



# Golden

Volume 44, Number 2

# Triangle

February 1993

## A Hostel for Pittsburgh: Board Selects Project Architect.

The Pittsburgh Council Board of Directors has selected Ms. Suzan Lami, R.A. of the Design 3 Architecture Firm to begin work on the Pittsburgh Hostel Project.

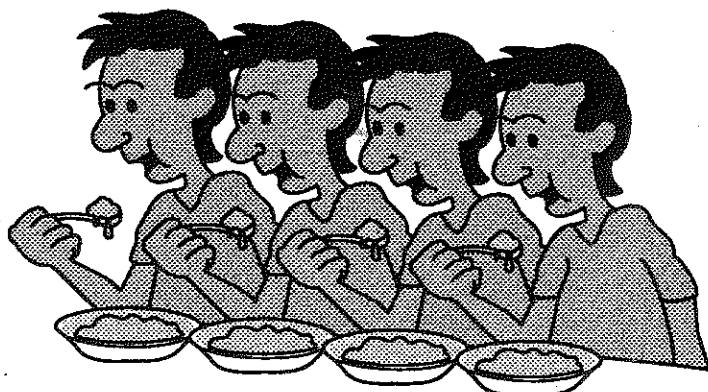
Ms. Lami's design team will produce the architectural plans needed for the preliminary presentations and will also coordinate the engineers involved with the structural, mechanical, plumbing and electrical work needed to renovate and to bring the building up to the standards for city building codes as well as for AYH "Superior" Hostel classification.

The Design 3 team is now in the process of gathering information on AYH and its hostels and investigating zoning and building requirements. They will soon have preliminary plans needed for zoning approval and preliminary cost estimates for planning and financing. The team will continue to consult with the AYH Board's Construction Committee as the project progresses.



## Annual Banquet April 17th

The Annual Banquet of Pittsburgh Council will be held on Saturday, April 17th. We do not have a definite location or speaker just yet but we anticipate having the architect working on the Pittsburgh Hostel to be there to bring everyone up to date on the work. Last year we had a classical guitar player who kept us entertained before and during dinner. He was a big hit. And the guest speaker was very good as well. Everyone went home with a door prize, too, and definitely not hungry. So mark your calendars and watch the March issue of this newsletter for more details.



This is front view of the newly proposed  
Pittsburgh Youth Hostel

### American Youth Hostels

Pittsburgh Council  
6300 Fifth Avenue  
Pittsburgh, PA 15232

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

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

## Newsletter Contributions

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

- ◆ Typed
- ◆ On diskette
- ◆ By email

Written 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

## Pittsburgh Council Activity Chairs

<i>Bicycling</i>	
Chuck Ejzak .....	466-6196
Bill Eberle .....	833-9732
<i>Canoeing</i>	
Royanne Mac .....	335-7326
<i>Climbing</i>	
Eric Bauer .....	687-0766
<i>Cross-County Skiing</i>	
Fred Parker .....	856-4713
<i>Family Activities</i>	
Barbara Hanusa .....	441-7205
<i>Hiking &amp; Backpacking</i>	
Jim Ritchie .....	828-0210
Helen Coyne .....	776-0678
<i>Kayaking</i>	
John Gayler .....	366-4062
Ray Yutzy .....	341-5682
<i>Mid-Week Rambles</i>	
Cliff Ham .....	687-4520
<i>Rafting</i>	
Jon Maiman .....	441-2306
Linda Smithyman .....	531-1868
<i>Sailing</i>	
Bob Zavos .....	241-0659
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<i>Sea Kayaking</i>	
Mark Mistrik .....	441-8293
<i>Trails</i>	
Glenn Oster .....	364-2864
Jim Ritchie .....	828-0210
<i>Volleyball</i>	
Jeff Marsh .....	384-7827
<i>Trips Coordinator</i>	
Janet Supowitz	

## 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.

### March Deadlines

**All Copy**  
**February 4**

**Labeling and Mailing**  
**February 18**

## Volunteer News

# The Activities Program is Looking for a Few Good AYH'ers

### HQ Program Coordinator

This position involves soliciting slide shows for our Thursday Evening open houses and introducing guest speakers at the open houses. We currently have two people working in this area and are looking for a third to help out.

### Activities Weekend Coordinator

Last Fall we had an Activities weekend and we're currently planning another one for this spring. We hope to make this an annual event. So, we are looking for someone to work with the Activity Committee Chairs to serve as the central coordinator for the weekend. This would involve: coordinating the trip offerings for the weekend, researching places to stay for the weekend (i.e. Hostels, Campgrounds, and/or Cabins), planning and coordinating group meals, and other general coordination tasks. We're interested in people who would like to help out with some or all of these areas. Prior experience isn't required, we will train you.

### Informal/Impromptu Activities Coordinator(s)

We would like to expand the offerings in the activities program to include more informal and impromptu activities. For example: Group dinners at restaurants, Ice Skating, Down Hill Skiing, Theater Trips, Museum Trips, Sporting Games, etc. The general idea is to provide more social occasions for the membership, especially in areas where we don't have a formal trips program or where a formal program isn't appropriate. This position is very flexible and can be shaped to match the ideas of the person who fills it. We are looking for both people to plan individual events as well as for someone to coordinate the program. The coordinator would mainly be responsible for submitting event notices to the Triangle Editor for publication and for recruiting individual event coordinators.

## 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.]

## Oops...

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

## Pittsburgh Council Hostels

**Ohioyle AYH Hostel**  
Ohioyle State Park  
PO Box 99  
Ohioyle, PA 15470  
(412) 329-4476

**Living Waters AYH Hostel**  
RD #1 (1 mile west on Route 30)  
Schellsburg, PA 15559  
(814) 733-4212

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



## New Year's Day Hike

by Linda Smithyman

For those of you who slept in on New Year's Day because of being up too late the night before or because of what you were doing while being up late the night before you missed the first hike of 1993. Thirteen able bodied souls turned up for a 3+ mile hike in Frick Park. The wind was a little bit nippy and the 29 degree temperature was more seasonal than those 50 degree days that ended 1992, but the rain stayed away. We left from the Frick Park Nature Center parking area and we hiked down North Clayton Trail which parallels Forbes Avenue and then headed down into the valley on the Homewood-Clayton Trail. We made a right onto the Tranquil Trail, a flat trail that opened up onto a nice big field and parking area. A few hikers were repeat New Year's hikers like Donald Smith, Chris Kline and Charles Rowe. Tom and Mary Bates joined us too and I brought them up to date on the very busy activity about Pittsburgh Firehouse Hostel situation. They both have been helpful with Ohiopyle work parties. And, of course, Helen Nedlik came along too. She likes my short hikes and easy pace. At 81 years old (so she says and I have no reason to doubt her) I think that it's great that she still participates in activities with AYH. Who still thinks AYH is for youth only? Jeff Weiss was along to enjoy the winter weather and he's anxious for more snow to improve his beginner cross-country skiing skills.

