

*This newsletter or the contents of this newsletter may not be duplicated or recirculated without permission of the editor.*

### **Club Business at the Put-in: President's Report**

The Fall was unseasonably cold and some paddling plans were interrupted. An October 19-20 release on Stonycreek was cancelled because of draw-down for maintenance. There were some hopes to start BRV trips to the Lehigh, but the mega-release weekend was thought to a bit too much for a debut run. The season closed out with some trips to see the Ghost Ships at Mallows Bay the last weekend in October and during the Veterans Day weekend. We were able to take one of our speakers, Deborah Landau, and her family on this trip.

We are now working to set up trips for the upcoming year. Ed Gertler is the first on the docket with his Icebreaker trip, March 7 to Sleepy Creek or something similar. The National Paddling Film Fest will be February 21 and 22 in Frankfort, KY; [npff.org/](http://npff.org/). Charlie Duffy will provide information on the annual ropes course when he hears from the Park Service or arranges another venue. We are also waiting for release schedules. Be like Bob Whiting, who took the time to figure out how to improve access to the Staircase (Shenandoah) and Needles (Potomac) river sections, and Mike Martin, who led the biggest BRV trip of the year on the Needles. **We are also looking for a trip wrangler to help fill out the trip schedule on the web and in the newsletter.**

We had a wide variety of programs in 2019, but now we are also looking for programs at our 2020 meetings. Your program does not need to take up the entire meeting. We can combine it with other programs. Ed Gertler again is first on the docket and will present his Baltic country paddling adventures. This will be Monday, January 7.

Our Holiday party went off without a hitch despite my not being able to be there. Wendy came in my stead. Thank you all for the assortment of paddling-related gifts. I had better get off the couch after a tough year and start paddling.

If you did not pay your \$10 to Mark Wray (VP and party master), please contact him (redshoestwo [at] jun0.com) so that Clark Childers (our treasurer, kcchilders3 [at] gmail.com) can close out the books.

If you did not pay your dues at the party or did not yet mail your dues to Ginny DeSeau (1105 Highwood Road, Rockville, MD 20851). **Please make sure that we have the correct contact information for you (address, e-mail address, and phone numbers).**

We are also looking for folks to consider officer and board positions. And no, I will not be president-for-life!

SYOTR.... *Rick Kaller*

## TABLE OF CONTENTS

<i>Club Business at Put-in: President's Report</i>	<i>1</i>	<i>Boating Trivia: On holiday</i>	<i>--</i>
<i>Meeting: Upcoming</i>	<i>2</i>	<i>Boating Humor</i>	<i>22</i>
<i>Meetings: Prior Fall Meetings</i>	<i>2</i>	<i>Feature #2: Wilderness 1<sup>st</sup> Aid--Sport Specific</i>	<i>22</i>
<i>Events: Holiday Party</i>	<i>3</i>	<i>For Sale or Swap: Sea Kayak</i>	<i>24</i>
<i>Feature #1: Accident Avoidance</i>	<i>4</i>	<i>At the Takeout: River Stamps</i>	<i>25</i>
<i>Trip Report: Toe Gorge</i>	<i>6</i>	<i>At the Takeout: This &amp; That</i>	<i>26</i>
<i>Trip Report: Casselman</i>	<i>11</i>	<i>Member Form</i>	<i>27</i>
<i>Trip Report: Valley Falls Clinic</i>	<i>14</i>	<i>Quick Trip Report Form</i>	<i>28</i>
<i>Trip Report: Giant Needles Trip</i>	<i>15</i>	<i>Logo Sticker/Other Items Purchase Instructions</i>	<i>28</i>

## UPCOMING MEETINGS

Our first presenter of the 2020 will be our own Ed Gertler, who has done many exploratory runs and has a guidebook line (<https://paddlersguides.wordpress.com/>). He will be talking about his adventures in the Baltic countries. We have finalized the date: Monday, January 7. It will be held at the Clara Barton Recreation Center at 7 PM sharp. Ledo's has early winter closing hours so we need to be there earlier than usual or to dine elsewhere.

We have some tentative plans for programs for upcoming meetings including more movies from the National Paddling Film Festival, Susan Eda's video clips from the Bad Idea Theater (pool toys on Nantahala Falls), a slide show about the waterfall clinic at Valley Falls (Tygart River), and a slide show of the Slalom Nationals held at Dickerson in the Fall.

In addition, we are always looking for good programs and can help you put your images into a format for display, e.g., PowerPoint or Proshow Gold. **We also could use a program wrangler and/or a person to take charge of/serve as back-up for care of the AV equipment.**

## RECENT MEETINGS

There was some uncertainty as to the availability of the Clara Barton recreation Center for meetings so the schedule was interrupted. Other venues, including the Bethesda library, were assessed for availability beyond 8 PM, price, and parking. In the end, we were able to continue to use the Clara Barton site until 9 PM. Whew!

