

GOLDEN TRIANGLE

Pittsburgh Council, AYH

April, 1979

volume 30, number 4



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, reminisce about good times and plan trips.

Slide Programs for April

Apr 5 Jeri Walsh will present "Outward Bound," a film on a special outdoor experience.

Apr 12 Go Bicycle-Camping in Nova Scotia in June '78 with Fran Klemencic.

Apr 19 The vertical world of Jim Wojciechowski and Bill Skallos: Climbing adventures.

Apr 26 See Bill Dzombak's proposal for a new hiking trail along the Conemaugh River Canal.

To All Members:

(ahem...)

To All Members Who Paid 1979 Dues and have Received Membership Cards:

Please disregard any notice for unpaid dues which you may receive from "National" (Delaplane, Va.)

-Barry Govenor
Membership Committee

Found Any "Lost" Towns?

I am looking for "ghost" towns (settlements that were once sizable or significant that are now non-existent or considerably smaller) located in Allegheny and contiguous counties, as a basis for a thesis. If you have suggestions, please call Marilyn Ham (687-4960).

The Golden Triangle

is a monthly publication of the Pittsburgh Council of American Youth Hostels, 6300 Fifth Ave., Pittsburgh, Pa. 15232

Phone: 362-8181 Thursday evenings between 7:45 and 10:30 only

Editor:	Rick Caplan
Cover:	Kim White
Ads:	Rich Alstadt
Printing:	Bob Oldenski
Mailing:	Don Hoecker & Roy Weil
Production:	Don Hoecker and the enthusiastic AYHers who make production a party rather than a chore.

Deadlines for May Issue:

Everything due: Thurs, Apr 19

Production Party: Thurs, Apr 26

Please notify Pittsburgh Council, AYH as soon as possible if you change your address. Otherwise, you miss our newsletter and AYH is charged 25¢ for every newsletter that is returned.

Activities Board Meeting:

Tuesday, April 3, 1979
8:00 PM

John Orndorff
5931 Walnut St.
Pittsburgh, Pa. 15232
home phone: 362-5401

Energy Efficient

In 1971, the average cost of operating a car was 13.3¢ per mile, of which 2.2¢ went for fuel. A study by Oak Ridge National Laboratory estimated the cost of operating a bicycle during the same year at 2.57¢ per mile. And that includes ice cream stops.

Whitewater Rafting in West Virginia

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The Art of Creek Crossing by Joe Levine

It's not uncommon to be faced with a bridgeless creek while hiking. Some considerations for crossing over rocks are:

High water increases the difficulties, rocks may be slippery with mud or algae, rocks may tilt, the shortest member of the group must be able to make the longest stride. Some suggestions: a walking stick provides stability; passing equipment from person to person may help those who are less sure of themselves.

(continued next column)

Methods for a wet creek crossing:

- 1) Remove socks, cross in boots.
- 2) Remove socks and boots, cross in your bare feet.
- 3) Cross in socks and boots, change into extra pair of socks on the other side.
- 4) Pull plastic bags over boots.
- 5) Pull on rain pants or chaps; wear them low over boot tops. Boots must be waterproof (Sno Seal is best). Waterproof gaiters may also work here.

I prefer method 5). On a trip I crossed Otter Creek twice in water 6"-8", wearing chaps, without getting my pants or socks wet.

Update on W.Pa. Trails by Cliff Ham

Some exciting things are happening on our New York to Maryland Hiking Trail. You can now walk from Pittsburgh to Buffalo on a continuous trail, using the Rachel Carson, Baker, North Country, and Conservation Trails. Two efforts, described below, are currently underway to complete the trail to Maryland.

Bill Dzombak, 621 Spring St, Latrobe, has scouted the entire link between Seward/Laurel Highlands Trail and Crooked Creek/Baker Trails. AYH will probably assume responsibility for 11 miles from Cochran's Mills to Avonmore. Bill is giving a slide show on April 26.

Further south, the Corps of Engineers has a draft plan for a hiking trail along the western side of Youghiogheny Reservoir. AYH has been asked about aiding this venture. This trail, when completed, would virtually join the entire trail, giving us a trail from New York to Maryland, with a subsequent route across Savage River State Forest to the C & O Canal.

