

# GOLDEN TRIANGLE

Pittsburgh Council, AYH

December, 1978

vol. 29, no. 12



# OPEN HOUSE

Every Thursday Night  
Doors Open: 7:45  
Slide Program 8:45

Our Thursday Night Open House is for members as well as non-members. This is a great time to see friends, reminisce about good times and plan trips.

## SLIDE PROGRAMS FOR DECEMBER

Dec 7 Chuck Ejzak & Barb Murock will take us biking across the USA in 1978 from Seattle to Missoula, Mont.

Dec 14 Joe Hoechner will continue biking thoughts with a bike-centennial movie & slides of Cape Cod.

Dec 21 All are welcome to come car-rolling with us after our production party at  
\*\* 7 PM \*\*  
We will sing our way to Cliff and Marilyn Ham's gala AYH Christmas Party. Rick promises a small newsletter.

Dec 28 Have a safe & happy holiday.  
See you Jan 4.

## Moon Adventure Hostel Club

Welcome to George Novak and the 39 members of the recently organized Moon Adventure Hostel Club. Pgh Council is happy to sponsor you as a Club and wishes you success.

## RENEW YOUR MEMBERSHIP

Unless you are a life member or already hold a 1979 pass, your membership will expire Dec 31. To avoid missing an issue of the Triangle and to participate in AYH Winter Weekend at Laurelville, see the membership committee to renew your membership.

## THE GOLDEN TRIANGLE

The Golden Triangle is a monthly publication of the Pittsburgh Council of American Youth Hostels, Inc., 6300 Fifth Ave., Pittsburgh, Pa. 15232

Phone: 362-8181 Thursday evenings  
between 7:45 & 10:30 only

Staff: Rick Caplan  
Barb Murock  
Cover: Lori Albright  
Ads: Jim Gogots  
Printing: Bob Oldenski  
Mailing Labels: Don Hoecker  
& Roy Weil  
Production: Don Hoecker  
and the enthusiastic AYHers  
who make production a party  
rather than a chore.

## DEADLINES FOR JANUARY ISSUE

Everything due Thurs, Dec 14

Production Party Thurs, Dec 21

Please notify Pittsburgh Council, AYH as soon as possible if you change your address. Otherwise, you miss The Triangle and AYH is charged 25¢ for every newsletter that is returned.

## ACTIVITIES BOARD MEETING

Tuesday, December 5, 1978  
8:00 PM

Cathy Lynch  
5738 Kentucky Ave.  
Pittsburgh, Pa.

Phone: 361-3707

Everyone is welcome!

For Sale: Pair binoculars, 7 x 50 power, field 7.1, "Gramercy" brand with case \$50. Call Joe 343-2465.

# think

# SNOW

Once again Pittsburgh Council is planning its annual winter get-together at the nearby Laurelville Youth Hostel. This season the date is JANUARY 12-14.

We will arrive at Laurelville by carpool about 8:30 p.m. Friday night, Jan. 12 and leave on the afternoon of Sunday, January 14. We have reservations for the lodge and two dorm cabins. Space is available for 60-70 AYH members. Reservations for the lodge are on a first come, first serve basis, with couples having priority. The cost for cabin space is about \$4.00 less than a space in the main lodge.

Our meals will be served by the Laurelville staff in the dining hall and will include two breakfasts and one supper. You'll have to bring two "trail lunches." A snack will be provided for Friday and Saturday nights. Transportation fees will be \$3.00 for the round trip and will be paid directly to your driver. Total cost of the weekend (two nights lodging, three meals, trip fees and transportation) should be approximately \$30. A deposit of \$15 should be paid to trip leader Joe Hoechner before January 4, 1979.

Joe would like to remind all members to bring their musical instruments. He would also like to hear from anyone who can bring folk/square dance records and a phonograph. There is a piano and a fireplace in the lodge building. Please note the room rate structure depending on the number of persons.

What should you bring? As perviously mentioned, bring two lunches, your AYH pass, a sleeping bag or sheets and blanket, cross-country skis, hiking boots, warm clothes and personal items. If you're the type who forgets their AYH pass, turn it in to Joe Hoechner, and he'll worry about bringing all the passes along.

If you would like to reserve cross-country ski equipment (one day rental basis), call Steve Tubbs at 322-6361.

If you have any questions call Joe Hoechner @ 343 2465. Reminder: The trip is open to AYH members only--with current passes! Deposits are non-refundable after Jan 4. Leave AYH headquarters at 7 p.m. January 12.

