PITTSBURGH COUNCIL
AMERICAN YOUTH HOSTELS INC.
VOL. 31 NO. 10



As the leaves begin to don the colors of Fall; as the days get a bit shorter and the weather a bit nippy, Summer is gone and the <a href="NEW SEASON IS UPON US">NEW SEASON IS UPON US</a> Here, at AYH the chang in season is marked by a change in office. A new year of fun and activities is about to begin.

On Thursday, OCTOBER 21, at the OPEN HOUSE MEETING you, re in store for a double-feature treat. Besides the regularly scheduled program, the nominees for positions on the ACTIVITIES BOARD will be elected. As an AYH'er you're urged to come not only to meet the candidates but to offer suggestions on how our program can be improved and expanded.

The following is a list of the candidates - some new; some old . You're encouraged to look them over and to come OCT. 21 to voice your consent.

#### OFFICE

PRESIDENT Secretary Treasurer House Membership Editor Production Publications Program Trips & Trails Public Relations Hostel Development Climbing Canoeing Rafting Hiking Cycling Special Progects Service Winter Sports X-Country Skiing Trail Coordination Caving Assit. Treasurer

#### NOMINEE

Claudette Falkenhan Aylene Harper Fred Hull Gary Ludwig Linda Barrett Joan Seiffert Mike Haddad Bruce Sundquist Eunice Higgins Bill & Sue Leathen Jim Gogots Joe Hoechner Barry Johnson Mike Deroy Joe Curlee Dick Nugent Ed Sieger & Rich Fedeer Mike & Marta Hurwitz Stan Uhrin Jack Kowalski Alan Barber Cliff Ham & Jack Leahy Barry Walker Joel Platt

#### Board of Directors :

Lloyd Geertz Gordon Bugby

## COME AND JOIN THE FUN 1976 ANNUAL AYH PICNIC

SUNDAY, OCTOBER 17th

2 PM TO 10 PM

RIVERVIEW PARK, NORTH SIDE

COST 2.75/PERSON FOR PICNIC, GAMES, DANCING
SEND RESERVATIONS TO

NANCY ARTHUR, 100 BIDDLE ST, APT 3, PGH 15221

SKIP CHAPMAN, 341 SEMPLEST, PGH 15213

DEADLINE, OCT 10th FURTHER QUESTIONS CONTACT
KAY HESS - 422-7630
MRY ELLEN MIBRIDE - 421-9891

DIRECTIONS TO PARK

FOLLOW RT 19 SIGNS THRU
NORTH SIDE. COMING FROM
PITTSBURGH, TURN LEFT ON
RIVERVIEW AVE. FOLLOW
RIVERVIEW IN PARK. ACTIVITY
SHELTER IS BARGE I STORY
BUILDING ON LEFT AS YOU
ENTER PARK.



I WOULD LIKE TO ATTEND  NO. OF PERSONS  AMT. ENCLOSED  NAME	AT a. 75 / PERSON	AYH,	AYH, PITTSBURGH COUNCIL
PHONE NO.			

Every hearty-AYHer will agree, that there's nothing more pleasant, more satisfying then a scruptious campfire dinner, but as the boiling water is poured over the freeze-dried concoction the illusion is broken. What was meant to be the final touch of a great day, might as well be considered a lost cause. But you needn't fret, for hopefully help is comming from CREATVE-COOKING AYHer's.

If you're an AYHer with a favorite outdoor recipe, we'd like you to share it with us. All you need to do is fill out the following form and return it to Chris Reid at an AYH Open-House meeting or send it to: AYH COOKBOOK Project, 7730 Lyman Street, Pgh., Pa., 15221. If the response is favorable, you may in the near future have an official AYH COOKBOOK in your hands, and some nutrious food cooking over your campfire.

NAME :	REC	IPE BEST SUITED FOR :
man and the contract	a, b	icycling
ADDRESS :		ackpacking
PHONE :	c. c	anoeing etc.
PHONE :	100	
	cooked or no-cook meals, sn	
Especially desired are	hints for lightweight or veget	tarian food for the trail.
frage dried food von h	are welcome. If there is a pa	erticular supermarket or
comment, please feel i	ave used that deserves a fave	orable or nonlavorable
owning product reer i	it ce to make it	
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RECIPE	PREP, TIM	E SERVINGS
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Hostelling in Holland proved to be full of unexpected experiences. After I arrived in Rotterdam, my uncle fixed me up with an old-Dutch Bicycle. Quite an antiquated affair, 28' tires, high ib the saddle and long on the pedal, one strokes through the countryside as if seated on a black steed.

