

GOLDEN TRIANGLE

Pittsburgh Council, AYH

July, 1979

vol. 30, no. 7

Rock Climber's Notebook Basic Equipment:



Sneakers Good shoes for climbing



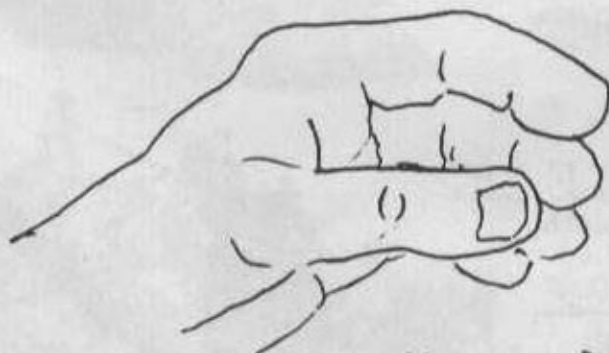
Leather Gloves

- ① Used while belaying to avoid rope burns.
- ② Used while climbing to throw at sleeping belayer.



Funny Hat To shade your eyes while staring up at somebody "bivouac'ing" on a difficult overhang.

Personal Features:



Strong hands Your grappelling hooks on handholds. Off the rocks, climbers find time to practice their grips.

Good Ears
General-purpose
receptacles.



Bullshit-Detector



Open House

Every Thursday Night
Doors Open: 7:45
Slide Program: 8:45

Our Thursday Night Open House is for members as well as non-members. This is a great time to see friends, make new ones, reminisce about good times, plan new trips, catch a ride to the Evergreen.

Slide Programs for July

Jul 5 An all-star Academy Award winning movie by the Sierra Club, "The Redwoods."

Jul 12 Hmmm...what if I can't get any gas this summer? What can I do around Western Pa? Some hints from Bob Goff.

Jul 19 If you have one, Vernon Bachelder will give you expert hints on photographing your summer vacation.

Jul 26 Dick Vanderbank, hiking Adirondaks

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6 MAN RAFT REG. 175.00

\$ 139.00

The Golden Triangle

Staff:	Rick Caplan
	Jeri Walsh
Cover:	Rick Caplan
Ads:	Rich Alstadt
Printing:	Bob Oldenski
Mailing:	Roy Weil, Don Hoecker
Production:	Don Hoecker and the AYHers who pitch in at production.

Deadlines for August Issue

Thurs July 19: Everything due

Thurs July 26: Production Party

Change of Address

Notify Pittsburgh Council.

For Sale: Klepper Aerius

Two Seater folding kayak, complete with
sails. Stored in Four canvas bags.
It's in very good condition. A bargain!
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Whitewater Rafting in West Virginia

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18 Miles - 21 Major Rapids

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Climbing the Walls

by Jim Wojciechowski (Woj)
Climbing Chairman

I have been meaning for some time to write an article for the Triangle on rock climbing, to help clear up misconceptions and answer commonly asked questions.

The biggest and most common misconception people have is they think that to be a rock climber you must be at least six feet tall and have arms like a gorilla. In reality, rock climbers come in all sizes and shapes, as well as from both sexes. A good sense of balance and a willingness to try can be more important than height and strength.

One more misconception some people tend to have is about the climbing itself. They seem to envision huge rock walls, 500 feet high, and gambling their very lives to get to the top. This is only done by advanced climbers, only after years of experience. All the climbing done on a beginner trip is on rock walls about 45 feet high. You will be tied into a rope that runs from top to bottom, much like a pulley works. The rope is never used to climb on, but is there to catch you if you fall.

The climbs are very simple--even a person with a bad heart and weak kidneys can handle them. As for falling, when top roped, you will only fall about three feet. Once you have fallen, you will find out that you have not fallen very far. And you will lose all fear.

At the meetings, I have often heard people tell me that, "I'm too slow" or "I'll just hold the others back" or "I don't have the right kind of shoes." There is very little danger of anyone holding others back. My staff and I have many different climbs set up. You climb things at your own ability level and at your own speed. There will always be an instructor there to help you.

