

The Golden Triangle

PITTSBURGH COUNCIL • AMERICAN YOUTH HOSTELS

Volume 40 • Number 7

July, 1989

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Slide Programs for July

July 6

Touring Switzerland
by Kathy Pacacha

July 13

Virgin Vistas of St. Johns
by Steve Poprocky

July 20

Trekking around Mt. Blanc
with Walter Vaux

July 27

Try caving in West Virginia
with Bruce Cox

You will now find Bob Goff (761-2837) and his assistant Rodney Horner (339-0944) patiently, longingly sitting alone at their homes by their phones waiting for your call with a volunteer show for a Thursday in August. Please call them.

The President's Report —Membership Fees Restructured

by Larry Laude

Some of you may have been aware of the changes being considered by the AYH National Board with regard to membership. The changes have been adopted by the Board at their June meeting, so I'd like to summarize them for you here. These changes will go into effect with the sale of 1990 memberships, which should be available September 1st.

New Membership Prices

The initial membership for new members will go up to \$25, but renewals will be only \$15. This is intended to encourage renewals and is also a compensation for the elimination of the "activity" or "associate" memberships offered by Pittsburgh and other Councils. With this change, 2 year memberships will also be eliminated. Youth memberships will stay the same, while senior citizen memberships will increase to \$15 a year. Life memberships will stay at 10 times the adult membership, or \$250. The new supporting and sustaining memberships will provide a higher level annual membership, with the additional cost being considered a donation. In summary:

Adult	\$25 (\$15)
2 Year	---
Youth	\$10
Senior Citizen	\$15
Family	\$35 (\$25)
Supporting (new)	\$50
Sustaining (new)	\$100
Life	\$250

I think this is an equitable approach to the immediate problem, which is a need to increase revenues for the National organization, while not discouraging long term membership in AYH. The reduced renewal rate will benefit our continuing members but will also mean a lower income per renewing member for the Council. We are trying to determine now what affect this will have on the Council's income.

Twelve Month Memberships

Some good news here. The new memberships will expire 12 months from the date purchased. This means that members joining in August, for example, will get a 12 month membership expiring the following July instead of a 4 month membership expiring in December. Renewals, however, will expire 12 months from the expiration of the previous pass and must be purchased within 6 months of the expiration of the previous pass to be counted as a renewal.



Activity Memberships

Only memberships offered by the National office may be sold by the Councils. This means the end of our experiment with Activity Memberships. Please note that current activity members may join as full members at the renewal price. We hope that all of our activity members chose to stay with us and renew as full members.

Hostel Clubs

The final change regards hostel clubs. The primary factor here is that all club members must be full AYH members. This will require changes in our relationship with our two hostel clubs (Moon Adventure Club and Volunteers for Outdoor Allegheny); we will be discussing these with the clubs directly.

The implementation of these changes obviously requires a lot of work at the National office and on our part. We will be providing more information in the newsletter as it becomes available.

Trips and Tales **—Sailing Safety &** **Mountain Rescue**

by **Cathy Szymanski**

Sailing Weekend

Last year Debbie Rosen, from Single Sailors, led a Red Cross Sailing Weekend at Pymatuning State Park which she is going to do again this year.

Six people met at her house to discuss the details. Debbie provided registration forms; the trip cost \$25 for classroom instruction and "hands on" sailing. Every detail such as places to stay, car pooling, and food (each person's preference, cost per person and a person to do the shopping) was planned. Thanks to Debbie Rosen's well-thought-out plan, the weekend was a lot of fun.

Debbie is now a new member of AYH, and is leading another sailing weekend starting Friday, August 11, through Sunday, August 13, 1989. However, it would be best to be at Pymatuning on Thursday. Contact Debbie Rosen at 422-9175. Red Cross will accept 10-12 people.

Mountain Rescue Instruction

A mountain rescue instruction took place at High Rocks on Saturday, June 30. This event was organized by Eric Bauer.

Basic knots used in climbing were reviewed, after which instruction progressed to lowering and raising the Stokes litter, which is a basket made of metal mesh and used for carrying an injured person. The Stokes was borrowed from Pat Holtzinger. "We went to the top of the rocks, set up a system of ropes off trees tied to the Stokes, and used the ropes as pulley systems," explained Bill Johnston.

Eric told me they learned how to set up a belay stance by using chock stones. Bill also explained that three pieces of protection are put into the cracks in the wall in such a way that they get equal tension from each of the anchors.

Someone called a tender (Tom Novak in this case) goes down with the Stokes. This person is on the pulley system lowered simultaneously. The pseudo-injured person in the Stokes litter was a 50-pound loaded backpack which was lowered to the bottom. "We didn't lose the body," Bill added.

Steve Downing gave me the details

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Editorial

July 13

Trip Listings

July 13

Advertising

July 13

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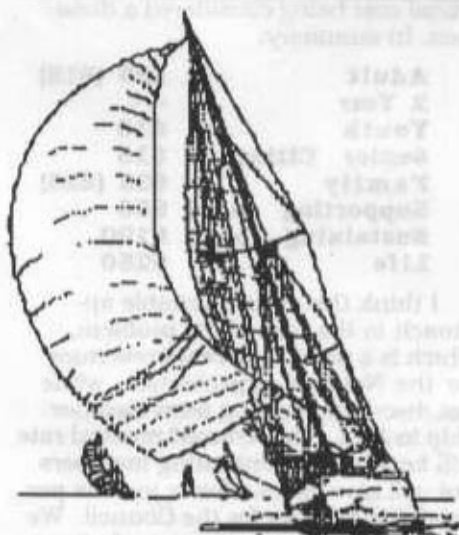
July 27

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 travel programs through its councils 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 accommodations in the world.

The Golden Triangle is published monthly by the Pittsburgh Council of American Youth Hostels. Contents are at the discretion of the editor. Mail regarding this newsletter should be addressed to:

The Golden Triangle

Pittsburgh AYH, 6300 Fifth Avenue, Pittsburgh, PA 15232 Phone 362-6181



of the Z system, called that because of its configuration of rope, used in setting up pulleys and carabiner (a steel loop with a hinge). This is what is used to pull someone up the rocks, a difficult thing to do because of the nature of the weight. You can lower another person to help.

Steve also explained that they learned prussik cords, special knots which will slide on a climbing rope except when pressure is applied. Two of these knots are used, one at your waist and one at your foot. Keeping ones weight on one knot, the other one is loosened and moved up the rope. These instructions took up most of the day. "It was a nice day. We learned a lot and Eric did a good job," Bill said.

—Know Your Parks

The Wonderful World of Fens

by Rose Sainne

The Plaingrove Fen Natural Area is a 380 acre wetland located about two miles northwest of the Slippery Rock exit off of Interstate 79. The property which was originally owned by Mrs. Elizabeth M. Totten has been entrusted to the Western Pennsylvania Conservancy in order that it be properly preserved.

Aside from the natural beauty of the Plaingrove Fen, the area may also be of interest to AYH'ers because of its wildflower and endangered plant refuge. Within this area one can find the spreading globe-flower which has recently been added to the Pennsylvania

endangered flower list. There are now three colonies of this flower in the Fen.

