

JUNE 1977

VOLUME 28, NUMBER 6

golden triangle

pittsburgh council american youth hostels inc.

NEW HOSTEL NEWS By Joe Hoechner

This month's cover shows our third area hostel (S.A.), the Y.W.C.A. Camp Carondowanna near Zelienople, PA. The camp was chartered this spring after a successful inspection tour by Claudette Falkenhan, Jim Gogots, Joe Hoechner, Cathy Lynch, and Sally Brunson. The group was shown around by the houseparent Ray Farlin who (with his family) manages the camp for the downtown Pittsburgh Y.W.C.A.

The facilities on the site include the following: "the farmhouse," a large old building with fully-equipped kitchen, toilets, and common room (can sleep a total of 37); "the guest house" which has a bathroom but no kitchen facilities (bed space for sleeping 13); and "the director's cabin" which features the oppulence of a fully-equipped kitchen, a living room with fireplace and a bathroom (can sleep 6). In addition to these year-round heated buildings, the camp also has summer cabins (sleep 56) and their own tents on platforms (sleeping capacity of 48).

The camp is located approximately three miles west of Zelienople near the small town of Fombell. It practically overlooks scenic Connoquenessing Creek. Parks nearby include Moraine and McConnells Mill State Parks and the new Brush Creek County Park. Cycling can be done in and around nearby Harmony, PA and a cycling route (courtesy of Tony Trocian) between Pittsburgh and Fombell has been scouted. Hiking can be done on the camp's rolling 130 acres of land.

Please note that the camp will not only be for AYH use! They have an active program for school, church and family groups; plus various trips from the downtown "Y" may fill the camp on some weekends. If you plan a weekend there, please call or write well in advance of your intended date. Don't forget a deposit with your reservation!

The rates? Well don't run to check your 1977 Handbook--it didn't make the listing. Wait until 1978. The rates are \$3.00 winter use, \$2.50 in summer (cabins) and a \$1.00 tent fee. Depending on the size of your group and other groups using the facilities, you could be put in any of the buildings described.

For more information on the camp see Joe Hoechner at any Thursday night headquarter's meeting, or pick up the new "Go Hosteling with Pittsburgh AYH" brochure.

For reservations contact: Mr. Ray Earlin, Houseparent Camp Carondowenna Hostel R.D. 1 Box 810 Fombell, PA 16123

Oh yes, the camp has a swimming pool too! Inquire about use and lifeguards.

HIKING NOTES By Richard Nugent

In order to improve the AYH hiking and backpacking programs, four basic first aid kits are now being put together. These will be available for hiking trips and should be picked up by the trip leader on the Thursday before the trip and returned before the next Thursday night meeting. While hiking is one of the safest AYH activities, occasionally minor cuts, scrapes, and burns do occur on a trip, and the first aid kits will be aimed at these small accidents.

As mentioned in last month's <u>Triangle</u>, tubing is going to be an AYH activity this summer. The Pittsburgh Council is soon to be the recipient of twelve truck inner tubes which, with minor repairs, will be ready for use on local streams and rivers. Anyone interested in leading such a trip, please call Richard Nugent @ 487-5549.

CANOEING NOTES By Mike Deroy

What are AYH canceists standing up about? Why have they been just poling around on area creeks recently? On June 25th and 26th Pittsburgh Council AYH will sponsor the 1977 National Poling Championship Races on the Slippery Rock Creek. If you would like an application or more information about the races, contact Roy Weil @ 681-5131 or Mike Deroy @ 371-6943. More details will be announced at Thursday night open house meetings during the month.

The winning bids for the two hostel canoes which were auctioned in April were \$177.00 and \$171.27.





AYH WEEK IN PITTSBURGH

On Thursday, April 28 Mayor Richard Caliguiri officially declared that May 1-8 would be AYH Week in Pittsburgh. In a meeting held in his chambers, Mayor Caliguiri presented the proclamation shown below to AYH vice president Jim Gogots and a small group of our members. (Alan Barber, Gordon Bugby, Mike Haddad, Joel Platt and Barry Johnson are pictured left to right with the mayor and Jim Gogots on page 4.) During the meeting the mayor was also given an AYH family life membership, which he was pleased to accept.

