



golden triangle

ayh

pittsburgh council, american youth hostel, inc.

volume 19 number 12 December 1968

REPORT ON THE NATIONAL CONVENTION IMPORTANT NOTICE ON PASS FEES

A.Y.H.'s new International Youth Hostel in Washington, D.C. was the scene of the annual A.Y.H. National Convention Nov 9 and 10. The most important topic on the agenda was the pass fee increase. It proved to be the most bitterly fought issue in at least 5 years. The motion introduced was for a \$1.00 increase in each pass fee (except the \$2.00 special youth pass and the \$50.00 Life pass.) plus a \$1.50 "initiation fee" and the elimination of the Senior Youth Pass (lowering the minimum age for an adult pass to 18). 100% of the additional revenue was to go the national office with the intent of increasing the income of National by about \$80,000. (The national office incurred a deficit of \$39,000 this past year). When the smoke cleared the senior youth pass was still intact and the initiation fee killed. Instead the following schedule of pass fees was initiated:

| | | |
|----------------|------------|--------------|
| Youth Pass | \$5.00/yr. | (was \$4.00) |
| Sr. Youth Pass | 8.00 | (was 6.00) |
| Adult Pass | 10.00 | (was 7.00) |
| Family Pass | 12.00 | (was 9.00) |
| Group Pass | 15.00 | (was 11.00) |

The Life Pass remained the same (\$50.00). In addition the total pass income is to be divided between National and the local councils 65% - 35% instead of the present split of about 62.5%-37.5%. This "compromise" will give the national office about \$61,000 more income next year instead of the \$80,000 originally proposed. It will also give the local councils an estimated \$19,100 more income next year (assuming no increase in membership) instead of the \$0.00 originally proposed. The new fee schedule will go into effect Jan. 1, 1969. Passholders who's passes expire early in 1969 are urged to renew before Jan. 1. Also the advantages of a Life Pass should be reconsidered by all members who anticipate being around for a while. The additional income received by the Pittsburgh Council will go toward a multilith machine and (perhaps) a 16mm. movie projector.

At the annual banquet Pittsburgh Council was given an award for achieving a 49% increase in membership over the past year (second place behind Toledo with a 79% increase). Also Bruce Sundquist received an award for "distinguished service to Hosteling." The Pittsburgh delegation consisted of Henry Fisher, Bob Imler, Sue Simler, and Bruce Sundquist. All agreed that the Washington Hostel is a great place. Be sure to stay there next time you are in D.C. (It's just a stone's throw from the White House.)

? SKI WEEK?

A glorious respite from winter's tedium--seven rosy-cheeked days on (or in) the snow: skiing, sunning, funning, and a little apres ski partying (if you're up to it!) If this sounds good to you, give Trips and Trails Chairman Ann Fisher (521-8992), a call. Details (date and place) will be worked out according to the groups' desires. Typically, such a trip would depart Saturday morning, and return Sunday, a week later.

The cost will probably be near \$120 for all expenses, including a week of lessons. (Equipment rental is additional). Hopefully, our destination will be one of the better ski areas in Vermont or Canada. February is usually the best month.

WARREN

On Sunday, November 24, 1968, Bob Omlar, Pittsburgh Council president, was guest speaker at a Pot Luck Dinner, attended by approximately 80 persons, and sponsored by the Outdoor Club in Warren County, Pa.

Earlier in the day, Bill Rusin, founder of the club and Warren County Planner, led 27 hikers on a six-mile trek along a newly broken trail (so newly broken, in fact, that the Boy Scouts are still clearing it).

After the dinner, Bob showed AYH activity slides and the movie "Wild Rivers".

Recently, the group, with the help of other interested persons, leased a 30-mile right-of-way from the Penn-Central System and hope to develop it for use as a bike-way in the summer and for snowmobiling in the winter.

The Pittsburgh Council is looking forward to the development of this and other projects as the Warren County area is ideal for cross-country skiing, hiking, cycling, climbing and flat-water canoeing. We are anticipating the establishment of supplementary hostel in the near future so that hostellers might utilize this untapped area for varied trips.

