



golden triangle

ayh

pittsburgh council, american youth hostel, inc.

Volume 21 Number 7 July, 1970

OPEN HOUSE

9:00 p.m. Thursdays

- July 2 No meeting, have a good holiday!
- July 9 Relive (?) the AYH trips of the past 3 months with Bruce Sundquist.
- July 16 Come backpacking with Helen McGinnis and her slides of the Grand Canyon.
- July 23 Cathy and/or Dorothy Lynch have slides of romantic Spain and Morrocco, featuring the Youth Hostel at Casa Blanca.
- July 30 From the depths of her slide files, Marta Simpson has a tour of Europe (excluding Spain!)

FOR BACKPACKERS

This is a recipe for LOGAN BREAD which is very tasty and nourishing even after being carried in a backpack for several weeks.

Mix

3 c whole wheat flour 1 c dry milk
2 c sesame seed 1 T salt
1 c warm water 1 lb (1½ c) honey
4 T oil or butter

Put into greased pan, about ½" thick,
bake at 350° 1 hr. Cut into squares,
dry at 150° for 8 hrs.

PADDLE POWER

or "Maybe We Should Run the Laurel Hill Instead" by A. Canoeist

May and June canoeing has been very good with trips almost everywhere -- although, as is common in safe canoeing, not always to the river on the itinerary. Heavy rains the day before several planned trips caused a rise in water levels and forced the trips to be shifted to rivers usually too dry to be run. Thus, Kathy Spindt's April 25th trip to the Casselman and Jim Hurst's May 17th trip to the Lower Yough wound up on the Laurel Hill. On the former trip, the intermediates did well, but two advanced canoeists, Don Hoecker and Terry Sanders did manage to pin an open canoe. On the latter trip, a yellow raft was totaled. On the other end of the scale, Howard King's May 16th overnight trip to W. Virginia turned into a pleasant hike down the river bed.

Cliff Ham's May 17th trip on the Buffalo Creek and Ed Redgate's May 23rd canoe school #1 on the lowest Yough both went well, while Don Hoecker's May 8th trip on the lower Cheat (Jenkins Bridge to Cheat Lake) went about 100 yards. That was because a canoe was pinned in the first rapids, and it was decided to have a swim party instead of a canoe trip. The canoe was finally recovered when a trip down the Cheat Canyon (Albright to Jenkins Bridge) "led"

continued on next page

PADDLE POWER continued

by Gene Cone, reached Jenkins Bridge and helped to free it. Actually, because of car trouble, Gene didn't lead the trip but rather ran sweep - about an hour behind the rest of the group. (I think it's the last time he'll do that -Ed.) Don got in some flat water paddling the next day though.

On June 7, Mary Shaw lead canoe school #2 to the Upper Casselman (Rockwood to Markelton) and really socked it to the beginners with a high water trip. None of the Hostel boats dumped and no boats pinned. Looks like a good crop of new canoeists.

Several "private" trips went out in June including one to the Far Upper Yough (class 5+) and one to the Casselman. Unfortunately (or perhaps fortunately) the dam on Deep Creek Lake did not provide any water for the Far Upper Yough trip which was exciting even in natural water. The Casselman trip started out as a low water Lower Yough trip, but when the intrepid canoeists arrived, it had turned into a very high water lower Yough trip. While some of the group were mumbling "death before dishonor" the rest were shouting "onward to the Casselman" (maybe we should run the Laurel Hill instead.)

So far this spring, there have been two good canoe school #1 trips for people who have never been in a boat before, and one canoe school #2 for those who have completed canoe school #1 or equivalent, and wish to become an instant intermediate white water canoeist. There will be more, and, if you find the stories of this author hard to believe, perhaps you should go to these schools and then take a canoe trip.

