

GOLDEN TRIANGLE

Pattanamudi, Bangalore, AYH

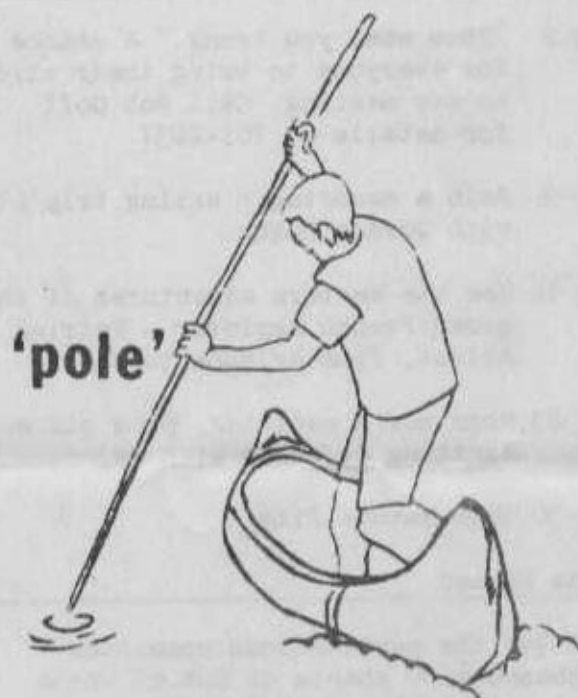
1974

Volume 30, number 8



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What to do,



'pole'



With a

CANOE.

'solo'



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, reminisce about good times, plan new trips, get a ride to the Evergreen.

Slide Programs for August

Aug 2 "Show what you brung." A chance for everyone to bring their slides to our meeting. Call Bob Goff for details at 761-2837.

Aug 9 Join a canoeing + skiing trip (?) with Gordon Bugby.

Aug 16 See the Western adventures of the great French explorer - Patrick Alliot, from Arizona to Wash.

Aug 23 More new & exciting, plus old and exciting climbing with Woj +.

Aug 30 16mm Nature Film.

Ideas Wanted

In 1974, the publications committee purchased 6000 sheets of Sub.67 white Scott Vellum Bristol (the kind of paper used for postcards and index cards) for \$8.30 per 1000 for Membership. Most of it is still with us - taking up space mainly. Any ideas on how to use it or sell some? Call Bruce Sundquist at 327-8737.

Correction

J.D. & Elinor Myers will spend the winter in Arizona as usual - But they expect to be back in the Pittsburgh area next Spring.

From the Editor: Last year, Wojie and Tim Campbell organized a CPR class at AYH. Tim is a certified instructor, and he included general first aid info that might be useful to climbers. It was an excellent class, and it's the sort of thing that other leaders should be doing. I would like to talk to people with ideas on a first aid class. Within our organization there are several qualified instructors. -Rick



Pittsburgh Council
American Youth Hostels, Inc.

6300 FIFTH AVENUE
PITTSBURGH, PA. 15212
(412) 362-8181 THURS EVE

The Golden Triangle

Editor:	Rick Caplan
	Jeri Walsh
Cover:	Lynn Gogots
Ads:	Rich Alstadt
Printing:	Bob Oldenski
Mailing:	Roy Weil & Don Hoecker
Production:	Don Hoecker
	and the AYHers who pitch in at production parties.

Deadlines for September

Everything is due on Sept 20.

Production Party in on Sept 27.

Change of Address

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

Activities Board Meeting

Tuesday, August 7, 8 PM

Jane Toben

Jane lives in one of the buildings in the apartment complex across from Westinghouse Bettis Atomic Power Lab in West Mifflin. It's the 200 Building, Apartment 25. If nice, the meeting will be outside, in the gazebo behind the building. Park Plaza Apts.

466-7885 or 462-5000 ext 6505

Reusable Containers

by Rick Caplan

Pennsylvania State Senator Clarence Manbeck has introduced a bill designed to encourage the use of reusable beverage containers. Senate Bill 651, known as the 'Reusable Container Act', is modelled after similar legislation that has been passed or proposed in several other states. Its good, and its overdue. The bill requires a deposit on beverage containers; it would outlaw "any metal beverage container so designed and constructed that a part of the container is detachable in opening the container without the aid of a can opener"; i.e., a pop-top can.

The person to contact regarding this bill is:

Senator Robert J. Mellon
Chairman, Environmental
Resources Committee
Senate Post Office
Harrisburg, Pennsylvania
17120

Inform Senator Mellon of your support and urge him to release the bill from his committee as soon as possible.