Another interesting feature of this wetland area is a colony of great blue herons that began nesting in the southwest portion of the property in 1985 or 1986. This rookery contains between 25 to 30 nests.

Additional information on this area can be obtained by contacting the Western Pennsylvania Conservancy.

How to tell a bog from a fen from a marsh from a swamp.

• Bog—Wetland with no defined inlet or outlet. Precipitation is the

primary source of moisture which either filters into the ground or evaporates.

• Fen—Peat-forming wetland where mineral-rich ground water seeps to the surface. A fen can be either acidic or alkaline and usually has a defined outlet.

• Marsh—Wetland with a defined inlet and outlet where water flows through the system. The dominant vegetation is non-woody plants such as grasses, sedges, and rushes.

• Swamp—A swamp is similar to a marsh, except that the dominant vegetation is woody shrubs and trees.

This information was taken from an article that was published in a recent issue of Conserve.

The Bells of Capistrano

by Lauri Francis,
Syracuse Council AYH

After the November 1988 National Council meeting, my husband Walley and I had the good fortune to stay at the San Clemente Youth Hostel. The old library building was given to the San Diego Council by the city after a new library was built. We stayed in the leader's room and so were additionally spoiled. The hostel's combined common room/dining area was spacious, the kitchen had several stoves, and there was a washer and dryer on the premises.

The business district was within a block, with trendy and non-trendy type shopping and eateries. That evening we had our best meal of the entire trip at a family owned restaurant with historic connections. In the morning, it was short walk to the town pier for breakfast at a cafe on the pier. The village of San Juan Capistrano is a short distance, and is definitely worth a stop. San Juan, like San Clemente, was founded by Spanish missionaries as the famous "Chain of Missions" were established up the California Coast. San Juan Capistrano, "where the swallows return each year", is very picturesque. The mission itself is largely restored, and the town is built in a style consistent with California Mission architecture, stucco walls and tiled roofs.

*Reprinted from Highroads,
Syracuse Council AYH, Vol. 25
Issue 1, Spring, 1989.*

Pymatuning Weekend

August 5-7, 1989

Leader: Fred Parker, 856-4713

Take a Basic Sailing Class and Bicycle and Sea Kayak at the American Red Cross Smaller Craft Training Camp located on Pymatuning Lake.

• Sailing: A two day basic sailing course will be conducted for a maximum of 16 people. Students must be at least 11 years old and be able to maintain themselves unaided for three minutes in deep water. Reserve with \$22 below.

• Sea-Kayaking: Both days or kayak one and bicycle the other. Reserve below with \$12 plus \$7 for each day's kayak rental.

• Bicycling: Rides of several lengths and diversions are available. Reserve below with \$12.

• Picnic dinner: The group will help with Saturday's dinner of salad, beans, burgers, and fresh corn on the cob. Breakfasts at 7AM with juice, cold cereal, bagels and cream cheese, fruit, and hot beverages. Indicate below if vegetarian. Lakeshore tenting near the parking area, well water, outhouses, and washroom (no showers).

• Costs: The cost is \$22 for sailing and \$12 for bicycling and sea-kayaking, plus any rentals. Nonmembers are \$4 more. Transportation costs for 240 miles are paid directly to the driver.

• Bring: Two lunches, tent, flashlight, sleeping bag and pad, sneakers for any water activity (swimming included), swimsuit, eyeglass holder, sunscreen, sunhat, insect repellent, and foul weather gear.

• Questions: Call Fred Parker at 856-4713

Pymatuning Weekend

Name _____ Phone-wk _____

Address _____ Phone-hm _____

City, State, ZIP _____

Need Ride ☐ Can Drive ☐ and carry People ☐ and bikes ☐

Sailing: Sat & Sun: ☐ Sea Kayaking: Sat ☐ Sun ☐

Bicycling: Sat ☐ Sun ☐ Indicate Lengths: _____

Mail to:

Fred Parker, 331 Skyview Dr., Monroeville, PA 15146-1239

A Rocky Mountain High

Part II - Conclusion

by Bill Johnston

When last we left Bill Johnston and John Popp they were hanging on the side of a cliff at Estes Park, Colorado. The outcropping they are climbing is called the Book. Lightning, thunder, wind, rain and hail have made the climb yet more hazardous and the only practical way out is to continue up. Two days of climbing have caused fatigue and the climb has become more a matter of survival than enjoyment. Do they make it? Read on.

I peek out above me to check out the route, and can see only wet rounded terrain, but there is no use sticking around—I'm shivering and it looks like it can start raining again. Making it through the previous pitch in the light rain gives me some confidence and I have a bomber first handhold and a good looking foothold just above me if I can get to it. I yell to John to see how he is, and he tells me that he is chilled but okay. I tell him I am going

for it and he says he has me, so off I go.

It feels good to be moving again. The bomber handhold gets me to the good foothold where I get in some protection. Nothing above is as good as the first holds, but there are cracks to jam with both feet and hands which will hopefully hold despite the wet rock.

The intensity of such a moment is riveting. Your whole world narrows down to what is in front of your nose and the few feet above. Your total being seemingly is transmitted into the rock through your hands, feet and anything else which might cause friction. Pain is welcomed since it too reflects friction. Blood? Great!! Something must be holding, even as time itself is put on hold.

Everything indeed does hold and the pitch is completed. Then, the energy which has flowed out into the rock while climbing, reverses itself. Sensory overload envelopes one's

