

MARCH

GOLDEN TRIANGLE



Open House
Every Thursday 8:30 p.m.

PITTSBURGH COUNCIL
Arts & Crafts Center
6300 Fifth Avenue

By: Dick Minnear
Program Chairman



March 3 Winifred Larson teaches folk dancing. Come to learn or just for fun.

March 10 Fran Czapiewski shows her slides of her A.Y.H. extended trip back-packing in the Cascade Mountains near Mt. Baker.

March 17 Bruce Sundquist shows us his slides of an earlier trip to Rocky Mt. National Park. Come see what you'll be missing if you don't go on his extended trip this June.

March 24 See an outstanding film on whitewater canoeing techniques put out by the American White Water Affiliation. Get a free beginners lesson without getting wet.

March 31 Neal Robinson is back for a repeat performance. This time he shows slides of his travels in Greece and nearby islands.

A.Y.H.'s 18th Annual banquet is being held at Wiegands this year (corner of Forceland and James - See Trips and Trails) in case you haven't already heard. John Melbey is to be our speaker and Hugh Gilmour will lead the folk dancing afterwards. Be sure to send your \$3.00 per person to Jean Heller (147 N. Craig) before March 7 if you plan to attend. Names will be checked off at the door.

A.Y.H. TO STAGE DISPLAY AT NEW SOUTH HILLS SHOPPING CENTER

A.Y.H. is to be represented at the South Hills Shopping Center, Vacation and Travel Fair with a booth featuring slides of past trips, a display of A.Y.H. equipment, photographs, and literature on the national and local programs. The fair will run from March 9 to 12th. John and Tess Henry are in charge of final arrangements. Volunteers are needed to man the booth and anyone interested should call John and Tess at 661-7952. The most urgent need is for volunteers for during the day, Wed. Thurs. and Fri. Volunteers are also needed to pick 10 to 20 of their best ones and bring them to the Open House March 3. Eighty of the slides will be shown on an automatic-feed projector at the fair.

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The "Golden Triangle" party on January 25 was the biggest and the best yet. Ask Charlie Westover, John McMichael, Bob Fewkes, Bruce Sundquist, Thelma Moroso, Dick Rothrock, Barb Di Gregorio, Bob Omlor and Janice Woodward. The receivers of the "Golden Triangle" appreciated your service and your witty personality which really seemed to make things zoom. Thank you very much and hope to see you again March 29. Bring a large shopping bag, the kind that has handles, if you have a few available.

WHITE WATER CANOEING PLANS

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Before you get too depressed about not having much skiing, March brings you something else which is challenging in its own way -- white water canoeing. Anyone wanting to go on a particular stream or lead a particular trip should contact Howard King (264-1386) soon, (nothing definite required, just rough ideas). Ideas are afoot bonrtn the Loyalhanna, Laurel Hill Run, Upper Cheat, North Branch of the Potomac, the Casselman, and others. Don't forget, four of A.Y.H.'s canoes will be covered for greater fun and safety this year. Keep in mind, too, that beginners can tog along in a raft and enjoy the scenery, the rapids, and learn how its done from the comfort and safety of their inflated "river cushions". Some purely rafting trips will be run too, including the Cheat Canyon at the safe and sane 2' water level. Of course there will be the annual canoe school sponsored by the Red.Cross, the Y and A.Y.H. in Mid April. The school is for all levels of white water skill. All canoeists and rafters should have woolen long johns for comfort and safety.

Now, for the care and preservation of canoeists. This subject has many sides because a canoeist faces dangers ranging from rough water to mosquito bites, depending on the season and the stream. But we will try to give some hints to help in handling these problems.

In white water: don't unless you've had proper instruction. (There will be a white water school). In any case and on any stream, wear a life jacket and have someone else around in case of trouble. Those two precautions are necessary on any stream. Canoes should be equipped with 75 feet of 3/8 inch line to be used only for rescue work. You should learn to throw such a rope in case you ever find yourself in a position where you need to pull someone else out of the water. Don't sit or kneel on your life jacket as that will simply reduce its bouyancy. If the jacket gets slashed, the kapok filling may get soaked, making it useless. Wear woolen clothes, particularly long underwear and a long sleeved shirt. The reason for wool is it will keep you warm even though it is wet. Long pants and long sleeves coupled with a wide brimmed hat and perhaps a neckerchief, along with suitably daubed sunburn goo will make your sleep much more comfortable that night.

