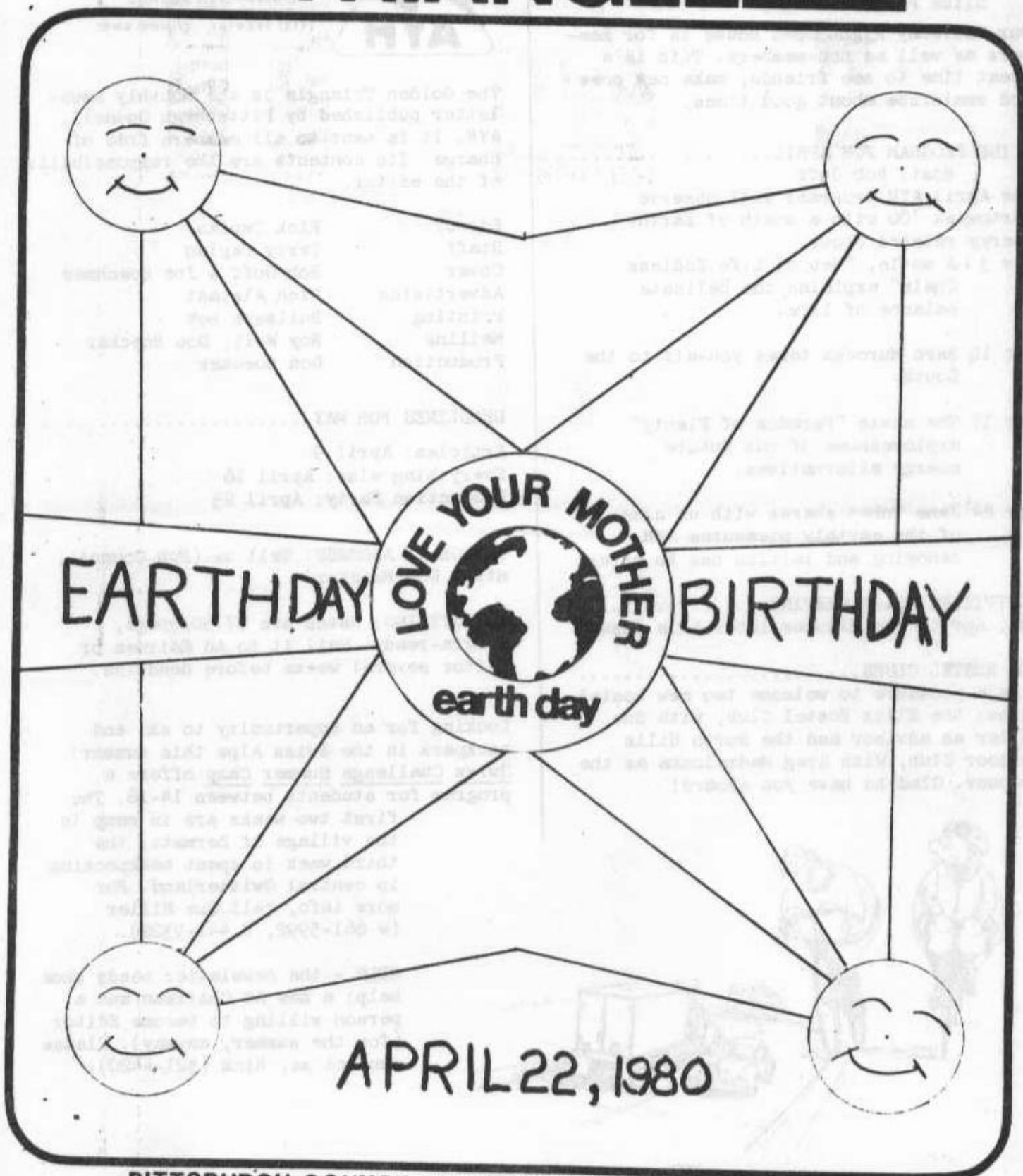




APRIL 1980

# GOLDEN TRIANGLE

Volume 31 - No.4



PITTSBURGH COUNCIL, AMERICAN YOUTH HOSTELS, INC.  
6300 Fifth Ave., Pgh., Pa. 15232, (412)362-8181

## OPEN HOUSE.....

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 and reminisce about good times.