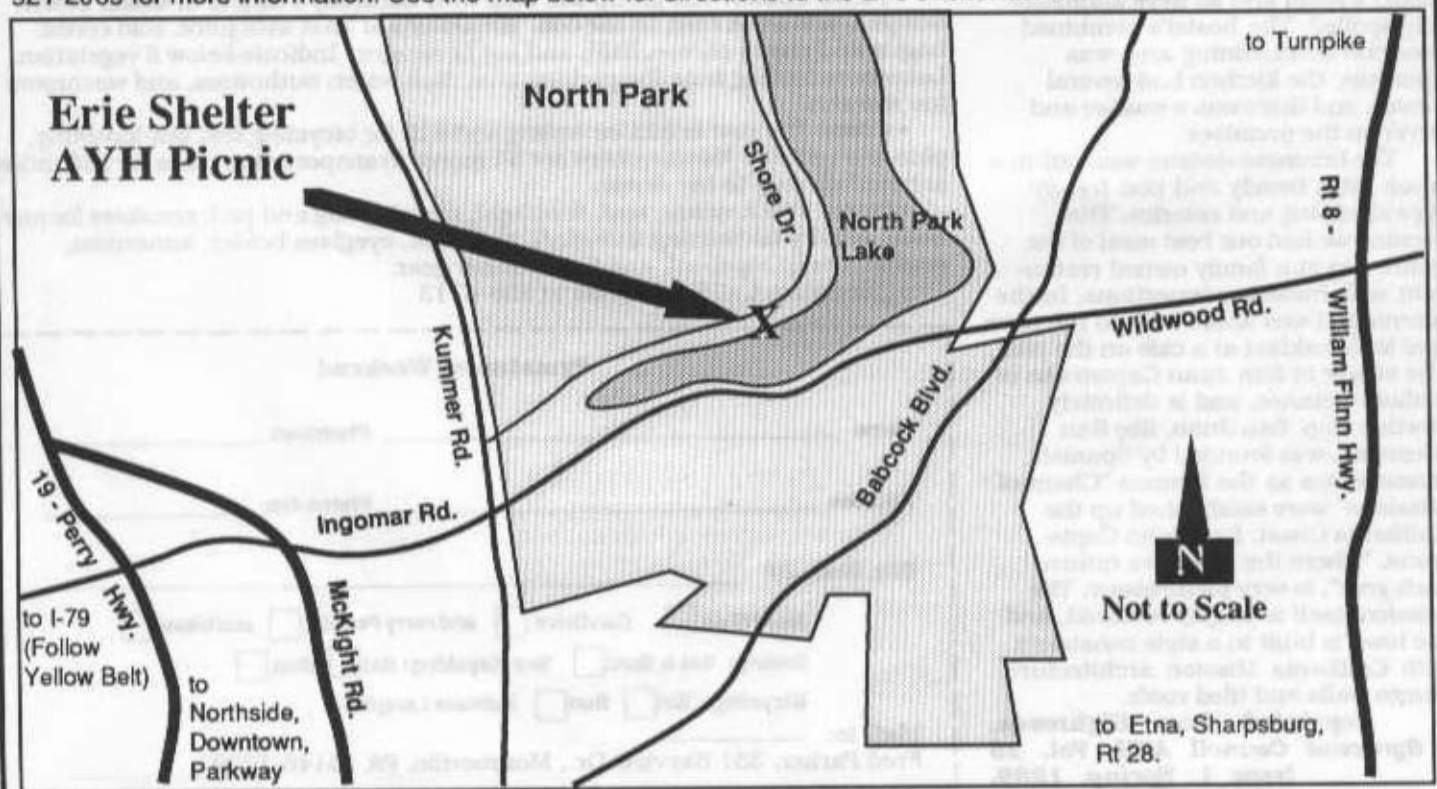
being as the rock seemingly pours back in spades the energy it has just received. Feelings of relief, satisfaction in accomplishing what had to be done, joy in knowing you have not let your second down and are now able to guarantee his safety, and a rapidly widening view of the world beyond the rock in front of your nose comes to the fore in intense clarity and sensuality. Time again starts ticking.

John soon joins me in a happy reunion. Each of us has done what had to be done and trusted the other to be doing the same. Just a short pitch to the top, which is basically a scramble, where we organize our gear, coil the rope and check the guide book for the route down. It says it's an easy but tedious 600 foot descent, John speculates that he will be able to handle the tedium.

Descending dries us out and warms us up, while a strange sense of tranquility envelopes us as we ponder the intensity of the last few hours. Returning to the hostel we feel no need to do anything or go anywhere—only a strong sense of being.

Come to the Pittsburgh Council Annual Picnic

The Picnic Starts at Noon on Sunday, July 23 in North Park. Many activities can be enjoyed there. Hike, walk or cycle around the lake, sea kayak, play picnic volleyball, get to know someone new and relax under the shade trees. Bring your own picnic lunch and perhaps some to share. \$1 donation helps pay for the shelter. Call Carla Steel at 921-2069 for more information. See the map below for directions to the Erie shelter at North Park.



Pittsburgh Council Activity Chairpeople

Climbing

Eric Bauer 687-0766
Rich Rosenberger 372-2806

Hiking and Backpacking

Ben Brugmans 736-2751

Bicycling

Chuck Ejzak 466-6196
Judy Menosky 242-1573

Family Activities

Barbara Hanusa 441-7205

X-C Skiing

Fred Parker 856-4713
Rick Ulaky 422-0849

Volleyball

Joel Platt 521-5244

Kayaking

John Gayler 421-1307
Ray Yutzy 341-5682

Sea Kayaking

Mark Mistrik 521-7688
Ted Self 795-6286

Canoeing

Rick Tomlinson 963-8910

Rafting

Jon Maiman, Chair 441-2306
Linda Smithyman 531-1868

Bicycling News

by Chuck Ejzak

Great Ride Wrap-Up

We would like to thank all 35 (or more) AYHer's who volunteered to help with the Great Ride. The bulk of the effort was spent running the food stops for riders on all the longer rides. Some helped supplement the volunteers from the Western PA Wheelmen as ride marshals, and the rest were back at Schenley Park running the bike check (where cyclists could safely park their bikes) and the AYH information table. This year's ride was held at Flagstaff Hill instead of the Schenley Oval where it had been the last several years. The new location seemed to work much better, although turnout for this year's ride was down slightly, numbering around 2300. The 50 mile ride was changed this year to include some scenic but hilly roads in the Fox Chapel area. Most of the riders (at least those who returned by 1:00) seemed to like the route, although we had heard that there were still some

AYH Trips for July, 1989

Trip Categories: A = Advanced B = Intermediate
C = Easy D = Beginner

Date	Day	Level	Leader	Phone	Time
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Canoeing

Chair: Rick Tomlinson 963-8910

General Information: Bring these items on most trips: Lunch, change of clothes, sun hat, knee pads, suntan lotion, waterproof bag, strap for glasses, raincoat. Wear old sneakers and preferably wool clothes.

7/8 Sat A Mary Shaw/Roy Weil 681-5131 8:30atHQ
Canoe Poling School: Mary and Roy will provide training in poling on a shallow rocky white water river. This is a once a year event. Fee for AYH members is \$3.00.

7/8 Sat B Bob Buck 793-1480 8:30atHQ
Class I/II trip. Good trip for WW2 trained persons and for WW1 persons who have done at least one other trip.

7/9 Sun C Don Hoecker 243-8298 8:30atHQ
Class I trip; Practice the skills you learned in WW1 school.

7/9 Sun B Bill Whitehead 422-8216 8:30atHQ
Class II trip; Practice the skills you learned in WW2 school.

7/15 Sat D Oscar Mayer 422-8216 8:30atHQ
Basic Canoeing School; Learn flat water paddling on a lake or gentle river. No experience necessary. Fee for AYH members is \$3.

7/16 Sun B Gordon Bugby 371-4233 8:30atHQ
White Water II School; Learn more advanced white water skills including eddy turns, boat positioning and control. For those who have completed WW I School; Fee for AYH members is \$3.

7/22 Sat A Bob Wilbur 364-2164 8:30atHQ
Class II/III trip; Run in conjunction with kayakers. Good river reading and boat control skills are needed.

7/23 Sun B Janet Supowitz 247-4016 8:30atHQ
Class I/II trip; Mid-Summer, Mid-Yough, Mid-Day pot-luck lunch planned. Good trip for those who have completed WW II school as well as confident persons with WW I training. There will be a pot-luck community lunch, so Janet will ask you to bring along a goodie to share.