The first Youth Hostel I found was a converted castle. Full of rambuctious youth, which turned out to be a high-school classs on an orientation trip. The group calmed down when the bar opened at eight. Dance music in the adjacent hall, no noise from the candle-lit attic, and the teachers to talk to while drinking at the bar.

I bicycled from Bunnik to Amersfoort, from the flat landscape with its huge straw-roofed barns, to the heather and the dune landscape. Then onto the canals passing willow trees, smooth truncked beeches, and knarly European Oaks with their lobed-leaves.

The hostel in Amersfoort also had a group of students, too young however for the sixteen year drinking minimum. The dormitories were less plush than at Bunnik, but the surrounding forests are magnificent. The city is old - two city walls and three restored city gates. Spending an evening at their old time fair was lots of fun.

The last hostel, at one of the "veen", or moor areas is at Kortenhoef, was small but intimate. A shallow lake for boating or swimming, row-boats to rent and a congenial small staff. The hostel is really built right over the water, all the houses in the area are also raised over the waterlevel. It's a place where everyman does live on his own island.

The Dutch hostels have a good dinner and breakfast option, and even a lunch packet for those who desire cullinary security. To cycle from one hostel to another in the summer is an experience within the range of the timid cyclist, especially since the terrain is entirely flat. The occasional hazard lurks in the wind rather than in the mild hills found in Eastern Holland.

The price, including a sleeping bag type sheet, and two meals is reasonable at eight dollars a day. Unlimited stays at one hostel, about half of which are open in the winter, make it possible to remain in a picturesque spot to enjoy the water-sports or other local attractions. The only difficulty is finding room in the summer season, but reservations can be made by writing to: N.J.H.C., Prof. Tulpstraat 2-6,

Amsterdam - C The Netherlands

1 January

With any luck, The First Pittsburgh Council AYH Calendar for 1977 will go to press at the

## SCHWINN

Raleigh

Peugeot

SCHOLL"S BICYCLE CENTER

406 PERRY HIGHWAY

PITTSBURGH, PA 15229

PHONE 412/931-6711

(WEST VIEW)

If you have any exceptional BLACK & WHITE prints of out-door activities get them to Joe Hoechner as soon as possible. (343-2465).

end of the month.

The calendar price ??? Well, depending on the quantity printed & the cost of the photo reproduction, it will be about \$ 1.00 , if you'd like it mailed an extra 25¢.

### T-SHIRT SURVEY

Hostel Store-keeper, Joe Hoechner has just about sold all the yellow " Pgh. Council " T-Shirts and is planning to reorder.

He'd like some feedback from members regarding this product.

What color would you like?
What size(s) do you need?
What type of material do you prefer?
What do you consider a fair price?
Would you like to see a change in
design lay-out?
Do you have any ideas for a new-look?

Take a few minutes and either write to Joe at council HQ or talk with him at any Thursday Night Open-House Meeting.

\*

BOOTS & BACK PACKS...

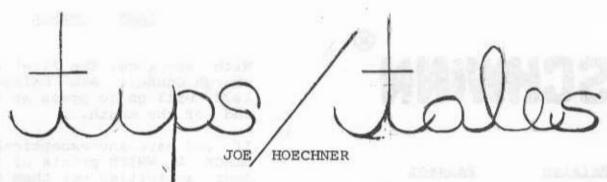


Purveyors of the best mountain gear, clothing and trail food plus outstanding casual wear.

New hours:

Monday, Tuesday, Saturday 9 till 6 p.m. Wednesday, Thursday, Fridays 9 till 8 p.m. Sundays 1 till 5 p.m.

Ligonier Mountain Outfitters RT. 30, LAUGHLINTOWN, PA. 15655 412/238-6246



Have you heard of the "East Coast Bicycle Trail"? This is a mapped out route of lightly travelled backroads which connects Richmond, Va., with Boston, Mass.

This route was sponsored by the Philadelphia Bicycle Coalition to establish a Northeast extension of the trans-American trail founded by Bikecentennial '76.

Like the Bikecentennial Trail this route skirts major population centers to avoid traffic congestion. If you would like a copy of this guide-book send your check for \$4.95 :

"East Coast Bicycle Congress" 5300 Akron Street Philadelphia, Pa. 19124

Hikers beware - Hunting season is here. The Pennsylvania small game season opens upon Oct. 9th and runs thru the start of Deer Season which begins Nov. 29 th.

