



WHO'S WHO

by Abbie Geertz

THE GOLDEN



Before the woods fill deep with snow consider your seasonal gift giving plans and remember books. Here is a selection worthy of any adventurer's library.

The hiking and woodland enthusiast must open the pages of *Gifts for the Hiker* by the author of *The Hiker's Handbook*.

* Win a free AYH pass for one year -- Design an appropriate masthead for our great new paper (deadline: November 16). Submit it to your editor: Ann Fisher 521-8992.

Vol. XVIII No. 11 November, 1967

BAKER TRAIL BRIDGE

ELECTION RETURNS



The Baker Trail now has a beautiful new covered bridge crossing Horne Camp Run between Cochran's Mill and Crooked Creek Park. The bridge was built by the sector leader, Walter Tereszkiewicz, and B.S.A. Troop 40. Its heavy timber trusses and rustic appearance are appropriate to its environment. Walter and Troop 40 are to be congratulated for an outstanding addition to the Trail.

BANQUET CHAIRMAN NAMED

We are happy to have Sue Allardice as Chairman for our 20th Annual Banquet. Volunteers call Sue at 731-4819. Henry Fisher (521-8992) will appreciate suggestions for a banquet speaker.

FIRST AID KITS

Three first aid kits are now available in the backroom at HQ. One kit is waterproof for canoe and caving trips; the other two are a convenient size for hiking/backpacking trips.

At the Annual Council Meeting, Thursday evening, October 19, the nominees were introduced by the Nominating Committee Chairman, Fran Czapiewski. The slate was unanimously elected by the members, and the Board of Directors was increased by one member. The officers and chairmen for 1967-68 are:

President - Henry Fisher 521-8992
 Secretary - Mary Lilly 682-3466
 Treasurer - John Henry 661-7952
 Director - Bob Fewkes 828-7784
 Publications - Ann Fisher 521-8992
 Program - Doug Ettinger 523-5883
 Membership - Kay Lew 531-4703
 Trips-Trails - Bruce Sundquist 824-1897
 Hiking - Don Laszacs 846-1232
 Cycling - Bob Omlor 264-4485
 Canoeing - Howard King 264-1386
 Climbing-Caving - Feredoon Behrooz 361-5794
 Winter sports - Eric Stacey 351-3296
 Baker Trail - Don Woodland 563-5419
 Public Relations - Abbie Geertz 372-6053
 Hostel Development - Manny Morgan 421-2358
 Service - Cathy Lynch 362-1045
 House - Ken Horner 457-7088

(continued on page 4)

WHO'S WHO

by Abbie Geertz

President Henry Fisher was one of our earliest members, having joined in 1950 and taken trips to the Tetons in 1952 and the Canadian Rockies in 1953. He is an avid climber and led an extended trip to the Tetons this past summer as well as many climbing and caving trips. A Marine Corps veteran and licensed pilot, Henry is a Municipal Bond Specialist in the brokerage firm of Singer, Deane and Scribner. (Mutual Funds, anyone?)

Taking over the secretary's myriad duties is another climber, Mary Lilly. Between classes in Art History at Pitt, Mary manages to enjoy painting, horseback riding, swimming, hiking and Teton reminiscences. She lives with her family, spaniel and manx cat in Bloomfield.

Keeping the budget balanced for another year will be John Henry. John is not new to most of us, as he is likely to be on just about any trip, since he participates in every activity offered by AYH. He has been skiing nearly all his life, and enjoys caving, canoeing, rafting, climbing and cycling. When not counting AYH's money, John may be found at Gulf Research Laboratories where he is a chemical engineer...or at Pitt where he is taking graduate courses. He and his vivacious Texan wife, Tess, live in the East End.

Programs for the coming year will be under the able direction of Doug Ettin-ger, who has been with us since 1966. Doug has been active in hiking, sailing, canoeing, tennis and skiing. Doug's fleet of one canoe and two sailboats take a great deal of his time, when he is not busy as a mechanical engineer at Elliott Company in Jeanette.

