



**golden
triangle**

AYH

**PITTSBURGH COUNCIL
AMERICAN YOUTH HOSTELS INC**

NOVEMBER 76

vol. 27 no. 11

Twenty-two members of the AYH-National Board met in Pittsburgh the weekend of October 15-16-17. Eight staff members from Delaplane, Virginia, participated as did Pittsburgh Council President, Claudette Falkenhan, and other members. Highlight of the meeting was the feeling of cooperation among the board members and solid progress toward new goals. The meeting in Pittsburgh is believed to have been the first in a local council area for many years, and perhaps the first ever.

The delegates were impressed by STEEL CITY and its hospitality. Conferencees were greeted by a representative from the Chancellor's office of the University of Pittsburgh, where the business meetings were held. Pittsburgh AYH offered home hospitality, and 13 out of the 22 members accepted the invitations. Open-house Friday night was at the Hams', and Saturday night at Weil/Shaws'. Pot-luck dinner Saturday was cooked by AYH members; almost half the National board attended our annual picnic on Sunday.

WHAT HAPPENED AT THE MEETINGS ? The yearly budget was adopted almost at the beginning of the fiscal year (it was adopted in February, 1976, for the year just ended). The new logo was approved on an optional basis for another two years. A "National Friends of AYH " was established to raise funds and help publicize our organization. Two friendly meetings with officials of the Canadian Youth Hostels were reported, and a follow-up deliberation was approved.

Several Board members were praised for their part in a successful meeting of the International Federation of Youth Hostels held this summer in San Francisco, (the first time the IFYH has met in the United States). Bob Yeates, our Executive Director, reported on a recent trip to Greece.

Membership in AYH has begun to climb. Finances are better, with the last year ending in the "black". Staff morale is high. Hostels number 197, almost equal to the year's goal of 200. Travel was up this summer and more exciting trips are planned for 1977. Legislation has been introduced into Congress which would authorize financial aid in Hostel development.

Our thirty visitors were impressed, with our City and our Council. We have invited the National Council to meet here in December, 1977. There is a good chance that they may just accept that invitation !

ROCK CLIMBING CROSS COUNTRY SKIING BACKPACKING KAYAKING HIKING MOUNTAINEERING CAMPING DOWN GEAR

THE AVALANCHE

OUTFITTERS FOR WILDERNESS EXPLORATION

1794 N. HIGHLAND RD. BETHEL PARK 833-7800

After camping for one week this summer in Ontario's Algonquin Provincial Park, I wrote to ask Visitor Services Planner Dan Strickland how campers can help preserve the unspoiled beauty of the wild country. The park covers 2910 square miles and every year hosts 60,000 canoeists on its 1000 miles of canoe routes.

Sixty rangers are employed to clean up the messes left by visitors, costing campers well over \$100,000 a year in camp fees. Below are Strickland's suggestions that will be useful to you not only in Canada, but anywhere you happen to be camping.

STASH THAT TRASH : Wet garbage leftovers should be burned, not buried. Why? " Animals eat the leftovers, but anything that encourages bears to lose their natural fear of humans is bad for future trippers and eventually, for the bears themselves". Strickland's most prudent suggestion is to "make a clean plate " and therefore avoid the problem ".

TELL PEOPLE WHERE TO GO : In unpolluted lakes and river country, campers will want to guard their pure water source scrupulously. " Our policy is to place interior privies at least 100 feet from the water. If there isn't one, we suggest that you make a shallow hole or a trench at least that distance away. When you move on, FILL IN THE HOLE ". A hole about 6-8 inches deep will make the most efficient use of the biodegrading bacteria near the soil surface. Deeper holes will not.

BARK LEADS TO BITE : Besides creating an eyesore, removing bark from birch or other trees is the same as signing its death warrant. " No matter how it is done, this practice damages the tree by exposing it to fungal infection. If trees had no need of bark, they wouldn't grow any " One Interior Ranger explained to us that the yellow-bellied sapsucker starts to feast on bark-peeled trees, drilling vertical holes into which bees and other creatures soon move. This eventually kills the tree.

BRUSH IN THE BUSH : " We suggest brushing your teeth and washing the dishes from a pot of water away from the shore. If you throw this dirty water into the bush, it will dilute its eventual effect on the lake. " Before you rinse, think : Do you really want to fluoridate that lake ?

CAN AND BOTTLES, NO ; PLASTIC AND FOIL PACKETS, SI : Ontario plans to introduce a ban on cans and bottles in the park. Non-burnable, disposable eating utensils or food and beverage containers wouldn't be permitted. , Strickland states, " Cans and bottles are among the most serious forms of litter, since they degrade slowly or not at all." Start your personal can and bottle ban, you'll be surprised how little there will be to pack out.