Now's the time to visit a nearby sporting goods shop to by "safety orange", hats vests, gloves etc., to wear while hiking or bicycling.

If you're going to Europe, you may want to secure a copy of the "Youth Hosteler's Guide". This is a BIG 500 page guide for either the group or independent hosteler. Cost is only \$4.25: AYH National Campus Delaplane, Va. 22025

Bikecentennial is now offering for sale it's map/guidebook, featuring FIVE - regions and including the Trans-American Bike trail.

Cost per set is \$5.00 or \$3.00 for Bikecentennial members.
The sets are: "Pacific-Coast Cascades", "Rocky Mountains", "Plains Ozarks", "Blue Grass", & the "Appalachians".

For your set send to:

BIKECENTENNIAL

P.O. Box 1034

Missoula, Mt. 59801

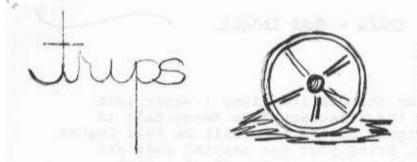
If you'd like to see what these sets look like before you order - check with veteran leader, Joe Hoechner.

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If you're ever in the vicinity of New York City you may want to visit the new Eastern Mt. Sports store on Long Island.

Interested in Caving? Perhaps, you'd enjoy the new book THE LONGEST DAY by Brucker & Watson.

The story tells of the authors' attempts to map connecting cave systems which entails al45 mi. underground adventure.



AYH-MEMBERS are given top priority on all AYH-TRIPS. If the trip listed has a limited capacity, or requires AYH owned equipment then the trip will be open to members only, until the Thursday before the outing.

trups

MEMBERS must show their AYH Pass on an AYH-TRIP, in order to avoid the non-member fee.

The non-member fee is \$2.00 ( 50¢ for registration plus a \$1.50 ). If the non-member purchases an AYH-PASS within 30 days of the trip, the \$1.50 will be credited to the purchase of the pass. Only one credit will be used per pass.

REMEMBER, make your reservations early, and if you cannot make a trip call the leader and cancel, so that the place may be made available to another anxious AYH'er.

- SAT. OCT. 2 <u>CANOE POLING SCHOOL AND TRIP</u> Winter canoeing at AYH means poling. If you want to try this approach call Roy Weil at 681-5131. Total cost will be \$5.00.
  - Sat. OCT. 2 Hm, here's something new Swallow Falls, Maryland. If you're tired of the old-hiking favorites, then this is your chance to join Doug Brown and explore the area. The trip will leave the hostel at 7:30, and if you'd like more details call Doug at 322-2152,
- SAT. OCT. 2 & <u>BIKETREK</u> '76 Join Dave Porterfield for a weeksun. OCT. 3. BIKETREK '76 - Join Dave Porterfield for a weekend ride between Harmony and Meadville. A fee of \$15. includes food stops, dinner, gear shuttle, insurance, and patch. An application can be obtained at Thursday Night Open-House Meetings. For car pool information call Joe Hoechner at 343-2465. Joe's group will leave Friday Night at 7:30.
- SUN. OCT. 3

  CANOE SCHOOL I This is your last chance to learn how to Canoe in '76. The cost for the day will be approximately \$6.00, and if interested you must reserve a place with Gordon Bugby ( 371-4233 ).
- SUN. OCT. 3

  One always enjoys hiking in the Fall, but one doesn't always get an opportunity to hike with Kaye Hess. If you are interested in joining Kaye for a good intermediate hike on the Laurel Ridge Trail, call 422-7630. The cost of the trip will be approximately \$3.50.

### MORE TRIPS & MORE TRAILS

SAT. OCT. 9 & <u>CANOE-CAMPING</u> on the Clarion River ( water level SUN. OCT. 10 permitting ) or the Allegheny from Kennerdale to Emdenton. Highlights of the trip will be Fall Leaves, and a full moon. Bring your own camping gear and food; cost will be approximately \$8.25; time of departure 7:30 A.M. Saturday morning. To Reserve contact Fred and Eileen Hull at 242-5379.

SAT. OCT. 9 & SUN. OCT. 10

Hike and camp in the Cheat River Canyon. The trip will consist of two day hikes and one night of car camping. Saturday will feature a hike along the big Sandy Creek. On Sunday there will be a 10 to 12 mile hike up the Cheat Canyon with flaming fall foliage. This is not a beginners trip and size of the group will be limited, so reserve earlt with Dick Nugent at 487-5549.

