

# The Golden Triangle

The Newsletter of the Pittsburgh Council, American Youth Hostels

Volume 42 Number 48

August, 1991

## August Programs

### August 1

**Day Hikes in Switzerland**  
Paul Pokorski

### August 8

**Lighthouses of New England and The Maritimes**  
David Horner

### August 15

**Chile and Excerpts from Venezuela and Peru**  
Curt Larson

### August 22

**We'll listen to European radio stations while assembling the newsletter**  
Rodney Horner

### August 29

**Nutrition for a Physically Fit Lifestyle**  
Jean Marcelli, R.D.; Allegheny County Health Department

### We need shows!

To volunteer to do a show, call Rodney Horner at 339-0944

## National Park Service Celebrates 75th Anniversary

In 1872 the first national park in the United States, and the world, was created by the Yellowstone National Park Act. This legislation was the forerunner of federal protection of exceptional lands for public use.

The National Park Service was created by an act of Congress and signed by President Woodrow Wilson on August 25, 1916. This "organic act" united 36 national parks and monuments into the National Park System with businessman and outdoorsman Stephen Mather as its first director.

In recent years the national Park system has grown at a tremendous rate: 97 parks were created between 1973 and 1990 alone. Many of these were new kinds of parks, such as urban recreation areas, free-flowing rivers, long-distance trails, and historic sites honoring our nation's social achievements.

Today the National Park system encompasses more than 80 million acres in 357 different park areas. These parks range in size from the 13 million acre Wrangell-St. Elias National Park and Preserve in Alaska to the Thaddeus Kosciuszko National Monument, a Philadelphia row house commemorating an American Revolutionary hero. Eight thousand miles of roads criss-cross the parks. They contain 16,000

buildings, and 26 million objects and cultural artifacts including John Wilkes Booth's derringer, Carl Sandburg's typewriter, and the surrender canons from the battles of Saratoga and Yorktown. More than 265 million visitors a year come to the national parks.

According to American artist Alan Gussow:

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**"[A place is] a piece of the environment...claimed by feeling."**

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The national parks are this county's collective "places," the symbols of our experience as a people.

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# Montour Bike Trail Extension Proposed

A new bikeway from Montour Run to the Pittsburgh International Airport terminal has been proposed, and it needs your support. The new bikeway, proposed by Raymond L. Reaves, Director of the Allegheny County Planning Department, would cost about \$1 million.

There are three possible routes for the bikeway. One route would basically follow Clinton Road, a county-owned road which parallels the Southern Expressway to the south and west. The bikeway would cross the Southern Expressway about 1/2 mile east of the airport terminal interchange utilizing an underpass for an internal airport road. A variant of this route would follow a utility corridor parallel to Clinton Road. This route would be the least expensive of those proposed.

A second route would follow the ridge to the south and west of the expressway. This route would serve various parcels that could be leased by the County to private developers.

A third route is a separate path within the Southern Expressway right-of-way. It would be located at the top of the roadway embankment. This would be the most expensive route to construct, and would be very noisy for cyclists.

Other routes may yet be suggested, since a detailed study has not yet been done. Such a study would examine physical feasibility, cost, effects on airport operations, convenience to cyclists, access to required land parcels and opportunities for joint development.

The benefits of the project, as seen by the Allegheny County Planning Department, involve both transportation and economics.

First, a bikeway would create a more diverse transportation mix, easing the load on other forms of transportation. A similar bikeway in Seattle carries three percent of commuters. Even this amount of use would result in significant reductions in congestion, parking demand and air pollution. This occurs because shorter trips have the most impact — a cold engine produces more emissions than a warm one.

Second, a well-designed bikeway would encourage bicycle use in general. Access to safe, functional bikeways

is not currently something Pittsburgh cyclists can take for granted.

Economic benefits would result from the recreational value of the bikeway. It would serve as an extension to the 55-mile long Montour Trail, which joins several municipalities in two counties.

Studies cited by the County show that bikeways are a consideration in many relocation decisions. The County study suggests that economic benefits from the project could recover construction costs.

The other principal economic benefit cited by the county is the catalytic effect the bikeway would have on related private development. A truly integrated commuter/recreational bikeway system would serve to distinguish Pittsburgh from other metropolitan areas in a unique and very positive way. The Airport Commuter Bikeway would be one step toward realizing such a system.

