

golden triangle

ayh

pittsburgh council, american youth hostels, inc.

Volume 24 Number 3 March 1973

The Nodal Concept of Hiking

thoughts by a well-travelled hiker

OPEN
HOUSE

8:30 pm Thursdays

March 1

Sam Hays of the Sierra Club will present a slide show and talk on the Eastern Wilderness proposal and use of the Penna. State Lands. If you are interested in local environmental action, this is your chance to find out what is being done--and how you can get involved!!!

March 8

Phil Mason previews canoe season with exciting shots of past whitewater action, including trips on the New R. Get ready for the canoe-eating rapids!

March 15

Americans on Everest: a film showing the planning, preparation and final assault on Mt. Everest by an American expedition, finally succeeding with the first motion pictures ever taken from the top of Mt. Everest.

March 22

It has taken some hunting to find snow this year, but Jack Kowalski did succeed. Tonight he shares slides of skiing in Sun Valley and Europe.

March 29

Cliff Ham shows slides of backpack trips in the Cranberry Back Country. He will be leading another trip there in a few weeks--sample some of the trails he will be taking then.

Occidentals tend to emphasize distance or time in their trips. "We walked 10 miles", or "It took us 3 hours." Orientals, however, * emphasize the experience, the joys * along the way, the natural features. * We seek to overcome nature; they * enjoy nature and communion with * her. 1

* Many hikers, consequently, * accentuate the 'wrong' aspects of * hiking. "How far have we come?" * Are we half-way there?" "Is it * lunch time yet?"

* The "Nodal Approach to Hiking" * helps overcome the Westerners * misapplication of technology to the * trail. 2 In the "Nodal Approach" * one emphasizes nodal points, in- * cluding, of course, the beginning * and ending nodes. So one walks * continuously in a series of nodes * and encouraged to forget the dis- * tances and the time.

* During the morning, one enjoys * the beginning zone--the "Genesis * Node". For perhaps an hour or * more, the hiker anticipates the * glories of the woods, the early * morning dew, the freshness of his * muscles.

* (continued on page)

* 1. See Alan Watts, Zen Buddhism

* 2. Note the 'scientific' approach * of Colin Fletcher. Despite his * 'Western prototypism', Fletcher * offers much practical assistance.

* PS. The annual ice breaker
canoe trip will be in April!
Its success is assured.

Not long afterward, one enters the middle zone. Here are more wonders to see, more joys in the continuing perception of nature. Before one realizes the time, a lunch break is announced.

Starting off again (still in the middle zone)³ We appreciate the new vistas, various aspects of nature, And, we're moving right along. For, not much later, well past the half-way mark, you leave the middle zone for the last node--the end zone. Now, the leader says, "We're almost there". But, of course, there is some time left to take in late afternoon sunshine, and to stretch tiring muscles.

After this final period of communion the leader quietly says, "One more hill" (of course, it may be 1500 ft.) And you arrive. But the transition is lessened, the shock unfelt, for you have been in the 'end node' for quite awhile.

So, using both Eastern philosophy and hikers operations research, which are strikingly joined in the "nodal approach to hiking", we can clearly see that the distance and time play either an inappropriate role or a debilitating function in modern hiking.

Perhaps this concept explains why many AYH hikes arrive back at headquarters--late!

3. Some administrators of hiking operations research posit as many as eleven "Nodes". We have used only three, as examples, to shorten this report.



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Building only \$10.49/gallon
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AYH and the Pittsburgh Sierra Club have invited Senator George Gekas of Dauphin County to speak on two trail bills which he has introduced into the General Assembly of Pennsylvania.

One bill would protect the Appalachian Trail in Pennaylvania; the other would help to establish a state-wide system of trails for hiking, bicycling and horseback riding.

Our meeting will be at AYH Headquarters, 6300 Fifth Ave. at 7:45 pm on Friday evening, March 23, 1973. Everyone is welcome.

