

The Golden Triangle

Pittsburgh Council

American Youth Hostels

Volume 41 Number 4

April 1990

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Programs are needed!
To volunteer call
Rodney Horner (339-0944)



Deadlines for MAY Issue

All Copy
APRIL 5

Binding and Mailing
APRIL 19

FORGET MOUNT RAINIER? NO WAY!

by Glenn Oster

Part I

Probably the most beautiful and satisfying of the Western Backpack Trips of the Pittsburgh Council of AYH is one we took to Mount Rainier recently in August. Our Goal? To encircle this massive peak on the 95 mile Wonderland Trail.

Enjoying this trip were Blanche Asherman, Todd Henkelmann, Jean Lepley, Jon Maiman, Pete Srini, Pat Tieman and myself. As to logistics, we flew to Seattle, where we were met by Blanche's husband, Jack and Todd Henkelmann, both of whom had driven out earlier. With Todd's car, Jack's car and one rented by Pete's wife, Janet Stuckert, we made it to our Cougar Rock Campsite at Mount Rainier very conveniently. Blanche had taken out reservations earlier both there and at Ipsut Creek (more later). So things to that point went very smoothly.

But then things started to happen. The leader broke one of his tent poles and had to jury-rig an end to the pole by using a large spike found lying nearby. As though that were not sufficiently frustrating, he discovered he had forgotten his sleeping bag. No fooling, the leader did that. Shame on me. Nights on Rainier can be cold. I had to crawl into a sleep sack and vapor barrier and wrap myself up in a nylon tarp I had brought along just in case. But that wasn't the "just in case" I had in mind.

Next morning we were all raring to go and the campsite was a beehive

of activity as I was leaving to register with the rangers and get our camping permits (can't get them in advance of the day you intend commencing your hike). The only matter out of hand at the moment was the whereabouts of the keys to Janet's rented car (she was planning to tour the Northwest while Pete backpacked with us), but I assumed that would be resolved by the time when I returned. It wasn't. Gloom in the campsite was so thick you couldn't cut it with a hacksaw. Pete and Janet had looked every where to no avail and the thought of traveling nearly 90 miles one way to get another set of keys was something short of appealing. In exasperation, Pete said, "the only place we haven't looked for the keys is in the tent pole bag and there's no way they could be there." But in a disgusted sense he dumped all the tent poles on the ground. And there they were smiling up at him. Talk about jubilation in the clubhouse! The tone was set for the great day that followed.

We were in a good position to walk the trail from our campsite and in short order we were at the trail and turned westward intending to hike the Wonderland Trail in a clockwise direction. In no time we passed near Longmire, the ranger station for permits, and started to climb. We hadn't been hiking for a few weeks and really noticed our first day's effort. We only walked 8 miles but climbed 2400 feet and dropped 200 feet. After the first day, however, no one seemed to be especially tired as we ac-

continued on page 12. . .



COUNCIL NEWS

AYH NEEDS YOU!

BOARD OF DIRECTORS: Several positions on the board of directors are now open due to resignations and other vacancies. The directors have the final legal responsibility for management of the Council on behalf of the membership. The directors also need to be able to project and plan for the future growth and direction of the Council. The Board needs persons with talents in one or more of the following areas: finance, fund raising, marketing, public relations, travel, interpretive programming, real estate, involvement with other non-profits, construction and strategic planning. Normally, each director will be assigned to one of the board committees and will help to oversee and manage the operations of the Council covered by that committee. In addition, each director is expected to attend all board meetings and to make a financial contribution to the Council.

STOREKEEPER: Yes, we still need a storekeeper to keep track of inventory, to order new items as needed and to sell merchandise at open house on Thursdays. Sales can be handled on a shared basis, similar to the way sales of memberships is handled at Headquarters. Time outside of open house meetings is estimated at two hours per month.

THE GREAT RIDE: As you know, the 1990 Great Ride, to be held on June 3rd, will benefit the Pittsburgh Hostel this year. We will be needing ride marshals, data entry people, envelope stuffers, road markers, registration people, even people to sit in their front yard to point out the way and to offer water to thirsty cyclists. Help can be used starting now until 2 weeks after the ride.

HOSTEL: As we go farther with the Pittsburgh Hostel Project, we need more and more people with a wider range of skills; partly to work, partly to be able to answer questions. If you have legal, financial, construction, or business skills or if you know of someone who does, please get in touch. Could your friends help? How about your parents or your children? People at work? Your company? Someone who owes you a favor? Well, you get the idea. The Pittsburgh Hostel is a fantastic project that will benefit the people of Pittsburgh as well as visitors to Pittsburgh, and YOU can help make it happen! Call Larry Laude at 412-665-9554. ➡ *Larry Laude*

THE NEW YORK INTERNATIONAL AYH-HOSTEL IS OPEN!

The hostel is opening in stages, with 100 beds currently available. The hostel will be completely open, with 480 beds available, by early April.

Conveniently located on Manhattan's upper west side, the hostel is only one block from the subway. Restaurants, shops and markets are plentiful in the immediate area.

New York International AYH-Hostel 891 Amsterdam Avenue (at 103rd St) New York, New York 10025 212-932-2300.

THE PITTSBURGH HOSTEL STORY

by Linda Smithyman

We're trying to keep moving along looking for more possible sites for a hostel here in Pittsburgh. The next meeting of the Hostel Development Committee and anyone else who would like to help will be on Tuesday, April 10th at Larry Laude's home at 210 S. Atlantic Avenue in Bloomfield. Call for directions at 531-1868 and ask for Linda. Donuts and coffee/soft drinks will be available. ➡

Activities Board Meeting ...

The April Activities Board meeting will be 8 pm on Wednesday, April 4th. Place to be announced.

COUNCIL BOARD MEETING

There will also be a meeting of the Board of Director at 7:30 pm on Tuesday April 17th at Jane Swanson's office

LOCAL HOSTEL NEWS

There were 36 hostellers staying at the Ohioyle AYH-Hostel in January. Hostel manager Sue Moore reports that the Pennsylvania Conservation Corps is hard at work on the bike trail and that the section from the hostel to Brunner's Run should be completed by July. Sue also suggests an early spring trip to the hostel to check out the wildflower plantings donated by Fred and Eileen Hull.

Andy at the Living Waters AYH-Hostel in Schellsburg tells us that overnights have been down somewhat due to the lack of snow, but that they have been getting a lot of hostellers recently from Australia, New Zealand, and South America.

We do know that we have sold their first AYH Pass at our newest pass selling agency. ➡ *Larry Laude*

EARTH DAY 1990

Pittsburgh AYH will be participating in the Earth Day events planned for Sunday April 22 at Point Park.