Here is a list of things you will need for climbing:

Shoes- Tennis shoes will do fine, or hiking boots. If you have both, bring them.

Clothes- Loose-fitting pants or shorts. (Note: If you wear shorts, you might lose some skin.)

A big lunch and a daypack to put it in. (Note: I don't bring a lunch, so be prepared to share!)

A pair of leather-palmed gloves.

A good sense of humor.

A willingness to try.

The cost of a one day trip is about seven dollars. This includes all fees and transportation.

In the past four years, 200 people have passed through the AYH climbing classes. Everyone has made it to the top of at least one climb. The reason behind this is the staff of exceptional people who help me. Without their love and patience, none of this would be possible. There is an old saying: A leader is only as good as the people who help him.

I wish to leave on final thought, which was written by an unknown climber:

"Go placidly amidst the noise and haste and find what peace there may be in the mountains"

See you on the rocks,

Woj

HOSTEL STOREKEEPER Joe Hoechner is now stocking a supply of all cotton 'sheet sleeping sacks'. These sacks are required in most European and U.S. hostels. They are priced at 7.75. See Joe at any Open House meeting in order to purchase one.

Director of Public Relations

The Pittsburgh Council has an immediate opening for a volunteer to to fill the position of 'Director of Public Relations'. As this person will be responsible for representing the Council in the public's and media's eyes, this is NOT a position for a novice.

If you are interested, you should have experience working with radio or T.V. stations, know how to write Public Service Announcements and press releases, appear at meetings, conferences, etc., representing the Pittsburgh Council. (Neat appearance would help). Experience in writing foundation funding appeals would also help.

Joe Hoechner is currently holding the 'P.R.' files and would like to hand them over to a qualified individual that would like to help promote the work of the Council. Call Joe at 322-6114 if you're the one.

Ohiopyle Building Fund

During the past six months the Pittsburgh Council membership has donated many useful items to help furnish the new hostel: Stoves, sinks, pots and pans, dishes, silverware, mattresses, etc. (There have also been a couple of useless items donated, like ashtrays) The estimate for the cost of buying the building materials needed is \$12,000--that's alot of no-lead gas! Pittsburgh Council would now like to ask you -the general membership- to contribute cash to the project.

All donations are tax-deductable and can be made out to 'Ohiopyle Youth Hostel.' If you have any questions, please call Hostel Development Chairman Joe Hoechner at 322-6114.

YES, I'd like to donate some money towards the Ohiopyle Hostel Building Fund in the amount of:

\$1.00 ____ \$5.00 ____ \$10.00 ____ \$20.00 ____ other ____

Make your checks payable to 'Ohiopyle Youth Hostel' and mail to:

Hostel Development
Pittsburgh A.Y.H.
6300 Fifth Avenue
Pittsburgh, Pa. 15232

(P.S.- If you would like to remain anonymous, send in a money order signed Jane or John Doe.)

Thinking of Buying a Canoe?

There is an opportunity to get a new Grumman canoe at 25% off later this year--provided an order for 12 or more can be assembled. If interested, contact Sid Diamond at 372-7082.

FOR SALE- White Hypalon-coated Dacron cloth. (Good for making spray-skirts and for other w waterproof cloth applications.) 42" wide. \$1.50/yard. (1/3 off list price) (The remnants of a former C-1, K-1 building project. Call Bruce Sundquist at 327-8737.

J.D. and Eleanor Meyers are retiring to Arizona. They ask their AYH friends to make donations to the Ohiopyle Hostel Building Fund in lieu of gifts.

Ohioyle Hostel News

The Ohioyle work party of June 9th-10th really got alot done. Thanks go to Jim, Joe, Roy, Ed S., Carol, Gordon, Sally, Dave, Ed B., Mike, Marty, Jan and Mark. Special thanks go to the McKees Rocks contingent of Harry, Joe P., Jay and Matt who may have run out of gas on the way home Sunday.

For some reason the Council's canoeists were out in force helping--we could also use help from bicyclists, hikers, backpackers, climbers and skiers!

