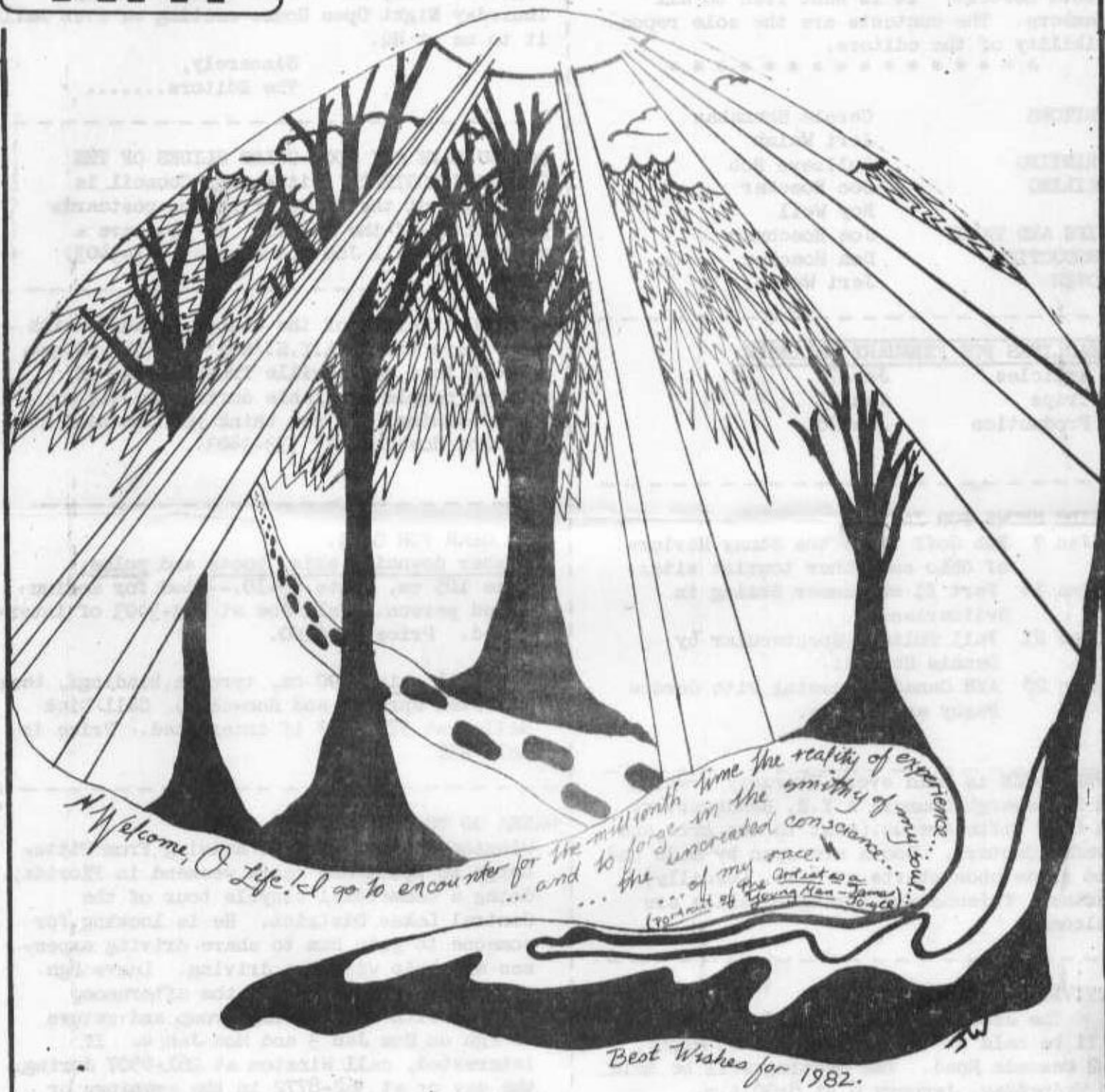




PITTSBURGH COUNCIL

☆ GOLDEN ☆ TRIANGLE ☆

JAN. 1982!!



AMERICAN YOUTH HOSTELS INC.
6300 FIFTH AVE. PGH. PA. 15232
(412) 362-8181



Pittsburgh Council American Youth Hostels, Inc.

6300 FIFTH AVENUE
PITTSBURGH, PA. 15213
(412) 362-8181 THURS. EVE.

The Golden Triangle is the monthly publication of the Pittsburgh Council American Youth Hostels. It is sent free to all members. The contents are the sole responsibility of the editors.

EDITORS	Carole Shanahan
	Jeri Walsh
PRINTING	Bullseye Bob
MAILING	Don Hoecker
	Roy Weil
TIPS AND TALES	Joe Hoechner
PRODUCTION	Don Hoecker
COVER	Jeri Walsh

DEADLINES FOR FEBRUARY TRIANGLE:

Articles	Jan 7
Trips	Jan 14
Production	Jan 28

SLIDE SHOWS FOR JANUARY

Jan 7 Bob Goff tours the Sunny Riviera of Ohio and other tourist sites.
Jan 14 Part II of Summer Skiing in Switzerland.
Jan 21 Fall Foliage Spectacular by Dennis Schmidt.
Jan 28 AYH Canada Canoeing with Gordon Bugby and others.

OPEN HOUSE is held every Thursday evening at Pittsburgh Council A.Y.H. Headquarters at 6300 Fifth Avenue. (next to the Arts and Crafts Center). Doors are open by 8:30 and the slide show starts at 8:45. (usually) Members, friends and strangers alike are welcome.

