



golden triangle ayh

pittsburgh council, american youth hostel, inc.

volume 19 number 10

october, 1968

CYCLE CLUB NEWS

The organizational meeting of the Cycle Club (which will be chartered as a Hostel Club by AYH National) was held on Tuesday, September 10th. Twenty five enthusiastic cyclists enjoyed a movie entitled "The Magic of Bicycling" which explained the present day use of cycling paths.

Bob Arthus was elected President of the club with Dave Pattison and Dave Davenport as Vice-President and Treasurer. Meetings will be held on the first Tuesday of each month at 8:00 p.m. at Council Headquarters and are open to everyone. The evening will include cycling movies, slides of trips and an occasional nationally known speaker. The first open house will be held on October 1.

During the summer the club will hold two meetings a month, the second covering maintenance for rental and personal cycles.

Membership in the club is open to any AYH passholder for \$1.50. Patches are being designed and will be included with membership. See any Officer for further information.

Cycle trips will still be listed in the GOLDEN TRIANGLE, as will cycle news. All trips will be open to anyone, except for an occasional long distance qualification trip.

The club hopes to complete a Cycling Guide to Western Pennsylvania which will include maps and instructions for cycling in this area.

ANNUAL BUSINESS MEETING OCTOBER 17, 1968

The annual business meeting and election of Officers, Directors and Standing Committee Chairmen will be held on October 17, 1968, at 8:00 p.m. at the Council's Headquarters. All members are (continued on next page)

Larry Smith crossing the Chilliwack River in the North Cascades - 1968.

--photo by Henry Fisher



ANNUAL BUSINESS MEETING (continued)
 urged to attend and cast their vote. Refreshments and a program will follow the meeting.

In accordance with the by-laws of the Council, the slate of nominees as selected by the Nominating Committee are presented here for all members to read before the meeting. Nominations may also be made from the floor.

DIRECTORS: (elect 4) 3 year term

Elizabeth Saffer

Lloyd Geertz

Cathy Lynch

J. D. Myers

PRESIDENT: Bob Omlor

SECRETARY: Mary Johnston

TREASURER: Fred Hull

COORDINATOR: Bruce Sundquist

PUBLICATIONS (excluding TRIANGLE):

Larry Smith

TRIANGLE EDITOR: Sue Simler

PROGRAMS: Chris Anderson

MEMBERSHIP: Kay Lew

TRIPS AND TRAILS: Ann Fisher

HIKING: Doug Ettinger

CYCLING: Bob Arthur

CANOEING: Don Hamilton

CLIMBING AND CAVING: Bob Strong

WINTER SPORTS: Ken Horner

BAKER TRAIL: Eberhard Moll

PUBLIC RELATIONS: Mary Micules

DEVELOPMENT: Henry Fisher

SERVICE: Don Hoecker

HOUSE: Bob Taylor

The President has appointed Abbie Geertz as Banquet Chairman for 1969.

In accordance with the by-laws, the Vice-President will be elected by the Activities Board at its first meeting.

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GOLDLINE ROPE

Anyone interested in 120' of gold-line rope (approximately \$15.50) call Ann or Henry Fisher before the 16th of October. (521-8992).

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WEST VIRGINIA WEEKEND

The Fourth Annual West Virginia Highlands Conservance Weekend Review will be held October 12-13, 1968 at the Mouth of Seneca. The Conservancy program includes a bard-banding demonstration, an eleven mile float trip through the Trough of the South Branch of the Potomac River, a hike with Supreme Court Justice William O. Douglas, hawk watching, a trip in the Sinks of Gandy cave, rock climbing demonstrations, a giant outdoor dinner and an evening program titled "Our Natural Resources in West Virginia". A schedule of events including prices and reservation information is posted on the bulletin board in Headquarters.

AYH will add to the program with its own events. Saturday, Bruce Sundquist will hike in the Dolly Sods area, and Sunday he will lead a caving trip in the Sinks of Gandy and a hike on Spruce Knob. There will also be climbing, of course! See Trips and Trails for full details.

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THANKS TO L.A. COUNCIL

Many thanks to the Los Angeles Council, particularly Tony Iverson, for the hospitality given one of our members, Larry Smith. We hope we can return the favor very soon.

* * * * *

A G A I N !!

Jack Batchelar has done it again! This time it was a successful completion of 200 miles in 24 hours (on a cycle, of course), in Ohio recently.