CITY OF PITTSBURGH

By virtue of the authority vested in me as Mayor of the City of Pittsburgh, I do hereby proclaim May 2 to 9, 1977 as YOUTH HOSTEL WEEK in the City of Pittsburgh in recognition of the contributions made to the community by the Pittsburgh Council of the American Youth Hostels, Inc. in promoting healthful, outdoor traveling while offering inexpensive, overnight accommodations to all and its efforts to advance international friendship and goodwill.

IN WITNESS whereof I have hereunto set my hand and caused the Seal of the City of Pittsburgh to be affixed.





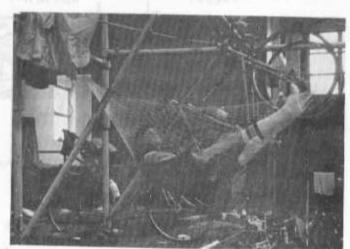
















How will TOSRV '77 be remembered? For 50 miles of rain on Saturday? For 75 miles of riding into the wind on Sunday? Probably not. More likely the 16th Annual 210 mile Tour of the Scioto River Valley will be remembered as an adventuresome and fun-filled weekend-a cyclist's fantasy realized. Among the Pittsburgh Council members riding this year were:

> John Alexander Phyllis Blumberg Nancy Marvich Betsy & Larry Cormack Al Erpel Jack Gerber Mike Haddad Ray Rossi Joan Hehman Marta Hurwitz Warren Kennedy

Gail Lichtenstein Joe Murphy Harriet & Jack Phillips Steve Reidbord Marilyn & Cliff Ham Maggie & George Schmidt Jill Stockmal Steve Tubbs





TIPS AND TALES By Joe Hoechner

If all the bugs are worked out, Pittsburgh AYH should have a telephone answering service by now. All you (or a friend) have to do is dial head-quarters @ 362-8181 to receive a friendly greeting and the monthly schedule of Open House programs.

* * * * *

One common cause of slow leaks in bicycle tubes is defective valve cores. This is the small piece of hardware that is inside the valve stem.

Sometimes it only needs to be tightened to prevent the leak. To do this you need a special tool or a valve cap with small "prongs" that is used for this adjustment.

Every cyclist should carry a spare valve core (besides the one in your spare tube). If you're a good customer at a gas station, they may give you one for free or sell you one at about 10¢ each.

* * * * *

Did you hear about the expert bicyclist that turned canoeist?

He was doing fine until he started drilling holes in his boat to make it lighter!

* * * * *

Towards the end of June and beginning of July bicyclists sometimes have a new problem to contend with--firecrackers.

It may seem hard to believe but some motorists have been known to throw them at riders.

If you are a novice, the noise may cause you to panic and crash. If you're an advanced rider, you'll probably mistake it for a blow-out and come to a fast safe stop.

In either case try to get the car's license plate number. You should report the incident to the local or state police as soon as possible.

* * * * *

Save energy this summer -- Take cold showers -- in the dark!

* * * * *

Watch for improvements in Pittsburgh's bikeways. The details are not yet complete, but thanks to a \$50,000 grant from Penn Dot the city is planning a revised and expanded system of marked bikeways in town.

* * * * *

If you are an avid cyclist, one of the best accessories (besides a helmet) you should have is a rear-view mirror--one of those small eyeglass frame mounted types. If you don't wear glasses, they work fine on sunglass frames.

Try to get the ball and socket type; they're easier to adjust than the wire frame style.