Volunteers for Outdoor Allegheny (V.O.A.) will help staff our booth and will be distributing tree seeds. We do need AYH members at various times during this all day event to answer questions about Hosteling and distribute brochures.

With any luck we can have a bike ride from AYH headquarters to the Point and maybe talk the sea kayakers or canoeists to have a trip around the Point!

If you would like to help out call Joe Hoechner at 242-0781. Thank you. ➡

Joe Hoechner

THANKS

A special THANK YOU to **Blanche Asherman**, former Membership Chairperson for helping out with mail applications and renewals for January and February. Volunteers make the Pittsburgh Council work!

Headquarters Planning Meeting

Now that the weather has broken our thoughts turn to Spring and Headquarters! Actually we can sit down to discuss & plan a work party for May which will try to stabilize our old building to help keep the rain and squirrels out.

Joe Hoechner is hoping to get together with Jack Peth, Ray Yutzy and others who want to "save our roof" on April 11th or 25th, 7:30 pm at our Headquarters building to review our options.

We can't buy those new carpets you all want until the roof is patched! A week-end workparty could be scheduled for May (19-20th?) to work on the roof (some new rafters, sheathing, roofing paper, shingles and soffit board) and also interior painting, insulation, general clean up and tree trimming. We can always talk about expansion too! Please call Joe Hoechner at 242-0781 to let him know what date is best for you. ➡ *Joe Hoechner*

THE PRESIDENT'S CORNER

THE HOSTEL: We continue to make progress on the Pittsburgh Hostel Project. As part of our preparation, four of us (Jane Swanson, Marianne Kasica, Bruce Ohlson and myself) attended a workshop at the National AYH office on hostel development. There was a lot of good information from zoning attorneys, lawyers, architects, contractors that we will be able to put to use in developing the Pittsburgh Hostel. We got first hand reports from the National Forest Service and the National Park Service on their perspectives, generally favorable, of hostels in the National Forests and National Parks.

THE BOARD: Recently two of our board members, Bill Johnston and Mike Hurwitz, resigned from the board because they have moved out of town; Bill to Colorado and Mike and Marta to San Diego. Pittsburgh Council is looking for new directors to fill the remainder of their terms. If you are interested or know of someone else who may be willing to serve on the board of directors, please let me know as soon as possible. A separate article in this issue describes the talents we are looking for and the required commitments. Larry Laude 412-665-9554.

THE TRAVEL SHOW: Thanks to Joe Hoechner for handling our involvement in the Travel Show and to his many volunteers for manning the AYH information booth. ➡

Larry Laude

ANNUAL BILL JOHNSTON MEMORIAL OUTDOOR GEAR FLEA MARKET!



The Pittsburgh Council's AYH week/Spring Open House/Outdoor Gear Flea Market is scheduled for Thursday May 10th, 6:30 - 10 pm at the Civic Garden Center's Lange Auditorium.

Bill Johnston (who has now left us to live at a higher elevation) actively promoted the social aspect with his flea market concept. This will continue if you will bring some outdoor related items to sell/swap/barter.

The evening slide show should be of European Hosteling Trips by Craig Hennemuth, a National AYH qualified trip leader.

Volunteers are still needed to assist in the set-up, publicity, refreshments, crowd control etc. Please contact Joe Hoechner 242-0781 or Larry Laude 476-5124 if you can help. Thank you. ➡ *Joe Hoechner*

Trips in April

BICYCLING

3/31 Sat C Ober Rooney 364-3956(H)

10:30 at Sewickley. Sewickley to Ingomar, 26 miles Trip starts from the Sewickley train station. A pleasant ride on quiet scenic roads. While the terrain is not flat, the hills that you get are not too tough

4/1 Sun C Chuck Ejzak 466-6196(H)

8:30 at HQ. Brownsville, 30 miles Even though it is April 1st, this ride is for real. Believe it or not, this ride can only be done on Saturday or Sunday if April 1st falls on that day. The ride starts in Brownsville and follows the east shore of the Mon River until you get to the ferry boat landing. Normally the ferry is open Monday - Friday, but it will probably be operating today. We will take the ferry across to Fredericktown and watch the Coal Miners Parade. We will then return to Brownsville on the west side of the river. Note: This exact ride was last run about five years ago and was titled 'Do you believe in ferries?'

4/7 Sat D Chris Kline 441-1152(H) 391-7553(W)

10:00 at HQ. In town, 15 miles Join Chris for a preview of the 15 mile great ride route. If there is enough interest, the trip length may be lengthened.

4/8 Sun B John LeBlanc 233-0588(H)

10:00 at Clairton Park. Mon Valley, 50 miles A relatively flat ride to help you prepare for some of the big rides coming up (i.e., TOSRV). Bring money for lunch. Call John to reserve and to get directions to Clairton Park.

4/14 Sat C Ober Rooney 364-3956(H)

10:00 at North Park. North Park to Ingomar, 20 miles Start from the parking lot across from the skating rink. A good shorter ride to help your body get used to being back on the bike.

4/21 Sat B+ Jeff Marsh 384-7827(H)

Somewhere, 50 miles Call Jeff to find out more about this ride.

4/22 Sun D Jeff Weiss 661-2507(H)

9:30 at HQ. Earth Day, 20 miles Help celebrate Earth Day in an ecologically sound way. Ride from HQ to the Earth Day festivities downtown. Bring a cable or other type of lock if you have one and wear shoes that you can walk in as well as ride.

4/22 Sun A Terry Gossard 321-2382(H)

10:00 at HQ. Saxonburg, 60 miles This is one of the best rides which leaves right from HQ. Ride out on Saxonburg boulevard. The ride has a good mix of gentle hills with some longer climbs thrown in to make it interesting. If 60 miles is too long, you can cut the distance in half by starting and ending at Hartwood Acres. Please call to let Terry know you are coming (especially if you want the 30 mile option)

4/28 Sat B Glen Oster 364-2864(H) before 9 pm

8:00 at North Park. Zelienople and Evans City, 45 miles This ride is in a very good bicycling area. Call Glenn before 9:00pm and get details on the starting location.