Further, there will be funds available this summer to work on a trail between Quebec Run and Lick Hollow. Volunteers to scout are requested by the Commonwealth, D.E.R.

Dear Editor,
Most newspapers have a column in which readers can express their views. I think that there should be a "Letters to the Editor" column in the "Golden Triangle."
(Okay. -RJC)

LETTERS TO THE EDITOR

Dear Editor,
I think more people should volunteer to help on AYH projects instead of leaving the work for a few people.
(I think so too. -RJC)

Dear Editor,
I think that there should be more articles in the newsletter.
(Me too. -RJC)

Dear Editor,
Considering the large number of AYHers, I am always surprised at how few people from Minority Groups there are in AYH.
(So am I. -RJC)

Dear Editor,
Does that mean that we can tell ethnic jokes?
(No. -RJC)

Dear Editor,
Being editor of a large newsletter must be frustrating and difficult work. What makes an editor happy?
(Easy women, loose shoes and a warm place to go to the bathroom. -RJC)

Address mail to: Pgh. AYH c/o editor,
6300 Fifth Ave, Pgh, Pa 15232.

Another comment worth remembering:
"Take care of the ounces, and the pounds will take care of themselves."
-Steve Martin, former B.P. chair.
Those that know Steve realize that his advice must be taken with a grain of salt. (and that 1 grain=.002285 oz.)

THE MOVIES

by Rick Caplan

"The Deerhunter" - Avoid it.

A marathon movie about three Clairton men who fight in Vietnam. It's not for the squeamish. Although much-decorated with Award nominations, the violence completely overshadows any enjoyment that might be had from seeing a well-made movie. Those that are interested in Clairton would do better to take 885 South.

"Days of Heaven" - Worth browsing thru.

A beautiful film with a plot twice-removed. It's a photography exhibit with a story line.

"Watership Down" - pretty good.

The author of the book is a great storyteller. The director of the movie is not. But it's nice, filled with talking rabbits and animated violence; a slice-of-lagomorphine-life; not an Easter story.

"The Rocky Horror Show" - ?????

It treads the fine line between Movie and Civil Disturbance. It's different. Clue #1: Before the movie, instead of quietly listening to the muzic, people are reading newspapers. If you happen to be in Oakland on a Friday or Saturday around midnight, and it's raining, you might give it a try. Of course, if you "happen" to be in Oakland on a Fri. or Sat. around midnight, you are probably the type of person who shouldn't miss it.

RIDDLES

The man that made it couldn't use it.
The man that bought it didn't need it.
The man that got it doesn't know it.
What is it?

What is it that God never sees, A king seldom sees, but we see everyday?

See Rob McEachern for answers.

For Sale:

Fisher Downhill skis, 190cm, Tyrolia bindings, Humanic boots size 9½-10, poles, boot bag & tree. Price \$100. Call Joe (343-2465)

Pannder Rack - Lightweight alloy, rigid triangle shape, \$5. Call Joe (343-2465)

Heavy-duty wet-pack, 11x17x21, almost new, \$10. Bruce Sundquist (327-8737).

Two-person, coated single-wall tent, 3'10oz, \$20. Joe Levine (422-8287)

Sleeping bag, 2 lb Hollowfil II, wt. 3-8, \$20. Joe Levine (422-8287)

Aluminum extension bar for pack frame new \$2 Joe Levine (422-8287)

Raichie hiking boots, new; lightweight boots. Rick Caplan (521-4420).

Lori's Vegetarian Dish

This dish is different each time I make it. The dish varies according to the vegetables available at the time. So, take these as vague directions, and use your imagination from there...



Ingredients:

rice
butter or margarine
almonds (sliced or chopped)
mixed nuts and sunflower seeds
soy sauce
parsley
vegies, as available (broccoli, cauliflower, celery, carrots, spinach, kale, green beans, cherry tomatoes, zucchini, etc.)