Cliff and Marilyn Ham showed up too. Marilyn asked about the 'acorn cap emergency call' and I was happy to demonstrate it again. For those of you who regularly hike, and especially backpack, I highly suggest you carry an acorn cap for emergency situations. I am really surprised at the number of people who never heard of this technique. You hold the acorn cap between your fingers with the open side up, put your thumb knuckles together, then put your lips on them, and take a deep breath and blow! A shrill whistle is the result for everyone who does it right. It takes a little practice sometimes, but fortunately worked for me the first time in front of this group. Any emergency signal consists of three of anything, like pounding on a hollow log with a branch or making a whistle out of that acorn cap. It is easy to remember the 'three' when you think that SOS in Morse code consists of three dots, three dashes and three more dots.

I have never had to use this emergency signal but with that acorn cap in my pack at all times (or I find a new one while I'm hiking) I am always prepared. I never remember to pack a regular whistle. I should always pack matches wrapped water tight, the first aid kit, flashlight, chocolate or something to eat but since we were still in the city I figured what the heck. When I go out on longer hikes or somewhere I have never been before I'm careful to pack these few essential items. That's part of the responsibility of being the hiking leader.

Anyway, after hiking over to the Irish Center on Forward Avenue (an end of Frick Park) we traced our steps and eventually turned left to go uphill on the Falls Ravine Trail. This was a nice hill with a little creek beside it and we took it at an easy pace. Shortly after reaching the South Clayton Trail we went on the Woodland Trail to the overlook deck. This particular trail is paved and handicapped accessible from the parking lot and only about 1/2 mile long. I highly recommend this trail for anyone who needs to be in a wheelchair and would like to get out and see some forest and flowers in the warmer months.

Back onto South Clayton we ended up back at the parking lot within a few minutes. Then 10 of us went out for brunch. It was a nice way to start out the new year. The reason I am writing this Frick Park hike up is that now YOU can go on the same hike that we did by following these directions. Grab the "Pittsburgh Figured Out" booklet for a well marked map of Frick Park or ask me for a copy. There is decent hiking in the city parks for those of you who don't want to go too far from home. Most of the people we saw on the trails were other hikers or joggers and some had dogs with them. But this is a very safe area for short hikes during the day - at least on Sundays when I have been there! So get out there - TAKE A HIKE!

## Australia Travel Partner Needed

Anyone interested in traveling to Australia in September, 1993, should contact Jan at 921-3565 (work) or 777-6478 (evenings). She is interested in sharing costs.

The possibility exists of staying with a friend in Adalaide.

Jan would like to stay in Australia for about one month, traveling to Melbourne, Sidney, Adalaide, and the Great Barrier Reef and the East Coast.

## Help Us Make the Hostel a Reality

by Linda Smithyman

Yes, we have the building ... but in order to complete the purchase and renovate the building, we need **your** support. We need to show that our members are behind this hostel project as we seek other sources of financing. Please take a few minutes now and make a pledge of support, either by mailing in the form below or by calling the Pittsburgh Council office at 412-422-2282.

In addition to funding, we also need volunteers to help with every aspect of opening an urban hostel. Our most immediate need is for persons who can help with design, financing and public relations. If you can help in any of these areas or know of someone whom we might be able to contact, please call the office. Future issues of the newsletter will announce needs for volunteers in other areas.

If you have had an enriching experience hostelling and want to make that experience available for others, please help!

If you believe that young people need a place and an opportunity to discover wholesome fun and interact with others from around the world, please help!

If you believe that Pittsburgh and Western Pennsylvania is a wonderful place that would benefit from having 5000 more visitors from the U.S. and around the world, please help!

**Please cut out the coupon below,  
and let us know how you can help.**

**Yes, I would like to make a pledge of support for a Hostel in Pittsburgh in the amount of:**

- ☐ \$2,500
- ☐ \$1,000
- ☐ \$500
- ☐ \$250
- ☐ \$100
- ☐ \$50
- ☐ other: \$ \_\_\_\_\_

**Yes, I can also volunteer my time for:**

- ☐ Fundraising
- ☐ Architecture or Design
- ☐ Construction
- ☐ Public Relations
- ☐ Clerical help
- ☐ Other: \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

Mail your pledge to:

**AYH**  
**Pittsburgh Hostel Fund**  
 5604 Solway St.  
 Pittsburgh PA 15217  
 412-422-2282



## Hocking Hills Revisited

By Glenn Oster

Three years ago, in December, 1989, we took a car camping trip to Hocking Hills State Park, and it was so popular that a repeat visit was called for—but, would it still have its appeal?

Hocking Hills is a unique area for a relatively flat state like Ohio. It has gorges, streams, waterfalls, steep cliffs and awe inspiring rock overhangs. You'd think that its setting would have to be in the foothills of some major mountain. The park is well maintained, but no backpack camping is permitted. The following highlights our activities there.

With me on the trip were Bridgit Leahy, Barbara Peterson, Helen Coyne, Kirk Slater and Terry Gossard, and former Pittsburgh Council AYHer, Cay Friedman, and her friend, Susie Lowmiller, drove over from Columbus to hike with us for the day.

We arrived at the park around 11:00p.m. on Friday, December 4, and set up tents for the night. In the morning, before I got everyone up, I scouted out the campground and found the heated restroom and shower facility across from the swimming pool that I remembered from earlier visits. No other modern restrooms were open; so, we picked up our tents and carried them to a large nearby site. The temperature was 21 F and breezy with a dusting of snow, some still falling; so no one tarried at breakfast!

We got underway about 10:00 a.m., headed down to the gorge on the 20K Trail, then left that trail and hiked intersecting gorges to Cedar Falls with lots of oohing and aahing at all the attractions along the way, e.g. Upper Falls, Devil's Bathtub, Old Man's Cave, Lower Falls, little stream cascades, ice formations, steep cliffs on both sides and stately hemlock trees hanging on the cliffs by "their fingernails" I enjoyed seeing it again (my fourth visit there), and the others were in awe, investigating everything we went by. The stream had a stronger flow than I've ever seen and the Lower Falls was the best ever.

We lunched looking at Cedar Falls. This is a waterfall that drops about 15 feet, splits around a rock outcropping and rejoins to complete its fall, probably 100 feet in all. This stream also had more flow than I've seen before.

Resuming our hike, we followed the 20K Trail back to the campground. This became of concern to me because (without my being aware of it) the trail had been rerouted, and I couldn't be 100% sure of where the trail was taking us. Logic dictated that it had to return to the campground, but over how great a distance and by nightfall? Gets dark mighty early in December. Turned out that I was nervous about nothing; we reached the campground before 2:00 p.m. A major disadvantage to the rerouting is that it took us out of the park and into an area where deer hunting is permitted, and this was the last day on which 1992 deer hunting with guns was permitted. Needless to say, we were most ill at ease when we heard a number of rifle firings from only a couple hundred yards away. Kirk later talked with those hunters in the campground. Fortunately, they had been aware of us on the trail and were shooting in a different direction. We unwittingly had been doing them a favor—driving the deer in their direction.

Cay and Susie had to return to Columbus, and we said our goodbyes after receiving invitations to crash at either of their places when we descend upon Columbus to ride TOSRV next May.

