

JANUARY

GOLDEN TRIANGLE

1964



OPEN HOUSE THURSDAYS 8:30 PM

- January 6* Mrs. Ollie Larson, fresh from her honeymoon, teaches us folk dancing. Start from scratch or just brush up. (Good for keeping in shape.)
- January 13* Cathy Lynch shows us slides taken during her National AYH Leadership Training course this past summer.
- January 20* Dottie Rodriguez and Dick Rothrock show slides of AYH's recent climbing trip to White Rocks. See your fellow AYH'ers in action (falling off cliffs - cutting ropes - dropping gear).
- January 27 Liz Saffer shows us the second episode (the interesting pictures) of her trip to Peru last summer.

* Don't forget, as soon as the snow is deep enough, we're snowshoeing right after the meeting in a nearby park, so dress warmly.

A.Y.H. MEMBERSHIP ON THE RISE

A.Y.H. is growing fast (at least in Pittsburgh). We are 270 strong now compared to about 190 a year ago at this time. If we continue to grow at this wild pace we should pass the all-time record membership of Pittsburgh Council (320 in June 1963) by late next spring. Don't forget that next spring beginner canoeists will be able to enjoy the same fun and excitement enjoyed by our white water canoeists by riding the rapids on one of A.Y.H.'s fleet of four (count 'em - 4) rafts. Next summer when the rivers are low we'll have fun with our sail-canoes on western Pennsylvania lakes and the Allegheny River.

HOW RUGGED ARE YOU? ANYONE FOR WINTER CAMPING?

An article, "Tips For Winter Camping", by Ted Shoemaker, appeared in the March 1965 issue of Camping Guide. The Europeans seem to like winter camping (takes them near the ski slopes) and there are at least one hundred and fifty campgrounds open. The German Camping Club's winter rally at Ruhpolding in the Bavarian Alps drew 1,500 persons (ages ranged from two years to seventy-five) housed in four hundred trailers and thirty tents. The club has done research in the art of winter camping; these are some of their findings. A tent pitched on snow is preferable to one pitched on the ground. After driving (broad) stakes into the snow pour on water to freeze them. A pup tent inside a wall tent provides the best protection. Use your heater in the outer tent, plus a pan of water to keep the air from becoming too dry. A duckboard floor with a foam rubber mat is ideal for insulation. With this set-up a cot, or something off the ground is preferred. Be sure to wear a knitted cap to bed; much body heat escapes through your bare head. (Don Woodland says to sleep with your canteen next to your belly - to keep your water warm.) Winter camping is not the time or place to diet. FAT-RICH menus are the rule. How do you like this German lunch? Oxtail soup, consomme, roast chicken, fried potatoes, lots of bread and butter, canned peas, and canned peaches. Any AYH'ers interested in trying some winter overnights? The Baker Trail might be a good start for beginners. The group could meet beforehand to discuss gear and food. Would you like more camping and pack-packing instruction and perhaps, a training course? Talk about it, then.

AND SPEAKING OF FOOD !

AYH'ers do well on the subject of food; dig these 1965 hike menus. At Raccoon Creek State Park Hugh Gilmour served tube steaks, tossed salad, and peach sundaes. Fran Czapiewski at Millie's Gameroom served stuffed cabbages, instant mashed potatoes, relishes, and strawberry shortcake. On the Halloween week-end Janice Woodward stirred cocoa mix into everyone's oatmeal. (It's different.) Try Coffeemate (or other non-dairy cream) and water on your cereal; tastes just like cream. Winnie and Ollie Larson's pre-wedding supper at the Don Woodland's was another gourmet event. Twenty-five AYH'ers feasted on antipasto, lasagne a la Di Gregorio, cookies (Ben & Betty Dell), and fresh fruit.

Have you eaten any JERKY lately? Here is a modern version of an old recipe. Buy round steak cut 1" thick. Trim off most of the fat. Slice the meat into strips 1" wide. Liberally sprinkle the strips with a seasoned meat tenderizer and place on a rack in a shallow roasting pan. Place in a warm (150-175°) oven for 24 hours. Good to chew on a hike, to throw into a pot of soup, ETC. (Will it replace Goody Mix?)