### October 2, 2019

We had a packed house for Kent Ford's "*The Call of the River*". The 90 minute video is chock full of paddling history. It provides information on what gunwale pumping, fold boats, RC gauges, and shoe keels are; how boat decks, canoe thigh straps, spray skirts, float bags, and pogies came to be boating gear; why canoeing emerged in North America and kayaking and the roll emerged in Europe; and why roto-molding was crucial to free-style boating and creek boating. It also identifies the paddler who ran from the French Broad River to the Mississippi River and had a rapids on the French Broad named after him, the first rafting outfitter in the East (still in existence on the Yough), the first major downriver race in Colorado and a race that drew many Europeans who later advanced paddlesport in the U.S., the Idaho paddler who developed the style of big water paddling, the location of the first whitewater rodeo (1977), and the fireman and California paddler who developed the iconic "River Chaser".

If these were not enough reasons to see the video, we were also treated to cameos of local legends Ed Gertler and Lou Mataria.

For those who missed it, we could schedule a reshooting during a wintry weekend.

### **November 13, 2019**

We had a double feature meeting. Risa Shimoda talked about the new inductees into the International Whitewater Hall of Fame (IWHOOF). Many of these inductees were featured in the Kent Ford video, *"The Call of the River"* that we saw in October. We also learned that the plans for establishing the World River Center in Richmond are being altered because of a change in development scope by the property owners. Sites such as that in Asheville, which will be putting in a play wave on a Class 2-3 section of the French Broad, may come into contention again.

We topped off the evening with movies from the National Paddling Film Fest including *"A Woman Knows Her Place"*, *"Embrace the Carnage"*, and *"Klinaklini"* (an attempted descent of a steep river by a female crew in British Columbia).

### **Holiday Party December 14, 2019**

There were several changes to the Winter Holiday Party. We switched venues from the community center in Virginia because of the new need for a liquor license if beer or wine was available. We were able to book the gymnasium at the Clara Barton Recreation Center. We also changed the date to be the weekend following the CCA event to avoid party overload.

The new venue permitted the set-up crew to drive-up to the backdoor entrance and off-load supplies. There was room to set up a dues booth (managed by Ginny DeSeau), an adult beverages table, an appetizer table, a main course and dessert table, table seating for everyone, a place of honor for the Rolling Barbie, and movie seating. Mark Wray, Mike Martin, and others arranged for the main courses and drinks. There were tokens of appreciation for the Club officers—including Rick, who will be passing his leadership canoe paddle baton. There were drawings for those who had contributed to the club by leading trips or writing newsletter articles. There were three winners of the boating trivia contest, Lisa Fallon, David Newsom, and Hendrik van Oss. (You have until January 31 to reach the 200 point level—as we still have a couple of remaining prizes!) There were also door prizes for those attending the party. Gus Anderson was the winner of the silent auction for a unique whitewater opportunity in Costa Rica on the Pacuare River. This was offered by the International Whitewater Hall of Fame and Rios Tropicales. (Thank you, Risa Shimoda!) Many thanks as well to John Duke, who donated gift certificates for his paddler-oriented maps.

In addition to celebrating the Winter Holidays, we celebrated the wedding anniversary of Glen Johnston and Jo Cox, along with Glen's birthday, with some wickedly good desserts. Then in our carbohydrate stupor, we proceeded to watch paddling flicks from the National Paddling Film Festival. We started off learning about *"CanoeHeads"*, a unique species located near northern waterways. *"Ride the Green Machine"* and *"Facing the Gorgon"* showed us underwater paddling in squirt boats in Tennessee (Hiwassee) and West Virginia (Gauley). We also enjoyed more carnage thrills and spills filmed on the Ocoee.

## **FEATURE ARTICLE #1**

### **Accident Avoidance in Paddling—Charlie Duffy**

#### ***Introduction***

Paddling is far from a risk-free sport. One look at the American Whitewater Safety Database and you will see, we average roughly 70 reported accidents each year.

Fortunately, most accidents can be avoided via:

- Careful trip planning
- Well maintained and suitable equipment
- Strong situational awareness
- Physical fitness and training
- Sound judgment

When an accident does take place, your ability to mitigate damages is mainly through:

- Rescue training (I strongly recommend taking a swiftwater rescue course every couple of years.)
- First aid training (I recommend certification with biannual maintenance training.)
- Proper rescue equipment and a well-stocked first aid kit
- Communication equipment such as your cell phone

N.B. The Team River Runner website under chapter resources has many articles on planning, equipment, maintenance, safety and rescue, and first aid. This article will address some of the other risk mitigation activities.

#### ***Situational Awareness***

When we first start paddling, we have a narrow and short field of vision. For many, this may only be a boat length or two in front of them. When working with new paddlers, have them lead on easier rapids to build self-confidence and break the all too common habit of following another's lines instead of thinking for themselves. Following too closely places them and others in significant jeopardy when there isn't adequate space for reaction time. Accidents can result or be compounded.

As we gain more boat control skills, we get far more comfortable using our hips as shock absorbers and to maintain balance. Along with this level of skills, our downstream vision increases from a few yards to eventually entire rapids, which may be in excess of 100 yards. Strainers, pinning rocks, bad hydraulics, and the like are recognized with adequate time to maneuver away from them. At this stage of your paddling career, I highly recommend running a wide variety of rivers at your comfortable skill level. Many paddlers stick to very few runs, which inhibits learning to read a wide variety of whitewater features.

