

Volume 19 Number 4

APRIL, 1968

## CONFUSCIUS SAY: AN OLD GURU SAID:

It was an old Guru who said wisely, "Let the information from this newsletter rest lightly on the bottom of your bird-cage. ##

\* Borrowed without the author's consent.

Get well wishes are in order for the AYH Banquet Chairman, Al Suerdice, who is in West Penn Hospital recovering from Ptomaine poisoning.

#### OUR NEW LOOK

Maybe you've missed the great changes that have come about in our Headquarters. Handsome teak paneling is set off by exquisite chandeliers purchased from the Hotel Edison. The black walnut inlaid floor was individually selected and set in place by world famous decorators and enhanced by Moroccan rugs. The ceiling design, by White Water, Inc. is a unique display of priceless aluminum canoes whose "weathering" cannot be copied. The canoes date in age from the pail-eolithic era to modern Dick Tracy "magnetic" designs. Add to this a full array of bicycles, old clorox bottles and the magnificent structure is complete. Many thanks to House Chairman, Renny Vator.

# ONE (3)

The imminent primary elections for AYH Officers are causing a furor among candidates and non-candidates alike. Bonnie and Clyde Barrows, Presidential and Publications incumbents, are feeling the pressure from Lucy and Charlie Brown, who appear to be the real sleepers in this campaign. No opposition is expected in the race for Directors as Doc, Happy, Grumpy, Sneezy, Sleepy, Bashful and Dopey have already dug into these positions.

Maestro Millbrook and Patty Kake are running neck and neck on the race for Baker Trail Chairman. The Caving Position is a toss up between the white rabbit and Tom Sawyer who is digging in hard.

(continued on page 41)



#### TRIPS AND TALES APRIL, 1968

- SAT 6 CTIFE the Cathedral of Learning (42 floors) with lots of opportunities for laybacks, dynamic arrests and rescue techniques. Descend by breathtaking rappels on AYH's 400' rope. (We guarantee a stretch factor of at least 13'). Or, tyrolean traverse to Tower A. James Bond will least (777-7007).
- SUN 7 Bring a change of clothes on AYH's first Annual CANDE trip on the Niagara River. Includes 8 miles of rapids and one rather challenging falls.
- FRI 12 How could we have overlooked the rare species to be found on a CAVING trip through the Liberty Tubes? Leave HQ at 4:30 p.m., Friday.
- SAT 13 Go fly a KITE off Runway 10 Left, at the Greater Pittsburgh Airport. Charlie Brown leads (providing Lucy lets him out of the house).
- SUN 14 Easter Egg Hunt at the Internal Revenue Service, Philadelphia Office Reserve with White Rabbit, Thursday pr vious.
- Sat 20 CYCLE race: Starts at Ritter's Dinor vin the Bridge to Nowhere ..to the new Northside Stadium site. Zsa Zsa Gabor leads (Men only)
- Sun 21 SKY DIVING practice satisfies from planes that the fling bouth in the vicinity of Cuba. Supply your own built proof vest.
- Sat 27 SKI trip, swoop down the spacious runs at Lt. McArdle while vaving at the tourists in the red finitula passing overhe d Jean-Claude Killy leads. (Girls only)
- Sun 28 Andy Capp charts a scenic HIKE through the Boro of Whitehall with stops at such overlooks as: Sneaky Pete's, the Pewter Mug. and Dorothy Bowman's Panther Room.

#### THURSDAY MORNING OPEN HOUSE

- 4th Folk dancing on the White House lawn. Bring your own signs. Gil Humor instructs.
- The famous artist Pabet Picasso will demonstrate his techniques of Aluminum Junk Sculpture employing any available materials, i.e., Gruman Canoes
- 18th "Demonstration of quick-cooking techniques on the latest Coleman stove" by C. Cannibal Coleman¢s latest book, "How to Serve Your Fellow Ean".
- 25th Slide show of Appalachian Trail Hike: See the exploits of our intrepid hikers as they covered the entire length of the trail from Maine to Alabama. The only difficulti s occurred when Mike, the Meadow Gold driver and Regis, the Crib Diaper Man could not make their daily deliveries. The trippers: Timmy and Suzi Dell, Andrew and Bill Fisher and Amy and Bobby Geertz, were under the careful supervision of Baby Carmen.