Pittsburgh Council Activity Chairs

Bicycling

Chuck Ejzak 466-6196
Dino Angelici 931-6651

Canoeing

Clare Bunker 244-9788

Caving

Dan Martt 921-4638

Climbing

Eric Bauer 687-0766
Rich Rosenberger 372-2806

Family Activities

Barbara Hanusa 441-7205

Hiking & Backpacking

Ben Brugmans 736-2751
Pat Tieman 561-3286

Kayaking

Ray Yutzy 341-5682
John Gayler 421-1307

Mid-Week Trips

Cliff Ham 687-4520

Rafting

Jon Maiman 441-2306
Linda Smithyman 531-1868

Sailing

Rick Tomlinson 963-8910

Sea Kayaking

Mark Mistrik 441-8293
Ted Self 795-6286

Volleyball

Joel Platt 521-5244

X-C Skiing

Fred Parker 856-4713
Rick Ulaky 422-0849

Tuesday Night Hikes in North Park

Some of us are meeting on Tuesday evenings to hike in North Park. This is not an AYH-sponsored activity, but all are welcome. We will meet at the boat house on Pearce Mill Road at 7:00 pm, put on our backpacks (obviously optional) and hike the hills of North Ridge Road, circling back to our starting point—an easy five miles. No reservations needed, just show up on time and join us. If you want to check on whether we'll be hiking for the evening, call Glenn Oster at work 234-3967 until 4:15 p.m. (don't phone him at home). ♦♦

MID-WEEK ACTIVITIES

Rambles

If you are interested call Fred Mauk (361-6299) on a Monday or Tuesday any time between 7 am and 10 pm for walking on Wednesday. ♦♦

New Membership Sales Agencies!

Thanks to the efforts of Royanne Mac, Pittsburgh AYH now has two new sales agencies in our area. These are:

Suncrest Travel
438 Oakland Street
Morgantown, WV 26505
(304) 599-2056

Rego's Hotel
(S.A. Hostel)
601 McKean Ave.
Charlottesville, PA 15022
(412) 483-6200

Please direct anyone you know from these areas that needs an AYH card "over-the-counter" to these new agencies. Thanks Royanne! ♦♦ Joe Hoechlin

Trips in April

BICYCLING

4/29 Sun A/C Lou Conley 681-8321(H)

8:00 am at HQ. Pittsburgh Marathon Bike Ride, 35/35 miles Join Lou and friends for their sixth annual bicycle tour of the Pittsburgh Marathon race course. Note that these are two separate rides. The morning ride is at a fast pace (don't come unless you can keep up with Lou). It leaves at 8:30. The afternoon ride is at a leisurely pace so you can see the sights. It leaves at 12:00 noon. REMEMBER!! Fast pace at 8:30; Leisurely at noon.

HIKING/BACKPACKING

4/1 Sun all Linda Smithyman 531-1868(h)

The planning meeting for 1990 will be held on Sunday, April 1, 1990 at Linda Smithyman's home at 756 Eathan Ave. in Brookline. Anyone interested in the program is invited to attend. Call Linda for direction. Light refreshments will be served.

4/1 Sun maint Pete Srin 921-1238(H) 788-7759(W)

8:00 am at HQ. Hiking maintenance.

4/6-8 Fri-Sun all Mark Mistrik 441-8293 (H) Brian McBane 443-8972(H)

6:30 pm at HQ. Ceasar Creek Lake, Ohio. Fossil hunt, day hiking and hosting.

4/15 Sun all Ben Brugmans 736-2751(H) 736-0103(AM)

9:00 am at HQ. Wildflowers walk - see the Spring Ephemerals at Raccoon Creek

4/20-22 Fri-Sun Int Glenn Oster 364-2864(H) 234-3967(W)

7:30 pm at HQ. Twin Lakes Trail - 19 miles. Call before 9 pm.

4/22 Sun all Linda Smithyman 531-1868(h)

9:30 at HQ. Easy Wildflower walk at Enlow Fork near West Virginia border. Probably less than 5 miles.

4/22 Sun int Jim Ritchie 828-0210(H) 624-1220(W)

8:00 am at HQ. Rachel Carson Trail (Allegheny County) from Tarentum to Harrison Hills. Approx. 8 miles. Call for information and reservations.

4/22 Sun maint Pete Srin 921-1238(H) 788-7759(W)

8:00 am at HQ. Hiking maintenance.

CAVING

4/8 Sun all Dan Martt 921-4638(H)

8:00 am at HQ. Brady's Bend Cave. Explore a wet cave in warm weather. I am still trying to set up a caving program. Please call me at home or see me at open house on Thursdays.

LOWER GAULEY RIVER RAFT TRIP

by Linda Smithyman



PART I

"Is this it?" I must have asked for the fourteenth time. "This is it!", our usually fearless river guide, Gus Hughes replied. "IT" was a Class V rapid called Pure Screaming Hell on the Lower Gauley River in West Virginia. The butterflies in my stomach were having a field day because we had been looking for this rapid to challenge every bit of sanity we had in us. With my spreading reputation for adding to my adrenaline rush by screaming at anxious moments in the whitewater, I certainly wasn't going to pass this opportunity by. But maybe we could stop and scout the rapid first. Too late! Our directions were to raft the right hand side of the river and move left quickly near the bottom. The 'hole' was meant to be run on the left side where it was less of a problem. This hole had flipped rafts in the past and certainly would in the future. And we call this fun!

I said a little prayer, "please God, spare me and my AYH friends and let us go home happy, exhausted and most importantly, uninjured." And I don't pray too often. We headed the six man raft with five of us aboard to the right behind Gus who was in the four man raft. Jon Maiman was our captain, and neither of us had rafted this section of the river before. So far, so good. There had been quite a bit of churning whitewater to contend with and we were thoroughly enjoying the 80 degree October day. But now we faced a real challenge with anxiety and trepidation, or was it guts and stupidity?

Oh my gosh! Doug Bruce had fallen out of Gus's raft and the hole was coming up real fast. Gus got him back in and Debbie maneuvered the raft and then they were gone but seem to be safely through. Our turn. You know it's safe riding a roller coaster but mother nature's whitewater coaster is another story. Jon called out the commands, forward paddle, and paddle harder. Pain shot through my left arm and right leg. Soon I didn't think I could take any more, but I didn't dare stop paddling.

We hit the left side of the hole, went down in and up the other side and had to keep on paddling to get over the top. I screamed, of course. People heard me a half mile down the river. Oh no! Straight ahead was a rock ledge with empty space behind it with a roaring noise. Do you know what that means? An Hydraulic. I continued to paddle until we hit mid-air and then I grabbed the rope so the raft wouldn't leave me up there. I screamed again. This was GREAT! Calm water ahead. We made it. Yes, this is what whitewater rafting is all about.