## SLIDE PROGRAM FOR APRIL.....

Host: Bob Goff

The April AYH programs will observe Earthweek '80 with a month of Earth-energy related shows.

Apr 3 A movie, "Web of Life:Endless Chain" explains the delicate balance of life.

Apr 10 Barb Murockk takes you-all to the South.

Apr 17 The movie "Paradox of Plenty" explores some of our future energy alternatives.

Apr 24 Jane Toben shares with us some of the earthly pleasures AYH canoeing and rafting has to offer.

ACTIVITIES BOARD MEETING.....  
Tue, Apr 1. See Minutes later this issue.

NEW HOSTEL CLUBS.....  
It's a pleasure to welcome two new hostel clubs: the Ellis Hostel Club, with Sue Miller as advisor and the North Hills Outdoor Club, With Greg Madzelonka as the sponsor. Glad to have you aboard!



"That guy back there did say there was very little traffic on this road."  
Cartoon by Dale Martin, based on an idea by Joe Hoechner.



Pittsburgh Council  
American Youth Hostels, Inc.

6300 FIFTH AVENUE  
PITTSBURGH, PA. 15232  
(412) 362-8181 THURS. EVE.

The Golden Triangle is the monthly newsletter published by Pittsburgh Council, AYH. It is sent to all members free of charge. Its contents are the responsibility of the editor.

Editor	Rick Caplan
Staff	Terry Caplan
Cover	Bob Goff & Joe Hoechner
Advertising	Rich Alstadt
Printing	Bullseye Bob
Mailing	Roy Weil, Don Hoecker
Production	Don Hoecker

## DEADLINES FOR MAY.....

Articles: April 9

Everything else: April 16

Production Party: April 23

CHANGE OF ADDRESS: Tell us. (Pgh Council, attn. Don Hoecker)

ADVERTISING: Rates are \$7.50/page, camera-ready. Mail it to Ad Chairman or Editor several weeks before deadline.

Looking for an opportunity to ski and backpack in the Swiss Alps this summer? Swiss Challenge Summer Camp offers a program for students between 14-18. The first two weeks are in camp in the village of Zermatt; the third week is spent backpacking in central Switzerland. For more info, call Sue Miller (W 661-5992, H 441-9322).

HELP - the newsletter needs some help: a new Ad Chairman and a person willing to become Editor (for the summer, anyway). Please contact me, Rick (521-4420).

COME TO

MORGANTOWN

THE  
PLACE TO BE

JUNE 6<sup>TH</sup>, 7<sup>TH</sup> & 8<sup>TH</sup>

- AYH MEMBERS ONLY -

COST:  
BRING  
\$20<sup>00</sup>  
(KEEP  
THE CHANGE)

T N E T O A Y  
F E K I B A N  
A R S I M O B N  
R L A S N G H X  
F L A S H B A  
C L I M H B L  
E K I H B L  
K A Y A K R E

SEND:  
10<sup>00</sup> DEPOSIT  
AND COUPON  
BELOW TO  
BARRY BY  
MAY 17<sup>TH</sup>

MORGANTOWN  
WEEKEND RESERVATIONS  
NAME (S) \_\_\_\_\_

PASS No. \_\_\_\_\_

KEEP DIME CAN DOVE

Barry Govenor  
706 Melbourne  
Pittsburgh 15217  
421-6656  
481-3300 EXT 373



## TIPS & TALES by Joe Hoechner

Traveling north this year? Well if you are male and going thru Erie, PA you can try staying at the Y.M.C.A. Their rates are \$12.63 a night (+ \$5 key deposit). If you want to reserve call (814) 452-3261.

If you're planning a cycle vacation this summer check out Joe Hoechner's collection of bike route maps. Joe has maps of bike trips in Ohio, Pa, NY, NH, VT, Cape Cod, Colorado, and books or info describing cross-country touring groups. Write to Joe at the AYH headquarters, or call (412) 322-6114.