*Renew Your Membership*

## RESERVATION FORM FOR LAURELVILLE AYH WINTER WEEKEND

NAME(S) \_\_\_\_\_

PHONE # \_\_\_\_\_ AYH PASS # \_\_\_\_\_

ACCOMMODATION:

\_\_\_\_\_ Lodge (2 person = \$16/person)

\_\_\_\_\_ Lodge (3 person = \$13/person)

\_\_\_\_\_ Dorm cabins (\$9.50/person)

AMOUNT ENCLOSED \_\_\_\_\_ (min. \$15/person)  
make checks payable to:

"PITTSBURGH AYH"

I CAN HELP WITH SNACKS \_\_\_\_\_

I'LL NEED A RIDE \_\_\_\_\_

I CAN DRIVE \_\_\_\_\_ (no. of passengers)

I CAN PLAY/BRING \_\_\_\_\_

(instruments, folk/square dance records, phonograph)

I AM QUALIFIED TO LEAD A TRIP \_\_\_\_\_

(SKI, HIKE, OTHER)

Bring this form and deposit to meeting or mail to:

Joe Hoechner  
405 Hoodridge Drive  
Pittsburgh, PA 15234





# PITTSBURGH'S OUTFITTERS FOR WILDERNESS EXPLORATION

1794 N. HIGHLAND ROAD  
PITTSBURGH, PA. 15241  
412 / 833 - 7800

THINKING OF BUYING  
CROSS COUNTRY SKIS  
FOR THIS WINTER?  
TALK WITH THE  
EXPERTS.  
SEE THE FOLKS AT  
AVALANCHE FOR THE  
WIDEST SELECTION OF  
WOOD AND  
FIBERGLASS, WAXABLE  
AND WAXLESS  
SKIS, SKI BOOTS, AND  
CROSS COUNTRY SKI  
ACCESSORIES.  
NOT TO MENTION  
FREE INSTRUCTION  
AND SPECIAL  
DISCOUNT PACKAGE  
PRICES.



# AVALANCHE

# TIPS & TALES

by Joe Hoechner

Attention Cyclists: The Ambridge Bike Shop is now located at 507 Merchant Street. Bring your AYH pass with you when you shop and receive a 10% discount. Also ask about "special orders" on Cannon-dale touring equipment.

The Quabaug Rubber Company, exclusive U.S. licensee and manufacturer of Vibram soles, has published a booklet on the principles of low-impact hiking. It has excellent color photos, and it contains practical ideas on minimizing the effects of one's passage through the back-country. Send \$1 with your name and address to:

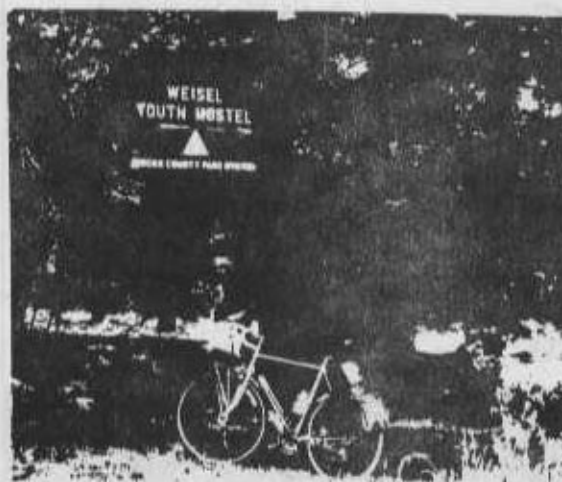
Quabaug Rubber Company  
P.O. Box 276P  
North Brookfield, Mass.  
01535

Didya hear about the cycle camper who claimed that the mosquitoes were so bad that he had to sleep with his helmet on?

If you would like free tourist info of a general nature about the United States you can dial a toll-free number weekdays between 9 AM and 6 PM: 800-323-4180.

The U.S. Environmental Protection Agency recently installed a toll-free hot-line to answer citizens' questions about the E.P.A. and environmental regulations. Call 800-424-9064 weekdays between 9 AM and 4:30 PM with your questions

*Renew your membership!*



## HOSTEL OF THE MONTH

Weisel Youth Hostel was the first county-operated hostel in the U.S. The hostel grounds are within Nock-amixon State Park, where you can enjoy fishing, hiking, biking and boating. It's near Lake Towhee Park, Quaker-town, Doylestown and many covered bridges. Make reservations and bring your AYH pass. Weisel Youth Hostel, R.D.#3, Quaker-town, Penna. 18951. phone: (215) 536-8749

## DANGER! COLD WATER AHEAD (from A.C.C. News, Nov. 77)

With the colder weather coming our way, all boaters should be aware of the cold water effects on paddlers in the event of an upset. Paddlers should be extremely cautious when canoeing during the cold water months. If the water temperature were 32.5 degrees, you would be immobilized in less than 5 minutes. Sudden immersion in cold water may produce death from drowning or cardiac arrest. Exposure to cold water may lead to hypothermia, a lowering of the core body temperature. Wear wool clothing or a wet suit when the water is cold!

