

CLUB BUSINESS AT THE PUT-IN

The President Reports from the Canoe Saddle:

Well we are now into the winter paddling doldrums. We have continued to receive precipitation—but primarily in the form of snow, and accompanied by very low temperatures. Many BRVers X-C ski--so do not hesitate to announce such a trip. Rumor has it that Gus Anderson has already gone on several such excursions. There are some indoor training options. Although the January Ropes Clinic had to be cancelled because of the shutdown, it is hoped that it can be rescheduled. Charlie Duffy will offer additional paddling trip leadership training in February. The newsletter delineates some of the pool session opportunities available in the area. If you are still itching to paddle, a Featured Article discusses “layering” so that you will have the correct gear.

We had a well attended November program that featured a program on the role of the canoe in the Canadian ethos and another program on extreme kayaking on a previously unpaddled segment of California’s Merced River in Yosemite. The December Holiday Party went off without a hitch despite the fact that our VP had been laid low by some back problems. Many folks came early to help with set-up. There was plenty of good food and conversation in addition to some NPFF paddling videos. Kathleen Sengstock received Tom Martin’s “From Powell to Power” <https://www.coloradocanyonsassociation.org/events/2017/4/10/from-powell-to-power> as a prize during the drawing and is looking to swap with another prize winner. Give her a call if you are interested. The next meeting, Monday, January 28, will feature Kent Mason, who has photographed throughout West Virginia and has even rafted much of the Cheat. There will be photographers at the meeting so if you want you or your event to be photographed look to your right or left and introduce yourself. The location will be the Clara Barton Rec Center (7425 MacArthur Blvd., Ste. 151, Cabin John, MD 20218) followed by pizza at Ledo’s (5245 River Rd., Bethesda, MD 20816; 301-656-5336).

During the Holiday Party, many folks renewed their dues and corrected their contact information. This has really helped Ginny and Beth to assemble an updated roster. If you are remiss, **please submit your final member roster corrections and make sure that you are current for your dues for 2018 and 2019 (\$10/yr). Dues may be sent to Ginny DeSeau (1105 Highwood Road, Rockville, MD 20851) or paid directly at the next meeting.** The sooner that we complete dues collection, the sooner we can circulate the roster-without a series of corrections.

We are looking for some trips. We have listed some of the releases and paddling festivals to give you some ideas.

Rick Koller

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MEETINGS

November Meeting

The BRV meeting on Wednesday, November 14 featured National Paddling Film Fest video clips. “*The Canoe*”, was produced by Goh Iromoto, a Toronto based cinematographer. This award-winning film explored the role of the canoe in Canadian culture. “*The Lost Valley of the Merced*”, was more raucous and showed extreme boating by Pat Keller and Steve Fisher. These two worked with the National Park Service to show how they could responsibly paddle though geologic features on which others are doing big wall climbing.



Holiday Party

Despite our party-master/vice-president being laid low with back trouble, the December Holiday Party went off without hitch because of the labor of many BRV members including Jo Cox, Ginny DeSeau, Charlie Duffy, Beth Koller, Rick Koller, Mike Martin, Wes Mills, and David Newsom. We had an abundance of food in all categories.

The officers received tokens of appreciation for their work: Rick Koller (President): the Allegheny photo book by Kent Mason, Mark Wray (Vice President): “The Ridges Sanctuary-An Intimate View”--about paddling in the north country, Ginny DeSeau): a Ginny the Squirrel Friends of Blackwater kayaker T-shirt, Mike Martin (Webmaster): a gourmet camping cuisine book, Clark Childers (Treasurer): REI gift card, Frank Fico (Facebook Manager): “Resurrection of a River” about the Anacostia as an urban waterway, Keith Merkel (Board Member): REI gift card, and Wes Mills (Board Member): REI gift card

David Newsom far exceed the 200 point threshold to receive a prize for answering newsletter trivia questions. He scooped up a copy of the “Pennsylvania Gazetteer”

Teresa Spencer did the honors rotating the “Rolling Barbie. There was a weighted drawing for those who contributed to the club and the newsletter with announced and completed trips, trip

reports, and articles: Ed Evangelidi and Lisa Fallon received “West Virginia’s Allegheny Mountains: A Photographic Journey”, Kathleen Sengstock received “From Powell to Power” about the Grand Canyon, John Snitzer received “Resurrection of a River” and Lisa Weed received “Why We Boat”

Several door prizes were also awarded via the Rolling Barbie including Frank Fico, who received a spool of tubular webbing, Keith Merkel, who received hood loops to form a bow tie down, and David Newson, who received a copy of the book “Great Falls and Mather Gorge” by Roy Sewall, who was a speaker at a recent meeting. Other awarded door prizes included another version of hood loops that does not need to be affixed to the frame bolts, a water bottle with mountains and waterfalls, and the book “Hijacking a River”. (No club funds were used for any of the prizes.)

We also viewed an hour’s worth of films from the National Paddling Film Festival which included “The Backender Boat” about how Dan Demaree and Jim Snyder developed the “short boat” on the Yough (1973), “Chasing Wild” that explores the Sacred Headwaters of the Stikine River (near the Red Cris Mine in British Columbia) in light of the dam failure at Mount Polley causing a \$40 million dollar mine waste clean-up problem, “Home of the Vikings” for a taste of Scandinavian paddling, “In Love with Frank” about paddling in Idaho’s Frank Church Wilderness Area, and “Lobster Falls” about pool toys and waterfalls.

