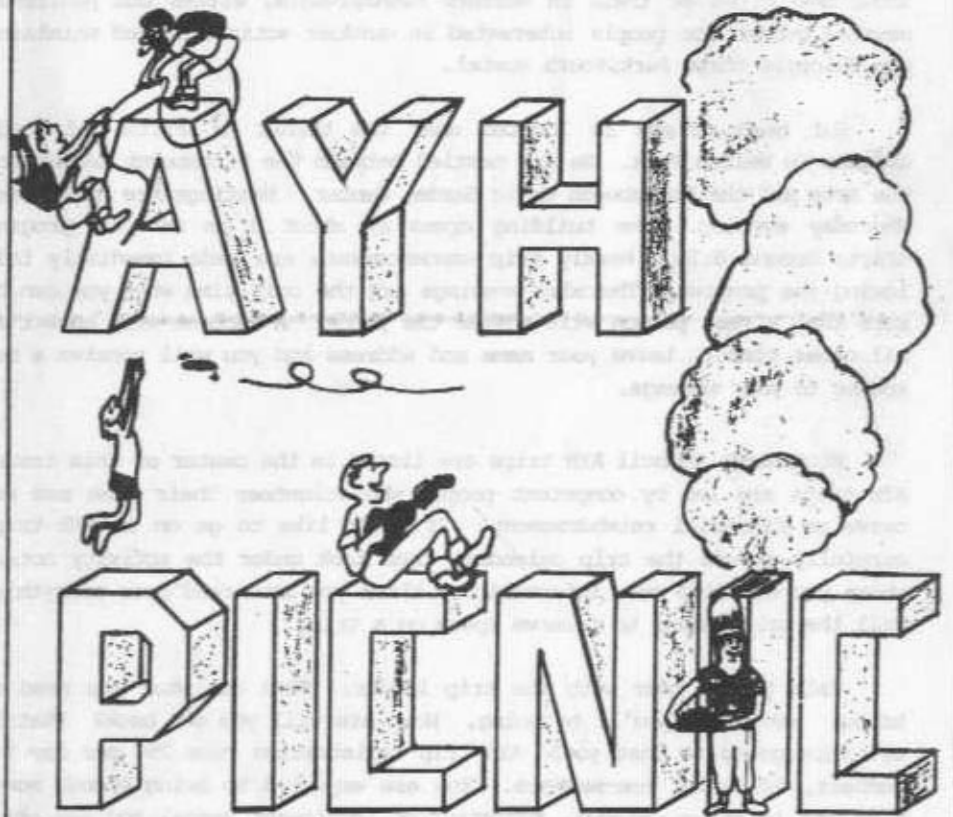


# GOLDEN TRIANGLE

Pittsburgh Council, AYH August, 1987 vol. 38, no. 8



Sunday August 16

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Pittsburgh Council of American Youth Hostels is a non-profit, volunteer organization dedicated to hostelling, outdoor education and self-powered recreation. We have many activities. The council has some rental equipment available for use on council trips. A full range of skill levels are offered, and we also offer courses in our activities so that everyone may upgrade their skills. Pittsburgh Council AYH maintains about 200 miles of trail in western Pennsylvania, writes and publishes several guides for people interested in outdoor activities and maintains the Ohiopyle State Park Youth Hostel.

Our headquarters is located near the corner of Fifth and Shady Avenues in Mellon Park. We are nestled between the Pittsburgh Center for the Arts and the Pittsburgh Civic Garden Center. Meetings are held every Thursday evening. The building opens at about 8 pm and the program starts around 8:15. Weekly trip announcements are made immediately following the program. Thursday evenings are the only time when you can be sure that a real person will answer the phone. A machine will answer at all other times; leave your name and address and you will receive a response to your message.

Pittsburgh Council AYH trips are listed in the center of this issue. AYH trips are led by competent people who volunteer their time and receive no financial reimbursement. If you'd like to go on an AYH trip, carefully peruse the trip calendar, then look under the activity notes, where you may find more information. After you have read over everything call the trip leader to reserve space on a trip.

Talk things over with the trip leader. Find out what you need to bring; ask where you'll be going. How late will you get back? What is all this going to cost you? AYH trip registration runs 75¢ per day for members, \$2.25 for non-members. You are expected to bring enough money with you to cover carpool, registration, equipment rental and any other expenses (we often stop at a restaurant on the way home).

Trips listed are open to the public; AYH members are given priority. Trip costs include transportation, rentals, and a 75¢ registration fee. IN ADDITION, non-members are charged \$1.50 per day, which may be deducted from the cost of membership when joining AYH. The registration fee also covers insurance (\$1000 medical/\$1000 accidental death or dismemberment).

## OFFICIAL MEMBERSHIP APPLICATION

NOTE: International Hostel Handbooks are available for \$7.00 each at Pittsburgh Council Headquarters (Thursday nights 8:00 - 10:00 P.M.) Volume I (Europe and the Mediterranean) and Volume II (Africa, America, Asia and Australia). Make all checks payable to "Pittsburgh AYH".