The next stage of development is trip leading and running in the scout position. Both these roles place a premium on planning, judgment, and peripheral vision. Up to now, we have concentrated on looking downstream along the route you planned to run. What happens if you miss your line or discover an underwater hazard like a submerged log? Periodic scanning both sides of your line along with quick evaluations give you lots of options. Experienced paddlers

navigate rapids catching lots of eddies. Besides providing valuable safe breaks, eddies also make it easy to scout many alternate lines.

Another aspect of situational awareness is evaluation of other related factors such as weather, rising or falling water levels, the condition of your fellow paddlers, trip progress, etc. All these factors are crucial in safety and risk management.

### ***Judgment***

Many young and athletic individuals see their paddling skills improve rapidly. Sadly, this can lead to over-confidence and taking risks for which they might not be prepared. It takes time and a wide variety of venues to reach the level in which a very experienced paddler can nail a line nearly every time even with the myriad of surprises thrown out by Mother Nature. Sadly, many starting this sport haven't had suitable training and are unaware of more subtle risks and how to recognize them.

Many older paddlers take on unacceptable risk as well. As we get older, our reaction time, balance, and strength start to diminish. Yes, extensive experience helps to mitigate, but only so much. It's tough for many in their 50s to maintain adequate fitness when they have been working at desk jobs for most of their lives. Eventually we all need to dial back, and that can be a bitter pill to swallow. On the plus side, you can help many younger paddlers by introducing them to many of your favorite runs.

Older paddlers may also hang on to outdated gear that might not be safe. Besides maintaining physical fitness, it pays to inspect all gear annually and to replace items that may no longer provide suitable safety. Pay very close attention to helmets and life jackets. Equipment failures are still rather common and can lead to nasty surprises.

Most bad accidents are an accumulation of bad decisions. Recovery from individual decisions may be easy, but when there are a series of decisions, they tend to multiply the chances for bad outcomes.

Whenever an incident takes place: STOP → EVALUATE → PROCEED.

- For example, someone takes a long swim.
- No big deal, we performed a reasonable rescue.
- But more analysis is warranted:
  - What caused the spill?
  - Are they tired?
  - Was there an equipment issue?
  - Are they showing signs of hypothermia?
  - Do they have any injuries?

Now that you have performed a full assessment, you can implement mitigations to avoid a repeat like pairing them with two other experienced paddlers.

Many paddlers don't want to be a burden to others. They may be embarrassed by the unexpected swim. I carry a skull cap in my PFD pocket, and it has been used by many other the years for extra warmth because it was quickly available.

All swims in long rapids should be addressed with a high priority. Flush drowning is the number one cause of fatalities for experienced paddlers and can happen quickly. Swimmers lack the ability to see downstream and are at a far higher risk of getting snagged on strainers. As always, concentrate on the person first, then the boat and paddle.

Learn the warning signs of fear:

- *Analysis Paralysis*: Many choose to wait until everyone else has run a rapid before launching. They rationalize that by seeing many lines that can help them choose the best one. Unfortunately, this places them in the worst position; the most difficult for others to perform rescues for that paddler.
- *Difficulty Swallowing*: This is a big warning sign. A certain amount of fear can be healthy. If you are at this level of fear, it's time to portage the rapid. There may be a next time when you have more experience.
- *Unusual Repeated Mistakes*: This is somewhat common when paddlers are stepping up to more difficult runs, for which they might not be ready. Some runs have a reputation. Unfortunately, people are very much influenced by the hype. You may notice the paddler running rapids rather stiffly. They make it through the tough rapids, but repeatedly flip in eddies and much easier rapids afterwards. This is a good time to slow down and work with them. Choose good sneak lines to build their confidence.
- *Significant Behavioral Changes*: Some get angry; others become extremely quiet and inward directed. We know how people typically behave, consider this to be their baseline. When their behavior changes are quite noticeable, chances are that something is not quite right, and they may feel intimidated. This is a great time to call a break to give them a chance to take a breather and reset.

Master Yoda has many interesting quotes regarding fear in Star Wars, this is perhaps his most famous: *"Fear is the path to the dark side. Fear leads to anger. Anger leads to hate. Hate leads to suffering."* In paddling, we can rephrase this as follows: *Fear is the path to the Dark Side. Fear leads to danger. Danger leads to accidents. Accidents lead to suffering (injuries). Only by recognizing fear can we take the necessary steps to deal with it. Recognizing and dealing with fear is crucial to good judgment.*

## **TRIP REPORTS**

### **The Toe Gorge—Beth Koller**

This five plus mile stretch of North Carolina river is fun at a variety of levels. There is always some guessing about the water levels because the gauge is on the South Toe. Even when one is at the put-in, the water is so clear that it is hard to assess depth. So we took a chance when the water situation for the Chattahoochee River (northern Georgia) looked marginal. As the nominal trip organizer for this North Carolina Week of River trip, I knew that I could boat scout and eddy hop my way down. I knew that we needed to head northeast on US 19/23 in the direction of Burnsville, Spruce Pine, and Micaville (the reason it is such a sparkling run). Fortunately, Richard Hopley had that covered. We had a crew from far-flung locations: Georgia, Maryland, New York, and Ohio, one of whom had transplanted to the South. Lisa decided to use a paddle instead of her usual hand paddles. It was a fabulous day. Although the river was lower than earlier in the week, after the first half-mile, it was busy, busy, busy! We had the time to take a couple of breaks. The only real slog was the short, steep climb out. The day was topped off with



a terrific meal at Birchwood Hall Southern Kitchen in Waynesville, North Carolina (828-246-6111; birchwoodhall.com; 111 North Main Street, Waynesville, NC 28786).