* * * * *

FOR SALE: Call Joe @ 343-2465

Bellwether Front Bag with bracket-\$5.00

Shimano Freewheel Remover- \$2.00 Quick Release Front Rim with Tire- \$15.00

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* * * *

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* * * *

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NAME ADDRESS PHONE NEW RENEW TYPE OF MEMBERSHIP: Check one 5.00 Youth (under 18) Senior (18 and over) 11.00 Family (valid in USA) \$ 12.00 \$ 25.00 Organizational LIFE \$110.00 FAMILY LIFE \$220.00

Mail this application with a check payable to Pittsburgh Council AYH, Inc. to MEMBERSHIP AYH, 6300 Fifth Avenue, Pittsburgh, PA 15232.

Yearly memberships expire Dec. 31, 1977.

BEWARE OF DOG

By Steve Shore

The problem of what cyclists can do to protect themselves from the road hazard of menacing dogs is one that comes up frequently. Here in abbreviated form are some tips that really work:

- If no traffic is coming and you are ahead of the dog, move onto the road to obtain maneuvering room, put on full power, and outdistance him--if this is within your capability.
- Stop and place the bicycle between you and the dog to give him a chance to get acquainted. This method is generally the safest, but in the case of a vicious dog, it will only result in a more severe attack.
 - 3. Use Halt or some other brand of repellent spray. These sting the dog and temporarily incapacitate him, but the effect is not harmful and soon wears off.
 - 4. If the dog is alongside at your feet, grip your handlebars firmly, remove your foot from the pedal, and aim a well-directed quick kick at his snout. This can be very effective if you are quick enough.
 - 5. Another recommended dog defense is to use a squeeze bottle or water pistol filled with ammonia water. This discourages without hurting the dog. Just remember not to drink this water!

Under NO circumstances should you remove a hand from the handlebars and try to hit the dog with your pump or some other object. Swinging your arm can cause you to lose control and crash, and the dog will surely bite you. I hope and pray that you will never need the above methods, but if you do good luck!

FOR SALE: Anodized aluminum 12 foot canoe poles @ \$12.50

The book Canoe Poling for \$3.25

Wood canoe paddles, 5 3/4 feet long with 10" blades. (These monsters are not for the casual canoeist but for someone who does not want his paddle to move when he puts it in the water.) \$7.00 ea See Roy Weil or Mary Shaw on a river or call 681-5131 for pick-up times.



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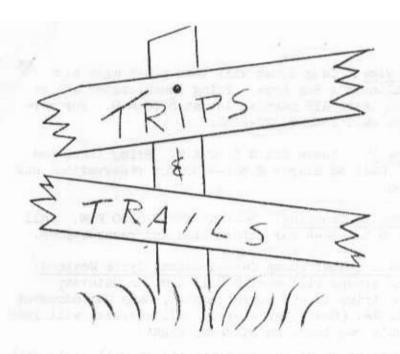
Tent 5 x 7 with Self-contained Bag weighs only 3 lbs.
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\$ 29.95



C NVIVER'S

514 Liberty Avenue 471-1700 10 -5:30



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 costs and equipment rental. Call the trip leader to reserve or cancel, or if you are just interested in knowing more about the trip.

Please call during normal hours (6:30-9:30 P.M.) unless otherwise noted. Make reservations early but in no case later than the Thursday before the trip.

Wed. June 1

Bike Repair Clinic: Come to the second bike repair clinic. Bring your cycle and tools and learn to fix your own bike. The clinic starts at 6:30 P.M. Call Ed Sieger @ 561-4790 for information.

Fri. June 3 to Sun. June 5 Intermediate Backpack: Experienced persons with their own equipment are invited to join Jerry Dado on the Quehanna Trail. Leave 6:30 P.M. on Friday; return Sunday. Trip will cover about 20 miles in two days of hiking. Call Jerry Dado @ 751-2045.

Fri. June 3 to Sun. June 5 Rock Climbing Excursion Part I: Intermediate climbers are invited to join Jim "Wojie" Wojciechowski for a weekend at Seneca Rocks. Leave AYH Friday at 7:00 P.M. Trip will pertain to Exposure-Technich-Rope work. Spaces are limited. For reservation or information call 322-2214.