- ☐ \$ 10.00 Junior (17 years and under).
- ☐ \$ 10.00 Senior Citizen (60 years and over).
- ☐ \$ 20.00 Senior (18 years and over).
- ☐ \$ 50.00 3 Yr. Senior (18 years and over).
- ☐ \$ 30.00 Family (Includes children under 18 years).
- ☐ \$200.00 Life (Individual lifetime membership).
- ☐ \$ 18.00 Foreign Nationals (Including Canadians).
- ☒ \$1.00 Postage (for each Membership or International Handbook ordered).

BIRTHDATE: Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_

NAME: \_\_\_\_\_ (Last) \_\_\_\_\_ (First) \_\_\_\_\_ (Middle)

STREET: \_\_\_\_\_ (Permanent Address Only) \_\_\_\_\_ ZIP CODE \_\_\_\_\_

CITY: \_\_\_\_\_ STATE \_\_\_\_\_

Were you a member of AYH this past year? ☐ Yes ☒ No

If you wish Membership Card sent to a temporary address, give same below:

CARE OF: \_\_\_\_\_ STREET \_\_\_\_\_

CITY: \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

(Signature of Applicant) \_\_\_\_\_

The Golden Triangle is the monthly publication of the Pittsburgh Council of American Youth Hostels. Contents are at the discretion of the editor.

EDITOR Joy Layton, 1048 Mirror St. Apt. 2, Pgh., PA 15217, 422-1995

ADVERTISING Carol Burt

MAILING Roy Weil

PRODUCTION Don Hoecker

HOSTEL REPORTER Cheryl Arnold

COVER Lynn Ejzak and Joe Hoechner

LAST MONTH'S COVER Joe Hoechner

DEADLINES FOR THE NEXT ISSUE: (September):

August 6 — all ads, trips and articles.

August 27 — Production

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## AYH PROGRAMS FOR AUGUST

- August 6 Gala Mystery Show!
- August 13 Travels in Australia with Todd Henkelmann.
- August 20 Hey Ewe! or, Touring the English Countryside with Joe and Sally
- August 27 Hiking around France with Joe Levine

## 35TH ANNIVERSARY EDITION

### AYH BAKER TRAIL GUIDE PUBLISHED

The Pittsburgh Council AYH has just released their long awaited 35th Anniversary Edition Guidebook to the Baker Trail. The 140 mile trail starts near Freeport, PA and continues northward to Allegheny National Forest where it connects to the North Country Trail. The Baker Trail was conceived and developed by Pittsburgh AYH in 1952 and has been maintained by active volunteers ever since.

The Guidebook consists of 38 pages with 17 maps in a handy soft cover format priced at only \$4.00 a copy. For mail orders please include 76¢ for postage and handling, with PA residents adding 24¢ sales tax per book. Please inquire for dealer or bulk order rates. Make all checks payable to "Pittsburgh AYH" and mail to: AYH Books, 7303 Reynolds Avenue, Pittsburgh, PA 15208

## AUGUST ACTIVITIES BOARD MEETING

The August Activities Board meeting will be held on August 5th at 8 pm. Topics to be covered include deciding on the list of committees for 1988, choosing the Nominating Committee for the October elections, and voting on hostel rechartrers for 1988. The location for the meeting will be announced at the Open Houses on Thursday and with the minutes from the last meeting. All interested members are welcome to attend.

## RAFT TRIP FOR TEENS

Explorer Post 294, the young-adult division of Pittsburgh council, is having a raft trip down the Youghiogheny river on Sunday, August 2nd. After meeting at HQ at 8:45 Sunday morning, we will take four-person rafts down to Chiopyle.

For details on what to bring, see the activity notes for rafting elsewhere in this issue. The cost will be low (under \$20) and will include raft rental, gas money for carpooling, and dinner on the way back.

Seating is limited, so reserve early for this exciting trip! The Explorere Post has regular meetings the second and fourth Wednesdays of each month at HQ at 7:30. Membership is open to everyone aged 14 to 21.

Call Mark Chance at 421-0435 for more information.



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Many years ago the choice of tents was limited to canvas, center poles and army surplus pup tents. I have seen tents sporting some of these features still in use even though they often leaked, had no floors and were heavy.

Those were the good old days!

Welcome to the era of affordable high technology. The new materials available help make today's tent waterproof, mosquito proof, lightweight, sturdy and free standing, with such additional features as sewn in floors, a permeable top covered by a waterproof fly, ventilation flaps in front and back, less condensation, and taut walls which eliminate the seeping-wet-tent-in-the-face syndrome.

A simple and relatively affordable "A" frame is the Eureka Timberline Tent. It is free standing and costs less than \$100. It weighs about 7 pounds and by staking the tent down, the floor is stretched and the tent is kept from blowing away.

Try a dome for a better quality tent. They range from a 7 pound tent for about \$80. to a 4½ pound tent costing as high as \$300. if you opt for the latest technology.

In bad weather, a vestibule is good for cooking under while you sit inside. Ventilate it well while you are cooking. AND REMEMBER: tents are fire retardant, NOT fireproof. A vestibule is an extra 1-2 pounds for low priced tents or can be built into your more expensive 5 pound model.

The above mentioned tents are good for only three seasons of camping. For winter and high elevations, count on a few additional dollars as well as pounds. These investments are for reinforcing to hold the snow load, flaps to anchor your residence to the rocks and other special features.