" Marta 's Spanish Rice "

I thought of my friend Marta when I made this backpack version of Spanish rice , since I've seen Marta struggle valiantly to produce Spanish rice in wind rain and darkness.

This is a hearty dish for cold weather appetites. It is simple, and economical to prepare , and easy to clean up afterwards. All you need is boiling water. Stir in instant cup of soup, instant rice, freeze dried soup vegetables and one half of the bacon bits. Cover, let stand five minutes. Stir, fluff, serve, sprinkle on remaining bacon bits, and eat. It's quite delicious.

Here is a breakdown of quantity and cost :

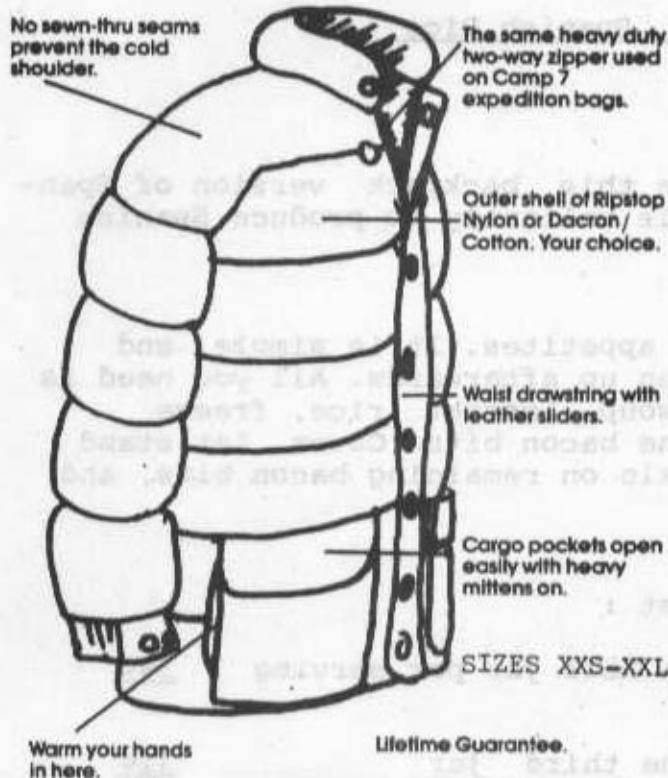
Imitation bacon bits 2 oz. jar 77¢	-	use one half jar per serving	<u>39¢</u>
Freeze-dried soup greens 2 oz. jar 93¢	-	use one third jar	<u>31¢</u>
Tomato cup of soup 52¢ 4 envelopes / package	-	use two envelopes	<u>26¢</u>
Instant rice 14 oz. box 65 ¢	-	use one and a third cups	<u>20¢</u>
Water	-	use one and a half cups	

TOTAL COST \$ 1.16

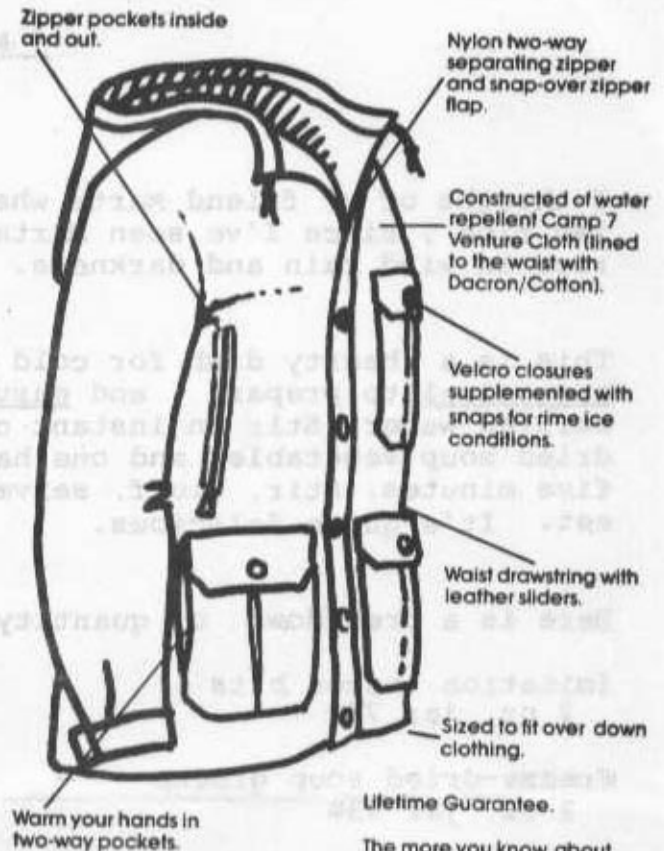
MANY THANKS to a small but significant crew headed by Gary Ludwig, who installed window coverings, cleaned and made necessary repairs on Sept. 25 at the Hostel-Headquarter's.