The GOLDEN TRIANGLE is published by The Pittsburgh Council, American Youth Hostels, Inc. 6300 Fifth Avenue, Pittsburgh 15232 Phone: Thursday evenings - 362-8181 Editor: Ann Fisher 521-8992 Assistant Editor: Sue Allardice

 * Pittsburgh Council *
 * Activities Manual: Part Eleven *
 *
 * CAVE EXPLORING *
 * by I. Rank Beginner *

WHY WOULD ANYONE WANT TO GO DOWN A HOLE?

Curiosity...a sense of adventure... the challenge of pitting your physical strength and agility against natural obstacles. These might be some of the reasons why you would go on your first caving trip. The moment of truth comes when you stand facing an opening in the rock, a hole in the ground or perhaps a sizable entrance...someone precedes you into the cave, and says "come on, what are you waiting for?" Your reactions to your first caving experience determine whether or not you will go again. You will either enjoy caving or you won't. If you become interested... and go on to rightfully earn the title of the "lowest form of human life (by necessity)"--"Caver", then your reasons are very personal, and vary greatly from individual to individual.

I WANT TO GO CAVING...BUT FIRST I WANT TO TALK TO SOMEONE...

In the past couple of years, all the following AYH members have been on caving trips. Talk to them to get an idea of what's involved, for whether they are a beginner like you, or a trip leader, they will fill in some details for you. Bob Strong*, Feredoon Behrooz, Bob Herman, Maxine Lew, Kay Lew, John Henry, Tess Henry, Sue Allardice, Bruce Sundquist, Henry Fisher, Ann Fisher, Ken Horner, Regie Plato, Doug Ettinger and Eric Stacey.

* Bob will be our Climbing & Caving
Chairman for 1968-69.

SOME BASIC CAVING RULES

"Caving is often looked upon by the uninitiated as dangerous--and it can be if done by inexperienced, unguided people--but by going with experienced cavers and following some basic rules



Crabtree Cave, Maryland; Dick Rothrock and John Henry. Photo by--Bruce Sundquist.

of safety and procedure it can be as safe as any other activity--and it's much more enjoyable and satisfying in this manner...

Basic Caving Rules:

- 1) Never Cave alone.
- 2) Always let someone know where you are going and when you plan to be back.
- 3) Always carry three independent sources of light. These are: the main light (carbide or electric headlamp), flashlight, candle and matches.
- 4) Always wear a protective hard hat... with a chin strap.
- 5) Know your capabilities (technical ability as well as endurance level).
- 6) Follow good conservation practices (more about this later)."

The above information is reprinted from "A Manual For Beginners", printed by the Huntsville Grotto NSS and the Terrapin Trail Club, Univ. of Maryland.

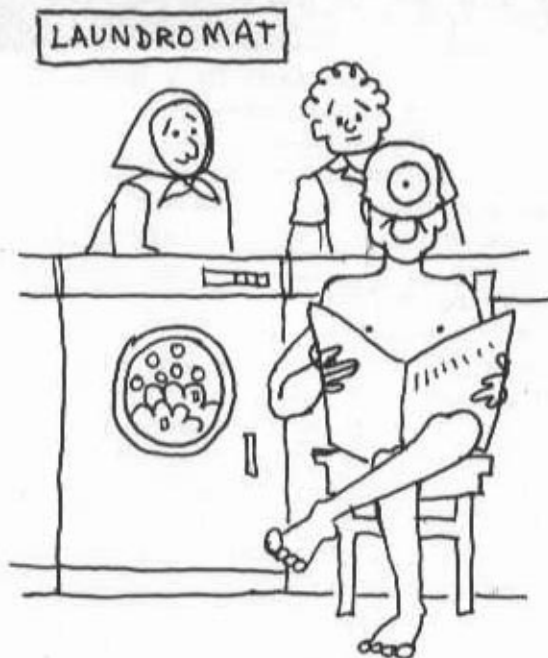
CONSERVATION

The first time a person enters a cave he is not likely to place the same value on the things he sees that an experienced caver would. The fact is, though, that a careless or thoughtless beginner can destroy the beauty of thousands of years of natural cave formation. The more experienced person must therefore set a high standard by using the following good conservation practices:

1) Any item carried into the cave must be carried out. Spent or used carbide should be put into a container and carried out, and away from the cave before being disposed of. Never dump carbide in or near water, as it can poison animals or humans.