Many folks also took the time to renew their dues for 2019 are \$10. We are ready to issue the new roster so send in your dues and update your contact information. (A mere pittance, and we do need to pay for things like meeting room rental.) **Dues may be sent to Ginny DeSeau (1105 Highwood Road, Rockville, MD 20851).**

January Meeting

The next Blue Ridge Voyageurs paddling club meeting will be held on **Monday, January 28 at 7 P.M.** We will have a special speaker, who will be of interest to boaters and photographers alike. Kent Mason spends over half of his year in West Virginia’s Alleghenies. This means he had captured places in all sorts of weather conditions—from gentle dawn to moody fog—and that he has explored nooks and crannies that most of us never knew about. He has explored the expanse of Dolly Sods as well as the Cheat River from its headwaters through the Gorge. Kent is also knowledgeable about the conservation efforts that have been necessary to protect the areas.

The meeting also will give photographers a chance to interact with paddlers and find opportunities to photograph them during river running, play boating, slalom training, rescue training, and more. As always the location will be the Clara Barton Recreation Center (7425 MacArthur Blvd., #151, Cabin John, MD 20218) followed by pizza and liquid refreshments at Ledo’s (5245 River Rd., Bethesda, MD 20816; 301-656-5336).

Several people received these books as door prizes. They can be purchased for \$40.

EVENTS

Pool Rolling Sessions

Calleva Liquid Adventures—Sessions are Saturday afternoons through April at the Madeira School in Maclean, VA. Boats must be clean, and airbags must be removed. Sessions without instruction or equipment are \$20.

Canoe Cruisers Association—Sessions on Tuesdays through April 3 (with the exception of March 19) at Piney Branch Pool in Takoma Park. \$20/session.

Chesapeake Paddlers Association—Sessions at the Fairland Aquatic Center in Laurel, MD. Other information pending.

Cub Run Recreation Center—Prices for sessions will differ as to whether one is a County resident or not: \$58 or \$73 for three of four sessions.

<https://www.fairfaxcounty.gov/parks/rec/cubrun/wcree-aquatics.htm>

Greater Baltimore Canoe and Kayak Club—Eight sessions on Sundays at Goucher College. Must be club members and pay \$10/session and wear helmets.

Mason Dixon Canoe Club—Four sessions on Sunday mornings in March at the Hagerstown YMCA. Must be a club member and pay \$10/session (plus \$1 transaction fee if done by credit card).

Outdoor Excursions--1-800-77KAYAK. Other information pending.

Potomac Paddle Sports—Sessions will be offered at the Audrey Moore Rec Center in Annandale, VA. <https://www.potomacpaddlesports.com/kayak-pool-roll-rolling/courses-course-technique-tips-near-md-dc-va-pa-wwlanding.aspx?lnav=ww&lnav=ww>

Potomac River Outfitters—Two remaining sessions in February and five in March on Saturday evenings at the Chingapin Rec Center in Alexandria, VA. \$220 for a 1-person season pass or \$70 for a single session. Nathan Nahikian: 703-338-9790; Email: nathan@potomacriveroutfitters.com

Festivals

February 15-16 National Paddling Film Fest (Frankfort, KY)

Enter your videos and still images. Vote for your favorite still images on-line in advance of the fest. The top 10 will advance to the final round. Go for the not-NPFF-race, the bourbon tour, the silent auction, the movies and still photographs, and the fun. Guest speakers: Diane Brasuell and John Grace.

<http://npff.org/>

April 13 Great Potomac Clean-up (*likely Riley's Lock*)

May 3-4 Cheat Fest (*Albright, WV*)

<http://cheatfest.org/>

May 17-19 Dominion Energy RiverRock (*Richmond, VA*)

<https://www.riverrockrva.com/>

May 17-19 Ramble Weekend (*Franklin County, VA*)

May 17 Blackwater Blackout (float trip in the dark)

May 18 Pig River Ramble (Rubber duck race, four and eight mile races)

May 19 Breakfast on the Blackwater (breakfast and float trip)

<https://www.visitfranklincountyva.org/rivers/>

<https://www.playfranklincounty.com/ramble-weekend>

May 17-19 Stonycreek Rendezvous (*Hollisopple, PA*)

<https://benscreekcanoecub.com/quemahoning-releases/>

<https://benscreekcanoecub.com/rendezvous/>

<https://www.google.com/maps/place/Greenhouse+Park/@40.2768788,-78.9220717,15z/data=!4m5!3m4!1s0x0:0x245ed68c87dc9b9c!8m2!3d40.2768788!4d-78.9220717>

June 1 Great Rappahannock Canoe Race (*Fredericksburg, VA*)

<https://www.americancanoe.org/events/EventDetails.aspx?id=320924>

June 28-30 Deerfield Festival (*Charlemont, MA*)

https://www.americanwhitewater.org/content/Wiki/aw:events_deerfield

August 10 (10 AM--5 PM) Smith River Fest (*Smith River Sports Complex, Axton, VA and Martinsville, VA*)

<https://www.visitmartinsville.com/smith-river-fest>

<https://www.everfest.com/e/smith-river-fest-axton-va>

August 23-25 Lehigh RiverFest (*Whitewater Challengers, Lehigh River Adventure Center, Weatherly, PA*)

<https://whitewaterchallengers.com/festival/>

September 19-22 Gauley Fest (*Summersville, WV*)

https://www.americanwhitewater.org/content/Wiki/view/id/aw%3Aevents_gauley/

Releases

Bloomington April 13-14 and 27-28, May 11-12 and 25-26

<http://www.nab-wc.usace.army.mil/northBranch.html>

Lehigh May 11, 18, 25-26, June 8-9, 22-23, July 6-7, 20-21, 27-28, August 3-4, 10-11, 17-18, 24-25*, 31*, September 1*, October ~12-13*

*Pending availability

<https://www.nap.usace.army.mil/Missions/Civil-Works/Francis-E-Walter-Dam/Flow-Management-Plan-Schedule/>

Savage June 2 and 7, September 28

<http://www.nab-wc.usace.army.mil/northBranch.html>

Stonycreek April 6-7, 30, May 4-5, 17-19 (Rendezvous), 25 (special), June 1-2, 15-16, 29-30, July 13-14, 27-28, August 10-11, 24-25, September 21-22, October 5-6, 19-20

<https://benscreekcanoecub.com/quemahoning-releases/>

<https://thestonycreek.com/whitewaterreleases.shtml>

The salary of the staff who operate and repair valve at Quemahoning Reservoir for the Stony releases is paid for by tax deductible donations to SQI Whitewater via the Community Foundation for the Alleghenies. Click on the web link.

