

NOVEMBER

vol 28 no 11



golden triangle

pittsburgh council american youth hostels inc.

A.Y.H. WINTER WEEKEND IS COMING!!

Once again Pittsburgh Council is planning its annual get-together at the nearby Laurelville Youth Hostel. This year the date is New Year's Eve weekend!

We will arrive at Laurelville by carpool about 8:30 p.m. Friday night, December 30th and leave on the afternoon of Monday, January 2nd. We have reservations for the main lodge, two dorm cabins, and a "family" cabin. Space is available for 60-70 AYH members. Reservations for the lodge are on a first come, first served basis, with couples having priority. The cost for cabin space is about \$4.00 less than a space in the main lodge.

Our meals will be served by the Laurelville staff in the dining hall and will include three breakfasts and two suppers. You'll have to bring three "trail" lunches. A snack will be provided for Friday night and New Year's Eve. Transportation fees will be \$2.50 for the round trip and will be paid directly to your driver. Total cost of the weekend (three nights lodging, five meals, trip fees and transportation) should be approximately \$35.00. Children's fees will be about half that price. A deposit of \$20.00 should be paid to trip leader Joe Hoechner as early as possible.

Joe would like to remind all members to bring their musical instruments. He would also like to hear from anyone who can bring folk/square dance records and a phonograph. In addition Joe plans to investigate local establishments for those members who might want to partake in a more traditional New Year's Eve celebration--off the hostel grounds.

What should you bring? As previously mentioned, bring three lunches, your AYH pass, a sleeping bag or sheets (blankets and pillows are provided), cross-country skis, hiking boots, warm clothes and personal items. If you're the type who forgets his AYH pass, turn it in to Joe Hoechner, and he'll worry about bringing all the passes along.

If you would like to reserve cross-country ski equipment (one day rental basis), call Sally Brunson @ 231-6074 or Mary Barber @ 833-5311.

If you have any questions call Joe Hoechner @ 343-2465. Reminder: The trip is open to members of AYH only!

RESERVATION FORM FOR LAURELVILLE WINTER WEEKEND

NAME(S) _____
PHONE # _____ AYH PASS STICKER # _____
ACCOMMODATION (lodge, dorm or family cabin) _____
DEPOSIT ENCLOSED (\$20 for adults, \$10 for children) _____
Make check payable to "PITTSBURGH AYH"
I'LL NEED A RIDE _____
I CAN DRIVE _____ NUMBER OF PASSENGERS. _____
I CAN PLAY/BRING _____ (instrument(s), folk/square dance records, phonograph)
I'M QUALIFIED TO LEAD A _____ (ski trip, hike, other)

Bring this form and the appropriate deposit to Joe Hoechner, or mail it to him at

405 Hoodridge Drive
Pittsburgh, Pennsylvania 15234

FLAT WATER AND CANOE TOURING

By Joe Levine

Paddlers usually classify canoeing according to the type of water encountered, namely: "flat, flowing, and white water." Occasionally I have heard white water enthusiasts scoff at flat water canoeing. Granted running white water is the most exciting and challenging of the three--it requires more skill and has its inherent dangers--but it isn't "better," just different. How apt are these so-called classifications? Most white water rivers have stretches of flowing water. A flowing stream may have occasional dams or riffles. On flat water paddlers may encounter strong winds with large waves which require skilled handling of the canoe and endurance. On large lakes or lake systems navigation and compass skills are important.

Where does canoe touring fit in? Is it "flat, flowing, or white?" It can be any or all three. There have been extended trips on rivers with rapids (e.g. Howard King's trips in Ontario) and trips on streams and lakes with portaging (e.g. Bob Schatz' Algonquin trips).

Last August Bill Weiner and I, with four companions, embarked on a two-week trip in the Gouin Reservoir area of central Quebec on flat, flowing and white waters. Although we planned and prepared well for most aspects of this canoeing adventure, we knew nothing about the nature of the two rivers that would lead us in and out of the lake area--except what we saw in the topo maps. Local people we questioned at the put-in village of Clova knew little that was of any help.

We encountered non-canoeable rapids, beaver and natural dams on the streams. We walked and pulled our canoes down the Flapjack, walked and lined them up the Foucher. There were many short carries but only two portages. On the large lakes we experienced strong tailwinds with two to three foot waves and several headwinds on our return that strained our backs and muscles. Finding a campsite was always a problem--we were lucky when we found a sand beach or clearing made by some fishing club.

