

PITTSBURGH COUNCIL A.Y.H. VOLUME 27 NUMBER 12

DECEMBER 1976

TRIANGUE TRI

THOUGHTS FROM OUR PRESIDENT

Our National Executive Director, Bob Yeates, has just appointed Bob Yarmy the new Travel Director for AYH. Not only experienced in group travel, Bob is also a well-conditioned cyclist, having just concluded a three month solo bike tour of Germany and Holland. Bob's responsibilities include the trips scheduled in the 1977 Travel folder soon to be released and also printed in the November KNAPSACK.

Speaking of the November KNAPSACK, Pgh. Council Members Jim Roberts (X-Country Ski) and Jim Gogots (Poling) contributed articles. Chris Reid's Cookbook project also received mention. Care to contribute an article?

1977 AYH GUIDE & HANDBOOK should be ready Jan. 1, 1977.

Be on the lookout for a new X-C Ski program complete with rental equipment, a possible (probable, hopeful!) new hostel, and several foreign & domestic summer trips to be led by Pgh. Council leaders for Pgh. members.

October was a busy month for Pittsburgh Council. We hosted a meeting of the AYH National Board and held the annual picnic all on the same weekend. Both events were extremely successful! Special thanks for the National Meeting goes to Cliff Ham and Roy Weil who originated the invitation, handled arrangements, and who each held an open house. Marilyn Ham, Mary Shaw and Cathy Lynch accommodated houseguests. Marta Hurwitz co-ordinated Saturday's extremely popular pot-luck supper. It was an interesting experience for Council members, National Staff, and National Board members to exchange views on AYE topics. Ben Brugmans and Kay Lew staffed the hospitality room, serving beverages and goodies during the actual meeting. The meeting was followed by Mary Ellen McBride's super picnic.

Riverview Park was an excellent location with good facilities and a large dance floor. It was your co-operative effort that made the weekend so successful. Thank you, Pittsburgh Council.

A small but significant crew, headed by Gary Ludwig, installed window coverings, cleaned, and made necessary repairs Sept. 25. Thanks to Linda Paul, Mary Ellen McBride, Joan Sieffert, Clara Herron, George Schubert, Ed Bogush and Joe Hoechner for donating their time, tools, sweepers and labor. Headquarters looks much neater.

Alan Barber, Pittsburgh Council, has been elected to the Board of Allegheny County Environmental Coalition (ACEC). Council officers met with Bill Nelson, National Staff to complete re-chartering forms. This makes us official for the next three years.

Barry Adkins, our Morgantown Houseparent, reports 190 overnights for fiscal 1976.
Laurelville Church Center has acquired a donut making machine. Susic Bontrager, our
Laurelville houseparent, is in charge of it. Why not visit Mt. Pleasant and give them
a taste test?

Claudette

PENNSYLVANIA APPALACHIAN TRAIL ENDANGERED

Bills are now before the Pennsylvania 'General Assembly to preserve and protect the Appalachian Trail. The trail is protected in every state but ours. The proposed legis-lation would establish a corridor of the minimum width of one hundred feet on either side of the trail as it crosses private property. The portion of the trail which runs through state owned property also needs additional protection.

If we do not act now, Pennsylvania will lose a \$250,000 matching fund appropriation from the federal government to preserve the 224 miles of the trail within our boundaries. Bills are currently in committees in both the House and Senate. Our representatives are not acting to move the bills because they feel that there is little public concern.

For copies of the proposed ligislation, write the Legislative Reference Bureau, Room 641, Main Capital, Harrisburg, Pa. 17120. Refer to the "Pennsylvania Appalachian Trail Act" House Bill #2373. Printer's Number 3531 and Senate Bill #144, Printer's Number 1674. The bills are almost identical.

Help save the trail! Spread the world to other concerned individuals. Use this information in newsletters. Have those in agreement sign the petition. If possible make a copy of the completed petition and send it to your area representatives in the logislature. Send to:

Say of the Ford brive Camp Hill, Pa. 17011

For the names of your state legislators, contact the local League of Women Voters, or call the League of Women Voters Legislation Information Center at 1-717-737-9056 or 1-717-761-1037.

Do not alter or add any organizational names to the petition. Why? Because individuals vote, organizations cannot. Persons names carry more weight. Remember this is an independent citizens action. The signed petitions will be presented to members of the General Assembly. Let us know if you would like to attend the presentation.