To express your support for this project please drop a letter to all of the following:

**The Honorable Tom Foerster, Chairman**  
Allegheny County Board of Commissioners  
119 Courthouse  
Pittsburgh, PA 15219

**The Honorable Pete Flaherty**  
Allegheny County Board of Commissioners  
119 Courthouse  
Pittsburgh, PA 15219

**The Honorable Lawrence W. Dunn**  
Allegheny County Board of Commissioners  
119 Courthouse  
Pittsburgh, PA 15219

**The Honorable Ron Gamble**  
State Representative  
44th District  
2 Union Avenue  
Oakdale, PA 15071

## September Deadlines

All copy  
August 1  
Binding and Mailing  
August 22



## The President's Corner

### M.V.C. '91 — Spread the Word!

There is still time to ride/volunteer for the Mon Valley Century Bike Ride on August 18th. Joe Hoechner is looking for help to hand-deliver bundles of application forms to local bike shops. See him at headquarters on any Thursday night.

If you ride around areas like South Park, North Park, Lake Arthur, Oil Creek or the Ohiopyle Bike Trail, you can also tuck applications under the windshield wipers of cars parked there that have bicycle racks.

Don't forget cars in your neighborhood or at work that sport bike racks.

You can still register for just \$10 if you do so by August 4th. After that date, registration is \$13. Call Joe Hoechner at 242-0781 for quantities of applications.



### Ohiopyle Hostel Work Party Saturday August 10th

We really, really, really need some help to get the hostel in shape before winter sets in. If you can scrub, paint (interior or exterior), do yard work or anything else, we can use a few hours of your precious time. Volunteers can work for the morning, and we will provide a free lunch (and transportation). The rest of the afternoon can be spent riding on the bike trail, do easy or difficult hikes, or returning to Pittsburgh early if you don't want to work in the afternoon. We'll meet at 8:30am at headquarters and plan to be back by 6:00pm. Please call Linda Smithyman at 531-1868 for any additional information.

### ELECTIONS

Yes, it's true — almost an entire year has gone by since our last annual meeting and elections. You may recall that the Council approved changes to the Constitution to consolidate the two boards of the Council into a single board of directors, with all operations of the Council being handled by committees of the board of directors. I anticipate that the bylaws will be completely rewritten by the annual meeting to fully implement these changes and perhaps to consolidate the bylaws and constitution into a single document. There will be also be elections for the board of directors at the annual meeting. If you are interested in serving your Council as a director, please contact me for more information on what's involved.

### HOSTELS

We are also coming around on another cycle for hostel chartering. Our existing hostels must be inspected and approved for rechartering by the end of this month. This is also (almost) the last chance for us to approve new hostels in time for them to appear in the 1992 handbook. We've had several expressions of interest in working on a hostel for State College. I hope to be meeting with these folks in the near future to work on creating a community-wide support for a hostel. A potential new hostel in the East End of Pittsburgh is also being investigated by the Hostel Committee.

### BOARD OF DIRECTORS MEETING

At the last Board meeting, new bunk beds for our Ohiopyle AYH-Hostel were approved and should be delivered this month. A locking file cabinet for headquarters was also approved. The next Board Meeting, to be held the week of July 29th, will be taking another look at hiring part time office staff to handle the administrative work of the Council. Call me for more information if you'd like to attend or if you are interested in working for the Council.

I'd also like to thank Karen Lukas for doing the newsletter for the last few months and Ron Wodaski for volunteering to continue Karen's work.

Larry Laude (412) 665-9554



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**341-3111**



703 WASHINGTON RD. PGH (2 MILES FOR SOUTH HILLS VILLAGE)



## Volunteers Needed

Volunteers are needed for a variety of activities at AYH.

There is a need for an experienced backup newsletter editor. If you have experience with desktop publishing, contact the newsletter editor, Ron Wodaski, at 833-7765.

Good photos for the newsletter cover are always welcome. If you have good shots of the outdoors, AYH activities, etc., please contact the editor.

## Foreign Affairs

Would you like to listen to the radio broadcasts of a country before traveling there? In English? Learn how to on August 22 during our Open House.

Learn the proper diet to better your achievements on AYH activities. August 29 during our weekly Open House.

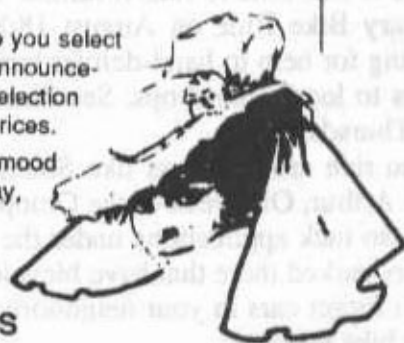
"Life is a great bundle of little things."

— Oliver Wendell Holmes

## Wedding Invitations

Our wedding consultants will help you select beautiful wedding invitations and announcements. They offer you the largest selection of invitations at very reasonable prices.

Invitations that let you express the mood you wish to set for your special day.



By Appointment

**SUNDOWN GRAPHICS**

373-9198

*discount for AYH members*

## western pa's canoesport center

### features:

old town • mad river • mohawk  
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okespore • grey owl • gillespie • mitchell  
quick & easy • perception • and others

special savings for AYH members!