The dates for white water canoe school will be in April's TRIANGLE if possible and they certainly will be announced at the Open House Meetings. See you there!

EXTENDED TRIPS NOW BEING PLANNED

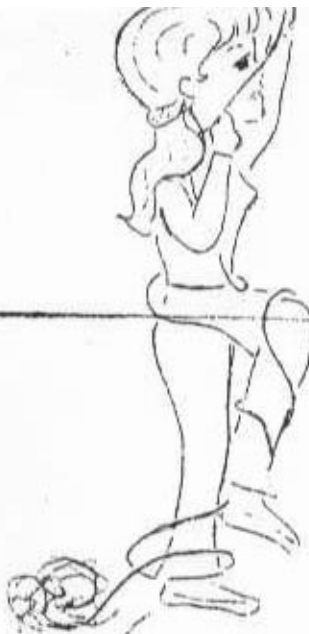
Arrangements have been completed with the Hatch River Expeditions Co. to take AYH on a 5-day rafting trip down the Yampa River in Dinosaur Monument this June. Five days of hiking & backpacking are planned for Rocky Mt. Nat'l Park after the raft trip. Although Hatch is used to taking complete beginners in his 27 ft. rafts, participants in this trip should go on at least 3 raft trips this spring with AYH for the experience. Bruce Sundquist leads this (June 11 to 26) The cost should be about \$110 plus food (will cost no more than at home). A movie showing what you'll be missing if you don't go will be shown in April.

Janice Woodward and Sue Simler are planning a hosteling trip (cycling) through Pennsylvania Dutch Country in Mid August. They expect to see Valley Forge and other historical areas besides the hostels at Chester Springs, Geigertown, Bowmansville, Cannon Hill and Campbelltown. The cycling pace will be fairly leisurely but participants should take a number of local cycle trips with AYH before this trip. No details to follow.

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CORRECTION: Anyone going to Europe sponsored by National should make it a point to let National know which Council you are from and also tell Bruce Sundquist or Cathy Lynch which trip you are planning to take. We thank you for your consideration.

TRIPS & TRAILS

MARCH 1966



Sun 6 Fran Czapiowski leads a hike on Chestnut Ridge behind Derry. Leave Hqs. at 8:30 a.m. with lunch and \$1.50 (661-9543) Fran's hikes are excellent for the experienced and good beginners. If there is snow we will go snowshoeing.

Sat 5 Cross Country ski trip. WE'll do Laurel Ridge (top to bottom) near Hidden Valley. Reserve with Bruce Sundquist at 372-1212, X224 even if there is no snow. He will schedule the trip for the first day of good snow (if any) during March. AYH has boot sizes 5½, 8½ and 11. Plus skis and poles. We'll ski at Laurel Mountain too possibly.

Sat 12 Come see the AYH display at South Hills Shopping Center. Better yet, sign up for booth attendant for the day (or for Wed., Thurs. or Fri.) Contact Bob Fewkes at 823-7784.

Don't forget the annual banquet at Wiegand's. All your friends will be there. One easy way to get there - take Penn Avenue which runs somewhat perpendicular to Forbes where Hqs. is situated and follow through heading downtown Pitts. At the 16th Street bridge turn right. You'll come to East Ohio Street, go straight four blocks to you come to James Street. Turn right onto James Street the bldg is on the right side with a big lobster sign on it, you can't miss the place.

Sun 13 Slippery Rock Canyon is pretty all year round and in March the rapids are spectacular. Dick Rothrock (731-5158) leads us from Kennedy Mills through McConnells Mills Park to Breakneck Bridge. Bring lunch, \$1.20 and leave Hqs. by 8:30 a.m. (this means in cars and ready to pull out)

Sat 19 Bob Fewkes leads his annual ICE BREAKER CANOE TRIP on Buffalo Creek. Wear LONG johns and warm clothes. Beginners welcomed. Leave Hqs. at 8 a.m. with lunch and \$2.25. Reserve with Bob at 828-7784.

Sat & Sun 19, 20 Bob Herman leads the Cornwall Cave trip again, after numerous requests. This time he plans to camp out and having community food. His departure time is 7 a.m. at Hqs. We'll hike into the cave via another route. Sign up with Bob, call 361-8864. Cost \$5.50

Sat 26 Bill Pulling starts out the cycling season (weather permitting) with an in-town trip. Destination? Leave Hqs. at 8:30 a.m. with lunch and 40¢ plus cycle rent (\$1.00) if you don't have your own. Phone 655-3083.