By the evening of the fourth day, having logged some 35 miles, it was clear to all that our projected 135 mile loop was too risky to attempt. Fortunately the lakes of the Gouin system are inter-connecting. Also, as we had planned several return routes, it was easy to shorten the trip by eliminating forty miles of the main body of the Gouin. We were able to complete the sixty miles of the return leg in 4½ days. Being certain that we had ample time and food, we were able to take three "rest days," with more time to fish, relax and enjoy the great variety of birds, plant life, fascinating cloud formations and fabulous sunsets.

Do you enjoy the wildflowers on a leisurely paddle down the Clarion? Or do you prefer running the middle Yough or Cheat? Or are you challenged by the prospect of an extended trip to some far-off watery wilderness? Each is good. Each is different. Vive la difference!

LET'S GO SAILING - 2

By David Guthrie

As I said in "Sailing - 1," if the wind hits an angled sail, it is converted into two forces, one which pushes the boat forward and the other which tends to move the boat sideways. To stop this sideways motion, a large plate (a centerboard in small boats, or a keel in large boats and ships) sticks out from the underside of the hull into the water. It acts as a brake to prevent lateral skidding. Thus, the angled power of the wind becomes a propelling force.

By changing the sail's angle, a boat can be made to move at almost any angle to the wind, except directly into it. In fact, a boat cannot sail directly forward to any point within 45° of either side of the wind direction. This could be a serious obstacle if your picnic lunch is on the bank of Lake Arthur and the wind is blowing towards you!

Happily you can overcome this difficulty by "tacking," a maneuver which provides one of the delights of sailing (other delights we won't go into). By tacking, or sailing in a zig-zag course towards the wind, you can position your boat so the sails are always pulling as follows:



You can see that at one point the boat will be heading directly into the wind. It is sufficient to say that the boat's momentum will carry you over the new bearing.

So far we've only covered the sails and centerboard as controlling the movement of a sailboat, but there is another factor--the rudder. The rudder is located at the rear or stern of the boat and is a

flat surface immersed in the water capable of being turned through almost a complete half circle. As it is turned, the water pressure against it enables the boat to be steered. It only serves its purpose when the boat is moving through the water.

Now let's get one thing straight. Hold up your left hand. (No, your left hand!) That is the port. Hold up your right hand. That is the starboard. In front of you is forward. In back of you is aft. Got it?

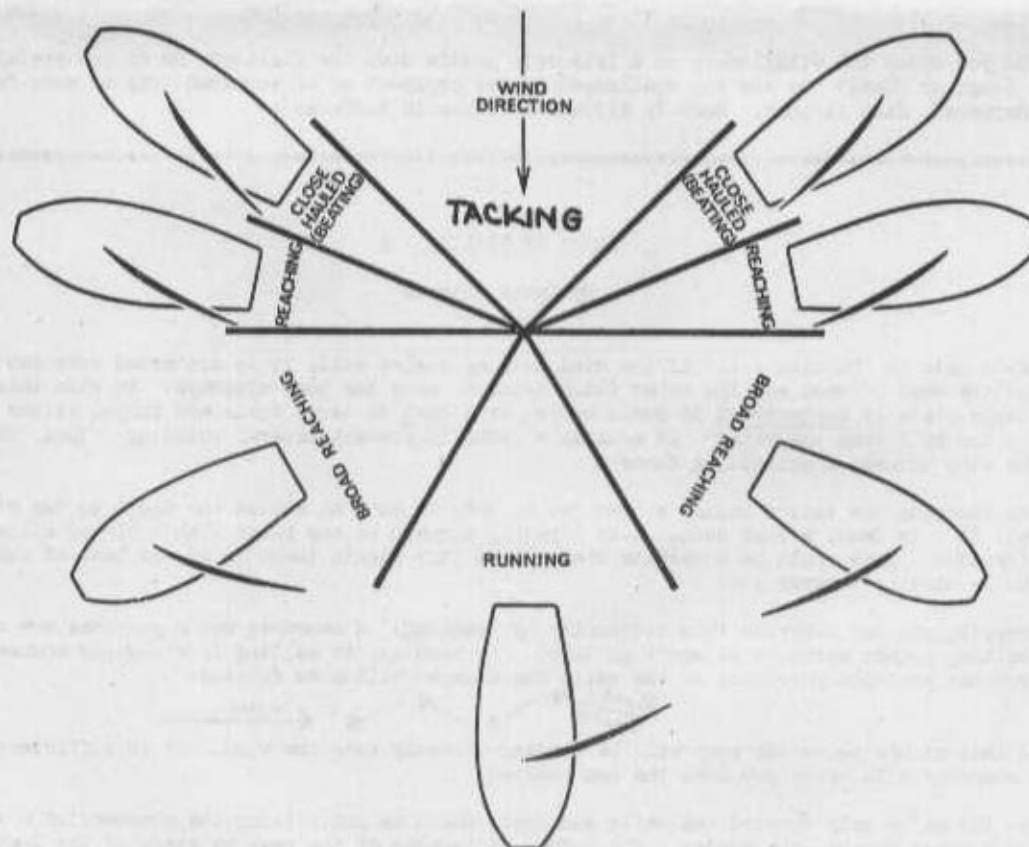
Okay. The tiller is connected to the rudder and controls it. It is aft and looks like a horizontal pole several feet long. If the tiller is pushed towards the starboard side, the rudder is angled to port, and the boat will turn to port. Similarly, with the tiller to port, the rudder is to starboard, and the boat will turn to starboard.

