



Golden

Volume 43, Number 7

Triangle

July 1992

AYH Activities Fair

Come one, come all to the 1992 AYH Activities Fair. The fun begins at 6:30 PM. Representatives from each of our activity committees will be there to discuss their programs, handout summer activity schedules, demonstrate equipment, and answer questions. The Demonstrations include:

- Cycling..... Maintenance Clinic.
- Hiking & Backpacking Backpacking Equipment Demo.
- Rock Climbing Rope Rigging and Climbing Demo.
- Rafting River Rescue Basics.

and lots, lots more. Our outdoor activities include: Canoeing, Rock Climbing, Hiking and Backpacking, Volleyball, Midweek Rambles, Kayaking, Sea Kayaking, Sailing, Rafting, Family Activities and Trail Maintenance. Everyone is welcome to attend! Have some fun in the sun and make new friends by doing something in the great outdoors. For more information, please call Jon Maiman at 441-2306.

Montour Trail Council Needs Trailblazing Volunteers

The Montour Trail Council (MTC) is currently developing the first 4.5 miles of a 54 mile hiking/bicycling/cross country skiing trail. The section under development is located in rural Cecil Township in Washington County about 5 minutes from the Bridgeville exit of 1-79. Volunteers are needed to clear brush, remove old railroad ties, clean up rubbish, install guard rails, etc. Work crews meet each Saturday and will be working on July 11, 18, 25, and August 1. July 11th is AYH/MTC trail clean-up day where the AYH and MTC will join forces to clear the trail area of rubbish, litter and other debris. The work session will begin at 9:00 am at the Cecil Township Municipal Building and end around 2:00 pm. Interested volunteers should contact Jack Swisher at 393-3063 (day) or 221-7708 (evening).

Bikers to Benefit

Park Service Announces Major Change in Trail Maintenance/Construction Policy

James Ridenour, Director of the National Park Service, announced a major change in NPS trail maintenance and construction policy, one that would benefit bicycling on federal parklands.

"In keeping with Secretary of the Interior Manuel Lujan's 'Enjoy Outdoors America' initiative, I am pleased to announce that a 1986 policy precluding the use of funding for bicycle path projects out of the Federal Lands Highways Program (FLHP) has been rescinded after six years," Ridenour said.

"Coupled with the increased national interest in bicycling and the benefits it can provide, the National Transportation Policy, as issued by the Federal Highway Administration, and the passage of the Intermodal Surface Transportation Efficiency Act of 1991 (ISTEA, pronounced "iced tea"), places a major emphasis on bicycling and pedestrian facilities and also provides new opportunities for funding."

The National Park Service will coordinate an assessment of potential bicycle path projects, both new and rehabilitative, throughout all of its facilities to determine the amount of funding needed. Once funding needs have been identified, the Service will establish specific guidelines related to the use of the FLHP funds for bicycle projects.

[From the National Park Service]

Featured in this Issue...

Help AYH

There are plenty of volunteer opportunities waiting for you on the inside!

Page 2

The Mon

Make sure you get your application in for one of the most interesting of AYH's annual rides!

Page 10

Sail!

This is *really* your last chance to sign up for some first-class sailing instruction with AYH. Two classes July, but hurry!

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American Youth Hostels

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

Publisher/Editor
Ron Wodaski

Copy Editor
Donna Brown

Mailing Labels
Roy Weil
Joel Platt

Production
Don Hoecker

Advertising
Bill Eberle
(412-833-9732)

Council Officers

President
Larry Laude
(412-665-9554)

Vice Presidents
Linda Smithyman
Jon Maiman

Secretary
Marianne Kasica

Treasurer
Roy Weil

Address changes and mail regarding this newsletter should be addressed to:

The Golden Triangle
6300 Fifth Avenue
Pittsburgh, PA 15232
(412) 362-8181
Office: (412) 422-2282

Newsletter Contributions

Contributions to the newsletter are welcome. You can submit them in three ways:

- ◆ Typed
- ◆ On diskette
- ◆ By email

Handwritten submissions can be difficult to read, so avoid them if at all possible.

There are several diskettes in the newsletter box at headquarters; please feel free to use these for submissions. To send by email, use the editor's Compuserve address:

75330,3711

Volunteer News and Opportunities

Pittsburgh Council Activity Chairs

Bicycling	
Chuck Ejzak	466-6196
Bill Eberle	833-9732
Canoeing	
Royanne Mac	335-7326
Climbing	
Eric Bauer	687-0766
Cross-County Skiing	
Fred Parker	856-4713
Family Activities	
Barbara Hanusa	441-7205
Hiking & Backpacking	
Jim Ritchie	828-0210
Pat Tieman	561-3286
Kayaking	
John Gayler	366-4062
Ray Yutzy	341-5682
Mid-Week Rambles	
Cliff Ham	687-4520
Rafting	
Jon Maiman	441-2306
Linda Smithyman	531-1868
Sailing	
Bob Zavos	241-0659
Sea Kayaking	
Mark Mistrik	441-8293
Volleyball	
Jeff Marsh	384-7827
Trips Coordinator	
Janet Supowitz	

Pittsburgh VRC Hostel Closed

The Vocational Rehabilitation Center has closed to hostellers as of April 15, 1992. Pittsburgh Council is looking for new accommodations for hostellers, either by referral to other housing or, preferably, by opening or chartering a new hostel. Hostellers should contact the Pittsburgh Council office at 412-422-2282 for the latest information.

July Deadlines

All Copy
July 9

Labeling and Mailing
July 23

July Hostel Work Party!

by Linda Smithyman

Saturday, July 18th. Meet at headquarters at 8:30 am. Let's get an early start and head down to Ohiopyle for fun and work. Please note that fun comes before work (in the dictionary). Free lunch for all volunteers. We would like to do more interior painting, a never ending chore it seems, and I've got the credit card for Heckinger's to prove it. There's always yardwork to do and cleaning. If you can lend a hand for a few hours on this Saturday please give me a call at 531-1868. We usually take a short hike in the late afternoon before returning to Pittsburgh by 6:00 pm or so. That leaves plenty of time for that date, but you may be too tired.

And I promise to bring the massage oil this time folks!!! Thanks to Ron Boone, Joel Hough (who brought the fudge), A.J. Stones and Joe Hoechner for helping out in May.

Headquarters Repair Work

Volunteers are needed to help repair and possibly replace the roof at headquarters and do some other general cleaning. We need people who can use a hammer and don't mind a little height. We also need volunteers to help do a little running around, transporting materials, be entertaining and to help with the free lunch provided for every volunteer.

The *tentative weekend dates* for this event are Saturday and Sunday, August 8th and 9th. Early birds can arrive by 8:00 am to get started. If you don't like to get up early that's ok. Come over anytime to put yourself to work. Saturday and/or Sunday help is fine. We'll provide *free training* on how to put on a roof with immediate hands on experience! Teamwork will be emphasized. All spectators will be put to work.

If you think you can help, even for a few hours, please call Linda at 531-1868.

This is *tentative* pending financial approval from the Board of Directors.

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.

Oops...

If you find an error, please notify the editor. See the address for the *Golden Triangle* at the left.

Letters...

[Letters to the editor are welcome. Letters will be edited to conserve space when necessary. Letters are published at the discretion of the editor.]

Pittsburgh Council Hostels

Ohiopyle AYH Hostel

Ohiopyle State Park
PO Box 99
Ohiopyle, PA 15470
(412) 329-4476

Charleroi Youth Hostel (SA)

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

Living Waters AYH Hostel

RD #1 (1 mile west on Route 30)
Schellsburg, PA 15559
(814) 733-4212



Hostelling International

AYH Hostels on Cape Cod

AYH has five hostels on Cape Cod waiting for you this summer – Eastham, Hyannis, Truro (Cape Cod National Seashore), Martha's Vineyard and Nantucket.