Sun 27 Dottie Lynch leads her annual Kite flying trip to Boyce Park. Lv. Hqs. at 11: a.m. with lunch and 90¢. Reserve with Dottie at 828-8303. Bring kite(s)

Fri, Sat & Sun 25, 26 and 27 Canoeing-Camping. Shavers Fork Cheat River (Stewart Recreation Area) U.S. Route 33 W.Va. Re-enter on Cheat River at Manheim, W.Va. to Camp Dawson, W. Va - 8 miles Sunday. Easy to difficult rapids. Will accept some beginners. Bring food, eating and sleeping equipment and extra change of warm clothing. Woolen underwear and woolen socks are highly recommended. Lv. Hqs. 7:00 p.m. Fri. March 25. Cost \$10.00 Call Howard King (Home 264-1386, Work 241-5900, Ext. 334) If you want community food, see Janice Woodward.

Sat & Sun, April 2 and 3 Watch the National Championship White Water Canoe races near Petersburg, West Va. (Seneca Rocks). Sat will be the races (15 miles of white water plus pretty scenery to watch; Sun we'll raft the same stretch of water in our rafts. (Some may prefer to watch the National Slalom

JOB	PROJECTOR NEEDED
Are you a conscientious typist? Do you have spare time on your hands each month See Janice Woodward for details MU2-9575 or send a post card to 366 Gross Street, Pgh 24, Pa. Your promptness appreciated	Know of a 16 mm movie projector that can be borrowed for an occasional open house Contact Dick Minnear (621-4427) or Bruce Sundquist (DR 2-1212, X224) just as soon as possible AYH is willing to pay any reasonable rental fee, if necessary. In months to come we want to show some AWWA films on white water canoeing techniques and a Sierra Club film on rafting on the Yanna and Green Rivers. Both outstanding.
WANTED TO BUY	WANTED
A.Y.H. is looking for used skis, poles, and boots to buy so they can take every-one skiing at a fabulous low fee next yr Know a friend who would like to sell the equipment? Info goes to Bruce Sundquist	Don Erdley is interested in buying some camping equipment. Phone No 561-0171 or write 2749 Voskol Avenue, Pgh, Pa. You may advertise in the "Golden Triangle" - free. Submit material to Janice Woodward not later than March 24, 1966.
FOR SALE	
One man pup tent - \$10.00 Wm. L. L. L.	
Janice Woodward is now selling life-time passes. It is a savings for you \$50.00	

IDEAS FOR A NEW PGM HQ QUARTERS

Last month's "Golden Triangle" had an advertisement wanting some available place to store 6 canoes, 4 rubber rafts, 10-20 bicycles and other equipment. Plus we would like to hold our meetings in the same building and have available space to keep our file cabinets and other items needed to publish the "Golden Triangle." Plus having accommodations for a future hostel. Here is how Philadelphia Council solved their problem.

On May 5, 1965 the Chamounix Mansion was dedicated as a youth hostel. (Our Nation's President, President Johnson sent words for the dedication.) Although in foreign countries, governments (either national or city) sponsor most of the youth hostels, such has not been the case in the U.S. The Chamounix Mansion is America's FIRST cityowned hostel. Built in 1802, this 15 room mansion is located in the heart of the world's largest city park (Fairmont Park) and commands a 7-mile panoramic view of the city from atop a bluff high over the Schuylkill River. A Chamounix History Booklet entitled "Historical Notes on Chamounix Mansion" (6 pages) sells for 20¢. Contact the Philadelphia Council. As a member or as a prospective member, can you help the Pittsburgh Council? Bruce Sundquist would like to hear your suggestions at Open House on Thursday evenings. (DR 2-1212, X224)

DID YOU KNOW?

Effective July 1965 all second and third class mailings MUST include the zip code numbers. If you know any member, new or long standing, who has not been receiving the "Golden Triangle" have them send the Council a post card with their zip code number. Also if any addresses have been changed or by luck you have received the "Golden Triangle" and it has the wrong zip code send us a post card. Next Production of the TRIANGLE is March 29th, Bellefield Presbyterian Church, Bellefield and Fifth Avenue at 8:00 p.m. A party is included.