OCT. 10

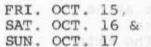
SAT. OCT. 9 & BACKPACKING IN THE BLACK FOREST - a perfect time to go backpacking ; crisp mornings, sun-shiny afternoons, and quiet calm nights. Mike and Marta Hurwitz would like to share what plans to be a good weekend with interested intermediate backpackers. The de-parture time will be Friday evening. If interested you can contact Marta & Mike at 731-1083.

SAT. OCT. 9 Join Arv Westlund on a tour of Clinton County & SUN. OCT. 10 and a stay at a private hunting lodge. The trip will consists of short hikes, short rades, and lots of fun. For more information on what to do and what to bring call Arv after 6:00 at 835-5896.

SAT. OCT. 9 Gail Lichtenstein will lead an intermediate cycle trip around Mingo Park and other parts of Washington County. This ride will be about 40 miles of hills, valleys and beautiful views. Meet at the Hostel at 8:00 with your lunch, spare inner tube, rain gear, and AYH Passs. The trip will cost about \$3.50. For more details call Gail at 422-8417 or 521-5977.

SUN. OCT. 10 Join Mike Deroy as The cycles around the beautiful Mill Creek Park, near Youngstown, Ohio. The trip is open to all levels of cyclist. Bring rain-gear, lanch, camera, and frusbee. The trip will cost approximately \$5.00. For more information call Mike at 371-6943.

#### MORE TRIPS FOR OCTOBER



FRI. OCT. 15. The National Board Meeting of The American SAT. OCT. 16 & YOUTH HOSTELS, INC. This year our council is SUN. OCT. 17 hosting the board meeting. If you are interested in the activities planned or would like to help in welcoming our guest, please contact Cliff Ham at 687-4960.

SAT. OCT. 16 & Chuck Pierson will lead a scouting-hake trip SUN. OCT. 17 in West Virginia. The weekend will be ideal for all hardy car-campers. This is not a beginners trip. If interested in joining Chuck, call him at 683-2951.

SAT. OCT. 16

Another chance to spend the day hiking. Everyone is welcome. The trip will be in the Slippery Rock area. Departure time will be 8:30. If interested call 683-0053.

SAT. OCT. 16

Phyllis Blumberg's intermediate bicycle tour of OLD ECONOMY VILLAGE Trippers will tour the village, learn a bit of history, see the largest push-button railroad yard in the world, and, of course, they will cycle. Bring your lunch, lock, and chain. The trip will cost approximately \$5.00. Meet at the Hostel at 8:00 A.M. Total riding distance 40 miles. For more information call Phyllis at 422-9383.

SUN. OCTOBER 17

THE ANNUAL AYH PICNIC - Come and join the fun from 2:00 P.M. to 10:P.M. at Riverview Park, in the Northside. The cost will be \$2.75/ person for food, games, and dancing. Send reservations to Nancy Arthur, 100 Biddle St., Apt. 3, Pgh. 21, or Skip Chapman, 341 Semple St., Pgh., 13. The DEADLINE for reservations is OCT. 10. For more information see page 2 of this month's TRIANGLE.

FRI. OCT. 23 It's just about time for another Norm Synder ad-& SAT. 24. venture. As usual Norm is going to brave the caves of West Virginia. If you are interested call Norm between 6& 7 , Sun thru Thurs. at 351-4068.

#### AND STILL MORE TO COME

SUN. OCT. 24 INTERMEDIATE HIKE - Join Dick Nugent as he bushwacks his way on an exploratory hike along Dunbar Creek in Fayette County. The trip size will be limited so remember to reserve early. Dick can be reached at 487-5549.

SUN. OCT. 24

CANOE SCHOOL II - The final Whitwater School for the '76 canoeing season. CS II is for serious paddlers who have or who could have passed CS T. Reserve early with Jim Roberts at 271-7178, before 9:00 P.M.. The cost will be about \$7.00.

FRI. OCT. 29. SAT. OCT 30 & SUN. OCT. 31.

THE FIRST LAURELVILLE FALL WEEKEND - It's time to hike and cycle in the beautiful Laurel Mountains. Enjoy family style meals, but don't forget to bring two lunches. All trippers must have an AYH Pass, and must reserve by OCT. 18 with Joe Hoechner ( 343-2465 ) . Co-leaders are needed to organize hikes and cycle trips. The cost will be approximately \$16.00. Oh by the way, don't forget to bring your costumes to the HALLOWEEN PARTY.