Thanks to Linda Paul, Mary Ellen McBride, Joan Seiffert, Clara Herron, George Schubert, Ed Bogush and Joe Hoechner for their time tools and effort our Headquarters looks much better.

INSIDE THE CAMP7 DOWN PARKA



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MEMBERSHIP ANYONE ?

Joe Hoechner

If you are reading this story, chances are that you're a Pittsburgh Council AYH member. You probably attend a couple meetings a month, and partake in a few hikes, canoe or cycle trips each year.

If you are an active member you are at nearly every meeting and either lead or partake in a trip each weekend. (Plus have a garage or basement full of boots, bikes, or boats.)

Regardless of the level of your involvement, you know that AYH is an enjoyable experience, primarily due to the sharing of experiences with others.

Is there someone you know that would enjoy AYH ? Perhaps a youth from your neighborhood, a bicyclist that you've met on the road, or a retired person looking for things to do , all would most likely benefit from AYH activities. Tell them about the club; give them a copy of the TRIANGLE ; bring them to a Thursday-Night meeting ; and if all responses are favorable have them fill out the following 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 only)\$12.00
- () Organizational membership.....\$15.00
- () LIFE.....\$110.00
- () FAMILY LIFE.....\$220.00

ACTIVITIES of interest : _____

I would like to help out with _____

In order to keep any organization alive and vital, it needs growth ; new people with new ideas, and fresh new enthusiasm. If you have a friend start encouraging and by the way check your own membership card ; it's time to start thinking about renewing for 1977 !

A DAY IN THE PARK

Mike Deroy

The annual A.Y.H. picnic at Riverview Park was quite a success thanks to the direction of Mary Ellen McBride and co-workers. At 2:00 in the afternoon activities began, as daring hostellers braved the cold while doging frisbees, volleyballs, footballs and an occasional snow-flea.

Later when the smell of frying hamburgers and hotdogs filled the air, the outdoor enthusiast took delight in the SPORT of EATING. There were all the usual picnic foods; specially prepared beans and bacon; all the lavish relishes to place on and under hotdogs and hamburgers; plus tasteful potato and macaroni salad.

After dinner it was back to football or folk dancing (lead by the Merrits). Both required fancy footwork, not too easy on a full tummy. The folk dancing climaxed at 8:00 and by 9:30 some diligent volunteers had the shelter clean and back in proper order.

So in spite of the blowing North wind, plunging thermometers, falling snow flakes, the ANNUAL AYH PICNIC for '76 was a good, fun-time for all.

P.S. COMPLIMENTS TO THE CHEF



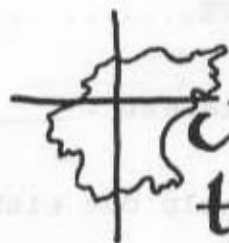
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tips & tales

JOE HOECHNER

If you are interested in general information regarding West Virginia's State Parks & Forest you can get your questions answered by writing to :

W. VA. DEPT. of Natural Resources
Division of Parks
Charleston, W. Va. 25305

If you have specific Questions about the Monongahela National Forest or Spruce Knob, Seneca Rocks Area, Then contact :

Monongahela National Forest
Visitor Information Service
Elkins, W. Va., 26241

If anyone is interested in contacting "Bikecentennial " their new address will be :

Bikecentennial
P.O. Box 8308
Missoula, Montana 59807

Do you know what a CO-OP is ? No, not a pigeon coop There is a Recreational Equipment Inc. CO-OP that is located in Seattle , Wash.

You can get their free catalog of outdoors gear & membership information by writing to :

R.E.I. Inc.
1525 11th ave.
Seattle, Wash. 98122

The U.S. Ski team is seeking your donations Now is the time to start collecting to help send the team to the 1980 Lake Placid Olympics.

