

APRIL



GOLDEN TRIANGLE

1966

PITTSBURGH COUNCIL
Arts & Crafts Center
6300 Fifth Avenue

OPEN HOUSE every
Thursday 8:30 p.m.

By: Dick Minnear
Program Chairman

- April 7 NO FOLK DANCING TILL APRIL 21. This Thursday Dick Minnear takes us on a trip around the Caribbean Sea from the Bahama Islands through the West Indies, across Venezuela, Columbia and up through Central America and Mexico. Come see Dick's version of Christmas '65 south of the States.
- April 14 Outstanding film on rafting the Yampa and Green Rivers of Colorado, put out by the Sierra Club. See what you will be missing if you don't go on Bruce Sundquist's extended trip this June. Remember there is always a line to be drawn when a popular trip is being lead.
- April 21 FOLK DANCING with Winnie Larson. Have that irresistible urge for going folk dancing but lack confidence and maybe some know how? From my experience this is a good night to come and try to wear yourself out and enjoy doing so. I guarantee you I feel pretty silly and awkward at times also but refusing to participate isn't going to help me nor you.
- April 28 Slides of a cycle trip to Washington D.C. by Andy Hanson. Come and take in any helpful hints for cycling in the Pennsylvania Dutch Country this August with Sue Simler and Janice Woodward. Also Andy will show slides of the White Mountains, New Hampshire and the Adirondack Mountains.

On February 22nd the "Golden Triangle" was assembled by Jim Crawford, John and Tess Henry, Dick Minnear, Bob Herman, Fred Buehl, Barb Di Gregerio, Dick Rothrock, Cathy Lynch, Bob Fewkes, Bob Omlor, Bruce Sundquist and Janice Woodward. Plus putting out the March issue of the Triangle we had a supplement for the banquet and a marathon food consumption party. The next "Golden Triangle" assembling party will be April 26th, 8:00 at the Bellefield Presbyterian Church, Bellefield and Fifth Avenues in Oakland. Bring a large, handled shopping bag if possible. Also we are going to help Bob Omlor and Janice Woodward celebrate their birthdays. Do come - usually try to have things wrapped up by 11:30 or midnight.

When "community food" is involved on a trip, anyone signing up for the trip and doesn't or can't make it are expected to pay regardless - also make sure you contact the leader in plenty of time when deciding not to participate in a trip you are signed up for.

IT IS VERY HARMFUL TO OVERESTIMATE YOURSELF AS A GOOD CANOEIST WHEN DEALING WITH NON-BEGINNER TYPE TRIPS. LEADERS ARE WARNED NOT TO ACCEPT ANYONE UNLESS THEY HAVE SEEN OR A RELIABLE SOURCE HAS SEEN A NEWCOMER IN PARTICULAR CANOE AND KNOW THEIR ABILITY.

Whitewater canoeing will be given a good last gasp this month.....a school in the appropriate techniques is now in the planning stages.

Though much of the good white water's gone for the season, we'll still run occasional trips on the Yough. The river is fed by a reservoir, so it maintains its level long after the uncontrolled streams are dry.

In any case, - 'tis now the season for taking canoes onto quiet lakes and slow-moving streams and enjoying the hot sun.....for playing with the canoes under safe and warm conditions.

If you've never done it before, try gunwale-jumping: stand on the gunwales as far to the stern as you can and propel the canoe forward by driving the stern down and allowing it to slowly rise under you.

Deliberately dump the boat, to get the feel of a water-filled canoe and then try to empty it from the water.

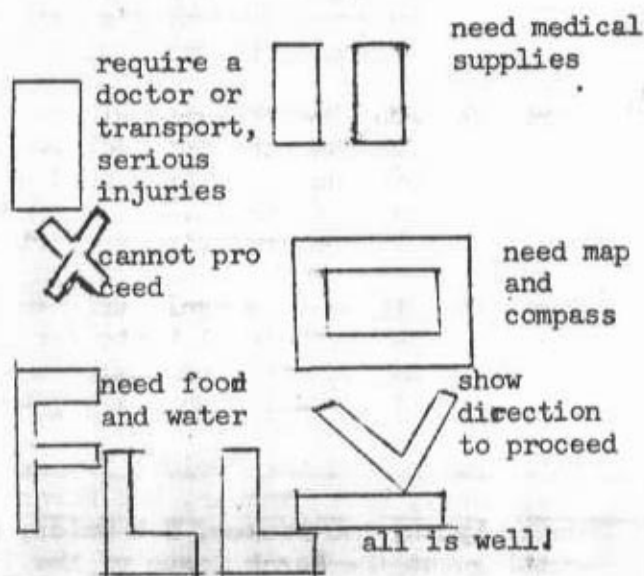
Tricks like these will demonstrate the canoe's surprising stability and show you how it behaves under a variety of conditions.