If you believe that the Appalachian Trail should be saved, you have the chance now to show it.

PETITION ON REVERSE OF THIS PAGE

APPALACHIAN TRAIL CITIZEN'S PETITION

We, the undersigned, citizens of the Commonwealth of Pennsylvania, do hereby petitions the members of the Pennsylvania General Assembly to pass legislation during this session to preserve and protect the Appalachian Trail within the boundaries of our state.

PLETE SIGNATURE	FULL	ADDRESS	STREET	MUNICIPALITY,	COUNTY	ZIP CO	DE
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AYH COOKBOOK PROJECT Now's the time to dig our	your recipes from last summer's
backpack trip and submit them for the AYH Cookboo	k.
All of your easy bur delicious camping recipes ar	e welcome and needed. If you led a trip
that involved community cooking, how about copies	of the menus? Bring them to an Open
House meeting or send them to:	
AYH COOKBOOK PROJECT	NAME
% CHRIS REID	ADDRESS
7730 Lyman St.	PHONE #_
Pittsburgh, Pa. 15221	
Recipe(s) best suited for: Bicycling; Backpa	cking;Canoeing;High Altitude
Winter CampingFirst Day Out;Long Trip	s;Bad Weather;Other
Please include either cooked or no-cook neals, sn	acks, or food suggestions. Especially
desired are hints for lightweight or vegetarian fatrivial or too common!	ood for the trail. Nothing is too
RECIPE PREP. TIME	NO. OF SERVINGS
Ingredients(specify amounts:	Where to buy:
A YUMBERLOW - THE STREET	The second secon
	Charles Christian Commission
	L'UNELLE LE VIEN
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AMERICAN STATE ASSESSMENT OF THE	
Directions: Be as specific as possible, including and pan sizes, tests for doneness or cooking time	ng type of fire, cooking utensils
Special Hints, tips, instructions, cautions, and,	for other:
	STREET VEGETA
What tools, techniques, or innovations do you use eating easier, more efficient, foolproof?	e or know of that make cooking and
PRODUCT REVIEWS: Please list any supermarket or deserve comment (cheap, expensive, good, bad, or hard to keep, packs well, lightweight, etc.)	freeze-dried foods you have used that generous, skimpy, easy to fix, easy

This form is to get your mind going. Ideas on scrap paper accepted!

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SWISS ARMY KNIVES







SKI TOURING **EQUIPMENT**

SNOWTREADS

the new idea in snowshoes





SILVA COMPASSES

ALTRA Kits!

WIND, RAIN PARKAS AND PONCHOS

GIFT CERTIFICATES



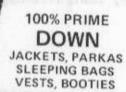
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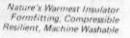




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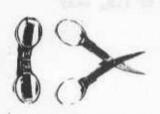








SIERRA CUP



SLIP 'N SNIP SCISSORS





SLEEPING BAGS

The Mountain Irail Shop 5435 WALNUT STREET SHADYSIDE

Waakdays 19.9 Saturday 9.5

SUPER SALE 76 of course of bikes n'things

Formerly Velocipede 5842 Forward Ave. 521-2885



Hundreds of items at lowest prices ever. Sale on for one full week from Monday, November 29th to Saturday, December 4th. Turn over for a listing of just a few of the tremendous sale items. For a more complete list of this gigantic sale, stop in or call BIKES N' THINGS at 521-2885.





Save big money at our PRE-CHRISTMAS SALE: Nearly every piece of inventory in the store is on sale: Here are just some of the items.