AYH hostels offer travelers on a budget, both individuals and groups, a real alternative to expensive lodgings. Experience the scenic beauty, beaches, historic sites and recreational opportunities of Cape Cod without spending hundreds of dollars.

Stay in a restored 1873 former life-saving station in Nantucket or right in Cape Cod National Seashore at Truro. At Eastham rent a bicycle (or bring your own) and explore the Cape Cod Rail Trail. Fire up the barbecue and have a picnic among the tall pine trees at Hyannis. Stay on Martha's Vineyard and take advantage of the hostels free programs.

Each hostel offers safe, comfortable dormitory-style accommodations for just \$10 per night. Reservations are easy, even at the last minute, with just a phone call and a Visa or MasterCard to hold the reservation until arrival.

Information about individual hostels and reservations can be obtained by calling:

Eastham	Mid-Cape AYH-Hostel	508-255-2785
Hyannis	Hyland AYH-Hostel	508-775-2970
Martha's Vineyard ..	Manter Memorial AYH-Hostel	508-693-2665
Nantucket	Johnson Memorial AYH-Hostel	508-228-0433
Truro	Little America AYH-Hostel	508-349-3889

For a free brochure on the Cape hostels, write to AYH / Dept CC / PO Box 37613 / Washington DC 20013-7613 / 202-783-6161.

Beijing Hostel Opens

From May 1992, the first youth hostel in the People's Republic of China will be in operation in Beijing. The hostel, only a short walk from the famous Tian An Men Square, is an ideal location as a base to visit places of interest in Beijing, including the Great Wall, the Summer Palace, the Forbidden City, the Temple of Heaven, and the Ming Tombs.

Rates for hostellers in Beijing are US\$ 12.50 in a standard two bed room or US\$8.00 including breakfast in a four bed room from November to March. Prices increase to US\$ 16 and US\$ 10 from April to October. Some single rooms and suites are also available. The hostel is equipped with a restaurant service, air conditioning and central heating, and individual tours of the city can be arranged.

Contact Beijing Youth Hostel, 22 Banchang Alley, Dong Cheng District, Beijing. Telephone 440436, 4015882.

London's Youth Hostel

February saw the opening of the new City of London Youth Hostel, in Carter Lane, just 80 meters from St Paul's Cathedral.

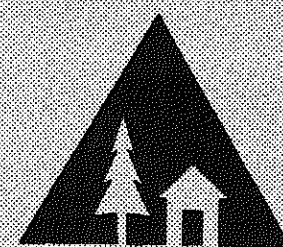
The new youth hostel has 191 beds with room sizes varying from singles to one with 15 beds, bringing the total number of YHA hostel beds in London to 1200. It offers all the facilities and service now standard for London hostels: bureau de change, theatre attraction bookings, 24-hour access, excellent value catering, personal storage lockers, and bookings for youth hostels throughout the United Kingdom and in major cities worldwide.

For further details, contact City of London Youth Hostel, Carter Lane, London EC4V 5AD, telephone 44 71 2364965 or contact YHA (England and Wales) at Trevelyan House, 8 St Stephen's Hill, St Albans, Herts AL1 2DY, telephone 44 727 55215, fax, 44 727 44126.

Hungary

The first nonstop service operated by a Hungarian carrier the US and Hungary will begin this summer in the form of four charter flights from Cleveland to Budapest this summer. Malev Hungarian Airlines has scheduled flights for June 27, July 4, July 23, and August 24.

Malev will launch regularly scheduled service from the US to Budapest in spring 1993. Plans call for 4 flights/week during summer and 2/week during the winter.



**HOSTELLING
INTERNATIONAL**

Hostel Review

The Gooding Hotel, Gooding, Idaho

In July of 1991, I had the opportunity to visit several hostels as I traveled cross-country. One, in particular, deserves recommendation.

The Gooding Hotel, located at 112 Main Street, Gooding, Idaho is one mile North of US Hwy 26 on Idaho Hwy. 46 just before the railroad tracks at the edge of town. The Gooding Hotel is listed as a supplemental accommodation because of its mixed use as a bed & breakfast. Gooding is located in southwest Idaho about 30 minutes from Twin Falls, Idaho. Phone 208-934-4374. Rates for 1992 are \$9 plus tax and reservations are recommended. Check-in is from 5:00 pm to midnight.

This historic building is furnished in the original decor. In the sitting room and parlor there are some simple country decorations that are for sale. There is a bunkroom with 5 beds for the male hostellers downstairs just past the kitchen. Other rooms have two twin beds with fresh linens and blankets, a table with an assortment of map and brochures, a dresser, an old fashioned standing coat rack and a comfortable chair over by the open window.

After your stay in the Gooding Hotel, you can wander along Route 30, stopping along the way at scenic overlooks above the Snake River Valley. The Museum in Hagerman has a fossil skeleton of a horse that had been unearthed in a nearby hillside. Further along Route 30, the road drops into the canyon and emerges in an area known as "Thousand Springs", named for the gushing waterfalls that just appear on the rocky sides of the canyon. This unusual geological phenomenon is due to the volcanic history of the area that today has become a natural aquifer for water sources that may begin up to several hundred miles away.

The staff of the Hotel are very accommodating and charming and the Idaho countryside is definitely worth seeing.

[Reprinted from *Heart of California Hosteler*]

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341-3111

703 Washington Road (2 miles north of South Hills Village)

Dogs Gone!!!

Thanks to an AYH Trails Maintenance task force, hikers on the Baker Trail in Armstrong County no longer need to fear close encounters with the BT rottweiler.

The trail passed directly in front of the doghouses of three large dogs, one malemute, one rottweiler and one large but somewhat nondescript black dog between one and two miles north and east of PA route 66. The rottweiler was known to hide in the rear of his house until an unsuspecting hiker passed by. "Rot Serling" would then come charging through the front door of his house with the force and demeanor of a freight train.

The AYH task force was led on Saturday, May 22 by Jim Ritchie and consisted of Steve Nydes, Fumiko Kasuga, Maynard Hanson, Brian Byrd, Chris Kline, and Lenny Szypulski. That same day, a half-mile section of the BT on the far side of Crooked Creek Lake, suffering from a fairly recent clear-cut, was reblazed. Further down the trail, a large tree was removed from the right-of-way.

In the afternoon, the group hiked to the covered bridge over Horney Camp Run and later yet, visited the Cochran's Mill Shelter. The Shelter will probably be the site of a later maintenance expedition since it appeared that about half of the sides of the shelter had very recently been used for firewood.

AYH thanks all who volunteered their time and services for this trail maintenance trip.

Volunteers Blazing Trail

Since the last weekend in March, volunteers have been hacking their way through brush, tying up ties, and cleaning up trash on the four mile section of trail slated for construction this summer. So far, they have prepared about 1.5 miles of the trail between Hendersonville and McConnell Road in Cecil Township for a contractor to grade and surface the pathway.

To finish clearing brush on the remaining 2.5 miles we are going to need more help. If you would like to help us complete this project, meet at the Cecil Township Municipal Building next to Cecil Park on Route 50 on Saturday mornings at 9:00 a.m. (holiday weekends excluded).

Please bring tools (shovels, rakes, saws, etc.) if you have them, but do not let that stop you from helping. Sturdy shoes, protective work clothes and gloves are a must when working amongst the brush. The only weather condition that stops us from working is a heavy downpour. Everyone works at their own pace and ability and can spend as much time as they want working.