ODE TO ANN FISHER "On Top of Old Smokey"

Don't start on that habit
Don't climb on that rung
You pay for each puff, friend,
With a part of your lung.
--Doug (Orson Wells) Ettinger

ODE TO DOUG ETTINGER "From the Top of Old Smokey"

Can't quit that dirty habit
'Cause every puff's a jewel
And every day without it
I pay for with my cool!
--Ann Fisher

ELECTIONS, continued from front page The Canoeing Chairman's position appeared a clean cut victory for Chris Columbus until today's announcement of candidacy by Chi Chester (See LIFE, Summer, '67). (Noah has been forced to disqualify himself for this position due to the unfortunate loss of his unicorns.) Other candidates include:

Hiking - Johnny Appleseed
Programs - Schroeder, Lady Godiva
Trips and Trails - Robin Hood
Service - Rip Van Winkle
Climbing - Hannibal
Wildlife - Phyllis Diller
Ski School Instructors - Pappy Yokum
and Daisy Mae.

ELECTIONS ON APRIL FIRST, which also happens to be APRIL FOOL'S DAY!!!



#### THANK YOUL

Thanks from Kay Lew and Doug Ettinger to those friendly folks who provided the refreshments for the Sadie Hawkins Party: Cora Addicott, Abbie (Coffee Pot) Geertz, Maxine Lew, Helen Menten, Mary Micules and Sue Spindt.

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#### SKI SCHOOL

The 1968 AYH Ski School proved very successful. This was the first season for an official course, and we hope for more participating hostelers next year.

Ken Horner arranged for the group's lessons at Boyce Park Ski Area in Mon-roeville, an easily accessible area with good snow making facilities. Tess Henry and Ken instructed a total of 16 students over a five week period. The six one-hour classes were divided according to ability - from the snowplow to parallel techniques. The \$\pi 35.00\$ fee covered everything - rental, lifts and lessons. Students with their own equipment paid only \$\pi 25.00\$. Anyone who was unable to complete all six lessons this year can complete the course next year.

AYH would like to extend its thanks to Jim Ryan, Boyce Park Director and to Bill Sigmund, Ski School Director at Boyce, who have been of great assistance in arranging our school.

-- Tess Henry and Ken Horner

#### WINNER OF MEMBERSHIP DRIVE

Membership Chairman, Kay Lew, presented, at the Banquet, our thanks and an award of one year's free pass to the winner of the Membership Drive Contest, Sue Simler. Good job, Sue!

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Tess Henry, Mary Lilly, Cathy Lynch

#### BANQUET REACQUAINTS OLD FRIENDS

The Twentieth Annual Banquet attracted 107 old and new friends for a rousing evening of; "My, didn't Hank Fisher grow up!" and "You're just as charming as ever, Louise!" and brought to mind a lot of pleasant memories.

The social hour preceeding the dinner was highlighted by the display of the Photo/Art Competition: three panels of art entries, one of color photos, two of black and white photos and four of pictures borrowed from the AYH archives, Tony Pranses and Henry Fisher.

Henry introduced the honored guests: from AYH National, Bill Nelson, and John Meloney; and the guest speaker (the first President and one of the founders of the Pittsburgh Council) Tony Pranses. Tony spoke about things meaningful to everyone there: great trips and adventures...even if we did not recognize all the faces.

Thanks, in the form of a dozen red roses, were presented to Sue Allardice,

the 1968 Banquet Chairman.

A good time that included food, friends, music and dancing, was the result of hard work by the Banquet Committee: Eileen Hull, Fred Hull, Feredoon Behroozi, Henry Fisher, Liz Saffer, Abbie Geertz, Ann Fisher, Kay Lew, Tess Henry, Cathy Lynch, Allen McCrady, Brian Dukes, Bruce Sundquist, Sayre Rodman, Marilyn McCrady, Jack Batchelar, Bob Dektor.

#### 1968 PHOTO/ART COMPETITION

Judging by the favorable comments on the display and the show the night of the Banquet, the Competition was a success and well worth the effort of the 22 people who submitted 233 entries! Here are the results:

Best Color Photo:

Bob Fewkes - slide - "Mushroom" Slide Awards (Human Interest): Bruce Sundquist - "Canoe School" (Open):

Cathy Lynch - "Canoes Tied Up" Bob Fewkes - "Rafting"

Bruce Sundquist - "Lower Yough" Bruce Sundquist - "Dolly Sods" Others, whose slides were shown at the Banquet: Fred Hull, Eric Stacey, Bob Strong, Sue Simler, and J. D. Myers.