Nine of us made the trip from Pittsburgh on Friday the 13th to our campsite at Summersville, WV, about a four hour drive. Guided by an almost full moon and my exceptional directions (only one car got lost) we all gathered around the campfire about midnight to tell jokes and down our favorite beverages. Our weekend plan was to raft the New River on Saturday, see how we worked as teams, and from that experience move on to slightly more dangerous, or should I just say challenging, whitewater on the Lower Gauley River on Sunday. Of course the best laid plans are meant to fail sometimes and due to two traffic accidents on the road, we found ourselves heading for the Gauley on Saturday morning instead.

First of all, we had to find the take out point, to leave the dry clothes and a car for when we finished our trip. We finally hit some little roads and Gus thought we were near the right spot. We ended up back-tracking and stopping to ask some kayakers in a parking lot for directions. Not only did we get directions but they took us there! People are so friendly when you are all there for the same purpose. So we left a car and headed for the put-in which proved to be down a very bad dirt road. It was more like a dried up stream bed down the side of the mountain. Once there we got ourselves and the equipment ready for trans-

port. In this case we had to carry everything about 3/4 of a mile along some railroad tracks. With everyone being a different height this proved to be considerably amusing and disruptive. Frequent stops had to be made so we could shift positions and, luckily, no trains came by! When we got to the river it was lunch time. No, lunch could wait, we were here for the whitewater!!

The river was pretty wide in its flat areas and the current proved to be moving at a nice pace. Plenty of big waves and class III rapids throughout. Our first considerable challenge was Upper Mash and then Lower Mash. Names can be deceiving, of course. These were great class IV rapids with technical turns and large holes that were to be avoided if possible. Part of a description of Lower Mash says to run center and ride out the long series of exploding waves and two big holes that munch slow moving boats. We took it well and found the river to be full of excitement but had time to slow our heartbeats in between the rapids. A nice sandy beach with the warm sun shining on us turned out to be a great place for lunch. We weren't sure exactly where Pure Screaming Hell would turn up and that kept the adrenaline flowing.

Most of the rapids were class III but much longer, technical and exciting than those on the Youghiogheny River at Ohiopyle. Most of us were seasoned paddlers and we got through without any problems whatsoever. Beginners luck? Then we finally hit the big one. Wow, Pure Screaming Hell was absolutely fantastic. Lots of credit goes to our raft captains for doing such a good job of keeping the rafts on an almost perfect course throughout the day and to each paddler who worked well in team fashion. Once we got through the best rapid the rest of the trip proved to be flat water for two miles so we watched the colorful trees slip by, took some photos, and relaxed. No one else had fallen in and we were grateful that the river provided such an exhilarating day. We packed up, changed clothes in the woods, and headed to Summersville for dinner to plan for day two.

Next month: Day Two on the Gauley

Trips in April

Casselman River Float Trips

It's that time of year again - time for the Casselman Cruise in Somerset County, a two day pleasure float trip sponsored by the Casselman River Watershed Association. April 22, 1990, Markleton to Fort Hill to Confluence: A 14 mile class II and III intermediate whitewater trip. Plan to meet at 9:00 am at the Markleton Bridge. Launch time will be at 10:00 am. Take outs may be at either the Fort Hill Bridge or at the Confluence ballfield. If you can't make the morning trip, meet at the Fort Hill Bridge between 12:00 and 1:00.

April 29, 1990, Garrett to Rockwood to Markleton: A 13 mile class II scenic pleasure float from Garrett to Markleton. Again, meet at 9:30 am; launch time 10:00 at the Garrett ballfield. This trip can also be split if you choose. Rental boats are available from local outfitters.

If you have any additional questions, please call Hank Parke (814) 445-6431.

(Ed. note: Contact with the Sponsors revealed that they are unaware of the skills required on this river, particularly in spring high water. No shuttles are provided and they have not dealt with the Markleton Bridge toll.)



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RAFTING

4/21 Sat adv Linda Smithyman 531-1868(H)

8:00 am at HQ. Raft the Cheat River in West Virginia. This trip is for experienced paddlers only and wetsuits will be required because the water will be quite cold. If you need to rent one, just ask. We'll try to keep the cost to \$20. Additional Cheat River trips are scheduled in May.

4/29 Sun beg Linda Smithyman 531-1868(H)

Lower Youghiogheny River trip with the Moon Adventure Club. Other people wishing to raft are welcome. Wool and/or wetsuits are recommended for this trip. Call for time.

SEA KAYAKING

4/24 Tues all Mark Mistrik 441-8293(H)

8:00 pm at the Elbow room in Shadyside. Sea-Kayaking planning meeting. We will discuss all levels of trips for the 1990 season. Also will schedule weekend and day trips and the evening introductory session in North Park. Everyone is welcome.

4/27-29 Fri-Sun Mark Mistrik 441-8293(H)

7:00 pm at HQ. We will spend Friday night at the Bluemont Youth Hostel in VA and Saturday in Urbanna. Easy paddling on the Rappahannock River and Chesapeake, and day hiking. Call ASAP for reservations and more information.

VOLLEYBALL

ATTENTION ALL VOLLEYBALLERS!

Note: If Pittsburgh schools are closed for any reason, such as snow days or national holiday, there will be no volleyball that day. We play on **MONDAY** nights starting at 6:30 at **PEABODY High School** located at Highland and E. Liberty Avenues. Go in the main entrance, turn right, through double doors, and turn right into gym. Call Joel Platt at 521-5244(H) or 421-4446(W).

4/2	Mon	6:30 pm at Peabody School
4/9	Mon	6:30 pm at Peabody School
4/23	Mon	6:30 pm at Peabody School
4/30	Mon	6:30 pm at Peabody School





BICYCLING EVENTS

by Chuck Ejzak



It's not too early to plan a spring or summer bike vacation. Bike trips can fit just about any price range, cycling ability, and time available. Do-it-yourself trips can make sense if you already know of where you want to go or are willing to do a little research. The advantage with planning a trip yourself is that you are freer to do what you want. On your own trip, you may be able to change your itinerary as you go. Careful research is usually an important ingredient for an enjoyable trip. Good resources include Bikecentennial, the Bicycle USA 1990 Almanac (by the League of American Wheelmen), and the department of tourism for the regions you wish to tour.

Commercial tours may be better for you if you are traveling in a new or exotic location, do not want to go through the trouble of planning your own tour, or can't find other cyclists to accompany you. Commercial tours can range from AYH World Adventure Tours which tend to be a little more rustic (and a lot less expensive) to some of the classier almost decadent trips like Vermont Bicycle Tour. For a sample of the commercial tour companies available pick up any magazine dealing with bicycling.