For more information, call Jack Swisher at 221-7708.

Popularity of bike riding keeps rolling along

The activity of bicycling surged in popularity in 1991 as the number of adult riders increased by 7.5 million, an almost 5 percent jump from the previous year. This puts the total number of adult cyclists at over 82 million according to the second annual Louis Harris poll conducted for Bicycling magazine.

The nationwide poll of adults, taken last December, shows that 46 percent rode a bicycle in 1991, up from 42.8 percent in the previous year's poll.

Recreation was cited as the most popular use of a bicycle by 82 percent of riders; 65 percent said they used a bike for fitness. The bicycle is also being used by some as a utilitarian vehicle, as 15 percent say they used their bicycle for shopping or other errands and 7 percent say they used it for commuting to work.

"An almost 5 percent increase in one year is quite a jump, especially when you consider the poll does not include children. Perhaps more significant is that recreation is the main reason adults ride," says James C. "Chuck" McCullagh, editor and publisher of Bicycling. "The fact that adults are rediscovering the pure fun of it, with a workout as the by-product, is making cycling the fastest-growing fitness activity of the '90s."

"The President spends most of his time kissing people on the cheek in order to get them to do what they ought to do without getting kissed."

President Harry Truman

Sea Kayaking Basics

Sea Kayaks are the direct descendents of the Huntsman's boats or Eskimo kayaks and are now gaining popularity as versatile recreational craft. Structurally, they are longer than whitewater kayaks and they incorporate more stable hull designs with keels for straighter tracking. Sea kayaks are touring craft. You paddle them rather than relying on a river current for motion, and proper paddling technique is a good form of low-impact aerobic exercise.

The AYH sea kayaks have been used in local flatwater rivers and lakes, swamps rich in wildlife, exploring coastlines on the Great Lakes, and ocean touring in the Atlantic from the Outer Banks of North Carolina to the seacoast of Down East Maine. Spring is the best time to begin sea kayaking. The boat and sprayskirt provide insulation to keep you warm even in cold weather and protect against the wind, water and waves. In cooler weather you will need layered clothing that can be adjusted for comfort, an old pair of shoes that might get wet or muddy, a hat, sun lotion and sunglasses, raingear, a water bottle and lunch. A complete change of clothes and a towel should be double wrapped in water-proof bags and brought along. Contact the trip leader about local conditions and details about a trip.

The AYH Program: If you are interested in learning sea kayaking, remember: easier trips are planned earlier in the season, then longer and more technical trips for later in the summer and autumn. Introductory trips are scheduled weekday evenings to small, local lakes where there is no destination, or a group to keep up with. You can learn to paddle straight and efficiently, carve turns, brace or roll the kayaks at your own pace.

In June and July, the Evening Intro trips will be continued, but with longer intermediate-level trips to Sandusky in June and Down East Maine in July. There is a possible nine day trip to Lake Powell in Arizona, at the end of the Grand Canyon, in late September or early October. We would be paddling on flatwater at the bottom of deep canyons, under stone arches, and surrounded by some of the best scenery in the Southwest. Call if you're interested in any of these trip or want more information.

July Cycling at the Ironmaster's Hostel

Larry Laude and Marianne Kasica are leading this year's cycling trip to the Ironmaster's Mansion Hostel in central Pennsylvania the third weekend of July (July 17-19). Primarily a cycling trip, but hiking, swimming and hot-tubbing are also available. Reservations and a \$10 deposit required; sign up early since only 10 spaces are reserved at the hostel. Leave headquarters at 6 pm Friday and returning Sunday evening. Total cost of \$40-45 covers overnights, two breakfasts, Saturday dinner and a share of car-pooling expenses. Friday and Sunday dinner not included. Call Larry at 412-665-9554. (Cycling helmets required.)

Rachel Carson Trail Pasture-ized

On Saturday, April 15, an AYH trail maintenance task force rerouted a quarter-mile section of the Rachel Carson Trail in Harrison Township, Allegheny County around a newly-constructed horse corral.

Old blazes were blackened out and new blazes were installed along the new route, dipping into a small hollow and rejoining the old route on the other side. The group also cleared brush, cut out brambles and freshened up old blazes along the next mile of trail up to its intersection with Altermoor Road.

The group consisted of Jim Ritchie, Jack Asherman (who supplied the tools), Dee Garvin, Steve Nydes, Maynard Hanson (who has now explored more of Harrison Township than any other living creature), Laurie Prucha (who brought 5 pounds of carrots for the horses), Frank Pillitteri, and Helen Coyne.

Thanks to all who helped make the day a great success.

Mon Valley Century

The MVC committee is hard at work preparing for this year's ride. We will be recruiting volunteers for stuffing envelopes, drawing maps, marking roads as well as the "day-of" jobs like parking, registration, rest stops and course marshals. Many of these jobs do not require a great deal of time but they are very helpful. In addition, volunteers get to ride on the warm up ride and are entitled to a free registration for MVC or SABRE. If any of these interest you, call Chuck or Lynn Ejzak at 466-6196.

Rafting

Rafting is a great way to have fun in the sun. The American Youth Hostels has an extensive rafting program. We have trips for all skill levels from first timers to experts. Our 1992 trip schedule is listed below. So pickout a trip and signup today. Don't miss out on the fun! For more information or to sign up for any trip, please call the trip leader or the AYH office at 422-2282.

River: Lower Yough.

Location: Ohiopyle, PA.

Leader: Jon Maiman (H)441-2306

Leader: Doug Bruce (H)561-5037

Leader: Jenny Suchin (H)486-8710

Leader: Kevin Craig (H)487-1538

Leader: Linda Smithyman (H)531-1868

Cost: Aprox. \$25/person (including the deposit)

Skill Level: ALL

Format: Day Trip

Reservations: OHIOPLYE STATE PARK HAS STARTED CHARGING A NON-REFUNDABLE LAUNCH FEE FOR EACH BOATER RUNNING THE LOWER YOUGH. SO WE WILL NOW BE REQUIRING A NON-REFUNDABLE DEPOSIT OF \$5/PERSON TO RESERVE A SPACE FOR ALL OF OUR LOWER YOUGH. TRIPS. IF YOU SIGN UP FOR A TRIP AND CAN'T GO AND CAN'T FIND SOMEONE ELSE TO TAKE YOUR PLACE, YOU LOSE YOUR DEPOSIT!

Description: The Lower Yough. is aprox. 7 miles of Class III-IV water. We run it as a day trip and we usually use 4 man rafts. This is a good introductory trip for first time rafters. We frequently stop for dinner on the way home.

River: New River Gorge

Location: Fayetteville, West Virginia

Leader: Jon Maiman (H)441-2306 Dates: 7/2-7/5,8/14-8/16,9/4-9/7

Cost: Aprox. \$65/person for 2 day trips Aprox. \$81/person for 3 day trips

Skill Level: Advanced Beginner & Up.

Format: Weekend Trip

Description: The New River is one of the oldest rivers in the world. We run aprox. 7 miles of Class IV water. The New is a high volume river with lots of big waves. Depending on the water level, we use 4 and/or 6 man rafts. Anyone who has been on the Lower Yough. at least once or would like a more aggressive introduction to rafting is welcome to come on New River trips. An optional group dinner is offered as part of the trip.

River: Gauley

Location: Summersville, West Virginia

Leader: Jon Maiman (H)441-2306 Dates: 9/18-9/20,10/2-10/4,10/16-10/18

Cost: Aprox. \$70/person

Skill Level: Advanced Beginner & Up.