ACTIVITIES BOARD MEETING:

The January Activities Board meeting will be held at the home of Gordon Bugby, 262 Cascade Road. The meeting will be held on Wednesday, January 6 at 8:00 p.m.

If you are not on the Activities Board, you are welcome and encouraged to join us to find out more about what's happening with your Council--GET MORE INVOLVED!!!

ATTENTION READERS: Are you out there?

YOU KNOW.....we work on this ole rag every month and generally don't hear whether folks are pleased or disgruntled with what is printed. We could really benefit from some suggestions. We don't even know if you're reading what gets printed.....

So if you have any ideas, suggestions or contributions, let one of us know at any Thursday Night Open House meeting or even mail it to us at HQ.

Sincerely,
The Editors.....

DO YOU HAVE ANY GOOD COLOR SLIDES OF THE OHIO-PYLE HOSTEL? Pittsburgh Council is checking out the price of having postcards printed up of the hostel. If you have a good shot, call Joe Hoechner at 373-3403.

ARE YOU A NATIVE of the eastern suburbs with some spare time? A.Y.H. 'may' be able to get a booth in a Monroeville Travel Show--IF we have people available during the day or early evening. If you think you can make it, call Joe Hoechner at 373-3403.

USED GEAR FOR SALE:

Fisher downhill skis, boots and poles, size 185 cm, boots 9-10.--Good for medium sized person. Call Joe at 373-3403 if interested. Price is \$100.

Downhill skis, 190 cm, tyrolia bindings, been to Seven Springs and Snowshoe. Call Dick Neller at 573-3567 if interested. Price is only \$30.

WANNA GO TO FLORIDA?

Winston Hendzel will be driving from Pittsburgh to spend New Years weekend in Florida, doing a commercial bicycle tour of the Central Lakes District. He is looking for someone to join him to share driving expenses and help with the driving. Leave Pgh on Wednesday, Dec. 30 in the afternoon, join up with the touring group and return to Pgh on Sun Jan 3 and Mon Jan 4. If interested, call Winston at 261-0507 during the day or at 362-8772 in the evenings or on weekends.

A LITTLE CULTURE:

(We thought this would be a good way to start the New Year)

"I think that I shall never see
A billboard lovely as a tree.

Indeed, unless the billboards fall,
I'll never see a tree at all."

Ogden Nash

SONG OF THE OPEN ROAD

(contributed by Barry Govenor, I think)

TIPS AND TALES

by Joe Hoechner

Hikers and historians are always interested in finding out the route of the 'Forbes Road' (or trail, as it is sometimes called) Westmoreland County Community College did a good bit of research and has proposed a pamphlet entitled Forbes Road 1758 which details the route from Bedford to Greensburg (Hanna's Town). It provided both a historical description of the route used plus a modern mile-by mile breakdown on how to trace the road by car.

Copies of this pamphlet may still be available by writing:

W.C.C./Heritage Information Center

Central Campus, College Station

Youngwood, Pa. 15697

(please include a 20¢ stamp to insure a reply)

Going to the Pittsburgh Council's Winter Weekend this year? Check out the information/registration sheet located somewhere in this issue of the Triangle. If you're a potential X-C ski or hiking trip leader you may want to 'bone up' on maps available of the surrounding area. Free maps of the Gallitzin State Forest and detailed topo maps of the John P. Saylor Trail are available by mail from:

District Forester

131 Hillcrest Dr.

Ebensburg, Pa. 15931

If your leather gloves are stiff and brittle (especially after getting wet), try a little hand lotion on them to soften them up. Use some on your hands too--your best friend will appreciate it.

If you've had your X-C ski equipment for a couple of years it may be time to check the mounting screws. Depending on how hard you ski(or fall) the screws can loosen up and drop out at embarrassing moments. Just use a Phillips head screwdriver to tighten them down snug. Trip leader take note-- You may want to include a quick binding check of all equipment before you leave the trip parking areas!!!

If you'd like to check on road conditions for driving through Pa. and adjacent states, you can call West Penn AAA for a recording that is updated 8 times daily. Give it a try at (412) 661-3988.

MORE TIPS AND TALES.....

Are you an A.Y.H. groupie? You know, the type that follows A.Y.H. business meetings all over the country. You may want to keep the weekend of May 1-2 for the Annual Eastern Regional Meeting of A.Y.H. Delegates from all the East Coast Councils (Pittsburgh rates as the furthest west-East Coast Council), will gather at the 'Friendly Crossways Youth Hostel' located in Littleton, Mass. (About 30 miles west of Boston) Situated amidst the gentle hills of Eastern Massachusetts, the hostel offers great terrain for hiking or biking. If you think you would like to attend this meeting, contact President Barry Govenor or V.P. Joe Hoechner.

The new Laurel Mountain of Avalanche is alive and well. Located on Rt. 31 at Jones Mills, they are open from 9 a.m. to 6 p.m. on weekends. Check them out after a day's skiing! Phone number is (412) 593-7944.

Don't keep that goose down bag stuffed this winter! Open it up and use it as a comforter on your bed--helps keep you'ns warm, and your fuel bills down. (is that a pun?-ed.)

AYH Outdoor Food Book



Edited by Chris Reid

With recipes, tips and information from the
outdoorspeople of Pittsburgh Council
American Youth Hostels

YOURS FOR A MERE THREE BUCKS

.....See Hostel Storekeeper Joe Hoechner
at any Thursday night meeting. Also avail-
able are a variety of local hiking guides
and Pittsburgh Council, A.Y.H. t-shirts.....



THE TURKEY BACKPACK: An Epic Journey

by Harriet Ann Seiner

First of all, there's nothing particularly unusual about going car camping--Unless you actually have to spend the night cramped in the car.

