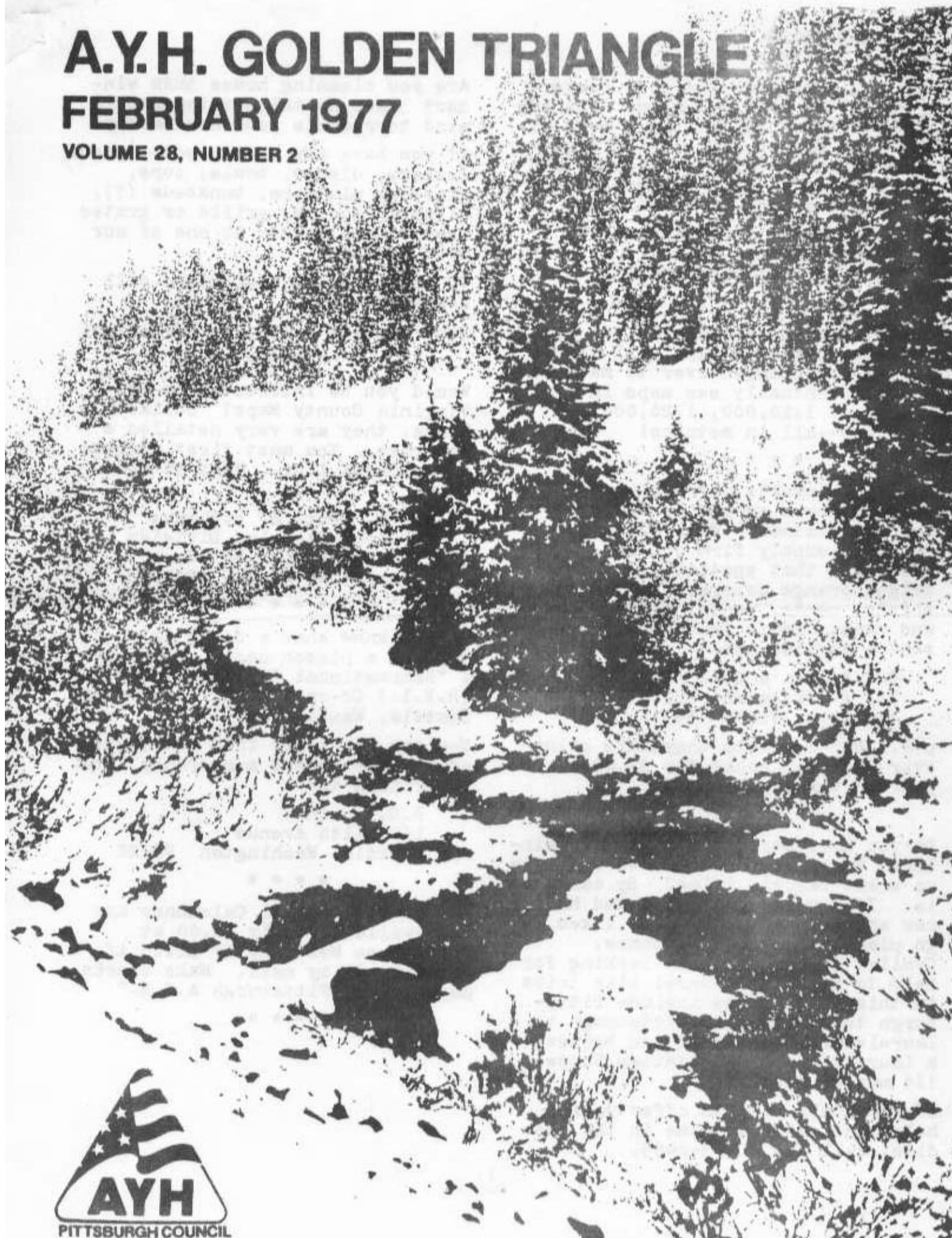


A.Y.H. GOLDEN TRIANGLE

FEBRUARY 1977

VOLUME 28, NUMBER 2



TIPS AND TALES

By Joe Hoeschner

Are you ready for the U.S. conversion to the metric system? You can get ready now by getting a copy of the U.S. Metric Association's pamphlet "Metric Units of Measure and Style Guide". This is available for \$1.00 a copy by writing to:

U.S. Metric Association
Sugarloaf Star Route
Boulder, Colorado 80302

* * * *

Speaking of metrification, do you realize that topo maps will also have to be changed over to meters! You'll eventually see maps in scales of 1:10,000, 1:20,000, 1:50,000--all in metrics!

* * * *

Are you a cyclist or a hiker looking for a source of "safety orange" clothes? Well there's a hunters' supply firm out in Wisconsin that specializes in the bright orange colors. They have shirts, pants, vests, gloves, hats and caps. For a free catalogue send a request to:

Don & John's Game Farm
925 N. Bluemound Drive
Appleton, Wisc. 54911

p.s. For cyclists they have orlon over-the-calf socks for \$2.00 a pair in blazing orange.