In choosing other items, such as stakes, lightweight, thin aluminum pegs are good for forest camping. Loose sand requires a deeper shovel-like stake. A lightweight plastic groundcloth provides a moisture barrier under the tent to protect the floor from abrasions.

As you go shopping, avoid cheap tents from local discount stores. Instead, look for a reputable source (campmor, REI, etc.) or pay full price at your local outfitter.

Happy backpacking!  
Ben Brugmans  
AYH Backpacking Chair



## IT'S PICNIC TIME!

**WHEN:** SUNDAY AUGUST 16TH 1PM - ?

**WHERE:** NORTH PARK: ONTARIO SHELTER

### WHAT WILL BE AVAILABLE:

AYH will supply the picnic shelter, charcoal and grills, and volleyball equipment.

### WHAT YOU NEED TO BRING:

All you will need to bring is your food, \$.50, any kind of picnic games you want, yourself and your friends.

**WHO TO CONTACT:** Call Chuck or Lynn Ejzak @ 466-6196, to reserve a spot, offer to help or if you have any questions.

**DIRECTIONS:** From Rte.19 take Ingomar Rd. into Park. L on Kummer Rd 1 block. R on Lake Shore Dr. Bear R at Y. Shelter on L approx. 1/2 mile. Parking in lot on R or on road berm. (See map)

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#### KAYING

Raft trips for August:

August 2 -- Explorer Post trip.  
August 15 Judy Menosky 242-1573  
August 29 Norm Snyder 351-4068

Volunteers are needed to lead trips for the months of July and August. Anyone interested can contact Cindy Rupert at work (261-5300) or at home (829-7528). Call at work only if you are interested in leading a trip.

Suggested attire: beat-up sneakers, windbreaker, bandana, glasses strap, 2 pr. socks, complete change of clothes to put on after the trip.

Watch the newsletter for details on an August trip to the Upper Yough. Prices will be somewhere between \$50 - \$84; most likely the trip will be on a weekday in early August. The Upper Yough is an 11 mile stretch of Class IV (very difficult) to Class VI (limited managability) water for a team of experts only. This will be a 4 to 6 hour trip in 4-man rafts with one professional guide per raft. For seasoned rafters only.

Also, in September there will be a trip to the Lower Gauley -- Class IV and V rapids. This is also an 11 mile trip, averaging 4 hours, in 10-man "Gauley" rafts. Cost will be \$50-\$70. Plan on driving down Sat. evening and waking up early Sunday to hit the river. Details are still being worked out.

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#### SEA-KAYAKING

Plan ahead for an extended sea kayak trip to Maine. Explore islands and eat lobsters. Camp near pine trees and salt water. Before or after the Eastern Sea Kayaking Symposium in Castine, Maine. Contact Cathy Lynch (361-3707), Ted Self (795-6286), or Judy Turnadge (327-0141).



#### BACKPACKING

For anyone who wants to give backpacking a try, and for anyone who wants to go on an easy trip, Joy is leading a backpack to someplace cool on August 29-30. Those who haven't backpacked before must attend a basic "how-to" session at HQ on Thursday, August 27 at 7:00. The basics of backpacking will be covered. For anyone who isn't able to go on the trip but wants to learn more about backpacking, come to the Thursday session. For more information call Joy Layton at 422-1995.



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#### CANOEING

Bring non-cotton clothing, hat, water bottle, glasses strap, rain jacket, tennies, dry clothes in a separate bag, and knee pads. Trips normally meet at HQ at 8:00 am. Call the trip leader to reserve space on a trip.

#### CLIMBING

Beginner trips are open to everyone. No previous rock climbing experience is necessary. Bring a bag lunch, water, tennis shoes, and leather gloves if you have them. Trips leave from HQ at 7 am and usually return around 9 pm (we stop for dinner on the way home). Call the activity chairpeople for more information.

#### KAYAKING

AYH beginning kayaking schools are held once a month, June through September, each summer. These schools provide an introduction to the exciting sport of white water kayaking. They are open to complete beginners (those who have never been in a kayak before) and to those who have never kayaked on white water before. The schools last an entire weekend and include an overnight stay at a youth hostel. The first day of the school is spent learning the basic skills of kayak paddling on a nice, calm lake. The second is spent developing those skills on a very easy (Class I-II) white water river. The dates for the remaining 1987 beginner schools are: August 15-16 and September 12-13. Space is very limited and preference will be given to AYH members, so sign up early. Call

17. Lou Conley at 681-8321 for further information.

#### THE PRESIDENT'S CORNER

THE GREAT RIDE happened as scheduled on Sunday, June 21st and was a Great Success, considering the weather. Rain threatened all morning long, but we never got more than a few minutes of rain. Those rider out on the ride appreciated the cooling off. As those of you who were there know it cleared up nicely around noon for a Great Day of riding, relaxation and music. We had almost 2200 riders sign up, and almost \$50,000 was pledged towards Children's Hospital. Great Thanks to all of you (3 staff and 20 ride marshals) who helped out at Schenley Oval, on the ride and at the four water stops; not only did we help with Pittsburgh's biggest cycling event of the year and with fundraising for a worthy cause but we also promoted American Youth Hostels to the community. Perhaps next time you mention AYH to someone, you won't have to explain who we are; they'll know.