After driving for several hours in a snowstorm in the mountains of West Virginia, the seven people in 2 V.W. Rabbits determined that they were not going to be able to locate the third car which held two more people and, worst of all, ALL THREE TENTS. It was roughly 2:30 p.m. when we pulled out our sleeping bags and attempted to find a comfortable position. We found ourselves being rocked to sleep by the furious wind that was literally shaking the cars throughout the night.

Meanwhile, down the mountain ways, our fearless leader and his companion had pitched the three tents. They finally decided to go to sleep in two of them. In the middle of the night our leader was awakened by the sound of the third tent literally blowing away. Fortunately, he was able to rescue it before it was damaged...

Later that morning, around 7:30, we scraped the quarter inch of frost from the INSIDE of the car windows and drove down the mountain. In the daylight, we soon found our third car. We decided to take a day hike and leave open the possibility of finding warmer quarters for the night...

Being the hardy souls that we are,, by late afternoon we had decided to go back to the cars, grab our backpacks, and hike a ways into the woods to camp for the night. We built a beautiful, roaring fire, but the fierce wind blew the heat away so quickly that it was of little use for keeping warm. We sought refuge in our tents before 6:30 and spent the night alternately sleeping and listening to the howling wind...

The following morning we broke camp and hiked back to the cars through the nearly six inches of snow that had been steadily falling throughout the weekend.

This trip was awarded a two star nomination to the Rougher the Better Club. Nominated were Fred, Chuck, Lynn, Marla, Shirley, John, Susan, Jeff and Harriet Ann.

(hmmmm....sounds like a typical fall trip to me...except for that silliness about trying to sleep in the car---THAT'S ROUGH!!!) -ed.

IT PAYS TO ADVERTISE... in the Golden Triangle

---- low rates ----

--1000+ membership--

FOR INFORMATION, contact
Harriet Ann Seiner

412/ 681-1189



ECONOMIC
ADVENTURE
TOURS

58 Bradford Avenue
Pittsburgh, PA 15205
Ph. (412) 921-7954

ISLANDS WITHOUT FEAR...Darwin's land.
Galapagos for 8 days plus Ecuador
train and jungle. \$1200 RT Miami.

ISLAND OF FIRE AND ICE..Iceland.
Backpacking, camping...parachuting
and climbing trip. RT New York
\$900.

Call Economic Adventures. Expedi-
tions forming now. Ask for Ivan
or Debbie. 921-7954.

Paid Ad.



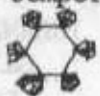
SNOW NOTES

by Fred Parker

cont. from inside front cover.


Even as it falls, snow changes by collisions and wind action becoming a crystalline-air froth. New snow crystals undergo change within 24 hours unless temperature within the snow is less than -40 degrees. By having a large surface area to volume ratio, snow crystals contain potential energy. Thermodynamically, this pushes the crystals toward a spherical shape. Destructive or equi-temperature metamorphism occurs at uniform temperature by evaporating from the crystal extremes where vapor pressure is greatest, and repositing toward its center. This process occurs more rapidly at just below freezing temperature and the snow becomes denser and settles. Firnification is the next process where meltwater trapped between grains by capillary action refreezes and with pressure, eliminates grain borders and traps small air bubbles forming glacial ice.

The other method by which snow crystals change structure is constructive or temperature gradient metamorphism. By evaporating from the warmer side of crystals and repositing on the colder side of adjacent crystals more complex crystals are formed, usually of a stepped or layered texture. The moisture removal causes those crystals to become weak and fragile from little bonding between neighboring crystals. Warmth from the earth below is a common cause of the shearing of slab avalanches and makes the condition known as depth hoar which causes packed roads to collapse. The form of metamorphism, constructive or destructive, changes in response to the temperature gradient through the snow. Moisture is lost through sublimation, as constructive metamorphism ends as depth hoar, and destructive metamorphism ends as glacial ice. These are the changes that occur when temperatures remain below freezing, but when temperatures go above freezing, snow melts.



CHANGE OF ADDRESS:

Please contact Pittsburgh Council if you have an address change so that you will continue to receive your TRIANGLE. Send address changes to the address on page 2. Attention: Don Hoecker.



THE ROUGHER THE BETTER CLUB AWARD NOMINATIONS

Rick and Joe get one for their ice water barefoot wade. They had no cold feet about the crossing of the lake in Raccoon Creek State Park the old way. -- a one star nomination.

Turkey Backpack -- Fred and friends pushed a VW and all four who slept in it. Cold? You bet, the burned food was still frozen. -- a two star nomination.



ALASKA BACKPACK SUMMER 1982

Don Levenson and daughter are starting to plan a two-week trip featuring magnificent Mt. McKinley National Park plus visits to the cities. They would like 2-4 experienced backpackers to share this experience. If you would like to consider this adventure, call Don at home 341-6810 or office 923-1890.

SPECIAL EVENT !!!

Hello Henry! Saturday January 2nd. In the seven years since Henry Pollack left Pittsburgh, he has lived in such exotic locales as Anarctica, Southern California, and New Jersey. Although he is presently working in Mexico; this holiday season will bring him back to Pgh. for a short visit. Cathy Lynch invites all of Henry's old friends to say "Quack, Oink, Ugaah" to him at an open house at her apartment on Sat. January 2nd. New friends are welcome too. Call Cathy 361-3707

This is Part 5 in a series of articles on first aid, provided for A.Y.H. members, and specifically focussing on the types of accidents you might be called upon to respond to in a wilderness setting.