MARCH FOR HUNGER

The Emergency Funds and Services, Inc. (ESFI) is an organization that uses money collected in the Pittsburgh Area to buy materials that help people in a self-betterment project. This Pittsburgh group helping the poor in the heart of the Appalachian Mountains is sponsoring a fund raising hike. Let's join it!

Here's how the fund march works. You get friends as sponsors to agree to pay EFSI 10¢, 50¢, \$1, or \$5, etc., for every mile that you hike. You meet the marchers at a designated central point in North Hills, South Hills, or Penn Hills, etc at 9 am and hike as far as you can toward town. Every two miles you get your card punched and when you finish, you submit your mileage and your sponsors' names and addresses and EFSI will send them a bill for the amount they pledged. Refreshments will be served at one of your punch points.

Every summer a group of young people go to this Appalachian area to work. They help the people repair their homes. This year they are building a Charge-Card Store. Here, the local people can buy merchandise in exchange for labor. The goods are items, such as used clothing, that have been donated by the Pittsburgh group.

Get your church and club members interested and you may have quite a following.

The day of the march will be finalized when the permit is granted by the City. It will be Saturday or Sunday, March 24 or 25. Call 563-5419 Rev. Wersing, for more information, or 363-1771.

MORE ANNOUNCEMENTS

The Petersburg Races are coming up the last weekend in March. Contact Phil Mason, canoeing chairman for more details and perhaps even for entry applications. Have you thought of entering the April Fool's Day Race? Anything that floats, but is not a boat, qualifies!!

There will be a "Paperwork Shuffling Party" Tuesday, March 6. Ask Roy Weil where it will be held. Anyone is welcome. Refreshments provided.

Marilyn Ham, organizer of this year's Cook Forest Weekend recommends that trippers bring a flashlight for a midnight hike, musical instruments to sing-along with and all of their winter sports gear. You can never tell exactly how this weekend is going to turn out.

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25th ANNUAL BANQUET

FRIDAY, MARCH 30, 1973

THE LAMPLIGHTER - RT. 22, DELMONT



6:30 pm - SOCIAL HOUR

7:30 pm - DINNER, AND ENTERTAINMENT

9:30 pm - FOLK DANCING WITH THE MERRITTS

DIRECTIONS: THE LAMPLIGHTER IS LOCATED 10 MILES EAST
FROM EXIT 6 OF THE TURNPIKE ON ROUTE 22
PARKING: AREA 1 ON LEFT OF BUILDING. USE LEFT ENTRANCE

RESERVATION:

NAME _____

ADDRESS _____

PLEASE RESERVE BY MARCH 25th

	VEAL FARMICIAN	SIRLOIN OF BEEF
NO. OF ADULTS AT \$5.00	_____	\$5.50 _____
YOUNG ADULTS AT \$3.75 (20 YEARS & UNDER)	_____	\$4.25 _____

INCLUDES GRATUITY.

MAKE CHECKS PAYABLE TO: TGH COUNCIL AYH, INC.

MAIL TO: MISSES MARY & HELEN BRONCKA

119 COLOGNE ST. P.O. 15210 (431-6491)

BANQUET PROGRAM COMMITTEE PLANS NOSTALGIC STROLL DOWN MEMORY LANE

The Program Committee for Pittsburgh Council's 25th Annual Reunion Banquet hopes to present a review of the past 25 years at AYH through slides, photo and live members.

If anyone has any slides or photos dating back beyond 1960 and would be willing to loan them to the Committee, the success of the program will be partially assured. All loans will be well taken care of and returned after the banquet.

Please contact Cathy Lynch 361-3707 or Hugh Gilmour 243-8416.

WESTERN PENNSYLVANIA WHITEWATER CANOE SCHOOL - 1973

What: An intensive weekend course in river canoeing, sponsored by the YWCA in cooperation with AYH and the Sylvan Canoe Club.

When: Friday, May 4, 7:30 pm through Sunday, May 6, 7:00 pm.