* * * *

Do you have any spare time this winter? Would you and a loved one care to scout bicycle trips? By car that is. If you like to drive and have a car and a friend that also likes to go places here's your chance. Cyclist Joe Hoeschner is looking for help to finalize several bike trips in this area; these include Pittsburgh to Zelenople, Pittsburgh to Laurelville, and would you believe a Laurelville to Morgantown Route! (It may be possible.)

If you would like to offer your help, and get your name in the credits, call Joe @ 343-2465.

Are you cleaning house this winter? Keep hostel development in mind to recycle your housewares.

If you have any usable pots, pans, cutlery, dishes, bowls, cups, glasses, platters, bunkbeds (?), slicers, dicers, grills or grates they can be reused at one of our area hostels.

If you have any questions, call Joe @ 343-2465.

Don't forget books and games too!

* * * *

Would you be interested in West Virginia County Maps? Unlike Penna. they are very detailed & accurate. You must first request a map index list. This is free from:

W. Va. Dept. of Highways
Advanced Planning Division
1900 Washington St. East
Charleston, W. Va. 25305

* * * *

Do you know what a Co-op is? No, not a pigeon coop! There is a "Recreational Equipment, Inc." (R.E.I.) Co-op that is located in Seattle, Washington.

You can get their free catalogue of outdoor gear & membership info. by writing to:

R.E.I., Inc.
1525 11th Avenue
Seattle, Washington 98122

* * * *

Pittsburgh Council Calendars are now available--only \$1.00 at Open House Meetings or \$1.25 if you want it by mail. Make checks payable to "Pittsburgh A.Y.H."

* * * *

T.O.S.R.V. 1977 IS COMING ! !

The 16th Annual Tour of the Scioto River Valley will be held this year on May 7 and May 8. This 210-mile two-day ride in Southwestern Ohio is sponsored by the Columbus Council of AYH. If you have never participated in this tour, consider for a moment how it would feel to be among the 3300 cyclists who will gather at daybreak in Columbus on May 7 to ride through the beautiful Scioto River Valley to Portsmouth, Ohio and back. Imagine two days when bicyclists dominate the roads and, except for an occasional sag wagon, there is virtually no traffic. Add eight inviting food stops, a sense of accomplishment at the finish and lots of fun-filled memories.

But why think about it now? Well the applications are mailed out in February. By the end of March the 3300 places are full. So if you want to be among the riders you must act early.

The secret for getting an application early is to include a self-addressed, stamped envelope with your request. Even if you went last year, play it safe and write in early for another application. Pittsburgh AYH usually receives a quantity of applications for distribution, but they don't always arrive early enough.

More information regarding T.O.S.R.V. and Pittsburgh Council "get in shape" bike trips to prepare for it will follow in later issues of the TRIANGLE. But write now for your application to:

T.O.S.R.V. COMMUNICATIONS
P. O. Box 23111
Columbus, Ohio 43223

MEMBERSHIP RENEWAL 1977

Have you renewed your AYH membership for 1977? Is there someone you know who would enjoy AYH but isn't yet a member? To renew or join just fill out the following application and send it with a check payable to Pittsburgh Council, AYH to:

MEMBERSHIP, AYH
6300 Fifth Avenue
Pittsburgh, PA 15232

NAME _____ PHONE _____
ADDRESS _____ OCCUPATION _____
RENEWAL _____ NEW MEMBER _____

TYPE OF MEMBERSHIP DESIRED (check one):

- () Youth membership (under 18)..... \$ 5.00
- () Senior membership (18 and over) \$11.00
- () Family membership (valid in USA only) \$12.00
- () Organizational membership \$15.00
- () LIFE \$110.00
- () FAMILY LIFE \$220.00

CYCLE '77 is COMING!

Now may be a funny time of year to think about bicycling, but nevertheless the wheels are turning! Watch for the "CYCLE '77" notation on bicycling activities this spring. We are planning a program of cycling workshops, easy city trips and enjoyable country rides led by experienced Pittsburgh Council leaders.

They will be taking extra time to explain details (do you know the advantages of toe clips?), show riding techniques and road safety (what a "fanny bumper" is!).

So if you're a beginner who is trying to get off the ground or an experienced rider trying to get back into shape, watch for "CYCLE '77" details in the March issue of the Golden Triangle.

BIKECENTENNIAL LOOKING FOR A NEW NAME

Bikecentennial, the organization which planned and developed the Oregon to Virginia Trans-America Bicycle Trail, is considering changing its name. "We plan to continue beyond 1976, and the connotation of our present name has too strong a link to 1976 and the Bicentennial," a spokesman said. Some of the names that have been suggested are: BikeAmerica, Bike Roots, Bike Perennial, and The Trans-America Trail Association.