The difficult things we do immediately the impossible things take a little bit longer

On February 5, 1966 eight AYHers went to Hidden Valley to ski and roll in the snow. The skiing was great after the frost heavy snow and some beginning snow bunnies got free lessons from Stein Sundquist. A heavy snowfall delayed the return trip somewhat and one carload wandered in by way of Elizabethtown (Dick Rothrock, Barb Digregorio, Christa Linnenbair and Bob Tilling). Other skiers were Ibbie Geertz, Rhonda Newcomer, Bruce Sundquist and Janice Woodward.

FOR THE CYCLIST: An excellent cycling magazine is now available to American Cyclists. The "American Cycling Newsletter" . . . published in Oakland, Calif. Also available is a cycling guide published by the Philadelphia Council, edited by Fred Belong. Send 25¢ to Philadelphia Council A.Y.H., 200 Pine Street, Philadelphia 3, Penna. for your copy. From the Minnesota A.Y.H. "How to calculate Gear Ratios" -- multiply wheel diameter by number of teeth in front chain-wheel and divide the product by number of teeth in rear cog. Example: 27" wheel, 48 tooth front and 18 tooth rear.

$$\frac{27 \times 48}{18} = 72 \text{ gear}$$

Park your bicycle in the shade whenever possible. The heat of the sun causes the air in the tires to expand and sometimes causes a blowout. **INSTRUCTIONS** for the safe operation of a bicycle: 1) Observe all traffic regulations -- red and green lights, one-way streets, stop signs. 2) Keep to the right and ride in a single file. Keep a safe distance behind all vehicles. 3) Have a white light on the front and danger signal on the rear for night riding. Wear white or light colored clothing at night. 4) Have satisfactory signaling device to warn of approach. Always ride at a safe speed. 5) Give pedestrians the right of way. Avoid sidewalks -- otherwise use extra care. 6) Look out for cars pulling out in to traffic. Keep sharp look-out for sudden opening of auto doors. 7) Never hitch on other vehicles, "start" or race in traffic. Never ride two on a bicycle. 8) Never carry other riders -- carry no packages that obstruct vision or prevent proper control of cycle. 9) Be sure that your brakes are operating efficiently and keep your bicycle in perfect running condition. 10) Slow down at all street intersections and look to right and left before crossing. 11) Always use proper hand signals for turning and stopping. Park your bicycle in a safe place. 12) Ride in a straight line. Do not weave in or out traffic & swerve from side to side.

NEW MEMBERS OF AYH

Dudith Jordan	Kay Low
Robert Ferguson	James Williamson
Howard Morris	Susan Trautman
plus renewals	Thomas Pawlak

Oooh, woe is me! Here I am a rental bicycle. I am constantly being checked over, picked apart, put together and tightened. Once a week I get an awful tasting medicine (machine oil) to keep me healthy, but what do I get for all of this torture? NOTHING! What I want most, no one will give me: I want to ride away from the fumes and traffic of Pittsburgh out where the air is fresh and clean... out where the forest and farmland mold together with the Pennsylvania scenery that I love so well. Won't some AYH'ers please rescue me from this plight? Where are Bill Pulling, Chris Anderson, Martha Montag, Joel Shrut, Jer Orvitz, Bob Cann, Ruth Stacklin, Bob Cmler, Dick Rothrock, Dottie Rodriguez, Bruce Sundquist, & Mel Tobias? We used to explore so many nice places, going many miles in short period of time and having just sooo much fun. Per chance might I get to South Park and make my trips there this year instead of staying in unheard-of-flat-routes Pittsburgh.

From the Hartford (Conn.) Area Council Bulletin brings us this suggestion: "Use erector set nuts and bolts for replacing nuts and bolts on your bicycles. They are very good substitutes & cost very little

It has come to our attention that some people are under the impression that a certain bicycle, the "Hosteler" is endorsed or recommended by the American Youth Hostels, Inc. This is to set the record straight: The AYH does not endorse or recommend this bicycle, or any other particular make or brand of bike.

Ever ride a tantum? It may be that if we can get started properly, AYH could borrow a few from outside sources and Keith Kinglay, who is with Schwinn in Chicago, is willing to write Schwinn dealers here in Pgh so we may have their cooperation.

How about this idea? Gain permission to take blind children with us on a tantum. You will be their eyes. With two pair of legs to one bike we will no doubt have to have a waiting list. See Bill Pulling or call him at 655-3083.