Richard makes a splash



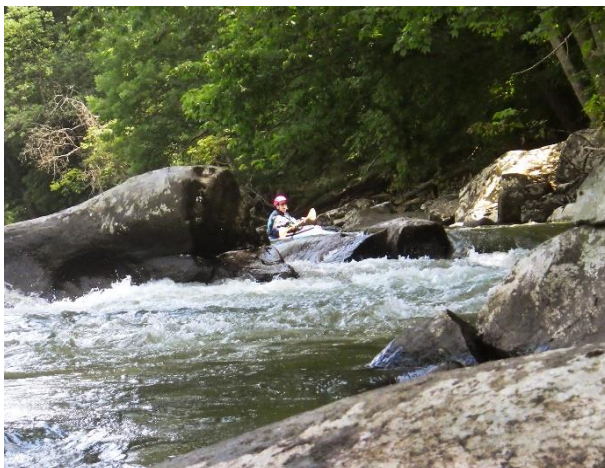
Anne does a Keelhaul ferry



Carl eddies out



Lisa with her big paddle



Lisa takes a technical route



Loretta in the main chute





Loretta surfs



The zig-zag route



Richard on the main line; Anne eddies



Good waves



Carl blasting through



Steve making a wet ferry





Anne zips into eddy 1



Anne zips into eddy 2



Lisa drives into the current



Another eddy for Steve



Leg stretch for Lisa at break #1



Carl relaxes





Loretta cross-strokes



Lisa in her element



Richard & Steve at lunch



Richard & fellow canoeists



Maximal cross-bow effort





Take-out teamwork



Quick loading required



Some not happy about parking



Southern cooking with a twist <http://birchwoodhall.com/wp-content/uploads/birchwoodhall-dinner-menu.pdf>

### July Casselman Trip—Dave Cooke

When we scan the screen anxiously for signs of enough rain to float the boats, it's a source of solace to reflect on seldom used paddling opportunities in out of the way places.

Beyond the dam releases on the North Branch at Bloomington and the gateway to the Yough, the two westernmost counties of Maryland have a great deal to offer to the whitewater paddler. I've heard it said that the Casselman River, which flows north from Garrett County into Somerset County in PA, lacks challenge for the aggressive boater. *Perhaps for some.* But when the on-line Markleton gauge topped five feet after unusually heavy rains in early July, the numerous intermediate class rapids provided plenty of excitement on July 8. And most of them hold two or three canoeable lines that aren't there at lower levels. The list of rapids follows, and, on this day, we ran the lot of them! (The names of the rapids and their descriptions come courtesy of Tony Allred.)

### "Terminator Hole"

Class: 3-



Mile: 0.4

A little ways down, not long into the run, the river makes a bend to the left. In this bend, is a large, munchy hole, "Terminator Hole" (Class 3 minus), in the center and center right of the river. The hole is easily avoidable on the left and, at most levels, there is a more difficult line to the far right.

### *"Let's Make A Deal"*

Class: 2

Mile: 0.7

There are three slots from which to choose; the rightmost one is the easiest.

### *"Lunch Rock"*

Class: 2

Mile: 1.9

After a while, the river turns to the left at a huge railroad cut. At low water levels, the river shoals-out in the turn, and the line is to stay far left--just left of a small, rocky/gravelly island. At higher water levels, you can run it anywhere--although the island becomes a pour-over to be avoided. The river comes together below the little island and forms a nice surfing wave against a large rock formation, "Lunch Rock", on river right with the old railroad (bike trail) bridge immediately below.

### *"Pinkerton Rocks"*

Class: 2+

Mile: 2.3

The rapid begins with a somewhat blind turn through some rocks. At lower and moderate water levels, there are slots to the center and left that can be run as well as a shoaly slot on the right. These are usually Class 2 plus to Class 3 minus. Above four feet, the slots in the center and left are solid Class 3 rapids, and the right slot becomes a sneak route.

### *"Turtle Claw"*

Class: 2+

Mile: 2.7

This rapid just a little below "Pinkerton Rocks" is called "Turtle Claw". At the top of the rapid, on the river right end of a ledge running out from the river left shore, there is a rock that looks a little like a turtle shell. There is a center right tongue past this ledge, and the cautious paddler should stay on the right side of this tongue because there are two offset rocks, the actual "Claw", which reside just beneath the surface on the left side of the tongue and which can cause problems. This is not to say that an aggressive paddler wouldn't be able to boof the turtle shell rock into the eddy behind the ledge, but if the boof is sloppy or missed, the downstream rocks can come into play. They have flipping potential. At certain water levels, the usually hidden rocks can become a rooster tail.