Recognizing that we still had a couple hours of daylight, we took another hike. This time, we walked to the southern end of the campground past the water tower and onto an unmarked trail that I knew would take us the long way down to the gorge. We retraced our steps down the gorge beyond the Lower Falls, crossed a bridge and climbed a series of wooden stairs and a 56 step stone stairway up a tunnel carved through the massive sandstone. This took us to the west rim which we followed back overlooking the gorge to our right. A super bridge took us over to the east side, whereupon we called a halt to the day's hiking and climbed back to the campground, a total of 9-10 miles for the day.

Back at our tents, we gathered a large amount of firewood (lucked into a good stack of fireplace logs abandoned by some earlier camper) and looked forward to a big evening's campfire. Earlier, we had discovered that the laundry nearby was open and heated, and in the windy 22 F weather we saw no socially redeeming value in freezing; so we cooked dinner in the laundry. Ideal—a nice table to cook on, a water source and a drain. We were a bit put out that they hadn't provided chairs, but, after all, we were roughing it; what more should we have expected.

It was nearly dark when we lit the campfire, (bless my waxed newspaper firestarter), but it never became totally dark; the sky had cleared and a big moon was doing its thing. The steady wind, though cold, converted our fire ring into a veritable blast furnace, and we had a rip roaring fire for hours. We managed to stay nice and toasty all—well almost all—evening and made sure that there wasn't a single live ember when we went to crawl into our tents for the night. Guesses were being made as to how cold it would be in the morning, considering the radiational cooling that usually accompanies a clear sky.

Daybreak. I can see. That means get out of my warm cocoon and rouse the troops. No way! Back in the sleeping bag for another hour. They never knew of my decision and I never got a single complaint that I let them luxuriate until 8:00 a.m. I will admit almost resorting to dynamite to get the attention of one of the women, who shall remain unnamed, and another of the fair sex answered, "I'm awake, Glenn", and later had no recollection of being awakened. Trip leaders have it rough.

My big deal for the morning was being the one to guess the temperature — 18 F. Admittedly, it was decadent to make breakfast in the laundry, but it was so nice and warm and who wants to turn off trippers, some of whom have never before camped out under winter conditions! It couldn't have been that Glenn Oster is getting soft.

After we had exhausted every excuse for delaying it further, we took down our tents and got under way. This was to be a day of going to different areas of the park to hike in and see their special features, and that we did. First, we drove to Rock House and saw impressive rock formations that you can walk into and behind through openings. Carvings dating back more than 100 years were still discernible. And then there were the beautiful icicles—we hated to leave. Kirk is going to return one day and really study the names and dates chiseled in the stone.

Next, we drove to Cantwell Cliffs and saw still more awe inspiring cliffs and overhang type caves. We hiked for more than a mile, the highlight being "the fat woman's squeeze", a very narrow, steep stairway carved from the stone. You can easily imagine her plight. No one had any trouble and felt safe having lunch there; indeed, we ate at a picnic table in a neat log cabin type shelter that kept us out of the wind-nice place.

Conkle's Hollow came next. We elected to forego the steep climb up to hike the rim—not what you're thinking; we were starting to run out of time. We did, however, hike up the valley to its end where a waterfall was in the process of becoming a king-sized icicle.

Our last mini-hike took us to see a high, thin waterfall and a huge rock overhang known as Ash Cave under which native Americans held very large pow wows. It seated literally hundreds of council members at a time, and the ash from their fires piled deep, giving rise to its name. We visited this enormous cave and could visualize those meetings and their smoky fires, but it was time to think about December, 1992 and head home; we concluded our trip by climbing above the falls and hiking the west rim back to our starting point. Everyone wants to return; that says it all.





## Getting a Passport

Need a new passport? Avoid applying in person or it'll cost you an extra \$10. And if you want to speed things up. Don't mail your application to the address that's printed on the form—there's a new one. Oh, and if you happen to be 17 years old, you might want to wait a few weeks before doing anything; after Jan. 1 you'll be eligible for a \$30 youth passport instead of the \$55 adult document.

These quirky tips arise from the State Department's continuing efforts to streamline the sometimes grueling application procedure. When the latest refinements are fully operational, the department expects to be able to issue mail renewals in half the current time—two weeks instead of four.

(Passport processing usually is quickest between August and December, according to the State Department. The biggest backlog typically is in May and June—just before the peak vacation period.)

The impetus for the recent changes was the staggering 4.3 million applications expected in 1993—11 percent more than this year. About 30 percent of the applications will be for renewals of the first 10-year passports, issued in 1983. All adult

documents issued since then have been valid for 10 years; youth pass-ports are valid for five years (the maximum age for a youth rises from 15 to 17 in 1993). It is seldom necessary to go to a passport office anymore. Countless post offices get the process rolling for citizens who aren't in a rush but who must apply in person, such as those who have never had a passport or who have outdated or youth documents. (A \$10 fee for notarizing the required oath is charged whether you go to a post office or a passport agency.)

To expedite mail requests, applications should be addressed to: National Passport Center, P.O. Box 371971, Pittsburgh, PA. 15250. Fees will be deposited and applications sent to a new processing center in Portsmouth, NH., which opened this month.

To renew an adult passport by mail you need to include the following: your old passport, two identical 2-inch-square photos taken within the past six months, a completed application which you can pick up at select post offices, and a check or money order for \$55 made out to Passport Services). You can also include the fee for an overnight delivery service (call for rates).

First-time applicants should call the passport office for additional requirements.

## Newsletter Editor Needed

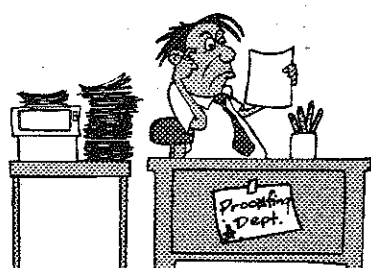
Our current newsletter editor, Ron Wodaski, is retiring after a year and a half of service. Ron, who writes books about personal computers, is getting too busy to keep up the newsletter.

This creates an opportunity for one or more folks to step in and carry on the work of making our newsletter the best it can be.

There are two ways that volunteers can help out. If you have previous desktop publishing experience, you can manage the overall production of the newsletter, and do the layout using PageMaker 4.0. If you are interested in desktop publishing, or just want to help out, there are a number of jobs that need doing:

- \* Typing handwritten or faxed articles on the AYH computer or your home/office computer
- \* Applying formatting styles to the typed text using the AYH computer
- \* Layout of the formatted text using PageMaker.

If you are interested in participating, please call the AYH office at 422-2282. Since Ron will be out of town during production of the next (April) newsletter, we need to hear from you right away!



## Cross-Country Ski Weekends Wilderness Lodge

January 29 to January 31, 1993

February 5 to February 7, 1993

If you like your lodging intimate and rustic, and your ski trails tracked and groomed, these weekends in the Erie snow belt near the New York border are for you. Nansi Janes' Wilderness Lodge has been a perennial favorite of AYH cross-country skiers who enjoy the miles of groomed trails. Peek'n Peak is also nearby for the enjoyment of the down-hill skiers. After skiing come warm up by the fire with a glass of your favorite beverage.