## Come Ski With Us!



### Specialists in Nordic Skiing

X-C Ski Sales / Rentals / Lessons / Tours

### Ligonier Mountain Outfitters LTD.

**"Purveyors to Outdoor People"**

Shop I - Rt. 30, Laughlintown, PA 412/238-6246

Hostel Development Chairman Joe Hoechner is seeking members who would like to be part-time houseparents at the future Ohiopyle State Park Youth Hostel. The system of part-time or weekend houseparents has been used successfully by the Columbus Council at their Malabar Farms Youth Hostel. Joe is anticipating opening the Ohiopyle Hostel on a part-time basis for its first year starting in Spring, 1979. A Pittsburgh Council member or couple, acting as part-time houseparents would have the following duties: arrive at the hostel on Friday night, open the building to AYHers with reservations, collect passes & fees, assign clean-up chores, check dorm & kitchen, etc. Houseparents have their own free bedroom and have Sat. & Sun. days free to enjoy the park and the area.

Houseparents would be responsible for locking the building Sun. night and turning over keys, fees & records to Joe.

Would you like to be a houseparent and enjoy free weekends at our hostel? You would have to meet some requirements: be an active member of Pgh Council, be familiar with the use of hostels & customs and be handy with tools. If you are interested, let Joe know. Call 343-2465 or see him Thurs. nights.

## KEEPING WARM THIS WINTER

by Ben Bruggmans

If you are planning to enjoy AYH winter sports this year, here's how to dress the part. The key to comfort is to dress in layers of non-cotton clothing. When you are active and warm, you can remove your outer wind-breaker or sweater. But when you stop for lunch or when the temperature drops, you can put clothing back on. Cotton stays wet and chills you, so avoid blue jeans and cotton shirts; wool and knits are best. Duofold makes comfortable long johns that contain wool.

A hat is a must; a knit cap is excellent; a balaclava protects the face and neck. Mittens over gloves really keep your hands warm.

Winterize your boots - water-proof dressing such as Sno Seal keeps your boots dryer and your feet warmer. Don't tie boots too tightly or you'll restrict circulation. Wear two pairs of socks, one to wick away sweat, and carry an extra pair.

People need more fuel in the winter, so expect to eat more. Don't skimp on proteins and fats, which release energy more slowly than carbohydrates. And remember to drink - dehydration impairs circulation.

Winter campers who want more complete information should read the dec/jan issue of Wilderness Camping.

## HOLIDAY SHOPPING AT THE HOSTEL STORE

Hostel Storekeeper Joe Hoechner would like to remind members of great stocking stuffers available at any Thursday night meeting. See Joe for:

- Fanny Bumpers - only \$2.25, one size fits all!
- Bike Flags - \$2.50, telescoping
- Bike Lights - \$3, front white flashlight style
- Orange or Blue T-Shirts - \$3.25, S, M, L, XL
- White T-Shirt - only \$2.50, S, M only

And don't forget the new AYH cloth patch @ 55¢ each.



**ANNOUNCING!** An AYH Coffee House will be held on Friday  
December 15th from 9-12 pm at the hostel headquarters.



Reminiscence about old trips and  
plan new ones with fellow AYH'ers. (if there's snow)  
Cross-Country Skiing in Mellon Park  
Rentals available.



Informal Slide Shows

Singing



If there is sufficient interest we will consider having the  
Coffee House on a regular basis throughout the winter months.  
For more information call Jane Toben at 462-5000 ext. 6585  
or Steve Martin at 462-5000 ext. 6185.

# ski touring

**trek** **SWIX** **Wigwam** **SILVA**

**duofold** **tyrol** **NORSKID**

**Boston Traders** **MUSKI** **MUNARI**

## FREE SKI/BIKE CATALOG

The all-new Ski Warehouse Catalog gives the X-C skier the finest gear at the lowest prices possible. Skis, poles, boots and bindings to clothing, waxes & camping gear. Top products by Trek, Silva, AFAC, Munari, Norskid, Tyrol, Swix, Duofold, Wigwam and more. Plus technical aids and sizing information. Here at last—the one-stop Nordic center for all touring needs—Ski Warehouse.

**WRITE OR CALL TOLL FREE 1-800-321-2474**

**ski warehouse**

OPEN: 7AM-7PM; SAT: 9AM-1PM  
15 MAIN ST, NEW MIDDLETOWN, OH. 44442

**VEHICLE SHOWROOM**

**TURNPIKE**

**PITTSBURGH**

### X-C SKI WITH AVALANCHE

Every Saturday, weather permitting, Avalanche will give X-C lessons. Meet at their store at 9 AM. Rentals on first-come basis. Together with Pgh. Parks and Recreation, Avalanche is sponsoring X-C rentals at Schenley Park Golf Course Clubhouse from 9 AM to 5 PM daily. Call Avalanche for more information at 833-7800 and visit their store for classes or advice. The people there are knowledgeable and helpful.

