

JULY

THE PITTSBURGH COUNCIL of the
AMERICAN YOUTH HOSTELS

GOLDEN TRIANGLE

July, 1965



OPEN SAIL CANOEING HOUSE ANYONE?

July 1--Folk dancing with Winifred Roensch. Dance in the cool arbor of the headquarters.

July 8--Martha Montag, who will be leading a cycle trip of the Pennsylvania-Dutch country and the World's Fair August 14-28, will preview a film of the "World's Fair in 64" in glorious Eastman color.

July 15--Puzzled as to where to go this summer? Let Hugh Gilmour give you a few suggestions in his "Vaction Jaunts of the Past." Program starts promptly at 8:30/

July 22--Bruce Sundquist presents priceless moments from recent trips preserved on film.

July 29--If you have any slides, films, short talks, bring them along for an open night of open housing!

HAS ANYONE CONSIDERED bringing the steel-framed AYH chart on the wall of HQ up to date? And while we are on the subject of signs, commendation should go to our talented Barbara DiGregorio for her new sign beside the door of HQ.

WHAT THEY SAY ABOUT AYH. "In this jet age many of us keep too fast a pace. Youth follows our example. Young or old we need to release our tensions and renew our spirits. Outdoor activities which AYH promotes are an excellent way for youth to keep fit and at the same time increase their knowledge." Malcolm MacIntyre

Here's your opportunity to learn a new sport, sail canoeing! The American Red Cross will provide a weekend of free instruction plus free use of its sail canoes to a group of AYH'ers on the weekend of July 31 through August 1. It is hoped that from twelve to eighteen people will partake of this opportunity.

All participants should be experienced canoeists and capable swimmers. Pymatuning Lake in northern Pennsylvania will be the locale of the course.

Present plans are to leave Friday evening, July 30 and to camp out Friday and Saturday nights at the group camping area in Pymatuning Lake State Park. Cost of the weekend will be approximately two dollars plus food. Participation will be limited to eighteen people, so sign up early. Reserve with Bruce Dundquist by calling VA 4-1897 or DR 2-1212.

BAKER TRAIL PATCHES

AYH now has attractive Baker Trail patches available for fifty cents each. Designed by Barbara DiGregorio, they are three inches in diameter and yellow, green and brown in color. If you have hiked along the trail or even contemplated doing so, you are qualified to wear one.

KEEP AMERICA BEAUTIFUL Have you noticed the sign on the bulletin board recently regarding "littering"? It should not be necessary to remind AYH'ers but someone



Notes of Random

For the cyclists: An excellent new cycling magazine is now available to American cyclists. The "American Cycling Newsletter"....published in Oakland, California.

Also available is a cycling guide - published by the Philadelphia Council, edited by Fred Delong. Send 25¢ to Philadelphia Council AYH, 2200 Pine St. Philadelphia 3, for your copy.

For those interested in these things: from the Minnesota AYH - "How to Calculate Gear Ratios" -- Multiply Wheel diameter by number of teeth in front chainwheel and divide the product by number of teeth in rear cog. Example: 27" wheel, 48 tooth front, and 18 tooth rear.

$$\frac{27 \times 48}{18} = 72 \text{ gear}$$

Park your bike in the shade whenever possible. The heat of the sun causes the air in the tire to expand, sometimes causing a blowout.

INSTRUCTIONS for the safe operation of a bicycle: (1). Observe all traffic regulations -- red and green lights, one-way streets, stop signs.

(2). Keep to the right and ride in a single file. Keep a safe distance behind all vehicles.

(3). Have a white light on front and danger signal on rear for night riding. Wear white or light-colored clothing at night.

(4). Have satisfactory signaling device to warn of approach. Always ride at a safe speed.

(5). Give pedestrians the right of way. Avoid sidewalks -- otherwise use extra care.

(6). Look out for cars pulling out into traffic. Keep sharp look-out for sudden opening of auto doors.

(7). Never hitch on other vehicles, "stunt" or race in traffic. Never ride two on a bicycle.

(8). Never carry other riders -- carry no packages that obstruct vision or prevent proper control of cycle.

(9). Be sure that your brakes are operating efficiently and keep your bicycle in perfect running condition.

(10). Slow down at all street intersections and look to right and left before crossing.

(11). Always use proper hand signals for turning and stopping. Park your bicycle in a safe place.

