



golden triangle

ayh

pittsburgh council, american youth hostel, inc.

Volume 19 Number 7

JULY, 1968

AYHers ON TV

Analee Fitzgibbons and Bob Omlor were interviewed on June 4th on WQED's "Summer Fun" about bicycling, and hiking in AYH. Bob ably discussed cycling and Analee spoke informatively about hiking. Our thanks to you, Analee and Bob.

Lloyd Geertz and Terry Sanders will demonstrate canoeing techniques on "Summer Fun" (July 2nd and 7th, see paper for times). Terry will perform in a C-1; Lloyd will demonstrate in a canoe with the Channel 13 interviewer in the bow. LET'S ALL WATCH!

INVITATION TO ALL FROM THE SYLVAN CANOE CLUB

Save Friday, the 12th of July for a fish fry followed by a roll session for C-1'ers and other interested parties at the Sylvan Canoe Club, 132 Arch Street, Verona. Reserve with Mrs. Abbott (828-7242) by 4:00 p.m. on the 12th. Cost - \$1.00 per person. Call Terry Sanders (241-1429) or Bob Fewkes (828-7784) for further information.

John Henry, Cora Addicott AND FRIENDS,
Little Sewickley Creek Hike, October,
1967. Photo by -- Eric Stacey.



RALLY 68 DRAWS NIGH

The Second National AYH Rally, hosted by the Toledo Council and the Bowling Green Hostel Club, will be held July 20-21 at the Wood County Fairgrounds in Bowling Green, Ohio.

The rally will include canoeing, hiking and cycling, competitions and demonstrations, swimming, dancing and ice-skating. All outdoor enthusiasts are welcomed. Costs:

- \$2.00 Pre-registration (by July 5)
Send to: Debi Zahn, 7021 Apple Creek, Sylvania, Ohio, 43560.
- \$4.00 Registration at Rally
- FREE Camping space at site
- \$1.00 Dorm space/night
- \$1.50 Trailer space (with elec.)/night
- \$6.00 Five meals.

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OUTDOOR SUMMER FUN FESTIVAL

AYH is participating in the East Liberty Summer Fun Festival, in the Broad Street Mall on June 28th and 29th. As usual, Sue Simler has volunteered her services. Hopefully, the AYH display will create some interest in the right places.

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VISTA AND AYH

Pittsburgh Council of AYH launched the first of a series of activities in coordination with VISTA (Volunteers In Service To America) and the Allegheny County OEO (Office of Economic Opportunity).

On June 16, McKees Rocks teenagers and VISTA's enjoyed a hike near McConnell's Mill guided by Don Lazars, Bob Taylor, Diana Sypiock and Mary Helen Smith.

One activity per month is planned for the program with spelunking scheduled for July.

A similar program working with Jim Callahan, OEO coordinator in Wilkesburg, is scheduled for that area.

Anyone interested in helping with this program should contact Sue Simler at 371-1517.

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CORRECTION (Page 1): Sylvan Club Fish Fry, Reservations due by Noon (7-12).

UP, UP AND AWAY!

LARRY HULL departs imminently on a National AYH trip to Europe after graduating from high school in June. Not to be out-done, Larry's parents, EILEEN AND FRED HULL are packing their skin-diving gear for Hawaii.

Quote of the month: "I never let studying interfere with my education" from Larry Smith as he received his MS in math.

Somewhere in the Shenandoah Valley Jack Batchelar is taking full advantage of a three-week cycle trip with friends.

CHRIS ANDERSON wins the distinguished Golden Triangle Award for services above and beyond the call of duty. At the June Assembly Party Chris broke a wrist bone, packed it in ice, and remained for the rest of evening to help with the Triangle. An X-ray the next day proved that damage had been done, but we're happy to say she is mending well. Suggestion: maybe we should charge 10¢ insurance fee for assembly parties - that way Chris would have been covered.