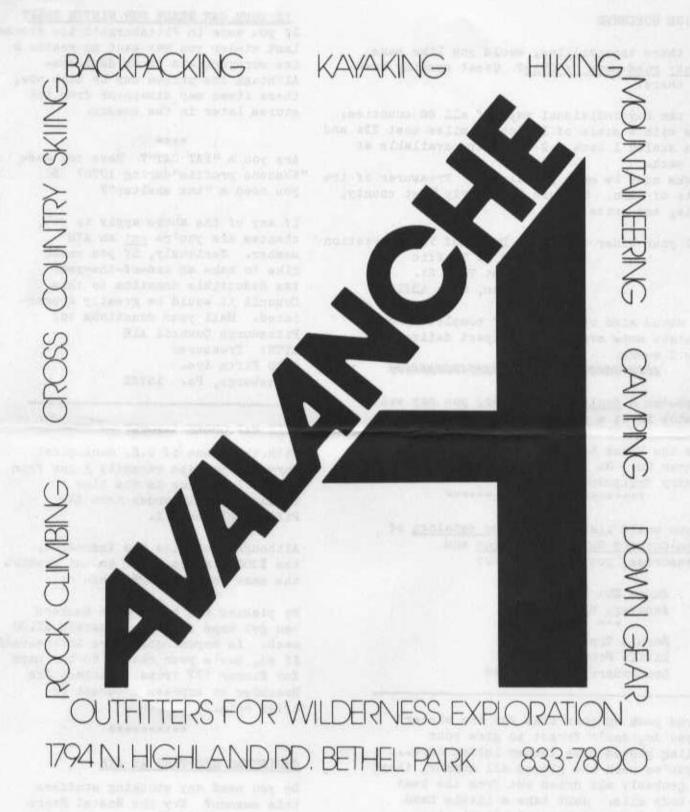


W C D W-1	9.00 7.95 9.95
M S R Helmets	
M S R Helmets 26.95 1	9.95
BATA Bike Shoes 14.95	
CANNONDALE Wilderness Backpack OP60 69.95 4	9.95
CANNONDALE Wilderness Backpack OP61 59.95 3	9.95
Kayaks (Polypropalene with oars, spray- skirt, life jacket, footrests) same as the others given to the A.Y.H. 249.00 13	0.00
74-43-43 CM P	8.50
Tie Die Tie Tie Tie Tie Tie Tie Tie Tie Tie T	4.95
Concord Bicycle Tool Kit 14.95	9-95
Citadel Ultra High Security Lock 32.50 2	2.95
Dura Ace Crank Set 79.00 4	9.00
Cannondale Bugger Trailer 95.00 4	9.95
Dura Ace Brake Sets 56.00 3	9.95
Gran Compe Side Pull Brakes 49.95 3:	2.95
T.A. Crank Sets 69.00 29	9.00



ALSO MANY NEW ITEMS ON SALE SUCH AS
X-COUNTRY SKIS, CROSS COUNTRY RENTALS
THIS WINTER, SAUNA BATHS AND A COMPLETE
LINE OF MacLevy EXERCISE EQUIPMENT AT
TREMENDOUS DISCOUNTS: SHOP BIKES N'
THINGS SUPER SALE FOR CHRISTMAS THIS
YEAR:





TIPS AND TALES

BY JOE HOECHNER

Hey there topophillies, would you like some county road maps of Ohio? Great cycling area out there!

You can buy individual maps of all 88 counties. Maps with a scale of 1 inch= 4 miles cost 25¢ and maps scaled 1 inch = 2 miles are available at 35¢ each.

Checks must be made payable to: Treasurer of the State of Ohio. Be sure to clearly fist county, scale, and prices.

Mail your order to: Ohio Dept. of Transportation
Bureau of Traffic
450 East Town St.
Columbus, Ohio 43216

You shoud also request their complete index of state maps available. Expect delivery to take 3 weeks.

If you're a South Hills Skier, you may want to stop in at a new ski shop.

It's the Mount Lebanon "Ski Haus" at 450 Cochran Rd. Go in and check out their Cross Country Equipment!

If you would like to get free catalogs of Cross-Country Skiing Equipment and Accessories, you can write to:

Akers Ski Co. Andover Maine 04216

Nordic Traders Little Pond Rd/ Londonderry, VT: 05148

Do you pack up your bike for the winter?

If you do, don't forget to give your cycling gloves some tender loving care...

If you've used the gloves all summer, they, are probably all dried out from the heat and body alts. Just take a little hand lotion and rub it into the leather(or chamois) gloves. It will soften the leather and lengthen the life of the gloves.

Try it on leather ski gloves, too!

IS YOUR CAR READY FOR WINTER TRIP?

If you were in Pittsburgh's ice storms last winter you may want to restock ice scrapers and spray de-icers.

Although the prices may be high now, these items may disappear from the stores later in the season.

Are you a "FAT CAT"? Have you made "bbscene profits"during 1976? Do you need a "tax shelter"?