Brief reviews about clothing on canoeing trips. Wear the life jacket if frightened or in white water. DON'T sit or kneel on the life jacket as it will reduce its buoyancy. Wear woolen long johns (tighter the better). Cotton underwear is the warmest but for canoe trips wool underwear is warmer than cotton when wool is wet. Wear tennis shoes. Boots are fine for ankle-deep water - if canoe tips over your feet are bound to get wet anyway. ALWAYS have an extra change of clothes & shoes waiting at the end of the trip. A supply of plastic bags come in handy for keeping things dry - start saving them..

Cube sugar is better than granular for camping; you can pick it up. To make a mixing bowl, dishpan or a bathtub, dig a shallow hole of proper size, and line it with a piece of plastic. A cooking grill can be made by placing a refrigerator shelf across two logs or stones also by using two metal bars or poles.

(One of the most important rules of all) (is don't be a litterbug! You can take) (it with you. Sign in Percy Quin State) (Park in Mississippi "Take nothing but) (pictures, leave nothing but footprints)

These signs could save your life! They are the official code, known by aviators by which you can signal to searching aircraft when lost or otherwise in need of rescue. Preferably lay these out in bright colored panels---life jackets for example, or stamp them in the snow, dig them in the sand. Make each sign about as big and plain as possible.



SMALL CRAFT SAILING INSTRUCTION OFFERED

The U.S. Coast Guard Auxiliary will be offering an 8-lesson boating safety course starting May 4. The course will be held on Wednesday evenings at 7:30 at the Hideway Harbor Marina on Old Freeport Road. River navigation, knot tying, lights and horn signals, charts and compass will be a few of the items considered. For additional information call Hideway Harbor 782-3435. To register for the course send \$4.00 (the course fee) to George A. Heckel, Flotilla 73, U.S.C.G.A., 118 W. Sutton Drive Glenshaw, Penna. 15116

NOTE: An early application for trips in the Americas saves you \$10.00, when re- For all other trips you save \$15.00 if your application

AMERICAN YOUTH HOSTEL • Week •



COORDINATOR APPOINTED FOR A.Y.H. WEEK

Bob Omlor has been named coordinator for Hostel Week 1966. During the second week in May set aside nationally as A.Y.H. Week, he will oversee Pittsburgh's activity-packed celebration. Tentatively planned as a cook-out in Frick Park, a hike on Trillium Trail, a canoe trip around Pittsburgh's Point and two cycle trips. The week will be climaxed by a weekend of camping, hiking, cycling, rafting and canoeing in and near Cook's Forest.

The purpose of National A.Y.H. Week is to introduce new people to hosteling. It will also feature a big effort to get the A.Y.H. message into the public eye. Anyone with ideas or the desire to help on publicity should contact Bob at 264-4485.

PLANS AFOOT FOR MEMORIAL DAY WEEKEND

Barring the unforeseen, A.Y.H. will hold a "reunion" of all its diverse functions hikers, cyclists and canoeists at Fort Necessity State Park over Memorial Day Weekend (May 28, 29 and 30). Those who just want to pitch their tent and loaf can do that too - in the scenic beauty of Ft. Necessity Park. For the rest of us, cycle trips of a few hours to a day's duration will be run each day into the surrounding countryside. The same goes for hikers. Canoeists and rafters will enjoy canoeing the Upper Youghiogheny one day and rafting the Lower Yough on the next. If enough people are available, the raft trip and the canoe trip will each be run on both (or all three?) days. White-water canoeists from all over the east coast come to canoe the Lower Yough over Memorial Day Weekend every year and many stay at Ft. Necessity, so we ought to have lots of interesting company both on the river and at camp. More definite plans will be given in the May "Golden Triangle."

PLANNED YOUR VACATION YET?

Just a reminder that Pittsburgh Council is sponsoring two extended trips this summer. The first one leaves June 11 for 16 days out west. Five days will be spent on a "Hatch River" raft trip down the Yampa River in Dinosaur National Monument and five days will be spent hiking and back-packing in Rocky Mountain National Park. Cost about \$110.00 plus food. You can see a movie of what the raft trip will be like at the April 14th Open House. In Mid-August Sue Similer and Janice Woodward lead a leisurely one week cycle trip through Pennsylvania Dutch Country. They will stay at hostels and take side trips to historic sites nearby.