Best Black/White Photo:

Bob Omlor - "Cyclists, Allegheny

River

Best Art: none

Art Awards:

Red Greybeck - "Mountain Climber" Sue Allardice - "Skiing Scene"

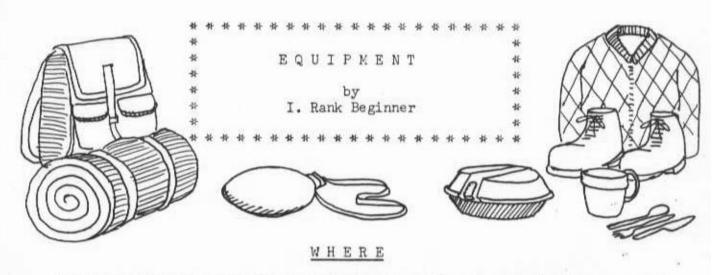
THANK YOU to everyone who entered!



#### APPLICATION FOR MEMBERSHIP

Name		Phone
Address		Age (if under 21)
City		Zip Code
Will you use your AYH pass abo	moad? Ever held an	AYH pass before?
Types of Pass: (Inquire Youth (under 18)\$4.00 Sr. Youth (18-20). 6.00 Adult	at Headquarters about Family\$ 9.00 Life 50.00 Family Life.100.00 Sburgh Council, America	Organizational Passes \$11.00) Sponsor\$10.00 or more TRIANGLE SUBSCRIPTION 2.00

This fourth article in the Activities Manual deals with equipment and is aimed at the outdoorsman who prefers to travel under his own steam with the lightest and the best material available. Without a doubt there will be some disagreement with the choice of equipment. We would appreciate very much if you would write your comments or criticisms to the editor and we will include them in a publication of a later date.



When you purchase equipment through "surplus" stores, you should be careful

as worthwhile surplus is hard to find due to a dwindling supply.

Some Pittsburgh retail dealers include: Myers Sporting Goods, Firearms Unlimited, Ralph's Cutdoor Store, Eiben & Irr, Sears, Horne's, Kaufmann's (food), and All Star Sporting Goods. During the winter, lightweight clothing can be purchased at ski stores. The following is a partial list of dealers that we have found satisfactory: ABERCROMBIE & FITCH, Madison Avenue & 45th Street, New York, 10017 ALASKA SLEEPING BAG CO., 334 NW 11th Avenue, Portland, Oregon, 97209 ALPINE HUT, Inc., 4725 30th Avenue NE, Seattle, Washington, 98105 ALP SPORT, Inc., 2939 Peak Avenue, Box 1081, Boulder, Colorado, 80301 EDDIE BAUER, 417 East Pine, Seattle, Washington, 98122 L. L. BEAN, Inc., Freeport, Maine, 04032 BISHOP ULTIMATE TENTS, 6804 Millwood Road, Bethesda, Maryland, 20034

THOMAS BLACK & SON, 930 Ford Street, Ogdensburg, New York, 13669 CAMP & TRAIL, 112 Chambers Street, New York, 10007 CAMP SUPPLY CO., (Wholesale) 1161 South Seventh Street, St. Louis, Mo. 63104

CORCORAN, Inc., Stoughton, Massachusetts, 02072

GERRY MOUNTAIN SPORTS, Inc., 821 Pearl Street (Box 910) Boulder, Colo., 80302 I. GCLDBERG, 429 Market Street, Philadelphia, Pennsylvania, 19106 HIMALAYAN INDUSTRIES, Bear Archery Co, R.D. # 1, Grayling, Michigan, 49738

HUDSONS DISCOUNTS, 105 Third Avenue, New York, 10003

A. I. KELTY PACKS, Inc., 1807 Victory Boulevard, Glendale, California, 91201 MATTERHORN, Inc., P. O. Box 669, Silver Springs, Maryland, 20901 MORSAN CAMPING, 810 Route 17, Paramus, New Jersey, 07652

RECREATIONAL EQUIPMENT, 523 Pike Street, Seattle, Washington, 98122 TRAILWISE (SKI HUT) Inc., 1615 University Avenue, Berkeley, California, 94703 WIG WAM, Route 44, Rehoboth, Massachusetts.