2) No writing on the walls is permitted with the exception of survey station dots and numbers. If you see arrows placed on the cave walls, they should only point toward the exit, but they are not necessarily accurate. Remember--

"TAKE NOTHING BUT PICTURES...
LEAVE NOTHING BUT FOOTPRINTS!!"



EQUIPMENT AND CLOTHING

If you decide to go on a caving trip the following items are things which you are responsible for supplying. You cannot expect anyone else to share or loan you equipment, unless by previous arrangement. If he has gone to the trouble to prepare himself properly, he needs each item, to insure his own safety.

- 1) Three light sources:
A carbide lamp (carbide and water) or an electric headlamp (and batteries), flashlight, candle, matches (in a waterproof container).
 - 2) Hard hat with a fitting to carry a headlamp.
 - 3) Gloves are desirable in most caves.
 - 4) Clothing consists of old clothes that you won't mind getting muddy, and in several layers*, to insure warmth. The caves Pittsburgh cavers are likely to visit are cold (an average temperature of about 59°).
 - 5) A change of clothing. When you come out of a cave, all mud-covered and climb into someone else's car, bringing the mud in with you, it's certain you won't be invited back. Large plastic bags are great for the soiled clothing, until you can get to a Laundromat (wives and mothers don't appreciate what cave mud can do to a washing machine).
 - 6) Boots or heavy work shoes and two layers of socks, as your feet will likely get wet and cold. Tennis shoes just don't offer enough protection against banged up ankles and bruised tootsies.
 - 7) Canteen of water (for drinking and for the carbide lamp).
 - 8) Nourishment in some non-crushable form, candy bars, hard candy, gorp.
- *You may consider an investment in a pair of coveralls worthwhile, as you can peel them off, and remove the first layer of mud quickly and easily.

GLOSSARY

Speleology: the study of caves

"Spelunker": a name applied to cavers by the uninitiated.

Commercial cave: a natural cave that has been set up for visitors to tour and where admission is charged.

Wild cave: a natural cave that may be on private, state or federal land; that has not been "improved" in any way.

Virgin cave: cave passage that has never before been seen by anyone.

Horizontal cave: the passages are mostly crawl or walkways.

Vertical cave: in addition to horizontal passages, this type of cave has domerooms and/or domepits.

Cave solution: the action of water passing over or through cracks in the limestone "dissolved away" the rock and formed the cave.

Cave formations: once the cave is formed by the solution work of water, the water then begins to fill the cave back up (over thousands of years) with formations that are variously called--

Flowstone: a water deposit that looks like icing (also dripstone).

Bacon rind or "stone drapery": a particularly nice formation that has curves or folds.

Stalactites: the water dripping down leaves a deposit that builds gradually to form an icicle of stone.

Stalagmites: the same dripping water when it lands on the floor of the cave, builds up to form a stone finger.

Sodastraws: and other delicate and fragile cave formations are not usually found in Pennsylvania caves. When you do come across them, please remember to treat them with the greatest of care; accidental or purposeful vandalism of formations destroys the beauties that nature took thousands of years to build, and they serve no useful or monetary purpose when removed and carried outside.

Cave flora: there are certain kinds of plants which adapt themselves to cave life and can exist without chlorophyll.

Cave fauna: the animal life that abounds in a cave can include crickets, bats, beetles, fish, insects and rats. Some slightly larger animals might build a nest close to the entrance of a cave, but wouldn't normally venture very far back into the cave. (continued-right)

WHERE IS THE NEAREST CAVE?

Pittsburgh is a good area for caving because of its proximity to West Virginia (known for its beautiful caverns) but there are closer caves which are very respectable "beginners caves".

The normal procedure for a trip is when the leader decides to visit an area, he finds out the names of some local caves, chooses one or two...and then contacts the owner(s) to request permission to enter the cave.

This point is extremely important, and cannot be overemphasized. Cavers who disregarded the rights of an owner, have acted in such a way as to bring about the closing of some of the caves in the Pittsburgh area.

Anywhere there is limestone, there probably are caves (49 states have known caves, Rhode Island does not). The caves in our immediate vicinity include the areas of: Washington, Pa, Uniontown, Blairsville, Jumonville, East Brady, Harlansburg, Ligonier, Bedford and Connellsville.

ERIC, THE BAT

A few years ago the famous toy company, Steiff, has as one of their stuffed animals, a little toy bat, named Eric. Eric was a very likeable fellow and turned up in many a caver's home in his usual position--hanging from the ceiling.