There is still alot to do, not necessarily at the park either. For example: Joe Hoechner has a set of donated topo maps, suitable for wall mounting in the hostel. They need a little work--trim, tape and perhaps ironing to get the wrinkles out. There are other work items that could be done at home; making bulletin boards, kitchen cupboards or shelves, repairing donated furniture, lettering signs, etc. There are also transportation type jobs--buying building materials or picking up donated items. Speaking of donations, we DON'T, (repeat DON'T) need any additional stoves, refrigerators, mattresses, kitchenware, dinnerware, etc. We could use building type hardware items such as nails, screws, drill bits, jig saw blades, electrical switches and outlets, etc.

If you would like to help out, call Jim Gogots at 384-9149 or Joe Hoechner at 322-6114 to offer your services or ask questions. Read your Triangle (Special Events) to see when the next scheduled work party is going out. Also, at the Thursday night "Open House" meetings, spontaneous work parties could be announced.

Special thanks to Dave Simpson for donating a file cabinet to the hostel and for bringing his lawn mower and cutting the grass--without running over the 4 foot long black snake that lives there!

Odds and Ends at Ohioyle

At this time the new Ohioyle Youth Hostel may need some or all of the following:

Chimney sweep, houseparents, books and magazines, bunkbeds or cots, lawnmower (solar powered), maintenance tools, firewood, window screens, fans, storm windows, snow shovels (in July?), trash cans, window curtains, bulletin boards, etc.....

If you think you can/could/would be able to supply any of the above items or services, speak up! (Note to PPG employees: We need about 25 gallons of exterior white paint--check it out.)

We also need someone who could repair some of the used furniture that's been donated. Contact Joe Hoechner at 322-6114 or Jim Gogots at 384-9149.

Hostel Development Chairman Joe Hoechner is seeking input from the activities chairpersons and experienced leaders regarding bicycling, hiking/backpacking, rock climbing, caving, and cross-country skiing.

Joe is attempting to publish an informative brochure about each major activity that Pittsburgh Council AYH partakes in.

If you noticed the lack of mention of canoeing, that's because a skilled leader and chairman had responded to Joe's request and their brochure is already published. (Hint to the others!) If you would like to find out what basic information is needed, see Joe at any Thursday night meeting or call him at 322-6114.

STOVE RECALL- Did you buy a Coleman Peak-I model 4 0-499 single burner brown backpack stove in 1979? If it is 10-78, 1-79 or 3-79, return it to your supplier or call toll-free 800-835-3278.

July

1979

Trips and Trails

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

The trips listed below are open to the public with the exception that AYH members are given priority when the trip is of limited size. Trip costs include 50¢ registration and insurance (\$500 medical) plus transportation and rental. In addition, non-members are charged \$1.50/day, which can be deducted from cost of membership.

TRIP LEADERS TAKE NOTE: When calculation transportation costs, double the gasoline allowance specified on the back of the trip report forms (if you can find one).

In order to have your trip announcement placed in the newsletter, give it to the appropriate activity chairperson. Chairpeople organize trips and give announcements to the editor.

Canoeing

Chairperson: Dave Marschik (327-2778)

Basics: Lunch in waterproof bag, water, knee pads, raingear, change of clothes, non-cotton clothing(+ swimsuit), tennies, sun protection.
Rentals: Limited number of canoes reserved thru trips leaders.

- wed jul 4 ADVANCED - The Cheat from Jenkins Bridge to Cheat Lake. Leave from Gogots house after Board Meeting. Jane Toben (466-7885; 462-5000x6585)
- sat jul 7 BEGIN - For all ages. Dick Nugent (487-5549)
- sun jul 8 BEGIN - For those who never paddled. Jane Toben (466-7885; 462-5000x6585)
- sat jul 14 WWI - School. Dave Marschik (327-2778; 256-3443)
- sun jul 15 CLASS II - With poling. Don Hoecker (243-8298).
- sat jul 21 CLASS I - Jim Komosinski (371-9476)
- sun jul 22 WW II - Ray Yutzy (929-4443)
- sat jul 28 WW II - School with Roy Well (681-5131)
- sun jul 29 POLING - Class II with Jim Gogots (384-3149 eve.)
- sat aug 4 KAYAK - Rolling class class Sat. for beginners on Yough, Sunday for
- aug 5 intermediates. Instrucors welcome. Peggy McCarty (244-8236; 372-9278)