## canoe pittsburgh!

74 south 20th street • in the "southside"  
pittsburgh, pa 15203 (412) 481-0700  
hours: mon/wed/fri/sat, 11-5 tue/thur 11-8

# Cycling in August



**Friday to Sunday, August 2-4**

## Ironmaster's Mansion Hostel

See write-up for this ride. Reserve early to ensure a spot. Leader: Larry Laude 665-9554

**Friday to Sunday Aug 9-11**

## Niagara Falls

An annual trek to the falls. Ride the scenic Niagara Parkway and enjoy many other sights. Current plan is for tent camping. Call for more details and to reserve. Class: B/C Leader: Ober Rooney 364-3956

**Sunday August 11 (Elizabeth)**

## Mon Valley Century Volunteers' Ride and Etc.

This ride is exclusively for MVC volunteers. Call for more details. Chuck Ejzak 466-6196

**Sunday August 18**

## Mon Valley Century

Rides of 100, 65, and 35 miles; Registration fee (\$10 before August 5, \$13 after August 4) includes map, food stops and MVC T-shirt. Applications available in: July Triangle, at HQ, from Chuck or just show up in Elizabeth. 6:30-10 at Elizabeth Leader: Chuck Ejzak 466-6196

**Sunday August 25**

## Twelfth Annual Duquesne Incline Bike Ride

12th annual late August Sunday morning tour of America's No. 1 city. The pace is leisurely and has many sightseeing stops including: South-Side park along the river, Point State Park, Station Square, and Clemente Park along with a ride up the incline to see the view from Mt. Washington and to have lunch at our favorite deli near the top of the incline. Be sure to bring lunch money, \$2 for the incline and lots of enthusiasm. Call for information and to reserve. Meet: 8:30 at HQ, Class: C, 30 miles, Leader: Lou Conley 681-8321

## It's MVC Time!

Be sure to join us on Sunday August 18. There is sure to be a ride for you, and with over 500 riders expected, you will not likely have a problem finding someone to ride with, either. The rides include some very scenic, flat terrain riding along the Monongahela River. If you are on the 65 or the 35, you will not have any hills which amount to anything. The 100 milers, however, do get a good share of hills. If you can't ride or are willing to give some time to make this ride a success, we can use you to help with registration, parking, and food stops. (As a consolation, there is a volunteer ride on the Sunday before the MVC.)

## Other Rides!

October 6, SABRE (Southwest Autumn Breeze) - Look for application form and more information in the September Triangle.

## Evening Bike Rides

10 to 20 mile rides from South Park. These go many evenings. Call to get details for the day that interests you. Leader: Bill Eberle. 833-9732

## Mountain Bike Rides

Meet at South Park every Saturday. There are trips for beginners and for intermediate/advanced riders. Locations and times change, so call for more information. Leader: Tom Mantle. 343-6885

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## Canoeing in August



**Sunday August 11**

### **Class I, II Trip**

The destination was not known at press time; call for more information.  
Leader: Leslie Mayro (422-1641)

**Sunday, August 18**

### **Class I, II Trip**

Probably the Middle Yough or the Casselman if runnable.  
The Middle Yough is a pleasant trip with some interesting rapids. The first and last thirds of the trip are through a series of rapids; the middle third is a pleasant, mostly flat paddle.

Co-leaders: Jon Maiman (441-2306) and Bryan McBane (443-8972)

### **Note to Paddlers:**

It can happen anytime, but warm weather and low water make it more likely: bacterial contamination. Two paddlers recently became ill after ingesting water from the Middle Yough; don't let it happen to you! When you go over (as we all do!), don't drink (or breathe) the water if you can help it.

## Climbing in August



**Sunday, August 4**

### **Beginner Trip — Coopers Rocks, West Virginia**

Beginner trips are geared toward teaching basic rock climbing skills to people who have never climbed before. All you need to bring are tennis shoes and lunch. AYH supplies all climbing equipment. Meet at HQ at 8:00am

**Saturday, August 24**

### **Novice Trip: Seneca Prep — High Rocks, Derry, PA**

The Seneca Prep trips are designed to teach climbers the skills needed to "second" a multi-pitch climb. You must attend a Seneca Prep trip to be eligible for a Seneca Rocks trip (The next one is September 7-8.). Meet at HQ at 8:00am

**Sunday, August 25**

### **Beginner Trip — High Rocks, Derry, PA**

Meet at HQ at 8:00am

## Mid-week Rambles Each Wednesday

We meet each Wednesday at 10:00 am in the upper parking lot at Fifth and Shady Avenues. Call Cliff or Marilyn Hamm at 687-4520 (home) for more information on current activities or to make arrangements to meet the group.

Plan on bringing a lunch with you.