Bikecentennial is asking for cyclists around the country to offer ideas for a new name. Persons submitting names should address their letters to Bikecentennial Names, P.O. Box 8308, Missoula, Montana 59808.

BIKE:BUS:BOAT...EUROPE OFFERED BY W. MICHIGAN COUNCIL

June 4 to 26, Adults only.

Bike the Netherlands, visit Northern West Germany, tour Denmark, steam to Bergen and Oslo, see Stockholm before flying home. Bikes will be rented for the week in Holland for those choosing to pedal. Others can use public transportation. Trippers will be encouraged to go off in small groups on side trips and to think for themselves. Housing will be in prearranged hostels, some dining out. Entire trip at cost...no leader fee. Contact Kay Hislop, c/o West Michigan Council AYH

3702 Auburn N., Grand Rapids MI 49505

Deposit \$50 by March 1st. Cost under \$1000.

How and Dave Torter filed

COUNTRY WAYS KITS. All Polarguard insulation. Warm in rain, sleet and hail. Say "I made it myself." Jackets, vests, booties, quilts, sleeping bags, parkas, anoraks, cross-country skis, snowshoes, canoe paddles, banjos, dulcimers and more. For catalog send 25¢ toward postage.

Address _____

Here are more offers from ADTREK. ADTREK is registered as a fictitious name by Nan and Dave Porterfield. Our other names which you'll see on our literature include EARTHBOOKS LENDING LIBRARY, Allegheny Branch; LIFETREK INC. and ECOJOHN INC. Your literature may be mailed under one of those names rather than ADTREK.

SPECIAL PRICES on dehydrated foods for organizational overnight trips announced in the newsletter.

BACK-TO-THE-BASICS INSURANCE. The Federal Trade Commission agrees with Oehlbeck, Dacey and Porterfield. Cash value life insurance is a rip-off. Life insurance was originally only term insurance. Later the insurance companies made up the gimmick of a low-interest savings account called by some "permanent" insurance. Buy term insurance and invest the difference. Check the box on the coupon to talk about it.

MUTUAL FUNDS. Diversify your investment money in the stock market without analyzing individual companies. There is a mutual fund which will meet your investment objectives. Check the box on the coupon to talk about it.

SPECIAL REPORT on tax-free inflation-proof investing gives details of a new plan. Comprehensive report tells how to buy nutritious nitrogen-pack food in a way which will supplement your other investments. \$2.00 plus .12 Pennsylvania sales tax.

HOW'S YOUR STAMP COLLECTION? Do you have a rubber stamp that says, "Written on previously used paper to help save a tree"? Or some other slogan that you use over and over? Or how about a 3-line return address stamp for only \$2.50? To get a catalog check the block on the coupon and send your two bits.

FOOD FOR TRIPS. Stew, chili, apple slices, banana slices, pineapple, margarine powder, corn syrup crystals, peanut butter powder, many more. Send for brochure.

FOOD SUPPLEMENTS. Protein powder (with 8 essential amino acids), calcium, alfalfa, vitamin C, multiple vitamins. Send for brochure.

INVESTMENT TIMING SERVICE. Let an expert shift your investments at the right time. He has made money for his clients and was recently selected by an insurance company to handle their investments. Check the box to talk.

SAVE TAX DOLLARS. Mutual fund record book. Pay only what IRS claims to want: its fair share each year but no more. Only \$2.50 plus .15 Pennsylvania sales tax.

☐ I'm leading an official trip, overnight or longer, and want the special group food prices.

☐ BACK-TO-THE-BASICS INSURANCE

☐ MUTUAL FUNDS

☐ SPECIAL REPORT (\$2.12)

☐ HOW'S YOUR STAMP COLLECTION (25¢)

☐ FOOD FOR TRIPS

☐ FOOD SUPPLEMENTS

☐ INVESTMENT TIMING SERVICE

☐ SAVE TAX DOLLARS (\$2.65)

(Please be sure to put your name, address and phone number on the other side)

"Let's go hosting," I declared to three close friends one summer in Philadelphia. We had been discussing inexpensive and unusual vacations, and a cycling trip in New England sounded exciting. We wrote to the national office (in New York City) for information. There were no organized trips, people hosted on their own.

One Saturday morning in July, the four adventurers took a train to Northfield, Mass. The Northfield Hostel was the New England headquarters, and was housed in a large farmhouse. A small adjacent barn served as bike shop and storage for equipment. We bought our AYH passes and spent the next hour studying a large wall map, deciding on our route. After some discussion, we selected a four day loop trip. By that time it was too late to start, so we stayed for the night. We decided to share expenses and have group meals.