A Challenge: Try to live an entire week without buying a can or jar of food. Eat fresh vegetables and fruits. Drink less wine and more beer from recyclable bottles. Try voluntarily changing your lifestyle, even though its inconvenient, you can avoid wasting natural resources. And you don't have to take out the garbage as often!

WANTED: One canoe and three paddlers to accompany me and my canoe on a ten-day, 77 mile fishing and camping trip in Quebec. The trip will be on small lakes and streams located one hundred miles northeast of North Bay, Ontario. This trip will take place in mid-to late August. Call Ed Kaminsky: 527-2811, Ext. 682 (day), or 864-3246, (evenings till 11:00)

Want to be on T.V.?

To help out public T.V., advertise AYH a little and have a good time, we're getting a group of people together to help WQED on Monday, August 20, during one of their fund-raising drives. As you've probably seen, our job will be to sit in front of the cameras and take pledges over the phone for about fifteen minutes out of every hour. WQED will provide snacks and drinks and will give us a tour of the station.

If you are interested, call either Steve Martin at 462-5000, ext 6285, or Joe Hoechner at 322-6114.

BACKPACKERS: After cutting worn rope ends, place the frayed pieces with your stove/matches. It will make excellent tinder for your evening campfire.

Barry Govenor

WANTED: Volunteers to develop Home Hostels during August in Washington State. Bring bike, camping gear and an outgoing, creative self. Some expenses paid.

Write:

L.C. Hall
Home Hostel Coordinator
Sea Haven Youth Hostel
1431 Minor
Seattle, Washington 98101

The Department of Energy, Office of Public Affairs publishes a biweekly periodical named "Energy Insider" which includes information on what's happening on the inside of the DOE—research, hearings, publications, personnel, Federal Energy Regulatory Commission (FERC) decisions, Economic Regulatory Administration (ERA) regulations, and a calendar of DOE-related conferences and other activities. To add your name to the mailing list, write:

Energy Insider
Department of Energy
Mail Stop 8G031
Washington, D.C. 20585

Director of Public Relations

The Pittsburgh Council has an immediate opening for a volunteer to fill the position of 'Director of Public Relations'. As this person will be responsible for representing the Council in the public's and media's eyes, this is NOT a position for a novice.

If you are interested, you should have experience working with radio or T.V. stations, know how to write Public Service Announcements and press releases, appear at meetings, conferences, etc., representing the Pittsburgh Council. (Neat appearance would help). Experience in writing foundation funding appeals would also help.

Joe Hoechner is currently holding the 'P.R.' files and would like to hand them over to a qualified individual that would like to help promote the work of the Council. Call Joe at 322-6114 if you're the one.

Ohioyle Building Fund

During the past six months the Pittsburgh Council membership has donated many useful items to help furnish the new hostel: Stoves, sinks, pots and pans, dishes, silverware, mattresses, etc. (There have also been a couple of useless items donated, like ashtrays) The estimate for the cost of buying the building materials needed is \$12,000--that's alot of no-lead gas! Pittsburgh Council would now like to ask you -the general membership- to contribute cash to the project.

All donations are tax-deductable and can be made out to 'Ohioyle Youth Hostel.' If you have any questions, please call Hostel Development Chairman Joe Hoechner at 322-6114.

YES, I'd like to donate some money towards the Ohioyle Hostel Building Fund in the amount of:

\$10.00 _____ \$50.00 _____ \$100.00 _____ \$200.00 _____ other _____

Make your checks payable to 'Ohioyle Youth Hostel' and mail to:

Hostel Development
Pittsburgh A.Y.H.
6300 Fifth Avenue
Pittsburgh, Pa. 15232

(P.S.- If you would like to remain anonymous, send in a money order signed Jane or John Doe.)

Hey there, Old-timer!

Yes, you! If you've been a member for about four or five years now, you're an official 'old-timer'. This especially applies if you became a life member for only \$50.00! Ah, those were the Good Old Days...

Have you contributed anything to your Pittsburgh Council lately? Have you helped to offset production and mailing costs of this 'Golden Triangle' you receive each month? Have you helped to pay utility and maintenance costs on our Headquarters building? Have you contributed anything toward the Council's Hostel Development plans? Here's your chance! Donations are now being accepted, tax-deductable, of course. You can make your checks out to either 'Pittsburgh Council AYH' or to the 'Ohioyle Youth Hostel' to be used in the building fund.
Many Thanks.

What a Climber is Made Of...

In the Beginning.....

by Timothy E. Campbell

August Tips and Tales

Joe Hoechner

SAVE GAS- When getting into your car, put on your seat belt, open your window, adjust your rear-view mirror and seat back- then start your engine. Better yet, leave your car at home and ride a bus or bike!!