If you would like to make a tax-deductible contribution to help the X-country or Down-hill ski teams, send your check to :

U.S. Ski Foundation
P.O. Box 4529
Boston, Mass. 02107

For those who missed it a few months ago, here is where to send for Pennsylvania County Road Maps - Price 30¢ each :

Pennsylvania Game Comm.
P.O. Box 1567
Harrisburg, Pa. 17120

Way back in late September, Co. Parks director, David O'Laughlin announced a plan to turn the old skybus track in South Park into an overhead bikeway.

The proposal got mixed reaction. The PRESS called it a : "Bikeway in the Sky " and quoted the conversion cost a million dollars. Most Pittsburgh cyclist would welcome an improvement, as long as they would not be limited to using that track only. Voice your ideas by writing to Mr. O'Laughlin, 345 Co. Office Building, Pgh. Pa. 15219.

FOR SALE : New "BROOKS " leather saddle, \$9.00. Call 343-2465.



AYH-MEMBERS are given top priority on all AYH-TRIPS. If the trip listed has a limited capacity, or requires AYH-owned equipment then the trip will be open to members only, until the Thursday before the outing.

MEMBERS MUST show their AYH Pass on an AYH-TRIP, in order to avoid the non-member fee.

The non-member fee is \$2.00 (50¢ for registration plus \$1.50). If the non-member purchases an AYH-PASS within 30 days of the trip, the \$1.50 will be credited to the purchase of the pass. Only one credit will be used per pass.

REMEMBER, make your reservations early, and if you cannot make a trip, please, call the leader and cancel, so that the place may be made available to another anxious AYH'er.

FRI. NOV. 5

Were you a BIKECENTENNIAL BICYCLIST ?? Would you like to share your experiences, feelings, pictures with other enthusiastic participants ?? Well, Gail Lichtenstein invites all Bikecentennial enthusiasts to a reunion party on Friday Nov. 5th. If you're interested in attending or would just like more information please contact Gail at 422-8417 or 521-5977.

SAT. NOV. 6

A day hike into the wilds of Western Pennsylvania - Doug Brown promises that the hike will be exotic and different. The trip will depart at 8:00. If you are at all interested in joining Doug, see him at a Thursday night meeting.

FRI. NOV. 7

Explore the beautiful countryside at Chestnut Ridge with our new hiking chairperson, Dick Nugent. The hike will be in the intermediate class. To reserve your place with Dick, call him at 487-5549.

WED. NOV. 10

TOPO MAP READING, SCHOOL FOR BEGINNERS - Interested AYH'ers will meet 7:30 -9:30 at Hostel Headquarters. Bring a compass, if you have one, pencil, paper, and warm clothes, (there will be no heat in building).

MORE TRIPS AND MORE TRAILS

- FRI. NOV. 12,
SAT. NOV. 13, &
Sun. Nov. 14 THE ANNUAL TUSCARORA TRAIL MAINTENANCE HIKE - Join Jack Leahy and Cliff Ham for a maintenance hike over parts of a 20 mile section of the Tuscarora trail. Trippers will camp in Cowan's Gap State Park. Bring warm clothes, food, musical instruments and your favorite camp-fire stories. The trip will leave Friday evening at about 7:00 P.M. and return Sunday evening. If interested contact Jack Leahy at a Thursday night open house meeting. This trip is a November special, and is always loads of fun.
- Sat. NOV. 13 In the mood for a good day hike? Then perhaps, you'd be interested in joining Mike Deroy on an intermediate cross-country hike. If you have a compass, and would like some practice at using it, this will be a good opportunity. To reserve call Mike at 371-6943.
- SUN. NOV. 14 BURRRrrrrrrrrrrrrrr!! It may be cold and windy, but cycling enthusiast, Gail Lichtenstein, is still on the go. If you would like to join Gail on a 48 mi. moderately hilly ride around Slippery Rock contact her at 422-8417 or 521-5977. The cost of the trip will be approximately \$4.00, and if the temperature is lower than 45 F., call Gail the night before.
- SUN. NOV. 14 Join Joe Levine on a Beginners hike on the Baker trail. The Hike will be for all classifications of hikers and for AYH'ers of all ages. If you are interested, see Joe at an Open house meeting.
-
- WED. NOV. 17 WINTER BACKPACK / X-COUNTRY SKI CLINIC - Join Jim Roberts, Alan Barbour, and Joe Hoechner for discussion and demonstration of techniques, equipment, and clothing needed for winter activities. No lift tickets required. Meet at Hostel Headquarters at 8: P.M. For more information call Joe at 343-2465.
- SAT. NOV. 20 Claudette Falkenhan - an adventuresome but easy hike. Total distance to be covered, about 8 miles. Bring lunch, boots, water and rain gear. Meet at the hostel at 8:30 - Any Questions? Call 531-1824.