Sunday morning we rented our bikes. These were lightweights with coaster brakes and with luggage racks over the back wheels. We tied our knapsacks onto the racks, and set off down the highway, north to New Hampshire. We cycled mainly on secondary state roads which, fortunately, had very little car traffic. Near Hinsdale, N.H., we took our first lunch break on a bank of the Connecticut River. We crossed the river at Brattleboro, Vt., and continued north to Putney, where we left the highway for a dirt road. After several miles of walking and pedalling uphill, we arrived at the hostel.

The Putney hostel was located in an interesting community consisting of a school for international students, several craftsmen, and a blacksmith. We were delighted with the place, and spent the rest of the afternoon visiting workshops. Among the fellow AYHers were two teenage boys from New York City who were on a week's hiking trip. I thought they were courageous--imagine, walking for a week! After dinner, the New York boys taught us a folk dance, and we danced and sang on the lawn until bed-time.

Monday morning we really got an early start. The dirt road continued north for 8 or 10 miles through forests of pine and spruce and part occasional farms. I remember the clear sky, breeze in my face was cool and delightful with forest smells. My bike picked up speed as I coasted down a long grade. I felt exhilarated and raced on ahead. A screech of a bike tire on gravel made me look back. A knapsack strap had come loose on a girl's bike and had wrapped itself around the rear axle. Luckily my friend kept her balance and wasn't thrown. We had no tool kit, but borrowed a wrench at a nearby farm and repaired the bike. We continued at a more cautious pace, and shortly later rejoined the highway near Bellows Falls. We re-crossed the Connecticut River into North Walpole, N.H. From there it was an easy, level 14 miles to our day's destination in North Charlestown.

We found the hostel on a farm just north of the village. We were greeted by the houseparents, a retired farmer and his wife. It was a lovely place, with large old trees and well-kept lawns. Orchards and fields sloped gently down to the river. I can still remember the sign "Welcome Hostellers--River Acres Youth Hostel." The hostel was in a converted farm building.

We were saddle-sore and tired, so we rested on Tuesday. We sun bathed, played croquet with the houseparents, and just sat around enjoying the peace and quiet.

PLANS FOR SENECA ROCKS AND SPRUCE KNOB

The Forest Service is currently preparing a Revised Draft Land Use Plan for the Monongahela National Forest. Of particular concern to outdoor folks are plans for Unit 8, Seneca Rocks and Spruce Knob.

Basing their plans and projections on a 1969 NRA Management Plan, the USFS would change Seneca Rocks to a "recreation complex," with a visitor's center, picnic grounds, auto camping area with 100 units, camping expansion grounds of another 25 units, and a concessionaire resort complex for 250 persons. Climbers, primitive camping, and solitude would apparently be excluded.

The Potomac Appalachian Trail Club has protected the plans and the thinking underlying them, asking instead that basic principles used would be:

- * Conserve the natural, scenic, historic, and scientific values of the area;
- * Conserve those qualities of the area which contribute to the public's enjoyment;
- * Develop public use areas;
- * Acquire easements along scenic roads and trails, and in scenic areas;
- * Ensure that private land use is compatible with the objectives of the National Recreation Area.

The plans for Spruce Knob similarly call for an "aggressive development program," which fails to "conserve scenic and other values."

Little citizen participation was involved in 1969, and not much is encouraged today.

Times have changed considerably since 1969, as have attitudes toward the environment. Yet, "driving for pleasure" is the overriding theme in these plans.

WRITE: Ralph Mumme, Forest Supervisor
Monongahela National Forest
Box 1231
Elkins, West Virginia 26241

TO COMMENT, OR TO REQUEST A COPY OF THE
REVISED DRAFT LAND USE PLAN.

* * * * *

ATTENTION: All you HOSTEL people — Dust off your top hats and tails — Ruffle your ruffles

The Annual AYH Banquet is coming!

FUN - FOOD - FROLIC

Watch for details in the March Triangle.

or

Contact: Janet or Al Hribar (271-1996)

look different. Sometimes the horizon completely disappears (white out)--a real weird experience!"

In another letter Henry lamented the loss of October 11th to the international dateline and exulted at his first view of the Antarctic landscape.

"I came here in the "early spring" (reportedly unusually severe this year)--i.e. in time still to see the sun setting (but it never got dark anymore; now the sun doesn't set at all) and witness the tail end of the -110°F temperatures (IT'S COLD! ! ! !), but the first impression upon landing was like something out of the Wizard of Oz or Alice in Wonderland. We were on sea ice and in front of us was Ross Island which has principally displayed itself as an immense smoking volcano (Mt. Erebus) (12,500' straight out of the sea!) and at its foot was McMurdo base (in actual fact, the separation was about 20 miles). Across the sound--about 50 miles away--was another volcano (Mt. Discovery) and a segment of the Trans-Antarctic Mountains--in this part called Royal Society Range--with its principal mountain--Mt. Lister--almost touching 15,000'. The sun was bright, and the air was crisp and invigorating (-45°F). Almost instantly after having put my things down I went for some hike to "meet" the volcano (Mt. Erebus)--and I was truly back in my element!"