In recent years a third type of tour has been growing in popularity. These are called mass tours and feature hundreds or thousands of riders. Many of these tours are in areas few folks would go out of there way to see such as Iowa or central Ohio. Quite often, the appeal of these trips is the people. Local church and community groups get involved to offer dinners or evening entertainment and with thousands of cyclists, you are very likely to see things that you have never seen before. Finally, the cost for these is usually quite reasonable and in some cases downright cheap.

Information on Tours

As of this writing, I have received information on a couple of mass tours planned for

1990, The Grand Tour North (April 28 - May 2) and The Great Ohio Bike Adventure (June 17 - 23). The North in The Grand Tour refers to California. The ride starts in Sacramento and ends in San Francisco covering about 50 to 60 miles each day. The deadline for registration is April 20. I have several application forms available or if you prefer call (800)827-BIKE. The Great Ohio Bike Adventure is a little closer to home. Each year this tour covers a different section of the state and usually attracts thousands of riders. This year's tour is in the north central part. Deadline for registration is May 27. I can give you more information on both of these rides if you call me (466-6196).

Mon Valley Century Bicycle Tour

The planning and preparation for Pittsburgh Council's largest bicycling event have already begun, and we are looking for volunteers. Call Lynn or Chuck at 466-6196 if you would like to volunteer. No previous experience needed.

1990 Trips Brochure

This brochure lists major weekend trips and other big AYH Bicycling trips. This year, we will include a weekend trip to Niagara Falls as well as many usual favorites like weekend trips to Gettysburg, the Ironmaster's Mansion Hostel at Pine Grove Furnace, and the C&O Canal. The brochure should be available at HQ sometime this month. If you can't get to HQ, send a self addressed stamped envelope to: Chuck Ejzak, 6858 Wilson St., West Mifflin, PA 15122.

April Bicycling Trips

April marks the return of regularly scheduled bicycle trips. Because the weather can be quite nasty, most of the trips are relatively close to town and have later starting times. If you are planning to go

on a trip, call the trip leader at least a few days before the trip to let him know you are coming and to find out what the conditions for the trip are. For instance, some trips won't go if there is more than a 50% chance of rain and the high temperature won't go above 45. On the other hand, some trip leaders and trippers may look on this as valuable training for TOSRV. Check your bike over at least two days before the trip, especially if it has not been ridden since last fall. Check that the tires hold air, the brakes and shifters work, and the chain is clean and lubricated. Check your bike bag, too, to make sure that the spare tube and emergency tools are still there. (This may also be a good time to throw out those half-eaten Archway cookies that you bought on your last ride). ☐



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THE EDITOR'S FANCY

Wheee! I almost missed my own deadline this month. (I would have given me heck!). I ran away to a Ranch in Montana for ten days of XC skiing the last part of February. After an uneventful flight, (actually, we were bumped up to first class on one leg of the trip), we arrived in Bozeman late Friday afternoon. We checked into Voss Bed & Breakfast. The B&B was a 19th century Victorian house furnished with antiques. At 4:00 pm "tea" was served in the parlor by the bay windows on a small round table for two covered with a crocheted lace table cloth. The next morning we were served a sumptuous breakfast in the same spot.

On Saturday morning (pretty early) we were picked up there by the Ranch bus. We made two more stops at motels for other guests. They were two teachers from upper New York State and a couple from Georgia we had been with the year before.

We drove the 50 miles to the Ranch in a blinding snow storm that netted us over six inches of fresh powder. That and one other light dusting kept the trails in real good shape for most of the week. By the end of the week with the clearest blue sky ever, the temperature started to climb and the trails were icy in the morning and pure slush in the afternoon. At that point we slushed up to the North fork cabin that is situated off the trail, back in the woods and sat on the door steps in the warm sun and did some Birding. We spooked about 30 ravens that were up to no good; they had a lot to say about that and kept coming back to check us out. Their large wings sounded like a blanket being flapped at us. The Clarks Nut Cracker has almost as many different calls as our cat bird. The Stellar Jay is always a treat to see. Those birds knew about people = food and would move in to within a 15 foot range of us.

A first day, easy, get used to the altitude, trail is Ranch loop down to Meadow Village across the golf course to the Country store. After having a cherry coke or hot cocoa we took the shuttle bus back up the mountain. For our 50 cents fare the driver straps our skis on the big rack in front of the bus. Hewas eating his lunc , consisting of a sausage. With his can of Copenhagen secure in a coffee mug on the dashboard and two bottles of Dr Pepper rolling around on the floor under his feet, we hurl off up the road. No extra charge for the hard rock music(?) blasting from the cassett player. These people don't seem to notice that the roads are solid packed snow!

Another interesting trail was the Middle fork trail. The lower loop took us along a small creek where we took pictures of a moose munching on young willow bushes.

One evening we heard Coyotes yipping up on the ridge, taunting the local dogs. The next morning at breakfast we asked Joan, the teacher from NY if she had heard them. After a few thoughtful seconds she said, " oh, that must have been what I thought was a party I was not invited to."

On a day tour into Yellowstone's Old Faithful area, Marlene, one of the trippers and the trip leader were a little ways behind the others when a shaggy bison stepped up on the boardwalk and challenged their right to be there. Later she told us, standing there only a few feet from this huge monster paralyzed with fear, she tried to remember everything she had been told about wild animals; Don't panic, don't make eye contact, don't run, (have you ever tried to make a U turn on XC skis?) The beast just as casually stepped off the walk way and ambled on. At dinner that evening Marlene took a lot of kidding, animal rights jokes, etc. The story got better with the telling. One version was how she averted sure disaster with a single red bandana, matador style. Another was what a great coup de grace stick a ski pole makes.

On Friday afternoon a local school bus with a large box on top for carrying skis and poles arrived at the Ranch. The doors flew open and out spewed 30 urchins about 8 or 10 years old. They have their skis on in seconds and tear off up the trail, with two trip leaders in hot pursuit trying to keep them in sight. Around 3:30 we watched their return from our cabin. They left the parallel trail along the ridge and came swarming over the (300 foot decline) side of the hill like crazy ants. There were a few spectacular face plants and some impressive telemarking. There were as many skies pointing skyward as there were in the snow. One, more cautious kid made it over to a split rail fence. After sending her skies on down, she walked the fence rails down. Another one tried to side step down the hill but lost it and tumbled the last 100 feet. They just picked themselves up and hustled on after the leader.

No, I didn't mention the exact name of the Ranch or give you its location. Too many folks know about it already so I am going to be a little bit selfish about my favorite winter vacation place. It was our eighth year there. ♦♦ Jan Bugby

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For more information or to send a contribution, contact: Earth Day '90 Coalition of Western PA, 412 Smithfield Street, Suite 232, Pittsburgh, PA 15222. 2 (GRIP)



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THE OUTDOOR PHARMACOPOEIA

Osteoporosis, Exercise & Calcium Supplementation

Dear Cheryl,

I read an article in a sports magazine about exercise preventing osteoporosis in women. Is this true? What exactly is osteoporosis? Do you recommend taking calcium supplements.