By nature, Eric's real counterparts have a very peaceful disposition and do not fly in a frightful frenzy unless they are provoked into it. The point is: bats are not a formidable enemy... they perform a valuable insect-eating function...and will leave you alone, if you do likewise. One additional point: the heat of a carbide lamp will disturb a sleeping bat, so look him over...from a comfortable (for him) distance.

GLOSSARY, continued

Calcium carbide: the chemical compound which, when mixed with water, produces acetylene gas, that once lit, becomes the caver's source of light.

TECHNIQUES

Due to limited space, here is a brief outline of some of the activities that you will want to perfect. (For additional information on "Climbing", see the Activities Manual, Part 5, in the May, 1968 issue of the GOLDEN TRIANGLE.)

1) Carbide lamp assembly. Learn everything you can about the care and feeding of your lamp.

2) Knots: the bowline and a method of joining two ropes (the double sheet bend or weaver's; or the ring bend or water knot). Remember to secure a knot (on a rope used for climbing) with several overhand knots.

3) Belaying (first practice outside a cave before you try it on a trip).

4) Rappelling (again outside-cave-practice is required).

5) Cable ladder climbing.

6) Prusiking.

7) Rigging.

CAVING HAZARDS

Carelessness can plague any activity and can cause problems in sports such as caving. The reason caver's wear hard hats becomes obvious the first time you knock your bean on a pointed rock. There is an organization called "The Turtle Club" (people who owe their lives to the fact that they were wearing a hard hat when they took a bad fall, etc.) and its existence should be proof enough.

Falling pebbles (or rocks of any size) are a hazard to any climber or caver.

Never throw a stone (where someone might be climbing) under any circumstances. The chances of a rock falling on you in a cave (by natural processes) are slight. The rocks and breakdown seen on the floor of a cave took millions of years to fall.

Caves usually have water in them and the existence of water is something to be recognized and understood. Some caves could flood quickly from a flash storm.

A waterfall may appear easy to come down ... but the climb back up can be very hazardous unless proper preparations are made



"IF IT'S ALL THE SAME TO
YOU GANG... I'M GUANO GO
HOME!"

ORGANIZATIONS

The National Speleological Society has around 3,000 members. The NSS promotes cave conservation, exploration, scientific study and other caving activities. Membership is ten dollars a year (full membership) or seven dollars (students). For further information: The National Speleological Society
Mrs. Gerald Frederick, Secretary
609 Meadow Lane
Vienna, Virginia 22180

Here in Pittsburgh the address for the local chapter is:
The Pittsburgh Grotto of the N.S.S.
1251 North Negley Avenue
Pittsburgh, Pennsylvania, 15206

CAVING LITERATURE

Speleology, the Study of Caves, by G.W. Moore and Brother G. Nicholas. \$1.25

This paperback is heartily recommended to all interested cavers, either novice or experienced.

Exploring American Caves, by Frank Folsom, Collier Books, AS 353, \$0.95. An excellent paperback that gives a general account of caving, and the history of famous American caves.

Equipment catalogs:

Gerry, Box 910, Boulder, Colorado

Holubar, 1215 Grandview Avenue, Boulder and other outdoor equipment sources.

THURSDAY NIGHT IS "OPEN HOUSE" AT AYH

Schedule of Programs for October, 1968
8:30 p.m.

- 3rd Slides of the great granddaddy of peaks, Mount Rainier. This mountain which is the second highest in the continental United States, has twenty seven active glaciers and some of the most beautiful forests and trails surrounding it. See Bruce Sundquist's slides of this area of Washington taken in August of 1968.
- 10th Who knows the most about the Baker Trail? Don Woodland, of course. See his program showing the trails' most scenic points, the shelters and how they were built and some great action shots taken along the trail.
- 17th ANNUAL BUSINESS MEETING AND ELECTIONS. (See article on front page). The meeting will be followed by refreshments (by Cathy Lunch, whoops, Lynch) and a "Happy" awards presentation by Sue Simler.
- 24th Continuation of Bruce Sundquist's slide presentation--this time to cover the Magnificent Olympic Rain Forest, Olympic Beach and San Juan Island, all among the best of the state of Washington. The Olympic Beach is the last remaining wilderness beach area, and according to Bruce, worth the trip itself.
- 31st FOR GHOSTS AND GOBLINS ONLY. The Second Annual Halloween Parth with refreshments by Kay Lew, Folk Dancing by Hugh Gilmour and costumes and entertainment by you. Prizes for costmes and fun for all.