This article continues the discussion of trauma to bones and joints by describing specific injuries.

UPPER ARM AND COLLARBONE

Upper arm or collarbone fractures can be immobilized by suspending the arm in a sling and strapping the forearm across the chest with a towel or blanket. An alternative method is to pin the shirt sleeve to the front of the shirt and then bind the elbow and arm to the chest wall.

ELBOW

Fractures of the elbow can cause extensive damage to nerves, blood vessels, and surrounding tissues. If the arm is bent at the time of the injury, do not straighten the elbow since this maneuver can aggravate any nerve or blood vessel damage. If the arm is bent, a well padded splint can be fastened together in an "L" shape to support the elbow. Alternatively, place a padded board so that it forms one side of a triangle while the forearm and upper arm forms the other 2 sides. Secure the forearm and upper arm in place with a roller bandage. (See illustration).



If the arm is straight when the elbow is broken, do not bend it. Apply a well padded splint from armpit to hand.

FOREARM AND WRIST

Splint injuries to these bones with the hand palm down on a well padded board splint. An inflatable device is used. Keep the fingers extended. The splint should reach from elbow to hand.

HAND AND FINGERS

Place a gauze roll or a rolled towel in palm of the hand with the fingers gently draped over the mound. Secure the hand to the splint. Taping a broken finger to its neighbor provides enough stabilization without additional immobilization.

RIBS

Deep breathing increases the pain from a broken rib so immobilizing the chest wall helps relieve pain. Use a towel wrapped around the chest and "snugged up" with tape as the patient exhales.

HIP AND THIGH

With a hip injury the patient's leg and foot usually turn outward. Severe pain and bleeding into the soft tissues of the thigh can lead to shock. The padded splint on the outside of the leg should reach from the armpit to the ankle while the inner splint should extend from the groin (pad thoroughly) to the ankle. Another method is to place the patient on a

LOWER LEG

Splint the knee in the position it is found, that is, if it is bent keep it bent and if straightened, keep it straight. Place the padded board splint along the back of the knee or use an inflatable device if the knee is straight, if the knee is bent, treat it the way a bent elbow injury is managed.

Lower leg fractures can be stabilized with either a padded board or an inflatable splint reaching from above the knee to the foot. An alternate method is to tie the injured leg to its mate. Be sure to cushion between the legs.

FOOT AND ANKLE

Loosen the bootlaces to allow room for swelling if the ankle is injured. The boot can be left on since it gives some support. If the toes become cold or get cramped in them, remove the boot. Another method is to cradle the foot in a mounted-up blanket or jacket.

DISLOCATIONS

In a dislocation injury the bones of a joint lose their normal alignment. Signs and symptoms are:

1. Pain
2. Inability to move the joint and limb normally
3. Swelling
4. A limb that seems shorter or longer than its mate

DO NOT attempt to straighten or manipulate any dislocation. Splint the extremity in the position it is found. Watch the injured part for numbness, blue or pale color or tingling.

Any patient with a fracture or dislocation should be seen by a physician as soon as possible.

SPRAINS

Sprains are injuries to the ligaments which are the tissues that hold joints together. Signs and symptoms of a sprain are:

1. Pain
2. Swelling
3. Bruising

Treat a sprain by wrapping the joint with an elastic bandage or immobilizing the area with a splint. Raise the extremity above the level of the heart and apply cold packs to reduce the swelling. The patient should not walk on a sprained leg. If you are in doubt about whether the area is fractured or sprained, treat the injury as a fracture.

STRAINS

Strains are overstretching or tearing injuries of a muscle. Signs and symptoms are:

1. Pain or spasms
2. Swelling
3. Limited movement of the area.

Treat a strain by resting the affected muscle in a comfortable position. Analgesic cold saline pad compresses essential. Muscle spasms might be helped by



SPECIAL EVENT: Annual Winter Weekend!!!

WHERE: Camp Harmony, Hooversville, Pa. (WHERE???)

WHEN: Friday night, Feb. 19th thru Sunday Afternoon, Feb. 21, 1982

TRANSPORTATION: We will car-pool from A.Y.H.-H.Q. between 6:30 and 7:00 p.m., on Friday night. Suggest having supper in Somerset at turnpike exit. The possibility of renting a bus (non-smoking, 'natch) will be explored. Arrive at camp approximately 10:30 p.m. Maps to follow.

ACCOMODATIONS: We have reserved the 'retreat center', which sleeps 40 male/40 female in 2 bunkrooms. (sorry, no private accomodations this year.) It has a large commons room, fireplace, indoor plumbing and kitchen area. There's a great frisbee field outside (in Feb.?) Space is available on a first-come basis.

FOOD: Meals will be served by the camp staff in their dining hall: Breakfast and supper on Saturday and breakfast on Sunday. You MUST bring 2 trail lunches for the weekend. A snack will be provided for both Friday and Saturday nights by Pittsburgh Council, A.Y.H.

SKI RENTAL/SKIING: As in the past, equipment rental will be on a one day basis unless there is surplus gear available. Call Steve Tubbs to reserve, phone# 751-2158. Skiing can be done on the site's rolling hills or in nearby Babcock State Forest or Blue Knob State Park.

WHAT TO BRING: A.Y.H. Pass, Sleeping bag, warm clothes (toilets are indoors, but dining hall is a short walk), boots, skis, towel, toiletries and 2 lunches. Don't forget musical instruments, books, games, etc....

COST: Oh, yes, about \$35 for the weekend (cheap!!!) The final number will depend on the transportation used. A deposit of \$20 should be paid to leader Joe Hoechner by Feb. 10th. Make checks payable to Pittsburgh A.Y.H..