BACKPACKING IN THE WEST VIRGINIA HIGHLANDS

by Cliff Ham

The West Virginia wilderness was crowded over Memorial Day weekend when two dozen AYHers converged on Otter Creek, meeting there some Pittsburgh Climbers and Highlands Conservancy hikers. Six backpackers took off with Chris DeRham on Thursday evening and eighteen with Cliff Ham on Friday night. Each contingent enjoyed glorious weather: no rain, about 70 degree temperature and beautiful spring flowers. The Creek was exciting and fast-flowing, but easy to cross and fine for swimming. Backpacking was rugged but there were no casualties--just tired backs and legs. The view from the upper shelter, on Shavers Mountain, opens up the Canaan Valley, the Dolly Sods area, several mountain ranges and even Spruce Knob.

Following the weekend, Tess and John Henry, Sue Eckman, Larry Smith and the hiking chairman spent four days in the Dolly Sods area. The trip involved traveling from Laneville up the Red Creek, into the Dobbin Slashings peat bog, up Raven Ridge to Cabin Mountain with the sandstone sculptures on Rocky Knob, and back down to Laneville via Little Stone Coal Run and Dunkelberger trails. Total mileage traveled "under own power" amounted to 92 miles for the week, 43 miles for the three day weekend. (Whew!)

Flowers were abundant throughout both areas - pink, orange, and yellow azaleas (or were they honeysuckles?); starflowere, bunchberries and Canadian mayflowers, foamflowers, ladyslippers, mountain laurel, blackberries and blueberry blossoms and others. Deer were abundant, one gray fox was spotted; rabbits, squirrels and chipmunks scampered about; signs indicated other mammals, but we saw no bear.

Most distressing aspect of the trip: the Forest Service has allowed the building of another access road through its "pioneer area," a potential wilderness site. Will this mean later strip mining? Five of us walked a full mile along the scarred earth--dreading what may happen when the rains come.

TIPS ON KAYAKING

This article is continued from the June issue of the GOLDEN TRIANGLE. These suggestions are for those who are interested in white water kayaking.

Before going any further let's consider how to get in and out of a kayak. Place the kayak parallel to the shore. Place your kayak paddle perpendicular to the shore between the kayak and the shore. One blade should be resting flat against the shore while the shaft at the other end should be resting on the kayak behind the cockpit. Now grip the shaft of the paddle and the rim of the cockpit with one hand and the other end of the shaft with the other hand. You should be facing the bow with your body parallel to the shore and the keel of the kayak. Now you are ready to place your feet inside the cockpit. You exit the same way. Many find people have ended their first and only kayak trip at this point. They nonchalantly jump into their new kayak with their butt still on the rim of the cockpit and their paddle ten feet away on the shore, and find themselves upside down in the water. Perhaps at this time exiting from a kayak upside down should be considered. First of all--don't panic. There is still time before doom approaches. Most people generally fall or slide from the cockpit. It's as easy as putting a nut into a paper bag and turning the bag upside down. The nut simply falls out. However, if you have some control of your reflexes, it is recommended that you grip the cockpit rim with both hands and tomersault from the boat.

The following exercises will help you master your kayak. Again, it is stressed that flat water will serve just as well as moving water when you are practicing. The first exercise is to simply get into the boat, get away from the shore and dump. Then try some forward strokes. Before you get bored, try forward and backward sweeps on both sides of the kayak. Try to brace on each sweep. You will find one side weaker than the other. Practice more on the weaker side. A good all-around exercise is called the mix master. The stroke is equivalent to sticking your mother's mixmaster into the water and churning up some silt. Begin the stroke with a backward sweep. Then draw the paddle blade toward the front side of the boat. Finally, use a forward stroke under the boat. The complete motion should be as circular as possible. Try the mix master on both sides. You will know when the mixmaster is being done correctly--the kayak begins turning to the side where you are mixmastering. If you are not worn out yet, try a figure eight around two poles in the water 48 feet apart. The poles can be either driven into the stream or lake bed or hung from a bridge. The English gate can also be attempted around these same two poles. But the English gate requires some rolling. You better come back some other day.