OF TENTS HE

There are many opinions on tents. We will cover only the lightweight tent. For backpacking try to keep the weight to 7 pounds or less for a two man tent. If you are going to be in much wet weather (high humidity) cotton may be preferable since it tends not to hold condensation as much as nylon. Cotton is the most waterproof, breathable material and holds repellent treatment longer than nylon. A well woven  $5\frac{1}{2}$  oz. cotton material will provide water resistance. (Cotton should never be rolled damp as it can mildew.)

If a nylon tent is desired the tent itself can be of lightweight 2 oz. RIP STOP nylon (treated or untreated) with a coated floor material and a coated fly to protect it from the rain (and still be lighter than cotton). The coated fly, being above the tent, will allow the tent to breathe and deflect the water. For added warmth or at high altitudes, a lightweight inner tent allowing a clear air space between the outer tent shell and the inner tent is good. This will keep you from rubbing directly against the outer shell and reduce condensed moisture.

Plastic tube tents are lightweight and waterproof but non-breathing. Care should be exercised to always provide ventilation for breathing while asleep. To reduce mositure "drip" from body evaporation that occurs, proper ventilation is necessary. In some cases a plastic fly is used above a lightweight nylon tent. The plastic is usually of 3.5 to 6 mil weight.

A tent should have a sewn in floor, if possible, with at least a two inch door sill in front as well as closeable flaps to keep out the weather. The floor can be waterproofed (including about 4 inches up the sides from the ground) but keep in mind that treatment of some fabrics lowers their tear resistance, and, of the many waterproofings on the market, only a few are able to stand the wear and folding that occurs with a tent without cracking.

Mosquito netting should usually be

nylon since it is the strongest. Cheesecloth has a tendency to spread, but in some cases a double layer of cheeseclooth over the nylon netting has kept out those pesky no-see-ums. In the Tetons, last year, a stiff wedding veil material (doubled) served quite adequately, and is inexpensive, but in general you need smaller mesh holes.

Steel skewers, for tent pegs are inexpensive, lightweight and quite practical for most conditions. Sand or snow
will require long broad stakes or an
extended flap that can be weighted down
with rocks or other material. Be careful with flaps in snow since condensation from inside can cause the flaps to
freeze into the snow.

#### SUMMARY

In general, a tent of 2 oz. rip stop nylon with a heavier nylon waterproofed floor and lower wall and zippered flaps or doors and zippered mosquito net is the lightest while offering adequate protection from wind, bugs and light rain. A rubberized nylon fly will keep the rain out. If severe wind or cold weather is expected an inner tent will add to the comfort. If cooking is to be done in the tent, ventilation at the top must be provided and a zippered flap in the floor is useful.

Cotton, while definitely cheaper and able to hold repellency and still breathe, is subject to a shorter life than nylon, and can mildew. It is not as strong as nylon.

The A frame is still the most widely used tent design with lightweight poles and metal skewers making it easily erected. The spring loaded pop-ups are quite handy and are light enough to backpack. A tapered tent offers some weight advantage but storage of gear within can be a problem.

Never waterproof the top of the tent since it must breathe and allow the pint of water displaced by the body in one night to escape.

### SLEEPING BAGS / MATTRESSES

The best sleeping bag from a weight to insulation ratio standpoint is still goosedown. A down-feather mixture, with equal loft will keep you just as warm with a gain in weight. Synthetic fibers weigh still more. Down compresses into the smallest package of all insulators and still decompresses with a uniform thickness which is necessary for good insulation. Vinyl bottom bags are generally an added expense and added weight since few people sleep directly on the ground. A tent bottom, poncho, ground cloth, etc. is more useful all around.

For average sleeping conditions a 2½ pound down bag will do the job. Lower cost down-feather combinations and dacron bags are adequate and will do as good a job if weight is not a factor. A mummy (usually modified now) is the warmest since there is less stale air space in the bag.

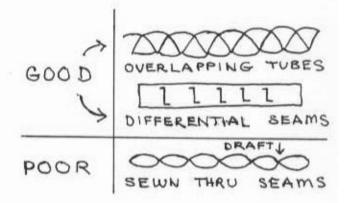
Nylon construction is tougher than cotton and is preferable but not as water resistant. While nylon is more expensive, it will not deteriorate with age. Tubing of all sleeping bags should be baffled or of the overlapping tube variety to provide maximum warmth. A sewn through bag will allow drafts and cold spots to occur. (See diagram)

Cuter covers are available, but be sure they are of breathable material if you plan to sleep in them. If the outside cover is waterproof and does not breathe then you will lose your insulating ability as the captured moisture remains in the bag and makes the insulation wet. The wet insulation conducts the cold into the bag (or the heat out).

