

October
Golden Triangle

AYH PICNIC '77

NAM

vol. 28, no. 10



Pittsburgh Council, American Youth Hostels



Y'ALL COME TO THE AYH ANNUAL FALL PICNIC

Sunday, October 30th 2:00 P.M. to 10:00 P.M.

Riverview Park - North Side

COST: \$2.75 per person for picnic, games and folk dancing with the Merritts

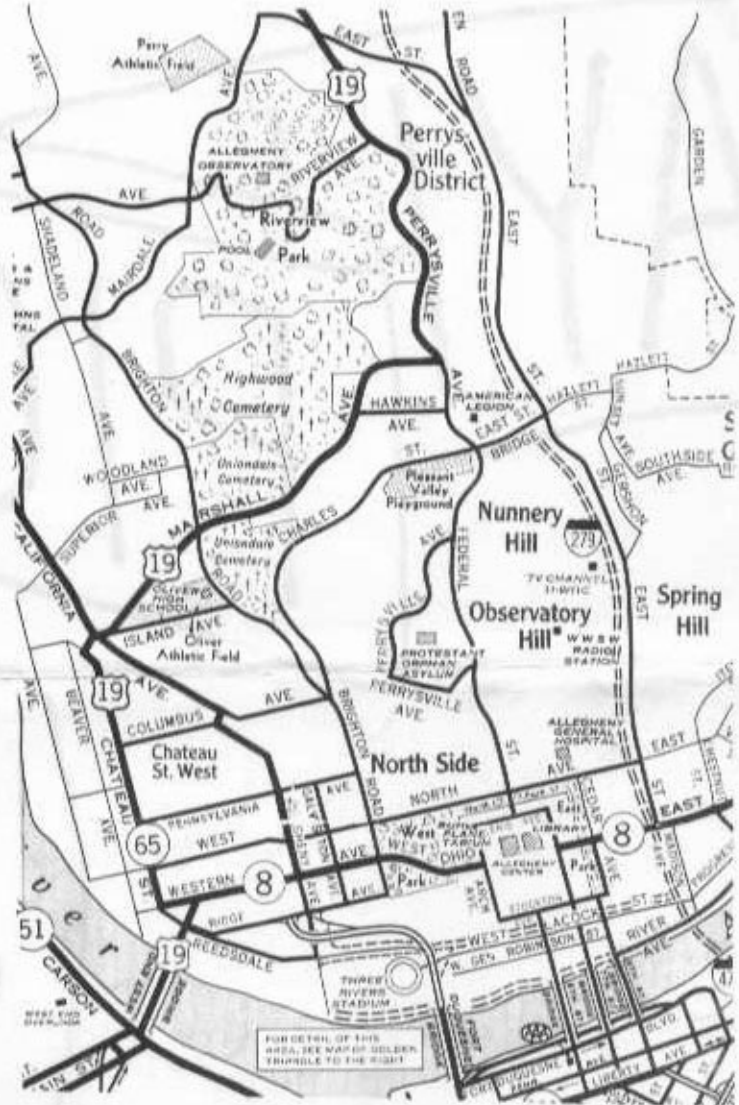
RESERVE WITH:
Joel Platt
1632 Denniston Ave.
Pittsburgh, PA 15217
521-5244

or

Eunice Higgins
933 Kennebec Street
Pittsburgh, PA 15217

RESERVATION DEADLINE:
October 23rd

QUESTIONS: Call Joan Goode
921-8509



I plan to attend the AYH picnic at Riverview Park.

Number of persons _____ at \$2.75 per person. Amount enclosed _____

Please make checks payable to "Pittsburgh Council AYH, Inc."

NAME(S) _____ PHONE _____

FALL FOLIAGE AND APPLE FESTIVAL WEEKEND

Attend a fiddlers' contest; tour an apple orchard; see a covered wagon parade at the 13th Annual Fall Foliage and Apple Festival in Bedford, PA on October 14th to 16th. Mike and Marty Haddad extend an invitation to AYHers to join them for this fun-filled weekend, and they will suggest numerous activities in the Bedford area for trippers to enjoy.

