

golden
triangle

ayh

pittsburgh council, american youth hostel, inc.

Volume 23, Number 7 July 1972



Open House

Thursdays at 8:30 p.m.

July 6

A Christmas trip from Cape Hatteras to Ocean City will be the focal point of Dan and Renata Conner's slide show. They will also include shots taken on recent AYH hiking, cycling and ski-touring trips.

July 13

Dick Sandburg will show slides-- a popouri of bird shots taken all over the U.S., including Pennsylvania's Geneva Marsh.

July 20

A composite of Eb and Diane Moll's slide collection, including the Baker Trail, Cook's Forest and various other trips.

July 27

Mary and Dave Davenport are back from their cruise of the Seychelle Islands off the coast of East Africa. See their slides of those unspoiled lands with their flora and exotic birds; and also sights of East Africa.

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

6300 Fifth Ave.
Pittsburgh, Pa. 15232

Editor: Katherine M. Spindt 364-2447
Publication: Peggy Brehm 371-3084

The Editor requests that trip leaders and activities chairmen submit trip reports, equipment or technique know-how articles, or other interesting items for publication.

Send your contribution to:
K.M. Spindt
135 Buckhill Rd.
Pgh., Pa. 15237

before the second Thursday of each month

Open House is every Thursday at the Hostel at 8:30 p.m. Phone 362-8181.

* WILD FOOD HIKE--Trip Report
* by S. and J. Allen
*

* On Sunday, May 21, AYHer's
* enjoyed a wild-food gathering hike
* organized by Sametta Richter. The
* location, a horse farm in Renfrew,
* Pa., offered diverse terrain--
* woodland, marsh and pastureland
* complete with Arabian horses. There
* was pleasure in traipsing across
* this farm and also in the challenge
* of edible wild food identification.

* The guide for the trip was
* Roger Latham, a Pittsburgh Press
* outdoors editor and professional
* wild life manager. His stories of
* growing up on a farm where he and
* his parents stalked wild animals
* and plants quickly set an enthusi-
* astic mood. He possessed a wealth
* of knowledge on wild, edible veg-
* etation and he eagerly answered any
* and all questions. Most members of
* the group were surprised to discover
* that washed, roasted and boiled
* dandelion roots make a fine coffee.
* Most trippers had their first taste
* of wood-sorrel, cat-tail stalk and
* wild asparagus.

* Although the hike emphasized
* identification rather than yield of
* edible plants, one household that
* night none-the-less devoured a
* sumptuous feast of sassafras tea,
* and pokeweed prepared with bacon
* and cream sauce. All in all, it
* was an interesting and enjoyable
* trip for everyone.

*
* The front cover is a shot taken on
* this trip. Roger Latham is on the
* left.

*
*
* WANT AD SECTION

* FOR SALE--19" brown women's bike
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*

* Anyone want to insure the avail-
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Thurs. & Fri. Evenings 7-9

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DAILY 12-9

SATURDAY 9-5

CLOSED WEDNESDAY

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TRIPS and TRAILS

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The trips listed below are open to the public, on a first come, first served basis, with AYH members having priority. Call the trip leader, if one is listed, to make reservations and to find out more about the trip (e.g. experience required, equipment needed). Cost of a trip includes equipment rental (if any), transportation costs, 30¢ for AYH registration and 10¢ for insurance. Each tripper is insured up to \$500 for medical expenses. One last thing: if you should decide to cancel your reservation for a trip, please call the trip leader and let him know.