Ground padding is essential for a good sleep, from a comfort and insulation standpoint. Air mattresses are now being discarded in favor of open cell foam or closed cell ensolite pads, due to the insulation, and weight improvement. If you prefer air, rubberized nylon is stronger than vinyl but is heavier and more expensive. Most

backpackers favor the short 48" mattress of foam or ensolite. The uninsulated leg area can be eliminated with clothing or other material.

SLEEPING BAG



#### SUMMARY

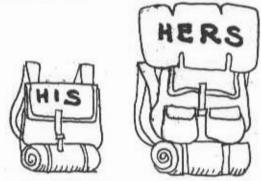
For everyday camping in the summer, inexpensive sleeping bags are adequate. For the "carry it yourself" outdoorsman the modified mummy down bag is the best but most expensive (most should last a lifetime, however). The amount of filler should be determined according to your activities and anticipated weather. Remember that it is the loft (space) of the fill that determines the insulating value, and not the weight alone. Liners and covers provide protection to the bag but liners don't give more warmth unless of the fleece variety. All covers should be of the breathing variety to keep your insulation dry. The warmest mattress, but not the most comfortable, is the ensolite (neoprene) closed cell variety, with the foam mattress (about 2") coming in second. Air mattresses are comfortable but don't insulate as well as the other two, and they can let you down. Shorter lengths in mattresses are preferred when space and weight are factors.

## Packs

There are the frame packs for carrying loads of 25 to 70 pounds, the integral frame-bag combination for carrying moderate loads of 15 to 40 pounds and the rucksack or frameless pack for light loads and short hauls.

Rucksacks: These are bags made for carrying light loads of up to 25 pounds. You have to choose according to your demands. If you are going to do a lot of hill work, up and down mountains, a pack that is held low on your back is best and keeps the center of gravity on your hips. If you are on a level trail area a higher pack may be desirable. Some packs offer pockets and others allow access through various zippers to different sections. Cotton may be preferable to nylon since the rack rests on the back and perspiration may occur, but nylon is still more durable. If you are getting a good rack get one with a reinforced or double bottom. The Recreational Equipment's cylon rucksack (36.95) has been cuite accortable but is not as close wid: The open the ment. to dop the content off. To part co forth and, best non-frame tack should rite close to the lear with little outward extension.

Intermediate frame packs: The Bergans is still considered by many to be the most versatile pack made. The pack frame allows adequate ventilation, and weight distribution of loads ranging from 15 to 40 pounds. This is of course, true with others.



HE: "BUT I'VE GOT ALL THE HEAVY THINGS !"



Frames and pack bags: The use of a frame and pack bag is generally advisable with loads over 25 pounds. Several frame packs allow the hiker to change the weight from the shoulders by use of a waist strap. Contour frames distribute weight best. A cross bar at the top allows many combinations of weight distribution.

Some bag frame combinations selling for \$23.00 do the job just as well as their \$40.00 counterparts but don't have some of the refinements that allow you to adjust your weight distribution and in some cases are heavier. Kelty Packs Inc. makes one of the most popular combinations. Himaleyan Industries offer · quite a variety. But the most popular lower price fram (bag not included) is sold by many distributors as the "Cruiser". It is manufactured by the Camo Trails Division of Mechanical Products, Inc. Recreational Equipment offers the Cruiser with an upper cross bar for strength. The frame alone costs \$10 to \$13.00.

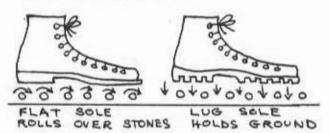
The bag that attaches to the Cruiser usually goes over the top and comes in different sizes. The bags can have side pockets and back pockets or can have no pockets with zippered openings into the partitioned bag itself. Pockets provide space for little items, first aid kits, etc., without having to dig. Nylon bags are more durable than cotton. Zip er enclosures or tie enclosures are available.