If any of the above apply to you, chances are you're not an AYH member. Seriously, if you would like to make an end-of-the-year tax deductible donation to this co Council it would be greatly appreciated. Mail your donations to: Pittsburgh Council AYH ATTN: Treasurer 6300 Fifth Ave. Pittsburgh, Pa. 15232

BULK MAP ORDER ANYONE?

With the price of U.S. Geological Survey Topo maps recently going from 75¢ to 1.25, now is the time to consider a bulk order thru AYH Pittsburgh Council.

Although the price has increased, the \$300 minimum order amount remains the same to get a 30% discount.

By placing the bulk order members can get maps for approximately \$1.00 each. Is anyone out there interested? If so, now's your chance to buy maps for Summer *77 trips. Contact Joe Hoechner to express interest or offer help.

CHRISTMAS SHOPPING AT AYH

Do you need any stocking stuffers this season? Try the Hostel Store Store Keeper Joe Hoechner has a new supply of Fanny Bumpers - a great safety item for bicyclists at \$2.25 each. Also handy telescoping bik eflags at \$2.50 each.

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-www.Zimier

MORE TIPS AND TALES

CHRISTMAS SHOPPING (cont.)

Pittsburgh Council T-Shirts are available in shite, sizes small, medium and large at only \$2.50 each. Check with 15% for a new color and style T-Shirts he may have in stock by then.

Son't forget Pittsburgh Council Colondars at only \$1.00 each!

If you're a river person you may be interested in the "Pennsylvania Scenic Rivers Inventory" which was recently published by the State. If you would like to find out the future of your favorite creek you can request a copy from Bureau of Resources Planning Scenic Rivers Task Force Harrisburg, PA 17120

If you'd like to drop a Seasons Greetings to Pittsburgh Council past president Larry Giventen and his wife Mary, you can send it to: 1122 Colorado Ave. #13 Turlock, Cal. 95380.

TIPS AND TALES BY JIM ROBERTS

Time to visit the local Salvation Army Store or Goodwill for winter wool bargains. Wool is a life saver in the winter if you get wet. Some leaders of the planned winter back pack and overnight cross country ski trips require wool and will not take people that wear denim or jeans.

Jim Gogots, Council Vice President, has several pairs of thick, soft, luxurious woel socks knitted by a member of his family. Efforts to encourage Jim to coerce his relative to go into business have been futile — thus far. If you see him, mention these socks and ask about them. It might help.

Before leaving for your ski trip, put your hardest running wax on the skis. You can always put a soft wax on this coat and you may get lucky and have the proper wax on the skis when you get there.

Last year we reported Joe Hoechner's attempt to use ski wax on his cycle tires for winter cycling and the problem of burning in the wax on Michen High Pressure Tires. This year Joe is trying a new approach. Joh Mohair strips on the tires similar to the skis. Joe reports it works well going to uphill, but the down hill runspican becadangerous. He also reports a minor problem occurs when trying to use they brake levers with a ski pole in his hand. He is considering mounting the brake lever on the ski pole...

Going on a car trip this winter? Do you own a sleeping bag? Why not stuff the bag in a corner of your car as the beginnings of a "Survival Kit"? The n add some food that keeps well, and heeds no preparation, a flash light, some matches and some jumper cables. A shovel and hag of salt finishes things up nicely. If you do end up stranded on the road by deep drivts of snow at least your wait will be more comfortable.

"SEASONED" Skilers Needed

If you were one of the 40 or 50 AYHers who turned on to skiing last year, how about some help? Several beginner ski trips will be offerred. So call the leader and offer your help. As a second season skiier, you will help apread the teaching out over more members, and you will be more sympathetic to the needs of first timers.

TIPS FOR CROSS COUNTRY SKIING...... Considering the purchase of Cross-Country Skiis? Here are some ideas to consider:

- 1. Do you like the sport? It may pay you to rent the skiis tonce and try it. Cross Country skiing may not be for you.
- 2. Shop around, and ASK. Compare catalog price plus shipping cost with local shops. Lood for package deals that include skiis, poles, binding, and shoes. If a sales clerk knows less than you, you might do better to shop elsewhere.

SKI TIPS BY JIM ROBERTS (cont.)