A second recipe for the month - FRIED CORN BREAD

Make regular cornbread batter. Add enough milk to make batter thin. Fry on hot griddle. Serve as you would pancakes. These are good with peanut butter and jelly.

BAKE SALE COMING IN FEBRUARY DIG OUT YOUR BEST RECIPES

SPELUNKING POPULAR WITH AYH

Two AYH cave trips to Bear Cave and to Cornwell Cave drew over twenty people each recently. All enjoyed the scrambling, crawling, squeezing, and getting lost that are part of all cave trips. Bear Cave, advertised by the leader as a "nice, dry" cave, proved to be a bit wet, due no doubt to recent rains. This made things a bit interesting in one squeezeway featuring a 12" high roof and a 2" deep puddle on the floor. It was most unfortunate that the leader's flash camera became inoperative before it could record for posterity the merry cavers negotiating the passage. Bob Herman's Cornwell Cave trip featured a 1000 foot climb down into Cheat Canyon just to get to the cave. The nice weather and the pretty Cheat Canyon scenery made it almost a shame to go into the cave. The famous Cornwell Cave rats failed to greet us, but we saw many bats and spiders besides some interesting passages and some high chimneys - and a nice dry cave.

BY POPULAR DEMAND - ANOTHER CAVING TRIP TO CORNWELL CAVE

(a second view of the above trip)

On Sunday December 5th. Bob Herman led a group of adventuresome AYH'ers to a hole in the middle of nowhere. We had a bit of trouble finding the hole, too. One of our best hikers, Fran Czapiewski, managed to detach herself from the L-O-O-O-O-N-G (twenty-two people) human line sliding down the hillside (meant literally - check the worn spots in the seats of our pants). After a few hours of searching for her - during which time she appeared safe and sound (thank goodness) on her own. We finally got around to entering the cave. It appeared to be a beautiful cave, that is, from what we got to see of it since we had to rush through. By all means - let's have a repeat trip, pretty please - so that we can see the rest of the cave.

EXTENDED TRIPS FOR 1966

Want to go somewhere next summer for a week or two? Tell AYH and perhaps an extended trip can be arranged to suit you. Better yet, why not lead your own extended trip next summer? That way you're sure to have a trip to suit you. Some ideas currently floating around include hiking and back-packing in the Rockies (Grand Tetons or Rocky Mountain Park) or in the Seneca Rocks area, cycling through Pennsylvania Dutch country, or perhaps a "Hatch River" raft expedition down one of the deep canyons in the Rocky Mountains. To let us know your wishes fill in the handy form below and send it to AYH.

NAME _____ TELEPHONE NO. _____

ADDRESS _____

WHERE TO? _____

HIKING? _____ CANOEING? _____ CYCLING? _____

LEAD? _____ FOLLOW? _____ WHEN? _____

S Q U A R E D A N C I N G

Let's revive the old custom of AYH'ers square dancing at the Downtown YMCA (304 Wood Street) on the first and third Friday nights of the month. This month the dates are January 7th. and 21st. Be there at 8:30 (til 11:30); costs you about \$1.00 unless you are a YMCA member.

Wear comfortable shoes, but not necessarily your hiking clod-hoppers. Sometimes it helps to bring a fingertip towel. GIRLS: Wear full-skirts and a cotton blouse.

STAG

DRAG

BEGINNER

EXPERT

YOU'LL HAVE FUN!

SALE!

CANOEES AND BICYCLES FOR SALE

13 AIRGAIN!

Bill Potter wants to sell his one year old Grumman canoe (17 ft.) complete with white-water cover. Anyone interested should call Bill at 863-1495. Another canoe is for sale from Neil Crockett (421-7032). His is 18 feet and is fiber glass. Price is \$120.00.

AYH has some gir's and boy's bikes for sale (\$50.00 for the new ones, and \$45.00 for the year old cycles). See Bruce Sundquist, if interested.