(clip out...)

RESERVATION FOR A.Y.H. WINTER WEEKEND, 1982.

NAME(S)

PHONE#

A.Y.H. PASS #

INDICATE CHOICE OR DORM: _____ Male _____ Female

I CAN HELP WITH SNACKS

I NEED A RIDE

I'D LIKE TO SEE A BUS RENTED

I CAN DRIVE PASSENGERS

I WOULD LIKE TO LEAD A TRIP

AMOUNT ENCLOSED

(20.00 per person deposit)

Make checks payable to:

PITTSBURGH A.Y.H.

***Bring this to any meeting in November, December or January, or mail to:
Joe Hoechner 1145 Fox Mill Drive #204 Monroeville, Pa. 15146

????QUESTIONS?????: Call (412) 373- 3403



BETTER WAXING

by Chuck Ejzak



Those of us with waxable shis are aware of how much better wax skis are than no-wax skis, especially when the conditions are right. Many wax skiers start out with plus and minus wax or maybe get hard wax in red, blue and green. This is fine if you are just starting out or if you want to keep the pace slow, but if you want to improve the overall performance, both kicking and gliding, then here are some hints for skis with synthetic bases.

Wood skis are cared for a little differently and since I haveno experience with wood bottomed skis, they will not be mentioned any more here.

In this article I will list some of the waxes and other stuff you should have, describe how to prepare the base of your skis, and I will briefly talk about klister.

Basic Materials: 1 pair of skis with P-tex (or other synthetic) base

1 small electric dry iron (without steam holes)

1 plastic scraper

at least one waxing cork

green, blue, violet hard waxes

violet glider wax and violet klister

ski wax remover (spray or liquid-liquid is more economical and works just as well)

clean rags or paper towels

Optional Materials: blue-extra hard wax

special-red hard wax

yellow hard wax

special green hard wax

blue and red klister

binder wax (orange)

Base Preparation: Cross-country skis as you probably already know are cambered not flat. See Figure 1. Note that the middle part of the ski (kick zone) does not touch the snow. Only the tips and tails of the skis (glide zones) touch the snow. This is how your skis should look while you are gliding (e.g. going downhill, gliding after a kick). With one ski fully weighted, the kick zone makes full contact with the snow. The kick wax provides grip. See Figure 2.

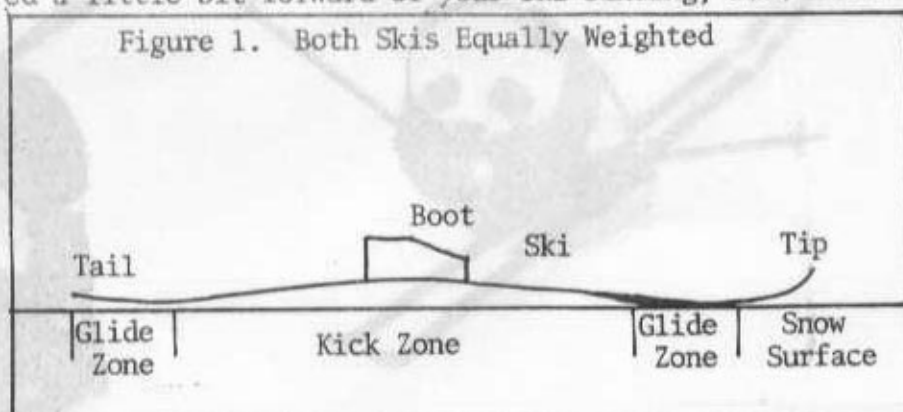
From these diagrams you can see that the kick zone has a different function than the tips and tails. The kick zone is the middle 36 inches of the ski and is the area that gets hard waxes and klisters to provide grip. The glide zones are the tips and tails and are waxed with glide wax to let the skis slide better.

INDOORS, THE NIGHT BEFORE: If your skis have never been waxed with glider or if there is old wax on them, clean them first. Scrape as much wax off as you can and then finish the job with wax remover.

First, apply glide wax. Heat the iron to a low temperature setting so that the wax melts readily but does not begin smoking. Drip the wax onto the glide zone. Leave a kick zone about 36 inches centered a little bit forward of your ski binding, i.e. leave a 20 inch kick zone in front of the binding and 16 inches in back of it.

After you drip some of the glide wax onto the glide zone, then iron the wax into the ski being careful to not get glide wax into the kick zone. Try to get an even coat and try to cover the entire glide zone including all of the tip.

Next, crayon your hardest kicker wax (green or special



green) into the kick region. Again, try to get a thin even coat and do not get any wax in the groove. Then iron the wax into the ski to get an even coating. Set the skis outside to cool for at least 30 minutes. After they are cool, use a plastic scraper to get wax out the groove and then scrape the glide regions to a thin, smooth, shiny coating.

Scrape from tip to tail and only scrape with the plastic

scraper. Your skis are now ready to be waxed for the conditions. When you know what the conditions are, select the hardest wax that you think you will need; apply a thin coat to the kick zone, and cork it in. Try your skis out. If you need more kick, use another coat of the same wax. If this does not work, apply a small coat of the next softer wax. Try applying it over a short region first and gradually expand it to the full length of the kick region. Progress in a similar fashion until the right wax is found.