Come to see the beautiful Pennsylvania "Dutch" Country. Take a leisurely trip seeing the Mennonite and Amish homes and stay in Hostels dotting the route. Eat Pennsylvania Dutch food which will be a treat in itself. Pittsburgh AYH has bikes to rent out and we take them on a trailer to Philadelphia and stay in the Chamounix Mansion the first night. Please get some Pittsburgh or slightly hilly cycle trips in if going on this trip - this trip isn't hilly but that way you will know you have trained your muscles for the worse or should say you will have more training

coordinated by John Henry, a group of AYHers trundled a trailer load (plus several carloads) of display items to the South Hills Village Shopping Center and by 2 a.m. had everything set up for the next day. For the next four days a steady stream of AYHers manned the display, talking to interested people and handing out literature. The display featured slides of AYH activities (shown on an automatic slide projector), photographs, and a display of AYH equipment such as a canoe, cycle, backpacks, snowshoes, etc.

On March 12 we held our 18th Annual Banquet at Wiegands Cafe. Fifty-five people attended to hear John Meloney, Eastern Regional Field Director of AYH, give a very interesting and informative talk describing his experiences and observations resulting from his first few years as eastern regional director. After the talk Hugh Gilmour led a folk dancing session which started with the Watusi and ended with square dancing. A good time was had by all.

HOWARD KING TRIES AGAIN. This time we went to Shavers Fork Cheat River in W. Va. Again it was a mighty cold weekend. Howard's trips, there can be no doubt, are for the strong, brave and adventurous. We had the brave souls on this trip, they wanted to dump - Don and Tess Henry - Fred Buehl and John Henry. Canoeing was cold, windy and the water was fairly nice, shallow in places (required a bit of walking) with a couple really tricky spots. Don't ask how it was done but on one stretch of petit rapids Bruce Sundquist was forward paddling with all his might up stream while Janice Woodward was forward paddling down stream. Yes, they actually were trying a new technique - back to back padding from the bow and stern positions - it doesn't work, just takes energy. Ask Dick Rothrock, he and Barb Di Gregerio, who can give first hand instructions on caressing the bow when hitting objects, bow first, had front row seats. Dottie Rodriguez went through most of the rough spots first, Howard King was her sternman. Fowkesie Babe can give reports on how one should solo.

Eastern Regional Director John Meloney has found three replacement hostels for the eastern region: Mt. Vernon, N.H. - to replace Brooklin, N.H. Newbury, N.H. - to replace Mt. Sunapee, N.H. and Guilford, Vt. - to replace Brattleboro, Vt. New hostels establishes: Thompson, Pa. - Vincentown, N.J. - Sanford, N.Y. - Gettysburg, Pa. - Porter's Corners, N.Y. He is helping plan the first Eastern Regional Planning Meeting, April 16-17 to be held at Harper's Ferry, W. Virginia. He has helped secure two new Hostel Clubs.

Cyclists are in a gathering mood again. The GREAT WESTERN BICYCLING RALLY at Sloveng California took place March 19-20. The 2ND ANNUAL CYCLISTS RALLY in the East will take place at Bowmansville, Pa., May 27,30.

On any trip in which community food must be bought in advance, participants signing up will be required to pay for the foodpegardless of whether or not they go on the trip.

Want Adds

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Ruthie Stacklin would like to buy a portable typewriter(second-hand). • Call : : 681-3504.

Any conscientious typists would be appreciated in typing the "Golden Triangle". See Janice Woodward

Janice Woodward is now selling life-time passes. It is a saving for you, only \$50.00

trips

and



trails

April 1966

Sat 2 Don Woodland goes hunting for Shelter locations on the northern part of the Baker Trail. Reserve with Don at LO3-5419.

Sun 3 Fran Czapiewski leads a hike to Laurel Hil. Lv. Hqs. at 8:30 a.m.

Sat 2, Sun 3 See the National Championship White-Water Canoe Races on the North Fork (near Seneca Rocks) on Saturday. Sunday choose between watching the slalom events, rafting the North Fork over the race course, or canoeing farther upstream. Lv. hqs 7 a.m. Sat. with gear (camping) and approx. \$7.00 Reserve with Bruce at Dr 2-1212 (X224). Janice Woodward is planning the community food.