## Pittsburgh Council Hostels

### **Ohioypyle AYH Hostel**

Ohioypyle State Park  
P.O. Box 99  
Ohioypyle, PA 15470  
(412) 329-4476

### **Charleroi Youth Hostel (S.A.)**

Rego's Hotel & Restaurant  
601 McKean Avenue  
Charleroi, PA 15022  
(412) 483-6200

### **Little Hickory Home Hostel**

East Hickory, PA  
(814) 755-4908

### **Living Waters AYH Hostel**

RD #1 (1 mile west on Route 30)  
Schellsburg, PA 15559  
(814) 733-7607

### **Point Park College Youth Hostel**

(S.A.) (summer only)  
201 Wood Street  
Pittsburgh, PA 15222  
(412) 392-3824  
(412) 391-4100 after 4:00pm

### **The Pittsburgh VRC Hostel**

1323 Forbes Avenue  
Pittsburgh, PA 15219  
(412) 471-2600



## Family Activities in August



**Sunday, August 3**

### McConnells Mill State Park

A picnic and hike outing. Contact: Barbara Hanusa (441-7205)

**August 30-31, September 1-2**

### Laurel Hill State Park

Overnight cabin camping. Reserve your spot no later than August 25. This outing is an excellent introduction to camping for the whole family. The site has small cabins and a large dining/activity center. Meals will be prepared and activities planned by participants.

Cabin fees: \$4.00 per night per person for AYH members, and \$5.00 for others. Children under age 3 are free. Food costs will be split by participants.

Contact: Ellen DeBenedetti (242-6650)

The AYH families group was started to facilitate young children's participation in outdoor activities. As such, most activities are outside and demand little in the way of experience or ability. If you want long arduous hikes, look elsewhere. If you want to share your enthusiasm for outdoor activities with your children and other families, this may be your group. The children in our active families range from 2 months to 12 years old.

For day outings, the only things needed are walking shoes and something to carry your food. Specific equipment for trips should be discussed with the leader if you have any questions.

We always need new leaders for outings. The only prerequisites are a telephone, a map, and an ability to tolerate last minute changes in plans. AYH fees are waived for trip leaders.

Family activities operate on an informal basis. If you have questions, ask!

## Hiking/Backpacking in August



**Friday to Sunday, August 23-25**

### Laurel Highlands

Backpacking Trip in the Laurel Highlands from Route 653 to Ohiopyle. Meet at HQ at 7:00 p.m. Friday evening. This is a toughie, but we're going for it! We'll camp Friday at Ohiopyle; Saturday at the Ohiopyle Shelter on the trail. Leader: Pat Tieman 561-3286.

## Pittsburgh Council Activity Chairs

### Bicycling

Check Ejak ..... 466-6196  
Bill Eberle ..... 833-9732

### Canoeing

Clar Bunker ..... 244-9788  
Royanne Mac ..... 335-7326

### Caving

Dan Mart ..... 921-4638

### Climbing

Eric Bauer ..... 687-0766

### Family Activities

Barbara Hanusa ..... 441-7205

### Hiking & Backpacking

Ben Bruggmans ..... 736-2751  
Pat Tieman ..... 561-3286

### Kayaking

Ray Yutzy ..... 341-5682  
John Gayler ..... 421-1307

### Mid-Week Trips

Cliff Hamm ..... 687-4520

### Rafting

Jon Maiman ..... 441-2306  
Linda Smithyman ..... 531-1868

### Sailing

Bob Zavos ..... 241-0659

### Sea Kayaking

Ted Self ..... 795-6286  
Mark Mistrik ..... 441-8293

### Volleyball

Jeff Marsh ..... 384-7827

### Cross-Country Skiing

Fred Parker ..... 856-4713  
Steve Tubbs ..... 279-4866

# Kayaking in August



*(Dates to be announced)*

## AYH Introductory Kayak School

Meets at headquarters at 8:00am. Please see the write up in the adjoining column. For dates or more information, contact either Ray Yutzy (341-5682) or John Gaylor (366-4062)

**Saturday and Sunday, August 3-4**

## TRPC Turkey Bash Whitewater Kayak Training Clinic

This clinic is sponsored by the Three Rivers Paddling Club. Introductory or advanced kayak training will be provided all weekend at Ohiopyle. Along with excellent whitewater and a whole crew of paddlers, you also get to enjoy turkey roasted over an open pit. Lots of fun, so put it on your calendar early.

There will be a Saturday clinic at 9:00am, a dinner Saturday evening at 6:00pm, and a full day of paddling on Sunday. Please note that all arrangements for the Sunday paddle will be made at the Saturday dinner; you must attend the dinner if you plan to paddle on Sunday!

Contact: Tim Chase (748-3029) before 9:30am for details of the event, or Ray Yutzy (341-5682) to reserve an AYH kayak and equipment. No equipment is supplied at the Bash!

