

The **BLUE RIDGE VOYAGEURS** Newsletter January 2018

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CLUB BUSINESS AT THE PUT-IN

The President Reports from the Canoe Saddle:

We are in the paddling doldrums now: cold temperatures and low water. BRV, however, has NOT gone into hibernation.

The Holiday Party was very well attended: Forty-two participants including new members. Many folks took the opportunity to renew their dues (only \$10/year). A new addition was entertainment: two hours of films from the National Paddling Film Fest. The location of the party is getting pricy so if you have options that can be explored, please give them to Mark Wray (VP aka party master).

At the January 17 board meeting, Clark Childers (treasurer) presented the finances and Mike Martin (webmaster) introduced a new logo. Mark Wray announced the date of the Summer Picnic, Saturday, July 28. (The August date for the full moon was just too close to Labor Day weekend.)

At the packed January 24 meeting, Court Ogilvie introduced us to another water sport, ice climbing. Then he took us to Alaska for some expeditionary paddling, the type that requires a lot of logistical planning. These trips use the waterways to access spectacular scenery and terrific hiking. There was documentation of the great meals they prepared in the wilderness. Court took a lot of time preparing his programs, which included, still photos, video, sound tracks, credits, and out-takes!!! Thank you, Court!!! We have had many new faces in the audience so meeting participants have been taking the time to put on name tags and introduce themselves to new folks seated around them.

With the current weather, it is time to think about some ancillary boating activities. Charlie Duffy has compiled an assortment of videos that address various paddling hazards and rescue techniques for one of the newsletter feature articles. The newsletter has a listing of pool rolling in the area. There is a new set of trivia questions. Yes, Keith Merkel's point total dropped back to zero with the advent of the new year so you have a chance.

We hope that you will take the time to fill-up the 2018 BRV Activity Calendar. Mike Martin printed up a paper copy with releases and events to help you pick a date. We have release dates for the Lehigh and some festival dates. The Army Corps of Engineers *just* posted dates for releases on Bloomington (April 7, 8, 21 and 22, May 5, 6, 19, and 20) and tentative releases on the Savage (June 2, July 1, and September 29). Initially we would like to line up some indoor events, some easy cold weather trips, and then some warm-up early season events. Charlie Duffy has already listed safety training classes. Mark Wray (VP) has a trip planned for April 20 through 22 with a drive up on Friday, a Smokehole or Cheat Narrows paddle on Saturday, and a Bloomington run on Sunday. Please come with ideas and the willingness to pick an approximate date for an activity. If John McClanahan (new member featured in the member profile) calls you to help fill out the trip roster, please help him out. Better yet give him a call (703-582-0221; john.mcclanahan3@gmail.com).

We congratulate Barb Brown on assuming the chairpersonship of the Canoe Cruisers Association. We note the untimely passing of Valerie Rasmussen, who paddled with John Snitzer and Beth Koller on several Bloomington trips last Summer. We hope that Daryl Martin is on the mend and that we will see her paddling later on in the season.

Again, many thanks to newsletter contributors including Clark Childers, Charlie Duffy, Ed Evangelidi, Ron Knipling, Mike Martin, John McClanahan, Lisa Weed, and Mark Wray. **The deadline for the next newsletter is March 15.**

We are working on a March program, but are always open to suggestions. The meeting will be held at the Clara Barton Recreation Center (7425 MacArthur Boulevard, Ste. 151, Cabin John, MD 20218 followed by beer and pizza at Ledo's Pizza (5245 River Road, Bethesda, MD 20816; 301-656-5336). I will send an e-mail blast when the details are finalized.

For more details on festivals, the holiday party, the January meeting, the new logo, our featured members, pool rolling sessions, and safety issues, see the specific articles on those topics.

Rick Koller

BRV Holiday Party—Photos provided by John McClanahan

Forty-two people gathered at the Lyon Village Community Center on December 2 for food, fun, and films. Twenty-six people/families joined or renewed their memberships at the party getting the club to a good financial start and facilitating the creation of a new roster. New members included Miki Komlosh and John McClanahan.