7/29 Sat C Jim Porcelli 8:30atHQ
Class I trip; Good practice for those who have completed WW I training.

7/30 Sun B Jim Gogots 8:30atHQ
Class II trip; Good practice for paddlers who have completed WW II training.

8/5 Sat A Dave Marschik 8:30atHQ
Solo Paddling School; Dave will help you learn the art and skill of solo boat paddling. This is a once per year event for competent tandem paddlers. Fee for AYH members is \$3.

Kayaking

Chairs: John Gayler, 421-1307 (h), 772-5277 (w)
Ray Yutzy, 341-5682

General Information: Bring appropriate clothing; lunch in waterproof form; money for fees, rentals and dinner on return trip. A limited number of kayaks are available for rental. Reserve early with the trip leader or with Ray Yutzy for all other uses.

7/1-4 Sat-Tue see canoe trip listing - 1 trip

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Bicycle News

(Continued from Page 5)

riders out on the route after 3:30 when everything was closing down. The weather was ideal for riding, sunny and in the 70's. Our council president, Larry Laude, and George Schmidt from the Western PA Wheelmen, each received plaques from Mayor Masloff for their considerable efforts in this event over the last several years.

Mon Valley Century Bicycle Tour Sunday August 20

This year's ride is still in the planning stage, but will include an additional food stop for 100 mile and 65 mile riders.

Don't be intimidated by the distance, especially on the 35 and 65 mile routes. The terrain for both of these rides is flat—so if you are new to cycling and are looking to try a little bit longer ride, one of these may be for you.

Application forms are available at HQ; or, send a self-addressed stamped envelope to Chuck Ejzak, 6858 Wilson St., West Mifflin PA 15122. If you would like to help with the MVC, talk to Chuck Ejzak (466-6196). We can use volunteers at registration and at the food stops. Last year's ride went very well thanks to the volunteer effort. If you can spare the day, we can use you!

MS 150

This year's MS 150 will be during the weekend of August 26 to 27. The ride is a fund raiser held by the Allegheny Chapter of the National Multiple Sclerosis Society. Registration is about \$25; in addition, each rider must raise a minimum of \$150 donation.

This covers everything except your bar tab. Leave North Park on Saturday morning and enjoy a 55 mile ride over rural rolling terrain. Stay overnight at the Holiday Inn Holidome or at Conley's in Beaver Falls. Return to North Park on Sunday by a shorter and flatter route. The total trip length is about 95 miles (150 km). Application forms are or will be available at HQ or contact the National MS Society.

Pine Grove Forest Weekend July 28 - 30

Leader: Steve Nydes (412)661-9357

Stay at the Ironmaster's Hostel in the state park. Your choice of: cycling on quiet scenic roads, mountain

(Continued on Page 7)

AYH Trips for July, 1989

Date	Day	Level	Leader	Phone	Time
Kayaking, continued					
7/8	Sat		Ray Yutzy	341-5682	Kayak School
Introductory kayaking school - no experience necessary.					
7/8-9	Sat-Sun		see canoe trip listings - 4 trips		
7/15-16	Sat-Sun		Barb Flanigan	837-2802	New River
Weekend, Three Rivers Paddling Club. Note: This is not an AYH trip! The New River Gorge - Class IV-V, The Upper New River - Class II-III					
7/15-16	Sat-Sun		see canoe trip listing - 2 trips		
7/22	Sat		John Gaylor	421-1307	
Joint canoe-kayak class II-III trip. During the day, call 772-5277.					
7/22-23	Sat-Sun		see canoe trip listings - 2 trips		
7/29	Sat		Jim Large	683-7721	
Class II-III trip					
7/29-30	Sat-Sun		see canoe trip listings - 2 trips		
Sun 5-6	Sat-Sun		Patty Snow	457-9293	for instruction or
Tim Chase 784-3029 before 9 pm for picnic and camping. Three Rivers Paddling Club (Note: This is not an AYH event) "Turkey Bash" weekend — clinic, picnic & trips at Ohlerville — reservations required.					

Sea Kayaking

Chairs: Mark Mistrik 521-7688, Ted Self 795-6286

General Information: On most day trips bring lunch, water, sun lotion, sunglasses, a hat, a change of clothes double-wrapped in waterproof plastic bags, and an old pair of shoes to be worn while kayaking. For cooler weather also bring layered clothing and a water-resistant paddling jacket. For longer trips contact the trip leader. Don't forget your rain gear or a rain poncho.

7/11 Tues All Mark Mistrik 441-6330
Spend an evening Sea-Kayaking at either North Park or Crooked Creek Lake. Beginner instruction provided. North Park is close to Pittsburgh and is home to a large number of Canadian Geese and other waterfowl. Crooked Creek is more remote and very scenic. Optional food stop afterwards. Call to reserve. (work phone 647-7609)

7/14-16 Fri-Sat Mark Mistrik 441-6330
Chautauqua Art Festival and Sea-Kayaking Weekend. Join us for a weekend at Chautauqua Lake, New York. We will spend mornings on Lake Chautauqua and see the Chautauqua Institute and attend the Summer Arts Festival during the evenings. "Luxury Camping" both Friday and Saturday nights and a stop at a Pennsylvania Historical site in the Allegheny National Forest on the way home. Call to reserve (work phone 647-7609). Reservations required by 7/7/89.

7/25 Tues All Mark Mistrik 441-6330
Spend an evening Sea-Kayaking at either North Park or Crooked Creek Lake. Beginner instruction provided. A repeat offering of the 7/11 trip described above. Call to reserve (work phone 647-7609).

7/28-30 Fri-Sun Mark Mistrik 441-6330
Sea Kayaking trip to Pymatuning. Car camping Friday evening and primitive camping Saturday night. Pymatuning offers some of the best variety of bird life in Pennsylvania including the possibility of seeing wild eagles. The trip will require beginner level skills only, but previous sea-kayaking experience is strongly recommended. Call for more information (work phone 647-7609). Reservations required ASAP.

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Bicycle News

(Continued from Page 6)

biking on some great trails, climbing, hiking on the Appalachian or other trails, swimming (lake or pool), or just doing nothing, all in nearby state parks. Climbers should also contact Eric Bauer (see Climbing trips for phone number). Please reserve early since the trip size is limited to 20 trippers. The deadline to reserve is July 13.

Hot Weather Riding Tips

Summer riding is usually great; however, if you are unprepared or not careful, you can sometimes get into big trouble. The effects of hot weather can be as bad and sometimes even worse than the effects of cold weather. Dehydration is the cyclist's worst enemy (outside of drunk drivers). On a hot day, it can be nearly impossible to drink enough fluid to compensate for what is lost through evaporation off the skin. The sun can be another enemy to the unsuspecting cyclist. In more extreme weather, air can be too warm to allow the rider's body to cool itself off, although this is more of a problem with runners than with cyclists. Here are some tips to keep your summer riding enjoyable:

- Drink lots of fluid, especially water. Force yourself to drink at least one large glass of water before a long ride and try to drink at least one water bottle's worth of liquid every hour. Do not wait until you feel thirsty, it may be too late.

