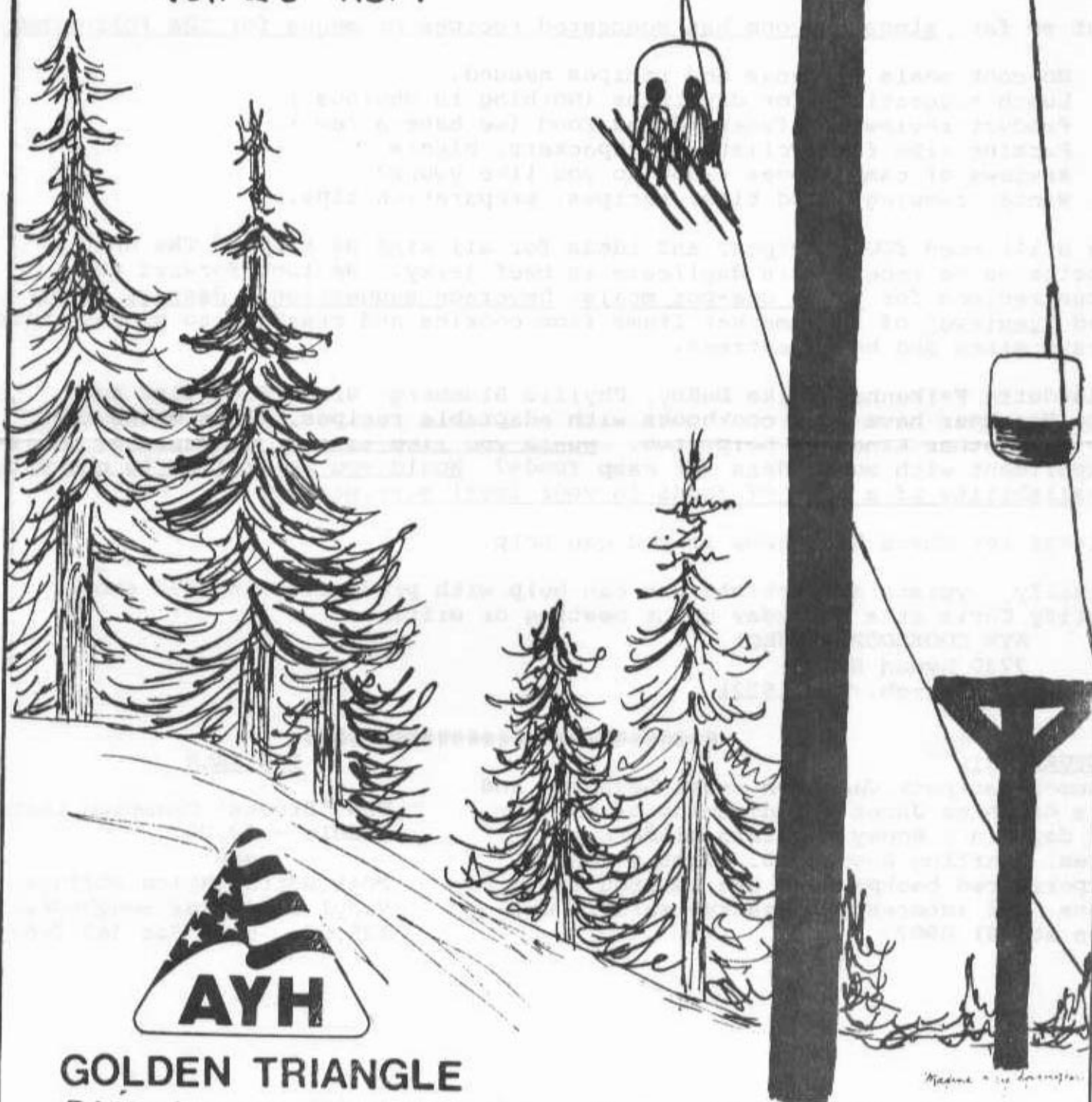


JANUARY 1977

vol. 28 no. 1



GOLDEN TRIANGLE

Pittsburgh Council American Youth Hostels, Inc.

OUTDOOR COOKBOOK

The Cookbook deadline for contributions is January 31. So far, Cathy Lynch has donated her kite-flying day recipes, Cliff Ham has provided some great-sounding bread recipes, Phyllis Blumberg has imparted several Gorp recipes (with promise of Thanksgiving turkey recipe for campers), Joe Levine has supplied tips on lunches and dinners, and Nancy Barto has sent some backpacking menus and tips. Other AYHers have written in with chowder, beef jerky, and rice recipes.

But so far, almost no one has suggested recipes or menus for the following:

- * No-cook meals -- menus and recipes needed.
- * Lunch suggestions for day trips (Nothing is obvious!)
- * Product reviews of freeze-dried food (we have a few.)
- * Packing tips for cyclists, backpackers, hikers.
- * Reviews of camp stoves --How do you like yours?
- * Winter camping; food tips, recipes, preparation tips.