"Cathy"

Osteoporosis is the most common skeletal disease in North America. It results from progressive bone loss. For both sexes, bone loss begins sometime after age 30. The rate greatly increases for women after menopause and can result in fractures and irreversible spinal deformities. Osteoporosis can be caused by certain endocrine disorders, certain types of cancers such as leukemia, drugs such as alcohol and steroids and certain genetic abnormalities. Other factors may put individuals at higher risk for osteoporosis such as eating a high protein diet which can promote calcium loss, smoking, menopause, alcohol abuse and leading a sedentary lifestyle. Type 1 or "post-menopausal" affects only women and type 2 or "senile" can affect both sexes. Osteoporosis is often symptomless until irreversible spinal deformities become apparent or fractures occur. Medical or surgical treatment at that point is difficult, expensive and has limited effectiveness. Therefore prevention is of prime importance.

Exercise is clearly beneficial in the prevention of osteoporosis. The effect of bone loss resulting from extreme lack of exercise has been shown by astronauts subjected to a gravity-free environment. They lost 4% per month of trabecular bone which is a "spongy" bone present in vertebrae and 1% of cortical bone which is the compact bone present in the femur or "thigh bone." Similar rates were reported with the use of casts following sports injuries or people becoming immobile due to paraplegia, poliomyelitis or even complete bed rest. Conversely, athletes have been found to have greater bone density than nonathletes. It is generally thought that weight bearing exercises such as walking, running, cycling, aerobics, and dancing are most beneficial. Non-weight bearing exercises such as swimming have not been shown to be helpful in preventing bone loss.

Calcium supplementation remains controversial. The current recommended dietary allowance (RDA) is 800mg per day. Some researchers recommend 1200 mg per day while others have shown that calcium supplementation in adults has "little effect on age-related bone loss in either males or females".

A well balanced diet which includes milk, dairy products such as cheese, yogurt and ice cream and dark leafy vegetables such as spinach and broccoli should provide enough calcium. Too much calcium can lead to the formation of kidney stones. Furthermore, increasing the dietary intake of calcium doesn't necessarily ensure its utilization by bone tissue. Bone will absorb or eliminate calcium depending on its needs to meet mechanical stresses. Therefore physical activity must still be maintained to prevent bone loss. The old adage "use it or lose it" definitely applies to bone!

In conclusion regular physical exercise can delay the onset of bone loss and reduce the rate of loss. It is strongly recommended to help prevent osteoporosis.

References to this article are available upon request.

This column will explore medical and pharmacological topics of interest to people involved in outdoor activities. All questions are welcome and should be addressed to: Cheryl Hoechner R.P.H., Ms, Drug Information Specialist & Clinical Pharmacist, c/o Pittsburgh AYH, 6300 Fifth Avenue, Pittsburgh, PA 15232.

WORLD TRAVELER

by Jerry Slagle

Part II

The first stop of my world trip was London, England. I wanted to start in an English speaking country in order to settle into the routine of traveling easily. Also, I did not have current information on budget traveling and I heard that London was the place to find it. I did have the guidebook, *Let's Go - Europe*, and used this book to get started. First thing after arriving in London, I had to find an inexpensive place to stay. The book advised, "go to the London Tourist office near Victoria Train station and they will help you, for a small fee, find inexpensive or, if your prefer, expensive lodgings in the London area." I did not stay at a youth hostel in London because of a "three day stay rule" and hostels were closed during the day. Since I had "jet lag" and wanted to sleep, I chose a hostel-type place that did not have those rules. This hostel was a converted 19th century mansion. Six people shared a room, which was crowded and drab. However, I met many people who provided me with all kinds of travel information and ideas at this hostel. The Irish laborers showed me how to get around London inexpensively, where to eat and where to party. Other guests advised me of the pitfalls to watch out for. Overall, the whole experience of staying at the hostel was great, even though the place was a dump!

With all this information, I started to make my plans. First, I wanted to tour London, then later the countryside of Great Britain. After touring the countryside, I would be ready to move on to another country.

High on my list of things to do in London was to visit the British Museum and the Museum of London. I spent many hours visiting these museums, going on "gallery walks" and listening to lectures. The museum of London has a program which offers "walks" through sections of London guided by a specialist and the cost is minimal. These walks have certain

themes such as "Roman London" or "Shakespeare's London". The guide leads you around the streets showing you where certain events have taken place or into the basement of an office building to show you the ruins of a Roman building. These walks are a good way to meet people from everywhere. After the walks, people get together and socialize at a pub or a restaurant. You may even obtain addresses from people in the group along with an invitation to stay at their homes when you're in their areas. The museum isn't the only place offering walks. I saw advertisements around London offering such walks as "Jack the Ripper" walk and other fun themes. I went on many walks which gave me insight into the city and the people.

I ate inexpensively while in London at places such as Wendy's (yes, they have them there) and the "all you can eat" salad bar for two pounds (about \$3). Along Earls Court Road are many Indian "take aways" (take out service restaurant usually with no seating available) specializing in Indian curries. There are a few Chinese "take aways" located in all parts of London. Right behind Saint Paul's Cathedral on the ground floor of a modern office building is a decent cafeteria style vegetarian restaurant. As a landmark, there is a "Job Center" (unemployment office) near the restaurant, if you have to ask for directions. Pubs also have food, but the food might not suit your taste. This information about places to eat may be outdated since I was in London in 1985. Anyway, ask around

the hostel for suggestions because new places open all the time.

While in London, I heard about the Coast Path footpath or hiking trail. It is located along the coast in southwest England. When I started looking around for information about this footpath, I found hiking guide books in the Youth Hostel Store near Convent Gardens in Central London. This store stocks various maps and guide books. After buying the books, off I went by "coach" (a long distance bus), which is cheaper than a train, to Minehead. Minehead is in the western part of England and is a gateway to the Coast Path. We stopped off at a couple of tourist sights along the way. We stayed at youth hostels which was my introduction to the concept of youth hosting. The hostellers were friendly and helpful. Once I got to Minehead, I hiked up to the hostel which was already full. They were nice enough to offer me a mattress on the floor. I wasn't that desperate yet. It was recommended that I stay in town at a bed and breakfast (B&B), several of which were located on the outskirts of town. This was the first time I stayed at a B&B. One night's stay cost me only five and a half pounds, which at that time was around \$8.50. This turned out to be the cheapest B&B of my whole trip. The lady who operated this B&B was very helpful and was like a mother to me. The breakfast she made was more than adequate. My room was comfortable and quiet. I stayed there a couple of days while organizing my hiking trip. ➡

(to be continued)

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....continued from page 1

complished each day's hike. During the day's hike we planned our lunch stop at Kautz Creek, a muddy gray stream full of glacial silt, and low and behold there was our own Marilyn Ham. She and Cliff had travelled out by train and at the moment Cliff was somewhere further up the trail. He returned before we finished lunch and we heard all about his and Marilyn's vacation plans.