HOSTEL Development Chairperson
Joe Hoechner is slowly producing brochures about Pittsburgh Council activities and hostels. As a result, he has a supply on hand that need folded. If you would like to join Joe's fold, please call 322-6114 to offer your hands.

WITH gas being in short supply, more people are cycling to Open House meetings than ever before. Remember that you have to ride home in the dark! The Pennsylvania Traffic Rules state that you **MUST** have a white front light plus a red rear reflector for after dark riding. You can use a rear red light in addition to the required red reflector. Wear light colored clothes too! Remember: There's a PAT bus out there waiting to get you!

THE LAST WORD from the Ohio Pyle Hostel is that a lawnmower is badly needed. Even a manual mower (Spanish?) would be accepted at this point. Please--no donations of sheep or goats--yet!

SPEAKING OF OHIO PYLE, have you ever noticed how the work done by amateur carpenters, electricians or plumbers resembles that of some politicians? No matter what they do, it all comes out a little crooked!

WORK PARTIES for the month of August will be on the 'spontaneous' schedule. Watch for Joe Hoechner or Jim Gogots (384-9149) to announce them during Open House meetings.

Physical strength is not so important to a climber as determination and a clear head. Strength can always be acquired, to some degree, but the other qualities are innate. It should be kept in mind that some people are temperamentally unsuited to climbing. Climbing can bring out the worst in a man or woman besides the best: It tests friendship to the breaking point and soon separates the 'turkeys from the squids'.

Fortunately a large proportion of those who will never make good climbers lose their inclination to try as they grow older. Heights begin to bother them and the very thought of scaling a rock face or a mountain fills them with a fear beyond their wildest dreams. Never the less, there are still a few who insist upon having a go at it, usually as the result of vanity or macho, and these are the people who are largely responsible for accidents. There always will be something greater than the climber--It is 'Tahoma, the mountain'.

The qualifications needed by the 'would be' climber are few in number, yet each is essential. In the first place, you need to be sound in wind and limbs. If running upstairs leaves you breathless, you might not make it. Second, you should not be subject to dizziness when looking down to the ground from considerable heights. In most cases it can be overcome; if not, try hill climbing instead. Third, you need a good sense of balance. You might already have it; there are means of acquiring it. Fourth, you must be prepared to rough it. People who enjoy the creature comforts at all times are seldom able to accustom themselves to the pains of climbing. Finally, there is the matter of temperament. Don't take up climbing if you are unable to make quick, sensible decisions, or if you are inclined to panic when faced with the unexpected. Avoid climbing if you are cursed with a hasty temper or lack a keen sense of humor. In other words, the born climber has the same temperamental qualifications as the born leader.

SALE

AUG 6 THRU 18 ONLY

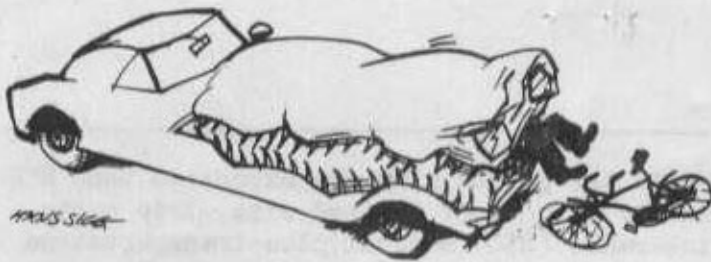
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Bikers and Motorists

by Rick Caplan

Staying comfortably alive is a problem if you bike on Pittsburgh streets. The following letter appeared on 6/29/79 in the Post-Gazette:

As gasoline becomes more difficult to obtain, more people are traveling short distances by bicycle. I've talked with other bikers about the problems of riding on Pittsburgh roads and it is disturbing that there is quick agreement that PAT bus drivers, as a group, are worse than average drivers and much worse than other professional drivers such as truckers.

Bus drivers seem to barely miss any vehicle that they pass. When the vehicle is a bicycle, it is particularly dangerous because bicycles are bounced around by potholes more than automobiles are, and the few inches allowed by buses as a safety margin are not enough.

Special bike lanes would be the best solution; the narrow, shoddy roads in Pittsburgh can be hazardous. But bikers and motorists who respect each other and obey traffic laws can safely share the roads that we have.

RICHARD CAPLAN
Pittsburgh

For safety's sake, wear a helmet when you bicycle. And remember that visibility is essential. Wear bright clothing. A fanny bumper is great - it's a bright orange triangle with reflective tape around the edges. It is easy to carry and wear. See Joe Hoechner to buy one.