TRIPS ANNOUNCEMENTS

Charlie Duffy was the first one to post a trip/activity on the Club calendar. Unfortunately, the January 6 Ropes Clinic had to be cancelled because it was to be held in the C&O *National* Park. He plans to reschedule if circumstances permit. Stay tuned. The next activity on his docket is a trip leader training session on February 10. Given the safety information he presented at a recent Club meeting, it never hurts to have more knowledge and to anticipate problems!

John Duke (johnduke999 [at] comcast.net) has several trips in the works:

- A week near the end of March in the Southern Tennessee area doing day trips to various creeks.
- A week near the end of April doing New River tributaries each day.
- A week near the end of May doing creeks in central Pennsylvania.

All three trips will emphasize on Class 2 creeks with a little Class 3 thrown in.

CONSERVATION

Atlantic Coast Pipeline

The U.S. Court of Appeals blocked passage of the pipeline through the George Washington and Monongahela National Forests on the basis that Forest Service decisions were in violation of the National Environmental Policy Act and the National Forest Management Act. The Court also ruled that the Forest Service did not have the authority under the Mineral Leasing Act to permit a pipeline right of way that would cross the Appalachian National Scenic Trail

Although Courts generally defer to Agencies, the Court did not do so in this case because the record showed that the Forest Service was “arbitrary and capricious”. More specifically, the plans that were ultimately approved had been previously criticized by the Agency for issues that were not otherwise resolved before approval. One of these issues was the analysis and management of landslide risks. In the case of the Appalachian Trail, only Congress can provide such approval—even when that section of the pipeline runs through a national forest. (Of note, the developers did have this included in a pending bill. For more information, see the reporting in the December 3, 2018 issue of the Richmond Times-Dispatch.)

The Land and Water Conservation Fund Action Needed

Ed Evangelidi previously alerted us to the potential expiration of the “The Land and Water Conservation Fund” at the end of September. The fund helped to create national wildlife refuges, expand recreation in popular national parks, provide recreation resources in all 50 states, and protect rivers. Indeed all of the public access points along the Upper and Middle sections of the Gauley River resulted from this funding as did expansion of the New River Gorge Park. Locally the Potomac River has benefited.

Although there were attempts to reauthorize the Fund ,i.e., House Bill 502--to permanently reauthorize the Land and Water Conservation Fund, nothing was finalized before the expiration date in September. The Senate failed to move the bill package forward in December. A vote is to be held in January--so there is still time to convey your thoughts to your legislators.

Spotted Lanternfly: a New Invasive

This new invasive insect from Asia was first identified in Pennsylvania, but has subsequently been found in Delaware, New Jersey, New York, and Virginia.

There is distinct life-cycle:

- Egg masses are yellow-brown and are covered by a waxy, gray coat. The eggs are laid on smooth, plant surfaces as well as dead plants, bricks, and stones. Hatching occurs in the late Spring.
- The nymphs are black with white spots. They turn red as they evolve into adults.
- The adults (one inch long and one-half inch wide) have a yellow abdomen with black bars and very unique wings. The forewings in the front are tan with white speckles and, in the back, have a speckled band. The hind wings in the front are bright red with black spots and, in the back, have black and white bars. The adults favor the Tree of Heaven (also an import).

Nymph and adult stage insects cause damage by drawing sap from leaves and stem.

- The sap loss reduces plant photosynthesis.

- The feeding process causes the plant to ooze.
- The extracted sap causes the insect to excrete fluid that attract other insects and promote sooty mold growth at the plant base.

If you see such an insect, please contact your local Extension office (via the U.S. Department of Agriculture: www.nifa.usda.gov/Extension) or State Plant Regulatory Office (via the National Plant Board: www.nationalplantboard.org.membership). In West Virginia, call 304-558-2212 or send information/inquiries to bugbusters@wvda.us.

https://www.lehighvalleylive.com/news/index.ssf/2018/09/11_things_you_can_do_to_help_f.html
<https://spottedlanternfly.com/photos-and-videos>

FEATURE ARTICLE #1

Layering for Boating--Charlie Duffy

Introduction

It's getting cold out there. Hypothermia can progress from quite uncomfortable to downright dangerous. One of the best ways to beat the cold is layering. Layering solves many issues:

- Sweat build-up – wicking allows moisture to evaporate and be carried away
- Heat regulation – you can add/subtract as conditions change throughout the day
- Protection from getting wet – the outer shell
- Protection from wind – the outer shell

Keeping things simple, let's look at three basic layers:

- Base layer
- Insulation layer
- Outer layer

Base Layer

The base layer are the undergarments closest to your skin. This layer provides comfort and wicks away moisture quickly before it gets a chance to build up. Hikers have more options than paddlers because we need durability and rapid moisture transfer. The preferred material is polypropylene or similar synthetics. Base layers also need to be snug fitting, so they are stretchy material. These come in several weights: light, midweight, or heavyweight. One should choose the weight that best matches the weather conditions. For this time of the year, the appropriate weight is usually midweight or heavyweight. By contrast, lightweight layers work great as a rash guard in the Summer. Polypropylene is easy to wash and quite affordable. Steer clear of cotton. It just gets soggy and doesn't work well inside paddling clothes.