It hardly seems possible, but the ANNUAL MEETING and ELECTIONS are almost upon us again. A nominating committee will be chosen at the August Activities Board meeting to recommend persons for the offices and committee chairs for the 1988 year (which actually begins October 1st). A number of important positions will be available this year and we will be looking forward to your help. One position I am especially anxious to fill is the Special Events Coordinator; we haven't had one this year and this has hurt us in planning events such as the Annual Banquet and the Picnic. Another area we anxiously need help with is in Hostel Development -- the planning and development of new hostels in the Pittsburgh Council area. If you feel you may be interested in these or other positions, please call me and I'll give you a description of what's involved and what's available. There are opportunities for service involving a little as an hour or two a month, and we can always use help on a one time basis.

At the July ACTIVITIES BOARD meeting, a contribution of \$25 to the West Virginia Highlands Conservancy towards protection of the Greenbrier River was approved; Sea Kayaking was encouraged to purchase another sea kayak using existing funds; and the need for extensive house cleaning at HQ by the Activities was identified. Related activities were encouraged to conduct joint planning meetings to coordinate their activities. At the June BOARD OF DIRECTORS meeting, the Board did not agree with the need for a full-time staff person but was willing to consider part time staff for specific needs such as membership promotion. The Board expressed a concern over the liability insurance coverage provided by the National organization. Finally, the Board will be considering changes to the by-laws at the September meeting on the issue of liability of directors and officers and on the issue of mail-in ballots for the annual elections.

Larry Laude, President (412) 665-9554

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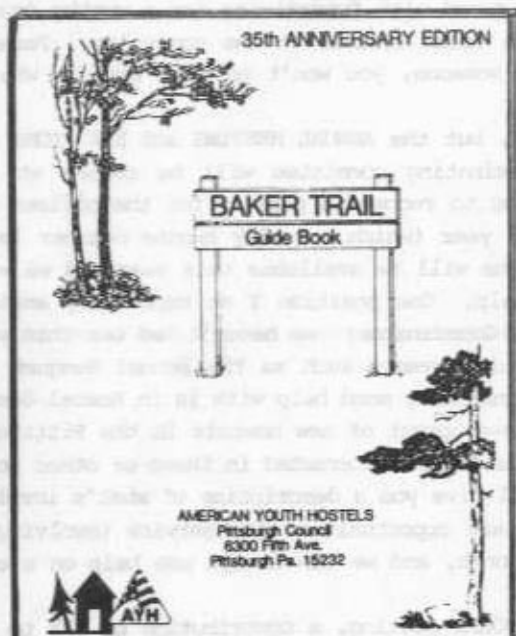
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## ACTIVITY NOTES

### BICYCLING

Call the trip leader ahead of time to let them know that you plan to ride (especially if you need to rent a bike or a helmet) and to find out any last minute changes. Last minute riders (those who do not call the trip leader ahead of time) are often welcome, but be aware that you may be disappointed. Bring a spare innertube (patch kits are OK, but spare is better), rain wear if the weather looks threatening, and money for food stops. Make sure that your bicycle is in proper working order before the trip (ask Chuck or Judy for advice if needed). Lastly and most important, wear your helmet. Hardshell helmets are required for us on all AYH rides. A brochure describing this year's major bicycle trip is available from Judy or Chuck. If you would like one mailed to you send a self-addressed, stamped envelope to: Chuck Ejzak, 6858 Wills St., West Mifflin, PA 15122.





# PITTSBURGH COUNCIL AYH ACTIVITY CHAIRPEOPLE



## BACKPACKING

Ben Brugmans  
736-2751

## BICYCLING

Chuck Ejzak  
466-6196  
Judy Menosky  
242-1573

## CANOEING

Bill Whitehead  
363-0365  
Rick Tomlinson  
963-8910  
Steve Shafer  
481-0507

## CAVING

John Popp  
885-2126  
Paul Herre  
653-7934  
Roy Provins  
784-9127

## CLIMBING

Dale Vilsack  
343-8379  
Gary Simmons  
327-8338  
Eric Bauer  
687-0766

## CROSS-COUNTRY SKIING

Rick Ulaky  
422-0849  
Fred Parker  
824-2638  
Steve Tubbs  
751-2158

## HIKING

Kathy Pacacha  
363-2228  
Dan Martt  
921-4638

## KAYAKING

Lou Conley  
681-8321  
Ray Yutzy  
341-5682

## SEA-KAYAKING

Cathy Lynch  
361-3707  
Ted Self  
795-6286

## VOLLEYBALL

Neil Lien  
731-4874h  
624-6489w  
Joel Platt  
521-5244h  
421-4446w

## FAMILY ACTIVITIES

Barbara Hanusa  
441-7205

## PRESIDENT

Larry Laude  
665-9554

## VICE PRESIDENTS

Joe Hoechner  
373-3403  
Bill Johnston  
~~687-4893~~ 243-1945

## TREASURER

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AYH PYMATUMING WEEKEND -- SEPTEMBER 11-13

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¶ Sailing: a 2 day basic sailing course will be conducted for a maximum of 16 people. Students must be over 10 years old and be able to maintain themselves unaided for three minutes in deep water. Reserve with \$20 below.