On Friday evening at 6:30 the trippers will leave headquarters for Shawnee State Park in Schellsburg, where the group will camp for the weekend. (Bring your own food and equipment.)

Saturday morning trippers may cycle twenty miles for a tour of an area apple orchard, hike within the park, fish, or even canoe on Shawnee Lake. Saturday afternoon the festivities in Bedford begin. A covered wagon parade, beef barbecue, apple butter making demonstration, crafts display and sale of apple products all take place in the town square. Saturday evening's highlight is a fiddlers' contest which draws participants from many states.

On Sunday members of the group may cycle to Blue Knob State Park and back (50 miles), hike to the fire tower on Kinton Knob, take the walking tour of the town, visit Old Bedford Village, or drive around the area to see covered bridges and fall scenery. Return to headquarters will be late Sunday afternoon and will probably include a dinner stop.

If you would like to join in the fall fun, please call Marty or Mike at 521-4324 before 9:00 P.M. to reserve. Cost of the weekend will depend on which activities you do but should be approximately \$10.00 - \$12.00.

SKI SHOW ANYONE?

The Ski Haus is planning a ski show to be held at the Civic Arena on October 21-23rd. There will be exhibit booths representing ski resorts, ski shops, travel and airline agents.

Admission is \$2.75 for adults and \$1.00 for children. Hours will run 5 to 9 P.M. on Friday, 10 A.M. to 10 P.M. on Saturday, and 10 A.M. to 6 P.M. on Sunday.

Plans are being made to try to include an AYH exhibit there. If you would like to help out, you should be a cross-country skier. Call Joe Hoechner @ 343-2465 for details.

***** 3 *****

NEW BICYCLE LIGHTING LAWS: A REVIEW

By Joe Hoechner

Autumn is here, and darkness is really falling early. If you're an avid cyclist, chances are you are out enjoying the cool temperatures, but are you meeting the new Pennsylvania lighting laws?

In simple terms, bikes used between sunset and sunrise must have a white lamp on front which should be visible for 500 feet. There should be a red reflector on the rear which should be visible between 100 and 600 feet. There should also be an amber reflector on each side (pedals? spokes? frame?). You can use a red tail lamp (visible from 500 feet to the rear) in addition to the red reflector. The rider may wear the lamps as long as they meet the distance and color requirements.

Please note there is no "half hour grace period" before or after dark. There is also no minimum size or required material for the rear reflector. It must only be red and visible between 100 and 600 feet. This may rule out small spots of reflective tape and does rule out fanny bumpers which have silver-white reflective material.

If you fail to meet these requirements, you are liable to a \$10.00 fine. Also, in case of an accident, you may be held at fault!

1978 ACTIVITIES BOARD ELECTION

The following people have been nominated for election to a one-year term on the 1978 Activities Board:

PRESIDENT	Jim Gogots	CANOEING	Tom Vogel
SECRETARY	Aylene Harper	CAVING	Norm Snyder
TREASURER	Fred Hull	CLIMBING	Jim Wojciechowski
ASSIST. TREASURER	Joel Platt	CROSS-COUNTRY SKIING	Alan &
HOUSE	Gary Ludwig		Mary Barber
MEMBERSHIP	Mike & Marty Haddad	CYCLING	Ed Sieger
TRIANGLE EDITOR	**		Steve Shore
TRIANGLE PRODUCTION	**	HIKING	Steve Martin
PUBLICATIONS	Bruce Sundquist	RAFTING	John Orndorff
PROGRAM	**	WINTER SPORTS	Jack Kowalski
TRIPS & TRAILS	Joe Levine		
PUBLIC RELATIONS	Chris Reid	Nominees for a 3-year term	
HOSTEL DEVELOPMENT	Joe Hoechner	on the Board of Directors	
SPECIAL PROJECTS	Beebe Frazier	are:	
TRAIL COORDINATION	Mike Deroy, Jack Leahy		
FRANCHISE	Jon Barnard	Claudette Falkenhan	
ENVIRONMENTAL SERVICE	Cliff Ham	Don Hoecker	
SERVICE	Bill Weiner	Cathy Lynch	

Elections will be held during the Open House Meeting on Thursday, October 20th. All members are urged to be present to cast a vote of support for these candidates.