* * * * *

WHITE-WATER CANOE SCHOOL

People who have had some canoe experience who feel the need for instruction are urged to attend the white-water canoe school on June 30 on the Youghiogheny River. Those who attend the class must attend the lecture session on Wednesday, June 26, at 7:00 p.m. at Headquarters. Those who sign up must have had some canoeing experience. Lloyd Geertz is in charge; other instructors will be assisting. To reserve, call 372-6053.

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 * Pittsburgh Council *
 * Activities Manual: Part Eight *
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 * SAILING *
 * by I. Rank Beginner *

Once you have a sailing craft with its associated rigging (Figure I), equipment is simple. Take a life jacket per person (wear it) and a paddle. Have friends within sight - preferably also in a boat.

The propulsion for your boat is produced by the wind acting on the SAIL. On most points, the sail is functioning as an airfoil. Its angle to the wind is TRIMMED by the SHEET, or by steering the HULL. (See Figure II.) It should be trimmed until the luff just stops shaking. If it is trimmed too hard, the boat will heel, but it won't move well. Test occasionally by easing into the wind until the sail luff shakes (2b), then harden until it just stops (2c). When the boat is RUNNING downwind, the sail is operating like a big bag (2d), but its efficiency is not sensitive to trim.

A boat has BALANCED HELM if there is no pressure on the rudder when it is sailing, WEATHER HELM if the boat tries to head up to WINDWARD, and LEE HELM if it tries to bear away to LEEWARD. Most sailors prefer slight weather helm and consider lee helm to be dangerous. A sail canoe is easily balanced by moving the LEEBOARDS (BOARD) fore and aft until the boat has very slight weather helm beating with the lee board straight down. Moving the board aft decreases weather helm.

Since the wind is the prime variable, most sailing operations are referenced to it. (See Figure III.) To change TACK (the side of the hull to which the boom is trimmed), you must either TACK (verb) or JIBE. TACKING is safest, but slightly more difficult in a light wind. You must turn the bow to WINDWARD, duck under the boom, and trim the sail on the other side. JIBING requires plenty of room. Turn the bow to leeward until the wind is behind you, then push the boom to the other side and head up to your new course, trimming



Mel Smith hiking out under full sail, Allegheny River, Summer, 1967. Photo by -- by Bob Fewkes.

 sail as necessary. Do not try your first jibe in a strong wind. The boom comes over with all of the force of the wind behind it. Have your board up so the boat doesn't "trip" over it and capsize.

Boat handling will differ somewhat on each of the points of sailing.

BEATING is the most difficult point of sailing because the heeling force is large compared to the propulsive force. Most boats will point about 45° into the wind. Your lee board (one only) will be fully down and your boom sheeted in over the hull. Trim the sail by steering. Speed is safety on this point

 * Pittsburgh Council Activities Manual: Part Nine *
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 * FLAT WATER CANOEING *
 * by I. Rank Beginner *

Canoeing is one of the most popular of AYH activities; and with good reason. Western Pennsylvania is blessed with an abundance of fine canoeable streams of every type, from the most placid cruising water to the wildest rapids. Although "white-water" activity is currently being emphasized, every white-water paddler had to start by learning to manage his canoe in calm water. As the fire-eating rapids runners sometimes forget, flat-water paddling has its own rewards, and its own enthusiasts. It affords a relaxing means of escape from civilization, for days or even weeks at a time, often taking the canoeist through areas of great scenic beauty, largely unspoiled by human activity.

There are many aspects of canoeing, such as technical nomenclature, repair or emergency procedures, which cannot be included in this outline. Much more information, with illustrations, can be found in the Boy Scout Canoeing Merit Badge Pamphlet, the Red Cross booklet "Basic Canoeing" and the exhaustive 420 page Red Cross book, Canoeing.