A variety of door prizes were awarded for attendance. David Carrier, the last person to get a ticket, initially didn't bother with checking his ticket because he never wins anything, but wound up with a prize. Another series of prizes were awarded for contributions to the club. Keith Merkel received an Ed Gertler guidebook for his prowess at paddling trivia. Gus Anderson and Al Cassel were the winners in the lottery for members who had co-ordinated trips or presented programs. Courtney Caldwell and Ed Evangelidi were the winners in the lottery for contributors to the newsletter. Prizes included REI gift cards, locking carabiners, and guidebooks. Beth and

Phil Troutman's daughter, Elaina, did the honors rolling Barbie, who sadly needs a new helmet and some cold weather gear.

The National Paddling Film Fest videos included *Cross Strok'in 5*—Casada Truchas (running a 60 foot drop in an open canoe, *It's Always Sunny in Elkhorn City* (a run on the Russell Fork), *Walk on Water* (paddling after paralysis), and *Week of Swimming* (need more be said?).

Many thanks to Ginny DeSeau, Beth Koller, Rick Koller, and Mark Wray, who hauled in ham, turkey, libations, table wear, Barbie, membership forms, dinner tickets, and audio-visual equipment.



Barbie needs some winter gear, but did her job.



BRV has some very creative bakers.



Courtney Cadwell, Phoebe Hamil, and Star Mitchell chat.



Barb Brown, Miki Komlosh, her daughter, and Elena Troutman talk, check out newsletters, and check electronic devices.



Wes Mills, Rick Koller, and Bob Maxey catch-up.

BRV January Meeting

An emergency road repair on Clara Barton Parkway threatened to derail the January 24th meeting. Other routes were identified. Winter hours at Bethesda's Ledo's threatened the post meeting beer and pizza. Charlie Duffy identified two possible restaurants on MacArthur Boulevard (Fish Tacos and Wild Tomato) and then made sure that they would remain open for us.

With those issues out of the way, the meeting was ready to proceed. Forty people were in attendance. Even Mac Thorton made an appearance. Lisa Weed updated us on Team River Runner activities. Frank Fico updated us on the BRV Facebook page and how to get involved. Rick Koller passed out the new logo stickers. Charlie Duffy provided an update on the "Ropes Clinic" and handouts on three types of cinches. (There are still some additional hardcopies.)

Court Ogilvie, who was heading out shortly for another adventure, gave a three-part presentation. He started out with a presentation on gravity driven water in the cold: ice-climbing in the Adirondack Mountains in New York. He described the similarities in the grading scale and the perpetual discussions about whether something is class 4 or class 5. Right after Ron Knipling raised questions about icefalls, Court's video presentation showed a massive column of ice breaking off! He also brought some of his equipment including crampons and an ice ax so that attendees could get a hands-on experience. Check out <https://www.youtube.com/watch?v=akFzE4hp8l0>.

Court and his wife Susie have extensive experience on expeditionary type trips. His next presentation involved exploration of the Marsh Fork of the Canning in the Arctic National Wildlife Refuge—way up north in Alaska. This type of adventure involved a plane shuttle via Coyote Air. They paddled a raft and had to make some repairs during the trip. There was some dive-bombing by birds, but no problems with bears. There were fish to be had, but they had to be released because they were too big to eat. (It is a crime in Alaska to waste such a resource, and there is the potential for bear problems.) This particular trip was notable for its beauty and wonderful hikes. Debby Crouse who also had paddled that river agreed. See <http://www.alaska.org/detail/canning-river>.

His next presentation covered another fly-in trip to Wood-Tikchik State Park near Bristol Bay Alaska. The park is at a latitude similar to that of Anchorage. There was considerably more wild life including bears on this trip. See <http://dnr.alaska.gov/parks/units/wtc/>. The big challenge on this trip was the motor on the Zodiac. Mechanical skills were required. Grrrrrrr! The pictures showed the great meals that were cooked and consumed. The beer count was high—well, it is light for many hours.

[New BRV Logo and Boat/Car Stickers Unveiled—Mike Martin \(Webmaster\)](#)

At our January 24 meeting, the club passed out oval stickers to help promote the club on-the-river, at put-ins, and on-the-road. The stickers replace the classic design, which I'm told depicted Roger Corbett as an Indian voyageur against a Blue Ridge Mountain backdrop. Unfortunately, the art work for that design has long since disappeared and the only version I can find is of unusable size/resolution.