### *"High Bridge"*

Class: 2

Mile: 3.5

When the second old railroad (bike trail) bridge becomes visible, start moving to river left. Enter

the next rapid on the left, but move to the center as the tongue picks up speed to avoid a large hole and one or two smaller ones (depending upon the level) on far river left. All three of these holes are usually surfable.

### *"High Bridge Surfing Waves" AKA "Surflab 2"*

Class: 2

Mile: 3.7

Right below the second railroad bridge, the river turns left, and there is a large eddy and small beach on river left. At certain levels (2.25 to 3 feet), there are some nice surfing waves on river right at this location as well. At higher levels, the surfing waves wash out.

### *"Cucumber Run Waterfall"*

Class: Not applicable

Mile: 4.8

On a small creek on river left.

### *"Tossed Salad"*

Class: 3

Mile: 4.9

After the waterfall on river left is another rapid (Class 3) called "Tossed Salad" because it's about 100 yards downstream from the Cucumber run waterfall and because it mixes things up a bit. This rapid can be run left or right, but requires hole punching, eddy catching, and maneuvering either way.

### *"The Ledges"*

Class: 2+

Mile: 5.5

The next rapid is on a sweeping left turn and starts with a river wide shoal that can be snuck at low water with a left to center move. As the rapid gathers speed, there are a series of diagonal waves that can be punched or surfed on the fly. Note, there are no staging eddies.

But one shouldn't limit the trip to just one day. After a heavy rain, even in July, there is a part of the Casselman that flows from Garrett County north into Pennsylvania before it becomes the well-known whitewater venue. Under just such conditions, I drove the five miles to Grantsville on Route 40, turning right on River Road before the entrance to the Penn Alps complex. In less than a mile, the Casselman, which runs parallel to River Road, widens and presents plenty of access used by fishermen and the occasional boater. The nearest landmark, on the left, is a series of vacation water's edge-type cabins ("Meschach Browning's Cabins on the River"), after which the road crosses the river on a two-lane bridge. Put on just before the bridge, on river right. The walk down the river bank is brief and not steep, even with a canoe, and there is room for two vehicles on paved surface off the road on the right.

Without rain, this stretch of the Casselman is just a lazy river, similar in appearance to the Lower Antietam at low water. But on this day in early July, after a series of rainfalls had pounded the region, it was "café au lait" racing to an unknown destination. Aided by some limited comments in Ed Gertler's "*Keystone Canoeing, and Maryland & Delaware Canoe Trails*)" regarding the

absence of serious rapids, I bet that I could spot strainers downriver. I put on just upstream of the aforementioned bridge. The river ran north swiftly, under bridges and through farmland for about four miles to Salisbury, PA. The first three miles were like the image of a small intestine, or at least a switchback trail, constantly winding back and forth. There were a few stretches of downriver sight lines, but also several blind curves. In width, it resembled the South Branch of the Patapsco, but there were no strainers on this day, nor were there any rapids. This was a peaceful, swift paddle with no obstacles, but no worries about paddling solo, either. The next time, I'll arrange to be picked up in Meyersdale, about twice the distance. Or, if I can lure anyone else to join me, paddle the 14 miles from Garrett (PA) to Markleton, as described in *Keystone Canoeing*.

### **Valley Falls Waterfall Clinic--Gina Cunningham, A National Paddling Film Fest Director**

On August 17-18, my husband, Jim, and I traveled north from Kentucky to paddle the Youghiogheny and then on to Valley Falls. On the 17th, we were excited to do the Lower Yough at a normal level. Our only "other" exposure to that beautiful river was at 5'9". Verrrry different river! We enjoyed it immensely both times.

That evening, we traveled to Fairmont, WV so that we could make the Valley Falls Clinic offered by Jeff Prycl from Rocky Mountain Kayaking on Sunday the 18th. First, let me say that you can tell this gentleman has probably forgotten more than I will *ever* learn about kayaking and is due a tremendous amount of respect. He comes across as having a lot of patience. And, what is so impressive to me is that he has been conducting this clinic for several years at no cost to participants--because he loves the sport. That's an awfully big heart. Anyway...I cannot say enough kind words about him and our experience.

Overall, I think we were told there were nearly 100 participants in the clinic. At first, we did not understand his methodology, but, as soon as we got in the water, it was clear. He wanted us to imagine paddle placement on a visual marker. Good call. It also allowed him the opportunity to identify paddlers with problem paddle strokes BEFORE they went over a waterfall, where problem strokes could "problematic ". Pretty smart.

I don't think there was a single paddler in that clinic that he missed evaluating with his watchful eye and giving constructive criticism. He watched us all, one by one, going over the first waterfall (river left). The whole day you would hear him calling out: "sweep stroke" "leaning" "didn't know where you were, did you?" You look over and you would see a kind, tanned face smiling a big, toothy grin..... You could not help but feel good about the experience.

Then we moved on to a rock slide followed by a slot where you needed to boof toward the river right. I think, overall we must have done 30+ boofs each that day.

The highlight of the day, however, was watching one particular kayaker boof the slot so gracefully that, instantly, you knew this fella was a good boater. Jeff turned around to us and said "Now, THAT was a good boof!". Someone in the crowd replied "Well, it SHOULD be...that guy is Knox Hammack! He just got back from dropping off a 189 foot waterfall out West...". I'm just gonna say it.....DAAAAY-Yum!