From the editor--

Many thanks to the many people who have contributed to the success of the TRIANGLE during the last twelve months. I would particularly like to offer special recognition and my personal thanks to Sue Allardice who has been responsible for the art work and photographs and alot of hard work.

A large thank you must be given to Allan McCredy, who has been doing all the printing of the TRIANGLE. Without him, the TRIANGLE might not have been at all.

I. Rank Beginner has also had a few helpers with his Activities Manual:

Skiing: Sue Allardice

Outdoor Cookery: Tess Henry

Equipment: Henry Fisher

Rock Climbing: Bob Strong

White Water Canoeing: Howard King

Rafting: Bruce Sundquist

Flat Water Canoeing: Don Hoecker

Sailing: Bob Fewkes

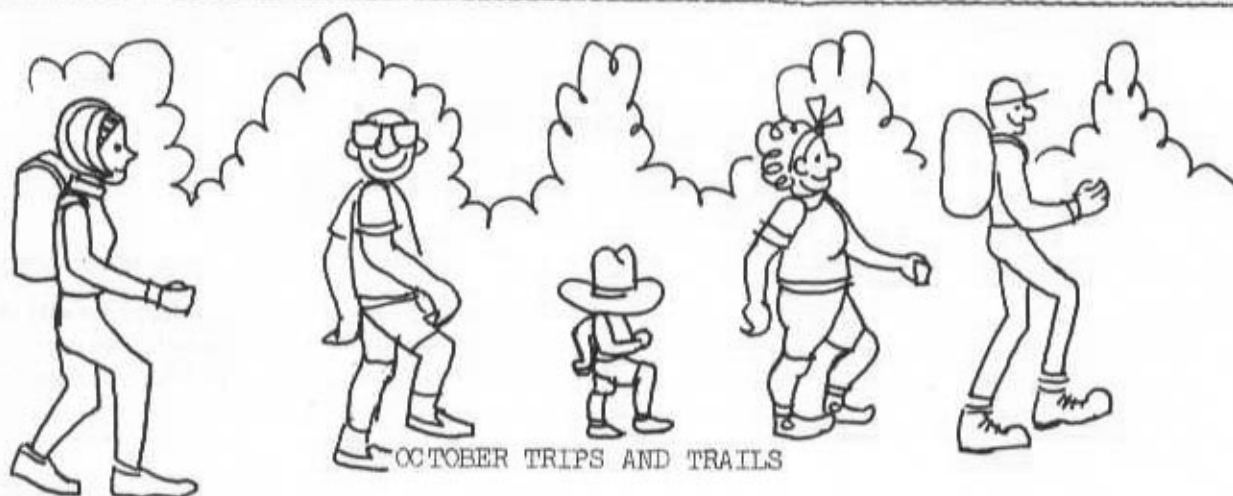
Cycling: Bob Omlor

Caving: Sue Allardice

Hiking: Fran Czapiewski

Mr. Beginner thanks each and every one.

Next months articles and news should be given to Sue Simler, the new editor. Good luck, Sue!



OCTOBER TRIPS AND TRAILS

- SAT 5 Explore Bear CAVE with Don Hamilton (327-3511). Bring lunch, water, old clothes and a light. Cost \$2.50. Reservations required.
- SAT 5 Leave HQ at 8:00 a.m. for a 60 mile CYCLE TRIP with Feredoon Behroozi (361-5794). Cost 40¢ plus rental. Bring lunch.
- SUN 6 Beginners CANOEING trip on the Casselman River (or other suitable river). Bring lunch, change of clothes and \$4.50. Howard King. Trip filled.
- SUN 6 Tess Henry (661-7952) leads a beginners CYCLE trip leaving HQ at 1:00 p.m. Cost: 40¢ plus rental. Reserve.
-
- SAT 12 Dave Pattison (242-9224) leads a 25 mile in 3 hour CYCLE qualifying trip from North Park. Meet at HQ at 8:00 a.m. with \$1.00 plus rental. Reserve.
- SAT 12 HIKE in the Linn Run area with Hugh Gilmour (731-7387). Enjoy fall foliage at its best. Pancake supper in Ligonier--part of a celebration of Fort Ligonier Day. Leave HQ at 9:00 a.m. Cost \$2.80, bring lunch, poncho.
- SAT 12 HIKE Saturday in the Dolly Sods Area (a unique 4000' plateau that ought to be at its best for fall colors). On Saturday evening you may attend the West Virginia Highlands Conservancy meeting near Seneca Rocks. Learn what is being done to preserve the last few shreds of natural beauty in West Virginia. On Sunday we will explore the Sinks of Gandy (an underground river) and hopefully hike around the top of Spruce Knob. Bring camping gear, 2 lunches, tennis shoes, walking shoes, a caving light you can carry on your hat and about \$6.00. Bruce Sundquist (351-3100 X 2416) leads. Leave HQ by 7:00 a.m. Saturday.
- SUN 13 CLIMBING at Seneca Rocks with Feredoon Behroozi (361-5794) for beginners and intermediates. Bring lunch, whatever climbing gear you have and about \$5.00. Call Feredoon for more details.
- SUN 13 Leave HQ at 1:00 p.m. for an afternoon 25 mile CYCLE trip to Oakmont with Dave Pattison (242-9224). Cost 40¢ plus rental.
-
- SAT 19 A beautiful 25 mile CYCLE trip through Washington County farmland leaves HQ at 8:00 a.m. Bob Omlor leads (264-4485). Bring lunch or buy it on the trip. Trip will cost about \$1.60 plus \$1.50 rental.
(more trips for this day on nextpage)