Sat. June 4

Beginning Beginners Hike: Walk approximately 3-4 miles in Harrison Hills Park. Bring lunch, water and \$1.50. Leave hostel at 10:30 A.M. See Joan Goode or call 921-8509.

Sat. June 4

White Water Cance School II: This is the most advanced of the AYH schools. Qualifications: WW School I and a few trips. Need lunch, change of clothes (you will get wet), and determination. Cost about \$7.00. Reserve with Jim Roberts @ 271-7178.

NOTE: If you need to cancel a cance school reservation, you must do so before the Thursday meeting prior to the trip. If you cancel later than this, you will be charged for the trip and/or denied registration for other AYH schools

Sun. June 5

White Water Canoe School I: Tom and Jan Vogel will be introducing those capable of steering a canoe in a straight line from the stern to the joys of moving water and riffles. Lunch, kneelers, change of clothes and \$7.00 will be needed. Call 731-4477 to reserve, and note the cancellation policy explained directly above.

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- Sun. June 5

 Beginners Hike: Doug Brown will lead a 6-8 mile hike in the Tomlinson's Run Area. Bring lunch, water and be prepared to leave AYH parking lot at 8:00 A.M. For more information call Doug @ 322-2152.
- Sun. June 5 <u>Bike Series V</u>: Leave AYH @ 8:30 A.M. Bring lunch and raingear. Call Ed Sieger @ 561-4790 for reservations and information.
 - Wed. June 8 Introduction to Canceing: Meet at AYH @ 6:00 P.M. Call Joel Flatt @ 521-5244 for information and reservations.
- Sat. June 11 & First Fombell Hostel (Camp Carondowanna) Cycle Weekend:
 Two cycling groups will meet @ 8:15 A.M. on Saturday
 to leave on trips to our newest hostel, Camp Carondowanna
 in Fombell, PA. (See cover story). All cyclists will stay
 in the Camp's own tents on Saturday night.

GROUP A: One group of intermediate riders will cycle with Joe Hoechmer and Tony Trosian from Pittsburgh AYH to Fombell. This group will need food, sleeping bags, swim suits (?), tools, about \$4.00 and AYH passes. Gear will be transported to Fombell by car. Reservations to be part of Group A must be made with Joe by Jun.8th @343-2465. Limited to 15 riders.

GROUP B: Ed Sieger will travel by car with a second group of intermediate cyclists to the Fombell Hostel where he will lead a Bike Series VI ride. Cyclists in Ed's group will need food, sleeping bags, swimming suits, \$10 - 15, and AYH passes. Reservations to be a part of Group B must be made with Ed @ 561-4790 by June 9th.

- Fri. June 10 to
 Sun. June 12

 Intermediate Backpack: Hike on the Black Forest Trail (6-8 miles per day) and see mountain laurel in bloom. Leave AYH Friday at 6:30 P.M. Cost approximately \$10.00. Reserve with Mike and Marta Hurwitz @ 244-9204.
 - Sat. June 11

 Sailing: Did you ever sail? Captain Arv Westlund and his sailing friends of the Moraine Sailing Club invite you to sail with them on Lake Arthur. Meet at AYH at 8:00 A.M. Bring lunch, boat clothes and spare dry clothes. Six or seven sail boats will be skippered by their owners who will be pleased to instruct you to sail. Fee about \$3.00. Trip number limited. For reservations call Arv @ 835-5896.
 - Sat. June 11 Canoeing; Barry Walker will lead an easy flowing canoe trip for families and others. Call 521-4708 to reserve.
- Sun. June 12 Poling School: Competence in river reading and stern paddling required. Six available canoes. Reserve NOW by calling Fred Sunday @ 366-7111.
 - Fri. June 17 to Rock Climbing Excursion Part II: Same information as that given Sun. June 19 for Part I trip on June 3-5.

Fri. June 17 to Sun. June 19

Backpacking Trip to Dolly Sods: The azaleas should be in bloom. Doug Brown will be there to enjoy them, and you can be too! Leave AYH Friday evening; return Sunday. Reserve with Doug @ 322-2152.