- 3. Before you buy anything, come to an Open House and talk to some people who have experience with skiss. Ask about length, width, camber, type, and brand of bindings, shoes, & poles-
- 4. Do some reading before you buy. Several books are available from stores or local library.
- 5. Consider the choice of waxed skis, versus no wax models. One American used a no wax ski in the past winter Olympics and did very well. Waxed skis that require a base preparation may not be suitable for an apartment dweller or someone that doesn't care for a slightly smelly, sticky task.

Waxed skis with a base preparation are a proven quantity and with proper running waxes work well under almost all snow condiditons. Moharr, rigges, and fish scales all have built in disadvantages. So read, ask, and investigate before buying.

TIPS FOR HIKING TRIP LEADERS BY Dick Nugent

No doubt each of you has a mental image of just what the qualifications of a hike leader should be. The minimum requirements are that the person should be an experienced hiker and that he or she have a reasonable knowledge about the trail to be hiked.

Beyond that it is a matter of common sense. For a cross country hike, the leader should be able to use a compass and read a topo map, while for a hike on the Laurel Highlands Trail the leader could get by with just knowing how to follow blazes, and knowing how to run a car shuttle.

Looking over the Triangles published in the last year, one notices that a lot of hikes are being led by a few dedicated people. It is great that we have these regulartrip leaders, but it would be even better if we could get more people to lead trips. It is not hard and it's a good way to go on that hike you always wanted to go on but no one ever led a trip there.

The first step in leading a hike is to pick a trail. If it is a trail you are familiar with you are in good shape, otherwise find out as much as possible about the trail by reading and taling to people who have been on the trail.

HIKING TRIP LEADERS (cont)

The next step is to pick a date and call your friendly hiking chairperson, Dick Nugent, 487-5549. All that remains is to meet with the other AYHers who want to go on your trip, and go hiking.

HIKES ARE USUALLY CLASSIFIED AS BEGINNER, INTERMEDIATE AND ADVANCED. Again it is mostly a matter of common sense, but for normal terrain the following breaddown is reasonable:

Beginners: 0 = 18 miles
Intermediate 8 = 15 miles
Advanced 15+ miles

When writing a trip description the follwing are usually included: date of trip, when leaving HQ, where the trip is going, classification of the hike, who is leading, leader's phone number, plus any other pertinent info.

We in Pittsburgh are blessed with over 500 hiking trails t within 2 hours drive and manyu more in W VA. so there is almost no end to possible hikes.

Those persons who are experienced trip leaders, keep up the good work. Anyone who would like to lead a trip, call me. I would be more than happy to suggest a trail for you to lead a hike on or answer any questions I can regarding a trail or mechanics of leading a trip.

So remember:

- 1. Pick a trail
- 2. Pick a date
- Call Dick Nugent 487-5549 (Hiking chairperson)

P.S. ALL AYH HIKES MUST GO
THROUGH THE HIKING CHAIRPERSON
AND BE APPROVED BY HIM.

SUPPORT HOSTELING

AMERICAN YOUTH HOSTEL ACT OF 1976 - HR 15836

With enough support from our membership and other interested parties, federal money may soon back the AYH Program.

Legislation conterning federal assistance in developing a national youth hostel program was introduced as H.R. # 15836 by Congressman Righard Nolan(D-Minn.); reports the September AYH HOSTELERS KNAPSACK.

The bill, entitled, "American Youth Hostel Act of 1976", is planned for re-introduction to the next session of Congress, Although details of the bill have not been finalized, it would entail a cost-sharing program to renovate existing buildings for use as youth hostels.

Congressman Nolan, on a recent trip to Europe, was impressed with the spirit of youth hosteling and by the potential economic, educational, and recreational values in youth hosteling. The Congressman indicates this bill would promoted greater travel to the U.S. by foreign visitors, also.

"This important and crucial legislation will need all the support we can muster; Robert W. Yeates; Executive Director of American Youth Hostels; said of the bill. He urges all AYH members and others who appreciate the contributions of youth hosteling to contact their senators and representatives to support this bill.

REMINDER

An AYHer's car was recently stolen from the Hostel Parking Lot while he was on a trip. Remember to lock your car and do not leave any valuables where they can be seen in the car.

HELP WANTED

Collate and staple new editions of various guides as they come out. Pay is on a piece rate but amounts to about \$3.00 to \$3.50 an hour. Work is in Monroeville. Hours flexible. Contact Bruce Sundquist at 327-8737

TRIPS AND TRAILS 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 Thurs.
before the outing.