** candidate still needed for this job

***** 4 *****

LET'S GO SAILING -- 1

By David Guthrie

I have been asked to teach a short AYH course in sailing several times over the last two years. Since I live in D.C., it would appear to be rather difficult! However, through the next several issues of the Triangle, I will attempt to turn all you armchair landlubbers to old salts. Save these articles through the winter and read them in their entirety after the last article in the series. Then you'll be ready to rent a Flying Junior at Lake Arthur and run with the pros next summer.

Just imagine for a moment that you have been asked to write something to teach a novice how to ride a bicycle. You could describe the various parts of the machine and how they work, the theory of how a cyclist manages to balance upon two wheels as he moves, complicated maneuvers, and the rules of the road.

Let's consider balance. How would you explain this on paper so that a learner could go out, hop on his bike and pedal away? The more you elaborated on the subject, the more complex it would become and the more discouraged your pupil would get. Yet every AYHer knows that the basic skills of cycling are very easy to learn once one has conquered the problem of remaining upright without falling off.

Sailing presents a similar paradox. Basically, it is easy to sail a boat, yet it is very hard to give explicit and brief written instructions on how to do so without bogging the reader down with complicated nautical terms. These will be kept to a minimum.

Just as the only way to learn cycling is to mount a bike and ride it, the only real way to learn sailing is to board a boat and sail it. At first, you might think this is a dangerous piece of advice because there are, naturally, a few essential bits of knowledge you must acquire before your feet leave terra firma. As Royal Air Force pilots used to say, "The more firma, the less terra!"

The first and most obvious question is: how does a boat sail? One of the mystifying things to a non-sailor is how a boat can sail apparently against the wind. It is obvious that if you have a large sheet of material and allow the wind to blow directly upon it, it will be pushed along. It is not so obvious how a forward movement is obtained when the sheet is angled to the air pressure.

The best way to understand the magic of sails is to perform a simple experiment. Using an ordinary postcard, fold one end at right angles to form a base about half an inch wide so that it will stand upright on a table. With the card in its standing position, blow squarely on its surface from the side where its foot is--the card will fall over, naturally. Stand it up again and blow on it again but this time at an angle to the surface--the card still falls over but this time, you will notice you must blow harder to achieve this. This suggests that when the wind hits a flat surface at an angle, although it acts as though it were hitting it squarely, only a part of the force is working in that direction. Therefore, the rest of the force must be working somewhere else.

In "Sailing -- 2" we transfer this theory to the sails of a boat. We will see how a boat is pushed through the water even by a wind that operates at an angle. Then, as Alec Guinness of Star Wars says, "The force will be with you."

TIPS & TALES
By Joe Hoechner

If you're planning a winter ski trip to New England, you may want to check out your destination with a good map first. For detailed maps of the New England area you can request a free catalogue from:

"The National Survey"
Chester, VT 05143

* * * *

North Carolina is one of the many states that has published its own guide to bicycling. If you would like a free copy of the guide, please send your request to:

Mr. Curtis B. Yates
N.C. Department of Transportation
P.O. Box 25201
Raleigh, N.C. 27611

* * * *

A new state directory to all of Pennsylvania's park facilities is now available (your tax dollars at work!). The booklet is entitled "Pennsylvania State Parks--Recreation Opportunities." It's free on request from:

Office of Public Information
Department of Environmental Resources
Box 1467
Harrisburg, PA 17120

* * * *

Did you hear about the expert cyclist who wouldn't take salt pills because they were too heavy?

* * * *

The annual AYH Winter Weekend is scheduled early this year. It's coming up on New Year's Eve weekend at the Laurelville Youth Hostel. Make plans to attend for some wintertime fun. Watch for a reservation form in the November Triangle. Members only, of course!

* * * *

Will there really be a hypothermia prevention lecture during the AYH picnic?

If you are interested in books on the outdoors, you should check out "Stackpole Books." They sell books dealing with backpacking, fishing, outdoor photography, hunting, trail-side cooking and bicycle camping.