A FEW MORE TRIPS

SUN. NOV. 21 Another beginners hike on the Baker Trail, this time with Rich Feder. The hike will not be strenuous, and promises to be loads of fun. If you are interested in having an enjoyable day with Rich, call him at 421-5708 and make a reservation. The trip will leave the Hostel at 8:30 Sunday Morning.

THUR. NOV. 25
thru NOV 28.

The THANKSGIVING /CYCLING WEEKEND - This trip is only for the hardy, experienced winter cyclist, who enjoys being outdoors in the cold, crisp days of late fall. Trippers will be touring the area around Dover -New Philadelphia, Ohio. On the agenda will be a tour of a pulp and paper plant and a stop at a local historic village. Overnight camping will be in Muskingum Conservancy Park. The group will be cycling about 200 miles or 50 miles per day.

The trip will depart 6:00 A.M. THANKSGIVING Morning. Bring water camping gear and tools. The cost for the weekend will be about \$ 25.00. If you are interested call Phyllis Blumberg at 422-9383 or 624-4889.

BITS OF NEWS

Three AYH members attended the annual meeting of the Keystone Trails Ass. at Bethel, Pa., on the weekend of September 24. Cliff Ham Vice-President of KTA, Mike Deroy, Pittsburgh Council Representative, and Marilyn Ham all played an active role at the meetings. Congratulations are extended to Mike and Marilyn for taking first prize in the KTA ORIENTEERING MEET. The seven mile course was completed in 2hrs. and 50 minutes amidst heavy rain and mountainous terrain.

THE CALENDAR IS HERE - See hostel storekeeper, and calendar-coordinator, Joe Hoechner if you are interested in a purchase. The price of the calendar is only \$1.00 in person or \$1.25 for a mail order. This will be a great idea for a X-mas greeting ; instead of a greeting card- send the AYH-CALENDAR

Open House

THE GOLDEN TRIANGLE

The GOLDEN TRIANGLE is a monthly publication of the Pittsburgh Council of the American Youth Hostels, Inc.

ADDRESS : AYH
6300 Fifth Ave.
Pittsburgh, Pa.
15232

PHONE : 362-8181, Thursday evening only.

OPEN-HOUSE at the Hostel Headquarters is held every Thursday evening. Doors open at 7:45 with a program presentation at 8:45. The programs are always of interest to OLD, NEW, and PERSPECTIVE AYH'ers.

Our OPEN-HOUSE is for all members, as well as non-members. This is a great time to see friends, to reminisce about the good-times of your last AYH trip, and to make plans for future trips. If you're a perspective member, this is an ideal time to meet AYH'ers, and discover the ART of having FUN.

EDITOR Elaine Merisko

COVER Lynn Gogots

PRINTING Bruce Sundquist

PRODUCTION Aileen Pastorek,
Mike Haddad & the
few AYH'ers who are always willing
to stay awhile and give a helping hand.

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NOV. 4 Join Jim Wojie for a rather unique slide presentation about his many "Experiences in Rock Climbing".

NOV. 11 This is the second part of Eugene Albright's, "Adventure in the Southwest". The show will feature such areas as the Catalina Mountains, and the Sonoma Desert.

NOV. 18 Ah, beautiful Oregon - Join George Bower as he shares the beauties of the Oregon Wilderness in a slide presentation entitled, "The Desert Trail".

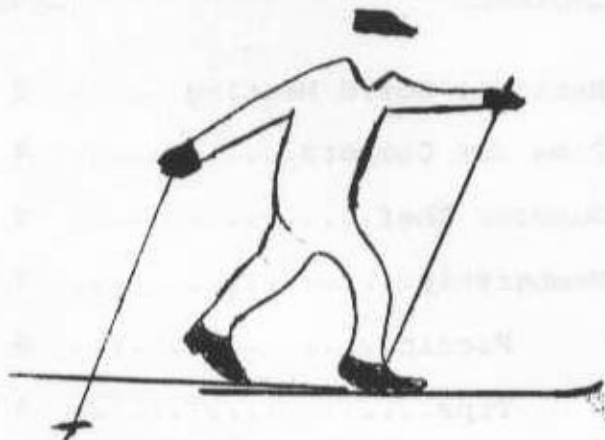
NOVEMBER

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15.	16.	17.	18.	19.	20.	21.
		SKI CLINIC			HIKE	HIKE
22.	23.	24.	25.	26.	27.	28.
			THANKSGIVING -	CYCLING TRIP	IN OHIO	
29.	30.					

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