So. I would definitely go back to Valley Falls—especially for the clinic. Jeff did a fantastic job. I hope he continues this clinic for many years to come. It's worth taking the time to listen to what he has to teach. And, Beth, it was a tremendous pleasure getting to meet you, as well. Great job helping the kid with the dislocated shoulder. Someone get this lady a pop-up tent? It's hot out there... 😊 (Beth was photographing paddlers.)



Regina—calm, cool, and collected



Jim—at the brink of the falls

### **The Needles on Sunday, August 4—The Largest BRV Trip of 2019---Mike Martin**

Early August brought low water to the Potomac basin, and it seemed like a good time to spend a sunny, windless day on the river on the Needles section of the Potomac near Harper's Ferry, WV. I'd been meaning to organize a Needles trip to take advantage of the arrangements Monocacy Canoe Club's Bob Whiting had made for area canoe club members to use the River Riders' put-in at Bakerton and the Harpers Ferry Adventure Center's (HFAC) take-out below the Route 340 bridge. The Canoe Cruisers Association has been working with the National Park Service to open or improve access points on public lands in the area, and using the River Rider and HFAC access points has, at times in the past, been problematic. This year, BRV and CCA split a flat fee of \$100 for club members to use the Bakerton put-in. I'm pleased to report that the arrangements worked seamlessly on other Needles/Staircase trips this year.

Within a few days of proposing the trip, I'd received a lot of interest, and decided to complicate things a bit by proposing a split take-out option. Most of us wanting a longer trip met at Brunswick at noon, and we caravanned to the former Cindy Dee's restaurant (now The Guide House Grill) on Keep Tryst Road in Knoxville, MD to rendezvous with the others who wanted

to take out at the HFAC. For once, I arrived ten minutes early in Bakerton for the trip and found the rest of the group already there and cross-loaded. We arrived at Cindy Dee's early, and folks were there and pretty much ready to go. I expected to have some cat herding to do with a large group on trip like this, but the two groups self-organized, and all I needed to do was show up and go along for the ride. I'm not surprised. After a few more than 20 years of club boating, I'm still the newbie compared to the rest of the folks on the trip, except for one new CCA member who wanted to join us: Anna Normand.

Before the trip, Anna told me she paddled an old Grumman OC-2 and had a lot of experience paddling flat water. She asked whether she and the boat could handle the Needles, which set off a red flag in my mind about her pinning the boat, etc. Then she mentioned she had already run the Staircase (at below canoe zero) the day before and had taken several National Outdoor Leadership School (NOLS) courses. As I recall, she never even hit a rock on the trip and bossed that big barge around like seasoned voyageur. She bought an OC-1 from Ron Knipling this Fall, so look to see her on the river next year.

The leisurely float down to the Brunswick boat ramp was delightful in the late-day sunshine and called for investigating the contents of several on board coolers. The folks who took out at the HFAC reported a swift, easy shuttle up the hill, and the beer and food at HFACs' river overlook pub enjoyed by Beth, Bob, Gary, Ginny, and John really hit the spot. My only regret about the trip is that the big group wound up running the Needles section too quickly. Even with a lunch break, we were already passing through Whitehorse Rapid in about two hours.

Participants: Courtney Caldwell, Dean Geis, Lori Geis, Beth Koller, Mike Martin, Tom McCloud, Cory Minnick, David Newsom, Anna Normand, Gary Quam, Ginny Quam, Kathleen Sengstock, Carrie Singer, John Snitzer, Hendrik van Oss, Chip Walsh, Bob Whiting, and Craig Wolfe.

Photo credits: Beth



Mike picking a line



Carrie working her way a overlapping routes





Chip doing a little poling



New member, Anna, paddled with style



Everybody out for lunch—even though we paddled less than two miles!



Cheers!



Dave chills





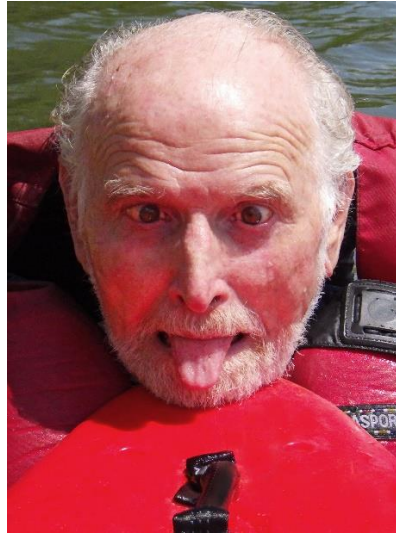
That recent hull damage is fixed!