Rolling your kayak is required of those people who have not learned their forward stroke and bracing techniques. However, the experts use rolling just because it is fun. And for the dilettante, rolling is easier than exiting from the kayak and having to retrieve it. Knowledge of rolling the kayak gives a dilettante enough confidence to surf and ferry glide on standing waves and hydraulics. Rolling can be learned very easily with the help of another person in four feet of water. Place the kayak paddle along one gunwale with the plane of the blade in front of you parallel to the surface of the water. Then roll the boat toward the side where the paddle is. Keeping the same orientation of the paddle, stick both hands above the water surface. Now move the blade in front of you 90 degrees, keeping the blade on the surface of the water. At this point your helper can align the paddle properly and support the end of the paddle blade while you push the paddle against his hand to upright the boat. Repeat this until you can align the paddle properly. Next, as you push the paddle against your helper's hand, push upward with your knee. If you roll to the right side with the paddle

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on the right side, you will come up on the left side. Your helper should be on the left side in this case. Also, it is your left knee that you are pushing upward in this case. Now practice relying less on your helper's hand and pushing more against the water. When you learn to use this rolling method without any assistance, you are ready to try the sweep, which begins at the bow and ends with a high brace on your side. The sweep is a continuous stroke combining the above steps. The sweep requires less effort and less time for set up. After learning on one side, try the other side. Finally, try paddling forward, dump and roll using one continuous motion. It's actually very easy.

One remaining exercise is the eddy turn. Of course this exercise requires moving water with obstacles in it. One should approach an eddy current at an angle no more than 30 degrees. As the bow crosses into the opposite current, a high brace well forward of the cockpit and away from the gunwale should be applied in the upstream current behind the obstacle. The upstream current grabs the bow and the paddle blade and turns the kayak 180 degrees. If the eddy turn is done properly, the kayaker should be pointed upstream behind the obstacle. However, the high brace for eddy turns is generally used by show-offs and people who are timid with their endeavors. The most proper and vogue eddy turn technique does not use the high brace. To be in vogue, one simply has to forward paddle aggressively, going faster than the current. As the kayak crosses the current differential just lean upstream. Bingo--you are pointing upstream behind the obstacle. The current differential has done all the work. It is still advisable to have your paddle ready for a high brace if it is needed. This technique should be practiced on a small eddy current over and over again until it can be done with precision. Then move on to a bigger eddy current.

Always kayak with someone else. If someone has a technique which you don't possess, try to copy it. Any flat water will do for starters. For Pittsburghers, the closest moving water in the summertime are the Yough or the Slippery Rock Creek. Slippery Rock is good only after a rain storm. The Yough is always dependable. For practice sessions for beginners and dilettantes, the lower Yough between Stewarton and South Connelsville is highly recommended.

One final word of caution is given. Please watch out for those slow moving canoes. Canoes present a hazard in the kayak age.

Articles for the GOLDEN TRIANGLE are due the 10th of each month. If you have any contributions, please mail them to Judy Hurst, 1261 Raven Dr., Pgh., Pa. 15243, or put them in the publications mailbox at the Hostel Headquarters.

The GOLDEN TRIANGLE is published by: Pittsburgh Council American Youth Hostels, Inc. 6300 Fifth Avenue, Pittsburgh 15232 Phone: (Thursday evenings) 362-8181 Editor: Judy Hurst 276-0447