The new design, approved at BRV's January board meeting, features a blue and white line drawing cartoon that I was able to get Paul Mason to design for us. Mason, a well-known Ontario paddler and cartoonist, has been referred as the Bill Neely of Canada. He is the son of the late Bill Mason, the "patron saint of wilderness canoeing," notes Wikipedia. "To many Canadian and American Paddlers and Canoeists growing up in the 1970s and 1980s, his series of instructional films were the introduction to technique and the canoeing experience. In many ways, Bill, Joyce, Paul, and Becky Mason were the "faces" of Canadian Canoeing in the '70s. Mason's design impishly depicts two boaters hamming it up for the camera, oblivious to perhaps an impending collision of a sort with which we are all familiar. Currently, we have a limited supply on hand. Ask Mike, Beth or Rick or you can order them online from Café Press. The stickers cost \$4.99 each, or \$24.99 for a pack of 10.

The design is also available on T shirts and travel mugs. To order these items, visit cafepress.com and search "BRV canoe-kayak," or visit <https://tinyurl.com/yahcdfos>.

[Trip Announcements](#)

[Pool Sessions: Area Clubs](#)

Chesapeake Paddlers Association:

Sundays: Alternate Sunday evening (6-8 PM) for five sessions starting January 7 through March 4. The sessions will be held at Columbia Association Swim Center (not the Fairland Aquatic Center) at 10400 Cross Fox Lane, Columbia, MD 21044 (about one mile from the Columbia Mall). Cross Currents Sea Kayaking has arranged this. Cost: \$15/session for members plus an additional \$5 fee for ACA insurance. There are only 12 slots per session.

<http://www.cpakayaker.com/event/cpa-pool-sessions-this-winter-in-columbia/>

Conowingo Paddling Club:

Sundays: Alternate Sunday afternoons (2:30-6:30 PM) starting January 21 through March 11 with a final April 6 session on Friday evening (7:15-11:15 PM). Sessions will be held at Central York High School located at 601 Mundis Mill Road in York, PA 17406. Cost: \$10/session/family. Club membership (\$20/year) is required. **Boats must be clean.**
<https://www.facebook.com/groups/ConewagoCanoeClub>

Greater Baltimore Canoe & Kayak Club:

Sundays: 6:30-8:30 PM January through March 4—with the exception of February 4 (Superbowl Sunday) at the Goucher College pool (Building 19c) in Towson, MD. Travel the Baltimore Beltway to Dulaney Valley Road (exit 27) and travel south to Towson. Cost: \$10/session for GBCKC members (\$20 per family). There is also a once yearly ACA fee for non-club members (for insurance reasons). **Helmets are required.** <https://www.facebook.com/groups/BCAKC>

Mason-Dixon Canoe Cruisers:

Sunday mornings: 9:00-11 AM in March at the YMCA in Hagerstown YMCA (1100 Eastern Boulevard North, Hagerstown, MD 21742). Cost: \$15/session for MD members (\$10 per family). Credit cards are accepted at the pool, but there is an additional \$1 transaction fee to cover costs. The contact person is Nancy Kell, nancykell@outlook.com, 240-329-8995 (cell).
<https://www.facebook.com/events/367413696973973/>

[Pool Sessions: Commercial Programs](#)

Calleva's Liquid Adventures Kayak School at the Madeira School at 8328 Georgetown Pike in McLean, VA 22102) <https://calleva.org/liquid-adventures-kayak/>.

Outdoor Excursions in Boonesboro near the Antietam may be offering pool sessions, but this could not be confirmed. Contact: 1-800-77K-AYAK;
<http://www.outdoorexursions.com/courses/home.php>

Potomac Paddle Sports at the Audrey Moore Recreation Center at Wakefield Park in Annandale, VA 22003. Contact: 301-881-BOAT (2628); info@potomacpaddlesports.com.
Sea kayaking: www.potomacpaddlesports.com/sea-kayak-pool-roll-rolling/near-dc-md-va-pa-indoor-pool-package.aspx?lnav=sea
Whitewater: www.potomacpaddlesports.com/kayak-pool-roll-rolling/courses-course-technique-tips-near-near-md-dc-va-va-wwlanding.aspx?lnav=ww

Potomac River Outfitters at the Chinqaupin Recreation Center (3210 King Street Alexandria, VA 22302). Contact: Nathan Nahikian; 703-338-9790; e-mail: nathan@potomacriveroutfitters.com. <http://potomacriverriverkayakschool.com/instruction/classes>

Valley Mill Kayak at the Rockville Municipal Swim Center at 355 Martins Lane, Rockville, MD 20850. Contact: 301-840-7388; <http://www.valleymillkayak.com/Pool%20Rolling>.