Insulation Layer

This layer uses a breathable fabric, but is also big and fluffy. Most systems trap air within the fibers. Fibers are often fleece, but wool (or wool blends) work(s) as well. Another great material is Polarguard (often found in synthetic sleeping bags). Some shells are lined with Polarguard, and they are fantastic (two layers in one).

A favorite garment style for dry suits is a union suit garment-often with a convenient zipper in front. This layer is typically some sort of polyester fleece material. These garments come in

different weights to match weather conditions. Finally, we want to keep the insulating layer dry. This is done with some sort of vapor barrier worn on the outside.

For those with a limited budget, wetsuits are far less expensive and much more durable than dry suits. Another advantage is that if they tear, they still work. Nearly all “Search and Rescue” squads use wetsuits for this reason. Indeed wetsuits really work best when wet, not dry. They trap water in their spongy neoprene fabric, and this water, when warmed by body heat, creates an insulating layer—and acts like a wearable radiator. A common practice is to start the trip with a kayak roll to soak the material. Another tactic I’ve personally used with wetsuits is taking a hot shower with the wetsuit on. I know that’s cheating, but it sure works well when available. You can further enhance heat retention with the same wicking layer as described above, and it makes the wetsuit much more comfortable.

Outer Layer

We have two distinct goals for the outer layer:

- Wind protection
- Water protection

There are several choices here. The most expensive option is a breathable shell such as Gore-Tex, Tyvek, etc. These fabrics require much more maintenance--such as proper washing and periodic refurbishing of the Durable Waterproof Repellent (DWR). One should avoid washing with common detergents because these can clog the pores making it vapor proof (so moisture can’t escape). I use a product called “Tech Wash” from Nikwax. Most of these shells have latex gaskets for the neck and wrists. These need to be treated with “Formula 303 Protectant”. This can be sprayed and wiped on with a soft cloth. A major downside to a breathable shell is wind resistance. In windy conditions, you will really feel it. You can mitigate this somewhat with a thicker insulating layer.

Another option is a non-breathable shell such as coated nylon. These are quite affordable. They stop wind dead in its tracks and provide superior warmth. Unfortunately, they also prevent moisture escaping from the inside, so your insulating layer will become damp.

Trip Organizing Considerations

As a very frequent trip leader, I pack extra garments in my car that I know I won’t use personally. Before the shuttle, I pay close attention to young children and thin people because both of these demographic groups are very prone to becoming hypothermic. As a medium-size male, my clothes fit a very wide variety of individuals. If I observe a potential clothing issue, I’ll offer: a splash top, a neoprene layer, or polypropylene garment set. I also bring extra headwear, pogies, and gloves. They might not look pretty but they certainly will be warm. On the river, I pack a skull cap in my PFD pocket and a storm hood in my dry box. I wear pogies--so I also pack Glacier Gloves in my dry box so that they can be loaned out.

Trip co-ordinators (and other participants) should get in the habit of preparing a float plan. This will help you to determine what clothing to take for comfort and safety. Sometimes I send the weather forecast to the trip participants with some comments on proper clothing for the trip.

Conclusion

Layering is an effective tool in hypothermia prevention. Decent layering systems give you some flexibility in adjusting heat retention to avoid over or underheating. There are many options for staying warm and comfortable on cold paddling trips. You don't necessarily need a \$1,000 dry suit, which is cost prohibitive for many. Take time to understand how layering works and experiment a bit because everyone is different. This article below has lots of links for headwear, gloves, pogies, dry suits, wetsuits, etc. Spring and Fall are fun times of the year to paddle and when most small streams are runnable. Because weather conditions can change quickly in the mountains, one needs to be prepared.

<https://www.teamriverrunner.org/wp-content/uploads/2018/09/Thermal-Protection.pdf>

PADDLING HUMOR

Musings from Brain of Ed Evangelidi

What do you call a guy who helps his whole large group portage a rapid? "Fleet footed."

Short history of the USA:

Late 1700s: Washington crosses the Delaware in winter [and avoids all highway tolls].

Early 1800s: Mr. Harper perfects his ferry [and avoids the traffic bottleneck going from Maryland to West Virginia].

Early 1900s: The Titanic sinks and proves that full flotation is a must.

Mid 1900s: The aluminum canoe is developed, and, a short time later, during a very, very dry year, the development of "rock" music is heard out in the local rivers.

Today: The Delaware River area has many toll bridges, but no boat crossings;

Harper's Ferry has daily major traffic jams on the roads and a few diehards ferrying out on the river;

Novice boaters still go under because they have no flotation;

Plastic boats just color the top of rocks accompanied by very little music.

This all seems so logical to me--so why did I get an "F" on my history term paper?

TRIP REPORTS

August Run on Bloomington

All of the rain this year resulted in extra releases on the North Branch of the Potomac in late August and September. John Snitzer organized a Saturday trip while Beth Koller co-ordinated a Sunday trip. Bloomington being Bloomington, John and some of his trip participants stayed over for another day. Other folks just showed up. There were some distinct groups at the beginning, but soon we were a big happy family with folks from the BRV, CCA, MCC, and Greater Baltimore clubs. The release was generous. The upper ledges were well paddled with distinct and very bouncy wave trains. The eddies were more sparse and smaller. We knew that this might present a problem for lunch, and, in fact, there was essentially no beach at the play hole stop—mostly because of the water, but partly because it is overgrown and needs weed wacker treatment. It was a good thing that we had stopped at Blue Hole. The day was a bit chilly and overcast so folks were happy to get out early and be high and dry. Only Mike Wellman did any serious playing at the play hole.