Anyone interested in coming to the December Triangle Production Party should contact Terry Sickler for time and directions. 363-8770

KEYSTONE TRAILS MEETING

Five AYH's attended the annual K.T.A. meeting at Camp Michaux in Michaux Forest. Beside the usual hikes, movies, slides, and business sessions, a new activity--Orienteering--was added to the program. It proved to be a very popular event, and 72 of the 100 plus attendees took part in the competition. Prior to the event, a movie on last years National Championships in Canada was shown to illustrate the procedures and rules. Participants then divided into teams of 2-3 people for the 6 mile 7 station event which tested skills in map and compass reading, and hiking. First place in the event was won by Ken Horner and Bruce Sundquist, with second place going to a team from the Batona H King Club (400 members) of Philadelphia, who sponsors monthly 30-mile and 75-mile endurance hikes. John Burns, of our council, and a representative of the Penn State Outing Club took third.

At the main business session, it was learned that the bill to establish a national system of hiking trails has passed Congress and is to be signed by President Johnson.

A new guide to the hiking trails of Pennsylvania will be available in January from K.T.A. (Box 144, Concordville Pa. 19331), at a price of \$1.00 each. A new trail is in the making called the Tuscarora-Blue Trail, running parallel to the Appalachian Trail, but closer to Pittsburgh. It leaves the Appalachian Trail near Harrisburg, along the top of Blue Mountain, then along the ridge of Tuscarora Mountain, rejoining the Appalachian Trail in the Shenandoah National Park.

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HIKING
by

I. Rank Beginner

START WITH A PAIR OF FEET. . .



Add a suitable set of shoes, supply a little of your own steam, fix your eye on the rainbow, and look, Ma, you're hiking!

Maybe you don't have the vigour of an Olympic athlete. You don't have wealth to buy hand-made boots; or a bee's antennae for finding the way out of the woods. You have a love of walking, and that's enough.

But chances are that you also have friends who get their jollies from TV-ing, or sky-diving or other. They wouldn't be caught dead walking in the rain or in the sunshine, either. This is where hosting comes in.

Since hiking is a sociable sport, and solo wandering in strange territory is not recommended, travel with AYH will supply you companions and trail know-how. A variety of adventures is always available, no matter what the season.

Now you have signed up with a trip leader who said you should bring a lunch, poncho canteen and comfortable shoes. . .

COMFORTABLE SHOES!

Nothing else is more important. With a headache or a leaking lunch you can walk, but with sore feet you're seriously disadvantaged. Shoes can be one of three types: (1) Low oxford with lug soles, or tennis shoes with heavy sole markings, for easy walking on low hills, grass and open forest (2) Ankle-high hiking and climbing shoe with heavy tongue and ankle support, cleats or lugs; and all-purpose shoe for shallow rubble, rock, and roots (3) Insulated boot, heavier shoe than #2, for snow and ice. (Full details on shoes in the manual's article on "Equipment" in April, '68)

THEN THERE ARE THE SOCKS. . .

Extremely important in preventing blisters; better when worn in pairs. The inner one, white cotton to absorb perspiration and lessen the danger of dye infection; the outer one of wool for cushioning. Friction now takes place between the two pairs of socks instead of between the heel and the shoe.

NOW ADD A LITTLE OF YOUR OWN STEAM. . .

But don't make the mistake of the beginner who thinks of total terrain to be covered, and sets a speedy pace that has him gasping long before the "shakedown" stop (for tying shoelaces, tightening of packs, removing sweaters, eating snacks)

Gear up to full power gradually, and you will find your body improving in efficiency as you drive it close to its limits of performance. One book on mountaineering claims a reasonable degree of suffering is inevitable if one is to become a good walker. Needless to say, no extended trip should be undertaken without a series of conditioning trips beforehand. Vacations for entire groups have been spoiled by one character who has neglected to discover his limitations ahead of time.

ETIQUETTE . . .

Etiquette? Out in the woods?

Why not--population is scarce enough in the wilderness; there's no point in antagonizing the ones who are there.

Some points to ponder:

- On the trail allow the man ahead enough room so he doesn't feel pressed.
- Step aside off the trail, if you want to stop for picture taking, or resting.
- Don't bend back the branches of bushes and release them in someone's face.
- Carry your own canteen, lunch, etc.

THE COLLAPSING-TYPE RESTS of the novice hiker can be nearly eliminated with a reasonable pace and periodic rest. This will vary with the distance that has to be covered and the size of packs being carried.