You can send for their free catalogue:

Stackpole Books
P.O. Box 1831
Harrisburg, PA 17105

* * * *

Every AYHer knows enough to make an advance reservation before checking in at a hostel.

But if you're planning to just use hostel grounds as the starting or meeting point for a trip, please call the houseparents first to get permission.

It's a common courtesy to let someone know when you (and twenty trippers) are going to "drop in."

* * * *

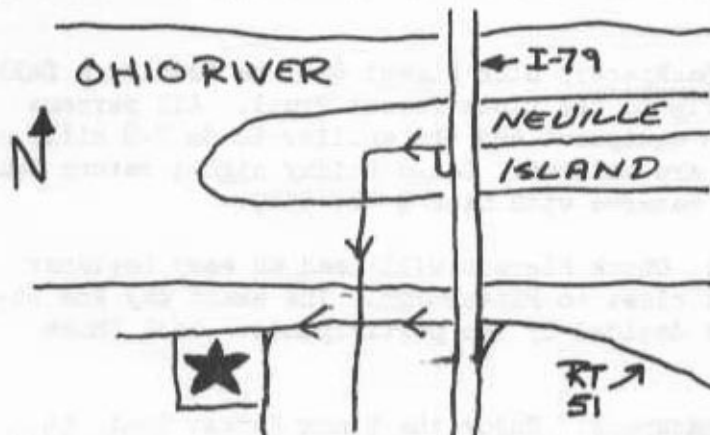
Have you ever heard of the "Chuck Keiper Trail"? Probably not. It's only a year old. This is a rugged, rocky trail in the Sprout State Forest located in Clinton and Centre Counties.

If you're interested in hiking or backpacking there, you can get free maps from:

Pennsylvania Bureau of Forestry
Box 1467
Harrisburg, PA 17120

* * * *

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AYH MEMBERSHIP 1977

NAME _____

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PHONE _____ NEW _____ RENEW _____

TYPE OF MEMBERSHIP: Check one

_____ Youth (under 18)	\$ 5.00
_____ Senior (18 and over)	\$ 11.00
_____ Family (valid in USA)	\$ 12.00
_____ Organizational	\$ 25.00
_____ LIFE	\$110.00
_____ FAMILY LIFE	\$220.00

Mail this application with a check payable to Pittsburgh Council AYH, Inc. to MEMBERSHIP AYH, 6300 Fifth Avenue, Pittsburgh, PA 15232.

Yearly memberships expire Dec. 31, 1977.



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OCTOBER TRIPS & TRAILS

The trips listed below are open to the public with the exception that AYH members are given priority when the trip is of limited size. Trip costs include 50¢ registration and insurance (\$500 medical) plus transportation costs and equipment rental. In addition to these fees non-members are charged \$1.50 per trip; this fee can be deducted from the cost of membership if the tripper joins AYH within 30 days following the trip.

Call the trip leader to reserve or cancel or to get information if you are just interested in knowing more about the trip. Please call during normal hours (6:30 - 9:30 P.M.) unless otherwise noted. Make reservations as early as possible but in no case later than the Thursday before the trip.

Fri to Sun
Sept. 30 to Oct. 2

Intermediate Backpack: Dick Nugent will be leading a fall backpacking trip to the Black Forest Trail. All persons with their own equipment and the ability to do 7-8 hilly miles per day are welcome. Leave Friday night; return Sunday evening. Reserve with Dick @ 487-5549.

Sat. or Sun.
Oct. 1 or 2

Beginner Hike: Chuck Pierson will lead an easy beginner hike somewhere close to Pittsburgh. The exact day and location will be decided by the participants. Call Chuck @ 683-2951.

Fri. to Sun.
Oct. 7 to Oct. 9

Intermediate Backpack: Enjoy the Black Forest Trail in full autumn color! Call to reserve with Mike and Marta Hurwitz @ 422-9204. We will leave headquarters @ 6:30 Friday night. Bring your own food and equipment. Cost will be approximately \$9.00.