There was no significant deadfall between Blue Hole and Robin's Nest. There were no incidents at Robin's Nest. Most took the middle left route. The rapids from Robin's Nest to Top of the World were just plain fun. Top of the World was really big. The configuration of the lower wave hole at river left was different, and the lack of a solid eddy made it difficult for the photographer to get out of the boat. The main wave train, however, had not flattened out. The trough to peak height made for great photos.

The surf wave at the junction with a small, river-right creek provided some action—including backward, tandem surfing. The waves below the island were also very big. By that time, the sun had come out—capping the day. Dinner at the Banana Leaf was the final stop before Myersville and home.



At the put-in: John S, John E. Ron R.



Above 1000 cfs



Nancy K. at the put-in



New member Rich C. in the ledges



Robin W. with his Silver Creek paddle



Jean O. in the maw



Lisa F. bouncing down



Daniel M. & Ron R. getting ready to surf



New member Mike H. on a ferry series



Ron R. zig-zagging across the river



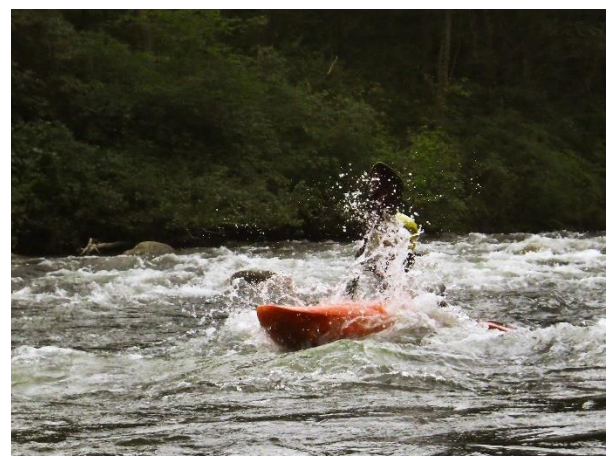
Lunch at Blue Hole—no beach below



Brave Mike W. plays in the “the hole”



Ron R. & Mike W. head downstream



New member Cindy R. gets a faceful



John S. leads the way down Top of the World



Marilyn J. with a relaxed run



Lisa F. hiding in the breaking wave



Ron F. "Oh, oh, oh..."



Mike W. in the trough



Cindy R. paddling a non-Georgian run



John E. making waves



Robin W. heading for the crest



Rich C. getting a bowful



John E. making a splash



Lisa and Ron tandem surf near the end



John S. surfs on the wave



Mike W. in the wave train



Kathleen S. zips into the eddy



Ron F. is happy to free his legs at the take-out
Note the very nice new grab loops on the other boat (Beth K.'s)—courtesy of Ron R.

A Last Hurrah on the Virginia Catoclin

On a blustery day in November, the 11th to be exact, four of us (Barb Brown, Beth Koller, Hendrick van Oss, and Aime Williams) headed to Point of Rocks bridge. First, however, Beth had to pick up new member, Aime, at the Glenmont Metro Station. She had just arrived from the United Kingdom. She did not have a boat or paddle (and is looking for the same to purchase), but came equipped with complete winter attire. We “kitted” her out. At Point of Rocks, Barb was hermetically sealed in her toasty car. She reluctantly emerged after cajoling by Hendrick, who was not wearing either neoprene or drysuit attire. We headed up the hill to Taylorsville via a straightforward shuttle (VA State Road 663). The run itself was to be 4.5 miles.



One of the few signs of development



Hendrick V. bundled up

The day was brisk, but we were protected from the wind by the depth and narrowness of the valley. There was little sign of development except at the very beginning of the run. The rapids at the day's water level (Potomac at six feet) were Class 1 and low Class 2 and easily boat scouted. The final, and perhaps best rapid, was washed out by the back-up of the Potomac. Indeed the mature sycamores (two to three feet in diameter) found at the take-out several

hundred yards from where the Catoctin joins the Potomac were underwater—a testament to the prolonged high water of the season. The high water also made the take-out muddy as in quicksand-type muddy. But a daring run was not really the point of the day. We were on the river about two-and-a half hours. We had plenty of sunshine. The scenery was pleasant. No one was too cold. And we were off the river in mid-afternoon. We headed into Brunswick for dinner. Beans in the Belfry was not open for meals, but we were full after visiting the Potomac Street Grill. (See **The Boater's Dining Guide.**)

<https://www.americanwhitewater.org/content/River/detail/id/3743/>



Hendrick led the way



The steep valley reduced cold winds



Barb B. on a mini-surf



Pleasant sunshine



Aime W. soaking up rays at lunch



Barb B. at lunch



All clean and warm after a muddy take-out!

THE BOATER'S DINING GUIDE

The Potomac Street Grill—An Unexpected Treat

The Potomac Street Grill is located at 31 East Potomac Street in Brunswick, MD 21716 (301-969-0548). The menu is American, Middle Eastern, and more. Two of us followed the lead of the server and had lamb Shawarma—mmmmm! The seafood pasta was good. The chips were terrific. As advertised, the Maryland crab soup was award winning! Vegetarian items are listed, but not always available later in the day.

- ✓ Location—Can be reached easily in downtown Brunswick. From the Catoctin (Virginia) River, one needs to use the round-about on the north end of the Point of Rocks bridge on U.S. 15 and head west just under ten miles.
- ✓ Parking—across the street and along the Potomac River. Adequate for about 15 cars.
- ✓ Menu—diverse, with good value for money. Adult beverages available.