The so-called "quick-release" plastic buckle on the Camp Trails waist strap can split under stress, leaving you without a waist strap to reduce back fatigue. A heavy strap with a metal buckle is recommended.

#### BOOTS

Never wear a boot that restricts the calf. This is a rule that is uniform among many other variables.

When purchsing a boot, choose lug soles which are much superior to a flat sole. Lug soles help you to avoid tripping and falling and wearing yourself out by having to constantly rebalance. (See diagram) Lugs are made by Goodyear in this country. There is also the Italian Vibram and the slightly softer Swiss Vibram sole.



It is generally better to pay a little more for a boot and get a welted sole rather than a less expensive boot with the sole sewn onto the boot itself. Sole replacement is difficult and expensive for the latter, and, if the sole starts to slip as it does on many of these boots, it cannot be replaced. The welted sole is actually two pieces of material; one which is the lower part which touches the ground and the other is a flat piece of leather or rubber (preferred) to which the lower sole is sown and glued and which in turn has already been sewn to the boot upper. The welted sole is superior in insulating ability as well as in shock reducing.

Uppers should be of breathing material (leather) but some cold weather boots are not. Certain cold weather boots have been made of all rubber and/or leather. Both have a rubberlike cellular plastic insulation installed into the rubber and leather alike.

For extreme cold conditions felt inner boots can be worn under a heavy overboot as was done on Mt. Everest.

Waterproofing of uppers, which still allows breathing, can be done by three silicone treatments spaced 24 hours apart followed by rubbing in of a wax boot grease.

#### MISCELLANEOUS EQUIPMENT

Helmets: See January issue of COLDEN TRIANGLE

Lamps: The Coleman is still the old standby since white gas is easier to obtain than propane, although propane lamp-stove combinations are on the market.

Cooking Pots: Nesting sets are best.

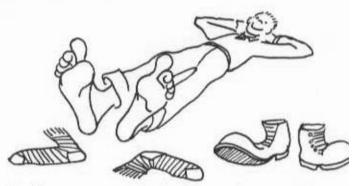
Try to stick to a known brand or manufacturer. There are hundreds of kinds of cooking equipment on the market.

Lightweight aluminum will cook unevenly and waste fuel and can break easily.

The ultimate in cooking equipment is a good quality nesting set, with a cover that can substitute as a frying pan, and that can carry a one burner stove inside of it.

Canteens: The over the shoulder type can also be an "over the pack" etc. It is the most versatile. Make sure that the strap goes all the way around the canteen and is not just riveted on the outer casing. Also reglue the cork cap gasket or be prepared to lose it. Some inexpensive canteens of the folded-edge variety have been known to leak badly after being dropped, so unit construction is suggested. Collapsible water bottles are available for large quantities of water.

## THE BEST FEELING



Eating gear: Aluminum gear is useful but a plastic cup has less of a tendency to burn the hips. Get a knife, fork and spoon that stay together in a case.

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You should wear clothes to keep you comfortable at all times. Many light layers are still considered to be better than one bulky, heavy layer. Cotton is the most comfortable next to the body but wool or down garments on the intermediate layers are good with wool being able to insulate even when wet. The outer shell should. be a windproof but breathable material such as nylon or ventile cloth. Nonporous material such as plastic will cause you to retain your perspiration in the layers of clothing and the clothing will then lose its insulating ability. With layers you can peel off as you get warmer, and replace to get warmer.

Parkas of goose down are cuite popular for the winter hiker and skier. In choosing a down parks remember that it is the loft not the weight that counts. Dacron is fine but is not compressible nor does it have the great "comfort range" of down. In most cases a shell or anorak is sufficient if layers are worn underneath.

Raingear should only be wern when it is raining. In some cases the outer layer, if of a tightly woven nylon, or cotton, or a combination of both, or dacron-cotton blends, are sufficient. If non-permeable raingear is worn there should be vents to allow as much condensation to escape as possible.

The is no material developed that breathes and stops water. The new Reevair nylon comes closest but with activity there is still the tendency for it not to breathe. Ponchos stop water but don't breathe and are cumbersome on windy days



Underwear: The warmest in winter and the coolest in summer is the fishnet weave. In the winter, you wear the next layer of cloth tight against the fishnet, which leaves open spaces for the perspiration to pass through and retain body warmth. In the summer you wear a loose fitting shirt or T-shirt over the net. Air tockets allow evaporation and cooling action takes place. Try to get a soft weave fishnet. Second best, or worn along with the fishnet, is the thermal underwear developed by the Navy, which has proven quite satisfactory.