Keep your eyes open! Pittsburgh AYH will have the phrase "Join Youth Hostels" up on the Mt. Washington ALCOA sign soon. Well not really, actually it will be there the second week of January, 1981!

Do you want to work in Europe this summer? You can if you're qualified. The U.S. Student Travel Service Inc. can arrange it for you. For more info write: U.S.S.T.S., "Work in Europe Program", 801 Second Ave., New York, NY 10017.

If you are a specialist in fields of Engineering, Agriculture, Architecture, Math or other physical or natural sciences you could get a job in Europe thru "The International Association for the Exchange of Students in Technical Experience". Write: I.A.E.S.T.E., 217 American City Bldg., Columbia, MD 21044

Don't forget about the AYH booth at Earth Day '80 this month. Joe Hoechner is seeking helpers on Sat. 19th and Sunday 20th to person a booth at Carnegie Museum -- call Joe @322-6114 to offer yourself.

## Do you want to be a Houseparent? By Joe H.

Pittsburgh Council AYH just might (?) have a hostel this summer somewhere in town. Of course, hostels need houseparents. These could be fulltime or part-time, live-in or out, male, female, couple or other. AYH has a standard application for any prospective houseparents to fill out. If you would like a copy, see Jim Gogots or Joe Hoechner at any meeting, or send your request to: Hostel Development

Pgh. AYH  
6300 Fifth Ave.  
Pgh., PA 15232

## T-shirts Anyone? By Joe H.

Believe it or not, Storekeeper Joe Hoechner is finally running low on Pittsburgh Council T-Shirts. Many of you out there have your "Get out of Town" shirts still in use . . . a bit tight maybe.

Now Joe is ready (almost) to get a new supply. He is looking for input from the general membership as to format/design, colors, price, sizes, material, etc. If you would like to submit a design--fine! But remember it has to appeal to more than one active group--you can't expect a canoeist to buy a T-Shirt with a bicycle on it.

Get your comments & designs in to Joe any Thursday night or mail them to him  
1440 Resaca Place, Pgh., PA 15212.

## Exercise, not diet, elevates HDL's

Four studies have indicated that vigorous exercise can elevate heart attack-preventing, cholesterol-carrying high-density lipoproteins in the blood. It was possible in these studies that diet, not exercise, accounted for the elevated HDL's. To see whether diet might be a confounding factor in these results, G. Harley Hartung of Baylor College of Medicine and Methodist Hospital in Houston and his colleagues conducted a similar study, but looked at diet as well as at exercise.

They studied the diets and HDL levels of 59 healthy, middle-aged marathon runners, 85 joggers and 74 inactive men, and, as they report in the Feb. 14 NEW ENGLAND JOURNAL OF MEDICINE, the marathon runners and joggers did not differ substantially in their dietary habits from the inactive men, yet had significantly higher HDL levels. In fact, the runners had even more HDL's than the joggers did. Exercise independent of diet can increase HDL's, the researchers conclude. How might exercise raise HDL's? One possibility is that it increases the activity of lipoprotein lipase, a fat tissue enzyme. Activity of this enzyme strongly correlates with HDL amount. *Science News* Vol. 117, No. 9

## AYH NATIONAL BOARD TO MEET IN PITTSBURGH

by Roy Weil

The AYH NATIONAL BOARD will hold its quarterly May meeting in Pittsburgh on the 17 and 18 of May. Any member of AYH is invited to attend any or all of the meetings and other events that will happen that weekend. There will be a get-together on Friday evening as board members arrive. Various committee meetings will be held very early Saturday morning followed by the official board meeting. A potluck supper will take place Saturday evening, followed by a reception until people are talked out. These two informal events will give Pittsburghers a chance to meet and talk with the members of the national board in a one-on-one basis. Meetings will begin again Sunday morning and should be over by noon to provide some board members a chance to hike, bike or tour Pittsburgh.