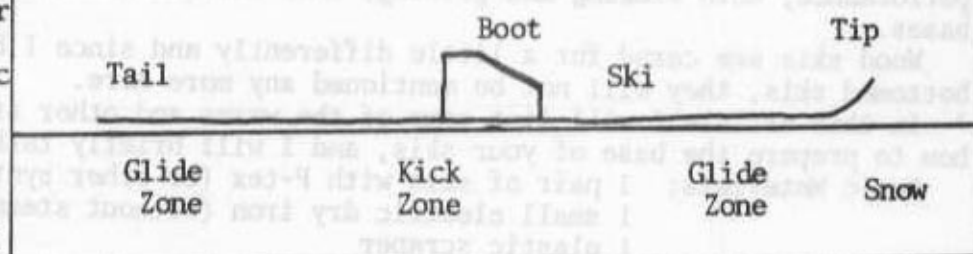
Klisters: Skiers who wax often cringe at the word "klisters." They think of a gooey, sticky mess. But, when the snow is old or has melted and refrozen, there simply is no substitute for klisters if you want to ski. I have used klisters and have made the following observation:

1. Klisters come in three colors that are useful to have: red, violet, and blue. Try to use the proper klisters for the temperature. Blue klisters, for instance, tends to stay on skis well even when the snow is hard and icy but would not work as well when the temperature is near the freezing point.
2. Often a 6 inch strip of klisters centered in the kick zone is sufficient.
3. Klisters should be applied indoors if possible or at least try to warm the tube in hot water or in a shirt pocket.

SWIX Wax puts out an excellent pamphlet called "Advanced Waxing" from the following address:

SWIX Sport USA, INC.
Tracy Road, Chelmsford, MA 01824

Figure 2. One Ski Fully Weighted



AYH Activities Board Meeting of November 4, 1981

BUDGET: The proposed budget was reviewed and amended and will be sent to the Board of Directors.

LEADERSHIP DEVELOPMENT: Five people minimum are needed for a C.P.R. course arranged by Jane Toben.

OLD BUSINESS: Chairperson approval of trip leaders: Each activity is to make a list of knowledgeable people who could approve trips. The rep for a specific night will sign in on the chalkboard.

First Aid Kits: Chairpeople are to provide a list of their requirements by the next Activities Board Meeting.

NEW BUSINESS: Barry Govenor and Gred Parker will organize a headquarters cleanup. A lost and found box may be set up. National Meeting is in San Francisco in November. Pgh. Council AYH renewed its membership in G.R.I.P.

1981 TRIP SUMMARY

by Joe Levine

At the end of each fiscal year your Trips & Trails Chairperson makes a statistical summary of the year's activities. This is presented to the Activities Board at November meetings. The statistics are compared to previous summaries. Several activities previously shown together (canoe/kayak, etc.) are now treated separately.

ACTIVITY	1981		1980	
	TRIPS	TRIPPERS	TRIPS	TRIPPERS
Canoe	49	486	93	830
Kayak	30	163	26	100
Cave	8	86	5	50
Climb	16	200	14	148
Cycle	53	317	50	373
Hike	43	348	45	369
Backpack	20	135	15	112
Raft	16	216	23	297
Ski	21	198	19	158
Volleyball	32	378	--	---
Special Events	3	239	3	234
Totals	291	2766	293	2671

NATIONAL AWARDS

COMMITTEE

"HAM'S" IT UP!

Among those who received recognition for "Distinguished Service To The American Youth Hostels, Inc." was Pittsburgh Council's Cliff Ham, who retired from the board of directors after seven years of service.

Congratulations, Cliff, for plaudits well-deserved.

Pittsburgh Council AYH

TRIANGLE GETS NATIONAL AWARD

Pittsburgh Council AYH was the recipient of an award for publications at the National Council Meeting in San Francisco for the best series of ads/articles encouraging membership in the American Youth Hostels. Hats off to the editors whose hard work is justly recognized and to those who contributed to this effort.





Home Council: **PITTSBURGH**

Membership by Category

Senior	1103	65%
Junior	202	12
3 Year	17	1
Senior Citizen	36	2
Family	90	5
Life	3	
Complimentary	12	1
Organization	10	1
Subtotal 1981	1473	87
Prior 3 Year	29	2
Prior Life	188	11
Total	1690	100%

How Joined?

Home Council	673	40%
Other Council	155	10
Agency (In)	71	5
Agency (Out)	216	16
National	358	24
Total	1473	100%

(PITTSBURGH A.Y.H. MEMBERSHIP)
TRIVIA FOR 1981!

When Joined?

October	145	10%
November	70	5
December	106	7
January	124	8
February	134	9
March	155	11
April	164	11
May	123	8
June	184	13
July	107	7
August	51	3
September	111	8
Total	1473	100%

Renewals

Senior	125	74%
Junior	10	6
3 Year	5	3
Senior Citizen	8	4
Family	19	11
Life	1	1
Organization	1	1
Total	169	100%

HOSTELING the High Road to Adventure

Join American Youth Hostels and experience the world for yourself. Use your AYH Pass as your key to inexpensive travel accommodations around the world — over 5000 hostels in 50 countries.

For membership, send \$14.00 (\$7.00 if under 18) with your name, address, and date of birth to the address below. Or, for FREE details on AYH, just send us your name and address.