BASIC EQUIPMENT

Canoes are generally available in three materials: wood and canvas combination, aluminum and fiberglass. Wood and canvas make the best looking and quietest and can be made in fine, easy paddling shapes, but is somewhat fragile and requires the most maintenance. Aluminum is noisy and unattractive, and cannot be made in really streamlined shapes, but is the most durable material. Wood and aluminum are about equal in weight. Fiberglass is intermediate in noisiness, appearance and durability, and can be formed into the best shapes; however, watch out for excess weight. Within reason,

"longer is better" in canoes, giving easier paddling and more capacity; for one-man paddling, 14-16 feet is about right, with 16-18 feet for two paddlers. A short canoe is easier to maneuver and is, of course, lighter. A deep or "fin" keel is useful in flat water, but if white-water canoeing is anticipated, get a shallow or "shoe" keel.

Each canoeist will develop his own preference in paddles. A good rule for the right length is about 6" shorter than the paddler's height. In flat water, spruce wood is best because of its lightness; the heavier ash and maple stand up much better to rocks and rough usage.

Clothing should be appropriate to the season and the water. In early spring and cold water, long underwear or possibly a wet suit should be worn. In warm weather, bathing suits are good for short trips, but on a trip of any length, one can easily get too much sun. A wide-brimmed hat is a boon. Paddlers should plan for the worst, and wear nothing that can't stand a soaking; you probably won't upset, but it can rain on the best canoeist. Spare clothing can be carried in waterproof packs which are also good for cameras, food, camping gear, lunch, etc. as well as "pocket" items such as wallets, loose change and car keys. Tie everything into the boat.

If you plan to kneel (you should) knee pads are important; and don't forget life jackets. Use your judgment about wearing them, but have them in the boat! In very shallow streams, they aren't needed, but where the water is fast, cold or deep they are. If there is any doubt, play it safe and wear your jacket. A bailer (clorox bottle) or sponge will remove water that leaks or splashes in.

TECHNIQUE

Proper handling of the canoe on the shore is essential for its preservation. It should be carried rather than dragged. The two paddlers stand at the extreme ends of the boat, one on each side. The canoe is then picked up and carried with one hand grasping the stem a few inches in from the end of the boat. Launching is best done by facing each other across the canoe at its midpoint, picking it up and walking to the water's edge, where it is slid into the water hand-over-hand. Although a canoe can be carried and launched by one man, this is more awkward and demanding than two-man handling and will not be described here.

The canoe with all its load aboard should float slightly deeper at the stern than at the bow, for easy steering; a bow-heavy boat is very hard to paddle in a straight line. Heavy duffel, if carried can be arranged to get this trim. Otherwise, the canoeists must arrange themselves to trim the boat, usually by putting the heavier paddler in the stern. A solo canoeist without duffel will kneel near but abaft the center of the canoe. An exception: in high winds, trim the canoe so the downwind end is higher.

Although Boy Scout manuals sneer at seats in canoes, they are more comfortable for long stints of paddling. On flat water there is nothing very wrong with using them. Kneeling is better, though, because it lowers the center of gravity slightly and (more important) gives the paddler a much firmer attachment to his boat. You should kneel under any adverse conditions such as rapids, high winds or waves.

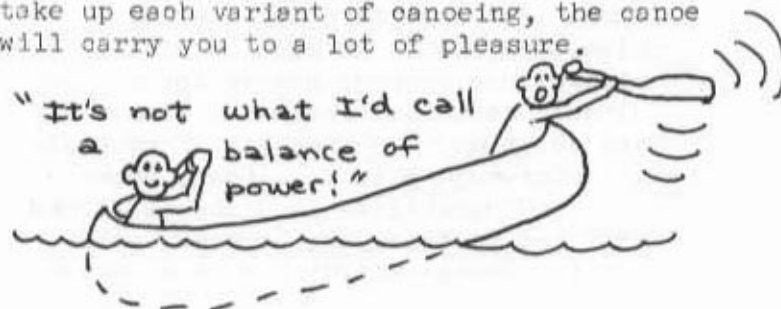
In two man paddling, the stern man plays the dominant role, steering the canoe and calling on the bow man for specific strokes. Most of the time, the bow man's sole duty is to pull his weight, paddling straight ahead. The stern man steers toward his paddle side with a J-strokes, and away from his paddle side with a sweep stroke. To

minimize steering effort, the two paddle on opposite sides, getting a more or less balanced pull. It's restful to switch paddline sides occasionally, both paddlers switching at the same time by agreement.