If you are in an aggressive mood, T-shirts are the place to advertise. Some typical sayings:

HONK IF YOU'RE A JERK

HONK TWICE IF YOU VOTED FOR NIXON

BACK OFF! BIKERS HAVE GAS PROBLEMS TOO

Bicyclists have a responsibility to cycle safely. The following is from a brochure put out by the Penna. Bureau of Traffic Safety:

PENNSYLVANIA LAW

Bicycles, by law, are vehicles. They must obey the same traffic laws that cars and trucks obey. They must:

- Ride on the right hand side of the road only, never on the left. It is not only against the law to ride on the left, it is extremely dangerous.



- Stop at all red traffic lights and at all stop signs.

- Signal all turns with the appropriate hand signal.



- Have a headlight on the front of the bicycle and a taillight or reflector on the rear when riding after dark.

- Obey all traffic routing signs such as "one way," "no left turn," and "right turn only."

- Never hitch a ride by holding on to another vehicle such as a truck. This is exceedingly dangerous.

How do you deal with the inevitable insults from motorists and pedestrians? Ron Eisele wrote this in the April issue of "The Buckeye Hosteler":

The answer comes from the necessity to survive. You may indeed be strong because you are pedalling, but you derive no protection from your machine, the bicycle. Instead, it exposes to dangers from every passing motorist, who is in control of a very large machine. The fact that your aerobic capacity is ten times that of the driver, who will probably die prematurely from obesity and lack of exercise doesn't matter a bit. Your position is very exposed. Remembering this, you must keep cool and react defensively. Keep your eyes open, your mouth shut, your lawyer ready and your finger in your pocket!

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

NOTE: Transportation costs are double those on back of trip report forms.



Canoeing

Chairperson: Dave Marschik (327-2778)

Basics: lunch in waterproof bag, water, knee pads, raingear, change of clothes, non-cotton clothing (+swimsuit), tennies, sun protection.
Rentals: Limited number of canoes reserved thru trip leaders.

- sat aug 4 KAYAK - This school was cancelled; we were unable to recruit leaders.
- sun aug 5 CLASS III - Advanced, for experienced paddlers. Ray Yutzy (929-4443)
- sat aug 4 CAMPING - Blackwater scouting trip, 2 days canoe camping, about 20 miles
- aug 5 of flat flowing water. Limited trip size. Dick Nugent (487-5549)
- sat aug 4 WW I - School, for people who want to learn basic whitewater skills.
Jane Toben (466-7885 or 462-5000x6585).
- sun aug 5 INTER - Class II white water trip to reserve call Chris Reid at 731-0674.
- sat aug 11 BEGIN - Class I, Jack Phillips (771-3674) or Matt Vargo (331-8476).
- sun aug 12 BEGIN - Introductory school for new paddlers. Ed Sieger (561-4790).
We need instructors for this trip.
- sat aug 18 WW II - School to develop whitewater skills. Chris Reid (731-0674).
- sat aug 25 BEGIN - Class I easy trip. Jim Komosinski (371-9476).
- sun aug 26 ADVANCED - Class III for experienced paddlers. Ray Yutzy (929-4443).
- fri aug 31 ADVANCED - Our annual New River trip for experienced canoists and
- sep 3 campers. Jim Gogots (384-9149).



Rock Climbing

Chairperson: Wojie (322-4524)

Basics: Sneakers, lunch + water, funny hat, leather gloves.

- sat aug 11 BEGIN - at White Rocks. No experience necessary. Easy climbs. Call Wojie or Bill Skallos (921-5695). Leave AYH 7 AM.
- sat aug 25 BEGIN - Backpack in at White Rocks. Experienced climbers welcome, too.
- aug 26 Leave AYH at 7 AM. Call Wojie or Bill.

AUGUST 1979						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Hiking

Chairperson: Valerie Krenicky (462-4486)

IN-TOWN - There will be two hikes exploring the Pittsburgh area. The dates and places will be announced. Steve Schomer (824-5352) or Bob Goff (761-2837).

- sun aug 5 INTER - Laurel Ridge Trail near Ohiopyle, 11 miles, Leave AYH 7:30 AM
Klaus Rixen (892-2121 work).
- sat aug 11 INTER - Steve Tubbs does it Again. (322-6361)
- sun aug 12 INTER- Eric Boonstra (487-5836 or 777-2236 work)
- sat aug 18 BEGIN - Rachel Carson Trail. Joe Levine (422-8287).
- sat aug 25 BEGIN - On Laurel Ridge. Meet at AYH at 9:30 AM. Bob Rudland (462-5000x6284)
- sat aug 25 BEGIN - Meet at AYH 8:30 AM. Ed Sieger (561-4790)

Running

Bob Rudland (421-2227 or
462-5000 ext6284)

- wed aug - Wednesdays, after work, meet at AYH at 6 PM for runs through the park.
- wed aug 8 Schenley Park from tennis courts around 2 mile loop.
- wed aug 15 Frick Park from Nature Center around 1½ mile loop.
- wed aug 22 Highland Park around reservoir.
- wed aug 29 Schenley Park from tennis courts to lake and back.



