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

On January 7, we were treated to a raucous program by Ed Gertler, who traveled the Baltics by road and waterways over six weeks. We are working on a date for the next meeting during the second or third week of March. Tentatively we will hear about the new American Whitewater safety statistics and view a video on Glen Canyon. If you have something to add, from trip reports, trip announcements, or trip slides, let us know.

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 fill-out the entire meeting. We can combine it with other programs.

In 2019, BRV welcomed several new members including Mike Aronoff, Richard Belisle, Chris Brunjes, Rich and Betty Conde, David Cooke, Leah Dawson, John Duke, John Finley, Mike Higgins, Brett Johnson, Jennifer Jutkofsky, Temmy Kimes, Dick Mayberry, Scott Mitchell, Anna Normand, Cindy Rogers, Risa Shimoda, and Craig Wolfe. We say good-bye to Megan O'Reilly, who has moved out of the region. She will be doing more of her other love, horseback riding. Sadly it means the loss of an open canoeist. Those kayak numbers are creeping up on us!

We have had a good response to dues renewals, but still have some tardy folks. Dues are only \$10 unless you want to add on something for donation to a group like Team River Runner. Please specify the latter. Send dues and donations to Ginny DeSeau (1105 Highwood Road, Rockville, MD 20851).

We will be culling our e-mailing list and our roster. This is another reason to pay your dues and to update or to confirm your contact information. If you have changed your e-mail address, e.g., from Verizon or Yahoo or AOL or are using a new name moniker, let us know. We hope to be able to issue the new roster to paid members sometime in March.

If you received a gift certificate for a John Duke map at the party, please contact him (301-465-0091; dukejohn999@comcast.net) and redeem it.

We are looking for people to fill out the trip calendar. We especially need weekend trips to keep those new members on board. Pick a date and make it a dealer's choice or pick a specific river's release date. Last minute rain dependent trips are just part of paddling and are welcome as well. Please keep the newsletter editor and especially the webmaster in the loop. The club can't happen without you.

I will be soon be passing the canoe paddle to someone else. We need folks to fill officer, board member, and other volunteer positions. Most of the jobs are not onerous, and my job has been made easier by the assistance of various club members. New members are encouraged to participate and to articulate how the club might best serve their needs. Ask an officer or check out the March 6 board meeting to see how you might help.

SYOTR.... *Rick Koller*

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MEETINGS

Holiday Party

Glen Johnston and Jo Cox celebrated a birthday and anniversary at the party. It did not take long for BRVers to dive into the desserts. Rolling Barbie was still there to help with the mixing up the tickets for the door prizes, but she needs some help updating her gear. Any "Project Runway" volunteers?



January Meeting

Ed Gertler took us on a trip through the Baltics. He started in Lithuania in May and, over the next six weeks, traveled north through Latvia and Estonia before backtracking to Lithuania. Ed is a planner, but also knows how to adapt to the unexpected. He flew with Lufthansa because the airline would accommodate the length of his boat. (Sadly this is no longer the case—so he may need to get a shorter boat.) He familiarized himself with the geo-political situation. The Baltics are book-ended by two parts of Russia that are geographically separated. He determined that Spring would just be starting in the south and that he should be able to beat the mosquitos and other bugs. He was skunked by unexpected, but short-lived snowfall shortly after arrival. He determined the maximal gradient from sea level to hills in the east to be about 1000 feet so major rapids were unlikely. He knew that he would be running solo on most rivers and that he would need to run a shuttle. With the help of the various embassies, he prepared cards in the various languages to hand to people when he wanted to leave his boat near a put-in while he ran the shuttle. He found that people not only permitted him to leave his gear, they wanted to help him carry his boat or they drove his boat to the put-in. And the put-ins often had steps. To top it off, the teens and children were facile in English. He also checked for liveries and the rivers that they supplied because he knew that any deadfall in the rivers would likely have been removed or sawed-through for customers.

This was a paddling trip, but it was also a travel trip. Sometimes he was able to combined sight-seeing with boating. He visited all three capitals, Vilnius, Riga and Tallinn. He was game to try the local foods and shop in the local markets. (Fast food joints have not penetrated the area.) He went to many churches, museums, and festivals. He also observed that bathrooms are not just functional, they are quite the works of art. (He has many photos to document that fact!) He found Vilnius to be not only the nexus of several rivers, but that waterways could be used to explore the city. Even the undersides of bridges were decorated with art. Wood is an important cultural element because stone and metals are less plentiful. Defense relied on mounds of earth topped with wooden forts. Homes were built with wood. Sculptures are still built with wood. Everything is wood—except when it comes to jewelry. Amber is the “gem” of choice.