Where: Camp Carondowanna and the Connoquessing Creek, 3 miles west of Zelienople on Route 588.

Who: The course is designed for persons having canoeing experience and an interest in whitewater canoeing. Preference will be given to those intending to instruct other and to lead canoe trips and to holders of the Red Cross Basic Canoeing Certificate or having equivalent experience.

A limited class using C-1 and K-1 slalom canoes and kayaks is planned if enough applications for these classes are received. Students for these classes must bring their own boats and equipment.

The school will be limited to 48 students. Instructors are competent and well-versed in whitewater teaching techniques.

To Register: Write to Miss Susan Flanagan
YWCA of Greater Pgh.
Fourth and Wood St.
Pgh., Pa. 15222
or: contact Phil Mason
AYH Canoeing Chairman
at 521-6477

for an application. It must be received back at the Y office by April 6.

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Production: Jay and Margaret Angel

Publication deadline is the Thursday after the second Tuesday. The editor welcomes all contributions. Mail them to K.M. Spindt, 135 Buckhill Rd. Pgh., Pa. 15237.

* MEMBERSHIP APPLICATION

*
* Name _____
* Address _____
* Zip _____ Phone _____
* Ever been a member? no yes _____ when _____
* Will you use pass abroad? yes no
* Check type of pass:
* Youth (under 18) \$5.00 _____
* Adult (18 & over) \$10.00 _____
* Family \$12.00 _____
* Life \$50.00 _____
* Organization \$15.00 _____
* Subscription \$2.00 _____

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Trips and Trails for March

The trips listed below are open to the public, on a first come, first served basis, with AYH members having priority. Call the trip leader to make reservations and to find out more about the trip: experience required, equipment needed, etc. Cost of a trip includes equipment rental, transportation, 30¢ for AYH registration and 10¢ for insurance. Each tripper is insured up to \$500 for medical expenses. If you should decide to cancel your reservation for a trip, please call the trip leader and let him know in advance.

- Fri. 2 ANNUAL AYH COOKS FOREST WEEKEND--Weekend of winter sports and to hiking while staying overnight in heated cabins. Leave AYH at 7:00 pm Friday, return Sunday afternoon. Approximate cost \$11 plus transportation. Reserve IMMEDIATELY with Marilyn Ham at 687-4960.
- Sun. 4
- Fri. 2 CAVE--Join Norm Snyder on a cave trip to West Virginia. Miles to of cave to explore and formations galore. Reserve with Norm at Sat. 3 371-2371.
- Sat. 10 HIKE--Hike with the Boondockers. Ten miles on the west side of Keystone Lake. 50¢ plus lunch--All welcome. These easy trips are for children and adults both, and are great fun. Leave AYH at 8:00 a.m.
- Tue. 13 Activities Board, 8:00 p.m. At Carol Davis' Kentucky Ave.
- Thu. 15 TRIANGLE DEADLINE--All articles and trips must be in the hands of the Editor by 10:00 p.m.
- Sat. 17 HIKE--Afternoon hike at County Park #9; 4-5 miles. Leave AYH at 12 noon. Cost approximately \$1. Leader Eb Moll (441-0226).
- Sun. 18 HIKE--Baker Trail--Monthly excursion this month on Section 4, Cochran's Mill to Idaho. 8.8 miles including the famous "cable bridge". Fee about \$2. Bring lunch. Leave AYH 8:00 am from upper parking lot.
- Fri. 23 HIKE--Time to see Dolly Sods. A 15 mile hike in the Sods led by to Norm Snyder. Call 371-2371. Leave Friday night, return late Sat. Sat. 24
- Fri. 23 SPEAKER Pa. SEN. G. GEKAS--on the subject of bills before the Pa. Legislature concerning the fate of our hiking trails. Meet at AYH Headquarters at 7:45 pm.
- Sat. 24 HIKE--Afternoon hike 5-6 miles. Leave AYH at 12 noon. Leader Al White (487-3388). Location to be announced!
- Sat. 24 MARCH FOR HUNGER--(See article for more info.) Start with a group or from one of the peripheral points 10 miles from Pittsburgh at Sun. 25 9:00 am and hike downtown. Refreshments served en route. Call Don and Billie (563-5419) for further details.
- Sun. 25 HIKE--Exploration on Baker Trail Extension, probably Tarentum to Freeport, through Harrison Hills Regional Park. Should be relatively easy, about 8 miles. Leave AYH at 8:00 am; bring about \$1.50 and lunch.