We still need YOUR recipes, and ideas for all kind of trips. The only recipe we've received in duplicate is beef jerky! We look forward to your recipes for quick one-pot meals, beverage suggestions, dessert ideas, and "reviews" of supermarket items from cookies and crackers to pancake mixes, gravy mixes and boxed entrees.

Claudette Falkenham, Mike DeRoy, Phyllis Blumberg, Bruce Sundquist and Joe Hoechner have lent cookbooks with adaptable recipes. This means that we need other kinds of help, too. Would you like to test a couple of recipes? Experiment with some ideas for camp foods? Would you be willing to check the availability of a list of foods in your local supermarket?

Please let Chris Reid know if you can help.

Finally, typists and artists who can help with production in 1977 should notify Chris at a Thursday night meeting or write:

AYH COOKBOOK PROJECT
7730 Lyman St.
Pittsburgh, PA 15221

FUTURE TRIP

Summer Backpack Vacation --Don Levenson and his daughter Janet are dreaming of another 12 days in a Rocky Mountain wilderness area, starting August 20. Just a few experienced backpackers are invited to join them. If interested, reserve early. Call Don at 421-0987

FOR SALE

New "Brooks" Champion Leather Saddle - \$9.00.
and
Folk Guitar (Nylon strings), Vinyl Case plus songbooks, \$25.00. call Joe, 343-2465.

WINTER WEEKEND

It looks like a great year for snow and winter sports!!

Sign up now for the annual winter weekend - this year it will be held at the LAURELVILLE HOSTEL and the dates are FEBRUARY 18-20.

Joe Hoechner has reserved beds for 45 so get your name in early.

For those who haven't seen the Laurelville Church Youth Hostel, this is your chance. All you have to bring is two lunches, your sleeping bag, flashlight, and your sports equipment. If you play a musical instrument, bring that too.

Saturday and Sunday breakfasts and Saturday dinner will be prepared and served by the Laurelville church center staff.

We'll have use of a large community room complete with fireplace.

Cost for the weekend will be about \$23.00 including lodging, food (except the 2 lunches you will bring) and transportation.

There will be HIKING and CROSS-COUNTRY SKIING with short trips right on the Hostel grounds and longer trips on the nearby Laurel Highlands trail and Laurel Hill State Park.

Join in the fun. Get your reservation in early. Send your name and \$5.00 deposit to:

Sally Brunson
911 Beech Avenue
Pittsburgh, PA 15233
231-6074

OR

Mary Ellen McBride
5834 Ferree Street
Pittsburgh, PA 15217
421-9891

DEADLINE: FEB. 3
Further questions,
call Joe Hoechner at
343-2465

P.S. As this is a Hostel, you must be a member, and don't forget your Pass!

LAURELVILLE WEEKEND RESERVATION

NAME: _____
Phone # _____

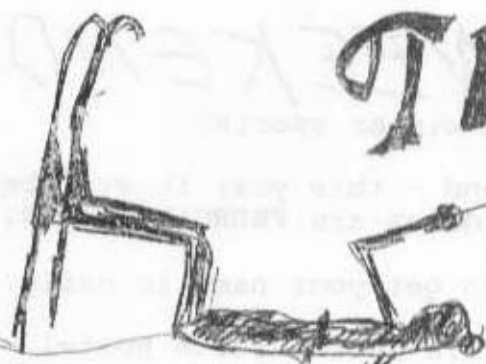
Number of persons _____ @ \$5.00 deposit each . Amount enclosed _____
MAKE CHECKS PAYABLE TO AYH, PITTSBURGH COUNCIL.

I can be a driver for _____ passengers. I need a ride _____.

Winter Weekend
AT Laurelville Hostel

TRIPS

'n' TRAILS



Sun. BEGINNING TOPOGRAPHIC MAP READING III

Jan 9 Meet at AYH 9:00 a.m. Bring needed equipment for prevailing weather, lunch, and \$3.50. Try to buy or borrow a compass; pencil and small pad or 3x5 cards. Jim Roberts at 271-7178 between 6:00 and 9:00 p.m. has details.

Jan. 9

BEGINNERS HIKE ON SECTION C-1,
Rachel Carson Trail. Joe Levine will lead on a hilly, 8 km. section west from Springdale. Wear suitable wool clothing; hiking boots are required. Bring lunch, water, and \$1.50. Will leave 9 a.m. sharp from Hostel. Call Joe at 422-8287, after 9 p.m.

Jan. 14, WINTER BACKPACKING TRIP

15, & 16

Dolly Sods Wilderness Area

Fri.-

Sun. Heavy Snow, extreme cold conditions will prevail. Tim Campbell 266-3612.

Sun. INTERMEDIATE HIKE

Jan. 16 Join Doug Brown on a hike of 10-12 mi. in the Quebec Run Area. Bring a sturdy pair of hiking boots and lunch. Trip will leave Hostel at 8 a.m. sharp. Call Doug at work: 355-4513 or home: 322-2152.