On his various river explorations, he found that the river campsites often came with information about the area and the flora/fauna and had facilities. So civilized, but not over-crowded. In one case, there was a water-level bridge, but it had an elevated mid-section under which paddlers could pass! He did have some on-river excitement when he saw a bear that is the equivalent of a grizzly bear. There were no other close encounters! The gradient was limited with the largest ledge drop being about five feet. By the time he finished paddling, he had traveled from the coastline of the Baltics to the eastern hills, and he had experienced Spring in three countries and the onset of Summer in Lithuania. All too soon, he had to return his rental car and watch his gear being loaded on the plane for the flight home.

March Meeting

The exact date is still pending, but will be mid-March. Charlie Duffy will review the safety statistics compiled by American Whitewater. He has prepared helpful graphics and a hand-out. We also have a video from the National Paddling Film Fest that talks about Glen Canyon, its geologic features, its rapids, and its inhabitants, before it was flooded by the downstream dam near Page. The recent drought has lowered the reservoir levels and unmasked many side canyons. A group took the opportunity to explore the area and to record their expedition.

TRIP ANNOUNCEMENTS

March 7: Ed Gertler (301-585-4381; e_gertler@yahoo.com) will co-ordinate an icebreaker trip to Sleepy Creek or something similar.

March 28-29: Mike Aronoff (703-850-1257; www.ckapco) is setting up a Wilderness First Aid Certification course with David Hubbard over a two day course over the last weekend in March, Harper's Ferry. Contact Mike for more information.

March 28 or 29 OR April 4: Dave Cooke (cookedb@gmail.com) will co-ordinate a Dealer's Choice trip depending on water levels.

April 4-5: Elk Fest (Webster Wildwater Weekend) in the Webster Springs, WV area. Housing at Camp Cesar (Cowan, WV) can be rented for reasonable rates. **Need a co-ordinator.**

April 16-24: Richard Hopley (301-775-0471; rhopley@earthlink.net) will co-ordinate a Class 2 trip in the Ozarks. The first four days will be spent in Missouri and the last four in Arkansas. Expect the water to be cold. Bring a drysuit.

April 18: Kathleen Sengstock (240-381-7189) will be the point person for the BRV part of the Potomac River Clean-up sponsored by the Alice Ferguson Foundation. It will likely be at Riley's Lock.

April 25 (date may change to sometime in May): Kathleen Sengstock (240-381-7189) will co-ordinate an Antietam trip.

April 30-May 3: Craig Wolfe (301-461-7846) will co-ordinate a long weekend trip to the Pine Creek Canyon area in Pennsylvania. The rivers will be Class 1+ to Class 2. There are also biking and hiking opportunities because of the 50 miles of rail-to-trail system. Lodging at Cedar Run Inn requires booking ASAP. There are camping opportunities at nearby Petticoat Junction Campground and at a State Park campground somewhat further away. There are also some B&Bs.

May 1-2: Cheat Fest in Albright, WV. <http://cheatfest.org/2020-lineup/> **Need a co-ordinator.**

May 2 and/or 3 (depending on camping availability): Henrik van Oss (703-715-8381) will co-ordinate runs on the North Branch of the Potomac (Bloomington section).

May 3: Jim Pruitt (jim.pruitt@gmail.com) will co-ordinate a trip on StonyCreek or something similar.

May 3-10: Ed Evangelidi and John Duke (301-465-0091; dukejohn999@comcast.net) will explore the Clinch, Holston, and New River watersheds in far western Virginia. The difficulty will be mostly Class 2 with some Class 3. If there is sufficient interest within the next few weeks, John may try to secure a VRBO cabin on Big Reed Island Creek.

May 9: CCA Downriver Race on the Potomac.

May 9-13: Mike Aronoff (703-850-1257; www.ckapco.com) is setting up an ACA River Canoeing Levels 1 to 4 Instructor Certification Workshop. The first two days are for level 1. A third day is required for level 2. A fourth day is required for level 3. A fifth day is required for level 4 whitewater.

May 9-17: Richard Hopley (301-775-0471; rhopley@earthlink.net) will co-ordinate a Class 3 trip in the Smokies area. The exact runs depend on water levels. The trip may be capped at 10 or so to reduce difficulties co-ordinating many vehicles. Let him know of your interest early.

May 16 or 17: Beth Koller (240-506-0417) will co-ordinate a trip for up to six on Bloomington.

May 23-25: Mike Martin (imnostooge@yahoo.com) and Courtney Caldwell (courtney.caldwell@LFG.com) will host the annual camper at Teeter's Campground in Albright, WV. The area serves as a jumping off point for trips within a two-hour radius. Participants can co-ordinate trips.