The cost of the weekend includes lodging Friday and Saturday nights, and a delicious candlelight dinner Saturday evening. A vegetarian meal is available upon request. Breakfasts and lunches are available at the lodge at an additional cost. The rooms are mostly hostel style accommodations with three to six people in a room, but there are three double rooms available as well. Space is strictly limited to 36 persons each weekend. We will reserve entire rooms for you and your friends if you wish. This does not include transportation, but we will assist with car pooling.

The cost: **\$50.00 for weekend**, for AYH members and **\$60.00 for non-members**. Three private rooms with a double bed are available for **\$60.00 per night** for AYH members and **\$70.00 per night for non-members**. Trail use fee is \$5.00. Be prepared to purchase trail tickets at the lodge.

How to reserve: Call Helen Coyne at the AYH Office at 412-422-2282 to make reservations for the weekend you want, then send a check made payable to Pittsburgh AYH for the full amount. Please reserve early. These trips fill up fast!

The fine print: There can be no refunds after 21 days before each trip unless we can find a replacement for you. In any case, however, we will keep a \$10 processing fee.

Name: \_\_\_\_\_ AYH Pass # \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_

Enclosed is a check for \$ \_\_\_\_\_

☐ I will drive and can take \_\_\_\_\_ passenger(s).

☐ I need help finding a ride.

☐ I will drive and meet the group at Wilderness Lodge.



## Cross-Country Skiing

Cross-country ski trips leave the AYH headquarters at 8:30 am, unless otherwise indicated.

No snow means no go.

When going to the mountains to go cross-country skiing, snow depth and quality is often improved by taking hiking boots along or better still taking only hiking boots and not bringing skis.

Contact the trip leader for details on the trip.

Feb 6	Pat Sweeney, all	269-2596
Feb 7	Chuck & Lynn Ejzak, all	466-6196
Feb 13	Norm Snyder, intermediate	351-4068
Feb 14	Jay Alexander, beginners	486-3359
Feb 20	Steve Tubbs, everybody	279-4866
Feb 21	Linda Smithyman, All	531-1868
Feb 27	Lori Prucja, all	521-4515
Feb 28	Terry Gossard, all	321-2382

## Sea-Kayaking (and more)

There will be no planned sea-kayaking trips in February or March. Also, there will not be an official sea-kayak planning meeting this year. Instead, we will meet at a restaurant for a group dinner sometime in March (see WALK-WOK). If you are interested in the sea-kayaking program this year, come to the dinner or call me beforehand.

Mark Mistrik

647-7609

### WALK-WOK Tuesday February 9, 1993

6:15 pm HQ or 6:45 pm at the restaurant

Diane Bialecki 885-1074 (h)

Mark Mistrik 441-8293 (h) or 647-7609 (w)

WALK-WOK Celebrate the Chinese New Year properly this year. Meet at HQ at 6:15 pm and walk to Squirrel Hill for dinner at the Schichwan House on Murray Avenue. Everyone orders something and we share - great way to sample the entire menu. Reservations required for groups so call by Feb. 7th. (Optional: you can meet us at the restaurant at 6:45 pm)



<b>RYCON</b> Construction, Inc.	<h3>Commercial General Contractors</h3> <p>1569 McFarland Road Pittsburgh, PA 15216 Telephone: 412/572-8100 Fax: 412/572-8107</p>
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## Sailing

The AYH Sailing Program offers a variety of activities for a wide range of skill levels and interests. In the Spring and early Summer we offer introductory classes on Lake Arthur. During the Summer and early Fall we offer day sailing on Lake Arthur, weekend trips to other nearby lakes, and extended trips to distant places. Our fleet includes three Flying Juniors and an International 470.

Day sailing and weekend trips are open to AYH members who have completed our introductory course or equivalent. AYH members with no previous sailing experience may join a trip at the discretion of the trip leader. This will normally depend on skill levels of other trip participants. Guests are also welcome, but AYH members have preference up to 1 week before the scheduled date. Fees for day sailing are \$11 per day for AYH members and \$12.50 per day for guests. Contact Bob Zavos (241-0659) or Joel Hough (371-4986) for more information or to reserve a space.

### Feb 5-7 SAIL EXPO '93 Atlantic City Fri-Sun

Take a mid-Winter weekend break to the Atlantic City Convention Center. Sailboats will be fully rigged and on display with a variety of equipment and accessories. There is a 40' x 100' indoor pool with wind supplied by industrial fans for demonstrations and instruction. There will be instructional seminars on: buying boats, maintaining boats, chartering, cruising, sails and systems, navigation, safety, and more. America 3, the boat that won this years America's Cup, and many of the Barcelona Olympic Sailing athletes will also be present.

We depart Friday afternoon and stay overnight at the Philadelphia Hostel. After a group breakfast early Saturday we drive to Atlantic City for the EXPO. Saturday night we will stay in or near Atlantic City at a Guest House or motel. Sunday morning and early afternoon will be at the EXPO again or the Casinos for those who feel lucky. We leave for Pittsburgh Sunday afternoon.

Contact Bob Zavos (241-0659) for more information.

### Apr 24-May 2 FLORIDA CRUISE (9 days) Ft Myers to Dry Tortugas

This trip will start and end in Ft Myers, Florida. All trip members should be on board by 11:00 PM, Friday, April 24 and should not plan to depart Florida before 7:00 PM, Sunday, May 2. Briefing on boat features and operations begins on Saturday at 9:00 AM. Exercises continue all day with dinner at Cabbage Key. On Sunday the boat travels the ICW and enters the Gulf of Mexico. Anchor at Sanabel Island and depart the next morning for Key West. Spend two days in the area with time for snorkeling on coral reef. From there sail West to the Dry Tortugas. Spend a day in the area snorkeling and exploring the fortifications. Depart on the 8th day for the final leg will back to Ft Myers with a stop at Captiva Island. Trips costs will be \$550 to \$850 and include charter fee, all on board meals, misc. operating expenses and AYH trip fee. Transportation to Florida and any shore meals and lodging will be extra. Individuals must be in good physical health, able to swim and be confident in the water, and eager to learn and participate in all sailing skills and on-board duties. All participants will sign a co-charter agreement. A trip deposit will be required. The trip leader is Rick Tomlinson who has conducted 18 sailing charter cruises including recent AYH trips to Maine, Florida, and the Grenadines. This is a unique opportunity and the trip will likely fill up early. Further information is available from Bob Zavos, 241-0659.

## Spring Activities Weekend Planned

Mark your calendars now! The spring activities weekend has been scheduled for Memorial Day Weekend, May 28-31, 1993. As we go to press the plans haven't been finalized yet; however, the weekend will be held in the Coopers Rock, WV area. Look for more information about the trip and a reservation form in the March Triangle. Also, if you would like to help out in the planning of the weekend, please call Jon Maiman at 441-2306. We can use all the help we can get.