A 'breather' every 45 minutes, lasting two or three minutes is usually enough early in the day. Take deep breaths, have a snack, as you lean against a tree.

A 'sackout' rest later on about every hour or two is usually needed. Begin watching for a place to drop packs, have a drink at a spring, look at a view, take pictures. Remember though, that muscles become cold and stiff if inactive too long.

Experienced walkers include the proper number of breathers and sackouts, but also welcome the 'collapse' rest at the end of the day, just like everyone else.

ON GETTING LOST

Stop. Look around. Listen. Shout, and listen for answering shouts, but don't chase imaginary shouts. Instead sit down, calm down. Terror in the face of nature is no sign of cowardice, it is a sane reaction. Look around. Resist panic. Relax. Once cool and collected, mark the present position with a cairn or toilet paper. Scout in all direction, return each time to the marked spot. Well before dark, give up the scouting. Obtain water, collect firewood, if available. Find shelter from the weather if it's bad. Spend the night keeping the fire going and listening, and singing cheerful songs, and rehearsing out loud the funny story this will make some day. Let yourself be found; stay put. It is difficult to find a person who thrashes on in hysteric hope, steadily weakening.

Snow
Shoeing
up
to
the
fire
tower
on
Chestnut
Ridge
in
the
wintertime



Hugh Gilmour takes Abbie Geertz's picture on a sackout rest in the Blue Ridge Mountains.

YES, WE HIKE IN WINTER!

There are some good reasons:

- Thick weeds are gone.
- Trails are easier to see.
- Energy-robbing heat is gone.
- Winter sports may not be possible for want of snow.
- Closed-in, winter doldrum feelings are avoided.
- Summer-trained muscles are kept in tune.
- We like winter!

BE DARING....BE AN EXPLORER!

It's a game that any number can play. With one friend or a half-dozen, just plunk yourself down on strange ground, and with compass and topo map in hand follow an old lumber road or abandoned railroad right-of-way. Or just take off cross country...winter is a good time.

The thrill of the unknown still fascinates. There are countless areas around Pittsburgh that have not been touched by civilization; you have to search them out. With practice you can develop into a real pathfinder. Below are a few notes on the use of topographic maps:



Don Woodland, Baker Trail Chairman, cooks for hikers on the BT near Atwood.

(He plans to lead a backpack trip in the White Mountains next year.)

**YOUR WATCH CAN FIND
 APPROXIMATE DIRECTIONS FOR YOU. . .**

Suppose you have no compass. Just lay your watch flat, aim the hour hand at the sun or hold a match upright to line the hour hand up with its shadow.

An imaginary line halfway between the hour hand and 12 o'clock will point south. This will work on Standard Time anywhere in this hemisphere.

TOPOGRAPHIC MAPS attempt by various methods to depict the terrain---the shape and slope of the land. Careful reading of the map and a little imagination should enable you to get the picture. Think of yourself as looking straight down from an airplane. You'll note the map features are in three groups:

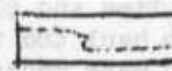
(1) Water, in blue--seas, lakes, rivers, swamps, etc.; (2) Relief, including hills, valleys, mountains and other land surface features; (3) Culture (works of man) such as towns, cities, roads, railroads, and boundaries. Examples are shown below.



Lake



Contours



Trail

Relief is shown by contour lines, which represent an imaginary line on the ground (a contour) following the curves of the land, showing the shape of hills and valleys, as well as their altitude. Successive lines far apart on the map indicate a gentle slope. Lines that run together indicate a cliff. For easier reading, certain contour lines, every fourth or fifth, are made heavier than the others, and are accompanied by figures showing altitude. The interval between one line and the next is stated at the bottom of the map; on local topo maps it is generally 20 feet.

Each state is divided into quadrangles of about 18 X 24 miles. Each quadrangle is designated by the name of a city, town or prominent natural feature within it. On the margins are printed names of adjoining areas. By consulting an index map, you can choose the area you wish to explore. Maps can be bought in Pittsburgh at Weldin's Book Store on Wood Street.

SUPPOSE YOU DISCOVERED THE PLACE WHERE ELEPHANTS GO TO DIE?....

What a wonderful spot to lead a hosteling trip! You rush to the Hiking chairman to volunteer your services and learn what's involved in leading a hike.