May 28-June 1: At his festival, John Duke (301-465-0091; dukejohn999@comcast.net) will lead day trips on the Greenbrier. There is the opportunity for someone else to co-ordinate trips to the nearby Fruitbasket rivers, the Bluestone, and others.

After June 1: Ed and John (301-465-0091; dukejohn999@comcast.net) will continue their exploration of creeks.

June 13: Cindy Rogers (seacin@gmail.com) will co-ordinate a trip on the Furnace Rapids section of Antietam Creek.

June 18-21: American Whitewater is running a trip on the Rogue River in conjunction with the Northwest Rafting Company (www.nwrafting.com/rogue). The price of the trip is \$1045, and one must be an AW member. (N.B., as a member of an affiliate club, paid-up BRVers can get a discounted AW membership.) Paddlers can be in the rafts, bring a boat, or rent a boat.

June 27: Jim Pruitt (jim.pruitt@gmail.com) will co-ordinate a trip on StonyCreek or something similar.

June 27-28 (or July 25-26): Henrik van Oss (703-715-8381) will co-ordinate runs on the Lehigh.

RELEASES

Bloomington: April 04, 05; 18, 19; May 2, 3; May 16, 17 so far.

Please note that the USGS Water Control webpage that provides North Branch Potomac release information is currently unavailable. Call 410-962-7687 for information.

Lehigh: May: natural flow plus an extra boost from the dam on 16, 23, 30, and 31.

June: natural flow plus dam boost on 13, 13, 27, and 28.

July: release on 11, 12, 25, and 26.

August: release on 1, 2, 8, 9, 15, 16, 22, 23, 29, and 30.

September release: 5 and 6.

October: natural flow plus MEGA release on 10 and 11.

Savage: Saturday, June 6; Sunday, July 5; Saturday, September 26 at 800--1000 CFS or look for 400--1500 cfs natural flow on the USGS Savage gauge.

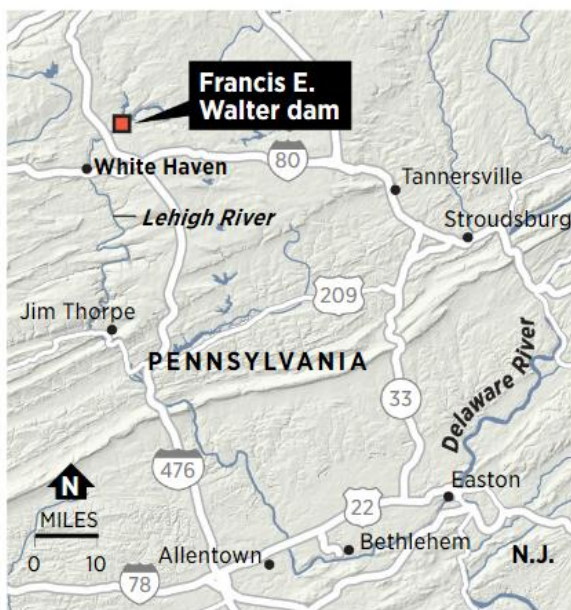
Stony: April: 4, 5, 18, and 19; May: 2, 3, 15, 16, 17 (Rendezvous weekend), 23, 30, and 31; June: 13, 14, 27, and 28; July: 11, 12, 25, and 26; August: 8, 9, 22, and 23; September 5, 6, 19, and 20; October 3, 4, 17, and 18. <https://benscreekcanooclub.com/quemahoning-releases/>

New River Dries Releases

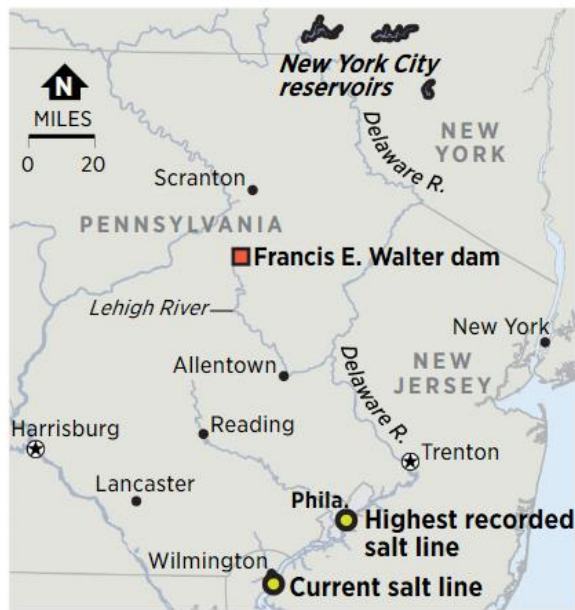
See the "At the Take-out" section.