Volunteers are needed to help with transportation, the dinner, the reception and the tours. Transportation will be needed from airport limousine stops to various places, and from the meeting to the dinner. A general organizer for the dinner is also needed. Contact either Roy Weil (681-5131) or Penny ( ) if you can help.

### AYH POTLUCK SUPPER MAY 17

Saturday evening, May 17, Pittsburgh council will have a potluck supper. The dinner is principally for you to meet informally with the members of the national board but everyone is welcome. Each person should plan to bring enough food for five people and 99 cents. We will provide the beverage and the tableware. Please let Penny know what you will bring by May 8 to avoid having nothing but salads. Hope to see you there.

Canoe, Kayak and Sailing Craft of 12 Rebecca Ave., Wilkensburg, PA 15221 (371-4802) announced a 10% discount of list prices of boats and accessories for AYH members. Further discounts are offered on other purchases. See Canoeing for people for more info.

Anyone interested in Backpacking thru Europe by Eurail Pass and Hostelling this summer? Contact Bonnie Granger evenings or weekends at 281-6922 (You can leave a message and she will return your phone call.)

Size 10½ Raichle hiking boots for sale. Rick (521-4420). I'm also interested in talking to people who are planning bike touring trips this summer.

### SPRING CLEANING? by Joe Hoechner

Hostel Development Chairperson Joe Hoechner is still, still seeking donations for hostel use. Now this is not going to Chiopyle -- there are other possibilities on the horizon.

Items needed could include all manner of kitchenware -- pots, pans, glasses, cups, silverware, kitchen gadgets, etc. Additional items could include folding chairs, pillows, pillowcases, smoke detectors, fire extinguishers, office equipment and blankets.

Before you bring anything, speak to Jim Gogots or Joe Hoechner at any open house meeting or call 322-6114.

A Y H  
Activities Board  
March 4, 1980

1. Meeting was called to order by Jim Gogots, President.
2. Last month's minutes were read and approved.
3. Joe Hoechner reported on work of Hostel Development Committee. Members have recently examined two potential hostel sites: St. Gabriel's School, California Avenue, North Side and 4923 Centre Avenue, Shadyside, former dorm of Art Institute of Pittsburgh. Criteria for the hostel and for a headquarters were discussed.

Hostel- 50 bed minimum; houseparents' office and quarters; kitchen facilities; commons room; adequate shower and toilet facilities; accessible to public transportation.

Headquarters-auditorium-type seating for 150; space for office and office machines; lounge space for at least 25; storage space; off street parking and loading area; heating space; sufficient wall display areas; East End location.

4. Eileen Hull stated that insurance renewal time had come, and stressed necessity for inventory of contents to accompany next policies.

Fred Hull moved that we renew our fire insurance policy with Sweet & Son on contents of 6300 Fifth Avenue, 210 College Park Avenue and the hostel building at Ohiopyle adding the value of the contents of Ohiopyle. The coverage will be based on an updated inventory. Ray Yutzy seconded motion. MOTION PASSED.

- *Trips and Trails insurance report*
5. Joel Platt will work on ~~audit committee~~ in place of Joe Levine who will be out of town.

6. Roy Weil is in charge of the A Y H National Board Meeting to be held in Pittsburgh May *16, 17, 18*, 1980.

7. <sup>Next</sup> Meeting will be held at Roy Weil's house, 5131 Penton Road on Tuesday, April 1, 1980.

8. Meeting adjourned.

Respectfully submitted,

Marilyn Ham



## Earth Week '80

Carnegie Institute is planning to celebrate the Earth's birthday beginning Thursday, April 17 and extend it for three more days of events called Earth Week '80. The event commemorates ten years of environmental protection in the United States.

Public activities begin on Friday, April 18 with a series of tours through the Museum along with films, exhibits and demonstrations focusing on environmental themes. At 8 PM Mary Travers of Peter, Paul & Mary will give a concert.

Saturday there will be more seminars on environmental problems, a children's concert by Mary Travers, the film Breaking Away and a Public Forum. Activities will continue on Sunday.

Concerning AYH participation, we will have a booth at the Institute Saturday and Sunday (April 19 and 20). Joe Hoechner is looking for people to spend some time at the booth answering questions about our organization. Joe is also planning a bike trip to an Oakland area solar home.