Then, you choose a date several weeks ahead, decide on transportation and cost of trip. You plan the meal-type (nose-bag lunch, fancy campfire feast) depending on your experience, and submit this information for printing in the Triangle.

Meanwhile, you enlist the services of other hostelers to help with scouting, schedules, maps, fire-permits--possibly someone who can lead another group at another time. An excursion as interesting as this one will be newsworthy, so let the Publicity chairman write to the papers about it.

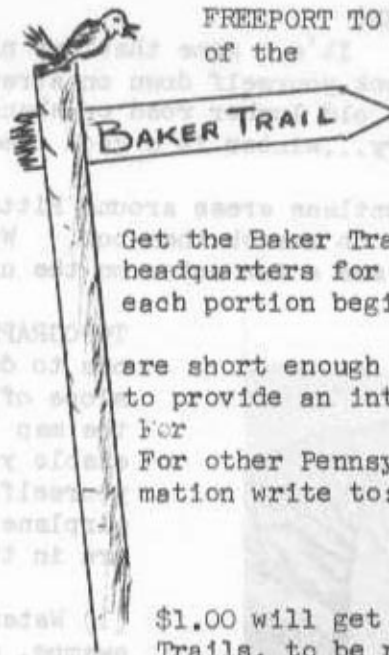
Two weeks ahead of time you have more specific details for announcement at Openhouse on Thursdays. Time and place of departure, what equipment to bring (like number of burros needed to haul the ivory tusks back.) You start taking reservations that come pouring in. You make necessary food purchases and assign work details, tactfully, of course.

The day of the Safari, it probably rains in spite of your specific requisition for a sky-blue day. But everyone has a wonderful time anyway! You learn a little about wet-wood cooking, and a lot about people and you establish yourself as a pretty good Trailblazer.

Finally, (important) you carefully fill out a trip report and turn it in to the Treasurer on the first Thursday following your great expedition.

That's not all. After trying to find the owners of miscellaneous gear left in the trunks of cars, you inform the hiking chairman of likely leader candidates. These will have been much inspired by your success that they'll want to try it themselves.

A Walking Tour of Pittsburgh is a booklet that describes a 2-1/2 hr. walking tour of the Triangle. But it at the Pitt Bookstore.



FREEPORT TO COOK FOREST BY WAY of the

Do the entire 137 miles, or take a sector at a time.

Get the Baker Trail Guide at Hostel headquarters for information on where each portion begins and ends.

Sectors are short enough (10 to 13 mi. long) to provide an interesting day's trip. For

For other Pennsylvania trail information write to: Keystone Trails Box 144 Concordville, Pa.

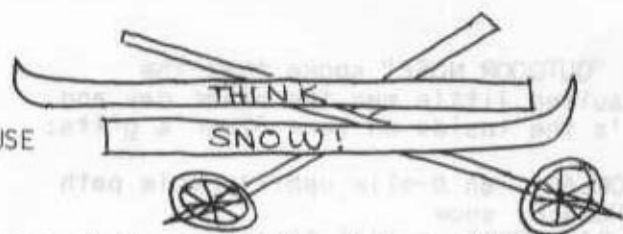
\$1.00 will get you Guide to Penna. Trails, to be released in January.



DOTTIE Lynch and hiking party watch as Jack Batcheler demonstrates his creek-crossing technique in Oakmont's Community Park.



OPEN HOUSE



Dec. 5 - Take a backpacking, hiking trip through the Rocky Mountains with John and Tess Henry. See their slides of Lony's Peak with its elevation of 14,355 feet. An added attraction is the Badlands of South Dakota.

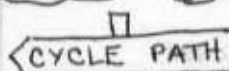
Dec. 12 - AYH's ski season program begins with a flick from the Interski at Aspen, Colorado.

Dec. 19 - Skiers !! Do you know what constitutes the well-equipped, well-dressed skier? Our equipment and fashion show has the answers. (Even if your equipment is in order, perhaps you'd like to find out how to add zest to your outfit. How about it, girls?)

Dec. 26 - No Open House at headquarters. Instead, Liz Saffer entertains at her annual gathering at 4735 Maripoe Street (near the Millvale St. Bridge) call Liz at 683-5128; time 8:30 p.m.



BICYCLE CLUB



"The First Annual"

On Saturday, November 9, 1968, the Pittsburgh Bicycle Club, with the co-operation of the Department of Parks and Recreation, held the first annual "Bicycle Race in Schenley Park."