Jogging

Bob Rudland (462-5000 x6284)

- every wed Meet at AYH at 6:30 PM for a run through Shenely Park, Frick Park, Highland Park or other.
- sat jul 7 Mt. Lebanon High School Fun Run, 9:30 AM, 1 mile & 5 miles.
- sat jul 21 Mt. Lebanon High School " 9:30 AM "



Bicycling

Committee: Sue Ditson (363-8017)
Chuck Ejzak (327-5031)
Ed Sieger (561-4790)

Basics: tube, tools, water, helmet. Rentals: bikes, helmets, panniers.
NOTE: If fuel problem reduce other activities, we'll step up biking trips starting at AYH or nearby. Trips would be announced at Thursday meetings. If you can't make it, contact Chuck Ejzak or Ed Sieger.
Leaders are needed.

sat jul 7 INTER - Ed Sieger (561-4790)

sun jul 8 BEGIN - 20+ mi near Bushy Run Park. Fred Parker (824-2638)

sat jul 14 INTER - Camping trip on bikes. Chuck Ejzak.
- jul 15

fri jul 20 GETTYSBURG - The Annual Weekend. \$30. Meet at AYH at 6:30 PM. Bring
- jul 22 sheets or bag for dorm, 2 lunches, swimsuit, tennis racket. Tour living history at Gettysburg, cycle farm country. Reservations are required. Mike and Marta Hurwitz (422-9204)

sat jul 28 INTER - Ed Sieger (561-4790)

sun jul 29 BEGIN - Fred Parker (824-2638)

sat jul 28 INTER - Mill Creek Park Tour, near Youngstown. See Bike Warehouse
- jul 29 catalog for details or call Chuck Ejzak (327-5031)

EVENING CYCLES: Every Tuesday and Thursday. Call the leader to rent a bike. Leave AYH at 6:30 PM, return 8:30. Be early to rent. Leaders should get keys beforehand.

tue jul 3 Harriet Ann Seiner (681-1189)

thr jul 5 Ed Sieger (561-4790)

tue jul 10 Mike Haddad (371-5992)

thr jul 12 Donna Leban (422-9950)

tue jul 17 Chuck Ejzak (327-5031)

thr jul 19 Ed Sieger (561-4790)

tue jul 24 Fred Parker (824-2638)

thr jul 26 Steve Schomer (824-5352)

tue jul 31 Chuck Ejzak (327-5031)

thr aug 2 Ed Sieger (561-4790)



Rock Climbing

Chairperson: Wojie (322-4524)

Basics: Sneakers, lunch + water, funny hat, leather gloves.

sat jul 14 BEGIN - At White Rocks. No experience necessary. Fees include use of hostel equipment. Wojie (322-4524) or Bill Skallos (921-5695)

sun jul 29 BEGIN - same as above.



Hiking

Chairperson: Valerie Krenicky (462-4486)

- sat jul 7 INTER - Following a compass path. Steve Tubbs (322-6361). 8:30 AM @AYH
- sun jul 8 BEGIN - Meet at AYH at 8:30 AM. Bob Rudland (462-5000 x6284)
- sat jul 14 BEGIN - Bear Run. Meet at AYH 9 AM. Barry Govenor (421-6656; 481-3300x373)
- sun jul 22 BEGIN - Laurel Highlands. Meet @AYH 8:30AM. Ed Sieger (561-4790)
- sun jul 22 BEGIN - In-town walk of Mt. Troy. Meet @AYH 8:30. Steve Schomer (824-5352)
- sun jul 22 BEGIN - Rocksliding, creekwalking & swimming, plus lunch from the Italian Del. \$6. Ben Brugmans (421-0324)
- wed jul 4 BEGIN - Family hike, Harrison Hills Park. Meet at AYH at 9 AM. Joe Levine (422-8287)



Backpacking

Chairperson: Rob McEachern (828-2635)

Basics: Sleeping bag, food + water, shelter, backpack, raingear.
 Rentals: Sleeping bag, shelter, backpacks.