## Hiking & Backpacking

- February 7** **Beechwood Farms**  
 Sunday Linda Smithyman 531-1868  
 An easy paced 3 mile hike at Beechwood Farms on Dorseyville Road. Meet at AYH Headquarters at 10:00 am or at Beechwood at 10:45 am.
- February 13** **North Country Trail - McConnell's Mill State Park**  
 Saturday Glenn Oster 364-2864  
 Hike a new section of the North Country National Scenic Trail in McConnell's Mill State Park. Great scenery. Intermediate level - 10 miles. Call for info/reservations.
- February 20** **Three Rivers Heritage Trail, Chapter 2**  
 Saturday John Stephen (481-6644) and Jim Ritchie (828-0210)  
 The BIG SNOWSTORM of December 10 cancelled our hike on the first try. Now John from the Friends of the Riverfront and Jim from AYH will try again. This 7-mile hike runs from Washington's Landing (Herr's Island) along the Allegheny and Ohio Rivers to the West End Bridge and back along the Ohio and Monongahela Rivers all the way to Southside Riverfront Park. Rated intermediate: some rock scrambling; Quick lunch at Station Square. Meets on Washington's Landing at 10:00 am near the Three Rivers Rowing Club. Call for info, directions and reservations.
- February 21** **Clear Creek State Forest/State Game Lands #39**  
 Sunday Leader: Bill Lindgren Contact: Clare Bunker 244-9788  
 Intermediate to advanced level day hike, 10 or more miles, across the Allegheny River from Kennerdell. Once the site of the proposed Allegheny Gorge State Park. Call for info/reservations.
- February 26-28** **Backpacking in Clear Creek State Forest**  
 Friday-Sunday Glenn Oster 364-2864  
 Weekend backpack trip to beautiful Clear Creek State Forest. Camp at a remote site overlooking the Allegheny River. Intermediate level, 15 miles total. Call for info/reservations.
- March 6-7** **Appalachian Trail, Day Hiking**  
 Saturday-Sunday Leader: Bill Lindgren Contact: Clare Bunker 244-9788  
 Saturday: Pine Grove Furnace State Park to PA 94 (10.9 miles). Sunday: PA 94 to Boiling Springs/PA 74 (11.6 miles). Intermediate to Advanced. Overnight lodging at the Ironmaster's AYH Hostel. Leaves at 6:30 am from HQ on Saturday. Call Clare for info/reservations.

## Rafting

- Feb 19** **Rafting Planning** 7:30 PM  
 There will be a rafting planning meeting at the home of Doug Bruce. We will be formulating the AYH rafting trips schedule for the 1993 paddling season. We will also be discussing ways to expand our program including possibly adding trips on the Tygart, Savage, Big Sandy, Nantahala, and Ocoee rivers. A light supper and refreshments will be served. EVERYONE IS WELCOME. C'mon out and meet the rafters! For more information and/or to sign up for the meeting, please call Jon Maiman at 441-2306.

### 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.

## Mid-Week Rambles

- February 3** **Highland Park.**  
 Leader Cliff Ham, 687-4520.  
 Walk around the reservoir.
- February 10** **Sharpsburg**  
 Leaders Marilyn and Cliff Ham, 687-4520.  
 Sharpsburg, another adventure on the North side of the Allegheny. See the early domain of the Heinz pickle factory.
- February 17** **Shadyside West.**  
 Leader Marilyn Ham, 687-4520.  
 Walk through Walnut Street, over to the larger homes. Similar walk to our former caroling route.
- February 24** **Swisshelm Park**  
 Leader Cliff Ham, 687-4520.  
 Possibly explore another area where new homes are being built on the slag piles.

**Notes for 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: \$1 for each passenger.

Call Cliff or Marilyn Ham at 687-4520 for information about trips, but not after 10:00 pm.



Feb 13

### A Valentine Special: Ice Skating

This is a Valentine's Day special to warm your heart and chill your toes. The skating is at the North Park ice skating rink. Meet at AYH Headquarters at 8 pm. We will stop for hot chocolate and food on the way — groups choice of restaurant. Session starts at 10:30 pm. Call Diane Bialecki at 885-1074 for more information.

## February 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.

**February 4**  
 Montour Trail, Now!  
 by Bill Metzger

**February 11**  
 Skiing in Canada  
 by Ron Boone

**February 18**  
 Bicycling the C&O Canal  
 by Cliff and Marilyn Ham and Jim Hurst

**February 25**  
 Alaska in Winter and Summer  
 by Tom Ruppel and Earl Evans

To schedule a slide show, call  
 Tom Rodgers at 621-6310

## Pennsylvania State Parks: Winter Recreation Variety

If you think your outdoor recreational activities have to end with the start of cold weather, think again. Pennsylvania has some of the best winter recreation opportunities available! From cross-country skiing to ice-fishing and sled dog racing, wintertime is a great time to get outdoors and enjoy Pennsylvania state parks.

Golfers who normally have to put away their clubs can enjoy a little ice-golfing at the Winter Carnival held January 30-31 at Chapman State Park in Warren County. Racers of all ages can compete in sled, toboggan, ice skating and cross-country ski races, or create a masterpiece in the snow sculpture contests. For the creative competitor, a modified toboggan race is held. You must make your own toboggan and the only requirement is a little imagination. A previous competitor entered a toboggan made from a bathroom door! Everyone who enters a race gets a ribbon making it a perfect event for the entire family.

At Parker Dam State Park in Clearfield County, teams compete in activities like Blizzard Volleyball at the annual Winter Family Festival held February 6-7. Other activities include horse-drawn sleigh rides, an ice cutting demonstration, and a fishing derby for kids. Cross-country skis are available to rent and food and music are included too.

Pennsylvania state parks and forests provide nearly 1,000 miles of trails in every region of the state for both the beginner and expert cross-country skier. At Laurel Ridge State Park in Fayette and Somerset Counties, there is a cross-country ski touring center with 20 miles of trails available. The trails are groomed and three miles are lighted for night skiing. Ski rentals are available and there's even a place to grab a bite to eat. Located on top of Laurel Mountain with a 2,700-foot elevation, snow is usually plentiful throughout the winter months. Many areas have parking lots that are plowed and maintained to provide access during the best skiing weather. A guide called *Cross-country Skiing in Pennsylvania State Parks and Forests* is available from either bureau. Call 1-800-63-PARKS for more information.

The best way to enjoy these winter activities is to make a weekend of it. Some state parks have cabin rentals available and many recreation areas are located near youth hostels. Simply call the state park or local chamber of commerce for information on overnight accommodations.

So make the most of the cold weather this winter. Bundle-up, and rediscover the fun of playing in the snow at the state park nearest you.

## A Portable Feast from Pittsburgh

by Marge Nichols

The AYH Outdoor Food Book, by Chris Reid and Pittsburgh Council, AYH. 1981: 138 pp., \$3.00.

DESPITE the slightly plodding title, this cook book is a delightful collection of humorous asides and great recipes supplied by AYH members. Very practical and full of excellent advice, it is also peppered with anecdotes of Pittsburgh Council outings—such as Cathy's April Fools' Day kite flying and high tea, Joe's bear who came to dinner, and the alligators of Okefenokee Swamp who fought over hostellers' sandwiches.

This book is designed for people on the go outdoors, especially those on AYH biking, hiking, even kayaking trips. As the foreword says, "down-to-earth minimum-hassle cooking." And when you're beat after a long day's pedal or paddle, "minimum hassle" sure sounds good!

But that doesn't mean bland or boring cooking. This little cookbook runs the gamut from gorp to gourmet. How does Tarragon-Nut Rice Stuffing or Mocha Hazelnut Mousse Parfait sound to you? With a little advance preparation at home, you too can be feasting. The key is the advance planning. Each recipe is designed to be quick and easy in camp, yet delicious.