The course, up Circuit Road, from the shelter to Serpentine Road, stretched 7/10 of a mile.

Among the many spectators were J.R. Steck, B.T. Henstock, and Robert Coyner, of the Parks and Recreation Department.

In the men's races, Dave Ingram, with a time of 3:24 won the senior event; Dave Skolnick was first in the 13 to 16 division (time 4:06); and Ben Sher took the under 13 event in 4:55.

The women had two events with Candy Oliver winning the under 15 race with a time of 5:30, and Maxine Lew sped (time 4:00) in first in the senior division.

The Pittsburgh Bicycle Club would like to thank Richard C. Iguiri, administrative assistant to the Mayor, Robert Coyner, Park Supervisor, and J. Pronio of the Park Police for their invaluable help in the organization, promotion, and administration of the races.

Prizes awarded were donated by Baker's Cycle Supply, Dormont; Newingham Schwinn, New Kensington; Scholl's Bike Shop, West View; and the Ambridge Bicycle Center.

MONTHLY MEETING: Tuesday, Dec. 3

This month's feature will be the repair and maintenance of cycles. Begins at 8:00 p.m. Dress warmly!!

If you know any cycle route we don't TELL US!! The leaders are always looking for new trips that offer adventure and unusual scenery.

Even though the weather didn't permit any cycling in Warren County, the members of the Pittsburgh Bicycle Club enjoyed the tour of the Kinzua Dam and the hospitality of the residents. Thank you, Bill and Bridgette Rusin, Don Neal, and M. Munter, of the National Park Service.

The "OUTDOOR NOSE" spoke that the red-suited little man the other day and here's the inside on some AYH's gifts:

BOB OMLAR: an 8-mile uphill cycle path
KEN HORNER: snow
DAVE DAVENPORT: a flat tire
BOB FEWKES: a boat with a capacity of 2
LARRY SMITH: a tour of Duquesne Brewery
JIM HURST: a little black book
TOM WEET: another little black book
MARY JOHNSON: a car that starts in reverse
ERIC STACY: a map to AYH headquarters
BILLIE AND DON WOODLAND: a bottle of wine
MELVIN TOBIAS: a trip to Angel Falls and an AYH pass.
HENRY POLLACK: home movies of the Arctic
ANN FISHER: a bottle of aspirin to be used at Trips and Trails deadline
TO ANYONE WHO WANTS IT: Triangle editor-ship

WANT ADS

Head Standard Skis (6'6") including bindings. \$50.00 Call Henry Fisher 521-8992

Panasonic portable tape recorder, used only one term for biology lectures. With seven tapes \$67.00 Call Sue Simler 371-6755

Rent part of a ski lodge near Seven Springs Call Rick Frunchak at 471-5659 x228

COUNCIL SKI EQUIPMENT- our council currently has an excess of ski poles and boots on hand. These are offered for sale to members on a first come- first serve basis. The ski poles are either new or have been used only a few times and are priced at \$4.00 a pair, retail value was \$5.00. The boots are all double boots and range from well-used to brand new, with the prices ranging from \$10.00 to \$15.00 per pair. These interested should contact Bruce Sundquist.

DON'T FORGET TO RENEW YOUR PASS BEFORE THE FIRST OF THE YEAR TO SAVE MONEY!

CONSIDER BUYING A LIFE
PASS-SEE KAY LEW
FOR TERMS

Anyone interested in subscribing to the local ski paper SKI TRAILS should send \$1.00 for six issues to:

SKI TRAILS
5402 Keepport Drive
Pittsburgh, Pa. 15236

I wish to join (renew) AYH:

NAME _____

ADDRESS _____

ZIP _____

Youth \$4.00 _____

(under 18)

Sr. Youth \$6.00 _____

(18 to 21)

Adult \$7.00 _____

Family \$9.00 _____

(includes children to 18)

Group \$11.00 _____

Life \$50.00 _____

Those joining AYH need not send \$2.00 for a Triangle subscription.

Triangle subscription \$2.00 _____

_____ I am going to use my pass in Europe

_____ I am going to use my pass for Pittsburgh Council activities

There is the possibility of another week-end trip to WARREN COUNTY in December, however, plans have not been finalized yet. The proposed date is December 20-22. Anyone interested in this trip should contact Dave Davenport, 441-4292.