Directions:

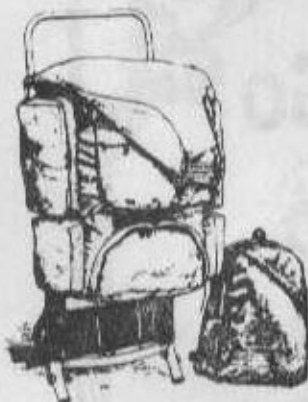
Prepare rice and add butter (about 3 tbs) so rice won't stick; then add almonds. Coarsely chop a combination of at least 4 vegies and steam in a separate pan for about 10 minutes, longer for softer vegetables. Add nuts and seeds and stir. Serve rice and vegies in separate bowls. Let individuals season the dish with soy sauce according to their preference. Enjoy.

PGHAYHRAMBLINGS

from Joe Hoechner

Dire predictions about the price of gas going up to \$1 before this summer... If gas stations close on Sunday, do restrooms have to close, too?...The Council may have to re-examine its 2¢ per mile car pool fee...It would be nice if "National AYH" could start an ad campaign pushing hosting as a way to avoid "gas pains"...Each summer, according to Travelers Aid Society, hundreds of people come to Pittsburgh expecting to find a youth hostel...If you ever go to Wash.D.C., try the hostel there; at \$4.50 it's a best buy.

GREAT PACKS



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THE WORST OF JOE HOECHNER

Did you hear about the houseplant fanatic who died and left all of his money to his "fronds"?

Did you hear about the New York mother who told her child to go outside and play in the snow - but try not to get dirty!

You can always tell who the bicyclists are on backpacking trips - they keep looking over their left shoulder for automobiles!

Did you hear about the guy who had such bad luck with his houseplants that the sound of falling leaves used to keep him awake at night?

Save energy - take a cold shower, in the dark!

Did you hear about the expert biker that turned canoeist? He was doing fine until he started drilling holes in his boat to make it lighter!

Did you hear about the AYHer who spent a ski vacation in Scandinavia? Until he got there he thought a "fjord" was some kind of Swedish car!

Did you hear about the bike-camper who claimed that the mosquitoes were so bad that he had to sleep with his helmet on?

Do you know where young gnomes do their homework? Why, in their gnotebooks of course!

Soon the water quality may be so bad that the authorities may be required to list the ingredients of their product.

Are cavities in the road between street-car tracks really called PATHoles?



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A Lightweight Backpacking Stove That You Can Make
by Steve Martin

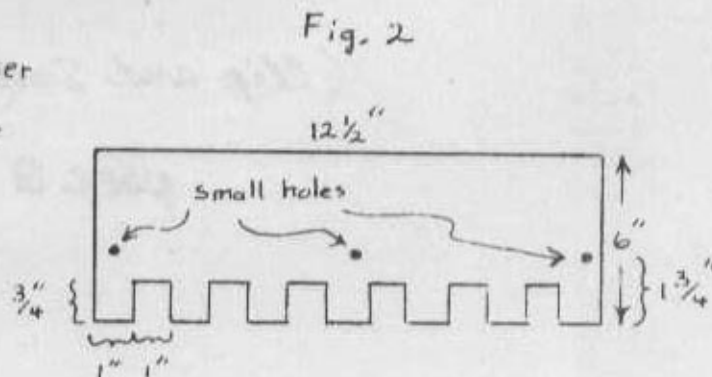
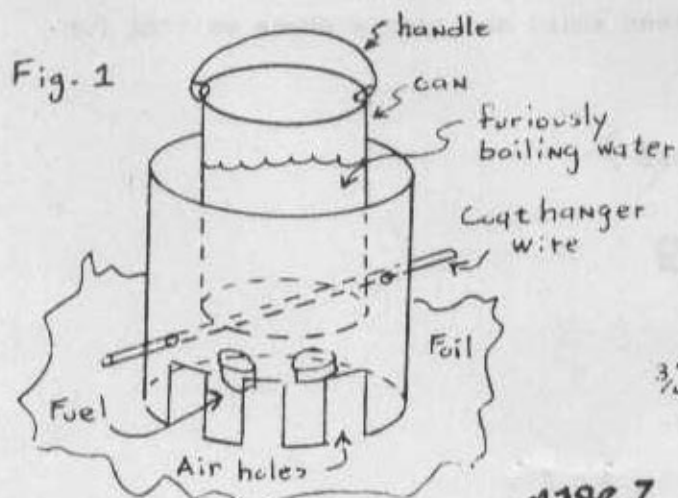
The current trend in backpacking is to carry a lightweight gasoline or butane powered stove and an aluminum pot for preparing meals. This equipment will typically weigh about 28 oz. and cost over \$30. If you are as appalled as I am at the thought of carrying this awesome weight you should consider the following design for a stove which you can make for less than a dollar and which weighs only 5 oz. including stove, fuel, and pot. The stove only makes hot water, but you can do a lot with hot water.