For information about other kayak trips in August, contact Ray Yutzy or John Gaylor.

## Beginning Kayak Schools: What You Need to know

AYH beginning kayaking schools are held once a month from June to September. These schools provide an introduction to the exciting sport of whitewater kayaking.

The Schools are open to complete beginners (those who have never been in a kayak before) and to those who have never kayaked on whitewater before, and they are great fun! The schools last an entire weekend and include an overnight stay at the Pittsburgh Council hostel in Ohiopyle.

The first day of the school is spent learning the basic skills of kayak paddling on a very nice, calm lake. The second day is spent developing those skills on a very easy (class I-II) whitewater river. Space is limited and preference will be given to AYH members, so sign up early. Call Ray Yutzy (341-5682) or John Gaylor (366-4062) for more information or to reserve a spot.

## Ironmaster's Hostel Cycling

Larry Laude and Marianne Kasica will lead this year's cycling trip to the Ironmaster's Mansion Hostel at Pine Grove Furnace on the first weekend of August (August 2-4). Space may still be available, but call soon!

This will be primarily a cycling trip, with rides of 0 to 60 miles through the central Pennsylvania hills. A few are also planning to cycle to Gettysburg for a day trip. But there will also be hiking, swimming, and hot-tubbing available for the non-cyclists. (Yes, there really is a hot tub at the hostel!)

We will leave headquarters at 6:00pm, and will return Sunday evening. Reservations and a deposit of \$10 are necessary in order to ensure a space. A total cost of only \$50 includes two hostel overnights, Saturday and Sunday breakfasts, Saturday dinner, and a share of car pool expenses. Call Larry at 665-9554 now!

## Travel Notes

For a free visitor's guide and map to the Laurel Highlands, call Laurel Highlands at (800) 333-5661. For information on the Ohiopyle AYH-Hostel, call (412) 329-4476 evenings.

For the 72-page Buckeye North magazine with travel information on Ohio's north coast, call (800) 225-ERIE. Stay at the Toledo, Bowling Green, or Cuyahoga Valley hostels (check AYH Hostel Handbook for details).



## Rafting in August



### **Saturday, August 4** **Beginning Rafting Trip**

Meet at HQ at 8:15am for a trip on the Lower Youghiogheny River. Everyone is welcome including first timer rafters. Approx. cost of this trip is \$18-\$20 for AYH members. Leader: Doug Bruce & Linda Smithyman (531-1868 H).

### **Saturday, August 17** **Beginning Rafting Trip**

Meet at HQ at 8:15am for a trip on the Lower Youghiogheny River. Everyone is welcome including first timer rafters. Approx. cost of this trip is \$18-\$20 for AYH members. Well probably stop for dinner on the way home. Leader: Jon Maiman (441-2306 H).

### **Sunday, August 18** **Beginning Rafting Trip**

Meet at HQ at 7:45am for a trip on the Lower Youghiogheny River. Everyone is welcome including first timer rafters. Approx. cost of this trip is \$18-\$20 for AYH members. Leader: Linda Smithyman (531-1868 H).

### **Friday, August 30 - Monday, September 2** **Intermediate Rafting Trip**

Meet at HQ at 6:00 PM for a weekend trip to the New River Gorge. Some prior rafting experience is required! Aprox. cost of this trip is \$65-\$75 including camping fees. Leader: Jon Maiman (441-2306 H).

## Fond Farewell to the Knapsack

Readers of Knapsack magazine can soon look forward to a brand new travel publication from American Youth Hostels. The former four-color magazine has been discontinued and will be replaced by a new publication focusing on hostel-ling throughout North America.

As part of a continuing effort to provide hostellers with the latest information on hostel openings, unique travel opportunities and special programs, the new publications will be published four times a year and distributed to all AYH members. Look for the premiere issue in Spring of 1992.

## Southwestern Autumn Breeze (SABRE)

SABRE is a series of rides (62, 35, and 15 miles) on Sunday, October 6. It will be run similar to the Mon Century. Look for more details in September.

## Rafting and You

### What to Bring

Suggested attire for raft trips includes old sneakers, bathing suits, T-shirt (optional), sunscreen, bandana, glasses strap and a towel. You'll also need a full set of dry clothes to change into after the trip. Wool clothing and/or raingear are needed for cool or rainy days. Bring your own bag lunch to eat on the river. Most trips take a full day and stop for ice cream or dinner on the way back.

### Impromptu Trips

When the river water levels cooperate, we frequently organize impromptu trips. These trips are usually on rivers other than the Lower Yough. and are announced at the thursday evening open houses.

## New Editor

The newsletter has a new editor: Ron Wodaski. If you have questions or last minute revisions, contact him at 833-7765.