Since the solo paddler cannot balance his pull most of his strokes will be J-strokes, just to keep the canoe headed straight, with stronger "jibing" for inside turns and sweeps for outside turns. Solo canoeing is an excellent way to learn good paddling technique; however, a lazy paddler with no wish to discipline himself can ease his problem and increase his speed by resorting to a double-bladed paddle.

The tandem paddlers can make sharper turns if the bow man also applies steering strokes. When the canoe has steerage way, bow-rudder and cross-rudder strokes will work; more effective are pry strokes, draws, and cross-draws which do not require the canoe to be moving. In general, such bow-steering should be done only when called for by the stern man, unless an obvious emergency is developing. Stopping the canoe is accomplished by holding the paddle stiff in the water facing the direction of travel. A faster stop can be done by "backing water" or back paddling—a reverse stroke pushing the blade forward. This stroke can also be used to paddle the canoe backward, too. In addition to the strokes listed above, sculling is useful for maneuvering a stopped canoe as at dock.

The canoeist who masters the techniques outlined above has laid a foundation for a number of interesting activities: canoe sailing, white-water canoeing, canoe camping, competitive paddling, "stunt" paddling. These specialities have their own particular techniques which cannot be covered here. Even if you don't care to take up each variant of canoeing, the canoe will carry you to a lot of pleasure.



THURSDAY NIGHT IS "OPEN HOUSE" AT AYH

Schedule of Programs for July, 1968
8:30 p.m.

- 4th This is Independence Day. See Kay Lew (531-4703) about our KOOL ADE PARTY on the tennis court - normally reserved for tennis players and other racketeers. Bring your own picnic lunch and soft ball, volley ball and other games. (Kocool ade will be provided.)
- 11th Discover "THE WONDERFUL WORLD OF BIKES". Bob Omlor will present a 16 mm sound and color movie of cycles, touring, racing, only for youth and adults. 500 in 3 people are also welcome.
- 18th Lizette Magnus, one of our newly acquired members will show her slides of Peru, its people and its artifacts including the remains of the ancient Inca civilization, high in the Andes.
- 25th It is AYH's pleasure to have another show by Henry Pollack - this time with spear in hand - caribou skin on back - kayak at feet. Everyone is welcome to come to a seal hunt on and around North Baffin Island. The location will be moved to AYH Headquarters via movies.

THE BILGERI FIASCO (or
how to stay in a crevasse)

Before traversing your next glacier be sure to learn a simple rescue--the Bilgeri. To learn - begin by throwing a victim off a cliff - being sure the belay rope is not as long as the cliff is deep. Then another rope with a foot-sized loop in the end is lowered to the rescuee - who, at this point, is getting narrower at the waist and longer at the tongue.

Next easy step - the rescuee slips the loop through the ever-tightening belay, down and around his foot - only it's not big enough! While assuring those lucky enough to be above with rope burned backs - that he is trying to hurry, the rescuee calmly unties and reties the foot loop, stretches it over his cramponed boot and stands in it.

Fourth step (or is it the fifth?) is to make a loop for the other foot by pulling the belay rope down through itself and tying a knot in the APPRO- PRIATE PLACE, and at last, the victim is standing upright in both loops -

(Hallelulah!!) and ready to ascend.

"UP LEFT ROPE", he shouts. The left belayer strains and.....nothing. At this point everybody realizes that the two ropes have spiraled leaving him dangling like a pupped with hopelessly entangled strings--40 feet down in the cold wet crevasse - listening to his "friends" discussing the location of the knife.

FOR SALE: 1 realist 500 projector with 5 (30-slide) trays - a steal at \$15.00.