Sat. 9 White water canoeing on the Loyalhanna with Howard King (for intermediates) Beginners may raft and try their hand in the easier sections. Call Howard at 264-1386. Leave hqs at 8 a.m. about \$3.00.

Sun 10 Bob Fewkes leads a hike on the Baker Trail from Cochrans Mill to Crooked Creek Park. Beginners welcome. Bring lunch, poncho and about \$1.25 to hqs. at 8:30. Reserve with Bob at 828-7784.

Sat 16, Sun 17 Regional Meeting at Harpers Ferry Youth Hostel. Cathy Lynch leads members on trip to plan regional activities. More details April 14th meeting.

Sat 16 Come white water canoeing on the Laurel Hill Creek, one of last years most pleasant white water trips. Analee Fitzgibbons leads (563-1570) Beginners can ride the rafts. Leave hqs at 8 a.m. with about \$3.75.

Sun 17 Bob Fewkes runs the pretty Redbank Creek (semi-flat water for semi-beginners) Call Bob at 828-7784. Leave hqs at 8 a.m. with about \$3.50

Sat 23 Dick and Jess McNamara lead a hike on Linn Run. Beginners welcomed. Meet at hqs at 9:30 a.m. with lunch, poncho and about \$1.40. Call 683-4067 to reserve.

Sat 23 Run the Casselman River with Howard King (for intermediate white-water canoeists or better) Call 264-1386. Load canoes at 8 a.m. and bring about \$3.75

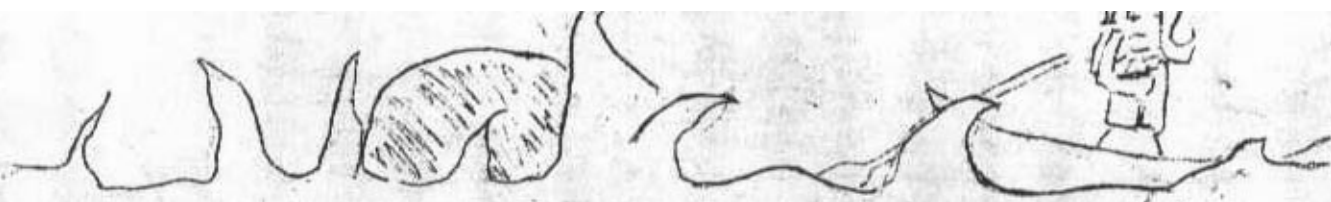
Sun 24 Lloyd Geertz runs Slippery Rock Creek (for intermediates plus). Leave hqs at 8 with canoes, lunch etc, and \$ 3.75. Reserve with Lloyd at 372-6053.

Sat 23 & Sun 24 Hike C & O Canal Tow-Path with Justice Douglas. Leave hqs Friday evening at 8 p.m. return Sun eve by 8 p.m. Overnight accommodations may be available at Seneca Hostel. Sunday a.m. will tour Washington D.C. maybe Cherry Blossoms? Cost about \$12.50. Reserve with Harry Rhule 241-3528.

Tues 26 Put the "Golden Triangle" together at Bellefield and Fifth in Oakland. Star at 8:00 and ends about 11:30. Come prepared for a party.

Fri 29, Sat 30 and May 1 White water canoeing school. See article

Sun, May 1 AYH will hike today. Leader and place presently unknown. Come to Open Hou to learn details.



The annual white-water canoeing school sponsored jointly by AYH, the Red Cross and the YWCA will be held from Friday evening, April 29 through Sunday, May 1. This school has been very popular in the past and draws applicants from as far away as Boston and Chicago. Facilities limit the school to 36 students which are divided into three groups, beginners, intermediates and advanced. Preference in the selection of students is given to those who intend to teach others and lead white-water canoeing trips in their own group. Application forms are available from Bruce Sundquist. These should be submitted to the Red Cross by April 8. Classroom sessions are held at Camp Carondowanna and the wet portion of the school is held on Connoquenessing Creek. The cost for the weekend is \$17.00 (food, lodging, literature, canoe rent, etc.)