- Sat. Jul. 1 to Mon. Jul. 3 RAFT/CAMP--Gene Cone (561-7115) is leading the annual New R. trip one holiday weekend early this year. Raft the exciting New River, camp in Babcock State Park in southern W. Va. "Much rafting experience" required. Bring camping gear and food for 3 overnights. Approximate cost \$17.50 includes 2 days raft fee, campground fee, registration and transportation.
- Fri. Jun. 30 to Tue. Jul. 4 BACKPACK--Intermediate backpacking trip (previous experience desirable) in Dolly Sods area with Larry Giventer (422-9282). Reservations required. Group size will be limited to 15. Contact Larry for details.
- Sun. Jul. 2 CYCLE--For those of you who want to earn a 50 in 5 patch and come on our long rides!! If you are an experienced rider and capable of doing at least 35 miles in a day come on along with Paul DeStachio on a trip through Fox Chapel. Meet at AYH at 7:30. If interested call Paul (681-4840) between noon and 5 p.m. Cost 40¢ plus rental.
- Sat. Jul. 1 CYCLE--John Wronosky has information about a double century (200 mile) ride in 24 hours in Lima, Ohio. For information and applications call John at 431-1373.
- Thu. Jul. 6 CYCLE--Larry Giventer (422-9282) leads a beginners trip through the city parks. Leave AYH at 6:30 with 25¢ and rental fee. Be sure to reserve a bike.
- Fri. Jul. 7 Gary Ludwig takes us on a midnight trip to downtown Pittsburgh. Afterwards he'll climb up Mt. Washington to see the sun rise. Come equipped with light, visible clothing and a light. Meet at AYH at 11:30 p.m.. Cost 40¢ plus rental. Reserve with Gary at 521-4964.
- Sat. Jul. 8 CANOE/SAIL--Morie Oberg (279-5774) leads a combination trip to Lake Arthur. Leave AYH at 8:30 a.m. with \$4.00 and a complete change of clothes. Reserve with Morie.
- Sat. Jul. 8 CAVE--Intrepid leaders Kathy Spindt and Gene Cone try to find Coon Cave. Bring your grubby clothes (and dry ones) your lunch and about \$3. Meet at AYH at 8:30 a.m. It will be a good hike even if the cave is hidden.
- Sun. Jul. 9 CYCLE--Chuck and Carol Stewart (363-0576) lead a 25 mile trip around Pymatuning Lake. Bring lunch, \$2 and meet at AYH at 8:00 am. Be sure to call in advance if you need to rent a bike.
- Tue. Jul. 11 EVENING CYCLE--Chuck Stewart leads a leisurely beginner trip through the city parks. Meet at AYH at 6:30 p.m. with 25¢ plus rental. Be sure to reserve a bike in advance (363-0576).

Trip and Trails Continued.

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- Sun.Jul. 9 WHITE WATER CANOE SCHOOL #2--Mary Shaw (421-7641) leads on the Lower Lower Yough (Stewarton to S. Connelsville). You must have Canoe School #1 experience in the stern. All prospective trippers are asked to do a rain dance on the Thursday before the trip. If it works, the trip will be run on the Casselman. Bring \$5 and meet at AYH at 8:30 a.m.
- Thu.Jul.13 EVENING CYCLE--Here comes Vince Widmer leading a beginners trip through one of the city parks. For reservations for a bike call Vince at 339-6600. Meet at AYH at 6:30 p.m. with 25¢ registration and rental.
- Fri.Jul.14 CAVING--with Norm Snyder in a 50 degree cave. Buckeye Cave to
Sat.Jul.15 in West Virginia. Leave 7:00 p.m. Friday, return Saturday night. Call Norm for details and cost 371-2371.
- Sat.Jul.15 CYCLE--Jack Batchelar (963-7868) leads an intermediate 35 miler into the North Hills area. If you want to rent a bike reserve in advance. Bring lunch, 40¢ and leave AYH at 8:00.
- Sat.Jul.15 RAFT--with Peggy Brehm (371-3084) on the Lower Yough. Bring lunch, a complete change of clothes and \$5. Meet at AYH at 8:30 a.m. prepared with your enthusiasm.
- Sat.Jul.15 HIKE/SWIM--Hike 9-10 miles at Beaver Run Reservoir. Leader Dave Porterfield advises beginners to wear long slacks while hiking and to leave open-toed sandals at home. No reservations required. Just show up at 8:30 a.m. Cost about \$1.50.
- Sun.Jul.16 CYCLE--Doug Ramsey leads an intermediate 25 mile trip into the Laurel Valley of Ligonier. Cost of \$2.00 plus rental. Leave AYH at 8:00 a.m. with lunch. Reserve at 837-2353.
- Sun.Jul.16 WHITE WATER CANOE SCHOOL #1--Phil Mason (521-6477) leads beginning white water canoeists on the Connemaugh from Bolivar to Torrance (water permitting). Lake or flat water experience required. Bring a complete change of clothes, knee pads, lunch and \$5. Meet at AYH at 8:30 a.m.
- Tue.Jul.18 EVENING CYCLE--For those of you who still need some practice with a 10 speed bike, join Mike LaMark as he takes you through a leisurely 10 miler in the city parks. For reservations call Mike after 5 at 381-3563. Cost 25¢ plus rental.
- Thu.Jul.20 EVENING CYCLE--Now Doug Ramsey takes us through one of the city parks. If interested reserve with Doug at 837-2353. Leave AYH at 6:30 p.m. with 25¢ and rental.
- Fri.Jul.21 CYCLE--John Edwards (833-2682) leads a weekend trip to
to Cook's Forest for advanced cyclists who can climb up mountains.
Sun.Jul.23 Bring camping gear and food for Saturday and Sunday. Cost about \$15. Leave AYH Friday at 7:00 p.m. and return Sunday about 6:00 p.m. Reserve in advance.
- Sat.Jul.22 HIKE/SWIM/BLUEBERRY PICKING--6-8 miles in the Leechburg area. Remember to bring a container for the berries! Swim afterwards at Crooked Creek Park. Reserve with John and Alice Bentley (521-8756). Leave AYH at 8:30 a.m. with \$1.50.