Soon after his arrival at McMurdo Base, Henry went through a survival training course. Part of the problem was to build a shelter and spend the night in it. His report of this experience:

"Sleeping in an igloo is, of course, very romantic, but much less delightful when at night you have to crawl out to heed the call of nature. You have to crawl through a snowhole.

An igloo is just about completely soundproof. The people inside cannot hear outside voices and vice versa. However, the sound of people walking on the ice comes in with some amplification!

In the morning I had the igloo nicely steamed up while making myself breakfast, when all of a sudden whamo!--a hole in the igloo with atrociously cold air rushing in. (It was the instructor "waking" us). I was shrieking with rage, but calmed down rapidly when the whole comedy of the situation dawned on me. After all, how often in one's life has a guy a chance to yell at somebody, 'You bastard, you punched a hole in my igloo!'"

After that he reported his actual work:

"At present we are engaged in a survey of the Ross Ice Shelf using the following methods: seismic, radar, resistivity and gravity. I am also trying to develop some future projects that have to do with glaciers. The glaciers here are just unbelievable--and I am as usual trying to spend my life hot on the heels of the Great, the Spectacular, and the Fantastic."

On Wednesday we cycled south to Keene, N.H. The rest had done us good, we covered the 30 miles in good time. I remember our stop in Westminster, a charming town with its typical New England church. We stopped to browse in an antique shop. For \$1.50 I bought a small birch covered school book by Noah Webster, published in 1803! The hostel in Keene, a small city, was uninspiring. My only recollection is that the next-door neighbors kept two horses in their back yard!

The last leg of our trip was the return to Northfield. The day was hot, walking our bikes uphill was tiring, but the long down-hill runs were a pleasure. We stopped for lunch at Forest Lake, near Winchester, and rented a row boat and enjoyed a lazy interlude on the lake. A bit reluctantly, we re-mounted our bikes and pedalled to the hostel in Northfield.

Our hosteling adventure was over. We had covered 110 miles in three states, met interesting people, and seen a bit of unspoiled New England.

FROM ANTARCTICA

By Nancy Bartoo and Cathy Lynch

The postcard on the bulletin board has a picture of a penguin and a post mark--Antarctica. Its message is simply "UGAAH!" The cry of the unicorn, an unforgettable noise. Equally unforgettable have been slide shows and movies of birds and wildlife and exploration work in the Arctic. No girl who has had her hair tied in knots has forgotten that experience. All of this memorable activity goes by the signature on the postcard--Henry!

Though Henry L. Pollak has only been a visitor to Pittsburgh for the last four years, he is still very much a part of A.Y.H. But now he is really in Antarctica somewhere on the Ross Ice Shelf. Here is how he put it in a recent letter:

"I am now in the middle of the Ross Ice Shelf almost 400 miles away from McMurdo, at 82°22' S and 168°38' W, if you can find it on a map. The Ross Ice Shelf--a flat expanse of ice covering part of the Ross Sea--is about the size of France. This ice shelf--a result of enormous glaciers pushing in here from the "mainland" (Antarctica contains between 90-95% of the world's ice!)--will be my home til the end of January or mid-February. . . ."

"Ross Ice Shelf is the most desolate and lonesome thing I have ever seen in my life--no other God's creature to cross your path! But to be in something like this for about 3 months is an experience by itself. The most fantastic thing is the play of light(s) on the ice--things always

Germans sat down. Great plans of travel around Iceland, questions in English, descriptions of great back country experiences in German and retorts in Dutch simultaneously, translated and interpreted. Fantastic. People of all ages stayed at the hostel. A boy from Boston, two fine looking girls from Australia, a knowledgeable youth from France discussing work possibilities in Iceland with a girl from Montreal, an old world traveler from Germany whose fantastic stories I tried to translate for my newly found friend from Holland--late night discussions with a journalist from Norway; people never seemed to sleep.

To see the countryside, tours of all lengths from one morning to several week safaris, from ten to hundreds of dollars can be arranged. I took a day tour to see the valley east of Reykjavik. Fantastic lava fields, some only ninehundred years old, from the last great eruption. A crater lake, surrounded by wildflowers, hot springs and a geyser which spouts every few minutes next to one which spouts once a year.

One of the few forests in almost treeless Iceland spread out over a valley floor, all of two feet high. Great grassy fields, which have to be drained, leveled and cultivated piecemeal before they will yield a hard earned hay crop. Glaciers yielding white foaming streams, fantastic waterfalls, and farther downstream class two or three milky white water wending its way from the low mountains to the ocean. I've been told that a Norwegian has been the only one to ever try canoeing down the rivers during the two month Icelandic summer. Judging by the photos of the intrepid explorer, he had a folding kayak, which made me wonder how I could bring a boat to Iceland. Just imagine, floating downstream among the fantastic lava formations, to end up at the capitol city, after several glorious days, enjoying the almost perpetual sunshine. Next time when I return to Iceland!