## What is "O"? by Steve Schomer

"O" is for Orienteering, a sport where one discovers the joy of finding one's way through a course set up in the woods. One can jog it to compete with others, or one can simply walk it to enjoy the challenge of avoiding getting lost! When and where can one "O"? See this month's calendar of special events.

## Solar Workshop Planned by Joe Hoechner

Pittsburgh Council is proud to host the first Pennsylvania Wind and Solar Energy Clothes Dryer Workshop and Seminar (PAWSECDWS).

Conducted by Dr. Sol Slipstream of Pitt U., the workshop will explore the advantages of using solar and wind energy powered clothes dryers as opposed to those currently powered clothes dryers by gas, electricity or diesel fuel. Materials for the workshop can be bought at a variety of sources ranging from your basic J.C. Penney to Wilderness Pioneering Outfitters.

The date has been set for the First Tuesday in April. For more information about conditions affecting local solar and wind energy clothes drying systems, call 936-1212. Don't pass over this seminar!

## Pittsburgh Council Awards by Cliff Ham

The Annual AYH Banquet, held on the River Belle, was an occasion for recognition of twelve people who have contributed to the Council and to hosting during the past year or more.

Two were cited for OUTSTANDING Contributions: Fred Hull, our treasurer for twelve years, and Gary Ludwig, our "haus vater". Lloyd Geertz was recognized for twenty years of service, during which he has been President, Chairman of Board of Directors, a frequent leader of canoe trips and developer of the White Water Canoe School.

The high quality white water boating program was honored. Dave Marschik, in his second year as chairman, has provided an active program. Jane Toben as co-chairperson, added her enthusiasm and ideas. Ray Yutzy proposed and is carrying out an extensive expansion of the kayak program.

Don Hoecker, chairman of the Board of Directors, has lead many canoe trips, helps Triangle mailings, and performs a myriad of hardly-noticed chores. Joe Levine was thanked for his many roles in the Council; he's currently Trips & Trails Chair. Gordon Bugby, canoeing chair for 3 years, who really got canoeing going again, is now on B of D.

Alan Barber will be remembered for initiating our cross-country ski program, convincing all that the activity was desirable and would break even. Sally Brunson was acknowledged for her leadership  
(continued next page)

(Pittsburgh Awards, continued)

and enthusiasm. Rick Caplan, editor of the Triangle, was honored for his emphasis on safety on trips, as well as for duties of editorship.

Finally, Mrs. Ceinwen King-Smith was honored for being our only "home hostel hostess." For more than two years, she has welcomed into her home hostellers from other countries who arrive in Pittsburgh expecting to find a hostel.

The Awards Committee this year consisted of Cathy Lynch, Barry Govenor, Mary Ellen McBride, Bob Goff, Joe Hoechner, and Cliff Ham. In a real sense, because AYH is a volunteer activity, every member is a worker, and helps make AYH function. So, these twelve awards recognize a few outstanding leaders, but all of you should accept a vote of thanks.

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#### Pittsburgh Streets by Cliff Ham

Pittsburgh street names (in caps) suggest the activities which AYH members enjoy. Last month we found water-related sports in street names and previously hiking, camping and general out-of-doors fun. This month we can find climbing and mountaineering sports.

AYH climbers have several choices for their activities: ROCK and MOUNTAIN, QUARRY, ROCKY HILL or RAVINE, SLOPE, RIDGE or BLUFF. For a variety of heights, try MOUNT AIRY, MOUNT CARMEL, MOUNT HOPE, MOUNT NEBO, MOUNT PLEASANT or MOUNT ROYAL. The aim, of course, is to reach the SUMMIT, CLIMAX, or OLYMPIC heights. Occasionally the climber challenges a CLIFF, or is stuck UNDERCLIFF, or on a ROCKLEDGE. In WINTER or perhaps SPRING or SOMERS the climber can try a GLACIER. The careful mountaineer uses ROPE, a good KNOTT, ANCHOR, or CABLE. With a practised RAPELLO he or she never needs RESCUE.