<https://potomacstreetgrill.com/menu/>

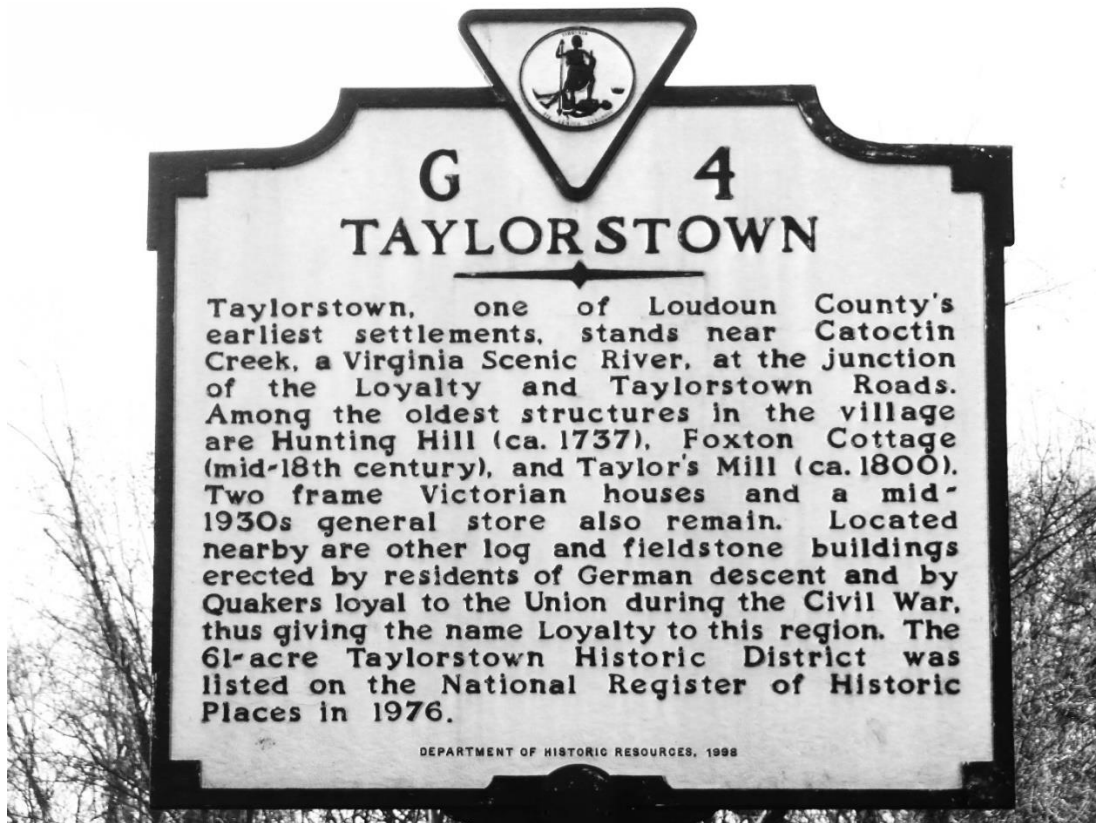
HISTORIC-FOLKLORIC

This sign is at one put-in for the Virginia Catoctin run. Taylorsville is at the junction of the Taylorsville and Loyalty Road. It was one of the earliest settlements in Loudoun County. The name Loyalty is derived from the Union sentiments held by the German and Quaker settlers in the area.

The grist mill in the area was operated by the Taylor family until about 1850. In 1911, the water wheel was sold to the owners of Oatlands Plantation. The mill was converted to steam power (1912) and later electrical power (1932) and operated by Millard Meyers between 1912 and 1958. In its later years, it was run as a mill for livestock feed. To save the mill and to prevent the construction of a dam on the river, Anna Hedrick purchased the mill in the late 1950s, and later it was sold as a private residence.

<https://www.mapquest.com/us/virginia/taylorstown-va-282899924>

<https://www.dhr.virginia.gov/historic-registers/053-0603/>



FEATURE ARTICLE #2

Flipping and Swimming in Crystal Rapid—Gus Anderson

It was the summer of 1983. The Colorado River through the Grand Canyon was approaching a peak of over 100,000 cubic feet per second (ten times the average summer flow). A four-foot plywood wall had been rapidly built on the top of Glen Canyon Dam to keep the water from overtopping the dam. The spillway tunnel was beginning to erode, sending chunks of concrete out the bottom end and endangering the stability of the dam. We had a private permit to run the

canyon later in the Summer. The Park Service was encouraging us to postpone the trip to another year.

The sixteen people on the trip kept a close eye on the river water levels. The levels were beginning to drop so we decided that we could go through with the trip. Various pieces of equipment had been acquired from different individuals. The equipment included four 16-foot Avon Professional rafts and an Avon Adventurer paddle raft acquired from a rafting co-op in California. In addition, our trip leader had also found an 18-foot Navy surplus sea survival raft that he purchased for the trip. At the time, there were no outfitters who would supply rafts, gear and food at the put-in for private trips. Indeed, for my first Grand Canyon trip in 1981, my free time for six months before the trip was spent planning and preparing for the trip. I decided I would never do my own trip again because it was so much work, but that changed when outfitters began supplying private trips after 1983.

The permit holder/trip leader was a friend and deep-sea diver, who worked on offshore oil rigs and who had six months off each year. He brought along a diver friend, who had never been on a river trip, to row the surplus raft. The permit holder and his brother would row two of the Avon Pros, I would row the third, and a friend would row the fourth. The trip leader, his friend, and his brother spent many months obtaining or preparing food, much of it pre-cooked and frozen in dry ice.

By the time the trip was scheduled to start, the river had dropped to 30,000 cubic feet per second, twice its normal summer peak level. We stopped to scout the biggest rapids, including Crystal and Lava. At Crystal, the rapid had grown into three huge waves followed by a maelstrom of tail waves that washed *over* a rocky island at the bottom of the rapid and that was above the water at normal water levels. Each wave had shoulders that stretched from one side of the river to the other side. The first wave was 10 feet high, the second 20 feet high, and the third 30 feet high. Each wave was a triangular hump formed at the meeting of the two shoulders. Such a wave formation is called a haystack. These were *very big* haystacks!