TRIPS AND TRAILS

The trips listed below are open to the public with the exception that AYH members are given priority when the trip is of limited size. Trip costs include 50¢ registration and insurance (\$500 medical) plus transportation costs and equipment rental. Call the trip leader to reserve or cancel or just for more information about the trip.

Please call during normal hours (6:30 - 9:30 P.M.) unless otherwise noted. Make reservations early but in no case should they be made later than the Thursday before the trip.

Thurs. Feb. 3 Enjoy a full moon for an in-town cross country ski trip. Conditions permitting Joe Hoechner will give beginners instruction around Mellon Park Headquarters. Rental fee \$1.00. Reservations need phone Joe @ 343-2465.

Sat. Feb. 19 Easy $\frac{1}{2}$ day hike in Schenley Park with Joe Levine, with a stopover at the Nature Museum (if open.) Leave 9:30. Cost 25¢ Hot chocolate at Joe's place after the hike. Phone 422-8287.

One of the letters closes with greetings to all of us.

"So I greet you and the Bartoos and Don and all of my other countless Pittsburgh friends from this "remote" (remote from where?) part of the world. And derive some cheer and solace from the fact that in some parts of the world--for part of the year--the Sun never sets!

Gronk! Quack! Ugaaa! Oink!"

One thing is sure. Henry is taking photographs of his FANTASTIC experience. Sometime in 1977 we will probably get a chance to see them.

THE GREAT ICELANDIC HOSTELING ADVENTURE

By Ben Brugmans

When arriving in Iceland at Kevlavic airport in the middle of the morning, I was greeted by a vision of a somber bare landscape. Inside the airport lobby, the smiling young beauties at the information desk were very helpful in suggesting expensive hotels. But after finding a reference to a youth hostel in Reykjavik at a quarter of the cost, they were also helpful to show me its position on a city map.

After a half hour bus ride through the lichen encrusted lava fields did I indeed arrive at a semblance of civilization. Reykjavik, nice multicolored two-story houses along the bay, is not very large. It is quite possible to explore by foot, even though excellent Volvo and Mercedes busses connect all quarters of the city. The hostel, ten minutes walking from the city center, was closed. We knocked and were allowed to leave our luggage in the office. The hostel is closed from eleven to four, and lights go out at eleven at night. Rather, in the summer, doors are shut; the arctic sun is almost as bright at midnight as at noon.

Downstairs, an office with very friendly Icelanders, and a communal kitchen fairly bustling with a motley international crew, babbling German and Dutch, French and English, Norwegian and Icelandic and who knows what else. Upstairs, a goodly number of rooms with two-high bunkbeds to accomodate the multitude of hostellers passing through Iceland, or getting ready to attack the interior, in order to see the Glaciers and waterfalls, the deep crevices where the continental plates are drifting apart, the hot springs and geysers, or just plain to talk with country people who live in the immense wild areas, dairy farmers and sheep herders in coastal valleys around the island.

Up top, in the hostel, is a common room, tables and chairs, ever present throughout Europe. A place to sit in a Youth Hostel, or at a fancy resort hotel terrace, Europeans gather around to be sociable, over a glass of beer, over some mineral water, over a glass of wine.

As I sat down on my third day to write a letter, my new friend the Dutchman came in. Then a friend I had met from Saskatchewan. Well, as we were proceeding into a great discussion on life, a few

THE OUTDOOR CHEF--
KASHA WITH SOUR CREAM SAUCE
by Ben Brugmans

To satisfy the delicate dinner palates of those great gourmet backpackers, who decry the repetitiousness of the humdrum freeze dried fare, I have developed a tintillating delight to evoke rapture of the most choosy tastebuds: Kasha with sour cream sauce.

Not just beyond the merely mundane, it tops a fine hot cereal flavor with a complementary but opposing sour and cold sauce. Accompanied by a crunchy nut topping. And oh so nutritious.

- 1 cup buckwheat groats (Kasha)
- 1 envelope sour cream sauce mix
- 1 four-ounce jar Soy Nuts (toasted soy beans)
- one-third jar soup greens (two and an eighth ounce size)
- 1 cup nonfat dry milk

Bring five cups of water to a boil, stir in a cup of buckwheat groats. Add salt and a piece of butter if desired (or available). Add two-thirds of the soy nuts. Boil ten or twelve minutes.

Meanwhile, reconstitute a cup of milk. Stir in sour cream mix, and soup greens. Let stand ten minutes. The mixture should be the consistency of buttermilk.