Fri. 30 25th ANNUAL AYH BANQUET--To be held at the Lamplighter, Route 22, Delmont. 6:30 pm Social hour, 7:30 Dinner, 9:30 Folk Dancing. See reservation form to reserve your place for the fun.

April

Sun. 1 BAKER TRAIL MAINTAINENCE--We'll check North Freedom shelter and blaze the trail nearby. Leave AYH at 8:00 am from upper parking lot. Bring \$2.50 and lunch.

Sun. 1 APRIL FOOL'S DAY TRIP: LAST ANNUAL KITE FLYING--(She says that every year!) Meet at AYH at noon. Bring kites, tails and string. Traditional High Tea served on the field. This year we will recreate the menu served at the first Annual Kite Flying, 7-8 years ago. (She lost count!) Please reserve with Cathy Lynch at 361-3707.

EXPLORER'S CLUB TRIPS

Coal Run (Ice Climbing)	Weekend March 9	Dan Bunce (683-8621)
Otter Creek or North Fork Mt. (endurance hike 25 miles)	Weekend March 16	Al Michaels (26504147) w(381-7075)
Mt. Washington (ice climbing, skiing)	Easter Holidays	Jay Hellman (36206208)

Old Rag Mt. Memorial Day Wknd. Bill Straub (795-4951)
(backpacking, technical climbing)

For general information on these or any other trip contact Activities Director John Iacovino 683-1721 or (w) 373-4074.

WANT ADS AND ANNOUNCEMENTS


Convert yourself from an "unstable biped" to a "stable triped" with a strong ultra-light weight hiking stick. Prices from \$1.50 to \$3.00. Contact Mike Hurwitz at 371-1083.

Bruce Sundquist urgently requests slides for a continuous carousel show at the Banquest. If you have slides over the past year or of AYH trips from the 1950's to share with us, please mark them with your name and loan them to Bruce for the evening. He says he would like 80 slides but that 2 or 3 from everyone would also do well!!

Trip Leaders: Over the winter, the lock on the Hostel door was changed. Be sure when you lead a trip, to obtain a key from the Activities Chm. Also please deposit keys in the box in the Hostel as you leave.

We are about to order new paddles for the Hostel. If you want to get your own personal paddle at a group price, contact 681-5131. 6,8, or 10".

DESPARATE: Needed a keypunch operator for about a half an hour each week to type cards for membership. Contact 681-5131 PLEASE!! If you have access to a key punch, please lend us your help.

Mon	Tue	Wed	Thur	Fri	Sat	Sun
March			1 OPEN HOUSE Sam Hays of Sierra Club	2 Cave-	3 W.Va.	4
5	6	7	8 OPEN HOUSE Phil Mason previews canoe season	9	AYH Annual Cooks Forest Weekend	
12	13 Activities Board	14 Paper Shuffle Party	15 OPEN HOUSE Film Mt. Everest A Deadline	16	17 Hike	18 Hike-Baker Trail
19	20	21	22 OPEN HOUSE Jack Kowalski on Skiing!	23 Sen. Gekas Trail Bills Hike-Dolly Sods	24 Hike March for Hunger	25 Hike-Baker Trail Canoe-Annual Ice Breaker!
26	27	28	29 OPEN HOUSE Cliff Ham Cranberry Beck Country	30 25th Annual Banquet	31	 <div> Apr. 1 Kite Fly 73 </div>

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It's Canoeing Season!!