Possible Lehigh Diversion

There are some questions about recreational releases on the Lehigh in upcoming years. The Philadelphia Inquirer has reported that New York reservoirs are responsible for mitigating salt intrusion on the Delaware, but that waters from the Francis E. Walter Dam that are used for whitewater releases may be diverted for salt dilution. See the following link: <https://www.inquirer.com/science/climate/poconos-lehigh-river-whitewater-rafting-delaware-river-francis-e-walter-dam-20200115.html>



SOURCE: Delaware River Basin Commission



JOHN DUCHNESKIE / Staff Artist

Yough Construction

Jim Pruitt has forwarded a picture of the tunnel that will permit transport of boats under the road.



BOATING TRIVIA

The questions for this issue focus on rivers with dams and release schedules so near and dear to our hearts. Some of the answers are found in this and prior newsletters. Others might come from paddlers who have paddled for a while—so if Doctor Google 🖥🔍 does not provide a remedy, 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! We had four winners for 2019!

- 1—What is the name of the dam that provides the Lehigh releases? **10 POINTS**
- 2-3--The Lehigh Gorge area starts near what town and ends at what town? **20 POINTS**
- 4--How many paddling sections are in the gorge area? **10 POINTS**
- 5--What little, free-flowing stream is nearby and is a fun alternative after a recent rain? **10 POINTS**
- 6—To what river would Lehigh water be diverted? **10 POINTS**
- 7--What is the name of the dam that provides the New River flow in West Virginia? **10 POINTS**
- 8--What river, a John Duke favorite, joins the New below this dam? **10 POINTS**
- 9-10--Does this dam create the New River Dries? If not, what is the name of the structure and what is it for? **20 POINTS**
- 11-12--When can the Dries be run? Which advocacy group has worked for Dries releases? **20 POINTS**
- 13--What is the name of the dam that provides the Bloomington releases? **10 POINTS**
- 14--Is the dam and reservoir named for someone from Maryland, West Virginia, or elsewhere? **10 POINTS**
- 15--Where is the section of Kitzmiller in relation to the dam? **10 POINTS**

16--Who maintains the Savage River Dam? **10 POINTS**

17--For whom is the dam named and why? **10 POINTS**

18--What is the name of the reservoir that provides the StonyCreek releases? **10 POINTS**

19—Which paddling club works to facilitate StonyCreek releases by paying for the staff that maintain and open up the whitewater valve and relies on donations to pay the aforementioned staff? **10 POINTS**

20—When is the StonyCreek Rendezvous? **10 POINTS**

TRIPS REPORTS

Close-out of the Carolina Week of Rivers—Beth Koller

On the last day of the North Carolina Week of Rivers, a motley crew assembled to make a run on the Tuckaseegee Gorge (Dillsboro to Barkers Creek) before making the drive home or flying home. Several from North Carolina had limited experience, but were game to practice eddying, surfing, and ferrying before the more difficult rapids. The action started at Motel Rapids and soon everyone was in on it. By the time we reached the photographer's location, everyone was ready for the line, which involved either a somewhat blind river right run around around a pyramid rock or a two pitch river-left run around the same rock. There is a tight channel close to the rock, a run further left through the whole, or an even further left run clipping the hole. Lisa was right on the route, but flipped on the eddy line and then rolled! Just downstream we practiced ferries and stopped for lunch. We zig-zagged down the river aiming for more difficult eddies. We also looked for a family of otters that others had spotted. We picked up the pace when the weather started to become inclement. Dave Elliott spotted a form fitting floatable complete with cup-holder adrift on the river. Being an IK kind of guy, he maneuvered it downstream to the take-out where Tonia, his wife, who was taking a rest day and running the shuttle, helped him get it up the ramp. Dave was happy to demonstrate the features of this new craft. (To see the run, check out this link <https://www.youtube.com/watch?v=ZZ0HKWB9aHQ>)



Roger #1 at Motel Rapids



All smiles from our Scandinavian transplant



Ryan stroking decisively



Vince getting used to a new boat



Dueling surfs



Roger #1 clips the hole



Lisa takes a line to avoid the hole



Upright, but soon she flipped and rolled



Roger #2 makes it through the main drop



Regina picks her line—high and dry



David sets up to hit the big hole



No problem!!!



The Crossfire knows the way...



Roger working on his ferry



Lunch break time for Regina, David, and Roger #2



The Carolina trio



Smooth riding in the Crossfire



Vince getting some stern action



Precarious moment



The group giving directions...