(continued on page 4)



Before the woods fill deep with snow consider your seasonal gift giving plans and remember books. Here is a selection worthy of any adventurer's library.

The hiking and woodland enthusiast must open the pages of Eliot Porter's In Wildness Is The Preservation of the World - excerpts from Thoreau, selections and photographs by Eliot Porter. This 10" x 13" book is one of distinguished series of Sierra Club publications. The price is \$25.00 - but well worth it for 72 color photographs and an introduction by Joseph Wood Krutch. (A \$3.95 paperback is also available.)

Hikers, also see Forever Wild - The Adirondacks by Eliot Porter for \$20.00

A third handsome Sierra Club book suited to any mountaineer's taste, is Everest - The West Ridge. The West Side Story of the American Everest Expedition, these photographs are the cream of a crop of some 10,000 Kodakromes taken by Expedition members. The text is by Tom Hornbein, gleaned from his diary, letters and tapes of Expedition discussions and his own first person experience of the assault. Price \$25.00 for approximately two hundred 10" x 13" pages of Himalayan adventure.

(continued on page 4)

The Golden Triangle is published by: Pittsburgh Council
American Youth Hostels
Phone: 362-8181 6300 Fifth Avenue
Pittsburgh, Pa. 15232
Triangle Editor: Ann Fisher 521-8992
Staff: Mary Lilly 682-3466
Cathy Lynch 362-1045
Sue Allardice 731-4819
Complaints: Tess Henry 661-7952



by Ken Horner

Today's downhill skiing represents just one step in a slow, gradual evolution which began many years ago when residents of the Alpine region realized that the method used in the Scandinavian countries would not work on their steep mountainous terrain.

The first effective technique to be evolved was the "Arlberg Crouch" which was characterized by a very cautious snowplow, a pronounced forward rotation of the outside shoulder, and, in the beginning, the use of one long pole for balance and breaking.

Later, Thaddeus Zdarsky became noted for pioneering a method of skiing with the skis held close together in a parallel position. His main assets in this experiment were an absolute lack of fear and prodigious strength, especially in his legs.

The final stage in this evolution came through the analytical genius of Professor Stephen Krunkenheiser of St. Anton, Arlberg, Austria, who applied a scientific approach through body dynamics, to modern downhill racing and the adoption of its refinements to controlled recreational skiing.

One of the most confusing aspects of modern skiing is that of equipment. To the uninitiated, scanning the ski magazines or dropping into the neighborhood ski shop can be a traumatic, head reeling experience. How can one possibly choose the right equipment out of that bewildering array of shiny, blocklong skis, concrete boots and triple-tapered gold plated poles?

By far, the most vitally important item is the boot. If you are endowed

with a footshaped foot, somewhere between a bear paw and a bird claw, you can, with patience and firmness get a good fit in a \$30 to \$50 price range. However, the right boot is so important that one must be ready to sacrifice here to insure skiing enjoyment.

To the average recreational skier the choice of skis is not so critical. In short, wood skis are cheaper, heavier, less uniform in quality and less durable. Metal skis are more easily turned, more uniform in quality, more expensive, but usually backed by a manufacturer's warranty. Fiberglass skis are coming along fast, but, except for a few types are basically wood skis covered by a fiberglass skin. Be careful!

To the beginner, the best course is to rent, change to different types, lengths, materials. Don't be too shy to ask the questions which arise as you become more familiar with the equipment available.

(continued on page 6)

CROSS-COUNTRY SKIING

by Bruce Sundquist

Hopefully, this winter will bring enough snow to afford some cross-country skiing on some of the trails on Laurel Ridge. Ordinary down-hill skis and boots work reasonably well, merely by unhooking the binding cable from the rear (heel) hooks.