Our strategy was to row hard to the right as we sped down a long slope approaching the first wave to break over the right-hand shoulder and keep rowing right to avoid the haystacks. We decided to send the three best boats with the three most experienced rowers in close order into Crystal so they could help each other in case of a flip. I was rowing the lead boat, the trip leader was in the second boat, and his brother was in the third boat.

I could not get over the shoulder and was surfed to the middle where I managed to get over the first and second haystacks. I lost my grip on one oar in the trough of the third wave, but managed to keep the boat pointed straight into the wave with my one oar as the wave towered above me. As I got to the top of the third wave, it broke under me, and the raft slid off to the left where it hit an eddyline, which flipped the raft. The second boat flipped on the second wave and the third boat flipped on the first wave. My future wife watched from the shore as we disappeared downstream.....

I was thrown into the turbulence below the third wave and had to catch my breath in the trough of the tail waves as the current pushed me through the peaks of the waves. After washing through the tail waves, I was washed over the afore-mentioned rocky island, which was covered

by about a foot of water. I kept my feet downstream to fend off the rocks, but I was still banged up by some that I could not see. I ended up in a right-hand eddy at the bottom right of the rapid with my raft. The trip leader soon followed me into the eddy with his overturned raft. The third rower and his raft stayed in the main current. He had almost passed the eddy when we yelled for him to swim into the eddy, which he was able to do.

Soon after a commercial trip came by and asked if we needed help. We told them we were okay, but asked them to chase down and tie up the runaway raft. The three of us tried to turn the rafts right-side up, but we could not do it alone. Soon six members of our trip showed up in the paddle raft. They had carried it around the rapid and had come down to check on us. The nine of us managed to get the rafts upright. Three of us headed downstream to catch up with the runaway raft while the other six walked back to the top of the rapid to help carry the other two rafts around the rapid. The loose raft was found a few miles downstream. The commercial group had caught up with it, righted it, and tied it off. This was a good example of how trips help each other on the river.

We waited for the rest of the group for about six hours before they finally showed up late in the day. They had derigged and carried the last Avon Pro and 1,000 pounds of food and gear around the rapid over many large, sometimes house-sized rocks in temperatures that exceeded 100 degrees. Instead of carrying the surplus raft, the rower had decided to run the rapid. He was a deep-sea diver and used to being underwater, so he was not afraid of flipping. His raft was so under-inflated and low sided that it filled with water and undulated over the waves instead of flipping. Despite all the flips, the only thing we lost was the contents of a small cooler whose top we had neglected to tie down. As a result, we lost five pounds of flank steak, some fresh strawberries, and some home-made pesto sauce, which a friend had hand-carried down from the rim to join the trip at Phantom Ranch.

During five more private trips through the Grand Canyon, the only other flip in Crystal that I experienced was on my last trip in 2016. I was not rowing, but was instructing a friend to row--something I had done successfully on other trips. Unfortunately, I decided to sit in the front of the raft even though I had previously instructed rowers from the back, right behind the rower. From the front position, I could not watch the rapid and give instructions at the same time, so the raft hit the wave below the hole in Crystal at a slight angle, which allowed the wave to turn the raft sideways and flip it over. A push on the left oar or a pull on the right oar might have prevented the flip, but nothing is certain when you run a big rapid.

This time I knew what to do based on my previous swim and, with the lower water level, I managed to flush to the right side of the island, which was not underwater. I was hypothermic, however, by the time a safety kayaker pulled me into the eddy with the over-tuned raft. The water is released from the bottom of the Glen Canyon Dam and is very cold for the length of the canyon. A passing group stopped to help us right the raft. Another example of river courtesy.




Indeed, on a previous trip, we camped next to a pile of rolled up rafts and gear stacked next to the river. The coolers still had fresh meat and vegetables. We learned the next day from passing trips that a private group had flipped three of four rafts in Crystal and that there had been some serious injuries to people. The group had voted to end the trip and asked the Park Service to fly them out by helicopter. We had seen three or four choppers flying out late during the day prior.

We also learned from passing trips that one of the big commercial rafts had pinned on the rocks at the head of the rocky island at the bottom of Crystal, and it took days to get it off. We later saw the big commercial size raft (probably from the outfitter) that had come to take out the stacked rafts and equipment.

I now have two inductions into the Crystal Swim Club, and I think that is enough for a lifetime.

BOATING TRIVIA



These questions draw on history and geography in our own backyard. If Doctor Google  does not provide a remedy, consult Steve Ettinger's guidebook . You can even "phone a friend" ! Once a question has been correctly answered, it will be pulled from competition—so enter early to reach that 200 point total and earn a prize!

You can also still work on the 2018 questions until the end of January.

WHAT

1-2—What rivers parallel Catoctin Creek (Maryland)? **20 POINTS**

3-5—What aqueduct crosses the Catoctin and at what lock number? How many stone aqueducts were there along the Potomac? **30 POINTS**

6--Which Catoctin Creek enters the Potomac first or do they enter at approximately the same point? **10 POINTS**

WHERE

7—Catoctin Furnace is located on which side of the Potomac River? **10 POINTS**

8-10—Catoctin Mountain is located in which State(s) and is highest where? **10 or 20 or 30 POINTS**

See the BONUS questions under PARTING SHOTS AT THE TAKE-OUT.

GEAR

Boating Maps; GPS Isn't Everything: Part 1--Aaron Otte

Aaron Otter ([aaronreston \[at\]comcast.net](mailto:aaronreston[at]comcast.net) [preferred route to keep track of requests] or 703-796-6060), club member, paddler and fisherman, is having a professional map maker, Kyle Bower, put four states, Maryland, Pennsylvania, Virginia, and West Virginia, on a single, 3' by 4' map. The map will feature only state lines, highways, towns, and rivers. The focus is rivers the size of "Passage Creek" and larger and will emphasize those suitable for paddling, float trips, and fishing. As such, this is not intended for extreme creekers.