Who can resist such possibilities as Hot German Potato Salad or Seafood Jambalaya? Does Seafood Jambalaya sound too elaborate for the woods? Not if you pack the dry ingredients in one bag, the noodles in another, and take along several cans of seafood. In camp, just simmer the dry ingredients in water for 15 minutes, add the pasta and seafood, and cook until done. That's it in a nutshell, and all in one pot, no less. And just because the recipe may sound exotic, you needn't despair of ever finding the fixings. The book makes a special effort to use ingredients readily available in supermarkets.

Not every recipe is a gem. I doubt the alligators were fighting over Barb's Strong Stomach Pizza Sandwich, which combines peanut butter, ketchup, salami, and cheese. And yet, knowing some of our ravenous AYH cyclists ... Still, the Morgantown Veggie Omelet and the Night Before Apples and Cornmeal sound pretty tempting.

Thorough and well-organized, the book covers menu planning, camp stoves, inventions, and tips for do-it-yourself campers. Chapters cover breakfast, lunch and snacks, drinks and soups, main courses, desserts and breads. There's even an outline of how to do an "Instant AYH Picnic for 100."

The price of all this is just \$3.00, plus 82 cents per book postage. Very reasonable! Mail checks to the AYH Pittsburgh Council, 6300 Fifth Avenue, Pittsburgh, PA 15232.

## XC in Elk County

The Continental Dividers of St. Mary's PA invites members of the Pittsburgh Council, AYH to join them cross-country skiing in Elk County during the month of February. If you happen to be in the area (Ridgway, St. Mary's, Brockway), the CD's xc every Wednesday night. For information, call Pat (814) 965-5014, Annette (814) 787-4163, or Dave (814) 929-5408. The Dividers have also planned day trips on February 21, a Sunday, to the Empire Ridge and Tunnel area near Portland Mills, meeting at 12 noon at Love's Canoe in Ridgway—call Pat for arrangements—and on March 6, a Saturday, on the Quehanna Trail, meeting at 12 noon at the Medix Run Hotel—call Annette. These activities are not sponsored by AYH.

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## What is Planned Giving?

Traditionally, many potential AYH donors have assumed that the only possible gift is one made outright. Although we welcome and encourage outright gifts, you should realize that there are also other ways to support our programs financially, through what is known as planned giving. Future articles will describe these options.

Gifts may be made during your lifetime or under your Will. They may consist of cash, securities, personal property or real estate. There are even ways you can give something to us—real estate, for instance—yet still retain the right to use it.

Because of the intricacies of the tax laws, your method of giving can affect the benefits both of us will receive. That's because the laws actually favor charitable giving, by providing for substantial tax deductions. In essence, you are rewarded for making a gift in support of our programs.

Let's say you make a cash gift of \$10,000. You are entitled to an income tax charitable deduction of \$10,000, which results in an income tax savings of up to \$3,100, if you're in a 31 percent tax bracket. Some gift mechanisms also reduce gift and estate taxes.

As we discuss the various gift mechanisms in the future, we'll include examples of how the tax laws can influence each one. The individuals mentioned in the examples are fictitious; however, the figures shown are indicative of the tax savings you might realize when you incorporate planned giving into your financial plan.

When reviewing or revising your overall holdings, you might want to consider a charitable gift. Sound planning can provide financial security for your family as well as ensure the continuation of programs such as ours.

In addition, we can suggest a variety of commemorative opportunities. Commemorative opportunities are often called "naming opportunities," because in return for certain levels of gifts, you may name such items as bunks, rooms, or programs. We'll be happy to discuss these with you.

An outright gift is just what its name implies: a gift transferred immediately from the donor to us. This category can include cash, securities, tangible or intangible personal property, or real estate.

## Hostel Opens in Bend, Oregon

Central Oregon is a Great Recreation Area!

Hostelling International/American Youth Hostels announces the opening of the Bend Alpine Hostel in Bend, Oregon. Located in central Oregon, on the east side of the Cascade Mountains, Bend is an ideal recreation spot, both winter and summer.

The Bend Alpine Hostel is conveniently located with ski and mountain-bike shops, restaurants, rental hot tubs and the free ski shuttle to Mt. Bachelor all within a few blocks.

In addition to Mt. Bachelor, a premier ski area, Broken Top, the Three Sisters, the Deschutes River and National Forest, and Lava River Caves are all nearby. Recreational activities range from skiing and snowboarding to mountain biking and white water rafting.

The hostel has also arranged local scouts for guests on mountain bike and ski rentals, hot tub rentals and white water rafting trips.

In addition to traditional dormitory-style rooms, the hostel also has family/couples rooms which can be reserved in advance. Other amenities include laundry facilities, ample parking, a fully equipped self-service kitchen, and secure bike, ski and canoe storage. The hostel can accommodate 40, and groups are welcome with advance reservations. The overnight fee is just \$12 for HI-AYH members; \$15 for non-members, space permitting.

The Bend Alpine Hostel joins a network of five other AYH hostels in Oregon located in Ashland, Bandon, Cave Junction, Dexter, and Portland.

For a free brochure with additional information, or reservations, contact:

Bend Alpine Hostel 19 S.E. Century Drive Bend, OR 97702 (503) 389-3813

### Gift of Cash

For all concerned, an outright gift of cash is certainly the simplest method of giving. It is not subject to gift or estate taxes, and you can deduct the gift amount from your federal income tax return, up to 50 percent of your adjusted gross income. Should the gift total exceed the gift ceiling for one year, you can carry over the remaining deduction to succeeding tax years until it's exhausted, or for up to five years, whichever comes first. So with careful planning, nearly every outright gift to us can be fully deducted.

*Example: Mr. Markley has a \$70,000 adjusted gross income this year. He contributes \$50,000 to us. He can deduct \$35,000 this year (\$70,000 adjusted gross income x 50 percent).*

*Because of the five-year carry-over provision, the remaining \$15,000 can be deducted the next year (assuming his adjusted gross income is \$30,000 or more). So his \$50,000 gift is fully deductible.*

### Gift of Securities

Giving appreciated stocks or bonds is a superb way to show support for our Hostel development projects. With certain limitations, you can deduct the full fair market value of long-term appreciated securities—that is, securities you have owned a minimum amount of time (the term varies according to when you obtained the asset) and that have increased in value. Thus you can give away appreciated property and usually avoid the tax on the gain.

Gifts of securities are deductible up to 30 percent of your adjusted gross income, with the five-year carry-over option. Under certain circumstances, however, you can choose to qualify for a 50 percent annual deduction by reducing the value of your gift by 100 percent of the appreciation in the contributed property—that is, to the cost basis (what you paid for it).

*Example: Ms. Curtis contributes long-term securities, which cost her \$25,000 and now are worth \$30,000. She is entitled to a \$30,000 charitable deduction and completely avoids paying tax on the \$5,000 appreciation.*

There are several significant benefits that can result from gifts of appreciated closely held stock. Please contact us for more information on this unique gift opportunity.