The real enthusiast may want to get a special cross-country wax or "skins" but this is not really necessary since a little "Herringbone" never hurt anyone. Some skill is required however. The ability to do a good snowplow and a good snowplow turn is essential. This can be learned in a day or two at one of the ski areas. Because snow conditions are usually unpredictable at best, any one interested in x-c skiing should contact Bruce Sundquist (351-3100 x-412) who will notify you when trip dates are set.

ELECTION RETURNS (continued from p.1)

The Vice-President will be selected from the members of the Activities Board, by that Board, at its first meeting.

The Board of Directors adopted a By-Laws Revision on Tuesday, October 17, 1967. A copy of the revision is available upon request.

Many thanks to AYH teens for their excellent entertainment, presented after the Council Meeting!

BOOKIE JAR (continued from page 2)

White or flat water canoeists: try The Place That No One Knew--Glen Canyon on the Colorado, also by Eliot Porter. With 80 color plates, this book is the result of a twelve year struggle to save the Rainbow Natural Bridge. Through it you can visit the last reaches of wilderness river in America: The Yampa, The Green...The Salmon. Price \$25.00

And then North to the Land of Silence, to Glacier Bay National Monument Country (in black and white), with Dave Bohn for \$25.00 (Sierra Club).

By the way...mountain climber, if you didn't make Everest, The West Ridge, try Gentle Wilderness, the Sierra Nevada. The text is by John Muir with outstanding photographs by Richard Kauffman, who has climbed in the Sierra and Canadian ranges, Alaska and the Alps. Price \$25.00

Western minded men and gals will enjoy Standing Up Country. The Canyon Lands of Utah and Arizona, by Gregory Crampton. \$15.00 Sixteen full color shots, 110 photos. This book proves that there is more to see out yonder than Bryce Canyon and Zion National Park!

Or while you're thinking big, think:

WHO'S WHO (continued from page 2)

Our new trips and trails chairman is former treasurer and president, Bruce Sundquist. Bruce grew up in Wisconsin and came to Pittsburgh in 1960 as a research metallurgist for U.S. Steel, having earned his Ph.D. at the Illinois Institute of Technology. He has been active in canoeing, rafting, hiking, skiing, cycling, caving, ice skating, and more recently--climbing. A talented photographer, Bruce has been known to use a camera rather than a throwline when he sees a fellow canoeist in trouble. He has written our Canoe Guide, and plans to add a Hiking Guide of the area this year.

The new publications chairman and librarian-historian is Ann Fisher, gregarious wife of our president. Ann is a natural for this combination having headed a Westinghouse division library and worked at the library at Pitt. She is a native Pittsburgher, and now lives with her two boys and husband Henry in Squirrel Hill. Ann enjoys climbing (?), hiking, swimming, and caving and is hoping for a good ski winter.

Happy to extend her bookkeeping talents to the AYH cause, is Kay Lew, our new membership chairman. A smile for everyone, Kay and her four children joined our Council in 1965 and since then have enjoyed hiking, caving and tennis. Kay is employed as a bookkeeper at Koppers, Co.

...MORE NEXT MONTH!

BOOKIE JAR (continued)

Redwood Empire by Studar Nixon and read of the history of California's Redwood country from the days of Indians and Spanish settlers to today. With 13 color photos and three hundred black and white pictures, this very readable book is \$15.00

These handsome books...plus many more are available at the Pitt Book Center (Fine Books Room) and the downtown department stores, Pittsburgh.

SKI NEWS
SKEE NEWS
SCI NEWS
\$KI NEWS

A new ski shop has replaced the old Sunoco station on Route 31 just this side of Jones Mills, and seems to be ready for business.

Miller Bindings can be mounted at the All Star Sporting Goods, 1316 Fifth Avenue, downtown (four blocks from the Court House).

NEW SKI AREA--Plateau de Mont is highly recommended by Bob Om-
lor, for its long runs. It is located just past Hidden Valley, where you can double your thrills...ski and see Ken Horner any weekend during the winter. He may even fit you in for a lesson!

SKI BOOTS for sale. Kot-
flach boots, size 10 narrow,
worn only once. \$25.00
Call Jack Wert 828-5000 or 362-1600.