IF THERE IS NO SNOW on December 7th, handsome, suave, man-about-town Doug Eitinger will lead a dancing trip to the Shadyside Ballroom. Assemble at H.Q. at 9:00p.m. with your partner.

TRIPS AND TRAILS

DECEMBER 1968

- FRI. 6th - Skating at North Park with Rock Mercier (361-5794). Leave Headquarters at 9:40 p.m. for late session skating (10:30 to 1:00). Admittance fee is \$1.00; skate rental, 50¢.
- SAT. 7th - Henry Pollack (621-3500 X 7483) leads a rigorous 15 to 20 mile HIKE on the Baker Trail. Leave headquarters at 8:30 a.m. This trip is strictly for people who want to hustle their bones. Hiking boots are required. Bring your lunch.
- SAT. 7th - SKI where there's snow with Dave Ingram, weather permitting. Meet at Headquarters at 8:00 a.m. with lunch. \$8.00 for admission and transportation and \$6.00 for rentals. THINK SNOW!
- SUN. 8th - Beginners trip to Barton's CAVE, an easy but fun 3 to 4 hour cave with some crawling but no climbing. Bring lunch, change of clothes, water and at least one source of light. Carbide and lights are available from AYH. Hard hats are unnecessary. Approximate cost, \$1.50. Call Ann Fisher at 521-8992.
- FRI. 13th - Lucky Larry Smith (681-4595) leads a late session SKATING trip to North Park. Meet at Headquarters at 9:30 p.m.
- SAT. 14th - Vince Widmer (339-1165) leads a beginners 8 mile HIKE on Trader's Pass - a little unknown trail running West to East, between Baker and Forbes Trails. Hiking boots are recommended for your enjoyment. Meet at Headquarters at 8:30 a.m. with your lunch, water and about \$2.00.
- SUN. 15th - SKI at Hidden Valley with John Henry (265-3761). Leave headquarters at 8:00 a.m. with your lunch and approximately \$8.00 for admission and transportation and \$6.00 for rental. THINK SNOW!
- FRI. 20th - Christmas Caroling in Shadyside and Point Breeze areas followed by "Warm up time" at Terry Sickeler and Bob Taylor's Pad (363-8770), 126 N. Linden Avenue. Meet at Headquarters at 8:00 p.m. with your mittens!
- SUN. 22nd - SKI wherever its best with Bob Taylor (363-8770). Leave Headquarters at 8:00 a.m. with lunch and \$8.00 for admission and transportation and \$6.00 for rental. SNOW MEANS SKIING - THINK SNOW!

Skating in Panther Hollow when its cold enough! Get your name on the list. Following last year's custom we will have a list of skaters who wish to be called for impromptu trips (to Panther Hollow usually). These trips can only be made when there is a sustained cold spell as it is natural ice. We meet at the pont in the Hollow at 10:00 p.m. There is no charge, but you cannot rent skates. Please call Cathy Lynch 361-3707.

NOTE: For winter canoeing-all polar bears contact Howard King or Harvey Shapiro.

Climbing will resume in March.

Due to the unpredictable nature of the weather, bicycle trips will be scheduled on an impromptu basis. If you would be interested in participating in a bicycle trip and would like to be contacted when such trips are scheduled, please give your name, and phone number to Dave Pattison, 461-1900, Ext 421., or Bob Arthur 931-2851.

| | Sun | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat |
|--------------------------------------|-----------|-------------------------------------|---------------------------|------------------------------------------|---------------------------------------------|----------------|------------------|
| D E C E M B E R | 1 | 2 | 3 Bicycle Club | 4 | 5 OPEN HOUSE Rocky Mt. Backpacking | 6 Skating | 7 Hike Ski |
| | 8 Cave | 9 | 10 Activities Board | 11 Triangle Articles Due | 12 OPEN HOUSE Ski | 13 Skating | 14 Hike |
| | 15 Ski | 16 | 17 | 18 | 19 OPEN HOUSE Ski | 20 Caroling | 21 |
| | 22 Ski | 23 Triangle Assembly Party | 24 | 25 | 26 NO open house | 27 | 28 |
| | 29 | 30 | 31 | MERRY CHRISTMAS AND HAPPY NEW YEAR | | | |

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

Non-Profit Organization
U.S. Postage Paid
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