Backpacking

Chairperson: Rob McEachern (828-2635)

Basics: Sleeping bag, food + water, shelter, backpack, raingear.
Rentals: Sleeping bag, shelter, backpacks.

- fri aug 3 INTER - Seneca Creek. Paul Stratton (929-7923)
- aug 5
- mon aug 6 BEGIN - Backpacking School. 7 PM at AYH.
- fri aug 17 BEGIN - Otter Creek. Leave AYH 7 PM. Steve Martin (462-5000 x 6185)
- aug 19
- Labor wkend Blackwater Falls area. Call Cliff or Marilyn Ham after Aug 19.



Bicycling

Committee:

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

AUGUST 1978						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
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Basics: tube, tools, water, helmet. Rentals: Bikes, helmets, panniers.

- fri aug 3 INTER - Antietam Battlefield, Harper's Ferry trip. Reservations needed.
- aug 5 Warren Kennedy (682-0255).
- fri aug 10 INTER - Meet AYH 6 PM. We'll be riding in State College area, about
- aug 12 30-35 miles per day, carrying camping gear. Tom Trump (327-1882 or 586-7771 ext 38).
- sat aug 11 INTER - to be announced. Call Chuck Ejzak for details.
- sat aug 18 ADV - Slippery Rock area, 75 mi from WAG. The distance sounds high, but terrain is gentle. Meet AYH at 7 AM. Call Chuck Ejzak.
- sun aug 19 - INTER - easy. Along lightly travelled and scenic banks of the Mon above Elizabeth. About 30 miles Meet at AYH 8:30 AM. Fred Parker (824-2638).
- fri aug 31 INTER - One of the better bike/camping trips, from Pymatuning to Presque
- sep 3 Isle. Tour Erie and return to Pymatuning. Ed Sieger (561-4790).

Caving & Norm Snyder Trips

Chairperson:

Norm Snyder (351-4068)

Basics: heavy old clothes; boots; light; change of clothes; protection for head, etc.; food + water.

- fri aug 10 INTER - West Virginia cave trip. Call Norm.
- aug 11
- fri aug 31 INTER - White Mountains. Call Norm.
- sep 3
- sep 21 EVERYTHING - Trip to Grand Canyon area. Backpacking, caving and canoeing.
- oct 6 Cost: \$200. Call Norm Snyder.

Special Events and Future Trips

- fri aug 3 CRAFT - Show in Shadyside.
- aug 5
- thr sep 13 DEADLINE - for registration for the Great Race, a 10000 meter run in Pittsburgh which is held September 30.
- sep 14 INTER BP - Rich Feder & Cleveland AYH are backpacking in All. Nat Forest.
- sep 16 If you are interested in leading a trip to meet them, call Steve Martin.
- ***** OPEN HOUSE at Ohiopyle Hostel in late Sept or Oct. Join us for a fun weekend. Meet the townspeople at a "house warming." More details in future.

AUGUST 1978
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Rafting

Committee:

Paul Kammer (843-5152)
 John Orndorff (362-5401)

Basics: Similar to Canoeing. Trippers should arrive at AYH at 7:30 AM.
 Trips costs are about \$15.

sat aug 4 Judy Mante (371-6805) and Bill Porter (362-0481)

sat aug 10 Ed Sieger (561-4790)

sun aug 19 John Kurtz (421-3962) and Ken Boyle (421-9263)

sat aug 25 Bill Porter (362-0481) and Joe Hoechner (322-6114)

sat sep 1 John Orndorff (363-5140)



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For additional information or reservations, call or write:

Mountain River Tours, Inc

P.O. Box 60 • Sunday Road • Hico, West Virginia 25114
 AYHP 304/658-5817

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 _____ Phone _____
Address _____ Occupation _____
_____ (zip code) New/Renewal _____

_____ Youth membership (under 18)	\$5.00
_____ Senior membership (18 and over)	\$11.00
_____ Family (valid in USA and Canada only)	\$12.00
_____ Organization membership	\$25.00
_____ LIFE	\$110.00

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.
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Pittsburgh, Pa. 15232

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