- Keep your shirt on. You can lose a lot of water through a bare back, not to mention exposure to possible sunburn. You will hold up better on long rides with a light jersey. Try some of the new fabrics like Coolmax.

- Ride early in the morning or in the evening. When the weather is particularly hot, avoid the hottest part of the day if you can.

- Avoid drinking any alcoholic beverages before riding. This is especially true in hot weather. In addition, take it easy the night before a big ride.

- Watch out for sunburn. Use sun block as appropriate to keep yourself from getting burned.

Tandem Bicycles

Do you own a tandem and are you looking for other folks with tandems to ride with? Are you considering buying one or just want to know more about them? If you do, then you will be

(Continued on Page 8)

AYH Trips for July, 1989

Date	Day	Level	Leader	Phone	Time
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Rafting

Chairs: Linda Smithyman, 531-1868; Jon Maiman, 441-2306

7/9 Sun All Jon Maiman 441-2306 8:15am at HQ.
Raft the Youghiogheny at Ohlerville. All beginners are welcome. You must call to reserve a space.

7/15-16 Sat-Sun All Linda Smithyman 531-1868 7am at HQ
Raft the Yough at Ohlerville. Stay overnight at the hostel and hike, bike or lounge around on Sunday if you wish to do so. Please call to make your reservation as soon as possible. (You don't have to stay overnight if you don't want to.)

7/22 Sat All Shirley Ulaky 422-0849 8am at HQ
Raft the Youghiogheny. Beginners are welcome! Call to reserve a space.

7/29 Sat All Linda Smithyman 531-0868 1pm at HQ
Raft or rent a duckie to do the loop at Ohlerville twice or even three times!

8/13 Sun All Linda Smithyman 531-1868 7am? at HQ
Leave bright and early for a duckie trip on the Valley Falls section of the Tygart River in West Virginia. Cost is around \$34 plus transportation. Previous duckie experience is necessary.

Bicycle Trips

Chairs: Chuck Ejzak, 466-6196; Judy Menosky, 242-1573

General Information: In general, it is best to call the trip leader before the ride to tell him or her that you are coming and to see if there are any changes. Make sure that your bike works properly and bring a spare inner tube, at least one water bottle, and if the weather looks threatening, a rain jacket or rain suit. AYH bicycle rentals must be arranged with the trip leader one week in advance. Bicycle helmets (ANSI or Snell approved) are required on all AYH cycling trips.

6/30-7/4F-T All Lynn Ejzak 466-6196
Presque Isle, 0-200 miles; A relaxing weekend near Presque Isle. Car camp and enjoy morning rides on Presque Isle, afternoons on the beach and evenings by a campfire or, if you prefer, enjoying some of the nightlife. Join us for as many or as few days as you wish. There will be a 140 to 200 mile ride up on Saturday for those who want a long distance challenge, and a bike camping trip option starting from Slippery Rock on Saturday arriving at the campground on Sunday. See ad elsewhere in this newsletter. Reserve by June 22.

6/30-7/4 Fri-Tue B Glen Oster 364-2864 6:30pm at HQ
C & O Canal Bike Path, 180 miles; Tour along the entire C&O Canal towpath.

7/8 Sat C Chris Kline 8:30atHQ
In Town, the 25 mile ride from The Great Ride.

7/9 Sun C Mike & Marta Hurwitz 422-9204 8:30atHQ
Washington County, 25 miles; A scenic ride which may include a covered bridge or two. The terrain is rolling, which means not flat but not real hilly.

7/15 Sat C Bill & Carolyn Menosky 961-1636 9:30at
Sewickley
Sewickley Area, 25 miles; Meet at the Osborne School just East of Sewickley. This is a leisurely ride in a very nice area. Call ahead. Note that this ride does not leave from HQ.

7/16 Sun C Jeff Weiss 661-8831 10:00atHQ
Keystone State Park, 25 miles; Enjoy the wooded and rural areas near New Alexandria. The ride will be at a very comfortable pace and may include swimming at the end.

(Continued on Page 8)

Bicycle News

(Continued from Page 7)

AYH Trips for July, 1989

interested to know about the PAR-ROTS, a newly formed, informal tandem club. The purpose of the club is to get tandem owners together on rides to have fun and to share information about tandems and riding them. Club dues are \$2 to cover printing and mailing of the trips brochure. If you are interested in learning more about the PARROTS or even just tandems, contact Becky or Oscar Rattenborg (364-4961) or Lynn or Chuck Ejzak (466-6196).

Pittsburgh Council Membership Sales Agencies

Pennsylvania

AAA Agency

317 South Richard St
Bedford PA 15522
814-623-5196

McMullen Travel & Tours

Clarion Mall
Rt 68 & I-80
Clarion PA 16214
814-226-1040

Edinboro Travel Service

122 Erie St
Edinboro PA 16412
814-734-1639

Atlas Travel Service

400 5th Avenue
Kaufmann's (9th floor)
Pittsburgh PA 15219
412-261-0248

Ohlpyle AYH-Hostel

Ohlpyle State Park
PO Box 99
Ohlpyle PA 15470
412-329-4476

Living Waters

AYH-Hostel
RD#1, 1 mile west
Schellsburg PA 15559
814-733-4607

Lenz Travel Service

173 South Main Street
Slippery Rock PA 16057
412-794-4833

Centre for Travel

114 South Hiester Street
State College PA 16801
814-238-4987

(Continued on Page 9)

Date	Day	Level	Leader	Phone	Time
7/22	Sat	D/C	Joel Hough	221-4093	10:00 at HQ
Moraine State Park, 10-25 miles; Ride the bike path or venture out onto some of the pretty roads near the park. The actual trip will depend on the interest. There may also be swimming or sailing.					
7/23	Sun	B	John LeBlanc	233-0588	10:00 at
Elizabeth Mon Valley, 50 miles; A flat but scenic ride from Elizabeth to Roscoe and back. The entire ride is near the Monongahela River. Bring money for lunch.					
7/28-30	FSS	A	Tony DiCello	339-8668	
Skyline Drive, 180 total miles; A challenging ride of 110 miles on Saturday through the Shenandoah National Park in Virginia. Scenic panoramas of the Piedmont and Shenandoah valleys as the road climbs 2300 feet. The return trip on Sunday is shorter and easier. Camping Friday night and a motel on Saturday. Reserve by July 13; trip limited to 10 people.					
7/28-30	FSS	All	Steve Nydes	661-9357	
Pine Grove Furnace, 0-100 miles; Stay at the Ironmaster's mansion hostel right in the state park. Cycle in the rural countryside or hike, climb, swim, or mountain bike in nearby parks. Remember your AYH hostel pass on this trip! Reserve early since trip size is limited. Reservations required by July 13.					
8/4-6	FSS	All	Fred Parker	856-4713	
Pymatuning, 0-100 miles; Long rides on flat, low traffic roads in Northeastern OH. Rustic camping at the Red Cross base. Group cooking and low cost as well as lots of fun. See the ad elsewhere in this newsletter. Reserve by July 20.					