(12). Ride in a straight line. Do not weave in or out traffic or swerve from side to side.

SEEN THE WORLD'S FAIR?

by Martha Montag

For those of you who would like a week of cycling and another week of just touring, I have the perfect vacation for you.

PENNSYLVANIA-DUTCH COUNTRYSIDE

NEW YORK WORLD'S FAIR AUGUST 14-28

We plan to leave Pittsburgh, Saturday morning, August 14 by automobile and travel to Eastern Pennsylvania. The first seven days of the trip will consist of cycling through the Pennsylvania-Dutch country, enjoying the charm of the plain and fancy country.

We then travel to New York for an exciting five days at the World's Fair. Our base of operations will be Mitchell Gardens, the World's Fair Youth Hostel on Long Island. We will tour the major exhibitions and pavillions in the five areas, industrial, international, federal and state, transportation, and the lake amusement. Our luncheon stops will include the Chung King Inn and the Seven-Up pavillions.

The entire cost for these two weeks will be approximately \$120.00. Plan now and reserve before August 1.

NOTES PICKED UP FROM A PLACE MAT AT A LOCAL DINERY...The Endless Mountains of northeastern Pennsylvania (just 246 miles away) seem to offer endless opportunities to anyone interested in getting that far





JULY 10 Dancing and singing in the park at Bushy Run State Park. Cook-out supper. Call Barbara DiGregorio :661-9151

JULY 11. Sunday Sunrise Trip to the Golden Triangle. Leave headquarters at 7:00 and return around 11:00 A.M. Cost 55¢ plus a coffee stop. Call Martha Montag at 682-3854

JULY 17. We review a Western Pennsylvania institution -- coke ovens near Uniontown. The picnic will include a guided tour of the giant Robena mine for those who reserve early. Call Janice Woodward: 661-9151.

JULY 18. Canoe on the upper Yough from Confluence. Reserve with Bob Fewkes: 828-7784

JULY 24. Intrepid leader Ruth Stacklin tackles another river today. She'd like to go on the beautiful Juniata if water conditions are right. Meet at headquarters at 07:45 and return late. Bring lunch, canoeing togs, and about \$3.50. Call Ruth at MU- 2-9575 or MU-1-3504

JULY 25. Bruce Sundquist leads a cycling trip in the scenic country around Prosperity Pa.. Come help break in the new trailer.

JULY 25. Come along with Martha Montag on an early morning cycle trip. She will take you to Highland and Frick Parks.

JULY 31..and AUGUST 1. Sailing canoe lessons from the American Red Cross on Pymatuning lake. Camp out over the weekend. Reserve early with Bruce Sundquist.

HOSTELING CUSTOMS

Hosteling is traveling simply....by foot, bike, canoe, horseback or ski...and living simply, in a spirit of fun and friendship, using hostels as overnight accommodations or camping out of doors where none are available. Hostellers follow the Golden Rule and observe local customs and laws.

With the increase in members, perhaps we should pause and look at some of the customs and the few but important rules which make hosteling the success it is.

(1). Always carry your AYH pass when on AYH activities. (2). Make reservations in advance with houseparents at hostels and arrive before 8:00 P.M. (3). Lights out and bunkrooms quiet by 10:00 P.M. unless time is extended by the houseparent for special occasions. (Double-overnight fee may be charged for violations). (4). Rise by 7:00 A.M. and check out by 9:30 A.M. Day use permitted only in bad weather or for special conferences; for day use a 25¢ charge is made. (5). Cooking, cleaning and other hostel duties are done cooperatively. Houseparents or trip leaders assign duties. (6). Smoking or drinking not permitted for any tripper under 18 (Smoking only in the common room at the hostel and this is at the discretion of the houseparent or Trip Leader. (7). Autos may be used in accordance with custom's statement in handbook. Houseparent or trip leader may request deposit of car keys. (9). Sleeping arrangements are to be separate for boys and girls at all times regardless of inconveniences - ONLY exception, family pass holders. (10).. The Hostellers Grace is said at each meal indoors or out with trippers linked in a circle. (11). Church services are to be made available to hostellers whenever possible.

Our rules and customs are just common sense and courtesy for your fellow traveler. Your trip leader and Houseparents are instructed to withhold your pass for failure to follow customs."Minnesota Hosteler"