By evening we reached our reserved campsite, called Devil's Dream. We quickly learned why. The water source was a difficult rock scramble down to a stream and the place was wall to wall mosquitos. We crawled into our tents early because of the mosquitos, but would have done so even earlier were it not for a visit from two attractive lady rangers, Koko and Cindy. Their ranger cabin was only a mile or so farther along on the trail. What delights they were - well worth the extra mosquito bites. There was at least one of our younger male contingency that found his way over to the ranger station to "watch the beautiful sunset".

The morning of day two was breathtaking. We started out through the high mountain meadows of Indian Henry's Hunting Ground on a clear, sunny morning with dew sparkling in the sunlight, a deep blue sky with fleecy fingers of clouds and our first good views of the gigantic hulk, Mount Rainier. Wild flowers were everywhere, purple, white, yellow, and red. The scenery left us speechless. In short order we passed by Koko and Cindy's ranger cabin but saw no activity. The setting was so special, perched in that flower filled-meadow with tall Engelmann Spruce trees on each side of the cabin and that magnificent slope in the background. Is it any wonder that these young women wanted to be rangers?

Not much farther along we reached a side trail to Mirror Lake and Pyramid peak and there leaning against the sign posts were two backpacks which we recognized as Jean and Todd's. They had started earlier than the rest of us. We

continued on because Jean and Todd both knew our destination for the day and are very capable backpackers.

The next really impressive sight was South Tahoma Glacier. It was truly awesome, and I took far too many pictures. We came upon a placard explaining that this glacier was off limits for hiking. In 1946, a plane with 32 U.S. Marines aboard crashed into this glacier and were never found. This became their tomb and in respect to them and their families the glacier was closed to any trespassing. But we had a definite destination for the day and would not have wanted to climb it even if permitted.

The glacier spawned South Tahoma Creek which had it's very own swinging bridge high above. Pat really dislikes swinging bridges, but crossed it entirely on her own; good show, Pat. We saw the effect here of what is called a "yokeloid", that is, a monstrously big mud slide that wiped out everything along it's path including parts of the South Tahoma Creek Trail.

As we progressed we reached the Emerald Ridge area. Not sure how it came to be named such; it was more awe inspiring than beautiful. There was sparse vegetation in the area through which the trail goes, but the view to the top of Mount Rainier was barren and rocky until it reached either glacial ice or white snow. The mood of the weather changed often. There were waterfalls, perhaps four or five. and then the sky cleared and you could see the mountain against a background of blue sky and feathery clouds, you knew you had to be closer to heaven. But you also knew you weren't too far away from hell when the horseflies took a pound of your flesh with each bite! We were then at about 5000 feet altitude. We found that as we ascended and descended while traveling around Mount Rainier, whenever we hit about 5000 feet we encountered those ferocious horse flies. But that was always a brief encounter.

We then dropped down and down into the valley made by the South Puyallup River and set up camp for the night. Blanche and Pat went exploring around

the area and came back with a tale about some rocks that I might want to see. Might! What an understatement. There was the largest deposit of rocks in columnar joining that I have ever seen. The only other example I knew of was Devil's Postpile in the high Sierras, and I've never been there when the snow would let me get close enough. Endless ribbons of hex shaped rocks, columns that lay side by side with about 200 feet visible and then disappearing into the mountainside. The deposit extended about 400 feet. I was ecstatic. This was something I had long wanted to see. My pictures fortunately recorded the scene (very dim light) but won't win any awards for photographic excellence. This for me was one the trip's highlights - and I still had nine more days to go. What else was in store?

What else? I soon found out. Jean came running down the trail sans pack or water bottle. Trouble! (to be continued)

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ANNUAL BANQUET

The Pittsburgh Council-AYH annual Banquet will be held Saturday, April 7, 1990 at the DORMONT JUNCTION INN located on West Liberty Ave. Cash bar will be available from 6:00 pm and dinner will be served at 7:00 pm. The buffet will include choices of sliced roast beef, Italian lasagna, baked boston scrod, roast chicken or vegetarian entrees with vegetables, salad and dessert included. the cost of the banquet will be \$16.00 per person. Please make your check payable to Pittsburgh Council-AYH, Inc. and enclose it with the cut out coupon below. Reservations must be received by Monday, April 1. Call Linda Smithyman at 531-1868 for additional information if needed.

To get there go through the Liberty Tunnels and continue straight up West Liberty Avenue for approximately 2.5 miles. The restaurant is on the right just passed McMinn Oldsmobile. Take the driveway immediately beside the restaurant to park behind the building. The Dormont Junction T Stop (rapid transit) is right behind the restaurant.

We are anticipating a nice dinner. Additional details as far as entertainment are not confirmed as of my deadline date, sorry. We're looking forward to seeing you there!! Don't forget to remind your AYH friends about it too.

Annual Banquet

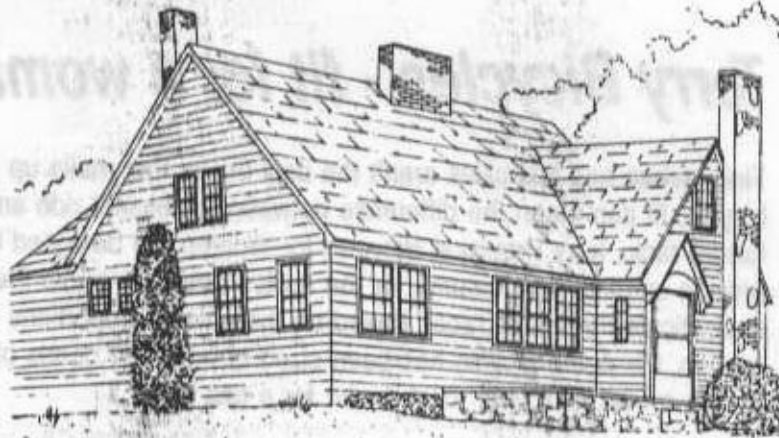
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RAILS TO TRAILS UP-DATE

The Western Pennsylvania Conservancy has given six miles of the abandoned Indiana Creek Valley Railway right-of-way to Saltlick Township in Fayette County for creation of a new hiking and biking trail. The property parallels Route 381 and Indian Creek between the communities of Miller's Crossing and Champion. ♦♦

Larry Laude



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The Ohiopyle State Park AYH-Hostel in Fayette County PA is part of the 20,000 acre Ohiopyle State Park. The hostel is operated in cooperation with the Pennsylvania Dept. of Environmental Resources. Ohiopyle is a small town nestled in the beautiful Laurel Highlands. The Youghiogheny River, or the "Yough", flows through the park, with the Ohiopyle falls a short walk from the hostel. The park has hiking, biking, and skiing trails. It also has river access for canoes, rafts and kayaks.