From what you have learned up to now, it is obvious that these three controls work with their surfaces at right angles to the water. The more a boat leans over or heels (forget about your dog here), the less efficiently do the sails, rudder, and centerboard work. Maximum efficiency is attained at even keel (remember that word?).

To round off this segment, the diagram shows the different bearings from the wind and gives you a few more essential nautical terms to learn. The approximate sail angle is shown. Study the diagram carefully.

Finally, I must mention the advantage of sailing into the wind. You see, there is no real method to stop a sailboat as you can stop a bicycle unless you enjoy swimming. So most people get the idea that if they're heeling too far or things go berserk, they cannot correct the situation. Now you know that if you turn the boat into the wind, the sails will lose their pulling power and she'll stop dead in the water. The only occasion this will not happen is when the tide is carrying you into the wind at a greater speed than the wind itself.

Since the chances of this happening in Western Pennsylvania are as remote as harpooning whales in Nebraska, remember when in doubt, turn into the wind!



COME TO THE NATIONAL MEETING

On December 9th to the 11th the Pittsburgh Council will have the honor of hosting the National Meeting of the American Youth Hostels. Representatives from all AYH councils will be invited. Between 100 and 200 people are expected to attend the meeting.

For the new Executive Director (still to be named by the Board of Directors) this meeting will be his first official introduction to all of AYH. Besides meeting the director and other members of the national staff, the delegates will hold sessions on the business of running AYH and vote on issues of national importance.

On Saturday night there will be a dinner followed by folk dancing led by Bruce and June Merritt. In addition, sightseeing and other activities are being planned to introduce the visitors to Pittsburgh and help them have a good time.

The Activities Board has selected the William Penn Hotel as the site for the meeting. All Pittsburgh council members are invited to attend. Mark calendars now--December 9th, 10th, and 11th--AYH National Meeting. Volunteers and suggestions are most welcome. Contact Cathy Lynch @ 361-3707.

AYH MEMBERSHIP RENEWAL

The 1978 AYH passes (valid from now until December 31, 1978) are here! Don't wait until you miss an issue of The Triangle. Renew now and avoid the rush. Fill out the following membership application and bring or send it with a check payable to "Pittsburgh Council, AYH" to Membership, AYH, 6300 Fifth Avenue, Pittsburgh, PA 15232.

NAME _____ PHONE _____
ADDRESS _____ OCCUPATION _____

(zip code) NEW/RENEWAL _____

_____ Youth membership (under 18)	\$ 5.00
_____ Senior membership (18 and over)	\$11.00
_____ Family (valid in USA and Canada only)	\$12.00
_____ Organization membership	\$25.00
_____ LIFE	\$110.00
_____ FAMILY LIFE	\$220.00

SERVICE INTERESTS: _____ Newsletter; _____ Hostel Development; _____ Bicycling;
_____ Publicity; _____ Trail Maintenance; _____ Equipment Repair;
_____ Auditor Service; _____ Typing; _____ Art Work; _____ Key Punch

LEADERSHIP: _____ Backpacking; _____ Bicycling; _____ Canoeing; _____ Caving;
_____ Climbing; _____ Cross-country skiing; _____ Hiking; _____ Rafting

TIPS & TALES
By Joe Hoehner

Have you tried getting your kit together? An outdoor clothing kit that is. If you want to beat the high cost of ready-made gear and want to say "I made that," now's the time to try. You can request FREE kit catalogues from the following outfits:

Frostline Kits
Frostline Circle
Denver, Colorado 80241

Calico Kits
1275 Sherman Drive
Longmont, Colorado 80501

Holubar Kits
Box 7
Boulder, Colorado 80306

* * * * *

Members are always asking "When's the last raft trip?" Chances are it will be over Thanksgiving weekend--after all, that's when all the turkeys are out!