The stove is shown in Fig. 1 and consists of a beer can (the pot), an aluminum cylinder (the stove), a coat hanger wire that goes through the stove and holds the pot up, and fuel tablets. A soft drink can can also be used as a pot with only a slight degradation in stove performance. The basic idea is to form a column of hot air which completely surrounds the can of water in order to get more efficient heat transfer from the fuel to the water. The aluminum cylinder makes a good wind shield and the column of hot air tends to create its own draft which makes the fuel burn hotter. The aluminum cylinder is made by rolling up a thin sheet of aluminum. The kind of aluminum that is used for repairing rain gutters works well and can be cut with scissors. Figure 2 shows some suggested dimensions for use with a 12 fl. oz. can.

The fuel for the stove can be just about anything but I've found that the fuel tablets sold in army surplus stores for heating rations work best. I've used the stove for about a year and have used it on several winter trips. Using two fuel tablets it will boil water in about 3 minutes.

If you cut the top out of the aluminum can everything can be rolled up and stored inside the can. This also let's you put a wire handle on the can. If you have a campfire you don't have to use the stove at all since you can put the can directly onto the coals of the fire. It's a good idea to take along some aluminum foil to put under the fuel tablets and to use as a lid for the pot.

The hot water can be used to make hot drinks or can be added to freeze-dried or dehydrated foods. The fuel tablets can also be used as fire starters and can be used to heat waxes and klisters when cross-country ski backpacking. If anyone is interested in making one of these stoves I have some extra aluminum that I can give you as long as the supply lasts.



IDEAS FOR BACKPACKING by Rick Caplan

CLOTHES - Prepare for the weather: heat, cold, rain. We may walk all day in the rain, so raingear and waterproof boots are necessary. To prevent blisters, your boots should be broken-in; placing foot pads inside the boots also helps. Extra socks are essential. Smaller items worth taking are a crushable hat, which offers protection from the sun, and a big handkerchief, which has many uses. In cooler weather, layers of non-cotton clothing are more efficient than one heavy garment. A good combination is wearing shorts and carrying warm-up pants that can be worn over the shorts.

SHELTER - Tent, poles, sleeping bag, pad, ground cloth, nylon rope, pocket knife, flashlight with good batteries. A large trash bag is often useful as rain protection.

BATHROOM - Toilet paper, soap, toothbrush, toothpaste, 1st aid, moleskin, sun lotion, insect repellent, chapstick, water purification tablets, small towel. Moleskin is to be used on a "hot" spot before a blister develops. A small tube of shampoo can serve as shampoo, soap and detergent. Always wash away from streams; someone downstream will be using the water as drinking water.

KITCHEN - Stove with fuel, waterproof matches, mess kit, utensils, canteen. After washing dishes, observe local regulations on what to do with dish water. Being careless with dishwater and juices from food attracts insects.

FOOD - When buying food, consider weight. Shy away from cans and fresh fruit. However, it isn't necessary to buy dehydrated meals from a camping store for a weekend trip. During the day, we'll eat snacks and a cold lunch. Placing premeasured food portions into plastic bags may be convenient. Keep food together with an extra bag and rope because at night you'll put all your food, snacks, and garbage into the bag and hang it from a tree, away from animals. Bring a bag to be used to carry garbage; garbage that isn't burned is to be carried, never buried (animals will dig it up). Don't throw "biodegradable" garbage away either; it's still garbage and an eyesore to other hikers.