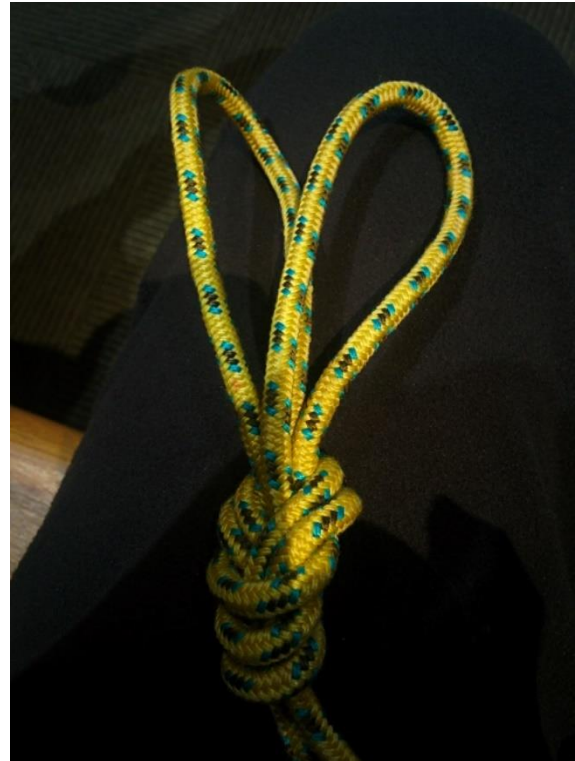
SAFETY

Ropes Clinic and Upcoming Safety Training—Information from Charlie Duffy and Photographs by John McClanahan (new member)

Charlie Duffy and company conducted a “Ropes and Safety” Clinic on at Great Falls, VA on January 7, 2018. There was a morning class room component and an afternoon hands-on component. Despite the chilly weather, approximately 40 brave souls turned out. A great deal of material, including general safety considerations, equipment, cinches, knots, mechanical advantage systems, and rope throwing skills was covered in this teaser course. The event could not have occurred without the assistance of the National Park Service staff at Great Falls, particularly. Kudos to them.



Alpine Butterfly Knot: which is used to isolate a bad part of a rope or enable a 90° vector pull.



Double-Eye Eight: which is used to attach a line to two anchor points (one per loop).



Charlie and Tony Allred demonstrate.



Am I doing this right?



Good teaching facilities courtesy of the NPS.



No, I really don't want to touch that metal pulley with my bare hands.



The safety with rope stabilization and power of leverage.

If you attended and need a written refresher or if you were unable to make it, these links will direct you to useful materials:

- First aid kits: <http://dcrescue.com/72-special-articles/419-first-aid-considerations-boating>
- First aid kit inventory: <http://dcrescue.com/72-special-articles/421-first-aid-kit-inventory-sheet>
- Swiftwater rescue: <http://dcrescue.com/2015-08-14-00-16-42/2015-08-14-00-18-28/level-4-swiftwater-rescue>

Mark your calendar for additional safety training.

- On February 10 from 9:30 AM to noon, there will be an introductory Trip Leader Class at Fort Belvoir
- On February 25 from 3 to 6 PM, there will be a Trip Leader Class, which will address trip planning and preparation
http://ccadc.org/content.aspx?page_id=87&club_id=394800&item_id=735845
- On April 28 from 8 AM to 5 PM, there will be a Swiftwater Rescue Refresher Course
- http://ccadc.org/content.aspx?page_id=87&club_id=394800&item_id=760296
- On July 14 and 15 from 8 AM to 5 PM, there will be a Skills Class. (More information to follow.)