Serve kasha with sour cream sauce spooned over. Sprinkle with remaining soy nuts. Serves three big or four medium appetites. Any kasha left over can be served the next morning for breakfast with hot milk (reconstituted). Cost per serving about 50¢.

FLORIDA SAIL VACATIONS--
from DETROIT COUNCIL AYH

Here is a chance to sail tropical waters at low cost. Explore Gulf Coast's barefoot islands, Captiva, Sanibel, Boca Grande, and many others. Lots of chances to sun, swim, shell and beach-comb. If you are not already a sailor these trips offer the fun of learning the art of sail cruising with expert informal instruction. Join us for a five day cruise aboard our 26' sailboat, anchoring at new harbors every night. Each trip is limited to five people. The trip requires moderate-to-strenuous swimming ability as a must.

Starting dates: Jan. 31 Feb. 7-14-21-28 Mar. 7-14-21-28 Apr. 4-11-18-25.
Leader Jerry Barron.

Cost \$154. Deposit \$50.

For more info write or call AYH at 14335 W. McNichols, Detroit, Mich., 48235. Phone (313) 272-8560, Hours: Mon-Wed 12 till 8 PM, Thur. and Fri. 12 till 5 PM.

Fri. - Sun.
Feb. 18-20

WINTER WEEKEND at Laurelville Hostel. There will be hiking and cross-country skiing with short trips on the hostel grounds and longer trips on the nearby Laurel Highlands trail and Laurel Hill State Park. Cost for the weekend will be about \$23.00 including lodging, three meals, and transportation. As this is a Hostel, you must be a member and bring your pass. A reservation and a \$5.00 deposit must be given to Sally Brunson

911 Beech Ave.
Pittsburgh, PA 15233 or
231-6074

M.E. McBride
5834 Ferree St.
Pgh., PA 15217
421-9891

DEADLINE FOR RESERVATIONS: FEBRUARY 3.

AYH CROSS COUNTRY SKI DAY TRIPS IN FEBRUARY, 1977

All trips leave Hostel Headquarters at 8:30 A.M. unless trip leader announces otherwise. Those desiring to rent AYH rental equipment should call the leader to reserve equipment and should report to Hostel Headquarters at 8:00 A.M. to select equipment.

<u>DAY</u>	<u>DATE</u>	<u>LEADER</u>	<u>PHONE</u>	<u>ALL TRIPS:</u>
Saturday	2/5	Alan Barber	833-5311	BRING LUNCH
Sunday	2/6	Gordon Bugby	371-4233	AND WATER,
Saturday	2/12	Rich Feder	421-5708	EXTRA SWEATER,
Sunday	2/13	Jim Gogots	384-9149	EXTRA WOOL
Saturday	2/19	Joe Hoechner	833-5311	SOCKS, HAT &
Sunday **	2/20	Jim Roberts	271-7178	SUNGLASSES.
Saturday	2/26	Joe Curlee	422-9672	**LEAVES AT
Sunday	2/27	Bruce Sundquist	327-8737	8:40 A.M.

Note: The actual conduct of each trip is contingent upon snow availability. Trip leader will give a tentative go/no-go decision at the Thursday open house immediately preceding the scheduled trip. Trip leaders will call skiers registered for the trip only in the event that the Thursday decision is reversed subsequent to changes in snow conditions.

BACKPACKING SCHOOL: Joe Levine and Ben Brugmans will offer backpacking instructions and several trips.

Instruction in equipment planning and buying, skills for camping, food choices and cooking on the trail is planned for February and March. Some easy overnights are planned for early spring, as weather improves. For information, or to sign up, call Ben 687-1128.

MAP READING III: Equipment: compass, lunch & water, change of shoes.
Sun. Mar 5 - 8:30 A.M. Cost: \$3.00. Reserve between 7 -9 P.M. Jim Roberts.

SUMMER JOB

Weekends June thru August

Prefer Male College Student Type

SAILING SCHOOL INSTRUCTOR

- ✓ Must be excellent sailor
- ✓ Need transportation w/Ball Hitch

CANOE & KAYAK INSTRUCTOR

- ✓ Must paddle both Canoe and Kayak well in Class III WW.
- ✓ Must be able to roll Kayak.

Schedule is flexible.

Contact: Doug Ettinger
Canoe, Kayak & Sailing Craft
701 Wood St.
Wilkinsburg, Pa 15221
(412) 241-4869



PARKAS, SWEATERS &

those funny, skinny

Touring Skis

Ligonier Mountain Outfitters

I Route 30/Laughlintown, PA/238-6246
II Mohawk Plaza/Route 286 S/Indiana, PA

THE SCREAMING EAGLE BOAT WORKS, INC.
1426 FOURTH AVE.
CORAOPOLIS, PA. 15108

JOIN US IN CELEBRATING OUR GRAND OPENING
WITH
A LITTLE WINE
A LITTLE CHEESE
LOTS OF CANOES, KAYAKS & ACCESSORIES

SATURDAY, FEB. 19, 1977
NOON TILL NINE

TAKE NEVILLE ISLAND EXIT ON I-79 NORTH ON RT 51
ACROSS THE BRIDGE RIGHT ON 4TH AVENUE

OPEN HOUSE

OPEN HOUSE at the Hostel Headquarters is every Thursday evening. Doors open at 7:45 with a slide presentation at 8:45. Programs are of interest to old, new or prospective AYHers. WELCOME!