FOR SALE: BASIC RIVER CANOEING by the Buck Ridge Ski Club - \$1.25. See Don Hoecker or call 256-7124.

CYCLE NEWS

Thursday night cycle trips will now have a 10¢ insurance fee.

We now have two 5-speed girls Raleigh bikes for sale for \$45.00.

We need more volunteers to be leaders for short evening trips. Please see Bob Omlor (264-4485) NOW.

BUY A RAFT AND SAVE

The popularity of rafting balanced against AYH's limited supply of rafts has made it hard for most of our members to get in on our rafting trips. One way to beat the problem is to buy your own raft. For example, you (or a group of people) can purchase a six-man raft (capacity 2) from I. Goldberg of Philadelphia for \$57.50 and the rental fees saved after about three trips pay for the initial investment. One of this model of raft has been used by AYH for the past 3 years. It has been found to be very durable, much more so than rafts purchased locally. It maneuvers well and rides very nicely over even the highest waves. If you bring the raft on an AYH trip you will be paid \$2.50 per passenger per day. Contact Bruce Sundquist for more information (351-3100 X 6416).

COOPERATIVE VENTURES

One sunny Saturday in June three Pittsburgh climbing groups joined forces for a cooperative trip. AYH, the Pittsburgh Climbers, and the Explorers Club of Pittsburgh all trooped to McConnells Mill and practiced climbing and baby-sitting. Two three year olds and two one year olds joined the climbers for the fun.

The trip offered an interesting exchange of ideas and new faces. Let's get together more often.

The Sunday rafting trip on the Lower Yough, with the water level at the Confluence gate at 4' (one of the highest levels we have experienced) was also almost a cooperative venture. The Wilderness Voyageurs were there, too, with their 12 rafts full. Added to the 13 AYH ers in rafts and several C-lers, this made a mighty busy river.

JULY TRIPS AND TRAILS

- 1 MON Dave Pattison leads an evening CYCLE trip through two Pittsburgh parks. Call 242-9224. Meet at HQ at 6:30 p.m. with 10¢ plus rental.
- 5 - FRI BACKPACKING on a scenic portion of the Appalachian Trail with John and Tess
- 7 SUN Henry (661-7952). Leave Friday, 7:30 p.m. from HQ with full backpacking gear, two lunches and about \$8.00.
- 6 SAT Dave Pattison leaves HQ at 8:00 a.m. for New Kensington area CYCLE trip. Optional 25 or 40 miles. Call Dave at 242-9224. Bring 40¢ plus rental.
- 7 SUN Meet at HQ at 1:30 p.m. for Pittsburgh park s CYCLE trip with Feredoon Behroozai (361-5794). Bring 40¢ plus rental.
-
- 12 FRI- EXTENDED intermediate and advanced white-water CANOEING in Quebec on Ava
- 22 SUN Creek, Corneille River and Coloungue River. Bring camping gear, food, and leave HQ at 7:00 p.m. Friday. Howard King (264-1386) leads.
- 12 FRI Come ROLLER SKATING (no jest!) with Bob Taylor (341-4248). \$1.50.
- 13 SAT Meet at 8:00 a.m. to haul CYCLES to North Park where we will ride about 50 miles. (Only 25-in-3 completors are eligible.) Call Bob Omlor (264-4485). Bring water, lunch and \$1.00 plus rental.
- 13 SAT CLIMBING at Coopers Rocks with Feredoon Behroozai (361-5794). All grades. Leave HQ at 9:00 a.m. with lunch, \$1.50 and whatever climbing gear you have.
- 13 SAT Two-day intermediate HIKE or beginners BACKPACKING trip through Heart's
- 14 SUN Content (White Pine forest) on Saturday and through Allegheny National Forest on Sunday. Don Laszacs (786-1232). Please reserve.