- fri jul 13 ADVANCED - All of the Laurel Highlands Trail. Bob Rudland (462-5000x6284)
 - jul 15
- fri jul 20 INTER - Dolly Sods. Craig Rowland (242-0107)
 - jul 22
- fri jul 20 BEGIN - Seneca Creek. Becky Soisson (244-1826) or Rob McEachern (828-2635)
 - jul 22
- fri jul 27 INTER - Otter Creek. Judy Flowers (443-7554) or Rob McEachern (828-2635)
 - jul 29
- sat jul 28 INTER - Allegheny Nat For, backcountry, \$12 includes meals. Ben Brugmans
 - jul 29 at 421-0324.
- fri aug 3 BEGIN - Seneca Creek. Paul Stratton (929-7923)
 - aug 7



Caving

Chairperson: Norm Snyder (351-4068)

Basics: heavy old clothes; boots; light; change of clothes; protection for head, etc.; food + water.

- fri jul 13 INTER - West Virginia, miles of passages. Call Norm.
 - jul 14
- fri jul 27 BEGIN - Family trip to Coon Cave. Call Norm.
- Sept 21 - Oct 7 Two week trip to the Grand Canyon. A five day back trip plus a canoe trip and a few cave trips. Call Norm.



Rafting

Committee:

Paul Kammer (843-5152)
John Orndorff (362-5401)

Basics: Similar to Canoeing.

thr jul 12 WORKSHOP - To patch the AYH rafts starting at 6:30 PM. We'll be done by the start of the meeting. Participants are eligible for a free raft trip this summer. John Orndorff (362-5401)

sun jul 15 John Orndorff (362-5401)

sat jul 21 Norm Snyder (351-4068)

sat jul 28 Matt Vargo (331-8476)

Special Events

sat jul 21 WORK PARTY - at Ohio Pyle. Spend a night at the new hostel. Paint & patch. Various trades needed. Reservations needed. Joe Hoechner at 322-6114. Bring tools, swimsuits, food.

summer SAIL - vacations, 5 day cruise Lake Huron. Write or call for brochure: Metropolitan Detroit Council, AYH, 3024 Coolidge, Berkley, MI. 48072 313/545-0511.

summer ECOLOGY DAYCAMP - for city residents ages 7 to 12. Several 2-week sessions. For info call 255-2353.



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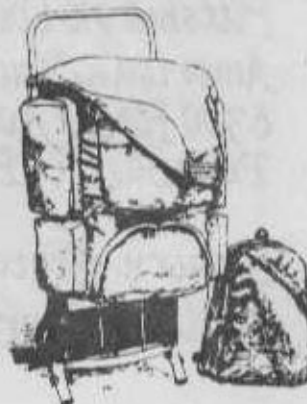
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AYH Membership Application

Fill out the following membership application and bring or send it with a check payable to "Pittsburgh Council, AYH" to Membership, AYH, 6300 Fifth Avenue, Pittsburgh, Pa., 15232.

Name _____ Phone _____
Address _____ Occupation _____
_____ (zip code) New/Renewal _____

_____ Youth membership (under 18)	\$5.00
_____ Senior membership (18 and over)	\$11.00
_____ Family (valid in USA and Canada only)	\$12.00
_____ Organization membership	\$25.00
_____ LIFE	\$110.00

Please Circle:

Service Interests: Newsletter, Hostel Development, Bicycling,
Publicity, Trail Maintenance, Eq. Repair, Auditor Service,
Typing, Art Work, Key Punch.

Leadership: Backpacking, Bicycling, Canoeing, Caving, Climbing,
Cross-country skiing, Hiking, Rafting.

Pittsburgh Council
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