#### Biking with AYH by Chuck Ejzak

It's time to pump air into your tires and dig out your helmet because the season is already here. With gasoline prices soaring, we expect to have many new riders this year, so the rental bikes have been tuned and several introductory rides are planned. In addition, new kinds of trips have been suggested with a special weekend coming up in September. Here are some of the things to expect this year:

**Introductory Rides.** These are designed for Novice Riders who wish to learn how to ride a ten-speed. These will be scheduled on weekends from time to time, but may be scheduled as needed. If you would like to learn how to ride a ten-speed, feel free to call one of the cycling chairpeople.

**TOSRV training, Advanced Intermediate.** These are rides to help get you in shape for TOSRV. The early rides will be easy; they will gradually increase in distance up until TOSRV.

**Bike Maintenance Classes.**

**Weekend Camping Trips.** Both car camping and Bike camping(saves on fuel).

**Special events.** Old favorites like TOSRV plus some new rides and weekend trips.

**Suggestions?** Contact the Biking Chairpeople with ideas or call them if you'd like to be a trip leader.

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#### Wanna Paint a House? by Joe Hoechner

Actually, it's a hostel - the Ohiopyle State Park Youth Hostel. I'm planning a Paint Party for a weekend in May or June, before it gets too hot. Afraid of heights? there will be interior work to do. There will be a free Saturday night dinner and overnights at the hostel. If it's hot anyway, pack your swim suit. Interested? call Joe at 322-6114.



### New Headquarters? by Joe Hoechner

At a recent activities committee meeting Hostel Development chairman Joe Hoechner suggested that Pittsburgh Council should consider looking for a new location. The main reasons for seeking a different building would be to alleviate the crowding and noise problems that occur during Thursday night open house meetings and to provide adequate storage and office space.

According to Joe's outline, a new council headquarters should have:

- A. large meeting room for slide presentations, capable of seating 75-100 persons;
- B. a lobby or lounge space with adjacent toilets;
- C. office space for president and membership;
- D. large storage space for canoes, kayaks, bicycles, life jackets, rafts, skis, paddles, roof racks, etc. with easy access to the street;
- E. additional storage space for printing press, files, publications, newsletter supplies, literature, membership forms, etc.;
- F. off-street parking/loading area for canoe, raft and bicycle trips;
- G. heat, water, air conditioning and electricity;
- H. location in or near the Shadyside, Oakland, Point Breeze, Squirrel Hill or Highland Park areas.

Finding all these items in one building may be hard Joe points out, but an old fire house, church, school or even a funeral home may provide most of them.

Another alternative is to maintain the present head quarters for equipment storage, small workshops, and as a starting point for weekend trips. The new location could then be smaller if used only for meetings and membership.

Joe would like to get feedback on his ideas. If you have any additional suggestions or know of a possible location that could fill the bill, please let Joe know. Call him @ 322-6114 or write to his home address @ 1240 Resaca Pl., Pgh., PA 15212.