Sat.

Jan 22 BEGINNER'S - INTERMEDIATE HIKE

in the Forbes State Forest. Dress for the weather and bring hiking boots and a lunch. Call Cole Van Ormer at 683-7160.

Sun. BEGINNER'S HIKE

Jan 23 Looking for something different? Join Dick Nugent for a winter hike on

(cont.)

the ice of Lake Arthur at Moraine State Park. Trip will be 5-8 mi. Dress warmly and bring a lunch. If there is no ice, trip will be on solid ground. Call Dick at 487-5549.

Sat. Jan. 29 INTERMED. HIKE

on the northern end of Laurel Highland Trail. Jerry Dado plans to cover about 8 mi. Trip will leave hostel at 8 a.m. Reserve a spot on this hike by calling Jerry at 751-2045

Sun. Jan. 30 HIKE/SKI

Joe Curlee will lead a hike and/or cross country ski trip on the Laurel Highlands Trail. Snow conditions will determine nature of this trip. Distance will be 6-8 mi. and people with all levels of experience are welcome. Leave AYH at 8:30 a.m. with a lunch and \$3.50. Call Joe at 422-9622.

CANOE??

For those canoeists who cannot be kept in due to the vengeance of winter, there is a list to sign in the rear of the hostel to form an impromptu canoe trip, or call Mike DeRoy.





OPEN HOUSE

OPEN HOUSE at the Hostel Headquarters is every Thursday evening. Doors open at 7:45 with a slide presentation at 8:45. Programs are of interest to old, new or prospective AYHers. WELCOME!

Our OPEN HOUSE is for all members as well as non-members. This is a great time to see friends, reminisce about the good times on your last AYH trip, and make plans for future trips.

If you are a prospective member, this is an ideal time to meet AYHers and discover the ART OF HAVING FUN.

JANUARY OPEN HOUSE PROGRAM:

- Jan. 6 Barney Bench, "A Flying Trip from Western U.S to Europe."
- Jan. 13 Cliff & Marilyn Ham, "Montana to Wyoming via Bike Centennial."
- Jan. 20 Alan Barber, "Backpacking in Goat Rocks Wilderness Area in Washington state."
- Jan. 27 Joe Levine, "Mountain Wandering in Austria, Part I." Joe spent his vacation in the Austian Alps last September. See what he experienced, through his slides, in the Vorwendel Range, Lienz Dolomites, mountain huts and valley towns.

WANTED:

Portable Electric Typewriter

The TRIANGLE needs a good new or used electric portable typewriter. If you have one for sale, know where we could get a good deal on one, or can get one at a discount price, call Joan at 621-3251.

WANTED:

Assistant Editor

Help with typing the TRIANGLE and occasional "legwork." Please see Joan, Sieffert or Claudette Falkenham. or see note in the Triangle, 5. Sieffert or Joan or Falkenham to

THE GOLDEN TRIANGLE

The GOLDEN TRIANGLE is a monthly publication of the Pittsburgh Council, American Youth Hostels, Inc.

ADDRESS: AYH
6300 Fifth Avenue
Pittsburgh, PA 15232

PHONE: 362-8181, Thursday evenings only.

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EDITOR	Joan Sieffert
COVER	Maxine Spangler
PRINTING	Sue Leathen
PRODUCTION	Marta & Mike Haddad and the few willing AYHers who will stay after the meeting and help staple the newsletter.

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HELP!

We desperately need a cover for the Feb. TRIANGLE. If you have a drawing or photograph we can use for the cover, please **STEP FORWARD** immediately. It will be greatly appreciated.

DEADLINE FOR FEBRUARY TRIANGLE is Jan. 20. Please type or print all material on 8 1/2 x 11 paper.

JAN '77



SAT	SUN
1	2
NEW YEAR'S GREETINGS	

MON 3	TURS 4	WED 5	THURS 6	FRI 7	8	9
RENEW YOUR MEMBERSHIP!					Topo Class III	Beginner Hike
10	11	12	13	14	15	16
			OPEN HOUSE Mariyin & Cliff Ham	ADVANCED BACKPACKING WEEKEND IN DOLLY SODS AREA		Intermed. Hike
17	18	19	20	21	22	23
			OPEN HOUSE Alan Barber DEADLINE FOR FEB.		Beginner/Intermed. Hike	Beginner Hike
24	25	26	27	28	29	30
			OPEN HOUSE Joe Levine		Intermed. Hike	Beginner Hike & Ski Outing

31 Do you canoe? Then it's most possible
 Hip about Hikes? You're a member of this Hostel.
 Dig caves? And if you don't RENEW
 Move in Cycling Circles? You'll surely be clue!
 If the answer is yes,

PITTSBURGH COUNCIL
 AMERICAN YOUTH HOSTELS, INC.
 6300 FIFTH AVENUE
 PITTSBURGH, PA 15232

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