David (from WA) eddies out in his IK



Lisa drives into the eddy



Regina (Coastals) makes a splash



Lisa checks out a river right cove near the end



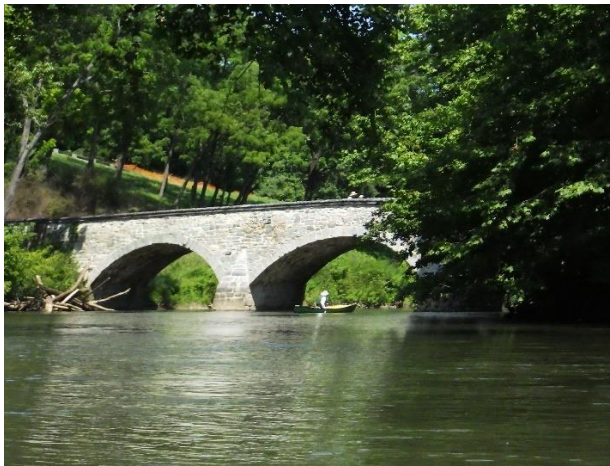
The crew including Toria at the take-out.



David in his chaise kayak. Yes, He flew it home.

Mid-Summer Antietam Run

Three BRVers, Beth, Hendrik, and Kathleen, put-in at the SR 34 bridge on a sunny Summer day. Levels for the Furnace Rapids section hovered at about three feet. An early put-on time was arranged to avoid the expected numbers of tubers later in the day. The dam ledge just below Burnside Bridge could be easily boat-scouted. Henrik ran the open section sideways to avoid clunking his long boat. He had some nice surfs as well. Two other kayakers ran the drop. One felt no need for a sprayskirt, and neither was inclined to wear a lifejacket or helmet.



Recently repaired Burnside Bridge



Kathleen boat scouts



Kathleen takes the plunge



Hendrik bow surfs



One-handed paddling on the right side



Taking on water without a skirt



View of the chute from the river right eddy



Kathleen mid-way in Furnace Rapids



Hendrik above the 2nd pitch in Furnace Rapids



New deadfall well above the aqueduct

Bonus Release on the North Branch of the Potomac

There were extra releases on North Branch of the Potomac in 2019. For this release on August 24, the water would run for 24 hours. This meant that there would be a full release for Saturday, but that the Sunday release at Bloomington would be very short. Beth, Henrik, and Zofia made a Saturday run. Many others on a joint trip with Coastals were also on the Bloomington section of the river, but ran a lower section on Sunday. Beth and Zofia made a quick run on Sunday—putting on a 9:15 AM. There was another small group of paddlers. To keep on the bubble, they did not stop for anything—until they reached the surfing wave at the river right side-stream near the end. The deadfall present there earlier in the season had been pushed to river left and was out of the mainstream. Three pictures and then it was onto the take-out, which they reached at 10:35. It took longer for two short people to load the boats and run the shuttle, than it did to make the run. By the time, they reached the put-in, the beach had receded five feet and the level was about 200-250 cfs.



1100 cfs at the put-in on Saturday



Zofia in the waves at Top-of-the-World



Zofia eddies out at Top-of-the-World



Hendrik in upper Top-of-the-World waves



Hendrik hitting the big wave-hole



Still dry and in control



Just shy of 1000 cfs on Sunday



Zofia approaching the surf wave



Zofia on the surf wave-chute



Deadfall out of the mainstream



More time to load & shuttle than to run



Zofia standing where water was at 9:15

Town Creek: A Winter Run—Craig Wolfe

I had been watching the weather all week. The weather report for Sunday, January 26 was for temperatures between 40 and 48° F and only light winds. I just had to get out!

I thought that Town Creek would be a good choice: Not too far away, not difficult, a short run, and somewhat sheltered. I had run Town Creek six or eight times two decades ago. Sometimes it was to paddle; sometimes to hunt. Bing Garthright had been on some of those excursions.

I checked out the “Old Town Gauge”. It was 4.5. That meant that the level was five inches above zero. So far, so good! The air temperature was about 39° F. A bit nippy, but I had a drysuit, and I wasn’t planning on getting out of my boat.

I thought that it would be prudent to put-in on a side stream at the intersection of Route 326 and Route 306 and to take-out on Old Route 40. The shuttle was very straightforward. I left a scooter as my shuttle vehicle. The side stream was only 100 to 150 yards from the Creek. What I could not see was the stream around the corner. There were trees, and more trees. To negotiate them, I had to get my feet in the water and get my wool socks wet. Duh! The hazards did not abate when I entered the main creek. There were four low water bridges. I carried two of them. There were more trees. Some were easy. Others not so easy. I tried to sneak by one tree near the red covered bridge. I came close to swimming. Double Duh! The Creek otherwise was a pleasant run. It was very scenic. There were numerous fossils in and on the banks. The river was twisty with lots of turns. The rapids were no more difficult than Class 1+. I completed the day by running the shuttle at dusk. The temperatures had dropped, and there were snow flurries. Plus wind chill is generated by a scooter ride at 25 mph. Needless to say, I froze my butt off and was glad to get in the van. I was so anxious to get off my dry pants that I put a tear in them.