Trip and Trails continued again.

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- Sat.Jul.22 CANOE--Phil Mason (521-6477) leads an intermediate trip on the Lower-Lower Yough. Trippers must have Canoe School #2 or equivalent experience. Bring lunch, change of clothes and \$5. Meet at AYH at 8:00 a.m.
- Sun.Jul.23 HIKE--Forbes Trail. Choice of a 3,5 or 10 mile hike. Meet at AYH at 9:00 or at Thrift Drug in Monroeville at 9:30 a.m. Bring lunch and stay for dinner and games. Reserve with J.D. and Elinor Meyers (372-7599) as trip will fill up fast. Cost of \$3 includes dinner.
- Sun.Jul.23 CANOE--Family Flat Water Trip lead by Bill and Dixie Wulf. Be prepared for about 10 miles on the Lowest Yough. Bring lunch, change of clothes and \$5 to the Hostel at 8:30 a.m. Be sure to reserve with Bill or Dixie at 242-6029.
- Tue.Jul.25 EVENING CYCLE--Come along beginning cyclists as George Qattler takes us through our city parks. Meet at AYH at 6:30 p.m. with 25¢ plus rental. If you need to rent a bike call George at 341-1191 between 7 and 8 p.m.
- Thu.Jul.27 EVENING CYCLE--How about having Mary Ann Brincka lead you through the city parks? She will be leaving AYH at 6:30 p.m. Bring 25¢ plus rental. Call her after 5 at 431-6491 to reserve a bike.
- Fri.Jul.28 to Sun. Jul.30 CYCLE--Mike Hurwitz leads a cycle camping trip in the battlefield of Gettysburgh, Pa. Leave AYH at 7 p.m. with camping gear and about \$25. If interested, call Mike at 731-1083. This will be a 40 mile intermediate trip.
- Fri.Jul.28 to Sun.Jul.30 BACKPACK--in the Allegheny National Forest. Intermediate level trip. Chris DeRham (422-8442, work 256-7186) leads. Leave AYH at 7:00 p.m. Friday. Cost about \$5.00. Call for details and reservations.
- Fri.Jul.28 to Sat.Jul.29 CAVE--A trip to cool Mathas Cave in West Virginia. Some formations. Leave Friday at 7:00 p.m., return Saturday night. Reserve with Norm Snyder at 371-2371.
- Sat.Jul.29 CANOE--Dick Sandburg leads a trip to an undecided bit of water to maybe watch a bird or two. Bring lunch, change of clothes and \$4. Meet at AYH at 8:30 a.m. Reserve with Dick at 672-1639.
- Sun.Jul.30 HIKE--Afternoon hike and picnic in one of our local parks. For additional details call Cathy Lynch (361-3707).
- Sun.Jul.30 RAFT--Jim Hurst leads our intrepid rafters down the Lower Yough or perhaps the Cheat Canyon (if there is any water). Bring lunch, change of clothes and \$5. Meet at AYH at 8:30 a.m. Be sure to reserve with Jim at 276-0447.

SPECIAL ATTENTION for those of you who haven't figured out how to shift a 10 speed bike yet and need a little more practice. Jack Batchelar teaches "shifting class", not a trip, just a schooling on how to shift and ride a 10 speed bike. Anyone welcome. Meet at AYH July 10, 7 p.m.

Mon.Jul.17 BIKE SCHOOL #1. Gary Ludwig conducts classes similar to Jack's the previous week. If interested show up at AYH at 7 p.m. Mon. July 17

Tue.	Wed.	Thurs.	Fri.	Sat.	Sun.	Mon.
July '72				1 Cycle 200/24 Backpack - Dolly Sods Raft - Camp - New R.	2 Cycle 50/53 Dolly Sods	3
4	5	6 Dan, Renata Conner Cape Hatteras Ocean City evening cycle	7 night cycle	8 Canoe-sail Cave	9 Cycle-25 Canoe Sch #2	10
11 evening cycle	12	13 Dick Sandburg The Birds evening cycle	14	15 Cycle-35 Raft Hike-Swim Cave	16 Cycle-25 Canoe Sch #1	17
18 evening cycle	19	20 Eb + Diana Moll hiking slides evening cycle	21	22 Hike-Swim- Berry Pickl. Canoe-Int. Cycle-Cooks Forest	23 Hike Canoe-Flat	24
25 evening cycle	26	27 Dave Mary Davenport Seychelle Islands East Africa evening cycle	28 Cave - W. Va.	29 Canoe Backpack - Alleg. Cycle - Gettysburg	30 Hike Raft Nat. Forest	31

Pittsburgh Council
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