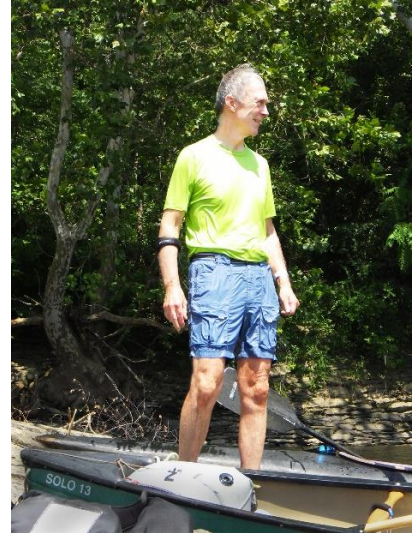
Lori & Dean relax



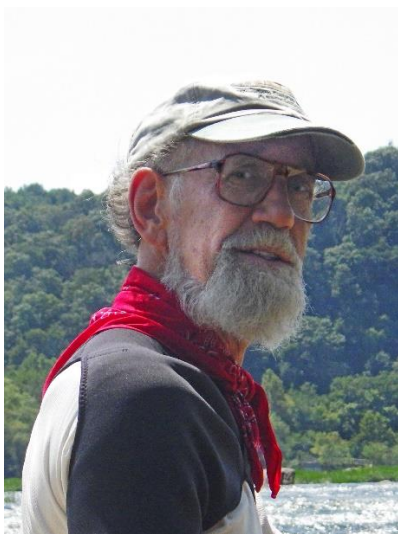
Chip with his canoe pole



Craig transformed



Bob after a dip



Tom (Coastals) joins the fun



The area of a recent landslide



Gary transitions to a solo boat





Anna in her loooooong boat



Carrie surfs everywhere



Dave in his trusty C-1



Courtney glides along



Gary & Ginny approach Harpers Ferry



Chip switches to a paddle





Ginny in the White Horse wave train



Hendrik making waves



John S. in a wave trough



Kathleen on a ferry move



Mike in his stride



Decision time: Brunswick or the new takeout





Craig nearing the first take-out



Note the absence of a take-out vertical climb!



Loading boats for the steep shuttle climb



Ginny, Gary, & Carrie



Ginny, Carrie, & John ready for the truck to do the upward drive to the take-out parking lot

## **BOATING HUMOR**

### **Musings from the Mind of Ed**

The instructor said: "We may record your swim for quality assurance purposes. [But more likely we will pass around the recording of your swim as late night camp fire entertainment.]"

In the "I Don't Get No Respect" mode: Strainers, undercuts, and bad hydraulics are claiming discrimination and demanding equal treatment with the more popular river features.

Whitewater is serious paddling.

→If the guy next to you is water skiing, you ain't on whitewater.

→If the guy next to you is fishing and drinking, no way.

→If you look ahead and see the tops of trees, you **are** doing whitewater.

→If the gal next to you is parachuting and you both have a long way to go until you both eddy out, **that's whitewater**.

→If the guy next to you is on downhill skis, you are doing **cool whitewater**.

My eye doctor prescribed goggles for me since I wasn't seeing the rocks and rapids like I should. On my next visit, he asked me how the goggles were doing. I said: "Goggles! No wonder I'm doing so badly. I thought you said I should try out "Googles".

## **FEATURE ARTICLE #2**

### **Wilderness First Aid: Sport Specific—Charlie Duffy**

#### ***Introduction***

Winter is a great time to take first aid training. I've taken Wilderness First Aid (WFA) courses for many years and have had to use these skills periodically on paddling trips. When choosing a provider, make sure they are from a recognized organization like SOLO, NOLS, Red Cross, etc. After that, it may be beneficial to see if your instructor has experience *in your sport* as each sport has very different types of injuries and certainly very different challenges in their venues. I've also found that classes filled mostly with paddlers are quite beneficial as well.

#### ***Basic Curriculum***

Most wilderness first aid (WFA) courses cover the same core curriculum:

- Patient assessment: initial and focused
- Chest injuries
- Shock
- Head (brain) and spinal injuries
- Bone and joint injuries
- Wounds and wound infection
- Allergies and anaphylaxis
- Scenarios

These issues have wide applicability to all sports. After that, the WFA instructor can add a wide variety of electives:

- Abdominal problems
- Hypothermia



- Heat disorders
- Lightning
- Altitude illnesses
- Submersion
- Wilderness first-aid kits

### *Targeted Curriculum*

Unfortunately, the vast majority of WFA courses are targeted to backpackers. One look at the list of items many instructors ask us to bring reveals the problem; the list includes backpacks with frames, sleeping bags, sleeping pads, etc. Many courses spend significant time on altitude sickness and either skip shoulder dislocations or spend very little time on that subject. Those courses are quite targeted, but to very different outdoor activities.

### *Paddling Specific Injuries*

Paddling injury types and frequency are very different from most other sports. Backpackers and hikers have very different injuries. Flush drowning, hypothermia, and shoulder dislocations are quite common on paddling trips. Knowing how to deal with these particular issues is critical.

Many WFA courses pay little attention to paddlesport accident avoidance. Swiftwater rescue training provides some of this very specialized guidance and experience.

Tools vary widely in sports as well. Paddler first aid kits must be both crushproof and fully submersible; neither is an issue for backpackers. Dressing injuries for paddlers is a bit more complicated as we need to deal with dressings getting wet so Tegaderm and Vet Wrap are very useful. Improvisation is a big part of WFA training. Backpackers can use their frames for an improvised litter. Paddlers have a wealth of gear applicable to first aid such as: the pin kit, spray skirts, throw rope bags, folding saws, etc. Paddlers can carry more weight than backpackers as well. A WFA course for paddlers can (and should) target a number of paddling specific scenarios using only equipment you typically carry during your trips.