→ Aaron will be bringing a copy of his map to the January meeting.

Boating Maps; GPS Isn't Everything: Part 2—John Duke

John Duke is a long-time open boater and local with an extensive history in the survey business. He has started a business in map-making that is focused on paddler needs. He has a master map for Virginia (west of I-95) and West Virginia for all public lakes, all streams that drain at least 30 square miles of territory, and select, small "steep creeks. The 24" by 36" map is printed on heavy duty paper and costs \$17 with shipping. He currently accepts only cash or check payment.

Contact: [dukejohn999 \[at\]comcast.net](mailto:dukejohn999@comcast.net), www.dukesmaps.com,
<https://www.globuya.com/US/Myersville/574753386043015/Duke%27s-Maps>

→John plans on bringing maps to the March or May meeting.

Guidebooks

Club member Ed Gertler has three regional guidebooks for sale: “*Delaware and Maryland Canoe Trails*”, “*Garden State Canoeing*”, and “*Keystone Canoeing*”. To remain a credible author, Ed paddles every river in his book! Expect to pay about \$20—depending on the route of purchase.

<https://paddlersguides.wordpress.com/seneca-press/>
<https://paddlersguides.wordpress.com/purchase-locally/>
<https://paddlersguides.wordpress.com/purchase-online/>

Canoes/Kayaks/Other Gear: New and Used

Brad Nelson, the proprietor of the Starrk-Moon Kayak Shop (497 Cold Cabin Road, Delta, PA 17314; Phone: 717-456-7720) on Muddy Creek and near the Susquehanna River, is a club member as well. He is open seven days a week! He has long been a purveyor of Pyranha boats, but has plenty of other brands and gear as well. And if you need a shuttle for a Muddy Creek run, he can help you too!

http://www.starrkmoon.com/about_starrk_moon.asp
http://www.starrkmoon.com/muddy_creek_shuttle.asp

PARTING SHOTS AT THE TAKE-OUT

Bonus Trivia Questions

THINGS YOU NEVER LEARNED IN SCHOOL

11—Catoctin carries what geologic definition? **10 POINTS**

12—The Catoctin Formation is what? **10 POINTS**

American Whitewater Association: Late Breaking News

Paddlers and the town of Friendsville, MD have been working towards expansion of the Upper Yough Access Parking Lot. Several parties have made major contributions. Keelhaulers Canoe Club (Ohio) donated \$1000. The American Whitewater just presented Friendsville with a \$5000 check. The Mayor, Spencer Schlosnagle, and resident paddler, Jess Whittemore, worked to help the town raise \$7 for every dollar donated by boaters. This is a win-win for everyone.

Facebook

Help Frank Fico increase participation on the Facebook page. He has structured it so that it is a good way of communicating between club members in setting up activities and reporting on trips. He has grown the Facebook membership group to 96!

Webpage

Mike Martin is looking for photos for the webpage. Vanity, vanity, boater is thy name. Dig out those digital files.

Reminder for the January Meeting: Our Speaker's Book



The club is about fun and camaraderie.

It can't happen without YOU!!!

If you can organize a trip or a conservation activity, please consider adding it to the web calendar and the newsletter. If you want to do it, it is likely that someone would like to do it as well.

If you can put together a program or have an idea for a program, please consider contacting a club officer. We have ProShow Gold for the preparation of digital slide shows.



*Dues (\$10/calendar year) and roster information may be sent to
Ginny DeSeau (1105 Highwood Road, Rockville, MD 20851)*

BRV MEMBERSHIP/ROSTER INFORMATION

Name/Spouse Name:

Address:

Phone: home: work: cell:

E-mail address(es) (in order of preference or marked by location work vs personal):

Preferred Boat: K-1 C-1 OC-1 K-2 C-2 OC-2 Inflatable kayak Shredder Raft
Other(s):

Other boat types used: K-1 C-1 OC-1 K-2 C-2 OC-2 Inflatable kayak Shredder Raft
Sea kayak Stand-up paddleboard Sit-atop kayak Other(s):

Preferred boating difficulty level(s) WW grade range: (perhaps by boat type): Flatwater (under
what circumstances):

Other types of boating aspects: Cold weather paddling Canoe camping trips Extended trips
Family boating Play boating Racing Removal of safety hazards-gauge painting River
conservation activities Safety clinics Boating for service activities (e.g., safety support for
races/ triathlons, teaching) Other(s):

Availability for weekday paddling: Yes No If yes, times/days:

Other activities that you might participate in during longer trips or with low water or cold
conditions: Biking Hiking Skiing (DH) Skiing (XC) Other(s):

Willingness to lead a trip or clinic (can include limits as to type or location of trip): Other ways
in which you are helping BRV (or another club): Officer/Board member Newsletter
contributor Photos for web Program presentation Social activities Trip solicitation
Other(s):

Ways in which you could help BRV: Officer/Board member Newsletter contributor Photos
for web Program presentation Social activities Trip solicitation Other(s):

Membership in other clubs Benscreek CCA Conowingo Carolina Coastals Greater
Baltimore Mason-Dixon Keelhaulers Monocacy TSRA 3-Rivers Other(s):

QUICK TRIP REPORT

Trip date(s): _____

Trip destination(s): _____

Trip participants: _____

Water levels/gauge readings: _____

Any access or safety issues: _____

Notable aspects on or off the river: _____

Photos available: _____

Can be submitted to newsletter editor electronically (brvnewsletter [at] earthlink.net) or via mail PO Box 9513 Silver Spring, MD 20916



Get your club sticker from Mike Martin (Webmaster)

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