So as they say “Do not attempt this at home”! It was fun, but my next trip on Town Creek will be when it is warmer. Perhaps being with other folks will prevent those Duh moments.

FEATURE ARTICLE

Ticks—Charlie Duffy

Introduction

Ticks are a very common nuisance in paddling venues and quite prevalent in paddling venues. Ticks can be infected with bacteria, viruses, or parasites. Some of the most common tick-borne diseases in the United States include Lyme disease, babesiosis, ehrlichiosis, Rocky Mountain spotted fever, anaplasmosis, Southern tick-associated rash illness, tick-borne relapsing fever, and tularemia. Chances are quite high that you personally know several people that have contracted Lyme disease.

As a recap:

- Ticks are a common nuisance especially in the eastern US.
- Ticks carry a wide variety of diseases that can impact your life for many years to come.
- Take necessary precautions and inspect for ticks after any outdoor activities.

Common Tick Venues

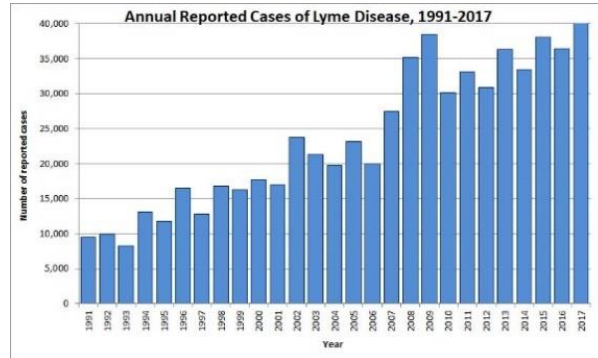
Ticks require three things to survive:

- Warm temperatures (Greater than 44°F)
- High humidity (Greater than 80%)
- Lots of potential hosts

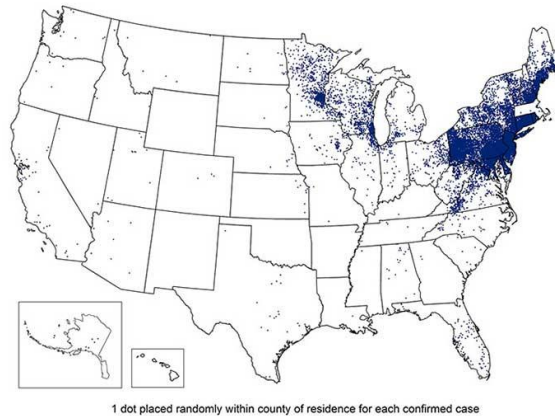
The preferred habitat for ticks is border areas with tall brush, high grasses, and thick leaves. Ticks love dark, moist areas and seek the same features on your body. When you think about it, ticks love our paddling locations and are most active during our busy paddling season. Paddlers are most exposed to ticks when traveling to and from the river on foot. We are also exposed when portaging rapids through the woods. Stay in the middle of well-worn trails and avoid contact with side brush if possible.

Lyme Disease

Lyme Disease is the most common tick-borne illness, and the number of reported cases is rising rapidly:



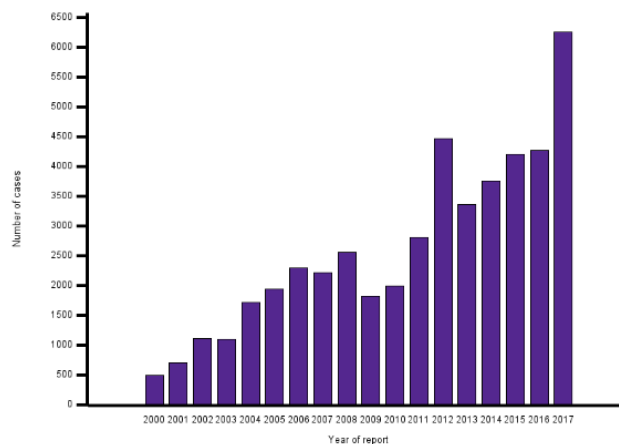
The Mid-Atlantic has the highest concentration of Lyme Disease cases:



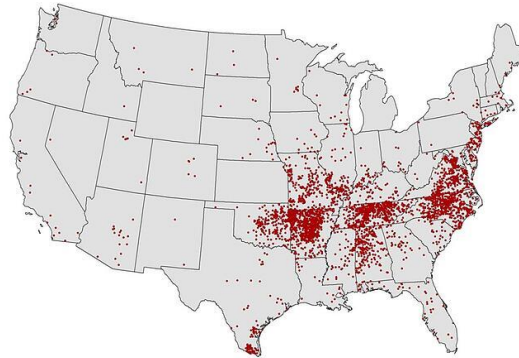
White-footed mice are the most common agents for transmission of the Lyme disease bacteria to ticks. Areas with lots of acorns are problematic since that is the favorite food for White-footed mice.