¶ Sea-Kayaking: Both days or kayak one and bicycle the other. Reserve below with \$10 plus \$7 for each day's kayak rental.

¶ Bicycling: Rides of several lengths and diversions will be offered. Reserve below with \$10.

¶ Lakeshore tenting near the parking area, well water, outhouses, and washhouse (no showers). Group picnic dinner Saturday of salad, beans, burgers, and fresh corn on the cob. Breakfasts at 7 am with cold cereal, juice, fruit, bagels, and hot beverages.

¶ The cost is \$20 for sailing and \$10 for bicycling and sea-kayaking, plus any rentals. Transportation costs for 240 miles are paid directly to the driver. Group carpooling will leave HQ at 6:30 pm on Friday.

¶ Bring: 2 lunches, sleeping bag and pad, tent, swimsuit, towel, sneakers, for any water activity (swimming included), eyeglass strap, sunscreen, insect repellent, and rainwear.

¶ Questions??? Call Fred Parker at 856-4713.

## RESERVATION FORM

Give or mail to Fred Parker, 331 Skyview Drive, Monroeville, PA 15146.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ home \_\_\_\_\_ work \_\_\_\_\_

Sailing \_\_\_\_\_ both days \_\_\_\_\_

Sea-Kayaking \_\_\_\_\_ Sat \_\_\_\_\_ Sun \_\_\_\_\_

Bicycling \_\_\_\_\_ Sat \_\_\_\_\_ Sun \_\_\_\_\_ length of ride desired \_\_\_\_\_

Can Drive? \_\_\_\_\_ Yes \_\_\_\_\_ No \_\_\_\_\_ # passengers \_\_\_\_\_



# PITTSBURGH COUNCIL TRIPS FOR AUGUST 1987 PAGE 3

DATE	DAY	ACTIVITY	LEVEL	LEADER	PHONE	TIME	DESCRIPTION
25	Tues	Bike	Easy	Steve Horowitz	521-0810	6:30	Evening cycle, C, 15 miles.
27	Thurs	Bike	Easy	Chuck Ejzak	466-6196	6:30	Evening cycle, C, 10 miles.
29-30	SS	Backpack	Novice/Easy	Joy Layton	422-1995 422-6538w	8:00	Laid-back trip to someplace cool. For beginners and lazy people. See write-up under backpacking.
29	Sat	Bike	Joel Hough	221-4093	Easy/Int	9:30HQ	Bridgeville to Hickory along relatively flat roads through farm country. Meet 9:30 at HQ or 10:30 at the Bridgeville Kmart.
29	Sat	Canoe	Flat	Sue Kupski	751-7896	8:00	Cool off.
29	Sat	Climb	Int	Chairmen	see list	7:00	Seneca prep trip at High rocks.
29	Sat	Family	All	Cindy Walter	834-6264		Bog Walk at Linn Run State Park (near Ligonier). Meet at Linn Run at 10:30 am. Meeting spot is the first gravel lot after you enter the park. (left turn) We may be able to stay overnight in cabins in the park. Call by August 22 if you are interested in staying overnight, or call by Aug. 26 if you only want a day trip.
29	Sat	Hike	Easy/Int	Steve Nydes	661-9357h 521-1053w	8:00	Hike 10 miles or more on the Laurel Hill Trail.
30	Sun	Bike	Easy	Steve Horowitz	521-0810	5:00pm	Evening ride, C, 10 miles.
30	Sun	Canoe	III	Don Bowman	697-4386	8:00	Tough challenge for good skills.
30	Sun	Climb	Begin	Chairmen	see list	7:00	High Rocks. see activity write-up.
30	Sun	Hike	Int	Todd Henkelmann	826-0856	8:00	Bear Run Nature Reserve, near Chiopyle. Bring lunch and water.
30	Sun	Kayak	Int	To be announced		8:30	Class II whitewater trip. Beginners school or equivalent experience is a prerequisite. Trip location will be dependent on water levels. Call Lou Conley for more info. 681-8321

## HELP NEEDED

Are you interested in kayaking? The Pittsburgh Council of AYH is desperately in need of some help for their kayaking program. Beginner and intermediate trip leaders are needed and possibly someone to take over the chairmen's position in the next year or two. If you would like to help beginner and intermediate kayakers to develop their skills by teaching and/or leading, please call Lou Conley at 681-8321 for more information. You don't have to be a kayaker at present and you don't have to know how to teach yet either. We can teach you all that you need to know over the next two years so that you can help with the program. All you need are interest and enthusiasm. Call for more details!

## MEMBER CLASSIFIEDS

Classified ads are printed as space permits and are free to AYH members. Contact the editor on or before the deadline.

SHARE HOUSE -- 3 bedroom house to share in Greenfield with 2 non-smoking vegetarian women. Large yard, porch, dishwasher, washer/dryer. \$175+ Call Shelley at 421-0889h or 621-6941w.

VASQUE SUNDOWNER BOOTS -- Men's size 10 medium, almost new. \$40 (less than 1/2 the least expensive new price). Call Jim Haube at 226-3180. Best time to call is in morning.