## Newsletter Submissions

There are several ways to submit an article or schedule for publication:

\* Mail to: Editor, *The Golden Triangle*, 6300 Fifth Avenue, Pittsburgh, PA 15232. It must arrive at headquarters no later than August 1 for inclusion in the September issue.

\* Send via e-mail to:  
ronw@apexsc.com

\* Send via compuserve mail to:  
Ron Wodaski at 75530,3711

# Sailing in August



**Saturday and Sunday, August 3-4**

## Day Sailing on Lake Arthur

Both days are reserved for day sailing on Lake Arthur in Moraine State Park. You must have completed our introductory sailing course or equivalent. We have three 14 foot flying juniors and can take up to 8 people each day. If you have your own sailboat please join us, otherwise the fee is \$10.50 per person. Leader: Bob Zavos 241-0659

**Sunday August 11**

## Day Sailing on Lake Arthur

As above we will launch from our home base at Watt Bay on the North Shore of Lake Arthur. Leader: Bob Zavos 241-0659

# Labor Day Sailing Weekend

Reserve Labor Day weekend for a special sailing adventure. We will head out for a sail on Lake Chautaugua. For details, call Bob Zavos at 241-0659

## Sail Away!

If you would like to lead a sailing trip, or assist in boat hauling, please contact Bob Zavos (241-0659)

In addition, we are looking for a few good boats for our sailing classes; give Bob a call if you can help out.

## Sailing Classes

Our final introductory sailing classes for the season will be offered during the second half of August. These classes are intended for those who have never sailed before, or who have not sailed recently and wish to brush up their skills. Classes are open to AYH members who are at least 14 years old. Our class format has changed slightly from our offering earlier this year. Each class includes four classroom sessions and two full days on the water.

	Introduction	Shore School	On the Water	Follow-up
Time	7-8:30pm	7-9:00pm	9am-4pm	7:8:30pm
Location	Classroom	Classroom	Lake	Classroom
Class 1	Mon., Aug 12	Wednesdays, Aug 14 & 21	Saturdays, Aug 17 & 24	Mon., Aug 26
Class 2	Mon., Aug 12	Wednesdays, Aug 14 & 21	Sundays, Aug 18 & 25	Mon., Aug 26

All classroom sessions will be at AYH HQ, 6300 Fifth Avenue, Pittsburgh, PA. On the water classes will be at Lake Arthur or Pymatuning Lake. Details will be announced at each Wednesday class. We can accept up to 6 students for each class. Class fee is \$75.00. Refunds for cancellations less than 14 days prior to the first class will be made only if the space is filled or the class is cancelled.

Name \_\_\_\_\_  
 Street \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
 Phone: Home \_\_\_\_\_ Work \_\_\_\_\_  
 AYH Member? \_\_\_\_\_  
 Class #1 \_\_\_\_\_ Class #2 \_\_\_\_\_ Either \_\_\_\_\_  
 Fee enclosed: \$75.00 \_\_\_\_\_

**Mail to:**

**American Youth Hostels  
 Sailing Chariperson  
 6300 Fifth Avenue  
 Pittsburgh, PA 15232**

## Sea Kayaking in August



*Friday to Sunday, August 2-11*

### **Advanced Sea Kayaking in Downeast Maine Tenth Annual East Cost Sea Kayaking Symposium.**

Paddling and hiking through the spectacular scenery in Acadia National Park. All levels of sea kayaking instruction as well as opportunities to try out practically every model of sea kayak available at the symposium. Call for more information.

Meet Friday evening in Shadyside (may change; call)  
Contact: Mark Mistrik 441-8293 (H) 647-7609 (W)

*Friday evening, August 23*

### **Introductory Sea Kayaking at Crooked Creek Lake**

We'll stop for dinner then explore a scenic rural lake — at night. Beginner instruction, sea kayak rolling and intermediate rescue instruction can be provided, or just come out and spend an evening on the water. This is a good way to become acquainted with sea kayaking if you are interested in one of our longer trips. Call for more information or to reserve a space.

Contacts: Mark Mistrik 441-8293 (H) 647-7609 (W)  
Missy Davidson 741-7632 (H)

### *Friday evening – Tuesday evening, August 30 to September 3* **Labor Day weekend Seak Kayaking Roadtrip to Assateague Island.**

Intermediate level day paddles along miles of natural shoreline, bay salt marshes, the Chincoteague Wildlife Preserve, and lotsa wild ponies everywhere. "Luxury" camping at the State Park Campground, walking distance to the shore. Early reservations are essential. Call for more information.