TRIPS AND TRAILS

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- Thurs 2nd CYCLE - Helen Brincka (431-6491) leads a cycle trip through the city parks. Leave HQ at 6:30. Call early to reserve bikes. Cost 20¢ plus rental, beginners welcome.
- Fri 3rd BACKPACK - in the Cranberry Backcountry of West Virginia, over
Sat 4th the Fourth of July: follow the drainage of the Middle Fork of
Sun 5th Williams River with Bruce Sundquist and Helen McGinnis. About \$12.00 for community food and transportation. Leave 7:00 p.m. Thursday evening. Call Bruce at 327-8737 for details and reservations.
- Fri 3rd BACKPACK - spend three days along the Susquehannock Trail with
Sat 4th Cliff Ham (621-7825) and Dave Porterfield (471-1733 daytime).
Sun 5th Call for details.
- Sun 5th CYCLE - Allan Sher (421-4429) leads a 20 mile trip near Claysville in Washington County. Leave HQ at 10:00 a.m., bring a lunch. Cost about \$1.90 plus rental.
- Tues 7th CYCLE - Take a trip through the city parks, stay in shape for the weekend or cycle for the first time. Helen Brincka (431-6491) leads, leave Hostel at 6:30 call early to reserve bikes. Cost 20¢ plus rental.
- Thurs 9th CYCLE - Another evening cycle through the city parks with Vince Widmer (339-6600). Leave HQ at 6:30, cost 20¢ plus rental.
- Sat 11th BACKPACK - with Morie Oberg (279-5774) and Jack Leahy (935-4188)
Sun 12th to Dolly Sods (for those who missed the Memorial Day trip and for those who fell in love with the area.) Cost about \$9.00 for food and transportation and fees. Leave Friday evening at 6:00 p.m. if possible.
- Sat 11th CANOE - Raymond Gabler (521-9373) leads a rafting and closed boat trip. The Lower Yough is the destination -- of course.
- Sat 11th CYCLE - with Dave Davenport (363-1426) alongside the scenic Clarion River on a 15-20 mile leisurely ride through Cooks Forest. Swing on vines and hunt redwing nests; also camp Saturday night if you wish.
- Sat 11th CLIMBING - Day trip to Krahlick Rock, instruction for beginners will be given. Bring gloves, climbing boots or good tennis shoes and a lunch. Call Ken Horner for details (457-7088). Leave Hostel at 8:30 a.m.
- Sun 12th CYCLE - Allan Sher (421-4429) leads a trip through Fox Chapel. Leave HQ at 10:00 a.m., bring a lunch - cost about 50¢ plus rental.
- Sun 12th CANOE - John Rich (462-5000 x7316 or 873-3378) leads an intermediate canoeing trip on the Middle Yough. Leave Hostel at 8:30 a.m. Cost is \$5.00. No surfing boards will be allowed.
- Fues 14th CYCLE - Take an easy evening cycle trip with Helen Brincka (431-6491), leave HQ at 6:30, cost 20¢ plus rental.
- Thurs 16th CYCLE - Steve Lord (823-7245) leads a city parks trip before the meeting. Leave at 6:30 p.m. Call early to reserve bikes. Cost 20¢ plus rental, beginners welcome.