Format: Weekend Trip

Description: The Gauley River is considered to be the classic run in the East. The scenery is spectacular and the water is great. The Gauley is generally only runnable in the fall when they drain Summersville lake in preparation for Winter. We usually run the lower section which is aprox. 9 miles of Class IV water. Runs on this section are slightly more challenging than the New River and are suitable for anyone who has run the Lower Yough. or New at least once. We ran the upper section which is 13 miles of class V/VI water once last year. This section is only suitable for advanced rafters and space will be very limited if we run it again. We use both 4 and 6 man rafts on the Gauley. An optional group dinner is offered as part of this trip.

Canoeing

July 11

Saturday

Flatwater training school

Jim Roberts 244-8332

This school is geared towards paddlers who are interested in exploring lakes, backwaters of marshes, glades. Also for families including children old enough to learn with their parents. Safety, canoe trim, packing for a weekend camping and canoeing for all. Jim and Gordon (who has raised children in this activity) bring knowledge, experience, and a "how to enjoy" the whole experience to you. I encourage family units to participate.

July 12

Sunday

Class I-II

Dave Casassa

963-1869

Wherever there is water. Call for information.

July 25

Saturday

Class I-II

Janet Supowitz

247-4016

This is an annual event. A mid-summer, mid-Yough Pot Luck. It is optional to bring a dish to share. Meet at Headquarters 8:30 am. Call for reservations.

August 1

Saturday

Class II School

Gordon Bugby

371-4233

Pre-requisite Class I school. Learn eddy turns and how to fill your neighbor's boat with water using paddling strokes. "XXX" strokes. Curious? Call Gordon.

Sea Kayaking

Tuesday evening 7 - July, 1992

Tuesday evening 21 - July, 1992

Mark Mistrik 441-8293

6:30 pm Tuesday at Shadyside HQ.

Introductory level Sea-Kayaking trips to North Park or Crooked Creek Lakes. Beginner instruction on a calm, flatwater lake, intermediate rescue instruction, sea-kayak rolling, or come out and spend an evening on the water. This is a good way to become acquainted with sea-kayaking if you're interested in one of the longer trips. Call to reserve.

Friday evening 10-July to ???

Mark Mistrik 441-8293

Leaving TBA, probably Thursday evening.

Annual Atlantic Coast Sea-kayaking Symposium in Castine, Maine. This is THE trip of the year for intermediate sea kayakers. Weekend of almost every kind of sea-kayaking instruction, demonstrations, etc. Paddle almost every kind of sea-kayak available around Frenchman's Bay, eat great seafood (or whatever). Week following the Symposium we will visit Acadia National Park, paddle around the islands and fishing villages of Stonington, Maine, do some sightseeing, hiking, and a stop in Freeport, Maine, home of L.L. Bean. Acadia has an exceptional variety of botanical and animal life.

Saturday 18-July, 1992

Mark Mistrik 441-8293

10:00 am Saturday morning at Shadyside HQ.

Annual Sea-Kayaking Splash and Bash, Fun in the SUN Sea-Kayaking Picnic and Barbeque on Lake Arthur, Moraine State Park. Sea-kayak as much or as little as you want, barbecue and picnic dinner, kite flying (my parafoil pulls the kayak along... at least downwind), eating, loafing and possibly wind surfing. Call if you can help out with the food.

Friday evening 31 - July to Sunday night 2 -August, 1992

Mark Mistrik 441-8293

6:30 pm Friday night at Shadyside HQ.

Weekend Sea-Kayaking trip EITHER on an easy weekend paddling trip down the North Allegheny River OR go on a City Paddle to a city other than Pittsburgh (maybe Boston or Toronto). Call for info. We will need early reservations for accommodations if we do the latter, so please call ASAP.

Family Activities

- July 3-5** **Cabin Camping at Blue Knob State Park**
 Fri-Sun Jim Lenkner 241-7494
- July 24-26** **Tent Camping at Loleta Campground**
 Fri-Sun Mary Ellen Goff 761-2837
 Allegheny National Forest

A complete schedule of summer outings is available from Barbara Hanusa.

Hiking & Backpacking

- July 16** **Youghiogheny River Valley Innertube Hike**
 Sunday Bruce Sundquist 327-8737
 The first of two innertube hikes; from Johnson Run to Camp Carmel, 3 miles on foot and 3 miles in the Yough on innertubes. Trip postponed if weather is not hot and sunny. Limit 18. Call for information and a reservation.
- July 18** **Hostel Work Party and Hike**
 Saturday Linda Smithyman 531-1868
 If you can lend a hand for a few hours on this Saturday please give me a call. We usually take a short hike in the late afternoon before returning to Pittsburgh by 6:00 pm or so.
- July 25** **John P. Saylor Trail**
 Saturday Pete Srimi 921-1238
 Advanced level hike, approximately 12 miles in the Gallitzien State Forest in Somerset County. About half of this hike traverses Pennsylvania's Clear Shade Wild Area. Meets at 8:00 am at HQ
- August 2** **Youghiogheny River Valley Innertube Hike**
 Sunday Bruce Sundquist 327-8737
 This is the second of the two innertube hikes from Johnson Run to Camp Carmel, 3 miles on foot and 3 miles in the Yough on innertubes. Trip postponed if weather is not hot and sunny. Limit 18. Call for information and a reservation.

Sailing

- July 2-5** **La Due Reservoir Ohio**
 Fri-Sun Bob Zavos 241-0659 (h)
 Join us for this long weekend trip to La Due Reservoir Ohio. Camp at Punderson State Park and sail the home lake of a major Flying Junior club. One evening we will drive up to the Lake Erie shoreline for dinner and to view the larger sailing boats.
- Aug 7-15** **Crystal Lake Michigan**
 Fri-Sun Joel Hough 371-4986 (h)
 Travel to the northwestern part of Michigan's Lower Peninsula to beautiful Crystal Lake. This 3 by 9 mile sandy bottomed lake has clear waters and a steady breeze from Lake Michigan. Sleeping Bear Dunes National Lake Shore is less than 15 miles away and we will offer hikes along the miles of sand. Also, the area is host to marine museums, light houses, candy shops, and excellent bike trails.
- Sept 4-7** **Lake Chautauqua, New York**
 Fri-Sun Bob Zavos 241-0659 (h)
 Take advantage of Summer's last long weekend for a delightful trip to western New York State and beautiful Lake Chautauqua. The hectic summer activity schedule at Chautauqua Institute will be over and we should have great sailing weather. Add in short trips to quaint Mayville for antique hunting and Jamestown for shopping. Then sail to Bemus Point for some exceptional dining.

Cycling

- July 3-6** **All Presque Isle Erie Weekend**
 Fri-Mon Chuck Ejzak 466-6196
 Car Camping at a campground just south of Erie, PA near Presque Isle. This is an unstructured trip. Ride as much or as little as you wish. You don't even have to stay the entire weekend. Call for info and to reserve
- July 9** **C Mountain Bike Off-road ride**
 Thurs Judy Menosky 242-1573
 6:30 p.m. Call to find out where the ride starts as well as other details.
- July 17-19** **B/C Ironmaster's (35 miles)**
 Fir-Sun Larry Laude 665-9554
 Stay at the Ironmaster's Hostel in Pine Grove Furnace State Park. This hostel is exceptional and there is swimming and hiking close by. Cycle through a lovely rural and wooded countryside over gently rolling. Call Larry to reserve by 7/6
- July 18-19** **C+ C & O Canal Ride**
 Sat-Sun Ober Rooney 364-3956
 A section of one of the longest continuous bike paths in the country. Carry your gear with you and camp overnight on Saturday. A hybrid or off-road bike is recommended. Call Ober for more details and to reserve.
- July 23** **C Mountain Bike Off-road ride**
 Thursday Judy Menosky 242-1573
 6:30 p.m. Call to find out where the ride starts as well as other details.
- July 26** **B 50 miles Ride, Swim, and Picnic**
 Sunday John LeBlanc 233-0588
 10:00 at Clairton Park. Here is a triathlon designed by John. Start with a ride somewhere in the Mon Valley and return to Clairton Park for a swim in the pool. Following the swim, there will be cook out. Call John for more details.
- July 30** **Mountain Biking**
 Thursday Judy Menosky 242-1573
 6:30 p.m. Call to find out where the ride starts as well as other details.

