



BY: Bruce E. Sundquist

- October 7 Winifred Roensch teaches folk dancing. Come and learn or brush up on the ones you've forgotten. Always a swinging time to be had by all.
- October 14 Cycling is the theme for this one. Bill Pulling holds forth on purchasing, maintaining, and riding your cycle.
- October 21 Election of officers and annual business meeting. Be sure to come because we need a quorum. Welcome in next years officers and talk over A.Y.H. plans and policies for the coming year.
- October 28 Mel Tobias shows us slides of his recent trip to South America featuring climbing in the 'ndies. See Melvin at the end of a rope and other fascinating slides.

### ATTENTION

Because the shorter days are creeping upon us, Tuesday night cycle trips are now on Sunday. Janice Woodward will lead. Phone MU\*2-9575 after 10 p.m. Any exceptions will be announced the Thursday night preceeding. Thank you!

Leave headquarters approximately 1:15. If weather is extremely bad - stay home!

### LET'S GO CYCLING

All around us - in Philadelphia - in Cleveland - in Lima cycling is big in .Y.H. Here in Pittsburgh we haven't had a respectable cycle program for several years. Could it be that a few hills have got the best of our cyclists?

Recently we found ourselves with a nucleus of good cyclists. Now let's see if we can get it growing. Bill Pulling is the one to call if you're interested. (655-3083). More advanced cycling is to Bill's liking but in true .Y.H. tradition we want to have a cycling program for novices too - to everything in between. Novices start out on leisurely "15 in 2" trips (15 miles in 2 hours). Before long we'll have a group of "100 in 8" cyclists like we used to have. For a list of cycle trips in October see the Trips and Trails section of this Golden Triangle.

### OCTOBER IS HIKING MONTH

OCTOBER is the month of fall colors. The weather is "brisk" and it's a perfect time for hiking. The leaves should begin turning about the first weekend and they should remain colorful 'til early November. Take a look at our Trips and Trails section for this month and you will see all kinds of opportunities to enjoy the fall colors. If you are a bit new to hiking try Barb DiGregorio's hike along Mt. Washington or Hugh Gilmour's hike in the Wildflower Preserve. If that is too tame for you try Fran Czapiewski's hike along the Cheat. Here you get the added attraction of the rapids of the Cheat Canyon. If you want an easy overnight camping out with your hiking try J.D. Myers' trip to Camp Meadowcroft. Howard and Patty King offer a hiking and camping trip that is a bit more rugged and you get a look at the far upper Yough and its rapids. You can enjoy fall colors from a cycle, too. Come out and get .Y.H.'s cycle program rolling.

### PREVIEW OF FUTURE TRIPS

IN NOVEMBER the leaves fall, the weather gets colder and the choice of interesting trips gets smaller. Slippery Rock Creek is a pretty place to hike any time of year and it was a very popular hike last November when Abbie Geertz led it. Perhaps we can get her to do an encore. When the weather is drab and chilly outside we can go inside -- of a cave, of course. There it feels warm and the scenery is anything but drab. Bear Cave is a popular cave for beginners and intermediate spelunkers alike. .Y.H. has some extra carbide lamps for neophyte crawlers. Otherwise all you need is a set of coveralls or other old clothes and a not-too-expansive waistline. It's a leisurely, fascinating 2½ hour "crawl" to the end of Bear Cave and most beginners can handle it. Anyone who knows of other caves they would like to try should contact Bruce Sundquist.

IN DECEMBER there will be skating trips to North Park Rink. If the snow flies we hope to try some snowshoeing. Skiing should begin (hopefully) in mid-December. This year we are out to prove you can have fun on skis without flattening your wallet. Besides skiing at Loyce Park, we have been offered the use of the ski slopes and tows at Liski Prep near Saltsburg. We will