The hostel is on a grassy, tree-shaded hill to the right of the "Ferncliff Peninsula" entrance. The entrance is west of Route 381, between the double set of railroad tracks. Bear slightly right and the hostel is directly in front of you.

In the spring, you'll be treated to a display of wild flowers and flowering bulbs on the hillside in front of the hostel. The hostel has a fully equipped kitchen, a dining room, and a common room with a wood burning stove. It sleeps 25. There is also plenty of room for outdoor games and picnic lunches.

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CLASSIFIEDS

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For sale: Graber 4-bike porter roof rack. Car must have gutters. Currently sells for \$125. Like new. Asking \$100. Call Edd Hale evenings at 344-7156

Wanted: A picture of a Flamingo; Shearwater, either Manx or Mediterranean; Phoenix (mythical); Bulbul; Hoopoe and Osprey. Size up to 8 1/2" by 11" for a book on biblical birds. Call Eileen Hull at 242-5379.

For sale: C-1 (covered canoe for one person), lightly experienced, 13 feet, 70 cm wide, yellow fiberglass. Early Hugo design. Comes with flotation, paddles and maybe a spray skirt if it can be found. \$130. Call Marta Hurwitz at 4322-9204.

For sale: AYH SOLO CANOE by sealed bid: Mad River Courier, 14' 7", red, good condition. Air bags not included. May be seen Thursday evenings at AYH Headquarters. Minimum bid \$275. Bids will be opened on April 20. Call Clare Bunker, canoe chairperson for more information. 244-9788.

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American Youth Hostels is a nonprofit organization which promotes international understanding, educational and recreational travel, good citizenship and an appreciation of America. AYH does this by bringing travelers of all ages, backgrounds and nationalities together in hostels and by providing low-cost and National Office. AYH is the U.S. affiliate of the International Youth Hostel Federation (IYHF) which coordinates more than 5,400 hostels worldwide — the largest network of

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GUIDELINES FOR CONTRIBUTORS

All articles of interest to our members are welcomed — subjects relating to our trips and activities, the environment, the outdoors, etc. Articles submitted should be neatly typed and double spaced (at least a 12 point font), on disk or can be sent via modem when prior arrangements are made. Sorry I cannot accept more than one or two short paragraphs of hand-written copy. The use of material will be limited to available space. Place articles in the Editor's box at AYH Headquarters or mail to The Golden Triangle, 6300 Fifth Ave., Pittsburgh, PA 15232. *Jan Bugby*, Editor



which promotes international understanding, citizenship and an appreciation of America, ages, backgrounds and nationalities to travel programs through its councils affiliate of the International Youth Hostels Federation (IYHF) which coordinates more than 5,400 hostels accommodations in the world.

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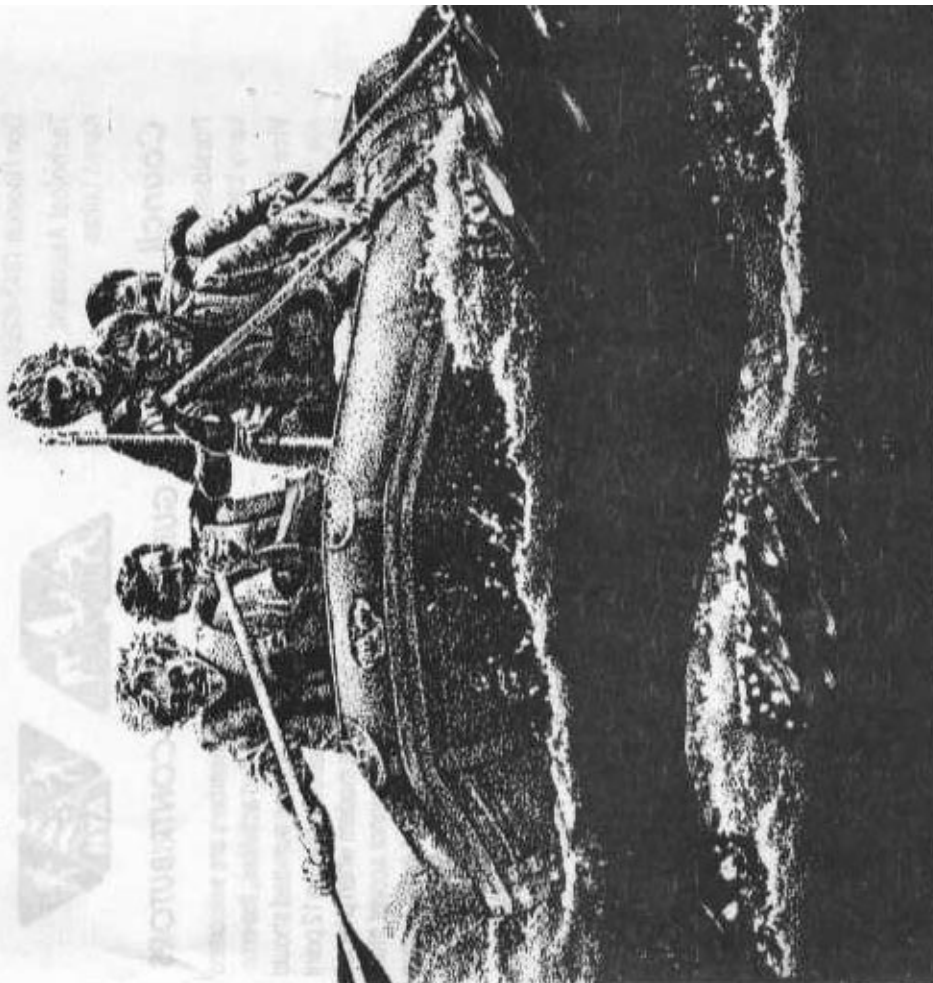
The Golden Triangle

Pittsburgh Council

American Youth Hostels

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