Cape May Ocean Bicycling Weekend

Mark Mistrik 441 - 8293 (h) Debbie Mistrik
 Thursday evening 23 - July to Sunday night 26 - July 1992
 Meets Thursday evening 6:30 pm Shadyside HQ. Three day weekend trip to the Cape May peninsula. Class "C" 30 - 35 mile bicycle rides to historic Cape May, a wildlife refuge at Stone Harbor, visit the Wildwoods, Swim in the Ocean, go beach combing, eat at local seafood restaurants, "Luxury" Car Camping or we'll try to stay at a B & B if there's interest. Carpooling from Pittsburgh. Call for more information, early reservations are essential.

Malabar Farms cycling Weekend (sort of)

Mark Mistrik 441 - 8293 (h) Debbie Mistrik
 Thursday evening 20-August to Saturday night 22-August 1992
 Meet 6:00 pm at Shadyside HQ Thursday evening. Two day cycling trip on country roads in North Central Ohio and overnights at the Malabar Farms Youth Hostel. Rides will be class B/C, 35 miles per day, with evening sightseeing. Trip returns so leaders can ride the Mon Valley Century on Sunday.

Tuesday Hikes

Hikers are welcome to join us on Tuesday evenings as we walk a 5-mile course up over Ridge Drive in North Park. We meet at the North Park Boat House at 7:00 pm. Good opportunity for backpackers to get a workout wearing their backpacks. For more information, call Helen Coyne at 776-0678.

July Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Mid-week Ramble Strip District 687-4520	2 HQ Slide Show Social Evening Rafting: New River Gorge 441-2306	3 Presque Isle Cycle Trip 466-6196 Family Cabin Camping 241-7494 Sailing: La Due Reservoir 241-0659 Rafting: New River Gorge 441-2306 Cycling: All Presque 466-6196	4 Presque Isle Cycle Trip 466-6196 Family Cabin Camping 241-7494 Sailing: La Due Reservoir 241-0659 Rafting: New River Gorge 441-2306 Cycling: All Presque 466-6196
5 Family Cabin Camping 241-7494 Rafting: New River Gorge 441-2306 Cycling: All Presque 466-6196	6 Cycling: All Presque 466-6196	7 Hiking North Park Helen Coyne 776-0678 Sea Kayaking: Intro Class 441-8293	8 Mid-week Ramble Blackridge area: 241-5031 Sailing: Shore School	9 HQ Slide Show Intro to Orienteering Cycling: C Mountain Biking 242-1573	10 Sea Kayaking: Symposium 441-8293	11 Rafting: Lower Yough 441-2306 Climbing: Seneca Rocks 687-0766 Canoeing: Flatwater Trng. Sch. 244-8332 W-W Kayaking: Class I/II 366-4062
12 Rafting: Lower Yough 486-8710 Climbing: Seneca Rocks 687-0766 Canoeing: Class I-II 963-1869	13	14 Hiking North Park Helen Coyne 776-0678	15 Mid-week Ramble Blueberry picking 421-9215	16 HQ Slide Show Wild things: local critters Hiking: Yough 327-8737	17 Cycling: B/C Ironmaster's 665-9554	18 Rafting: Lower Yough 561-5037 Sea Kayaking: Splash/Bash 441-8293 Hiking 531-1868 Cycling: B/C Ironmaster's 665-9554 Cycling: C+ C&O Canal 364-3956
19 Cycling: B/C Ironmaster's 665-9554 Cycling: C+ C&O Canal 364-3956	20	21 Hiking North Park Helen Coyne 776-0678 Sea Kayaking: Intro Class 441-8293	22 Mid-week Ramble Biblical Gardens 361-3707	23 HQ Slide Show Activities Fair Cycling: Cape May Ocean 441-8293 Cycling: C Mountain Bike 242-1573	24 Cycling: Cape May Ocean 441-8293 Family Tent Camping 761-2837	25 Rafting 531-1868 Climbing 322-4524 Hiking 921-1238 Canoeing 247-4016 Cycling 441-8293 W-W Kayaking 341-5682
26 Rafting: Lower Yough 441-2306 Cycling: Cape May Ocean 441-8293 W-W Kayaking: Beg. School 341-5682 Cycling: B 50-mile Ride 233-0588 Fam Tent Camp 761-2837	27 W-W Kayaking: Beg. School 341-5682	28 Hiking North Park Helen Coyne 776-0678	29 Mid-week Ramble Greenfield area 279-5375	30 HQ Slide Show Life Flight Cycling: Mountain Biking 242-1573	31 Sea Kayaking: Weekend trip 441-8293	Aug 1 Rafting: Lower Yough 487-1538 Sea Kayaking: Weekend trip 441-8293 Canoeing: Class II 371-4233 W-W Kayaking: Turkey Bash 341-5682

White-Water Kayaking

- July 11**
Saturday
Class I or II or III
John Gayler 366-4062
Kayaking trip to Slippery Rock Creek if it has water. If not, we'll find water somewhere.
- July 25-26**
Sat/Sun
AYH Beginning Kayaking School
Ray Yutzy 341-5682
For total or practiced beginner. At Yough Lake on Saturday and Middle Yough on Sunday. Overnight at Ohiopyle Hostel.
- Aug 1-2**
Turkey Bash (not an AYH trip) at Ohiopyle
Call Ray Yutzy for info 341-5682 or to reserve AYH kayaks. Three Rivers Paddling Club. Instruction in canoe or kayak. Basic through advanced instruction. Must reserve in advance.

July Slide Shows

Pittsburgh Council has a weekly Open House from 8 to 10 pm Thursday evenings at its headquarters at 6300 Fifth Avenue (near Fifth and Shady; we're next to the Pittsburgh Center for the Arts). A slide show starts at 8:15 pm and is followed by announcements for the week's activities. Memberships and publications are available at the membership desk.

July 2
Social Evening

July 9
Intro to Orienteering
Michael Lubich

July 16
Wild Things: Local Critters
Steve Majetich

July 23
Activities Fair
Jon Maiman

July 30
Life Flight: 'Copters to the Rescue
Gary Harvat

To volunteer to do a show, call
Tom Rodgers at 621-6310

Tourism Do's and Don't's

Tourism can promote national and international understanding and economic development, or it can destroy cultures and environments. The challenge is to create an activity that benefits both the host and guest and hurts neither, that respects and protects the natural and human environment, and that leaves decision making about development to the indigenous people who are most directly affected.

Bicycle tourism tends to be a positive form, hence the interest of IBF in tourism and its sponsorship of some travel programs. To help make travel a culturally, economically, and environmentally sensitive activity, IBF has developed the "Code of Responsible Travel".

Code of Responsible Travel

Travel to meet, not to conquer. Understand your reasons for traveling. Pick destinations that you care about. Travel to meet the world and for the experience that brings, not to "conquer it". Travel in a spirit of humility and with a genuine desire to meet and share with local people, and appreciate their dignity. Rather than: counting rolls of film shot, calculating miles traveled, blasting through villages to reach mountains, racing along the coast to "discover" a beach paradise, rushing to collect entries in your passport or accumulating other items of travel materialism - take the time to discover the enrichment that comes from seeing another way of life in its fullness. Be sensitive that what enriches you may rob or violate others. Select activities that celebrate and preserve the diversity of the world. Reflect daily on your experiences: seek to deepen your understanding.