Sat. June 18

WAG '77: Join Joe Hoechner for a day at WAG '77. Joe plans to be in Washington, PA for the 50 mile ride, but you can also do the hilly 25. Meet at AYH at 7:30 A.M. Cost about \$6.00. Bring lunch, tools, etc. Reserve @ 343-2465.

Sun. June 19

Intermediate Cycle Trip: Join Gary Feldman for an intermediate bicycle trip. He does not know where he is going yet, but he knows everyone will enjoy the trip. Bring lunch and raingear and meet at AYH at 8:30 A.M. For more information call Gary @421-5093.

Sun. June 19

Beginners Hike: Join Joe Levine on section 4 of the Baker Trail. Meet at 8:00 A.M. at AYH. Bring lunch, raingear and about \$2.50. To reserve call Joe @ 422-8287.

Wed. June 22

Introduction to Canoeing: Meet at AYH at 6:00 P.M. Call Mike Deroy @ 271-6943 to reserve.

Fri. June 24 to Sun. June 26 PA Dutch Country Cycle Trip: See the PA Dutch farmers at work and in their buggies. Visit the PA Farm Museum and eat with a PA Dutch farm family in their home. We will be staying at two different hostels and biking from one to the other; so you must be able to carry your gear. Bring AYH pass, sleeping bag, towel, two lunches, lock-cable, silverware, overnight stuff, water bottle, tools, raingear, etc. Meet at AYH at 5:45 P.M. on Friday. Reservations and \$5.00 deposit required. For more information contact Phyllis Blumberg @ 422-9383. Beginners who have completed the Bike Series are encouraged to see how much fun cycle touring really is.

Sat. June 25 & Sun. June 26

Hiking and Camping Weekend: Two day hikes and one overnight camp near the cars in the Allegheny National Forest. First day hike will explore the mysteries of the great Buzzard Swamp. The second hike will cover about 10 miles of the North Country Trail. Both will be intermediate hikes and will include some cross-country bushwhacking. This trip will be limited in size so reserve early with Dick Nugent @ 487-5547.

Sat. June 25 & Sun. June 26

Intermediate Backpack: Ben Brugmans will lead another of his famous backpacking trips. The destination is Otter Creek Wilderness area and the trip will require intermediate to advanced skills. The size of this trip will be small so reserve early with Ben @ 683-6094.

Sat. June 25 & Sun. June 26 NATIONAL POLING CHAMPIONSHIP RACES Canoe trips to be announced.

MI.

Sun. June 26

Intermediate Cycle: Enjoy the day on a nice ride around the Slippery Rock Area. The trip will be for intermediate riders, and we'll travel 30-40 miles. Bring lunch, tools and raingear. For more information call Gail @ 421-3140

or 521-5977 (work).

Fri. July 1 to
Mon. July 4

Backpacking Weekend: Don Levensen will lead a backpacking trip to the Quebec Run Wilderness Area. The trip will be easygoing and beginners with their own equipment who don't mind getting lost (slightly lost) are welcome. Leave Friday evening; return Monday. Reserve with Don @ 421-0987.

July 4th Weekend

Class II - III Canoe Trip: Joel Platt will lead a trip on the New River in West Virginia. Contact Joel @ 521-5244 or read the July Triangle for further details.

JUNE EVENING CYCLES

There will be an evening cycle trip every Tuesday and Thursday in June. Bring lights and bike flags if you have them. Call the leader beforehand to rent bicycles. The rides leave the hostel at 6:30 P.M. and return at 8:30. Be at AYH at 6:00 if you are renting equipment; otherwise show up at 6:15.

LEADERS: Go on the ride before yours to get the hostel keys, and go on the ride after yours to give the keys to the next leader.