LOST AND FOUND -- Blue Eddie Bauer Daypack. Claim at HQ membership desk.

## VOLUNTEER FOR THE MVC AND THE MS150

Would you like to do something different? Then volunteer to help with this year's MVC. The MVC is sponsored by Pittsburgh AYH and is ridden by cyclists throughout the area. We have had people from as far away as Philadelphia participate in previous MVC's, although most of the cyclists live in Western PA. The event is open to all bicyclists whether or not they belong to any clubs. The primary goal of the ride is to have fun. Secondly, we want to introduce people to group riding and AYH. You can help us to achieve this goal by giving us some of your time. You will get to meet lots of people and we guarantee you'll have fun. Volunteers will get lunch and an MVC t-shirt. Volunteers' jobs include marking the roads, driving Sag, the lunch stop, the snack stop and registration. Dates to remember: Saturday, August 22 -- mark the routes Sunday, September 6 -- MVC

The MS 150 is put on by the Pittsburgh Chapter of the National Multiple Sclerosis Society. It is a two day ride which will leave from North Park on Saturday, September 19, spend Saturday night in Ellwood City, and return on Sunday, September 20. Volunteers are needed to help with driving sag vehicles, rest stops, and the activities on Saturday night. This event is also guaranteed to be lots of fun. If you would like to help with either or both events, contact Chuck or Lynn Ejzak at 466-6196.



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**ROTO MOLDED KAYAKS**

\* During the summer of 1986, a group of tough American and British paddlers again left for Nepal and Mount Everest. Their goal was bold and uncompromising: to climb with their kayaks on their backs to the highest point of Mount Everest from where Kabu Duzi could be paddled over 200 miles in length and thousands of feet down in elevation to it's end.

For this awesome task, members of the 1986 Mount Everest Kayak Expedition deliberately chose the toughest, best available kayaks to suit the purpose. The expedition exclusively used the crosslinked, rotomolded PYRANHA kayaks.

**WIND & WATER BOATWORKS**

10 Miles North of Turnpike Exit  
on Route 8 Towards Butler



18

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Hosteling News

The youth hostel in Grindelwald, Switzerland is a hosteler's paradise! It is a beautiful Swiss chalet overlooking the busy village of Grindelwald. As you approach the hostel you pass a life-size chess board on the lawn, a few ducks near the pond and a large bike rack. Through the main door, you enter a pack room where you are instructed to remove your dirty shoes and store them until you leave the hostel. In stocking feet you climb a narrow stairwell up into the main part of the hostel.

At the desk you can register (and pay for an optional dinner and continental breakfast) and buy snacks or postcards. Some of the dorm-style bedrooms and common rooms have balconies with a spectacular view of the snow-covered Alps. The "bunks" in this hostel, as in several other Swiss hostels, consist of 2 rows of long slats, one high above the other with individual mattresses. Due to the height of the top "bunk", it's necessary to use one of the too few ladders. (Make sure that you introduce yourself to your neighbors in the top bunks, since you may be climbing over them in the night to get to the ladder!)

One of the common rooms is a delightful surprise; not only does it have a fireplace, a balcony, and cosy chairs, but it also is the home of the hostel pet, Mutsi, an African Gray Parrot that talks, sings and whistles! He is so popular he even gets mail from past visitors!

In town there's a great co-op where you can get everything from plastic bags to Swiss Chocolate at reasonable prices. And the town itself is a fairyland. It has lots of shops, sidewalk cafes, restaurants serving chocolate and cheese fondues, and a picturesque train station where you can catch a train to travel to other Alpine villages or Jungfrau. There's also plenty of hiking and climbing opportunities and you can begin with the longest chairlift in Europe to take you from town to First, above treeline high in the Alps. From there you can spend the day climbing or hiking back into town.

So if you get an opportunity to plan a Swiss Adventure, be sure to include the hostel in Grindelwald!

For more information, contact Cheryl Arnold, c/o Pgh AYH, or call 422-8581.