Watch for future issues of the Golden Triangle for additional information on how you can help your Pittsburgh Council. Call the Council office at 412-422-2282 if you are planning to make a major cash contribution.

This article is based on information supplied the National AYH and edited by Joe Hoechner.



## Hiking and backpacking news for February 1993

### Footnotes

By now you probably know that the Three Rivers Heritage Trail hike scheduled for December 12 had to be postponed because of the heaviest snowfall in the Pittsburgh area since the 1950's—I think the official figure was either 11" or 13" at the Pittsburgh airport. The 3RHT hike has been rescheduled for February 20, a Saturday, so if you are still interested give me (**Jim Ritchie**) or **John Stephan** a call so we will expect you. Plans call for a quick lunch at Station Square (fast food there or bring your own). The Heritage Trail follows the Pittsburgh waterfront from Washington's Landing near the 31st Street Bridge to the West End Bridge and then down to the Birmingham Bridge, providing just about every perspective of downtown Pittsburgh you may possibly imagine. Bring your camera!!

**Clare Bunker** and **Bill Lindgren** will be using the Ironmaster's AYH Hostel in Pine Grove Furnace State Park (15 miles from Gettysburg) as home base for their Appalachian Trail weekend in February. The Ironmaster's hostel features a hot tub on its lower level. Nearby, within easy walking distance, is Pole Steeple. PS is a rocky outcrop on Piney Mountain, no more than a quarter mile from the Appalachian Trail as it approaches Pine Grove Furnace from the south. There is a network of trails leading to and from the rocks. Also, in the nearby town of Mount Holly Springs, as you first come into town, on the left side of the road, is a restaurant whose name I've forgotten that specializes in exotic game foods: rattlesnake, alligator, buffalo, elephant and more. The game is raised on ranches and farms so I don't think they're contributing to the extinction of wild species.

In case you didn't know, **Bruce Sundquist** has been working on a 6th Edition of the AYH *Hiking Guide to Western Pennsylvania*. This guide is the most comprehensive guide to hiking available from any publisher for the Tri-state area. While the current guide does provide maps with hiking trails indicated for some areas, Bruce wants to expand the number of hikes that are mapped out. If you keep maps of areas you have hiked, make a copy of the map, write notes on it regarding significant features such as parking, water, restrooms, rock formations, structures, etc. and send it to Bruce or leave it in his mailbox (Publications Chair) at HQ.

Speaking of hiking guides, Backcountry Publications, in Woodstock, Vermont currently publishes 17 different guides in its **50 Hikes** series. Most of us are familiar with **Tom Thwaites** *50 Hikes in Western Pennsylvania*, now in its Second Edition. Other books in the **50 Hikes** series cover Central Pennsylvania, Eastern Pennsylvania, Ohio, Lower Michigan, New Jersey, Western New York, Central New York, Connecticut, Massachusetts, Vermont, New Hampshire and the White Mountains, Northern and Southern Maine, and the Adirondacks and Hudson Valley in New York State. Each book sells for around \$11-\$13. You can get a free catalog of all their publications, or order books directly by telephone, by calling 800-245-4151. They also publish many other series of books for outdoors people.

Another publisher, ICS Books of Merrillville, Indiana publishes its *Basic Essentials* series. Book topics of interest to hikers include *Map and Compass*, *Backpacking*, *Trailside Shelters*, *Survival*, *Edible Wild Plants and Useful Herbs*, *Rescue from the Backcountry*, and many others. There are, additionally, a large number of publications for canoeists, rock climbers, mountaineering, etc. You can get a catalog or place an order with ICS by calling 800-541-7323.

Another AYH coupling!! **Rich Frankie** and **Lauri Love** will tie the knot this May in New Castle. Rich is best known for his frantic trips back and forth to Minnesota in a Honda CRX that (he claims) gets 55 miles per gallon. Lauri is a veterinarian currently sharing her time among several different offices spread over three counties. Do you know that last winter Rich and Lauri went cross-country skiing, with Lauri's dog trailing along, in the Allegheny National Forest on the Hickory Creek Trail, a Federally-designated Wilderness Area and had to spend the night in the woods?? After skiing from almost noon to nightfall, they realized they must have taken a wrong turn somewhere along the line and were now basically lost. They probably could have tracked their way out, but Lauri's dog, not exactly a young pup, was just too tired to go on. So, they had to stay overnight in the middle of the forest. Fortunately, Rich had some matches and was able to build a fire because the temperature that night got down in the teen's. They had to stay awake all night and keep the fire going to keep their fingers and toes from freezing. All they had for food, however, was one package of crackers to share between them. The next morning they followed their own tracks out, taking from shortly after dawn until 12 noon to get back to their car. At this point they were famished so they headed immediately to the nearest Giant Eagle and all three ate their hearts out. How's that for a bonding experience??

**Joan Roolf** had 13 hikers on her "weekend ramble" to Clayton, the estate of Henry Clay Frick. Following a hiking tour of the East End of Pittsburgh, Joan and her group went on an hour long guided tour of the Frick mansion. His estate is truly amazing and I would recommend this tour to anyone. The guides are excellent, delivering a very professional tour. If it's possible, ask for **Mr. Beavers**. As I write this, Joan is preparing for her January hike in "Downtown Pittsburgh" inspired by the new **Rick Sebak** video produced by WQED televi-

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sion. Joan plans to visit several of the architecturally-significant sites featured in the video as well as the proposed Pittsburgh Hostel at Firehouse Number 1 on the Boulevard of the Allies.

Mark Mistrick and Diane Bialecki did an Urban Evening Christmas Hike on December 15th, a Tuesday evening. The gang had dinner at Houlihan's and then set out across the Smithfield Street Bridge to seek all the Christmas decorations in the store windows and along the streets. After having a riotous snowball battle on the sidewalks of Pittsburgh, the whole bunch retired to the Cheese Cellar for chocolate fondue.

Be sure to look for Linda Smithyman's article elsewhere in this Golden Triangle teaching us all how to make an emergency whistle out of the cap of an acorn. She says three short blasts on the whistle is the international signal for an emergency. In fact three blasts on anything, says Linda, will do, even a hollow log, for example. That Linda!!! So-o-o clever!!!

Does anyone have any hiking humor...cartoons, stories, anecdotes, jingles, or jokes??? If you do, how about sharing them with your fellow hikers. Give me a call, leave a joke or story on my answering machine if I'm not there, or mail me your cartoon: c/o "FOOT NOTES", 6300 Fifth Ave., Pittsburgh 15232. Better yet, if you see me at Open House, just hand me your material and I'll pass it along to our friends.

Next month in FOOT NOTES: information about the annual AYH hiking/backpacking planning meeting, maybe a profile of a famous AYH hike leader, recollections of Best Hikes by well-known AYH hikers, the annual AYH activities weekend, and what's happening on National Trails Day, June 5th, 1993.