American Youth Hostels
6300 Fifth Avenue
Pittsburgh, PA 15232

(412) 362-8181

AGE RANGE/SEX	1-10	11-13	14-17	18-24	25-34
Female	3		74 5%	268 18%	136 9%
Male	1	2	79 6	237 16	180 12
Unknown			6	16 1	21 2
Total	4	2	159 11%	521 35%	337 23%

AGE RANGE/SEX	35-59	60-75	76+	Unknown	Total
Female	48 3%	12 1%		92 6%	633 43%
Male	70 5	21 1		80 6	670 45
Unknown	8 1			119 8	170 12
Total	126 9%	33 2%		291 20%	1473 100%

SALES AND RESIDENCY

Total Council Sales

	National H.C.	Council H.C.	Agency H.C.	Total
Sales	346	747	233	1326
% Total	26	56	18	100%

Resident Sales Only

	National H.C.	Council H.C.	Agency H.C.	Total
Sales	346	673	180	1199
% Total	29	56	15	100%

Resident Sales Only = 90%
Total Sales

AVOID THE (C)RUSH

Your yearly A.Y.H. membership expires this month. Use the membership form on the back page of this issue of the TRIANGLE to rejoin. You don't want to miss any exciting issues or the TRIANGLE, do you? Especially its exciting features, such as TIPS AND TALES and TRIPS AND TRAILS. (Try saying that as fast as you can while wiggling your eyebrows and smoking a cigar)

Your fees help support our Council's active trip program and unique Open House weekly programs. Also, don't forget our Hostel Development activities in Western Pa., and out continuing operation of the Ohiopyle State Park Youth Hostel.

SO DON'T DELAY-----RENEW TODAY!!!!

Senator Robert Packwood has introduced in the U.S. Senate a Beverage Container Deposit Bill, S. 709. In the normal course of affairs this attempt to save energy, eliminate litter, and conserve natural resources would be headed for obscurity. But in this case Senator Packwood is the Republican Chairman of the Commerce Committee and he has started to chair hearings on S. 709. Coming from Oregon, the Senator knows that a "bottle bill" can work, and work well. Supporting the Senator are some powerful Republicans -- committee chairmen, Mark Hatfield (OR) and Robert Stafford (VT) -- and Democratic whip Alan Cranston (CA).

The prospect of a federal bottle bill is especially pleasing to Pennsylvania conservationists because there is so little chance of a state bill receiving the support of the Thornburgh Administration. Just as a reminder, CT, IO, MA, MI, OR and VT all have operating bottle bills, with Delaware due to join next year.

The proposed bill S. 709 is patterned after Vermont's bill and would require a minimum deposit of 5¢ per container. PLEASE WRITE TO Honorable H. John Heinz III and Honorable Arlen Specter, U.S. Senate, Washington, D.C., 20510. Urge them to cosponsor S. 709 and for details ask for a copy of the bill. A letter of support to Senator Packwood would be worthwhile.

Peter Wray

RIGHT TO WRITE

Surprisingly few people ever write their Senators or Congressmen--the persons they elected to represent them in Congress. Here are some suggestions that apply to all Congressional mail:

* Address it properly. "Honorable _____, House Office Building, Washington, DC 20515" or "Senator _____, Senate Office Building, Washington, DC 20510. If you don't know who your elected official is for any position, contact your local public library.

* Identify the bill or issue by number if you know it, by the commonly known title or by the sponsor or co-sponsors.

* The letter should be timely while there is still time to take action.

* Concentrate on your own Congressman or Senator.

* Be reasonably brief and legible.

* Student letters are welcome.

* Write your own views in your own words. A personal letter is far better than a form letter or a postcard.

"What—Me Ride a CENTURY?"

Yes, even YOU can do it - at GEAR-Up 82! The reason? Every ride will be a Century or a multiple of one!

This doesn't mean they'll all be Half, Third, Quarter, Seventh or whatever Centuries - we're more imaginative than that! Ever heard of a Furlong Century? That's 12½ miles. Any old body can ride one of them. Or an 800-Rod Century (25 miles), or a Quarter-League Century (75 miles) - and on and on.

We got a million of 'em - and one's just your size! And just to prove to the home folks that you're a real Century rider, we'll give you a pretty little certificate with the one you rode marked on it - free!

Can't ask for much more'n that now, can you?

That's why we call

GEAR-Up 82

"The GEAR of the Century"

June 3-6, 1982

Shippensburg (Pa.) State College

Your hosts: The friendly folks of the Harrisburg Bicycle Club

To get on our growing mailing list, write GEAR-Up 82, 413 Appletree Road, Camp Hill, PA 17011.

* Give your reasons for taking your position and be constructive with your suggestions.

* If you have special expertise in a subject, share it with your elected official.

* Say "well done" with a thank you when it is deserved.

* Don't make threats or promises, berate your elected official, pretend to have vast political influence, or be a pen pal on every issue.

-Adopted from "The right to Write" by Congressman Morris K. Udall of Arizona.

(Get Physical-With AYH)

The trips listed here are open to the public with the exception that AYH members are given priority when the trip is of limited size. Trip costs include 60¢ registration and insurance (\$1000 medical-\$1000 accidental death or dismemberment) plus transportation and rentals. In addition, nonmembers are charged \$1.50 per day which can be deducted from the cost of membership. Trips are classified BEGINner, INTERmediate, or ADVanced, with the exception of the water sports and bicycling.

* * * * *

BACKPACKING

Chair: Steve Martin H-469-3153 W-462-5000 X6185

- sat jan 23- INTER Ski backpack, probably to Allegheny National Forest. Leave at
sun 24 6:30 am from HQ. To reserve, call Jeri Walsh at 422-9686 (H) or
684-9000 X225 (W).
- sat jan 30- INTER Backpacking trip in Allegheny National Forest on the Twin Lakes
sun 31 Trail. Leave Sat. at 7 am sharp! Bring skis if it snows. To
reserve call Barry Governor at 421-7114 or 481-3300 X371.

CANOEING

Chair: Becky Soisson 244-1151

During the cold weather months, canoe trips do go out for the well-equipped paddlers. Necessary equipment includes wool and/or wet suits and a dauntless spirit. These trips are usually organized at the Thursday night meetings.