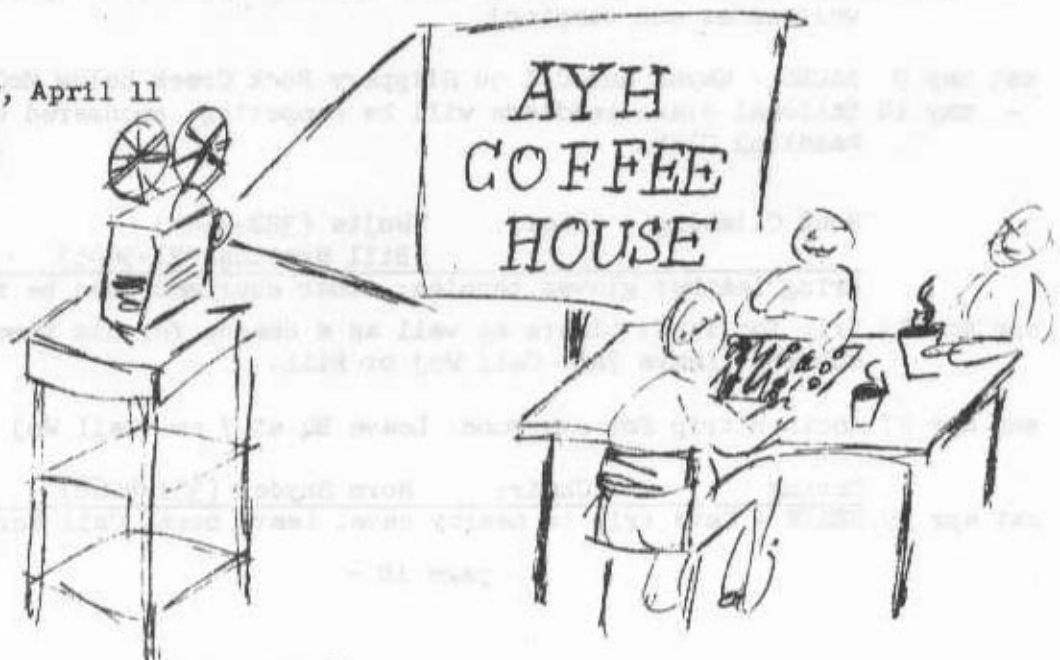
AYH Coffee House - Friday, April 11

Old movies and good music

9 pm to midnight

AYH Headquarters

If you are interested  
in helping out or  
playing music, call  
Bob Rudland at  
462-5000 x6284.



### April 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 med.) plus transportation and rentals. In addition, non-members are charged \$1.50/day which can be deducted from the cost of membership. Trips are classified BEGINner, INTERmed, ADVanced.

Backpacking Chair: Steve Martin (W 462-5000 x6185)

Rentals available: backpack, sleeping bags, tarps

wed apr 9 BEGIN - Backpack School for beginners. Meet at 7pm at AYH HQ. For more info, call Steve Martin(W 462-5000 x6185, H 469-3153).

sat apr 12 BEGIN - Backpack trip. Call Bob Rudland(W 462-5000 x6284)  
- apr 13

fri apr 25 INTER - Backpack trip to Dolly Sods. Dr. David Pennes(W 683-1100 x495)  
- apr 26

Hiking Chair: Bob Rudland (W 462-5000x6284, H 421-2227)

sat apr 12 BEGIN+ - Quebec Run, meet 9am. Steve Schomer (824-5352).

sun apr 13 BEGIN - North section Laurel Highlands. Meet 7am. Call Steve Martin.

sun apr 27 BEGIN - Baker Trail, meet 9am. Call Bob Rudland.

Kayaking Chair: Ray Yutzy(929-4443)

Canoeing Chair: Dave Marschik (W 256-7254, H 327-2778)  
Jane Toben (W 462-5000x6585, H 466-7885)

Canoe trips will be announced at Thurs. meeting.

Easter Weekend Canoe camping trip on the Greenbrier River, W.Va. Call Dave Marschik.

sat apr 26 Canoe and Kayak Clinic. By Sylvan Canoe Club. Call 828-9897 or 241-4869.

fri apr 25 SCHOOL - Canoe Leadership School to be held at the Ohiopyle Hostel to  
- apr 27 develop canoeing trip leaders for all types of trips (flatwater, family, whitewater and camping)

sat may 9 RACES - Kayak and C-1 on Slippery Rock Creek below McConnel's Mill Dam.  
- may 10 National class paddlers will be competing; sponsored by Three Rivers Paddling Club.

Rock Climbing Chair: Wojie (322-4524)  
Bill Skellos(921-5695)

Bring leather gloves, tennies; other equipment can be rented.

sun apr 13 Trip for first timers as well as a chance for old timers to shake out the cobwebs. Leave 7am. Call Woj or Bill.

sun apr 27 Another trip for everyone. Leave HQ at 7 am. Call Woj or Bill.

Caving Chair: Norm Snyder (351-4068)

sat apr 19 BEGIN - Cave trip to nearby cave. Leave noon. Call Norm Snyder.