CHUCKLE CHUCKLE

Howard and Patty King lead an overnight trip to the Tygard River on Feb. 19-20. The trip was to get underway at 2 p.m. Sat. but because of difficulty with Bob Fewkes' trunk not wanting to open and other minor situations we didn't get under way till 4 p.m. We proceeded on as did the snow. Kay Lew had a marvelous time, she drove her car and looking back, nothing at any of the parks (i.e. Kennywood) could have provided a more hair raising experience. The roads were just terrible and by the time we hit Uniontown, Bob Herman figured it was his turn for some hair raising experiences. He picked the worse spot possible and had a flat tire, but that wasn't enough, he also lost his brakes. Ditching the brakeless car at a service station we went on to Janice's house, thinking of spending the night there and returning to Pittsburgh because the weather was getting worse.

The proper way to find Janice's house when Janice isn't with you is to get out of the car and walk down Main Street in Masontown and if you see a lady out sweeping the sidewalk you walk up to her and say, "Excuse me, are you expecting company tonight?" She having been previously phoned will say, "Yes". You then say something to the effect that her company has arrived. Now, after three carloads of people (total 13) and gear are in the house you have one Dick Minnear standing out on the porch. Have the lady of the house ask him to come in and Dick would say "I'll wait out here to guide the other two cars, if you don't mind." (which are non-existing) After the initial shock of a joke is over you then tell this poor soul we are going to cook dinner on her stove and not being community food makes it more interesting.

You now have the chaps that own the house settled to the idea that everyone is staying there for the night, by all means decide to travel on because the weather has turned for the best. At 2 a.m. everyone has arrived at the camp spot and the tents are pitched near what sounds like Niagara Falls and being darn cold everyone pops into their bag. If you are lucky like J.D. Myers, around 4 a.m. you'll hear a train approaching, you open your sleepy little eyes to wonder if you should move or if the train track bends around you. Thank goodness it did bend around. What more could happen? Well, finding out that the thermometer was down to zero and now you know why you didn't sleep well and that your sleeping bag wasn't as good as the manufacturer said it to be. Others that enjoyed the trip were, Joel Shrut(slept in the car), Tom Bryson, Doug and Maxine Lew and Steve Lew.

AGAIN, LEADERS ARE WARNED NOT TO ACCEPT ANYONE unless they have seen or a reliable source has seen this person canoe and know their abilities. This could slow your trip down considerably and besides making it miserable for the experienced, could

In case you have forgotten the fee schedule, or you would like to figure how we determine the cost of the trip, here is a rate schedule:

Insurance*	\$.10	per day
Registration	.30	per day(.60 non-member)
Canoe rental (flat water)	2.50	per day per canoe
(white water)	3.50	per day per canoe
Raft rental	1.75	per day per person
Cycle rental	1.50	per day
	1.00	per half-day
	.45	per evening
Snowshoe rental	.50	per day
Skis, boots, and poles rental	.50	per day
Transportation	.01	per mile(to driver)

DAMAGE AND LOSS OF AYM PROPERTY. On scheduled trips, the person for damaging a canoe or bike must arrange for its repair and pay 25% of the cost, or the full cost if damage is caused by gross negligence. On private trips, the person responsible must pay the total cost of repair. Full price must be paid for lost paddles, life-jackets, etc.

TRANSPORTATION: The fee to drivers is one cent per mile per person or sufficient to provide at least five cents per mile total for cars carrying canoes or trailors.

LEADERS' FEE: The leaders expenses, minus the registration fee, are divided by the other members of the group.

*There is no insurance for trips not written up in the "Golden Triangle" or for ski trips.

Ideas for a New Fgh Headquarters

Here is how the St. Louis Council acquired a new youth hostel. In the Femme-oseage Valley of St. Charles County, rich in history and farm land, stands the newly-opened Femme Osage Stone Mill Youth Hostel. There are two buildings, a 2½ story stone house and a large, cut-stone barn. The barn, approximately 140 years old, stands 4 stories high, has high arch entrances, and has peep-holes on the second floor. The hostel is located on a 1,300 acre tract, including a 1 acre lake. There are good hiking paths and cycling routes through the beautiful, rolling countryside. Houseparents reside in the house.

(Reprint from the St. Louis "Gateway to the
Markets") 12-65

In the past, if you moved the Post Office would provide us a forwarding address (assuming you were foolish enough to leave it). Thus, the "Golden Triangle" could always track you down. Send your new address if you move and want to continue receiving our earthly little publications, because using bulk mailing we save 50% in postage but the post office does not forward the material.

Read All About It

Look for news of W trips and activities in these publications:

<u>This Week</u>	February 3	<u>Ladies Home Journal</u>	April
<u>Education</u>	March	<u>Parade</u>	March 26