## Continental Dividers to Go West in 1993

The Continental Dividers, a hiking organization headquartered in St. Marys, PA is sponsoring a hiking trip to The Rocky Mountain National Park near Estes Park, Colorado, scheduled for June 19-26 (Saturday thru Saturday), 1993. Rocky Mountain NP straddles the Continental Divide in an area centered around 75 miles northwest of Denver. AYH members who are interested are invited to join the Dividers. The group will be staying at the H-Bar-G Ranch AYH Hostel on the eastern side of the National Park, just outside Estes Park. Cost of air fare (\$410 round trip from Bradford), hostel, and food are each individuals own expense. Van rental costs will be divided between the number of people on the trip. Reservations must be made by February 20th. If you are interested and you would like additional information, call Pat Gapinski in St. Marys at (814) 965-5014. This is not an AYH-sponsored trip.

## Classified

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

**Men's hiking boots** Ten-inch insulated boots, size 11. All leather, Chippewa Minus 40 brand. Nice boots. Price \$55. Phone Glenn Oster 364-2864. (2)

**Water Purifier** Own the best, a Katadyn, used a few times. Filters down to two microns to remove giardia, fungi, parasites, etc. Price new, \$225. Buy the unit with carrying pouch for the price of a replacement filter - \$125. Phone Glenn Oster 364-2864. (2)

**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

## 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.



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# AYH Products and Membership Application

## Outdoor Recreation Books

- ☐ **Allegheny National Forest Hiking Guide** describes more than 250 miles of trails for hiking, backpacking and ski touring in the 800-square mile Allegheny National Forest. It also describes ski touring opportunities and points of scenic interest. Published by the Allegheny Group of the Sierra Club. 192 pages, 49 maps, 33 photos. Third Edition (1990) ..... \$8.00
- ☐ **AYH Outdoor Food Book** contains menus, recipes, food preparation tips and food planning ideas for canoeists, bicyclists, backpackers, ski tourers and other outdoor-oriented people. 144 pages, 25 photos and illustrations. 1st Edition (1981) ..... \$3.00
- ☐ **Baker Trail Guide** describes the 141 miles of the Baker Trail from Allegheny National Forest to Freeport, PA. 38 pages with complete topographic maps. Published by AYH. 35th Anniversary Edition (1987) ..... \$4.00
- ☐ **Canoeing Guide to Western Pennsylvania and Northern West Virginia** contains information of 270 canoe trips on 3,040 miles of streams in western Pennsylvania and northern West Virginia. 480 pages, illustrated. Published by AYH. 8th Edition (1991) ..... \$13.95
- ☐ **NEW! Fifty Hikes in Western Pennsylvania** by Tom Thwaites describes 50 of his favorite hiking trails in western Pennsylvania. *Fifty Hikes* contains lots of interesting background material on the history and geology of each area. 206 pages, 60 pages of maps, 48 photos. Published by Backpacker Books. 2nd Edition (1992) ..... \$11.95
- ☐ **Hiker's Guide to Laurel Highlands Trail** describes the 70 miles of the Trail from Ohiopyle State Park to Conemaugh Gorge atop Laurel Ridge. Published by the Allegheny Group of the Sierra Club and the Western Pennsylvania Conservancy. 128 pages, 24 pages of maps. New 4th Edition (1992) \$5.00
- ☐ **Hiking Guide to Western Pennsylvania** describes over 2,000 miles of hiking trails and dozens of other areas for hiking in and near western Pennsylvania. Published by AYH. 290 pages, 53 pages of maps, 47 photos. 5th Edition (1986) ..... \$7.00
- ☐ **Monongahela National Forest Hiking Guide** describes more than 160 Forest Service trails in 1,350 square miles of the Mon National Forest—one of the best areas for hiking, backpacking and ski touring in this part of the country. Published by the West Virginia Conservancy. 320 pages, 60 maps, 39 photos. 5th Edition (1988) ..... \$9.95
- ☐ **Pennsylvania Hiking Trails** describes more than 290 trails and hiking areas throughout Pennsylvania. Published by Keystone Trails Association. 224 pages, 94 maps. 10th Edition (1987) ..... \$5.65
- ☐ **Rachel Carson Trail Guide** describes the Rachel Carson trail from North Park to Freeport in Allegheny County. Published by AYH. (1991) ..... \$4.00

## Travel Books

- International Hostel Handbooks** A complete listing of the Hostelling International youth hostels with descriptions, prices, addresses, and phone numbers.
- ☐ **Volume I** Europe and the Mediterranean ..... \$10.95
  - ☐ **Volume II** Asia, Africa, Americas, Pacific ..... \$10.95

**January Special: \$1.00 off all Travel Books!**

## Ordering Information

Include 10% for postage (\$1 minimum). Pennsylvania residents must also include 6% sales tax. Postage and taxes not required for AYH memberships and Eurail Passes. Memberships and merchandise also available at AYH Headquarters and the AYH office. Cash or money orders required for Eurail Passes.

Please allow **two weeks** for delivery of mail orders. For faster service, visit the office or call for a membership sales agency near you. Collect 2 day delivery by UPS available for additional charge.

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**Let's Go** The famous series of books for the budget traveler published by Harvard Student Agencies.

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## Travel Accessories

- Sheet Sacks** Used in place of sheets at youth hostels
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  - ☐ **Advance Booking Voucher** worth \$5 as deposit for reservation ..... \$6.00
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- Universal student ID issued by CIEE. Good for worldwide student discounts. Send 1-1/8 x 1-3/8 photo, name of your country of citizenship and proof that you're a student. Or ask for a free brochure.

## AYH Memberships

Valid for 12 months from date of purchase. Renewals valid for 12 months from expiration of current pass and include book of discount coupons for U.S. hostels. Provides access to 5,000 Hostelling International hostels around the world. Includes free handbook of North American hostels and 12 month subscription to Pittsburgh Council newsletter.

- ☐ **Adult** ..... \$25.00
- ☐ **Adult Renewal** ..... \$20.00
- ☐ **Youth (17 and under)** ..... \$10.00
- ☐ **Senior Citizen (55 and over)** ..... \$15.00
- ☐ **Family** ..... \$35.00
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- ☐ **Life (all ages)** ..... \$250.00

## Eurail Passes

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- ☐ **Eurail Flexipass** 10 days travel in 2 months (youth) ..... \$348.00
- ☐ **Eurail Saverpass** 15 days travel with 2 or 3 friends ..... \$390.00

**Mail to:** AYH Room 204  
5604 Solway Street  
Pittsburgh, PA 15217



The AYH office is open from 9 am to 2 pm on Mondays, Wednesdays, and Fridays, and from 12:30 to 5:30 pm on Tuesdays. Call 412-422-2282 for more information.

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Birthdate:** \_\_\_\_\_ (day) \_\_\_\_\_ (eve) **M** **F**

## AYH Weekly Open House

Pittsburgh Council has a weekly open house every Thursday evening from 8 pm to 10 pm at Fifth and Shady Avenues in Shadyside. Look for us next to the Pittsburgh Center for the Arts. A slide show at 8:30 pm is followed by announcements of the weekend's trips. Passes and guide books available.

## Council Office and Travel Store

The Pittsburgh Council office is open Monday, Wednesday, and Friday from 9:00 am to 2:00 pm, and Tuesdays from 12:30 to 5:30 pm. We're in Room 204 of the Wightman School Building at 5604 Solway St. in Squirrel Hill, near the intersection of Wilkins and South Negley. All passes, ID cards, Eurail passes, and books are available. Call 422-2282.