Biking Chair: Ed Sieger (561-4790)  
Chuck Ejzak (327-5031)

Rentals available: Bikes and panniers. Most trips require lunch and rain gear, tools and water.

Fri apr 4 Bike/Camp - Tango with Ed & Chuck on their annual trip around Lake  
- apr 5 Pymatuning. The weather is guaranteed excellent and the scenery is great!  
About 35 mi/day. Call Ed Sieger or Chuck Ejzak.

sat apr 12 INTER - 35 mi. TOSRV training ride around Lake Arthur. Fred Parker(824-2638).

sun apr 13 INTER - Flat ride to Harrison City. Ben Humphries(829-2497)

wed apr 16 CLINIC - Basic Bike repair clinic. Meet at AYH HQ 6:30pm. Call Ed Sieger

sat apr 19 INTER - About 45 mi. around Slippery Rock. Kevin Hughes(614/537-2725)

sat apr 19 SOLAR BIKE RIDES - As part of Earth Day Activities, Joe Hoechner will be  
sun apr 20 leading short rides from Carnegie Museum to view solar homes. Mid-afternoon.  
Call Joe at 322-6114 or 231-6074.

sun apr 27 BEGIN - IN-town, 10 mi. Meet at HQ at 1 pm. Call Joe Hoechner (322-6114)

sun apr 27 Appalachian Spring Spectacular - see Chuck Ejzak for info.

sun apr 27 Mid-Ohio Century - see Chuck Ejzak for info.

sat may 10 TOSRV - probably already full

jul 4 wkendGEAR - see Chuck for info.

#### Special Events

tue apr 8 LECTURE, Solar Energy. Topic: Direct Gain "Passive" Solar Systems - Glazing  
and insulation.W.Pa Solar Energy Assoc. Meeting at CMU, Hunt Library  
Multipurpose Room, 7:30 pm.

fri apr 11 COFFEE HOUSE - at AYH HQ, call Bob Rudland (462-5000x6284)

sat apr 19 ORIENTEERING - First ever Boyce Park meet, Sat. morning. Four courses from  
novice to expert. Call Steve Schomer (824-5352) or John Overton(241-8693).

sun apr 27 Set clocks AHEAD one hour at 2am.

thr apr 30 International Poetry Forum presents "Nana Mouskouri in Concert" call 621-9893

fri may 16 Annual Garden Market in Mellon Park.

fri jun 6 Annual Morgantown Hostel Weekend - Mark your calendar!  
- jun 8

sat apr 19 Solar Bike Rides at Carnegie Museum during Earthday Birthday. Call Joe  
sun apr 20 Hoechner (322-6114)





# AYH MEMBERSHIP APPLICATION

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

Name \_\_\_\_\_ Phone \_\_\_\_\_  
 Address \_\_\_\_\_ Occupation \_\_\_\_\_  
 \_\_\_\_\_ Zip \_\_\_\_\_ New?/Renewal? \_\_\_\_\_  
 Social Security # \_\_\_\_\_ Birthdate \_\_\_\_\_

Check one:

\_\_\_\_\_ \$7.00 Youth (under 18) \_\_\_\_\_ \$35.00 Three-year Senior  
 \_\_\_\_\_ \$7.00 Senior Citizen (60+) \_\_\_\_\_ \$35.00 Organization (non-profit)  
 \_\_\_\_\_ \$14.00 Senior (18-59) \_\_\_\_\_ \$140.00 Life  
 \_\_\_\_\_ \$21.00 Family (not valid abroad, includes youths under 18) (Note: Membership sells International Hostel Guide to Europe for \$5.00.)

Please Circle one or more:

Service Interests: Newsletter, Hostel Development, Bicycling, Publicity, Trail Maintenance, Equipment Repair, Auditor Service, Typing, Art Work

Leadership: Backpacking, Cycling, Canoeing, Caving, Climbing, Hiking, Cross-country Skiing, 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 0  
 4723 WALLINGFORD ST.  
 PITTSBURGH, PA. 15213



TRAVEL RIGHT - WITH PITTSBURGH A.Y.H.!