* * * * *

Now may be the time of year to go shopping for a bicycle helmet. If your favorite shop is the "cycles in summer, skis in winter" type, they may have some great clearance sales now to clear out their stock.

* * * * *

Hostel storkeeper Joe Hoehner has received several requests for bicycle headlights which will meet Pennsylvania's new lighting laws.

Joe is checking out a source now and may have lights in stock by mid-month.

Wouldn't they make great Christmas gifts?

* * * * *

Is your home secure? If you're not into home or apartment security, now's the time (before ski season) to start.

You can request a super, FREE catalogue of every type of security device in the world (well almost) from:

Mountain West Alarm Co.
Box 10780
Phoenix, Arizona 85064

They always have great mountain scenes on the covers of their catalogues too!

* * * * *

Watch out for hunters! Hikers are now in-season (well almost).

Small game season runs October through November; big, bad deer season starts right after Thanksgiving.

If you want to hike, do so--on Sundays! (No hunting is permitted in Penn's Woods.)

* * * * *

Do you know there's a new cycle club in town? It's Three Rivers Bicycle Club, the group that ran the McDonald's Cup Race in October.

They've got a Tour of Allegheny County Race in the planning for 1976. They are affiliated with the United States Cycling Federation, which means that helmets are a requirement at all of their events.

If you'd like more information about the club, write to:

Three Rivers Bicycle Club
P.O. Box 7838
Pittsburgh, PA 15215

* * * * *

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Shop II - Oakland Ave., Indiana, PA 412/463-7440

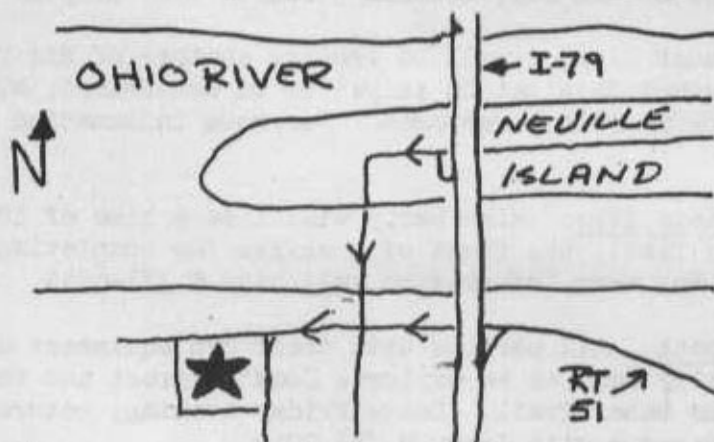
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person \$25.00

Call Joe Hoechner @ 343-2465.

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The Racquet Shop, 234-5016.

The Ski Station
107 McAllister Alley
State College, PA 16801

NOVEMBER 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. In addition to these fees non-members are charged \$1.50 per trip; one non-member fee can be deducted from the cost of membership if the tripper joins AYH within 30 days following the trip.

Call the trip leader to reserve or cancel or to get information if you are just interested in knowing more about the trip. Please call during normal hours (6:30 - 9:30 P.M.) unless otherwise noted. Make reservations as early as possible but in no case later than the Thursday before the trip.

Fri. to Sun.

Nov. 4 to 6

Backpack: Joe Curlee will be leading a trip featuring the crisp November air of the Laurel Highlands Trail. For more information call Joe @ 422-9672.

Sun. Nov. 6

Exploratory Hike: The frost is on the pumpkin, the leaves are on the ground, and Dick Nugent will be leading a few rugged individuals on an exploratory hike in the Bradys Bend area. The trip will leave at 8:00 a.m. and a breakfast stop will be made. Reserve with Dick @ 487-5549.

Wed. Nov. 9

"How to Survive an AYH Winter": If you're an active member, you'll spend your winter on cross-country skis. Alan Barber, Joe Hoechner, and Jim Roberts will show and tell about touring skis, waxes, frost-bite, clothing, cold feet, boots, snow fleas, fishnet underwear, and much more. Starts at 7:30 p.m. sharp! For more information call Joe @ 343-2465.

p.s. A demonstration on how to mount bindings may be given too.

Sat. Nov. 12

Beginner Hike: Joe Levine will lead a beginner hike of about 8-9 miles; the location will be announced. Leave headquarters at 8:30 a.m. with lunch, water, suitable clothes, and about \$2.00 for cost. Call Joe at 422-8287 between 9 and 11 a.m. or p.m.