A practice ski trip is planned for early winter at Boyce Park. Speak to Bruce Sundquist.

SHARE IN THE FUN...

The more the merrier! Help us winterize and organize the HQ on Sunday, November 5 - 1:00 p.m. REFRESHMENTS!

Triangle Production Party-Tuesday, November 21 at 8:00 p.m. (at Fisher's) REFRESHMENTS!

NO MEETING - November 23!!!

But we all hope you enjoy your turkey.

DEADLINE: November 16th is the last day for Triangle articles.

PHOTOGRAPHERS!
ARTISTS!
CARTOONISTS!

In order to obtain photographs, cartoons and artwork for the Triangle (and other purposes) the Publications Committee would like AYH members to submit photos and artwork (black and white photographs preferred...color slides also acceptable) of various AYH activities. Artwork and cartoons may be pencil or ink (they will be traced or copied). All photos and art will be returned.

The Publications Committee will also sponsor a Photo and Art Salon in connection with the 1968 Banquet. There will be an exhibit as well as a slide show of the winning pieces. There will be prizes in the various categories. The Chairman of the Salon and his committee will be announced soon. Temporarily, if you are interested, contact the banquet chairman, Sue

Allardice (office 242-4300, home 731-4819).

(daffynitions...by Clara Herron)

- 1) "Rendezvous" - you get there...
they don't.
- 2) "AYH will supply dinner" -
you eat at the 4U Restaurant.
- 3) "It will take about 20 more minutes"-
you get there in an hour and a half.
- 4) "You can make it (Fran C.)" -
they carry you.
- 5) "Matches" - they don't exist.



DOWNHILL SKIING TODAY (cont. from p.3)

Poles are good for only two main uses -- climbing or timing. Until one gets into parallel and short swing techniques the poles are mainly crutches. Since they are used to climb with, lean on...or as glove racks when donning skis, the only requisite is a comfortable length.

When timing enters the scene, poles must also be light, well balanced, fit the hand and, most important, have a live "whip" for forward planting.

In clothing, despite the advertising, the most important aspect is warmth. Without warmth, skiing is not fun. Next comes comfort. If you can't fasten your bindings, get up when you have fallen...or bend your knees to unweight, there is just too much "you" for those darling pink stretch pants.

Aside from that sober note...today's fashions are all out. Cuts are daring... colors are knock-out and combinations blinding. It is a far cry from navy blue plus-fours and natural grey, roll collar sweaters.

The theme is mod. Wild stripes, swirls, polka dots...anything goes. Colors that formerly shrieked at each other, now flash side by side in relatively demure confidence on today's slopes.

Having touched briefly upon the above phases, we now come to the crux of the whole effort - the oft forgotten fact that today's skiing is supposed to be FUN!!!

Where else in today's sophisticated rat race can we revert to childhood's simple pleasures without the stigma of exhibitionism...external youthism, etc? How else can we escape the boob tube and enjoy the beauty of soft, new snow, the wholesome comradeship of ski crowds? Snow is not to be cursed and shovelled - it is to be played in!

As for technique: it is useful only to descend the slopes in safety with the least possible effort. By learning

how to turn and to traverse properly we can match our speed to our ability and thus enjoy - not dread - those descents we so enviously watch others doing.

Since, due to physical mediocrity, lack of money, lack of practice time, etc., most of us will become lost in that vast army of "advanced intermediates", we can never become Nancy Greenes or John Paul Killys. However, the challenge is ever present, coaxing us back to try again. We must remember the key word is moderation - work a little - play a little. If we strain till we burst into tears all we get is frozen cheeks.

Every little advance in balance and control brings surprised delight, a new exhilaration, a new awareness that today's skiing can, indeed, be FUN!!!



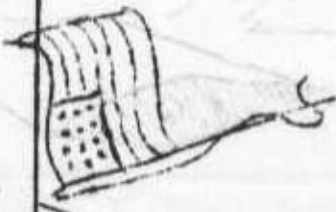
OVERHEARD...as our new secretary was taking her first minutes:
"Do you spell buy-laws with a 'u'?"