Our OPEN HOUSE is for all members as well as non-members. This is a great time to see friends, reminisce about the good times on your last AYH trip, and make plans for future trips.

If you are a prospective member, this is an ideal time to meet AYHers and discover the ART OF HAVING FUN.

FEBRUARY OPEN HOUSE PROGRAMS:

- Feb. 3 Ben Brugmans--"Bicycling in Holland." Revisiting the country where I was born, small towns and villages, and off the beaten track Holland.
- Feb. 10 Jack Leahy--"The North Cascades of Washington" (when old friends get together) with former AYH Hiking Chairman Morrie Oberg and Jack Batchelor.
- Feb. 17 Joe Levine--"Mountain Wandering-Part II." This part will feature a four-day tour of the Karawanken Range on the border of Yugoslavia and day hikes in the Dachstein pre-Alps, as well as sightseeing in a unique lakeside town.
- Feb. 24 Norma Bitar--"Tuesday it's Belgium." Norma toured Europe in 1974 with the University of Pittsburgh Choir. The program will deal primarily with art and architecture.

THE GOLDEN TRIANGLE

THE GOLDEN TRIANGLE is a monthly publication of the Pittsburgh Council, American Youth Hostels, Inc.

ADDRESS: AYH
6300 Fifth Avenue
Pittsburgh, PA 15232

PHONE: 362-8181, Thursday evenings only.

EDITOR	Joan Sieffert
COVER	Bob Goff
PRINTING	Sue Leathen
PRODUCTION	Marty and Mike Haddad and the few willing AYHers who will stay after the meeting and help staple the newsletter.

EDITORIAL ASSISTANCE	***** Marty Haddad, Rich Feder, Pam Wilson, Jack Gerber.
----------------------	---

DEADLINE FOR MARCH AND SUBSEQUENT ISSUES OF THE TRIANGLE WILL BE MOVED UP TO THE SECOND THURSDAY OF EACH MONTH. Deadline Feb. 10 for March issue.

ALL COPY SUBMITTED FOR PUBLICATION SHOULD BE TYPED IN THE STANDARD MANNER, DOUBLESFACED, on 8½ x 11 paper.

Editor's note: Special thanks to Rich Feder, this month's "Assistant Triangle Editor of the Month" and to typists Jack Gerber, Pam Wilson and Martie Haddad, who made this issue possible.

Ayher's interested in being in a "Talent Pool" and occasionally helping with some aspect of the Triangle, don't be shy. See me real soon.

Hiking Chairman Dick Nugent reports no hiking is planned due to colder weather and popularity of cross country.

Bob Goff, a new member and this month's cover artist, is offering use of his slide & tape equipment to members who want background music of special effects. Call 323-0268 after 7 P.M. or see him Thursday night.

INDEX to this issue:

Page	
1	TIPS & TALES
2	CYCLE NEWS/VACATIONS
3	T.O.S.R.V./ MEMBERSHIP RENEWAL
5 & 6	"HOSTELLING IN THE 40's"
4	LAND USE PLAN
6,7,8	FROM ANTARCTICA
8,9	ICELANDIC HOSTELLING
9	TRIPS
10	MORE TRIPS
12	OPEN HOUSE
11	THE OUTDOOR CHEF

FEBRUARY

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
	1	2	3	4	5	6
			Cross-Country Evening Trip		X-C	X-C
7	8	9	10	11	12	13
					X-C	X-C
14	15	16	17	18	19	20
					X-C Half-day Hike	X-C
				LAURELVILLE WEEKEND		
21	22	23	24	25	26	27
					X-C	X-C
28						

X-C = Cross Country Skiing

PITTSBURGH COUNCIL
AMERICAN YOUTH HOSTELS, INC.
6300 FIFTH AVENUE
PITTSBURGH, PA 15232

ADDRESS CORRECTIONS REQUESTED

RETURN POSTAGE GUARANTEED

Non-profit Organiz.
U.S. POSTAGE
Pittsburgh, Pa.
15232

Permit #127

LIBRARIAN, A.Y.H.
650-B KELLY AVE.
PITTSBURGH, PA. 15221

VIP 0

If this doesn't say Dec. 77 or LIFE, this is your last issue of THE TRIANGLE.
RENEW, RENEW