JUNE TRIP LEADERS:

Thursday, June 2 Tuesday, June 7 Thursday, June 9 Tuesday, June 14 Thursday, June 16 Tuesday, June 21 Thursday, June 23 Tuesday, June 28	Gary Ludwig Claudette Falkenhan Sue Leathen Jill Stockmal Nancy Arthur Jill Stockmal Gary Feldman Beebe Frazer	521-4964 531-1824 366-8996 431-4945 243-6652 431-4945 421-5093 243-0319
Thursday, June 30	Gail Gregory	771-6395 after 5:30

WANTED: 1 or ½ gallon polyester for fiberglass boat repairs. Call Roy Weil @ 681-5131 if you wish to get rid of some of the excess resin from the boat you made this winter.

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, reminisce about good times, and plan trips.

If you are a visitor or prospective member, this is an ideal time to meet AYHers and discover the ART of HAVING FUN. Just walk up to someone and tell him or her you're interested in canoeing, caving, cycling, hiking, skiing, or whatever and ask how you can get information on that activity.

OPEN HOUSE PROGRAMS FOR JUNE

June 2: "The Florida Trail" Marilyn and Cliff Ham

June 9: "India and the Far East: Part II" Barney Bench

June 16: "How to Stroll Through City and Country in Scandinavia" An outdoor market in Stockholm, undermeath a Norwegian glacier, the Skaggerak in spring, Hamlet's castle. hiking in Jontukheimen. Jay Albrecht

June 23: "Spring of '77" Bob Goff

June 30: "Western Parks & Monuments" Rob McEachern

THE GOLDEN TRIANGLE

The Golden Triangle is a monthly publication of the Pittsburgh Council of American Youth Hostels. Inc. 6300 Fifth Avenue, Pittsburgh, PA 15232.

PHONE: 362-8181 THURSDAY EVENINGS BETWEEN 7:45 and 10:30 ONLY

EDITOR: Marty Haddad COVER PHOTO: Joe Hoechner TOSRV PHOTOS: Mike Haddad

ADVERTISING

COORDINATOR: Jim Gogots PRINTING: Sue Leathen MAILING LABELS: Roy Weil and

Don Heocker

PRODUCTION: Mike Haddad and the many enthusiastic AYHers who make production a party rather than a chore.

DEADLINE FOR ARTICLES & ADVERTISING FOR JULY ISSUE: Thursday, June 9

DEADLINE FOR TRIPS IN JULY ISSUE: Thursday, June 16

JULY TRIANGLE PRODUCTION PARTY: Thursday, June 23

********** CHANGE OF ADDRESS: Please notify. Pittsburgh Council AYH as soon as possible if you change your address. Otherwise, you miss The Triangle, and AYH is charged 25¢ for every copy that is returned.

Would you like to lead an AYH trip? If so, contact the chairperson for that activity:

CYCLING: Ed Sieger 561-4790 / Steve Shore 683-6897

CLIMBING: Barry Johnson 831-8392 CANOEING: Mike Deroy 371-6943 CAVING: Barry Walker 521-4708 HIKING: Dick Nugent 487-5549 RAFTING: Joe Curlee 422-9672 TUBING: Dick Nugent 487-5549

M	TUES	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1		BIKE REPAIR CLINIC	EVENING CYCLE	3	BACKPACK ROCK CLIMBING HIKE WW CANOE 4 SCHOOL II	
6	EVEN. CYCLE	INTRODUCTION TO CANOBING	EVENING CYCLE DEADLINE FOR ARTICLES ADS	FOME	ELL HOSTEL CYCLI BACKPACK SAIL CANOE	NG WEEKEND
13	EVEN. CYCLE BOARD MEET. 14	15	EVENING CYCLE DEADLINE FOR TRIPS & TRAILS		BACKPACK ROCK CLIMBING WAG	
20	EVEN. CYCLE	INTRODUCTION TO CANOBING	EVENING CYCLE PRODUCTION PARTY		PA. DUTCH CYCLIN POLING CHA CANOE	G TRIP
27	EVEN. CYCLE	29	EVENING CYCLE	J	OW	(F)

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