There are some inferior types of thermal underwear. Consumer Reports magazine recently rated types for their warmth-holding ability.



USEFUL PUBLICATIONS

The PATC Equipment Bulletin (\$1.00) lists and compares equipment. It may be obtained from the Potomac Appalachian Trail Club, 1718 N. Street N.W., Washington, D. C., 20036. Lightweight Camping Equipment... by Margaret Hansson and Gerry Cunningham is available through the Gerry Mountain Sports for \$3.50 and is quite worthwhile.

#### WHITE WATER SCHOOL

The Annual weekend course in white-water canceing sponsored by AYH, YHCA, Sylvan Canoe Club and Kishacoquillas Canoe and Rafting Club will be held May 4 and 5 at Camp Carondawanna. Notice: Applications for this school are due to Arlene Starkey, YHCA, Fourth and Hood Streets, Pittsburgh, 15222, by April 1, 1968.

The School will be divided into beginner, intermediate and advanced sections. However, everyone must, at least, be thoroughly familiar with handling a canoe in flat water before they can take part. The cost for the weekend, Friday evening, through Sunday evening, is \$17.50 plus rental (\$3.50).

Information sheets and applications are available in AYH Headquarters. If you cannot get to HQ in time to beat the deadline, cell Bruce Sundquist at 351-3100 X 412.

# There's no doubt the



#### C-1 FIGJECT IN FULL SWING

Twenty five AYHers are now busy at work in various stages of making their own covered fiberglass canoes. Some are putting in their six nights by slopping foul-smelling goo onto glass cloth inside the mold. Others are bonding the halves together, laying up the coaming for the cockpit, attaching kneestraps, toeblocks, painters, making skirts, car carriers, etc. etc. All hope to be ready for our late spring white-water canoeing trips and our summer trips on the Lower Youghiogheny. (Expect to see block signals on the Lover Yough later this year -- and a lot more white-water trips.) Currently three canoes per week are being built.

Don Hamilton started the project by purchasing a mold (Yugoslavian design) from a memberof the Penn State Canoeing group. A starting group of ten people was organized and large quantities of cloth, resin, etc. were purchased in order to obtain a good price. An experimental boat was built and operations went into full swing. It soon became apparent that fiber glass cance building is a black art, and each boat taught the group a new lesson - sometimes rather painfully. However, all experiences are being recorded for benefit of future boat builders. We intend to keep a supply of the materials on hand for those who decide to build in the future. The cost of a canoe should be less than \$50.00.

Members of AYH interested in building their own C-1, or watching, helping or getting experience with fiber glass should call Bruce Sundquist. Keep in mind, however, that in addition to the 18 man-hours required to lay up the two halves, several weekends of work are required for completing the boat. Also a C-1 is strictly for white-water enthusiasts - flat water in a C-1 is agonizing. Those who need storage space for their canoe can rent a berth in our rented garage for \$1.00 per month.

#### THURSDAY NIGHT IS "OPEN HOUSE" AT AYH

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

- 4th Slide discotheque (skiing, party-goings onand general sloshing around in memorabilia). -- A Stacey-Omlor Production.
- ANNUAL APRIL KITE CONTEST: All entries will be judged at HQ. Thursday night. Cathy Lynch will judge -1) artistic qualities, 2) creativity.

  Doug Ettinger 1) aerodynamic considerations, 2) mechanical design,
  3) chemical composition. Bruce Sundquist 1) will measure applause with the Brucy Applause Meter. Kite qualifications: 1) must have ability to fly, 2) must be of the do-it-yourself variety, 3) must fit through the AYH door. Prizes: first choice of free AYH Western Pennsylvania Canoe or Hiking Guide autographed by the judges. Second an inscribed tea cup commemorating the event. Third a cup of tea at the Penn Shady Hotel.

  ANNOUNCEMENT: anyone wishing to donate a tea cup, please contact Cathy Lynch also at 362-1045. Chipped procelain and old tea stains are acceptable.

also at 362-1045. Chipped procelain and old tea stains are acceptable.