DECEMBER TRIPS

December 2-3, Sat. and Sun.
CANOEING - weather permitting
8:00 a.m. at AYH HQ
Howard King 264-1386
Beginners, intermediates

December 3, Sunday
CAVING - John Friend's Cave
8:00 a.m. at AYH HQ
Bob Herman 361-8864
Lunch, extra clothes, light \$3.00
Good beginner's cavel

1967 AYH TRIPS and TRAILS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1/ Meeting-- Movies: Doug Ettinger Adventures on White Mts. and Mt. Desert Isl.		2/ Meeting-- Ski Movies	3/ Skating: N. Park 9:30 pm HQ \$2.00 Cathy Lynch 362-1045	4/ *Canoeing: Up. Cheat Sat-Sun 8:00 am HQ \$6.50 Howard King 264-1386 Camp. Gear, food Caving: Crabtree 8:00 am HQ \$4.00 Eric Stacey 351-3296 Light, chg. clothes **Cycling: Wash. Co. 8:00 am HQ \$2.30 Ed Shoemaker 561-5476, lunch	5/ Canoeing: see 11/4 Work Party: HQ 1:00 pm Refreshments Ken Horner 457-7089 Tour: Fallingwater 0:00 ?m HQ? \$2.00 Sue Simler 793-6661 Must Reserve
		8/		10/ 	11/ Caving: Lemon Hole 9:00 am HQ \$1.20 Bob Strong 327-6267 Light: chg. clothes Lunch *Climbing: where? 8:00 am HQ ? cost John Henry 661-7952	12/ Hike: So. Park 12 noon HQ or S. Park by prior arrangement \$1.00+trans 563-5419 Billie Woodland Reserve by 11/10 Supper at Billie's Cycling: Fox Chapel 12 noon HQ cost? Gene Cone 361-8859 20 miles
		15/	16/ Meeting-- Slides: Expo 67 Deadline	17/ Skating: N. Park 9:30 pm HQ \$2.00 Cathy Lynch 362-1045 National Council Meeting Early Fri eve \$10. Lima, Ohio Bruce Sundquist 351-3100 x-412	18/ National Council Meeting see 11/17	19/ See 11/17 National Council Meeting Cycling: Trillium Park 9:00 am HQ cost? Jack Batchelor 421-0615 inc. short hike
		22/	23/ No Meeting! Hike: Appalachian Trail Thurs--Sun \$15.00 approx Bob Herman 361-8864 reserve by 11/16	24/ Hike see 11/23	25/ Hike see 11/23 Cycling: one day Bob Omlor 264-4485	26/ Hike see 11/23
	21/ Production Party 8:00 pm Fishes Refreshments	28/	30/ Meeting-- Slides: Experiment in Intern. Living Sue Allardice			

* Beginners welcome
** Intermediate

NOTE: December Trip information
see page 6.

"BEGINNER ON (OR NEAR) THE ROCKS

or

Who wants to walk up the stairs backwards anyway?"

You blow up your air mattress without help...

But notice that everyone else is sleeping on hard cold ground cloths.
You manage to change into your pajamas without freezing to death...

Then you realize everyone else is wearing the same jeans
all weekend.

You put cold milk on your instant oatmeal instead of hot water...

But it tastes good anyway.

After four lunch stops, you manage to finish a five mile hike...

But when Himalaya Horner asks you to walk up the stairs
backwards, you can't.

Now...are these reasons enough for the gang to think you left your
flashlight on all night because you're afraid of the dark?

-- Seneca Sal
(alias Clara Herron)



PITTSBURGH COUNCIL
AMERICAN YOUTH HOSTEL, INC.
6300 Fifth Avenue
Pittsburgh, Pa. 15232

Non-Profit Organization
U. S. Postage
Paid
Pittsburgh, Pa.
Permit #127