Scene size up is quite unique in paddling venues. First aid administration in drowning incidents is often integrated with rescues as it may take too long to bring a person to shore. Finally, a sport specific wilderness first aid course enables the instructor to provide more emphasis on common issues and design scenarios that help reinforce critical skills such as how to diagnose and perform shoulder dislocation reduction or quickly expelling water from a drowning victim to ensure that rescue breaths are effective.

### *Summary*

When choosing your wilderness first aid provider, it doesn't hurt to ask which types of sports in which they participate and their level of experience in that particular activity. If you are part of a paddling organization, consider organizing a group training event as the type of questions your fellow students will be asking will be very relevant to your specific needs.

Although the composition of first aid kits is an WFA elective, I strongly recommend extra time spent on this topic to help you properly customize a kit that meets your specific needs. Prior to



attending a WFA class, think about issues you have encountered--what worked and what didn't. Ask questions about those challenges when the appropriate topic comes up.

Wilderness first aid training is very valuable and requires periodic training to stay current on the latest protocols. Courses are scheduled frequently, inexpensive, and WFA classes are only a weekend commitment. All course providers from well-known certifying organizations provide lots of valuable knowledge regardless of their sport specific experience. Choosing a provider with knowledge of your sport may provide additional value.

## **FOR SALE OR SWAP**

### **Sea Kayak**

Joe Fehrer is reducing his fleet and is hoping to sell his Night Heron kayak.



#### **Specifications:**

<b>Model</b>	<b>Length</b>	<b>Hull Weight</b>	<b>Beam</b>	<b>Max Payload</b>	<b>Cockpit Size</b>	<b>Paddler Weight</b>
<b>Stitch &amp; Glue Night Heron</b>	<b>18'0"</b>	<b>41 lbs.</b>	<b>20 in.</b>	<b>300 lbs.</b>	<b>29" x 16"</b>	<b>150-220 lbs.</b>

Designed by Nick Schade based on Greenland Inuit hull designs to have a higher prismatic coefficient and good efficiency at faster speeds.

- The foredeck "chine" provides clearance for keeping paddle stroke entry close to the boat regardless of the paddle angle and provides room for your knees and feet.
- Tracks more stiffly due to a slight sharper "V" at the stem and stern. The boat is more responsive to edged turns because the plywood construction has the more defined "hard" chine.
- This high performance boat is at home out on the open water and while exploring distant shores. It is fast and efficient, surfs easily, and is a very secure boat in rough water.

Plans from Chesapeake Light Craft.

Built by the seller in 2012.

- The hull has two layers of bi-directional 3 oz. fiberglass cloth. The hull is finished with a matrix of MAS epoxy and graphite for a "fast" surface.
- The deck is covered with one layer of 4 oz. fiberglass cloth and MAS epoxy.
- The cockpit area is covered with Kevlar cloth for durability.
- The seam between the hull and deck joint is joined with 1.5" Kevlar tape.
- The deck and cockpit are finished with five coats of Interlux "Schooner Gold" polyurethane.

Condition: The boat is lightly used and has been garage-kept.

Beautiful: Accepted in the permanent collection at the Museum of Modern Art

Price: \$2,400 (negotiable)

Includes two spray skirts (winter and summer) and a cockpit cover.

Possibly includes a Werner “Camano” paddle.

Contact information: 410-430-1743 (cell) (Cape Charles, VA)

## **PARTING SHOTS AT THE TAKE-OUT**

### **Wild and Scenic River Stamps**

These stamp blocks were some of the door prizes given out at the Holiday Party. On how many of these rivers have you paddled? If you like these stamps, hurry to the post office. They are going quickly. Coming soon, images of quarters with scenic waterways—courtesy of Ed Evangelidi.





## [This and That](#)

### [American Whitewater](#)



BRV is an affiliate club member of the American Whitewater Association. As such, BRV members are eligible to join for \$25.



### [National Paddling Film Festival](#)

The NPFF will be held at the Buffalo Trace Distillery (113 Great Buffalo Trace, Frankfort, KY) on February 21 and 22 (<http://npff.org/>). Tickets are \$30 in advance and \$35 at the door. In addition to the movies, there will be three guest speakers: Adriene Levknecht, Nouria Newman, and Travis Overstreet. There will be a silent auction and a raffle with some big items including a kayak and a pack-raft. There will be a chili contest. There will be distillery tours. And if that is not enough, there will be a “Not the Paddling Film Fest” Race (on the Elkhorn) sponsored by the Viking Canoe Club. There will also be a chance to try out new boats. So come with your gear.

You have time to submit your videos or still images. That deadline is February 5.  
<http://npff.org/film-entry/>

### [Whitewater Releases](#)

We are still looking for release data from the Army Corps of Engineers for a variety of rivers including Bloomington and the Lehigh, but the usual websites are not functional or have not been updated. ☹



*[A bad day or a good day?](#)*

## **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

***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.*



Get your club sticker from Mike Martin (Webmaster)  
OR go to the website for directions about ordering items with the logo.

*Neither the newsletter nor the contents of this newsletter may be duplicated or recirculated without permission of the editor.*