- 18th Cycling equipment show by our number one peddler -- Bob Omlor. Yes, it's true...the cycling season is coming to these hills again!
- 25th Folk dancing, and more folk dancing directed by the expertise of the Muse of !uses--Sir High Gilmour. Learn how to track across the hot desert sands...be a hardy, rather dashing Slav..pay homage to fertility and smack grapes on tippy toe to the tune of a piccolo.

## APRIL TRIPS & TRAILS &

- ANNUAL "PETERSEURG RACES" WEEKEND: activities will include WATCHING the canoe races; CANOEING AND RAFTING on the Dry Fork or North Fork (Howard King, 264-1386): CLIMBING (Henry Fisher, 521-8992): CAVING (Eric Stacey 351-3296): and possibly HIKING (Feredoon Behroozi, 361-5794). Cost \$3.80 plus equipment rental, Bring your own food. Contact your leader about departure time. \$2.00 deposit for canoesists and rafters.
- 7 SUN CYCLE tour of Pittsburgh parks about 15 miles in length to help you get in shape for the 1968 season. Leave HQ 1:30 pm Jack Batchelar, 421-0615. (40¢ plus rental)
- 13 SAT Visit Lemon Hole CAVE. Leave HQ at 9 am with change of clothes, light (preferably one you carry on your hat). Drop entrance requires a 30 ft. rappel. Reserve with Bob Strong (3276267). Cost-\$1.30.

(more trips on following page)

# APRIL-TRIPS & TRAILS (CONT.)

- 13 SAT CANCE beautiful and exciting Laurel Hill Creek. Don Hamilton (327-3511) leads. For intermediate white-water canceists only. Leave HQ at 8:00 a.m. with lunch, poncho, wet suit or long johns, and about \$\pi4.00.
- 13 SAT CYCLE 30 miles in an exciting area outside Pittsburgh. Leave HQ at 8:00 a.m. with lunch, \$1.00 (plus rental). See Bob Omlor (264-4485)
- 14 SUN CYCLE through and really see the City's parks. 15 miles. 2:00 p.m. at HQ. Bring 40¢ (plus rental). Leader to be announced.
- 20 SAT CIIMBING at Seneca Rocks with John and Tess Henry. Leave HQ at 7:00 p.m. Friday. Call John or Tess for details (661-7952). Approximate cost \$4.50 plus food.
- 20 SAT CANCE the Conemaugh River from the dam to Saltsburg or beyond. Beginners welcome. Leave HQ at 8:00 a.m. with lunch, poncho, warm clothing and about \$3.00. Fred Hull (242-5379) leads.
- 20 SAT CYCLE on our all time favorite Spring trip to Lagonda in Washington County. The 30 mile trip will include such delights as baby animals. Depart HQ at 8:00 a.m. with \$1.50 plus rental. Bob Omlor (264-4485)
- 21 SUN HIKE on Chestnut Ridge near Derry, Pa. Explore the Lemon Hole Cave valley looking for another cave. Bob Mautino (824-7217) leads. Leave HQ at 8:00 a.m. with lunch, canteen, poncho and about \$\psi 1.40\$.
- 21 SUN CYCLE from HQ in Shadyside... 15 miles through nearby parks. Depart '1:30 p.m. with Larry Sisk (766-6863) leading. (40¢ plus rental).
- 21 SUN CANOEING and RAFTING on Big Sandy Creek from Bruceton Mills to Rock-ville. A very pretty but difficutl stream. For advanced canoeists and experienced rafters only. Howard King (264-1386) leads. Leave HQ at 8:00 a.m. with lunch, poncho, wet suit or long johns and about \$4.00.
- 27 SAT CANOE the lower portion of Slippery Rock Creek from Breakneck Bridge to? Intermediate white-water canoeists. Bruce Sundquist (351-3100, X 412) leads. Bring lunch, poncho, wet suit or long johns, and about \$3.00. Load canoes at 8:30 a.m.
- 27 SAT Weekend CYCLING trip in cooperation with the Columbus AYH Council.
- 28 SUN Contact Bob Omlor (264-4485) for further details.
- 27 SAT HIKE in the Muddy Creek area in Maryland with Karen Braddock (531-3754). Leave HQ at 7:30 a.m. with lunch, poncho and about \$2.00.
- 28 SUN CANOE on Mahoning Creek (section to be decided later) with Sam Pre11 witz (242-6105). A pretty river, and good canoeing for beginners. Meet at HQ at 8:00 a.m. Bring lunch, poncho and about \$3.00.