BACKPACK - Distribute the weight evenly. Don't put hard objects where they'll poke you in the back. Pack neatly; objects bouncing and swinging will tire you. Pack conveniently; a rain poncho, snacks, and canteen should be easy to grab. If your pack has a frame and padded belt, adjust the belt so you are carrying most of the weight on your hips rather than your shoulders. It's a good idea to carry map and compass; even if they're not needed, they are fun to learn how to use.

AFTERWARDS - It's a relief to have a clean shirt and tennis shoes waiting for you in the car.

(Clip and Save)

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APRIL 1979						
S	M	T	W	T	F	S
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					

TRIPS & TRAILS

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 costs and equipment rental. In addition to these fees, non-members are charged \$1.50 per day; one fee can be deducted from the cost of membership if the tripper joins AYH within 30 days following the trip. Call the trip leader to reserve or cancel or to get information. Please call during normal hours (6:30-9:30 PM) unless otherwise noted. Make reservations as early as possible but in no case later than the Thursday before the trip.



CANOEING

Chairperson: **Dave Marschik 327-2778**

Canoeing season has started for experienced canoeists. Trips are informal pick-ups, usually announced Thurs. night. Use wet suits or heavy wool.

Fri May 11 W. Pa. Whitewater School - at Camp Kon-o-kwee near Zelienople. We will use sections of Connoquenessing and Slippery Rock Creek. See Dave Marschik for details and application.

Sun May 13 ACA Nat. Canoe Certification - for canoeists who have complete Whitewater I and II schools. Cost \$3, plus trip cost. Call Jim Roberts at 271-7178.

Fri Aug 10 Canadian Canoe Trip - talk to Dave Marschik.

Sun Aug 19



BACKPACKING

Chairperson: **Rob McEachern 828-2635**

Tue Apr 10 Beginner Backpack School - lead by that rambling guy, Steve Martin. Meet at Headquarters at 7:30 PM. Learn about the straw that broke the backpacker's back...and how much it weighed.

Thr Apr 12 Intermediate - Leave at 7 PM for Shenandoah Nat. Park, Va. with Steve Martin (462-5000, ext 6185) and Rob McEachern (828-2635).

Sun Apr 15 Begin. - A follow-up trip to the beginner school; but it's open to everyone. Leave Sat. morn. Call Steve Martin (462-5000, x-6185).

Fri Apr 20 Inter. - Somewhere in W. Va. (Seneca?). Group gourmet cooking. Leave Sun Apr 29 HQ at 7:30 PM. Reservations necessary. Call Lori Albright (683-4943).

CLIMBING

Chairperson: **Wojie 322-4524**

Sun Apr 8 Beginner - No experience necessary. Jim and staff will teach basics. Bring lunch, day pack, leather or vinyl work gloves, tennis shoes or stiff boots. Call Jim (322-4524) or Bill Skillos (921-5695).



BICYCLING

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

Standard equipment includes tools, lunch, raingear and about \$3.50.
 TOSRV training rides are vigorous inter. rides.

Sat Apr 7 TOSRVtr - Ride to and around North Park (50 mi) with Steve Schomer (824-5352). Leave AYH at 9 AM.

Sun Apr 8 Inter - Steve Martin (462-5000 x6185)

Sun Apr 8 TOSRVtr - Rob McEachern (828-2635) meet at AYH at 9 AM

Fri Apr 13 Bike Camping - If interested call Chuck Ejzak (327-5031).
 Sun Apr 15

Sat Apr 21 Inter - Rick Caplan (521-4420)

Sun Apr 22 Begin - Fred Parker (824-2638)

Sat Apr 28 Begin - Ed Sieger (561-4790) meet at AYH at 8:30 AM

Sat Apr 28 TOSRVtr - Chuck Ejzak (327-5031) 70 miles

Sat Apr 28 Bike Camping - for intermediate cyclists. For details call Sue
 Sun Apr 29 Ditson (363-8017)

Sun Apr 29 TOSRVtr - Mike and Lynne Deroy (371-6943)

Fri Jun 15 WAG '79 - To be held at Slippery Rock College. For info and appli.
 Sun Jun 17 call W.Pa.Wheelmen at 367-0398.



