

OCTOBER 1976

golden triangle

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

AYH



Derby

It'S TIME FOR A CHANGE !

The Nominations Com.

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 NEW SEASON IS UPON US 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 Projects
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

OR

SKIP CHAPMAN, 341 SEMPLE ST, PGH 15213

DEADLINE, OCT 10th. FURTHER QUESTIONS CONTACT

KAY HESS - 422-7630

MARY ELLEN MCBRIDE - 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 LARGE 1 STORY
BUILDING ON LEFT AS YOU
ENTER PARK.



I WOULD LIKE TO ATTEND THE AYH PICNIC

NO. OF PERSONS _____ AT 2.75/PERSON

AMT. ENCLOSED _____ CHECKS PAYABLE TO AYH, PITTSBURGH COUNCIL

NAME _____

PHONE NO. _____

CREATIVE COOKING FOR CAMPERS

Chris Reid

Every hearty-AYHer will agree, that there's nothing more pleasant, more satisfying than a scrumptious 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 coming from CREATIVE-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 nutritious food cooking over your campfire.

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NAME : _____

RECIPE BEST SUITED FOR :

ADDRESS : _____

a. bicycling

b. backpacking

c. canoeing etc.

PHONE : _____

Please include either cooked or no-cook meals, snacks or food suggestions. Especially desired are hints for lightweight or vegetarian food for the trail. Also, product reviews are welcome. If there is a particular supermarket or freeze-dried food you have used that deserves a favorable or nonfavorable comment , please feel free to make it

RECIPE _____ PREP. TIME _____ SERVINGS _____

INGREDIENTS :

PLACE OF PURCHASE :

DIRECTIONS:

COOKWARE NEEDED :

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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 in 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 rambunctious 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 trunked 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 Kortenhoeft, 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



SCHWINN[®]

Raleigh

Peugeot

SCHOLL'S BICYCLE CENTER

406 PERRY HIGHWAY

PITTSBURGH, PA 15229

PHONE 412/931-6711

(WEST VIEW)

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.

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LAST CHANCE

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

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

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¢.

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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

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Tips / Tales

JOE HOECHNER

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

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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. 29th.

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

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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

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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.

That's right E.M.S. of Boston has opened their largest & most comprehensive store in the suburban town of Carle Place, LI. at # 174 Glen Cove Rd. Stop in - it'll save you a trip to Boston.

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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 145 mi. underground adventure.

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trips



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.



trips

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

CANOE POLING SCHOOL AND TRIP - 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 &
SUN. OCT. 3.

BIKETREK '76 - Join Dave Porterfield for a week-end 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 & CANOE-CAMPING on the Clarion River (water level
SUN. OCT. 10 permitting) or the Allegheny from Kennerdale to
Emlenton. 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 & Hike and camp in the Cheat River Canyon. The
SUN. OCT. 10 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.

SAT. OCT. 9 & BACKPACKING IN THE BLACK FOREST - a perfect time
OCT. 10 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 rides, 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 he cycles around the beautiful
Mill Creek Park, near Youngstown, Ohio. The trip
is open to all levels of cyclist. Bring rain-gear,
lunch, camera, and frisbee. The trip will cost ap-
proximately \$5.00. For more information call Mike
at 371-6943.

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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-hike 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 vil-
lage, 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 I. 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.

SAT. OCT. 30 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 CANOEING - 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.

FOR SALE : 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.

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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 evening is the Annual AYH Business Meeting. This is election night and you are urged to attend.

Oct. 28 The Catalina Mts, the Havasupa Indians, & Sonora Desert, all are features 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.

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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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ISSUE WILL BE
OCTOBER 7

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

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REMEMBER,

AYH ANNUAL PICNIC

SUNDAY OCTOBER 17



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650-B KELLY AVE.
PITTSBURGH, PA. 15221