Join Aileen Pastorek on a hike along Indian Creek. The cost of the trip will be about \$2.50, and the trip will leave hostel headquarters at 8:30. If interested call Aileen at 339-2652.

SAT. OCT. 30 <u>CANOEING</u> - Mike Deroy ( 371-6943 ) will lead a canoeing trip. Call Mike, let him know what your experience level is, and convince him that his trip should be suited to your desires. The cost will be approximately \$6.00.

New motorcycle helmet, medium size, green color, only \$12.00. Folk guitar, vinyl case & song books package deal for \$30. If interested call Joe 343-2465.

Flotation bogs for a K-1. The bogs were used only once. Asking only \$15.00. If interested contact Bruce Sundquist at 327-8737.

# Open House

Open House at the Hostel Headquarters is held every Thursday evening. Doors open at 7:45 with a program presentation at 8:45. The programs are always of interest to old, new and perspective AYH'ers.

Our open house is for all members, as well as non-members. This is a great time to see friends, to reminisce about the good-times of your last AYH trip, and to make plans for future trips. If you're a perspective member, this is an ideal time to meet AYH'ers, and discover the ART of having FUN.

- Oct. 7 Have you ever been to
  Gettysburg ? Backpacking
  at the Black Forest or
  Dolly Sods ? Well, Marta
  and Mike Hurwitz invite
  all to get a glimpse at some
  fun-filled AYH activities.
- Oct. 14 Once again this is another
  Liz Saffer special, "Turkey".
  Come and enjoy the slides,
  and chances are, you'll even
  learn a bit.
- Oct. 21 Fred Hammermeister presents slides of East Africa and Zaire. Also on the agenda for the evneing is the Annual AYH Business Meeting. This is election night and you are urged to attend.
- Oct. 28 The Catalina Mts, the Havasaupa Indians, & Sonona Desert, all are fearures of, "the Southwest", by Eugene Albright.

THE GOLDEN TRIANGLE

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

ADDRESS : AYH

6300 Fifth Ave. Pittsburgh, Pa.

PHONE : 362-8181, Thur. evening only.

EDITOR Elaine Merisko

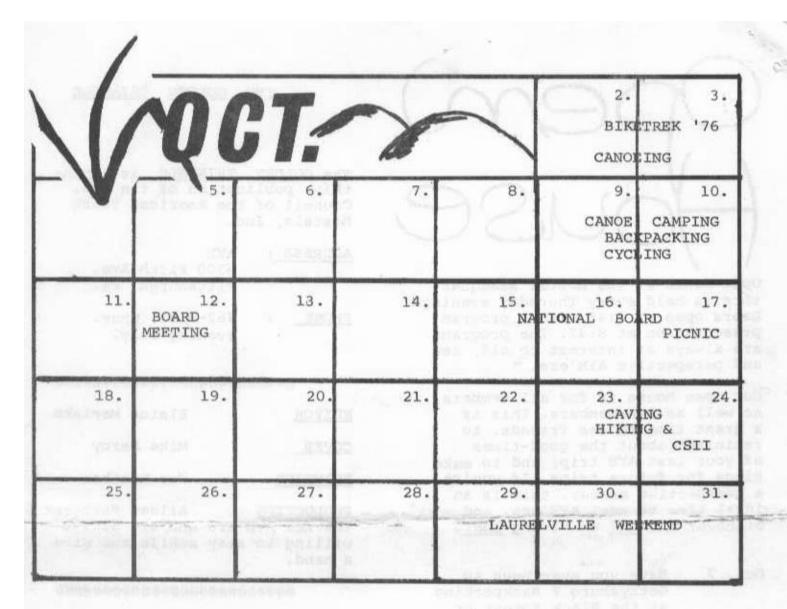
COVER Mike Deroy

PRINTING Sue Leathen

PRODUCTION Aileen Pastorek & the few AYH'ers who are always willing to stay awhile and give a hand.

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DEADLINE FOR THE NOVEMBER
ISSUE WILL BE
OCTOBER 7



PITTSBURGH COUNCIL AMERICAN YOUTH HOSTELS, INC. 6300 FIFTH AVE. PITTSBURgh, Pa. 15232

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OCTOBER

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the frequency will, I can described