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JUNE TRIPS AND TRAILS, (continued)

- 13 SAT CANOEING on the Lower Yough for C-1's only. Terry Sanders (241-1479) leads. Leave HQ at 8:00 a.m. with lunch, C-1 and about \$2.15.
- 13 SAT RAFTING on the Lower Yough (Ohiopyle to Stewarton) with Bruce Sundquist (351-3100 X 6416). Bring lunch, soft-soled shoes, change of clothes, swim suit and \$4.65. (\$2.50 deposit, members only). Leave HQ at 8:00 a.m.
- 14 SUN Meet at HQ at 1:30 p.m. for afternoon CYCLE trip lead by Bob Taylor (341-4248). Cost 40¢ plus rental.
- 14 SUN Intermediate white-water CANOEING on a river to be announced. Henry Pollack leads (421-9413). Leave HQ at 8:00 a.m.
- 19 FRI- National AYH Rally at Bowling Green Ohio (See page 78 for details). Re-
- 21 SUN serve with Bob Omlor (264-4485). Many activities will be included but for cyclists, this is your chance to ride over level terrain.
- 20 SAT Come CAVE EXPLORING in Casperis Cave near Connellsville with Kay Lew (531-4703. Leave HQ at 8:30 a.m. with lunch, carbide light or flashlight, old clothes and about \$1.50.
- 21 SUN Intermediate white-water CANOEING on the Upper Youghiogheny with Sam Prellwitz (242-6105). Cost \$4.50.
- 27 SAT Another chance to complete a 25-in-3 CYCLE trip at North Park area. Haul cycles from HQ at 8:00 a.m. Cost about \$1.00 plus rental. Bob Omlor (264-44
- 27 SAT CANOEING on the Upper Allegheny (for beginners). Don Hoecker (256-7124) leads. Leave HQ at 8:00 a.m. with soft-soled shoes, lunch and \$4.25.
- 27 SAT CLIMB at White Rocks with Bob Strong (327-6267). All grades. Leave HQ at 9:00 a.m. with lunch, \$2.10 and whatever climbing gear you have.
- 28 SUN Meet at HQ at 8:00 a.m. to haul cycles to a rally area which will be ridden by following instructions as in a sports car rally. See Dave Davenport.
- 28 SUN White-water CANOEING on a stream to be announced. See Jim Hurst (276-0447).

AUGUST

- 4 SUN White-water CANOEING on a river to be announced. See Don Hamilton (256-3535)
- *****

APPLICATION FOR MEMBERSHIP

Name _____ Phone _____

Address _____ Zip Code _____

City _____ Age (if under 21) _____

Will you use your AYH pass abroad? _____ Ever held an AYH pass before? _____

Types of Passes: (Inquire at Headquarters about Organizational Passes \$11.00.

Youth (under 18 . . . \$4.00	Family \$ 9.00	Sponsor \$10.00 or up
Sr. Youth (18-20) 6.00	Life 50.00	TRIANGLE
Adult 7.00	Family life . . 100.00	SUBSCRIPTION . . 2.00

Make checks payable to: Pittsburgh Council, American Youth Hostels, Inc.
6300 Fifth Avenue, Pittsburgh, Pennsylvania 15232

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Cycle	2 Publica- tions Committee Meeting	3	4 Cycle Kool Ade Party	5	6 Cycle	7 Cycle
8	9 Activities Board Meeting	10	11 Cycle OPEN HOUSE; Bike Movie △ Articles Due	12 Roller Skating	13 Climb Canoe; Cycle Rafting	14 Cycle Canoe
15	16	17	18 Cycle OPEN HOUSE; Peru Slides TRIPS DUE!	19	20 Cave	21 Canoe
Extended Canoe Trip				National AYH Rally		
22	23 △ Assembly Party	24	25 Cycle OPEN HOUSE Arctic Movies	26	27 Climb Cycle Canoe	28 Canoe Cycle
29	30	31	JULY 1968			

PITTSBURGH COUNCIL
American Youth Hostels, Inc.
6300 Fifth Avenue
Pittsburgh, Pa. 15232



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