Be culturally sensitive. Be aware of the feelings, values, customs and beliefs of other people, thus preventing what might be offensive behavior. Remember this especially concerning dress, photography and religion. Realize that people in the area you visit often have time concepts and thought patterns different from your own. Not inferior, just different. Don't wear sacred items or buy unique artifacts central to the culture. Don't patronize tourism projects or activities that undermine the local culture or value system. Remember that you may be one of thousands of visitors. Do not expect special privileges. Make no promises to local people unless you are certain you can fulfill them.

Understand cultures in their own context. Don't just compare the superficial aspects of places you've been. Ask how the community is getting along within itself. How are the people interacting with their family and friends and their environment? Learn to observe, think, speak and write in a language that is non-ethnocentric, non-racist, non-pejorative and non-sensationalizing. Cultivate the habit of listening and observing, rather than merely hearing and seeing. Make a habit of asking questions instead of knowing all of the answers.

Don't create barriers. Travel in a manner that doesn't create barriers between you and the place you came to experience. Take advantage of opportunities to walk, bicycle and use other available forms of non-motorized transport. Consider using these as your primary means of travel. Only bring necessary technological gadgetry. Don't let gadgets get between you and the natural ways of your destination. Be especially wary of video and camera equipment (especially Polaroid), and electronic equipment that produces noise.

Be environmentally friendly. Use energy, water and other resources efficiently, and consistent with their availability and wise practice in the locale. Use reusable materials when possible. Participate in local recycling programs. Use the lowest impact practicable

transportation option. Don't participate in activities that cause the destruction of the environment. Don't harass or collect ecologically crucial life-forms or materials from the water, land or sky.

Be economically beneficial. Spend money so that it stays in the community's economy: use services and stay in lodgings that are owned by a member of the community, and that use and serve locally produced goods. If food and beverages are sufficiently available, produce your needs from locally produced items. If food is scarce don't compete! Travel someplace else or be self-sufficient in your dietary needs. When buying, remember that the bargains you obtain are only possible because of low wages paid to the producer. Don't patronize tourist enterprises that undermine the society or ecology. Recognize that in most areas, spending on motorized transportation only minimally benefits the local economy because the equipment and energy is imported. Be satisfied with the comforts that the local economy can provide. If you need all the comfort of home, why travel? Critique tourism "development projects" to see if they siphon money away from other basic development needs, and/or to offshore corporations or the absentee elite.

For more information on responsible travel and economic development contact: Ecumenical Coalition on Third World Tourism, Box 24, Chorakhebu, Bangkok 10230, Thailand, or Center for Responsible Tourism, 2 Kensington Road, San Antonio, California 94960, USA.

[from the Winter 1991 edition of IBF NEWS, the newsletter of the International Bicycle Fund]

Take The High Road Off-Road.



For your convenience,
TRM has 2 locations:

703 Washington Road
2 miles north of South Hills
Village on Route 19
Mt. Lebanon

343-6885

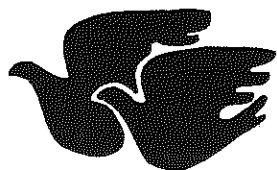
Bill Green Shopping
Center
Across from Pool City
Pleasant Hills

653-6022

TREK USA
American Bicycle Technology

FORUM TRAVEL

Convenient Location:
4608 Winthrop St.
(Off South Craig St. in Oakland)



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History of Schenley Park Exhibit Opens

Don't know much about history? Stop in at the Schenley Park Visitors Center Visitors Center for a quick and fascinating lesson about a favorite Pittsburgh landmark.

May kicked off the "History of Schenley Park" exhibit, a project of Citiparks and the Historical Society of Western Pennsylvania that is slated to run through 1995. Designed to be more than just a pictorial display, the exhibit is the first step in an effort to establish the park's role in Pittsburgh's history.

"Schenley Park is a great window to our City's past. It has directly reflected the same changes our City has gone through, from the Steel City to the Modern City, over the past 100 years," noted Bart Roselli, deputy director of museum programs at the Historical Society. "Most everyone in the area has a special story to tell about the park and what it means to them."

After perusing the exhibit, guests are invited to share their feelings and aspirations for the park in a journal that will be passed along to the City Planning Commission. The Commission is in the process of developing a master plan for the park's future. Lectures and tours will also be scheduled as part of the display.

When Edward Bigelow expressed his feelings about the park in an 1891 Public Works report, little did he know that his same sentiments would be expressed time and time again by Pittsburgh neighbors who have enjoyed Schenley Park over the last 100 years. In his words, "The more attractive this magnificent breathing spot is made, the more visible will be its effect for good upon the community."

[From the May 1992 Neighborhoods for Living Center News]

SABRE

Southwestern Autumn Breeze Bicycle Tour

Sunday, October 4, 1992

SABRE starts in Settler's Cabin Park at the Cayuga Picnic Grove. Pick up Registration Packet before starting the tour. Registration opens at 7:30 am with the Metric Tour riders leaving at 8:30 am. The 25 and 15 milers depart at 9:30 and 10:30 am respectively.

SABRE is a tour of southwestern Pennsylvania, and more specifically of the small rural and farming communities southwest of Pittsburgh. Cycle SABRE and see Western Pennsylvania's fading orchards and rolling fields filled with red, orange and fire yellow trees while the October skies are clear and a fresh breeze fills the air. We promise the route which during this Autumn period will be ablaze with colors, leaving you with memories that will easily carry you through the cold, slush-filled winter to come. SABRE consists of three routes for cyclists of all abilities: a challenging metric century (65 miles), as well as the 35 mile route and the 15 miler.

SABRE costs \$8 on or before September 26, 1992 (\$10 thereafter and day of Tour registration). This includes the official 1992 SABRE Pin (Guaranteed tour day to the first 1000 registered). In addition you will get a ride map and cue sheets, a rider number, sag support, and snack stops. When you finish the Tour, there will be the famous **SABRE Feast** picnic lunch awaiting you at the Cayuga Picnic Shelter.

The Pittsburgh Council AYH requires you to wear a helmet.

A sag will pick up those who can't finish due to bike problems or fatigue (you and your bike are expected to be in good condition before the ride starts).

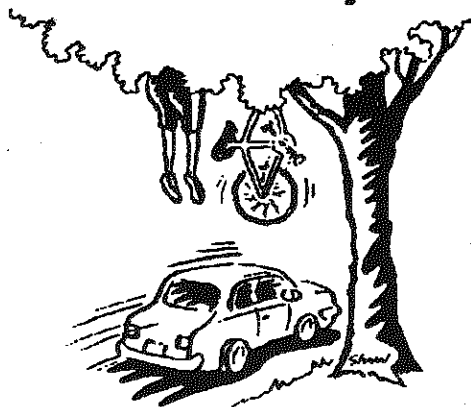
Questions, concerns, suggestions, or if you wish to volunteer, please contact Bill Eberle at (412) 833-9732 (phones answered 24 hours).

Where is Headquarters?

Trips listed as meeting at Headquarters meet at the AYH building in Mellon Park in Shadyside. It's next to the Pittsburgh Center for the Arts at Fifth and Shady Avenues.

Cycling Accident?

If you have suffered injury or damage in a cycling accident, contact our law offices to discuss your legal rights with a fellow cyclist.