Sat. to Sun.
Oct. 8 and 9

Backpacking Trip: Ben Brugmans will lead this trip to the Quebec Run Wilderness Area. The trip will feature the community food plan. Leave Saturday morning; return Sunday. Reserve with Ben @ 241-7851.

Sun., Oct. 9

Beginner Hike: Doug Brown is planning to return to one of his favorite areas--Swallow Falls--for a day hike. For more information call Doug @ 431-4620.

Sun., Oct. 2

Cycle Trip: Sleep late; get back early. Enjoy fall scenery on a 30-mile ride up to Hartwood Acres. Return in time to watch football. Cost only 50¢. Bring tools, lunch. Dress brightly for weather. Meet at 9:00 A.M. For information see or call Joe Hoechner @ 343-2465.

Fri. to Sun.
Oct. 14 to 16

Fall Foliage and Apple Festival Weekend: Join Mike and Marty Haddad for a weekend of bicycling, hiking, (canoeing?) and camping at the Bedford Fall Foliage and Apple Festival. See story on p. 3 for details. Leave headquarters Friday at 6:30 P.M.; camp in Shawnee State Park two nights; return Sunday afternoon. Cost approximately \$10.00 - \$12.00. To reserve call Mike or Marty before 9:00 P.M. @ 521-4324.

Sat. or Sun.
Oct. 15 or 16

Beginner Hike: Chuck Pierson will lead an easy beginner hike somewhere close to Pittsburgh. The exact day and location will be decided by participants. Call Chuck @ 683-2951.

Sun., Oct. 16

Day Hike: Ben Bruggmans is taking off his backpack and planning a day hike on the Laurel Highlands Trail of about ten miles. Leave at 8:00 A.M. with lunch, hiking shoes and clothing suitable for the weather. Call Ben @ 241-7851.

Fri. to Sat.
Oct. 21 and 22

Caving Trip: Join Norm Snyder on a cave trip to West Virginia. Miles of passage to explore. Call 351-4068 between 6:00 and 7:00 P.M. Sunday through Thursday.

Sat. and Sun.
Oct. 22 and 23

Beginner Backpack: Joe Levine will lead an easy hiking-camping trip for beginners with backpack equipment to Bear Run Nature Reserve. Leave Saturday at 8:00 A.M. Joe will provide dinner on Saturday. Bring two lunches and a breakfast. Cost with dinner about \$5.00. To reserve call Joe @ 422-8287 9:00 to 11:00 A.M. or P.M.

Sun., Oct. 23

Bushwhacking Hike: Ed Sieger is leading an expedition to the Laurel Highlands area where he plans to go cross-country with the aid of map and compass (similar to orienteering). This trip will be limited in size; so reserve early with Ed @ 561-4790.

Sun., Oct. 30

AYH PICNIC AT RIVERVIEW PARK

NOTICE TO ACTIVITIES BOARD MEMBERS: Please turn in your 1977 bills to Fred Hull by September 30th and your fiscal 1978 budgets at the October Activities Board Meeting. Inventories must also be brought up to date and reported to Bruce Sundquist.

FOR SALE: Ski Hut Ultimate tube tent (2 lbs.) excellent for bike touring or warm weather backpacking -- \$30.00.

Thermal pup tent 7' diameter (25 lbs.) excellent for canoe or car camping. Free standing -- \$65.00

White Stag canvas umbrella 10' x 10' excellent for family camping \$50.00

Schwinn Le tour bike 21" fully equipped -- \$110.00

Call 741-3596

HOSTING VISITORS: If you live in the central Pittsburgh area, have some extra sleeping space in your home, and would like to host foreign visitors, please call Joe Hoechner @ 343-2465 or Eileen Hull @ 242-5379. The Pittsburgh Council of AYH often receives calls from travellers who need accommodations in the city, and we'd like to be able to send them to homes of our members. Think about how interesting such a visit could be!

Summer's gone
Hot days are done
Fall is here
Night's so clear

Swim no more
Sunshine sport
Soon we'll see
Colored trees

Raft and bike
Camp and hike
Each unique in his own way
Enjoying just a few more days

For too soon will winter come
Ski and skate will be for some
After holidays of cheer
See our friends again next year.