Meet at 6:00pm at HQ

Contacts: Mark Mistrik 441-8293 (H) 647-7609 (W)  
Missy Davidson 741-7632 (H)

## Volleyball in August

*Tuesday nights*

### **Volleyball in Mellon Park**

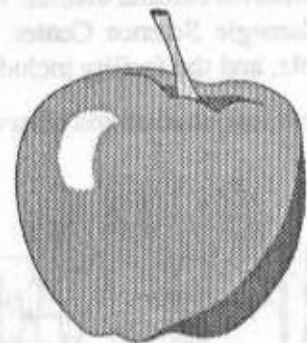
AYH plays volleyball in Mellon Park from 6:30pm until dusk, weather permitting. Call Jeff Marsh (384-7827) for information.

## Hosteling in the Big Apple

The New York International AYH Hostel opened last year on New York's bustling Upper Westside. This now makes a hosteling vacation possible in one of the world's most vibrant cities. If you haven't been to New York, you'll want to include sightseeing in your schedule: the Statue of Liberty and the newly-opened Ellis Island American Museum can both be seen on the same boat trip through New York Harbor. The United Nations, the Empire State building, the World Trade Center, South Street Seaport, Chinatown, Little Italy, Broadway shows, shopping...all await the tourist.

If you've already seen the traditional sights, New York is also a city of dance and drama, music and art. There are more than 100 museums alone!

The Hostel sports a newly painted lobby and new common room furniture. Breakfast service is available, as well as pool, foosball, and darts. The hostel is open 24 hours and has nearly 500 beds, making it the largest AYH hostel in the United States. It is located at 831 Amsterdam Ave. (at West 103rd St.), New York, NY 10025. Make reservations at (212) 932-2300. Overnight rates for AYH members are \$18.75, for non-members \$21.75.





# Hostel Pittsburgh Pennsylvania U.S.A!



## **The Pittsburgh VRC-Hostel**

(corner of Forbes & Stevenson, uptown)

A new 32-bed supplemental accommodation – open January 1991

### **The Surprising City of Pittsburgh**

Located in the southwestern corner of Pennsylvania and serving a metropolitan population of 2.3 million, Pittsburgh is one of the largest corporate and financial centers in the country. The city also is a leader in the fields of health care, advanced technology and education.

The city's transformation from a smoky steel town to a modern urban center occurred not once, but twice:

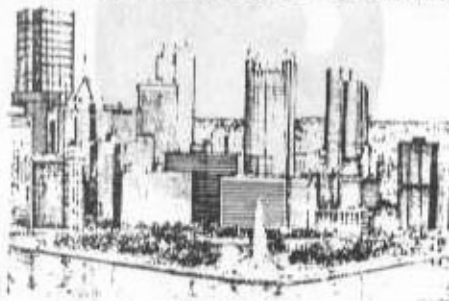
Renaissance I, a \$500 million urban renewal project which began following the second World War; and Renaissance II, a similar \$2.4 billion program started in the late 1970s. The result of the renaissances is a smoke and flood free city with a stunning skyline framed by three rivers, graceful bridges and green, rolling hills.

Residents and visitors alike enjoy the city's many parks, safe ethnic neighborhoods, low cost of living, thriving cultural community and four-seasons recreational opportunities.

As American journalist Brendan Gill recently wrote, "If Pittsburgh were situated somewhere in the heart of Europe, tourists would eagerly journey hundreds of miles out of their way to visit it."

This new S.A. Hostel is open all year with 1991 rates set at \$10 (U.S.) per night. Only 8 short blocks from the Bus and Amtrak stations in the shadow of downtown, it is an easy walk to historic Point State Park, Station Square, Mt. Washington, the downtown cultural district, Three Rivers Stadium and the new Carnegie Science Center. Free overnight parking is available, and the facility includes a low-cost cafeteria.

For more information and reservations, call or write:



### **Pittsburgh VRC-Hostel**

1323 Forbes Avenue (at Stevenson)

Pittsburgh, PA 15219 U.S.A.

(412) 471-2600

FAX (412) 471-3894



### **Hostel Pittsburgh!**

In the shadow of downtown, this Supplemental Accommodation Hostel has been licensed by the American Youth Hostels with the cooperation of the Vocational Rehabilitation Center.



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## Are You Moving? Subscription Problems?

To continue receiving *The Triangle* you must notify us by mail or phone of any change of address: *The Golden Triangle*, 6300 Fifth Ave., Pittsburgh, PA 15232. Phone: (412) 362-8181. *The Triangle* is mailed to you via Third Class mail to save on postage. The Post Office does not forward Third Class mail! It is returned to us with 52 cents postage due. Please let us know if your address changes to ensure you get every issue, and to minimize costs to the Council.

## Guidelines for Contributors

Articles of interest to our members are welcome. Possible ideas include: stories relating to our trips and activities, the environment, the outdoors, etc. Use of material is limited by available space. Submitted materials may be edited.