Marc S. Reisman
Attorney at Law

412-456-2005
800-548-6267

There is no charge for legal services on injury claims
unless benefits are obtained

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President's Corner

Compuserve: 73467,3201
412-665-9554

May Board of Directors Meeting

At the May Board of Directors Meeting, the following actions were taken:

An additional \$20 per month for rent and \$50 for shelving and miscellaneous expenses was approved to expand the office space to include a storeroom for books and supplies.

The premium for Directors and Officers Liability Insurance was unexpectedly increased from \$500 to \$2000. The board authorized payment of the additional premium.

The status of the Activities Headquarters was reviewed. The consensus of the board was that until such time as a long range plan for headquarters was developed, work should begin on short term repairs to ensure the stability of the building for the next 2 to 5 years. Immediate emphasis will be placed on safety items, roof repair and emergency lighting. The Board also authorized the expenditure of \$1800 for up to 60 chairs for headquarters.

The Board authorized a donation of \$500 to the Mon/Yough Trail Council for trail development.

The next board meeting will be at 7:30 pm on July 20th at the Council office.

Council Bylaws to be Revised

The Council bylaws are being revised. It is my intention to have new bylaws prepared in time to be published in the October newsletter and voted on at the annual Council meeting that month. These bylaws would replace the existing Council Constitution and Bylaws with a single document. Please call me if you have any questions.

Annual Council Meeting

The annual council meeting will be held in October. While the date hasn't been set yet, it will probably be on a Friday evening as in the past few years. However, I would be willing to try something different this year, such as a guest speaker, additional awards and prizes and perhaps a full dinner. Maybe even a Sunday afternoon picnic. The only restrictions are that the arrangements be casual, leave time for Council business and allow members to attend the business portion of the meeting at a minimal cost. If you have any suggestions or would be willing to help with the meeting, give me a call or send me a note.

August 23, 1992

Mon Valley Century

Large sections of each ride follow the Monongahela River. The scenery varies from dying industrial towns to spectacular views of the river and wooded hillsides. Each ride breaks away from the Mon Valley along Mingo Creek to Mingo Park. Mingo Park features two well restored covered bridges and lunch. You will have a choice of 100 miles, 65 miles, or 35 miles. The 100 mile route is composed of equal portions of hilly, rolling, and flat terrain. The most challenging climb occurs just out of Brownsville and is nearly two miles long. (All of the other hills are much gentler). The 65 and 35 mile rides are flat to gently rolling and are well suited for intermediate and beginner riders. All routes will also be marked with arrows on the pavement.

A lunch stop is included for all riders. 65 milers also receive a snack stop. Century riders receive 2 snacks, at 30 and 50 miles in addition to lunch. There are many convenience stores along the route. A sag will pick up those who can't finish due to bike problems or fatigue. (You and your bike are expected to be in good condition before the ride starts.)

The Mon Valley Century costs \$8 if you register on or before Aug 2, 1992, and \$10 thereafter. Please note that T-shirts are not included in the basic price. Only riders who

Mon Valley Century Registration Form

Mail to: Pittsburgh AYH, Dept MVC, 6300 Fifth Ave., Pittsburgh PA 15232

Include a self-addressed, stamped envelope for confirmation.

One person per form, please. Copies accepted.

Make checks payable to: Pittsburgh AYH

Name: _____

Address: _____

Phone: _____

Emergency phone, day of ride: _____

☐ 100 mile ☐ 65 mile ☐ 35 mile

Age: ☐ Under 18 ☐ 18 or older

T-shirt size: ☐ Small ☐ Medium ☐ Large ☐ XLarge

(If none marked, a Large will be provided.)

Registration

\$8 by August 2 _____

\$10 after August 2 _____

Official T-shirt _____

\$6 by August 2 _____

\$8 after August 2 _____

Donation to Pittsburgh AYH: _____

Total: _____

Make check payable to Pittsburgh AYH

Liability Release

Must be signed by all riders (or legal guardian if under 18)

I have read and understand this form and the bicycling event it describes, and I understand that the Pittsburgh Council American Youth Hostels REQUIRES me to WEAR a Snell or ANSI approved helmet during all of my bicycle riding on the Mon Valley Century. If I stop wearing an approved helmet, I understand that my participation in this ride is IMMEDIATELY TERMINATED. I do voluntarily request the right to participate in this bicycling event. In consideration of the Pittsburgh Council, AYH, admitting me to this program and its administration of the same, I do hereby discharge, release, and hold harmless the American Youth Hostels, Inc., Pittsburgh Council, AYH, its officers, trip leaders, volunteers, and workers participating in this bicycling event, individually and collectively from any and all liability for damages of any kind or character resulting from any injury or condition I may suffer, or which may result from my participation in this bicycling event.

I do hereby request and consent to, and permit emergency treatment in the event of injury or illness.

I will abide by traffic laws and regulations and will practice courtesy and safety in bicycling. I acknowledge that collisions, falls and various types of injuries do occur when bicycling. I have trained sufficiently for participation in this bicycling event and have inspected my bicycle to assure that it is in good and safe condition.

Signature: _____ Date: _____

(parent or guardian if under 18)

prepay for a T-shirt with their registration by August 2 will receive their MVC T-shirt on the day of the ride; t-shirts will be mailed to those who register on August 3 or later (expect six weeks for delivery). Those who do not indicate a size will receive a Large.

Contact Lynn or Chuck Ejzak at (412) 466-6196 if you have any questions.

Please note that the Pittsburgh Council AYH requires all cyclists to wear an approved bicycle helmet for this event. Net proceeds from the MVC benefit the Pittsburgh Hostel Fund which will be used to help establish a full-service hostel in the city.



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

Publisher/Editor
Ron Wodaski

Copy Editor
Donna Brown

Mailing Labels
Roy Weil
Joel Platt

Production
Don Hoecker

Advertising
Bill Eberle
(412-833-9732)

Council Officers

President
Larry Laude
(412-665-9554)

Vice Presidents
Linda Smithyman
Jon Maiman

Secretary
Marianne Kasica

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Address changes and mail regarding this newsletter should be addressed to:

The Golden Triangle
6300 Fifth Avenue
Pittsburgh, PA 15232
(412) 362-8181
Office: (412) 422-2282

Newsletter Contributions

Contributions to the newsletter are welcome. You can submit them in three ways:

- ◆ Typed
- ◆ On diskette
- ◆ By email

Handwritten submissions can be difficult to read, so avoid them if at all possible.

There are several diskettes in the newsletter box at headquarters; please feel free to use these for submissions. To send by email, use the editor's Compuserve address:

75330,3711

Volunteer News and Opportunities

Pittsburgh Council Activity Chairs

Bicycling	
Chuck Ejzak	466-6196
Bill Eberle	833-9732
Canoeing	
Royanne Mac	335-7326
Climbing	
Eric Bauer	687-0766
Cross-County Skiing	
Fred Parker	856-4713
Family Activities	
Barbara Hanusa	441-7205
Hiking & Backpacking	
Jim Ritchie	828-0210
Pat Tieman	561-3286
Kayaking	
John Gayler	366-4062
Ray Yutzy	341-5682
Mid-Week Rambles	
Cliff Ham	687-4520
Rafting	
Jon Maiman	441-2306
Linda Smithyman	531-1868
Sailing	
Bob Zavos	241-0659
Sea Kayaking	
Mark Mistrik	441-8293
Volleyball	
Jeff Marsh	384-7827
Trips Coordinator	
Janet Supowitz	

Pittsburgh VRC Hostel Closed

The Vocational Rehabilitation Center has closed to hostellers as of April 15, 1992. Pittsburgh Council is looking for new accommodations for hostellers, either by referral to other housing or, preferably, by opening or chartering a new hostel. Hostellers should contact the Pittsburgh Council office at 412-422-2282 for the latest information.