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 \$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 the trip, call the trip leader as early as possible, to cancel, so that the space may be made available to another anxious AYHer.

- WED. DEC. 1 BEGINNING TOPOGRAPHIC MAP READING COURSE

 SESSION II- The group will pick up where it finished last month.

 You will need paper, pencil, and some imagination. Dress warmly—

 we will conserve fuel oil. TIME: 7:30 9:30 PM. NO FEE.

 Jim Roberts 271-7178.
- SAT. DEC. 4 SKI EQUIPMENT SALE/ CLINIC

 Do you want to buy or sell used Cross-Country or Downhill Ski Equipment? If so, bring your equipment or your shopping list to AYH Headquarters:

Sellers - Bring your equipment at 9:00 AM
Shoppers - Bring your shopping list and \$\$ at 10:00 AM.
Experienced Cross-Country and Downhill Skiiers will be available to give advice on equipment needs and sources and prices of new equipment.

A beginner's Cross-Country Ski Instruction Clinic will follow the Sale, snow or wet grass permitting. Alan Barber 833-5311.

- SAT. DEC 4 INTERMEDIATE CROSS COUNTRY HIKE in Chestnut Ridge Area with Steve Tubbs.

 Bring your compass and dress for the weather. For more information call Steve at 751-3852.
- SAT. DEC. 11 ADVANCED HIKE IN SLIPPERY ROCK AREA. If there is snow this will be changed to a Cross-Country Ski Trip. Norm Snyder 351-4068.
- S AT. DEC. 11 Alan Barber will lead a DAY TRIP FOR PERSONS OF ALL SKILLS _- somewhere on Laurel Ridge leave hostel at 8:00 AM and bring lunch and money for transportation and equipment rental. Phone 833-5311 or 553-3210.
- SUN DEC. 12 BEGINNER HIKE ON RACHEL CARSON TRAIL. 6-8 miles of moderate hiking.
 Bring warm clothes, lunch, and something to drink. Leave AYH Parking
 Lot at 9:00. For more information call Chuck Pierson at 683-2951.

MORE TRIPS AND MORE TRAILS

SAT DEC 18

For those who missed Alan Barber last Saturday, this will be a repeat of the Dec. 11 hike. See above.

SUN. DEC. 19

HIKE AND/OR CROSS -COUNTRY SKI TRIP WITH MIKE DEROY.

Show conditions will determine the nature of the trip. Beginners and intermediates welcome. Hikers and skilers can go on the same trip.

Call Mike at 371-6943 or see him at the Thursday meeting.

OPEN

OPEN HOUSE at the Hostel Headquarters is held every Thursday evening. Doors open at 7:45 PM with a program presentation at 8:45. The programs are always of interest to old, new, and prospective AYHers. WELCOME:

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 on your last AYH trip, and to make plans for future trips.

If you are a prospective member, this is an ideal time to meet AYHers and discover the ART OF HAVING FUN.

DECEMBER OPEN HOUSE PROGRAM:

Dec 2. Slides of the BikeCentennial will be narrated by Phyllis Blumberg, whose cycling adventures took her to Kentucky, Illinois and Missouri this summer.

Dec. 9 Nancy Spence will present a travelogue of the Galapagos Islands.

Dec. 16. The Annual AYH CAROLING is planned.

Warm blooded AYHers who decline to brave the cold can provide an equally important service by helping to put together January's Triange at the hostel, then meet the Cardlers for some well-deserved revelry.

Dec. 23 NO MEETING

NOTE: Because of no meeting on the 23rd, the deadline for all articles for the Jan. Triange will be Dec. 9.

THE GOLDEN TRIANGE

The GOLDEN TRIANGE is a monthly publication of the Pittsburgh Council of the American Youth Hostels, Inc.

ADDRESS: AYH

6300 Fifth Avenue Pittsburgh, PA 15232

PHONE: 362-8181, Thursday evening only.

EDITOR Joan Sieffert
COVER Kathy Reilly

PRINTING Sue Leathen

PRODUCTION Mike Haddad and the few willing AYHers who will stay awhile &

lend a hand.

INDEX

ONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DECE	M'BER	MAP READING	2 . ,	3.	HIKE,	5.
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PITTSBURGH COUNCIL
AMERICAN YOUTH HOSTELS, INC.
6300 FIFTH AVENUE
PITTSBURGH, PA 15232

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