OCTOBER TRIPS AND TRAILS (continued)

- SAT 19 Beginners CANOE trip on the Allegheny River in the vicinity of Kennerdell. Bring change of clothes, lunch and \$4.75. Fred Hull (242-5379) leads. Leave HQ at 8:00 a.m.
- SAT 19 HIKE in an area to be announced. Feredoon Behrooz (361-5794) leads. This hike will be for experienced hikers only (15 miles over rough territory). Bring lunch, sturdy shoes and about \$1.70.
- SAT 19 BACKPACKING in the Otter Creek area below Parson, West Virginia. This is one of the best hiking areas in West Virginia and it ought to be at its best for fall colors. About 16 miles round trip. Call Tess or John Henry (661-7952) for more details.
- SUN 20 Dave Davenport (441-4292) leads a scenic 20 mile CYCLE trip in the Ligonier area. Leave HQ at 8:30 a.m. with \$2.00, plus rental. Reserve.
- SUN 20 Beginners and intermediate CANOE trip on a river to be announced. Bring change of clothes, lunch and \$4.75. Leave HQ at 8:00 a.m. Doug Ettlinger (523-5883) leads.
-
- SAT 26 CLIMBING at White Rocks with Feredoon Behrooz (361-5794). Bring lunch whatever climbing gear you have and about \$2.30. Leave HQ at 8:30 a.m. For all levels of climbers.
- SAT 26 A 50 mile in 5 hour qualifying ride (CYCLE) probably in North Park area. Meet at HQ at 8:00 a.m. Reserve with Bob Omlor at 264-4485. Cost about \$1.00 plus \$1.50 rental.
- SUN 27 Enjoy a pleasant Indian Summer afternoon CYCLE ride leaving HQ at 1:30 p.m. with Mary Micules (621-8643) leading. Cost 40¢ plus \$1.00 rental. Please reserve.



APPLICATION FOR MEMBERSHIP

Name _____ Phone _____
 Address _____ Age (if under 21) _____
 City _____ Zip Code _____
 Will you use your AYH pass abroad? _____ Ever held an AYH pass before? _____
 Types of Pass:
 youth (under 18)...\$4.00 Family.....\$ 9.00 Sponsor...\$10.00 or more
 Sr. Youth (18-20)...6.00 Life.....50.00 TRIANGLE SUB-
 Adult.....7.00 Family Life...100.00 SCRIPTON 2.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Cycle Club Meeting	2	3 OPEN HOUSE Mt. Rainier	4	5 Cave Cycle	6 Canoe Cycle
7	8 Activities Board Meeting	9	10 OPEN HOUSE: Baker Trail △ Articles Due	11	12 Cycle Hike	13 Climb Cycle
14	15	16	17 OPEN HOUSE: Business Meeting & Elections	18	W. Va. Conservancy Weekend 19 Hike Cycle Canoe	20 Cycle Canoe
21	22 △ Assembly Party	23	24 OPEN HOUSE: Olympic Rain Forest	25	Backpacking	
					26 Climb Cycle	27 Cycle
28	29	30 	31 OPEN HOUSE: Halloween Party	OCTOBER 1968		

PITTSBURGH COUNCIL
American Youth Hostels, Inc.
6300 Fifth Avenue
Pittsburgh, Pa. 15232

Non-Profit Organization
U.S. Postage Paid
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