# PITTSBURGH COUNCIL TRIPS FOR AUGUST 1987 PAGE 2

DATE	DAY	ACTIVITY	LEVEL	LEADER	PHONE	TIME	DESCRIPTION
16	Sun	Canoe	Flat	Kathy McGregor	421-8551	8:00	Practice basic paddling skills.
16	Sun	Hike	Int	Dan Martt	921-4638	7:00	Quebec Run over the Chestnut Ridge. White Tail Trail. 11 miles to Lick Hollow Picnic area near Uniontown. Fairly rugged. Experienced beginners welcome.
18	Tues	Bike	Int	Larry Laude	665-9554	6:30	Evening cycle, B, 20 miles. Intermediate version of the evening cycle. Bring ice cream money for this one too.
20	Thurs	Bike	Easy	Jeff Weiss	661-2507	6:30	Evening Cycle, C, 15 miles. Bring ice cream money.
21	Fri	Food	All	Joy Layton	422-1995	7:00pm	Potluck supper to come up with ideas, etc. for the 2nd edition of the AYH Outdoor Food book. All canoeists, cyclists, climbers, etc. are welcome. Bring your favorite "trail" meal. Call to let Joy know you're coming.
21-23	FSS	Bike	Easy/int	Judy Menosky	242-1573	6:30pm	Schellsburg Hostel, B/C, 15/100 miles. Cycle in scenic Bedford County and stay in one of the nicest hostels in PA. Opportunity to sea-kayak in nearby Shawnee State Park. Reserve by 8/13.
21-22	ES	Cave	Int	Norm Snyder	351-4068		Join Norm on a cave trip in West Virginia, where the best caves are!
22-23	SS	Backpack	Int	Pete Srimi	683-3611h 343-8800w		Laurel Highlands trail from rt. 653 to rt. 31.
22	Sat	Bike	Int	Craig Hennemuth	693-9605	8:00	New Wilmington, B, 35 miles. A rural ride through Lawrence County north of New Castle. See Mennonite farmlands and probably some horse drawn buggies. You may want to bring an extra water bottle and some food along on this ride since stores are sparse in this area. Check with Craig for more details.
22	Sat	Canoe	I	Alice Fraser	538-5518	8:00	More skill building with small rapids.
22	Sat	Kayak	Int	Cole Van Ormer	362-6535h 624-9772w	8:00	Class II-III whitewater trip. Trip location will be dependent on water levels.
23	Sun	bike	Easy	Lou Conley	681-8321	8:30	The Eighth Annual late August Sunday morning tour of America's number 1 city. The tour has frequent sightseeing stops including Point Park, Station Square, and Clemente Park, along with a ride up the incline to see the view from Mt. Washington and have lunch at a favorite deli near the top of the incline. Be sure to bring lunch money, \$1.20 for the incline ride, and lots of enthusiasm! Call Lou for reservations.
23	Sun	Canoe	II	Millard Underwood	561-0871		Build confidence with rapids.
23	Sun	Hike	Easy	Joe Levine	421-9706	10:30	Easy hike in Frick Park. Leave HQ at 10:30 or meet at the Beechwood Blvd. entrance at 10:45. Bring lunch and drink.
23	Sun	Kayak	Int	Jim Large Sara Moss	683-7721 421-7272	8:30	Class II whitewater trip. Beginner's school (or equivalent experience) is a prerequisite. Trip location depends on water levels.

A MODEST PROPOSAL  
TO EXPAND THE PITTSBURGH COUNCIL  
BOARD OF DIRECTORS  
by Joe Hoechner

The current National AYH Board of Directors consists of 25 members from all parts of the United States and represents a wide spectrum of interests: local council members, hostel owners, etc.

These Board members operate on a committee basis. Since the AYH founding in 1934, the number of committees has grown or shrunk (depending on need) and currently stands at 19. Some committees serve as "oversight" committees and have only one or two members and meet/give one report a year. Other committees have up to 8-9 members and meet at least 5-6 times a year, not including telephone conference calls.

Some of these major committees include: Executive, audit, hostel development, hostel operations, marketing and membership, IVHF, nominations, resource development, strategic planning, personnel, awards, NY and Boston hostel oversight committees, etc.

The number of National Board members/committees has evolved over the 53 years of it's existence to help serve the current and future needs of its members.

The question arises: is it fair to compare the National Board to our Pittsburgh Board? Since our Council was founded almost 40 years ago the Board size has remained at seven. There is no committee formation, no qualifications for potential nominees, no "job description" of duties (beyond approval of a new budget once a year). As our council has grown from 200 to almost 2000 members, the size of the Board of Directors has remained static.

The way the council by-laws are written the Activities Board takes care of the "day-to-day" council business. There are NO provisions for the Board of Directors to take an active part.

"Gee, if 7 members don't do anything now, what makes you think 11 or 15 members will get things done?" Good point! Simply increasing the Board size (or permitting the Board to grow: "not to exceed 15 members") is not the answer. The existing Board has to realize their responsibilities to the council members: providing the full range of services/information/facilities that other councils provide.

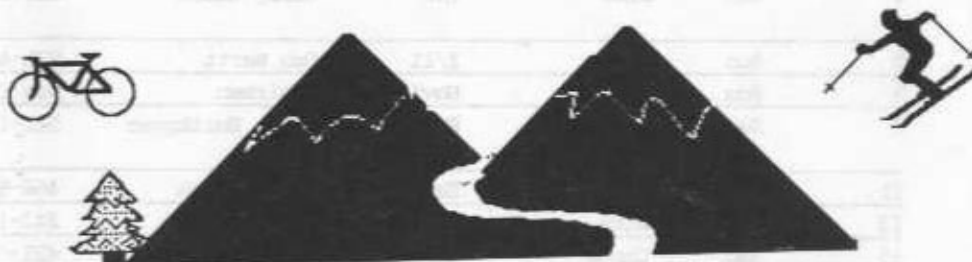
What do you think? Opinions from Board members and others are welcome and could be printed in the Sept. and Oct. newsletters.

NORM DOES THE GRAND CANYON!

Join Norm Snyder on a two week trip to the Grand Canyon area. See Indian ruins and maybe do some canoeing. First two weeks in September. Give Norm a call at 351-4068.