- Sun. Oct. 3 Cycle with Janice Woodward through Pittsburgh. Help find the level routes. Leave headquarters at 1:15 p.m. Don't delay
- Sat. Oct. 9 Hike along Mt. Washington to see the Fall colors of Pittsburgh Barb DiGregorio leads. Call her at 661-9151 to reserve. Bring lunch. Leave headquarters at 9:00 a.m.
- Sat. Oct. 9 Beginners cycle (Sat. not Sun). See Oct. 3rd.
- Sun. Oct. 10 Fran Czapiewski leads a hike along the Cheat River in the canyon below Albright. See Fall colors and rapids. Reserve with Fran at 661-9543. Cost about \$2.40. Leave headquarters 8:30 a.m.
- Sat. Oct. 16 Hugh Gilmour leads us to and through the wildflower preserve near Racoon Creek State Park. Cost about \$1.00. Reserve with Hugh at 731-7387. Leave at 9:00 a.m. from headquarters.
- Sun. Oct. 17 Novices qualification ride. This will be a leisurely "15 in 2" trip. Bill Pulling leads. Call Janice Woodward for info -MU-2-9575. Leave headquarters 1 p.m. Destination is surprise.
- Sun & Sat  
Oct 23, 24 Hiking and camping along the upper, upper Youghiogheny River near Friendsville, Maryland. Howard and Patty King lead this one. Bring your own food and camping gear. Leave Sat. at 8:30 a.m. Cost: approx. \$3.00. Reserve with Howard or Patty at 264-1386 after 6 p.m.
- Sun. Oct 24 Cycle with Bob Olmor. Don't miss Bob in action as a cycle leader. Bob will be at headquarters at 1:15 p.m. to show cyclist, beginners and the like, Pittsburgh on some not-so-hilly routes.
- Sun. & Sat.  
Oct 30, 31 Come hiking at Camp Meadowcroft near Avella. Enjoy good hiking trails, a covered bridge, an old-time school house, and an old time store. Two large Adirondack shelters provide shelter for Sat. night. Community cookout supper Sat. night plus a Halloween wiener roast around the campfire. Bring your own Sat. lunch and Sun breakfast plus about \$2.30. Leave Sat. 8:30 a.m. from H.Q. Reserve with J.D. Myers at 372-7599
- Sun. Oct. 31 Mel Tobias leads this cycle trip. Please, what-ever you do don't pass this cycle trip up - you'll be sorry. Beginners, here is your chance! Leave H.Q. 1:15 p.m. LET'S GO GANG!

have lessons for beginners. For those who know how to ski we will schedule some cross-country skiing trips on Laurel Ridge. Starting at the top, we ski along a six-eight mile trail that winds its way to the bottom. You must know how to ski, though, before trying cross-country skiing. There will also be the usual trips to Hidden Valley, Laurel Mountain, etc.

### HALLOWEEN WEEKEND SPECIAL



Sounded like a swinging weekend, sure glad I got my reservation in EARLY!



I forgot to sign up for J.D. Myers' trip, don't you be a dumb goof too.



Have you heard the latest? J.D. Myers' is leading a trip Oct. 30 and 31st. Going to Camp Meadowcroft (near Avella Pa. near the W. Va. panhandle handle). This trip is especially designed to cure all complaints. But hurry, some choice reservations can still be made by calling 372-7599. If at your own doing you tarry too long, we at A.Y.H. refuse to lesson to complaints or comments such as "Gee, I wish I could sleep in an Adirondack shelter. What is a Halloween weiner roast? This Pittsburgh air is getting the best of me." And countless others.

It is believed that a secret agent known as 0064 is going to try to take over this trip with his gang. Gellow A.Y.H.ers are we going to stand by and let this rat-fink have all the fun? You have one advantage - that telephone number. shh!

FOR THOS WHO WOULD LIKE to offer their services in putting the Golden Triangle together, it is contemplated that starting in October the paper will be put together the last Tuesday of each month. The place is the Bellefield Presbyterian Church, Oakland at 5th and Bellefield Ave. Your help will certainly be appreciated. TIME: 7:00p... No articles will be accepted for printing after the preceeding Thursday of said Tuesday night. This is definite!!!

A JOB WELL DONE.....D. J. Woodland

For those hikers that have hiked Sector 3 (Route 66 to Cochran Mills) of our Baker Trail certainly have been impressed by the high quality of the trail signs and paint blazers. The Sector Leader, Walter Tereszkievicz, deserves a lot of thanks for his efforts. He cheerfully volunteered his services as a sector leader less than a year ago, and what a fine job he has done. His work is very professional and has been an inspiration to all of us that have labored on the trail development program. Thanks Walter for a job well done.

Want a new taste treat? Try Barbara DiGregorio's version of a soup she had in Brussels. Two parts tomato soup, one part cream of potato soup, and a handful of noodles.