### GOOD EATS

Where do you send a trip-load of dirty, hungry AYHers returning from canoeing or backpacking in West Virginia? There are many good diners and restaurants that will open their doors, if not their arms. Chris Reid is compiling such a list. If you have contributions, recommendations, addresses or comments, let Chris know. Her address is:

7730 Lyman Street  
Pittsburgh, Pa. 15221  
phone: 731-0674

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**HUSKI** **MUNARI**

**duofold**  
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Traders

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## SPECIAL EVENTS & FUTURE TRIPS

Sun Dec 3 **Work Party** - To winterize the future Ohiopyle Hostel. Insulation, weather stripping and plastic storm windows. Needed: boots, work gloves, tools, lunch. Reserve! Call Joe at 343-2465.



## RAFTING

**Committee:** Paul Kammer 843-5152  
John Orndorff 362-5401

Thr Dec 14 **Regulations** - John Orndorff and Dave Marschik will conduct a short program at 7:30 PM at AYH on the new regulations for the Lower Yough that all boaters must follow.



## BACKPACKING

**Chairperson:** Rob McEachern 828-2635

Fri Dec 8 **Intermediate B.P.** - Steve Martin will lead a trip to Dolly Sods. Leave thru the hostel at 7 PM and return Sun night. To reserve call Steve during Sun Dec 10 the day at 462-5000 ext 6185.



## CAVING

**Chairperson:** Norm Snyder 351-4068

Fri Dec 8 **Caving** - Join Norm Snyder on a cave trip to West Virginia. See miles Sat Dec 9 of passages. Call 351-4068 between 6 & 7 PM.

# sail vacations

Starting Dates: Jan. 29, Feb. 5, 12, 19, 26, Mar. 5, 12, 19, 26, Apr. 2, 9, 16, 23, 30.

Leader: Jerry Barron

Cost: \$189. Deposit \$50.

For more information write or call American Youth Hostels 3024 Coolidge, Berkley, MI.

48072 Telephone (313) 545-0511

Hours: 10-8 Mon. Wed. 10-5 Tues. Thur. Fri.

## DOWN UP-KEEP

by Ben Bruggmans

If you wonder what to do when your precious down sleeping bag or jacket gets dirty, here's how to avoid being taken to the cleaners. According to a professional in the outfitting business, only cleaners who specialize in suede leather have the right cleaning fluid. The Edgewood Cleaning Co. is experienced in cleaning down articles and is highly recommended.

## X-C TIPS by Steve Tubbs

X-C = Nordic Skiing = Cross-country Skiing: Long, narrow light skis with light flexible boots are used to slide people down hills, up hills and across flats without a ski tow.

To prevent frostbite and hypothermia, wear wool socks, a hat that covers ears, mittens or gloves, a scarf, and enough layers of sweaters and jackets to protect yourself from coldest expected weather. Wool is expensive, so check out Army-Navy and second-hand stores.

Types of AYH X-C Trips:

Beginner - No previous experience, includes instruction, short dist.

Inter. - Previous exp. or ability to learn quickly. Large groups often split into begin. and adv. groups.

Advanced - Breaking trail and skiing hours at a time without a rest.

## AYH Membership Application

Fill out the following membership application and bring or send it with a check payable to "Pittsburgh Council, AYH" to Membership, AYH, 6300 Fifth Avenue, Pittsburgh, Pa., 15232.

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ Occupation \_\_\_\_\_  
\_\_\_\_\_ (zip code) New/Renewal \_\_\_\_\_

_____ Youth membership (under 18)	\$5.00
_____ Senior memberships (18 and over)	\$11.00
_____ Family (valid in USA and Canada only)	\$12.00
_____ Organization membership	\$25.00
_____ LIFE	\$110.00
_____ FAMILY LIFE	\$220.00

Please Circle:

Service Interests: Newsletter, Hostel Development, Bicycling,  
Publicity, Trail Maintenance, Eq. Repair, Auditor Service,  
Typing, Art Work, Key Punch.

Leadership: Backpacking, Bicycling, Canoeing, Caving, Climbing,  
Cross-country skiing, Hiking, Rafting.

Pittsburgh Council  
American Youth Hostels, Inc.  
6300 Fifth Ave.  
Pittsburgh, Pa. 15232

Non-Profit Organization  
U.S. Postage PAID  
Pittsburgh, Pa. 15232  
Permit #127

Return Postage Guaranteed  
Address Correction Requested

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