Sun. Nov. 13

Beginner Hike: Chuck Pierson will be leading another of his famous hikes. The exact destination is yet to be determined, but will be in the general Pittsburgh area. For more information call Chuck @ 683-2951.

Sun. Nov. 20

Beginner/Intermediate Hike: Mike Deroy will lead a hike of 10-12 miles on the Baker Trail, the first of a series for completing the Baker Trail. For more information call Mike @ 371-6943.

Fri. to Sun.

Nov. 18-20

Intermediate Backpack: All persons with their own equipment are welcome to join Jerry Dado as he explores Cook's Forest and the northern end of the Baker Trail. Leave Friday evening; return Sunday evening. Reserve with Jerry @ 751-2045.

Sat. Nov. 26

Easy Hike: Join Dick Nugent as he attempts to burn up some of the turkey dinner on an 8 mile hike on the Harmony Trail in northern Allegheny County. Leave at 8:30 a.m. from AYH parking lot. Dress for the weather; bring lunch and water and about \$1.50. Call Dick @ 487-5549.

Thurs. to Sun. Thanksgiving in Chicago: Phyllis Blumberg invites Pittsburgh Council
Nov. 24 to 27 AYH members to a Thanksgiving turkey barbecue by Lake Michigan. She
suggests that those who accept bring bikes, hiking boots, touring
shoes, cross-country skis, sleeping bags and a hostel pass so that
activities could be planned for the rest of the weekend too. Since
Phyllis needs to know in advance who's coming to dinner, she asks
that you contact her soon at the following phone numbers:
312-996-8045 during the day; 312-327-2565 evenings.

OPEN HOUSE

EVERY THURSDAY NIGHT

DOORS OPEN: 7:45

SLIDE PROGRAM: 8:45

Our Thursday night OPEN HOUSE is for members as well as non-members. This is a great time to see friends, reminisce about good times, and plan trips.

If you are a visitor or prospective member, this is an ideal time to meet AYHers and discover the ART of HAVING FUN. Just walk up to someone and tell him or her you're interested in canoeing, caving, cycling, hiking, skiing, or whatever and ask how you can get information on that activity.

OPEN HOUSE PROGRAMS FOR NOVEMBER

- Nov. 3: Mike and Marta Hurwitz did a week's bicycle tour in Quebec Province this summer. We always enjoy their slide programs.
- Nov. 10: Bill and Sue Leathen went backpacking with several other AYHers this summer in Glacier National Park. Come enjoy their presentation.
- Nov. 17: Klaus Rixen - "Close-up on India." Klaus spent some time in India and will give an intimate view of the people and places in that sub-continent.
- Nov. 24 THANKSGIVING - no open house

THE GOLDEN TRIANGLE

The Golden Triangle is a monthly publication of the Pittsburgh Council of American Youth Hostels, Inc. 6300 Fifth Avenue, Pittsburgh, PA 15232.

PHONE: 362-8181 THURSDAY EVENINGS
BETWEEN 7:45 and 10:30
ONLY

EDITOR: Marty Haddad
COVER: Lynn Gogots
ADVERTISING: Jim Gogots
PRINTING: Sue Leathen
MAILING LABELS: Don Hoscker & Roy Weil
PRODUCTION: Mike Haddad and the many enthusiastic AYHers who make production a party rather than a chore.

DEADLINE FOR ARTICLES & ADS FOR
DECEMBER ISSUE: Thursday,
November 3.
DEADLINE FOR TRIPS & TRAILS FOR
DECEMBER ISSUE: Thursday,
November 10.
DECEMBER PRODUCTION PARTY: Thursday,
November 17.

CHANGE OF ADDRESS: Please notify Pittsburgh Council, AYH as soon as possible if you change your address. Otherwise, you miss The Triangle and AYH is charged 25¢ for every newsletter that is returned.

M	TUES	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			△ DEADLINE ARTICLES & ADS	-----	BACKPACK	----- HIKE
1	2	3	4	5	6	
BOARD MING.	"How to Survive an AYH Winter"	△ DEADLINE TRIPS & TRAILS			HIKE	HIKE
7	8	9	10	11	12	13
		△ PRODUCTION PARTY	-----	BACKPACK	----- HIKE	
14	15	16	17	18	19	20
		THANKSGIVING			HIKE	
21	22	23	24	25	26	27
28	29	30	NOVEMBER			

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LEADERS: Do you carry an
emergency medical form
on all your trips?