July Deadlines

All Copy

July 9

Labeling and Mailing

July 23

July Hostel Work Party!

by Linda Smithyman

Saturday, July 18th. Meet at headquarters at 8:30 am. Let's get an early start and head down to Ohiopyle for fun and work. Please note that fun comes before work (in the dictionary). Free lunch for all volunteers. We would like to do more interior painting, a never ending chore it seems, and I've got the credit card for Heckinger's to prove it. There's always yardwork to do and cleaning. If you can lend a hand for a few hours on this Saturday please give me a call at 531-1868. We usually take a short hike in the late afternoon before returning to Pittsburgh by 6:00 pm or so. That leaves plenty of time for that date, but you may be too tired.

And I promise to bring the massage oil this time folks!!! Thanks to Ron Boone, Joel Hough (who brought the fudge), A.J. Stones and Joe Hoechner for helping out in May.

Headquarters Repair Work

Volunteers are needed to help repair and possibly replace the roof at headquarters and do some other general cleaning. We need people who can use a hammer and don't mind a little height. We also need volunteers to help do a little running around, transporting materials, be entertaining and to help with the free lunch provided for every volunteer.

The *tentative weekend dates* for this event are Saturday and Sunday, August 8th and 9th. Early birds can arrive by 8:00 am to get started. If you don't like to get up early that's ok. Come over anytime to put yourself to work. Saturday and/or Sunday help is fine. We'll provide *free training* on how to put on a roof with immediate hands on experience! Teamwork will be emphasized. All spectators will be put to work.

If you think you can help, even for a few hours, please call Linda at 531-1868.

This is tentative pending financial approval from the Board of Directors.

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.

Oops...

If you find an error, please notify the editor. See the address for the *Golden Triangle* at the left.

Letters...

[Letters to the editor are welcome. Letters will be edited to conserve space when necessary. Letters are published at the discretion of the editor.]

Pittsburgh Council Hostels

Ohiopyle AYH Hostel

Ohiopyle State Park
PO Box 99
Ohiopyle, PA 15470
(412) 329-4476

Charleroi Youth Hostel (SA)

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

Living Waters AYH Hostel

RD #1 (1 mile west on Route 30)
Schellburg, PA 15559
(814) 733-4212



Sail with AYH

Our introductory classes are almost filled, so call Joel Hough (371-4986) or Bob Zavos (241-0659) to see if space is still available. Classes are open to AYH members, at least 16 years old, in good physical condition, and who know how to swim.

	Introduction	Shore School	On-Water Class
Location:	AYH HQ	AYH HQ	Lake Arthur
Class #3	Wed., July 8	Fri., July 10	Sat., July 11
		Wed., July 15	Sat., July 18
Class #4	Wed., July 8	Fri., July 10	Sun., July 12
		Wed., July 15	Sun., July 19

Course fee will be \$75 for AYH members and includes 3 evening classroom sessions, a textbook, and two full days at Lake Arthur in Moraine State Park near Butler, PA. The Lake Arthur lessons will be on two consecutive Saturdays or Sundays depending on the class you select.

Sailboat Rentals

Once you have completed a training clinic or have been verified as a competent sailor by one of the leaders, you may use the AYH sailboats for practice and recreation.

We have three 14-foot Flying Junior sloops for rentals during the summer. These will be available for sailing Lake Arthur during the week as well as on weekends, except for time periods reserved for classes or extended trips. Two of the boats are stored on a trailer and a least one individual must be able to tow the trailer as well as possess necessary sailing skills. An additional boat is stored on racks along Watts Bay and is available to AYH members. Rental fees are \$10 per person per day or \$25 for one sailboat. An additional activity fee of \$1 per day for AYH members or \$2.50 for guests is added.

Special Non-AYH Events

South Side Summer Street Spectacular, East Carson Street. July 10 - 12. Carnival, arts and crafts, entertainment. 481-7847

Hartwood Acres has a variety of events including theatre, dance and music or tour the mansion. 767-9200

Country music in South Park - Highway 101 - FREE - Saturday, July 17th, evening.

Also in South Park - River City Brass Band - FREE - Friday, July 24th, evening.

Vintage Grand Prix, Schenley Park, July 19 - 25 for pre-1959 sportscars. 471-7847.

Climbing

Jul 11-12 INT Seneca Rocks
Sat-Sun Eric Bauer 687-0766
Multi-pitch climbing

Jul 25 BEG Beginner trip
Saturday Jim Wojciechowski 322-4524
Meets 8:00 am. The Seneca Rocks trip is for those people who would like to try multi-pitch climbing on rock faces over 100 feet high. Space is limited because only one or two people climb with each leader. The Seneca Rocks Prep trip on June 27th is a prerequisite.

Beginner trips are geared towards teaching basic rock climbing skills to people that have never climbed before. All you need to bring are tennis shoes and lunch. AYH supplies all climbing equipment. Space is limited so please call trip leader for reservation.

Classified

All trips and products listed here are private and are not sponsored or endorsed by American Youth Hostels.

HUGE MAP COLLECTION containing many of the Western Hemisphere's best hidden nooks. Useful for canoeists, hikers, escapists. Never get lost again, or found. SASE for details. Owen Cecil, Box 634, Oscoda MI 48750

WORLD TRAVELERS: Listen to the world, direct, with a shortwave radio. Listen to broadcasts in English from Russia, Germany, Israel, Cuba, Australia, England,

etc. Tabletop radio with a digital display. Will include station lists. \$250. 6-8 pm 339-0944.

CAMERA: Olympus OM-10 body. Olympus lenses 28mm, 50mm, 135mm, 35-70 zoom autofocus; all with 1A filters. T-20 flash. Foam padded case, instructions. Like new. \$325. 6-8 pm 339-0944

ADVERTISE! Classified ad space available for \$5 per month. Non-commercial ads for trips, travel, and outdoor equipment are free to AYH members. Ads normally are run for two consecutive months. Send your ad copy (preferably typed!) and AYH pass number to:

Editor, *The Golden Triangle*
6300 5th Ave
Pittsburgh, PA 15232

Sailing Classes: Registration

Name: _____

Address: _____

Phone: _____

AYH member? _____ (If not, fill out membership form also)

Fee enclosed: \$75.00 Make checks payable to Pittsburgh AYH

Class: ☐ #1 ☐ #2 ☐ #3 ☐ #4

I need a ride: _____ or: I can take _____ passengers

Mail to: AYH Sailing Classes, 6300 Fifth Ave., Pittsburgh, PA 15232

Mid-Week Rambles

July 1 Visit the Strip District and the new water-front developments there.

Wednesday Cliff Ham 687-4520.

July 8 Ramble around Blackridge or other area in the Eastern suburbs.

Wednesday John Hartman 241-5031.

July 15 Blueberry picking at the Hager farm near Freeport.

Wednesday Richard Fischer 421-9215
Picnic in community park after. Bring lunch, containers for berries. This trip subject to change due to ripeness berries.

July 22 Visit the Biblical Gardens at Temple Rodef Shalom, Shadyside.

Wednesday Dave Sadler 361-3707
Minimum of ten persons.

July 29 Tour of upper Greenfield area.

Wednesday George Westcott 279-5375
All Trips: Meet in upper parking lot, Fifth and Shady Avenues, by ten o'clock each Wednesday A.M. or make alternative arrangements.

Trips are subject to change because of the weather, conflicts of schedule, and the will of the group. We will walk in all kinds of weather. Be prepared.

Please share expenses of transportation when trips exceed ten miles. Suggested: one dollar for each passenger.