Rocky Mountain Spotted Fever

Rocky Mountain Spotted Fever cases are also rising quickly:



The southeast has the highest concentration of Rocky Mountain spotted fever cases (not the Rocky Mountains):



Tick Disease Distribution Caveats

- Although it “looks” like the Western U.S. has far fewer cases reported than the Eastern US, they have a much wider variety of tick-borne illnesses.
- Also, remember a major requirement for ticks – humidity. Many Western states are very arid.
- The CDC has a great page showing the distribution of common ticks and the types of illness they transmit. See their web page for Tick Distribution Maps.

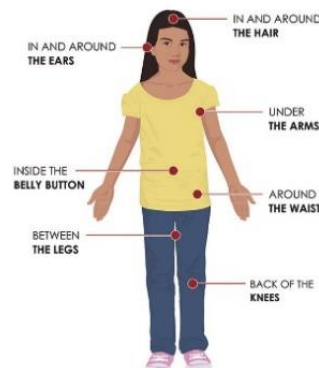
Tick Disease Prevention

Situational awareness – knowing where ticks reside and limiting exposure are crucial steps to take. Stay on well-worn trails and avoid contact with high grass, brushy areas, and especially leaf clutter. Be extra careful around pets, which often carry ticks. Choose sunny exposed areas for lunch breaks; ticks can’t live in dry areas like these.

Cover Up – I wear thin, neoprene, long pants while paddling even in the Summer. These pants help provide protection against not just ticks, but poison ivy as well. Since most ticks will come from the ground, this provides a great first layer of defense. You can add a light-colored top which makes ticks very easy to see.

Chemicals – Insect repellents like DEET, Permethrin, or Picaridin applied to your clothing is very effective. Permethrin is especially effective as it holds up to several washings (just don’t apply to your skin). Once again, ticks generally come from the ground up so applying it to your pants legs is most effective.

Inspection – Inspect your clothing and take a shower after your paddling day. Take a close look at the favorite hiding areas for ticks – the dark and moist areas of your body.



Bear in mind, ticks can be quite small (especially the larva) as can be seen in the following diagram:



Heat – Wash clothes in hot water and dry using heat for at least 10 minutes. Heat kills ticks.

Tick Types

Although this isn't fully comprehensive list of ticks, these are the most common ones. If bitten, it doesn't hurt to bring the tick with you during your doctor visit. The type of tick can provide clues on which type of illness they need to treat.

The deer tick (*Ixodes scapularis*) is found mainly in the Eastern and upper Midwestern regions of the U.S. It can cause conditions like Lyme disease and babesiosis.



The dog tick (*Dermacentor variabilis*) is found in the Eastern half of the U.S. and can cause diseases such as Rocky Mountain spotted fever and tularemia. There have been reports of dog ticks as far west as California.



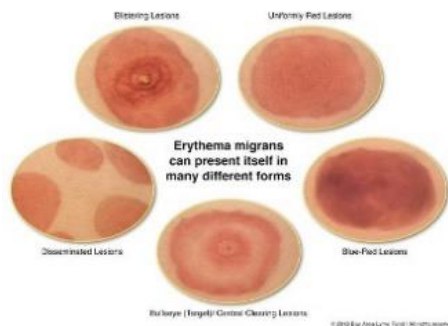
The lone star tick (*Amblyomma americanum*) lives in the Northeast and Midwest regions of the U.S. It carries diseases such as ehrlichiosis and Southern tick-associated rash illness.



Symptoms of Tickborne Illness

Unfortunately, symptoms might not present themselves for several weeks. The diseases are transmitted by the tick saliva and require at least 24 hours for transmission. These are the common symptoms:

- Chills and fever
- Aches and pains: Fatigue, headache, and myalgias. Joint pain often takes place with Lyme disease.
- Rash:
 - Lyme disease: The rash, called erythema migrans, occurs several days up to one month before other symptoms such as fever start.



- STARI: Comes from the Lone Star Tick. It presents with a rash similar to Lyme disease. Arthritic complications do not occur.
- Rocky Mountain spotted fever: If a red splotchy rash presents itself, it tends to expand over time.