To submit an article, put in the Editor's box at HQ or mail it to: *The Golden Triangle*, 6300 Fifth Ave., Pittsburgh, PA 15232.

Articles may also be submitted on 3.5" disks (Macintosh or MS-DOS), or by modem. Electronic addresses are:

Internet: ron@apepsc.com  
CompuServe: 75530,3711

## About AYH

American Youth Hostels is a non profit organization which promotes international understanding, educational and recreational travel, good citizenship and an appreciation of America. AYH does this by bringing travelers of all ages, backgrounds and nationalities together in hostels and by providing low-cost travel programs. AYH is the US affiliate of the International Youth Hostel Federation (IYHF) which coordinates more than 5,400 hostels worldwide—the largest network of accommodations in the world.

## Membership Application

### American Youth Hostels

Pittsburgh Council  
6300 Fifth Avenue  
Pittsburgh, PA 15232



\$25 Adult Membership (age 18 to 54, renewals are \$15) .....

\$10 Youth Membership (age 17 and under) .....

\$15 Senior Citizen Membership (age 55 and over) .....

\$35 Family Membership (children under 18, renewals are \$25) .....

\$250 Life Membership (individual lifetime membership) .....

\$18 Foreign visitors (includes visitors from Canada) .....

\$11 Vol. 1, International Hostel Handbook (Europe, Mediterranean) .....

\$11 Vol. 2, Intl. Hostel Handbook (Africa, Americas, Asia, Australia) .....

\$14 Cotton sleep sack (required at all international hostels) .....

Please include \$1.50 postage & handling for each book or sleep sack .....

Donation for Hostel Development Fund (may be tax deductible) .....

**Total:** .....

**Memberships are valid for 12 months from month of issue.**

**Name** .....

**Street** .....

**City** ..... **State** ..... **ZIP** .....

I was a member of AYH last year. My pass # was: .....

I might like to volunteer; please contact me. ....

How did you hear about AYH? .....

**Signature** .....

## AYH Membership Benefits

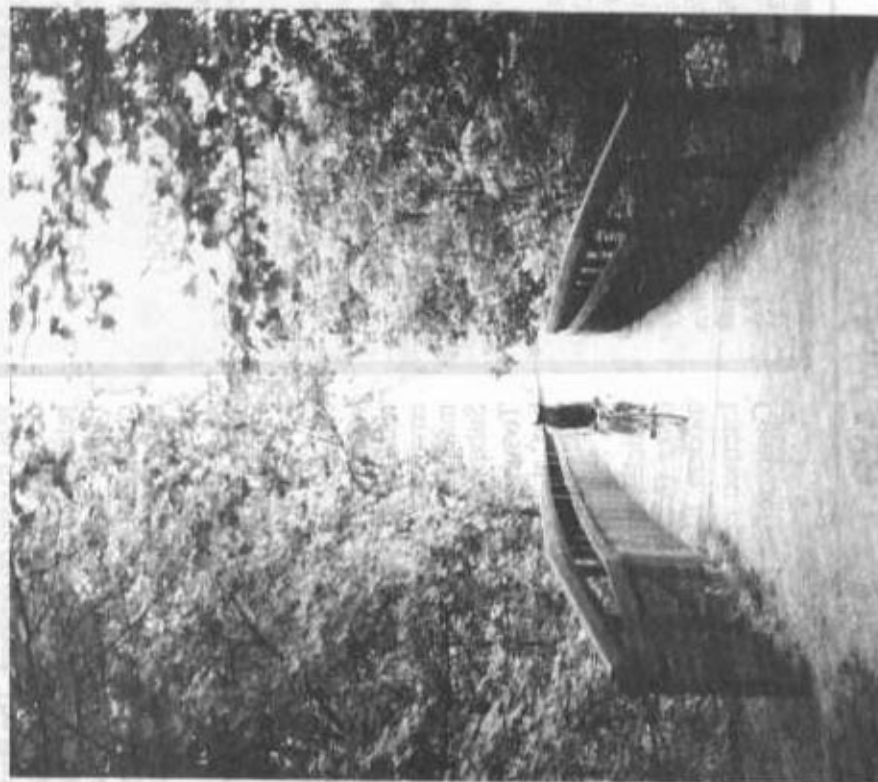
- International Hostel membership card plus Council ID card good for discounts at local bike shops and outfitters.
- North American Hostel Handbook, listing over 250 hostels in the US
- The Golden Triangle, Pittsburgh Council's newsletter of trips and activities
- Open House Thursday nights at Council Headquarters
- Access to national travel programs and Leadership Training courses.

# The Golden Triangle

The Newsletter of the Pittsburgh Council, American Youth Hostels

Volume 42 Number 46

August, 1991



## American Youth Hostels, Inc.

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Pittsburgh, PA 15232  
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