FAMILY CAMPING

Thanksgiving weekend at Seneca Rocks the children outnumbered the adults eleven to seven. There were the Don Woodlands (four children), their guests, (five children), John and Ramona Matthews (two children); and Harry Rhule (sans children). They stayed at Yokum's Motel, but cooked their own meals. They hiked the ridges and enjoyed themselves away from the big city. The week-end before saw eighteen to twenty persons (six were children-maybe more) at Cook Forest. Adult ? snowball fights and hiking were the main events - or ask Janice Woodward for a first-hand account.

ETC.

Quote of the month by Fran Czapiewski: "A lot of things happen on AYH trips." Resolution for the New Year by Rhonda Newcomer: "Instead of investing in a summer cottage I am going to buy a lifetime AYH pass." Bob Fewkes' New Year's resolution is not for publication. Bob Omlor predicts SNOW. Resolved: On the next trip Charles Westover is not to be put on the "Committee To Search For Lost Hikers"; let him go into the cave ! This is the Ghost of The Triangle Past: "Tess Henry and Dotty Lynch, you will be given another chance to write articles for future publications. Don't throw away your golden opportunity." Kay Lew and two of her children, Maxine and Douglas, came on their first hike (to Satler's Woods); Kay was well initiated and found out that AYH'ers avoid all paths, cross creeks via logs, and crawl over rocks. (Wasn't it fun?) Note to Bill Short (one of our new members): Sorry you didn't get your December Triangle; we'll try to do better in the future. Ditto Claire Herron and Ruth Stacklin. Things do happen; go on an AYH trip and be part of those experiences; see yourself on the screen at Open House.



trips

and trails

Hikes will go
 'less ten feet of snow
 In which case
 Shoe, ski, or skate.

Long Johns are fine
 A thermos too.
 Wool socks and sturdy shoes
 Guard against those blue hues.

- Sun. Jan. 2 HIKE Come hiking with Martha Montag in Frick Park. Snow-shoeing if the snow is deep enough. Leave HQ at 1:30 with 40¢ and money for hot chocolate. Reserve at Mu 2-3854 (or come.)
- Fri. Jan. 7 SQUARE DANCE Meet at Downtown YMCA 304 Wood Street. Wear comfortable clothes. Cost about \$1.00.
- Sat. Jan. 8 HIKE Explore an unpopulated Moon Township near the Pittsburgh Airport - see a waterfall, oil well, and other exciting scenes. Reserve with Bob Onlor at 264-4485 or be at HQ 11:00 AM. Bring a snack and about a \$1.00.
- Fri. Jan. 21 SQUARE DANCE. Ditto January 7th.
- Sun. Jan. 23 HIKE Leave 11:00 AM from HQ for a hike on the Forbes Trail. Bring lunch and stay for supper. Cost about \$1.80. Reserve with J. D. Myers at 372-7599.
- Tues. Jan. 25 PARTY Bring your smiling face and your willing hands to help print and mail the hearts and flowers edition of the Golden Triangle. Anytime after 8:15 PM at the Bellefield Presbyterian Church (Fifth and Bellefield in Oakland). Stay for an hour or longer if you can.
- SKI SKI SKI SKI SKI SKI
- Fri. Jan. 7, 14, 21, or 28 Boyce Park near Monroeville. Bring about \$1.50. Rent equipment from AYH or Boyce Park or bring your own. Call Barb DiGregorio at 661-9151.
- Sat. Jan. 15 Hidden Valley. Ruth Stacklin (681-3504 or 682-9575) leads today. Leave HQ at 7:30 AM with lunch, about \$5.40 and ski equipment (or money to rent it). Free lessons for beginners. Skis, poles and a few boots available from AYH.
- Sun. Jan. 2 or 9 Kiski Prep slopes. Free Bring your own equipment and about \$1.20. Leave HQ at 8:30. Bruce Sundquist (Va4-1897 or Dr2-1212 ext. 224) leads. Rent AYH equipment.
- Sun. Jan. 23 or 30 Come cross-country skiing on Laurel Ridge (start at the top, wind up at the bottom). Bring about \$1.50 plus gear and lunch. Leave HQ at 8:30. Reserve with Bruce Sundquist at the above phone numbers.