TRIPS AND TRAILS continued

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- Fri 17th CYCLE - with Mike Hurwitz (731-1083 or 256-3343) on a sightseeing
Sat 18th trip to Gettysburg. Cycle leisurely or if you feel energetic,
Sun 19th there will be longer rides. Breakfasts and Saturday dinner will
be provided. Bring 2 lunches and car snacks, a sheet sack and
\$20-25.00. Leave Hostel at 6:30 p.m. Friday night, return by
7:00 on Sunday. Limit is 18 people so reserve early.
- Sat 18th CANOE - Morrie Oberg (279-5774) leads canoeing, sail canoeing
and swimming to Lake Arthur in newly opened Moraine State Park.
Bring swim suit and lunch. Leave from upper parking lot at 9:00.
- Sat 18th HIKE - Joint hike with the Boondockers to Beaver Creek State Park.
Bus transportation will be provided, hike 20 miles. Cost \$1.00,
and bring a lunch. Cliff Ham leads (621-7825).
- Fri 17th CLIMBING WEEKEND - at Seneca Rocks with John and Tess Henry
Sat 18th (441-5052). Leave Friday night and camp at Mouth of Seneca.
Sun 19th Bring camping gear and food. If there is interest, hiking will
also be provided.
- Sun 19th HIKE AND SWIM - Short hike in the Conemaugh Dam area (about 5
miles) with Fran Czapiewski (661-9543). Then, swim in Keystone
State Park. Leave 10:00 a.m. from the upper parking lot.
- Sun 19th CANOE SCHOOL NO. 1 - for rank beginners led by Kathy Spindt
(486-9512). Canoeing leaders who lead more exciting trips want
people with canoe school experience. So don't let this school
slip by. Beginning white water techniques will be taught on the
Yough between Dawson and Layton. Meet at HQ at 8:30 a.m.
- Tues 21st CYCLE - Keep in shape with Helen Brincka (431-6491). Leave at
6:30 to cycle through city parks.
- Thurs 23rd CYCLE - with Vince Widmer (339-6600) the usual city parks trip
before the meeting. Leave 6:30, cost 20¢ plus rental.
- Thurs 23rd TRIANGLE PUT-TOGETHER PARTY - Help prepare the GOLDEN TRIANGLE
for mailing after the meeting.
- Sat 25th BACKPACK - with Ann Fisher -- place to be determined, probably
Sun 26th West Virginia. Call Ann to make arrangements: 521-8992.
- Sat 25th CANOE - Mary Shaw (421-7641 or 683-7000 x284) and Roy Weil
(521-1336) lead a Canoe School No. 2 for people with some
paddling experience. Destination will be the Middle Yough or
its equivalent. Meet at 8:15 at HQ, cost is \$5.00.
- Sat 25th CYCLE - with Mary Brincka to North Park, about 25 miles. Leave
the Hostel at 9:00 a.m. Bring lunch, 50¢ plus rental. Call
early to reserve bikes.
- Sun 26th FAMILY HIKE AND SWIM - in the McConnells Mill area with Armand
Panson (361-0944). Leave at 10:00 a.m. from upper parking lot.
- Sun 26th CYCLE - Allan Sher (421-4429) leads a 20 mile trip to Plum Boro.
Leave HQ at 10:00 a.m., bring a lunch and 80¢ plus rental.

- Sun 26th CANOE - Don Hoecker (243-8298) leads a very nice flatwater trip on the Lowest Yough below Connelsville. Good for beginners and cruisers.
- Thurs 30th CYCLE - Mike Hurwitz (731-1083 or 256-3343) leads a city parks trip before the meeting. Leave 6:30. Call early to reserve bikes. Cost 20¢ plus rental. Beginners welcome.

AUGUST

- Sat 1st CANOE - Gene Cone (361-8859 or 621-2600 x341) leads covered boats and rafts on some choice white water. He will give you charm and understanding on whitewater somewhere.
- Sun 2nd CANOE - Jim Hurst leads a trip for rafts and closed boats on either the Lower Yough or the Cheat Canyon depending on the water level. Leave Hostel at 8:30 a.m. and bring a lunch. Experienced canoers only reserve with Jim at 276-0447.

ANNOUNCING AN EXTENDED WHITE WATER TRIP TO THE WILDS OF CANADA

An exciting canoe trip on the spectacular Corneille and Coulange will depart from the Pittsburgh Hostel at 8:00 p.m. Friday, August 21st. Return to Pittsburgh will be Saturday, August 30th. These rivers have many beautiful chutes, rapids and waterfalls. Camping facilities are excellent, with loggers cabins at some of the major rapids. You will need to bring along about 50 pounds of camping equipment, clothing, food and \$45.00. Experience: a minimum of intermediate white water. Will use 17 foot Grummons, however it is possible to carry all of your own equipment in a covered canoe. Reserve with Howard H. King - Phone: 264-1386 or write 225 Oakhaven Drive, Coraopolis, Pa. 15108.

INNER-CITY SERVICE PROJECTS IN MAY

AYH members provided leadership for two inner-city service projects during May. This effort is part of a cooperative project between the General Federation of Women's Clubs and the American Youth Hostel, with the active support of Loretta Young.

On a warm Thursday evening, four Girl Scouts representing two troops from Liberty School, cycled with Bob Omlor and about twenty hostellers. The girls were equipped with a "sting-ray", one boys' balloon tire bike, and two other banana-seated freakish models--none with variable speeds. Still, the girls kept up and were surprised (and pleased) that by 8p.m. they had traveled seven miles under their own power and had passed the required G.S. tests.