HIKING

Chairperson: Valerie Krenicky 462-4486

Sun Apr 1 Begin - in Harrison Hills with Joe Levine (422-8287). Leave AYH at 10 AM, bring lunch. Cost \$1.50. Return mid-afternoon.

Sun Apr 1 Begin - Laurel Highlands near Ohiopyle. Meet at 8:30 AM. Call Mike and Marta Hurvitz at 422-9204.

Sat Apr 7 Begin - on the Laurel Ridge Trail. Meet at AYH at 9 AM. Call Bob Rudland (462-5000 x6284)

Sun Apr 22 Inter - Bear Run Nature Reserve Meet at AYH at 8 AM. Call Craig Rowland at 242-0107.



CAVING

Chairperson: Norm Snyder 351-4068

Fri Apr 20 Caving - Call Norm Snyder (351-4068, 6 to 7, Sun to Thur). Going
 Sat Apr 21 to W. Virginia.



SPECIAL EVENTS & FUTURE TRIPS

Fri Apr 20 AYH Coffee House - Held at AYH headquarters from 9 PM to midnight. If you would be interested in performing or showing some slides, call Steve Martin at 462-5000 x6185 during the day.

Fri Apr 20 Eastern Regional Meeting at Camp Harmony, 10 mi south of Johnstown
Sun Apr 22 on Rt 53 or 14 mi north of Somerset Turnpike exit. Time to mix fun and work. Roy Weil needs help with food buying, meal planning, shuttle running. Joe Hoechner is coordinating trip leaders for hikes, bike rides or canoeing. Let's show the other Eastern Councils a good time! To help out call Roy (681-5131) or Joe (343-2465).

Sat Apr 28 Nature '79 - at North Park Ice Skating Rink. Represent Pgh Council from 9 AM to 4 PM. Call Joe Hoechner (343-2465) or Jim Gogots (384-9149) to offer help.

Fri Apr 27 Appropriate Technology Fair and Conference - will be held in Wash, D.C. on the Mall. AT emphasizes environmentally and socially sound technologies. For info, talk to Bill Porter.

Sun Apr 29 Ohioyle Work Party - If you've been holding on to that promised sink, shower, couch, stove, etc. all winter, here's your chance to unload it. Joe Hoechner will supervise this day trip to stock equipment, patch the roof & take final measurements for the purchase of lumber & plumbing. Trades-persons are needed along with climbers for the roof work. Reserve with Joe at 343-2465 or 231-9940.

Fri Jun 1 Morgantown Weekend - There will be information and application next month. Now I am rounding-up help with meals, transportation, etc.
Sun Jun 3 Please contact Eric Blonstra (487-5836).

S.L.P.I.T.A.

from Joe Hoechner

Are you ready for Short, Leisurely-Faced In-Town Activities?

The Pittsburgh Council believes that there is a need for city hikes, around town bike rides or perhaps an Allegheny River canoe trip. In the coming summer months, the gasoline supply will be getting both tight and expensive. So, let's save energy & stay in town!

There's a need for such trips, and potential leaders are encouraged to talk to the hiking, bicycling or canoeing chairpersons with ideas.

Houseparents?

Hostel Development Chairman Joe Hoechner is still seeking additional candidates for the position of houseparent of the future Ohioyle Youth Hostel. (Opens June 1st?) If a full-timer can't be found, the hostel will be run on a part-time basis on weekends. So, if you would like to relocate for at least a weekend or a few months, let Joe know. See him at any Thursday night open house, or call 343-2465.

One backpacker talking about another backpacker: "He was so noisy last night that he woke up my sleeping bag."

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
_____ FAMILY LIFE	\$220.00

Please Circle:

Service Interests: Newsletter, Hostel Development, Bicycling,
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Leadership: Backpacking, Bicycling, Canoeing, Caving, Climbing,
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Have you introduced a teenager to AYH?