- Tularemia: Does not present with a rash *per se*, but rather with a skin ulcer and swelling of the lymph glands.



Tick Removal

First a word of caution, avoid crushing the tick or any other actions that can cause the tick to expel its saliva.

Use fine tipped tweezers or a tick twister to grab the tick as close to the skin as possible. Pull steady and upward to remove the tick – essentially back it out.



Wash the area thoroughly with soap and water or with an alcohol pad. Save the tick by killing with alcohol and seal it in a plastic bag. As noted before, the tick may be helpful later if a suspicious illness develops.

Treatment

- Timing for laboratory tests is a critical success factor.
 - It may take up to six weeks before your body develops enough antibodies for a positive confirmatory blood test for Lyme disease.
 - Early treatment with antibiotics can throw the test off as well.
- The ticks themselves can also be tested although this isn't advised.
 - The tick should be contained and kept alive, usually with a blade of grass. The type of tick can be very helpful in proper diagnosis.
 - Just because the tick has Lyme disease, it doesn't mean that it successfully transmitted the disease to you.
- Early diagnosis is important in limiting the harmful effects of Lyme disease.
 - An antibiotic treatment regime will be prescribed by your physician.
 - The entire prescription should be completed.
 - Treatment is very effective.

Summary

Ticks are something we need to be mindful of on paddling trips during the Spring, Summer, and Fall seasons when they are most active. Understanding how ticks survive is crucial for avoidance. Ticks need heat, moisture, and a steady supply of hosts such as mice. Covering up, insect repellents, and careful inspection after your paddling trip will go a long ways towards prevention. Knowledge of the symptoms and working with your physician is crucial to effective treatment. Unfortunately, there isn't any medically approved vaccine for Lyme disease for humans at the present time – perhaps in the future.

HISTORIC/FOLKLORIC

Commemorative Quarters

The U.S. Postal Service recently issued stamps for wilderness rivers. Several folks received the complete block of these as a door or service prize at the Holiday Party. Ed Evangelidi brought to our attention that the U.S. Mint has issued commemorative quarters of interest to paddlers of inland lakes, placid waterways, and whitewater rivers. The quarters belong to the 50 States

series, the America the Beautiful series, and the National Park series. New coins will be issued into 2021 for the last two series.

50 States Commemorative Quarters



America the Beautiful/ National Parks Commemorative Quarters



PADDLING HUMOR

Musings from the Mind of Ed—Ed Evangelidi

Attention deficit disorder: So, tell me how you missed seeing the rock in the river?

Bought the farm: Well, this was a *river* trip. There are no charging bulls to worry about if you had stayed on the river.

Bottom feeder: Told you that you should have stayed in your boat.

Preordained: Rivers are up nicely Monday through Friday. But come your trip on the weekend.....

You've canoed all your life. What are you doing with that kayak and raft? “My financial planner said I had to diversify my holdings.”

AT THE TAKE-OUT

- The Highlands Voice of the WV Highlands Conservancy (Vol. 53, No. 2; 2020) has an article about the Clean Water Act and the definitions of “waters of the United States”. The 1972 law did not further define that phase, and it has been interpreted by regulation and the regulation processes of the Executive Branch. The waters of the United States (WOTUS) had been expanded to include wetlands and many small, sometimes ephemeral streams. More recently they have been contracted by executive order and regulations promulgated by the Army Corps of Engineers and the EPA.
- American Whitewater magazine had an article on the history of the East Tennessee White Water Club by John Tansil. The editor notes that she has paddled both Fred Young (Fearless) and Mark Hall.
- AW and others are working towards the protection of the Nolichucky as a Wild and Scenic River. It is among the top 10 stewardship issues for 2020.
- AW has launched their Adirondacks River Restoration Campaign to improve river flows for river recreation opportunities and aquatic ecosystems.
<https://www.americanwhitewater.org/content/Article/view/articleid/Adirondacks+River+Restoration+Campaign/>
- AW has also arranged for **releases on the New River Dries: March 21 and 22, June 27 and 28, and July 4, 5, 11, 12, and 18**. As discussed in a prior newsletter, the releases occur only at certain water levels. When a release is cancelled for too much or too little natural flow, it may be rescheduled—so check with the dam keeper.
<https://www.americanwhitewater.org/content/Article/view/articleid/34390/>
https://www.wvgazettemail.com/news/work-underway-on-new-river-dries-take-out-site-whitewater/article_83c188b3-24c6-54fe-8276-5e32bdd51cd0.html
<https://www.americanwhitewater.org/content/River/detail/id/2419/>
- You, as a paid BRV member, are eligible to purchase your AW membership for only \$25 because the BRV is an affiliate club of American Whitewater!

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.

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