Mountain Biking

7/15	Sat		Norm Snyder	351-4068	
7/16	Sun		Greg Clarke	521-0576	
Hidden Valley - Rentals available					
7/23	Sun		Bill Johnston	243-1945	
Laurel Ridge, south of Rt 653					
7/28-30	FSS	All	Steve Nydes	661-9357	
Pine Grove Furnace Start Parker; see write-up in Bicycling Section.					

Hiking/Backpacking

Chair: Ben Brugmans, 736-2751 (h), 736-0103 (w)

7/15	Sat	All	Pete Srin	921-1238	8:00 am
Hike Glacier Ridge Trail in Moraine State Park. We will take a swim in Lake Arthur after the hike. Total distance about 9 miles. Pete can be reached at 788-7759 during the day.					
7/15-16	Sat-Sun	B	Ben Brugmans	736-2751	
Backpack on Laurel Ridge Hiking Trail. During the day call 736-0103.					
7/16	Sun	All	Linda Smithyman	531-1868	8:30 at Ohlpyle
5 mile hike at Ohlpyle, possibly visiting Powdermill Nature Reserve too.					
7/22	Sat	All	Pat Rossi	335-5067	
An easy 8 mile hike at Hartwood Acres.					
7/23	Sun	All	Pete Srin	921-1238	8:00 am
Maintenance hike on the Baker Trail. No fee. Here is your big chance to paint the cows and trees. During the day call 788-7759.					
7/26	Wed	All	Cliff Ham	687-4520	10:00 am
Easy 4-5 miles, meet at headquarters.					

(Continued on Page 9)

Pittsburgh Council Hostels

Ohioyle State Park Hostel
P.O. Box 99
Ohioyle, PA 15470
412-329-4476

Point Park College
Youth Hostel (SA)
201 Wood Street
Pittsburgh, PA 15222
412-392-3824

After 4 PM: 412-391-4100

Dale Boyer Home Hostel
RD 1, Box 273
Rural Valley, PA 16249
412-783-6188

Living Waters Hostel
RD 1 (1 mile west on Rt. 30)
Schellsburg, PA 15559
814-733-4607

Pittsburgh Council Membership Sales Agencies

Pennsylvania, Cont.

Campbell Travel
300 South Allen Street
State College PA 16804
814-238-4987

Travel Agents International
1746 Washington Road
Upper St Clair PA 15241
412-835-8070

South West Travel Inc.
134 South Main Street
Greensburg PA 15601
412-836-2929

West Virginia

WVU Outdoor
Recreation Center
Mountain Lair
Student Union
Morgantown WV 26506
304-293-2203

Morgantown
Travel Service
127 High Street
Morgantown WV 26505
304-292-8471

AYH Trips for July, 1989

Date	Day	Level	Leader	Phone	Time
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Climbing

Chairs: Eric Bauer, 687-0766; Rich Rosenberger, 372-2806

General Information: Skill levels listed for a trip are the lowest level recommended for that trip. Consult the trip leader if you are not sure about the skills required for a particular trip.

Beginner trips are open to everyone. All you need to bring is lunch, water, rain gear and a sunny disposition (we avoid climbing in the rain). We will leave HQ at 7 am, stop for breakfast on the way, and return around 8 pm. Remember to wear comfortable clothes that give you freedom of movement and bring along a pair of tennis shoes. If you are a beginner please call one of the climbing chairs ahead of time since spaces are limited:

7/7-9 Fri-Sun B Eric Bauer 687-0766 Call for time
Climbing at Seneca Rocks W.Va. This is Multi-pitch climbing (climbs are longer than length of one rope). If you are interested in doing multi-pitch climbs of over 200 feet, you must attend the Seneca pre-class on June 24th. Spaces on the Seneca trip are limited by the available leaders (only one or two people climb with each leader). Call for more information.

7/22 Sat D 7 am at HQ
Beginner Trip, Cooper Rocks, WV. Open to everyone. All you need to bring is lunch, water, and rain gear. We will leave HQ at 7 am, stop for breakfast on the way, and return around 8 pm. Remember to wear comfortable clothes that give you freedom of movement and bring along a pair of tennis shoes.

7/28-30 Fri-Sun B Eric Bauer 687-0766 Call for time
Hermitage Rock, Gettysburg. We will stay at the Iron Masters Mansion Hostel in Pine Grove Furnace State Park. The climbs are on very hard sandstone with quartz inclusions.

Caving

A caving chair is needed. Call Bill Johnston at 243-1945 if you can help.

7/28-8/5 A Norm Snyder 351-4068
Join Norm on a cave and hike trip to Tennessee. See the Smokies and some beautiful caves. Leave Friday, July 28 and return Saturday, August 5.

9/1-16 Fri A Norm Snyder 351-4068
Join Norm on a two week trip to the Grand Canyon, Carlsbad Caverns and Zion Canyon. Leave Friday, September 1 and return Saturday, September 16.

7/28-29 Fri-Sat A Norm Snyder 351-4068
Join Norm on a cave trip to West Virginia. See many formations.

Family Group Activities

Chair: Barbara Hanusa, 441-7205

General Information: Members interested in the summer and fall schedule of family events should contact Barbara Hanusa at 441-7205 for the family group newsletter.

7/2 Sun All Lynn Reder 441-4404
Family bike trip at Ohioyle State Park. Cycle on the Ohioyle Bike Path as long as your legs or your kids' legs can handle. Potluck picnic afterwards.

7/21-23 Fri-Sun All Ellen DeBenedetti 242-6650
Overnight tent camping, shared meals, and outdoor activities for families.

Volleyball

Chair: Joel Platt, 421-4446 (w) or 521-5244 (h)

7/4	Tue	Independence Day - No game.		
7/11	Tue	All Joel Platt	521-5244	6pm at HQ.
7/18	Tue	All Joel Platt	521-5244	6pm at HQ.
7/25	Tue	All Joel Platt	521-5244	6pm at HQ.

Late Breaking News A Special AYH Trip

June's "Trip of the Month" was the wedding of Cheryl Arnold to Joe Hoechner on June 17th. The wedding was at the South Avenue Methodist Church in Wilkinsburg followed by a posh reception at the Station Square Sheraton. AYH members were there dressed to the nines and joined friends and family in dancing the night away to the music of Etta Cox and Al Dowe. The new Mr & Mrs Hoechner will be living at 1310 Milton Avenue in Regent Square.

Congratulations to Joe and Cheryl and best wishes for love, happiness and a long life together from your friends at AYH.

—Larry Laude and Marianne Kasica.



Help is Deperately Needed

The Golden Triangle is without a leader. Laura Bates, after bringing the publication up to its current high standards, has decided to retire. If you are interested in learning about editing, design, and electronic page layout on the Macintosh, call Larry Laude at 665-9554 or Don Hoecker at 243-8298.

As reward for taking on the mantle of leadership, you will receive training, a computer to use at home until such time as AYH obtains office space, and the endless thanks of 1500 AYH members!