The next weekend, Morie Oberg and Norm Snyder led a group of forty hikers and cavers to the Casparis mines area; fifteen of this party were Boy Scouts or adult leaders from Troop 8, East Boroughs Council, Lincoln Park. A couple of well-known hikers managed to get the boys astray on the way to the caves; later, these two heroically led the group to the farthest (and wettest) reaches of the cave. These same scouts had participated in a climbing trip to the McConnells Mills area in April with Henry Fisher.

Both of the groups were integrated and qualify as "inner-city" groups. More trip of this sort are needed, and some AYH members may want to offer

JULY

WANT ADS

Wanted to buy - a C-1 in good condition, contact Miller Meyer by writing to the GOLDEN TRIANGLE, 6300 Fifth Ave., Pgh., Pa. 15243

TRIP LEADERS

Don't forget to turn in your trip report and money to Don Hoecker or leave them in the box attached to the door at the Hostel.

ATTENTION SKIERS

Jack Kowalski (681-1611) is leading a learn-to-ski week to Gray Rocks Inn in Quebec around the first week of December. Four hours of concentrated lessons, three meals a day. Cost approximately \$150.00. So save a week of vacation for this trip. Reservations must be in by October.

Pittsburgh Council
AMERICAN YOUTH HOSTELS, INC.
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Name

Telephone

Members Living in Pittsburgh

Bartoo, Richard K.	882-9368
Brincka, Helen	431-6491
Brincka, Mary	431-6491
Burns, John	441-0653
Cone, Gene	361-8859 or 621-2600 x341
Czapiewski, Fran	661-9543
DeRham, Christian	256-7187
Estes, Guy P.	922-7186 or 462-5000 x7316
Fisher, Henry	521-8992
Freeburg, Linnea	687-3243
Gallagher, Norm	563-3426
Gilmour, Hugh	243-8416
Gustafson, Eben H.	441-7085
Ham, Clifford	621-7825
Henry, John	441-5052
Henry, Tess	441-5052
Herron, Clara	922-5859
Hoecker, Donald A.	243-8298
Hull, Frederick C.	242-5379
Hurst, James	276-0447
Hurst, Judith	276-0447
Hurwitz, Michael	256-3343 or 731-1083
Irani, Cyrus	583-6841
Kissell, Fred	681-5198
Kowalski, Jack	681-1611
Lew, Kathryn	531-4703
Lynch, Cathy M.	361-3707
McGinnis, Helen J.	781-6318
Moll, Eberhard	441-0226
Moll, Diane	441-0226
Panson, Armand J.	361-0944
Pattison, David R.	242-9224
Powell, Celia	362-6920
Rich, John	873-3378
Sanders, Terry	241-1479
Shaw, Mary	421-7641 or 683-7000 x284
Sher, Allan	421-4429
Snyder, Norman	371-2371
Stacklin, Ruth	362-1045
Taylor, Robert	363-8770
Van Zoeren, Hal	243-6564
Weil, Roy R.	521-1336
Woodland, Donald	563-5419

Members Living Outside of Pittsburgh But in Pennsylvania

Ettinger, Douglas	828-2540
Geertz, Abby	372-6053
Geertz, Lloyd	372-6053
Gillette, Janet	423-5522
Hamilton, Don	327-3511
Horner, Ken	457-7088

AYH TELEPHONE REFERENCE LIST

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<u>Name</u>	<u>Telephone</u>
King, Howard	264-1386
Leahy, John A.	935-4188
McCarty, Ralph	372-6254
Myers, J.D.	372-7599
Oberg, Maurice	921-3023
Omlor, Robert	264-3658
Porterfield, David	452-7071 or 471-1733
Spindt, Katherine	486-9512
Strong, Bob	327-6267
Sundquist, Bruce E.	327-8737
Widmer, Vincent	339-6600