THE MON VALLEY CENTURY

Mark Sunday, September 6th on your calendar (the day before Labor Day). That is the day of this year's Mon Valley Century. The MVC has century rides for cyclists of all abilities. (For those of you unfamiliar with "bike-talk", a century is a hundred of some measure. Traditionally, it refers to a hundred miles.) For the more experienced cyclist there is the classic century ride which combines flat riding, hills, and rolling terrain into one really neat ride. For the more casual rider we have a metric century (100 km, about 65 miles) ride which is actually flat. (Yes, that is correct, it really is flat). For the beginner or very casual rider, there is a half-metric century (50 km, about 35 miles) ride over reasonably flat terrain. As you can see, everyone will be riding a century ride on the MVC. All of the rides feature lunch, map, road markers, and a t-shirt. The registration fee is \$10 before (and including) August 23, and \$12 afterward. Pick up a registration form at HQ or send a self addressed stamped envelope to MVC, c/o Chuck Ejzak, 6858 Wilson St., West Mifflin, PA 15122. In addition to riders, we can use volunteers to help with the food stops and registration. If you cannot ride this year's MVC, why not volunteer to help? Call Chuck Ejzak at 466-6196 if you have any questions or if you would like to volunteer. See the application form in this Triangle.



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# PITTSBURGH COUNCIL AYH TRIPS FOR AUGUST 1987

DATE	DAY	ACTIVITY	LEVEL	LEADER	PHONE	TIME	DESCRIPTION
July 30	Thurs	Bike	Easy	Cheryl Arnold		6:30 pm	Evening cycle. Meet at HQ.
July 31							
Aug. 2	FSS	Bike		Joe Hoechner	242-0781		Stanford House Hostel trip. Look in the July issue for details.
1	Sat	Canoe	I/II trip	Bill Whitehead	363-0365	8:00	Small rapids, skill builder.
1	Sat	Hike	Easy	Todd Henkelmann	826-0856	9:00	Explore the trails at Beechwoods Farms Nature Reserve in Fox Chapel.
2	Sun	Canoe	I/II trip	Bob Rohde	243-3714	8:00	More challenge for new graduates.
2	Sun	Hike	Int	Bruce Sundquist	327-8737	8:00	Hike Don Johnson Run to Camp Carmel. Tubing the lower Yough at Mt. Carmel.
4	Tues	Bike	Easy	Jeff Weiss	661-2507	6:30pm	Evening cycle, C, 15 miles. Easy ride near HQ. Bring money for an optional ice cream stop.
6	Thurs	Bike	Easy	Joe Hoechner	242-0781	6:30pm	Evening Cycle, C, 15 miles. Bring money for optional ice cream
7-9	FSS	Bike	Easy/Int	Steve Horowitz	521-0810	6:30pm	Pine Grove Furnace, B/C, 20/80 miles. Weekend at Ironmaster's Mansion Hostel. Excellent cycling right from the hostel or within a short drive in rural and wooded countryside. Swimming is an easy walk from the hostel and lots of hiking is available for those who do not want to ride. This hostel is one of the cleanest in the world and the houseparents are two of the best. Reservations are needed by 8/4. Many spaces are already taken.
8	Sat	Canoe	II/III	Joel Platt	521-5244	8:30	Thrills for the better skilled.
9	Sun	Bike	Int	Larry Laude	665-9554	5:00pm	Evening Cycle, B, 25 miles. Ride in the city on a Sunday evening. Optional ice cream break on the way.
9	Sun	Canoe	I/II	Dan Martt	921-4638	8:00	Moderate rapids with some trials.
9	Sun	Climb	Novice	Chairmen	see list	7:00	Cooper's Rocks, WV.
9	Sun	Hike	Easy	Linda Smithyman	531-1868	8:00	Chiopyle area. Several trails totalling 6 miles. Cool your feet in the Yough.
11	Tues	Bike	Easy	Chuck Ejzak	466-6196	6:30pm	Evening cycle, C, 15 miles. Bring ice cream money.
13	Thurs	Bike	Easy	Judy Menosky	242-1573	6:30pm	Evening Cycle, C, 15 miles. Bring ice cream money.
15	Sat	Canoe	II	Janet Supowitz	421-7326	8:00	Fun in the sun and sluices.
15-16	SS	Climb	Int	Chairmen	see list		Tentative trip to be announced at Thursday meetings.
15	Sat	Hike	Easy	Pete Srimi	683-3611h 343-8800w	8:00	Glacier Ridge Trail in Moraine State Park. 9 miles. Maybe we can take a dip in Lake Arthur.
15-16	SS	Kayak	Novice	Lou Conley	681-8321		Beginner kayaking school. See write-up under kayaking.
16	SUN	PICNIC	ALL	CHUCK & LYNN EJZAK	466-6196	1PM	THE ANNUAL AYH PICNIC AT NORTH PARK. SEE THE AD IN THIS ISSUE FOR MAP AND DETAILS.
16	Sun	Bike	Easy	Judy Menosky	242-1573	9:00	North Park, C, 30 miles. Meet at Ontario Shelter for a pre-picnic ride. Swimming and the AYH picnic afterward. Ride will be in the North Hills area. Call Judy for directions and details. Bring your picnic in the car with you or have someone bring it for you.