Also needed are people to type, proof-read, write, take and process photographs, illustrate, and any other task associated with newsletter production.

Thanks to Larry Laude, Don Hoecker, Linda Smithyman, Rose Sainne, Chuck Ezjak, Laura Bates and Nathaniel Glosser for the team effort that got this issue to press.

Classifieds

Apartment to share/sublet

Academic year (Aug. or Sept. 89 to May or June 90) house-sharing/sublet. Spacious, furnished Shadyside apartment. For information contact Fred Mauk, 361-6299.

Please submit Classified Ads to the Editor or Advertising Director

by the advertising deadline stated in the masthead on page 2. Members may place ads for free! Non-member and commercial ads available upon request. Place ads in Editor's Mailbox at Headquarters or mail the to:

Editor, The Golden Triangle
Pittsburgh Council AYH
6300 Fifth Avenue,
Pittsburgh, PA 15232

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412-586-2030

Route 8–11 miles north of turnpike exit



Mon Valley Century Bicycle Tour

Presented by Pittsburgh Council, AYH
Sunday August 20, 1989

- Start** The MVC will start in Elizabeth, PA from the Bingo Hall. See map on back of application. Pick up registration packets containing map, rider number and related items at the Bingo Hall beginning at 6:30am. The ride begins and ends at the hall. 100 mile riders should start by 8:00, 65 mile by 10:00 and 35 mile by 11:00.
- Route** Large sections of each ride follow the Monongahela River. The scenery varies from dying industrial towns to spectacular views of the river and wooded hillsides. Each ride breaks away from the Mon Valley along Mingo Creek to Mingo Park. Mingo Park features two well restored covered bridges and lunch. You will have a choice of 100 miles, 65 miles, or 35 miles. The 100 mile route is composed of equal portions of hilly, rolling, and flat terrain. The most challenging climb occurs just out of Brownsville and is nearly two miles long. (All of the other hills are much gentler). The 65 and 35 mile rides are flat to gently rolling and are well suited for intermediate and beginner riders. All routes will also be marked with arrows on the pavement.
- Food** A lunch stop is included for all riders. 65 milers also receive a snack stop. Century riders receive 2 snacks, at 30 and 50 miles. There are many convenience stores along the route.
- Support** A sag will pick up those who can't finish due to bike problems or fatigue. (You and your bike are expected to be in good condition before the ride starts.)
- Finish** Please check in at the conclusion of your ride. This is essential to the efficiency of our sag service. You will receive your MVC t-shirt at this time (pre-registered get their t-shirt after the ride, others will be mailed). Please be sure to check in!!!!
- Cost** \$10 before August 5, 1989; \$13 thereafter and day of the ride.
- Contact** Lynn or Chuck Ejzak, (412) 466-6196
- Helmet** The Pittsburgh Council AYH strongly encourages you to wear a helmet.

1989 Mon Valley Century Bicycle Tour Registration Form

Mail to: Pgh AYH, Dept MVC, 6300 Fifth Ave, Pgh, PA 15232;
Make checks payable to: Pittsburgh AYH

Name: _____ Phone: () _____
Address: _____ Emergency _____
City: _____ Zip: _____ Contact: _____
T-Shirt (circle one): S M L XL Phone: () _____
I plan to ride (circle one): 100 65 35 Amount (circle one): \$10 before Aug 5
Age (circle one): Under 18 Over 18 \$13 after Aug 5

Liability Release Must be signed by all riders (or legal guardian if under 18)

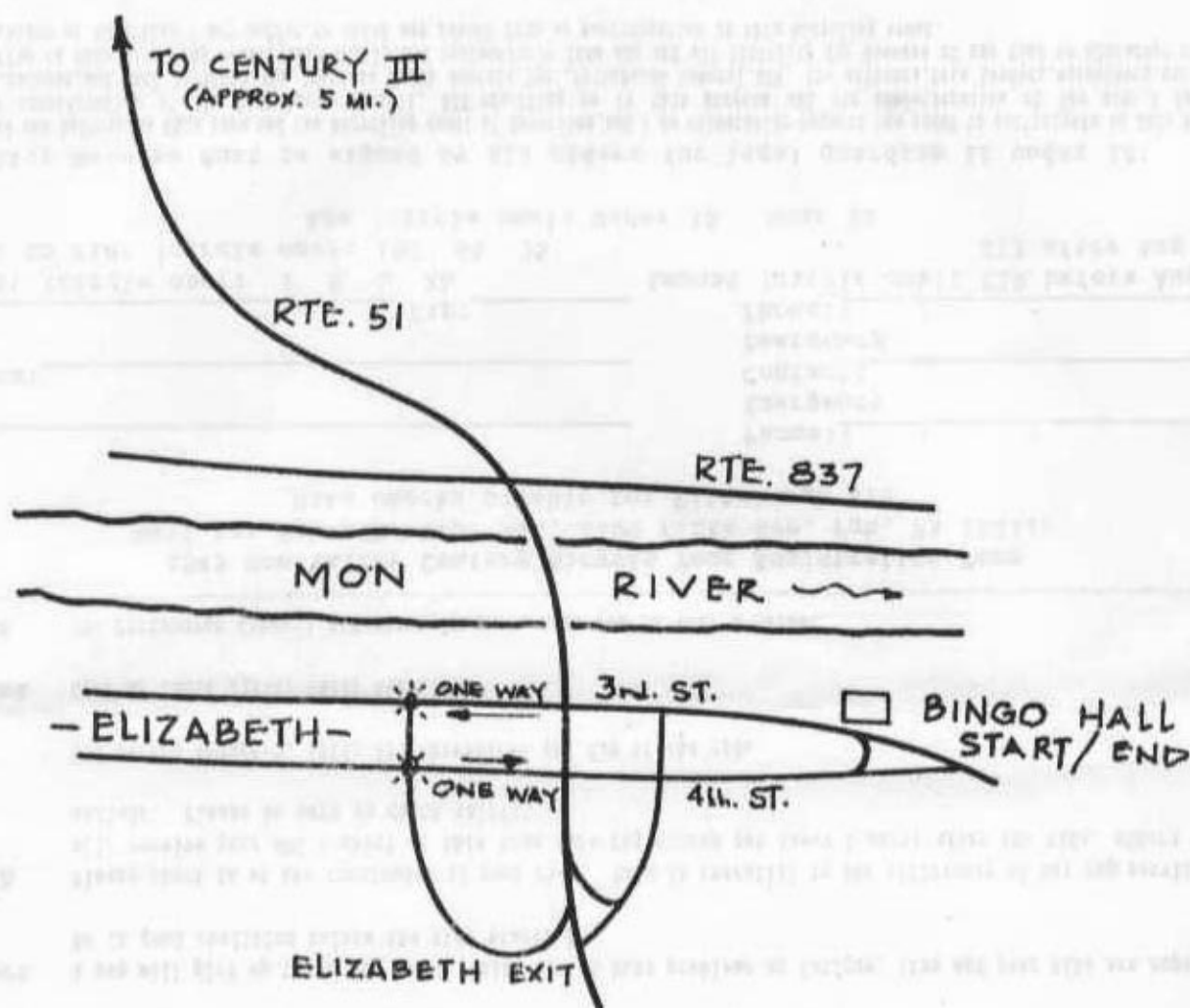
I have read and understand this form and the bicycling event it describes, and I do voluntarily request the right to participate in this bicycling event. In consideration of the Pittsburgh Council, AYH, admitting me to this program and its administration of the same, I do hereby discharge, release, and hold harmless the American Youth Hostels, Inc., Pittsburgh Council, AYH, its officers, trip leaders, volunteers, and workers participating in this bicycling event, individually and collectively from any and all liability for damages of any kind or character resulting from any injury or condition I may suffer, or which may result from my participation in this bicycling event.