CAVING

Chair: Norm Snyder 351-4068 Scott Hill 682-1270

Trips will be dependent on the availability on snow.

- sat jan 9 INTER Trip to Harlansburg Cave. Leave HQ at 8:30; call Scott Hill at
682-1270.
- sat jan 16- BEGIN Trip to Bowden Cave, W. Va. One mile of broad, high ceiling
sun 17 walking passage. Excellent first cave. Stay over Sat. night in
Elkins. Vicki Lineback or Peggy Hill 682-1270. Vicki: 682-4087.
- sat jan 16- INTER Bowden Cave. Two mile connection trip concurrent with beginners
sun 17 trip. Stay over Sat. night in Elkins. Call Scott Hill, 682-1270.
- sun jan 24 BEGIN Visit a local Pa. cave with Vicki Lineback, 682-4087 or Peggy
Hill, 682-1270.

HIKING

Chair: Shirley Sedmak 441-6538

- sun jan 10 BEGIN Hike 3-4 miles in Frick Park. Meet at 1 pm at Reynolds Avenue
corner Lexington (near bowling green). Warm up with hot choco-
late after hike. Call Joe Levine 241-3265.

CROSS COUNTRY SKIING

Chair: Steve Tubbs 751-2158 Fred Parker 824-2638

Mellon Park before meetings there will be skiing, to teach beginners skills; call for rentals.

- jan 7 Fred Parker 824-2638.
jan 14 Bill Friedrich 244-1151.
jan 21 Bill Johnston 687-4893.

- sat jan 9 Norm Snyder 391-4068.
sun jan 10 Fred Parker 824-2638. All.
sun jan 17 Jim Gogots 384-9149. All.
sat jan 23 Kevin Craig 488-7255.



sun jan 24
sat jan 30
sun jan 31

Joe Hochner 373-3403; Chuck Ejzak. Beginner-Intermediate.
Steve Tubbs 751-2158.
Ed Sieger 731-9678. Intermediate.

Note to all skiers going to the Chautaugua Marathon: Meeting on Thursday, January 28, at 8:15 pm for logistics or call Fred Parker 824-2638 beforehand.

Cross-country trippers going to Blackwater Falls January 15: We will be meeting at HQ at 7:00 on Friday January 15 to carpool to Blackwater Lodge. Call Kevin Craig at 434-4272 (W) or 488-7255 (H) if you have any questions.

KAYAKING

Chair: Ray Yutzy 929-4443 Lou Conley 681-8321

Basics: Similar to Canoeing. Trips may be organized at the Thursday night meetings based on interest and water levels. Trippers must be equipped for cold weather paddling.

Winter Indoor Pool Sessions: Indoor pool sessions will be held every Monday night from November through February at West Allegheny High School. The sessions will last from 8 to 10 pm and are intended to teach both the basics of Kayaking and Kayak Rolling Techniques. Boats are available for rental and people of all experience levels are welcome. Contact Lou Conley at 681-8321 for information.

Throw Line Safety Bags: The group order of throw line safety bags has finally arrived. If you ordered one, please pick it up at any Thursday night meeting at the Hostel.

VOLLEYBALL

Chair: Larry Laude 665-9554 462-5000 X7532/X6287

Volleyball continues on a weekly basis on Tuesday evenings from 6-9 pm. All participants are requested to donate 35¢ toward the upkeep of equipment. All are welcome. Low-key skills are done until there are enough folks to begin playing. Meet at the Taylor-Alderdice High School Gymnasium.

FOR THE FUN

Pittsburgh Council, A.Y.H. is in need of a volunteer willing to make up the plates for this illustrious publication every month. If you have access to a machine which makes aluminum plates, you may be the person of our dreams. If you are willing to take on this monthly task, please notify Bruce Sundquist at 327-8737 or talk to one of the editors at the Thursday night meeting.

OF
IT...

!

AYH MEMBERSHIP APPLICATION

Fill out the following application and bring/send it with a check payable to "Pittsburgh AYH" to: AYH Membership, 6300 Fifth Avenue, Pgh. Pa. 15232. Allow 3-4 weeks for delivery by third class mail. Enclose an additional dollar for first class mail. (Note: Membership sells International Hostel Guide to Europe for \$5.00 by mail and for \$4.00 at Headquarters.)

Name _____ Phone _____
 Address _____ New?/renewal? _____
 Zip _____ Birthdate _____

Check one:

_____ \$7.00 Youth (under 18) _____ \$35.00 Three-year Senior
 _____ \$7.00 Senior Citizen (60+) _____ \$35.00 Organization (non-profit)
 _____ \$14.00 Senior (18-59) _____ \$140.00 Life
 _____ \$21.00 Family

Please circle one or more:

Service: Newsletter, Hostel Development, Bicycling, Publicity, Trail Maintenance, Equipment Repair, Auditor Service, Typing, Art Work, Membership

Leadership: Backpacking, Cycling, Canoeing, Caving, Climbing, Hiking, Cross-country Skiing, Rafting.

Pittsburgh Council

AMERICAN YOUTH HOSTELS INC.

6300 FIFTH AVENUE
 PITTSBURGH, PA. 15232



RETURN POSTAGE GUARANTEED

ADDRESS CORRECTION REQUESTED

TO:

PLATT, JOEL LIFE 0
 1632 DENNISTON AVE.
 PITTSBURGH, PA. 15217

NON-PROFIT
 U.S. POSTAGE PAID
 PERMIT #127
 PGH. PA. 15232

You've got a friend
 in Pennsylvania

For a free guide to great Pennsylvania
 vacations, call toll free 1-800-323-1717