-- Ben Brugmans

EDITOR'S NOTES: I would like to note a typographical error which was printed on the last page of the September Triangle. The word rabbit in Joe Hoechner's poem should be capitalized so that the poem reads as follows:

I think that I may never see,
(But please feel free to disagree)
A prettier sight than a brand new Rabbit
With a bike rack on it!

I apologize to Joe who has been wrongly accused of cruelty to small furry animals because of my mistake.

Bruce Sundquist's name was mistakenly omitted from the list of credits in the September Triangle. Bruce printed the September newsletter.

ATTENTION: Would the person who took a picture of Joe Levine "meditating in a dump on the Rachel Carson Trail" last spring please contact Joe @ 422-8287.

***** 10 *****

OPEN HOUSE

EVERY THURSDAY NIGHT

DOORS OPEN: 7:45

SLIDE PROGRAM: 8:45

Our Thursday night OPEN HOUSE is for members as well as non-members. This is a great time to see friends, reminisce about good times, and plan trips.

If you are a visitor or prospective member, this is an ideal time to meet AYHers and discover the ART of HAVING FUN. Just walk up to someone and tell him or her you're interested in canoeing, caving, cycling, hiking, skiing, or whatever and ask how you can get information on that activity.

OPEN HOUSE PROGRAMS FOR OCTOBER

Oct. 6: Joe Hoechner will take us "Scenic Cycling through Delaware," and this time he really means it!

Oct. 13: Dave and Judy Stout will show "The Range of Light"-- slides of backpacking in the Sierra Nevada.

Oct. 20: Bruce Cox makes a return visit with his slides of Kenya: Game spotting, climbing Mt. Kenya, snorkling in the Indian Ocean and exploring an elephant cave.

Oct. 27: "The Gouin Wilderness of Central Quebec." Joe Levine will show slides of his recent 12-day canoe touring trip of that area.

THE GOLDEN TRIANGLE

The Golden Triangle is a monthly publication of the Pittsburgh Council of American Youth Hostels, Inc. 6300 Fifth Avenue, Pittsburgh, PA 15232.

PHONE: 362-8181 THURSDAY EVENINGS
BETWEEN 7:45 and 10:30
ONLY

EDITOR: Marty Haddad
COVER: Nancy Marvich
ADVERTISING: Jim Gogots
PRINTING: Sue Leathen
MAILING LABELS: Don Hoecker & Roy Weil
PRODUCTION: Mike Haddad and the many enthusiastic AYHers who make production a party rather than a chore.

DEADLINE FOR ARTICLES & ADS FOR
NOVEMBER ISSUE: Thursday,
October 6

DEADLINE FOR TRIPS & TRAILS FOR
NOVEMBER ISSUE: Thursday,
October 13

NOVEMBER TRIANGLE PRODUCTION
PARTY: Thursday, October 20

CHANGE OF ADDRESS: Please notify Pittsburgh Council, AYH as soon as possible if you change your address. Otherwise, you miss The Triangle, and AYH is charged 25¢ for every newsletter that is returned.

1977 AYH ACTIVITIES CHAIRPERSONS:

CYCLING: Steve Shore 683-6897

Ed Sieger 561-4790

CLIMBING: Barry Johnson 831-8392

CROSS-COUNTRY SKIING: Alan Barber 833-5311

CANOEING: Mike Deroy 371-6943

RAFTING: Joe Curlee 422-9672

HIKING & TUBING: Dick Nugent 487-5549

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M	TUES	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OCTOBER					--- BACKPACK HIKE 1	--- CYCLE 2
3	4	5	DEADLINE ARTICLES & ADS 6	7	---BACKPACK---	HIKE 9
10	BOARD MTNG. 11	12	DEADLINE TRIPS & TRAILS 13	BEDFORD FALL FOLIAGE & APPLE FESTIVAL HIKE 14	15	HIKE 16
17	18	19	AYH ELECTION PRODUCTION PARTY 20	---CAVING---	---BACKPACK---	22
24	25	26	27	28	29	AYH PICNIC 30

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by the name of Eddie Turner?