I do hereby request and consent to, and permit emergency treatment in the event of injury or illness.

I will abide by traffic laws and regulations and will practice courtesy and safety in bicycling. I acknowledge that collisions, falls and various types of injuries do occur when bicycling. I have trained sufficiently for participation in this bicycling event and have inspected my bicycle to assure that it is in good and safe condition.

Signature: _____ Date: _____

From Pittsburgh follow Rte. 51 South approximately 5 miles south of Century III Mall. Just after crossing the river, take the Elizabeth exit into the town. Turn right at the traffic light (one way street). Go three blocks and bear left. Hall will be straight ahead. Park at the hall or under the bridge in the public lots.



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

Place
Stamp
Here



Remember to renew

your membership!!!



MEMBERSHIP DEPARTMENT
AMERICAN YOUTH HOSTELS INC.
PITTSBURGH COUNCIL
6300 FIFTH AVE.
PITTSBURGH, PA 15232



MEMBERSHIP APPLICATION

Membership types available:

- ☐ \$ 20.00* Adult (age 18 to 54)
- ☐ \$ 30.00 2 yr. Adult (age 18 to 54)
- ☐ \$ 10.00* Youth (age 17 and under)
- ☐ \$ 10.00* Senior citizen (age 55 and over)
- ☐ \$ 30.00* Family (includes children under 18)
- ☐ \$200.00 Life (individual lifetime membership)
- ☐ \$ 18.00* Foreign nationals, including Canadians
- ☐ \$ 10.00 Vol I, International Hostel Handbook (Europe & Mediterranean)
- ☐ \$ 10.00 Vol II, International Hostel Handbook (Africa, Americas, Asia & Australia)
- ☐ \$ 14.00 Cotton sleep sack, required at all international hostels
- ☐ \$ 1.00 Postage & handling for each membership ordered
- ☐ Donation for Hostel Development Fund (tax deductible to the fullest extent of the law)
- ☐ Grand total—make all checks payable to Pittsburgh AYH

Name _____ (Last) _____ (First) _____ (Middle)

Street _____ (Permanent address only) _____ Zip code _____

City _____ State _____

Birthdate: Month _____ Day _____ Year _____ Phone _____

If you wish membership card sent to a temporary address, give same below:

In care of _____ Street _____ Zip code _____

City _____ State _____

Were you a member of AYH this past year? ☐ Yes ☐ No

When do you need card? _____ (Signature of applicant)

AYH MEMBERSHIP BENEFITS

- International Hostel membership card plus Pittsburgh Council ID card good for discounts at local bike shops and outfitters.
- USA Hostel Handbook.
- "The Knapstock," National AYH travel newsletter.
- "The Golden Triangle," Pittsburgh Council's newsletter of trips and activities.
- Open house Thursday nights at Council headquarters.
- Access to National travel programs and Leadership Training courses.

*Memberships valid from September 1 to December 31 of the following year.



AMERICAN YOUTH HOSTELS, INC.
Pittsburgh Council
6300 Fifth Ave.
Pittsburgh, PA 15232



ACTIVITIES MEMBERSHIP APPLICATION

Membership Types Available: (does not provide access to AYH hostels)

- ☐ \$ 5.00 Youth (17 years and under)
- ☐ \$ 5.00 Senior Citizen (55 years and over)
- ☐ \$ 10.00 Adult (18 years to 54)
- ☐ \$ 15.00 Family (includes children under 18 years)
- ☐ \$ 1.00 Postage and handling (for each membership ordered)

Note: A full AYH membership or a hostel guest membership is required for access to AYH and international hostels. An AYH membership also includes the current U.S. Hostel Handbook.

Make all checks payable to "Pittsburgh AYH" (include \$1.00 postage). Thank you!

NAME: _____ (Last) _____ (First) _____ (Middle)

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

BIRTHDATE: Month _____ Day _____ Year _____ PHONE: _____

Were you a full member of AYH this past year? ☐ Yes ☐ No

SIGNATURE: _____

Pittsburgh AYH Activities Membership Benefits

Council Membership Card good for discounts at local bike shops and outfitters.

Ability to upgrade to full hostel membership at any time for difference in fee.

Access to local Pittsburgh AYH trips without paying non-member fees.

The Knapstock, National AYH Travel Newsletter, available at council headquarters.

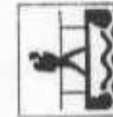
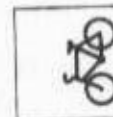
Ability to qualify to lead Pittsburgh Council trips.

The Golden Triangle, Pittsburgh's monthly newsletter of trips and activities.

Open House Thursday nights 8:00 p.m. at Council Headquarters.

Access to National travel programs and Leadership Training Courses.

(Note: Memberships valid from Sept. 1st to Dec 31st of the following year. All candidates for the Pittsburgh Council Activities Board or Board of Directors must hold full AYH memberships to qualify for these positions.)

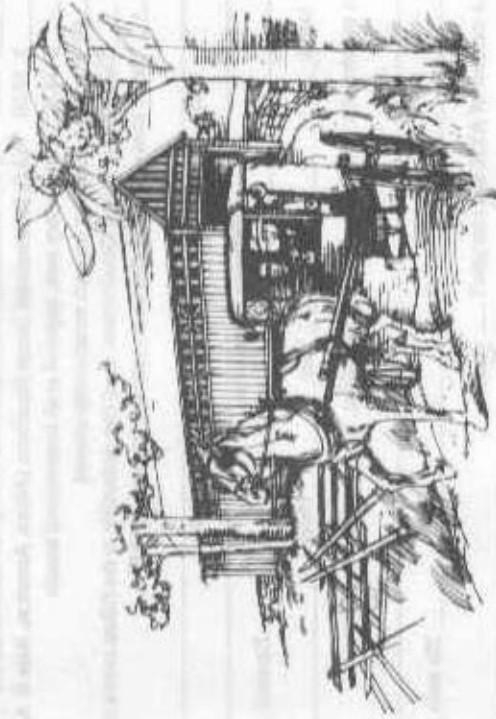


The Golden Triangle

PITTSBURGH COUNCIL • AMERICAN YOUTH HOSTELS

July, 1989

Volume 40 • Number 7



**American Youth Hostels, Inc.
Pittsburgh Council
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Pittsburgh, Pennsylvania 15232
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