For more information contact: Charlie Duffy 703-938-3949 (Cell) (703) 407-0909
Charlie_Duffy@yahoo.com.

FESTIVALS—Many thanks to Mark Wray (VP) for much of the information

National Paddling Film Fest: You know, those folks from whom we got the videos shown at the party.) Come see American Whitewater and the year's best photos and videos at the National Paddling Film Festival (NPPF) (<http://npff.org/>)! This year's NPPF will be held on February 16 and 17 in Frankfort, KY at the Buffalo Trace Distillery. Online tickets are \$20. Tickets at the door are \$25. The ticket includes admission for Friday night and Saturday night, as well as beer and a raffle ticket. The last day for early registration is February 11th, 2018.



Goshen Pass Cleanup and Paddle on the Maury in Goshen VA: March 24 (Coastals event)

Elk Fest in Webster Springs, WV: April 14 and 15

Lower Appomattox River Festival in Petersburg VA: April 28 (<http://folar-va.org/events/>)

Nelson River Race on the lower Tye in Nelson County, VA: May 5

(<https://www.virginia.org/Listings/EventsAndExhibits/NelsonDownriverCanoeandKayakRace/>;
<http://www.nelsoncounty-va.gov/Park%20Programs/nelson-downriver-race/>)

Cheat Fest: May 4 and 5 (<http://cheatfest.org>)

CCA Downriver Race on the Potomac: May 12 (safety boaters needed)

(http://www.canoecruisers.org/content.aspx?page_id=2&club_id=394800)

Dominion River Rock in Richmond, VA: May 18, 19, and 20 (<http://www.riverrockrva.com/>)
Stonycreek Rendezvous: May 18, 19, and 20 (<https://benscreekcanooclub.com/rendezvous/>)
Pigg River Ramble in Rocky Mount, VA: May 19 (see below)
(<https://www.virginia.org/listings/Events/PiggRiverRamble/>)
Breakfast on the Blackwater in Rocky Mount, VA: May 20 (see above)
(<https://www.virginia.org/listings/Events/BreakfastontheBlackwater/>)

The 38th Great Rappahannock Whitewater Canoe Race in Fredericksburg, VA: June 2
(<http://www.americancanoe.org/events/EventDetails.aspx?id=320924>)
Deerfield Riverfest Event: June 29 and 30 and July 1
(https://www.americanwhitewater.org/content/Wiki/aw:events_deerfield)

Flood City Music Festival in Johnstown, PA: August 3 and 4 (near to the Stonycreek River)
(<http://www.floodcitymusic.com/>)
Smith River Fest in Martinsville, VA: August 11 (<http://www.visitmartinsville.com/smith-river-fest>)

Gauley Fest in Summersville, WV: September 13, 14, 15, and 16
(https://www.americanwhitewater.org/content/Wiki/aw:events_gauley)

Lehigh Festival at Whitewater Challengers: October 5, 6, and 7 (<http://whitewaterchallengers.com/festival/>)

Go Outside Festival in Roanoke, VA: October 12, 13, and 14 (<http://www.roanokegofest.com/>)

Bridge Day (New River) in Fayetteville, WV: October 20 (<https://officialbridgeday.com/>)

ACCESS ISSUES

Youghiogheny-Ohiopyle

Consider attending the meeting at Ohioypyle Stewart Community Center on February 27, 2018 at 5 PM. Penn DOT has proposed a major change to State Road 381 which runs through Ohioypyle.

This will affect kayakers. <http://www.spcregion.org/.../.../Ohioypyle%20SPC%20PowerPoint.pdf>

Stonycreek Releases

As of November 2017: Vibration problems with the intake structure at Quemahoning Reservoir continue to be unresolved. The reservoir's operator, CSA, has cancelled all future releases until the Benscreek Canoe Club pays for all bills associated with investigating and repairing this problem. **Rumor has it that the problem may be resolved, but this cannot be confirmed.**
<https://benscreekcanooclub.com/quemahoning-releases/>. This may impact the festival.

FEATURE ARTICLE #1

Enchanting Swamp (Merchants Millpond) Combined with a Smooth, New Bike Trail (Virginia Capital Trail) to Close-out 2017--Ron Knipling (so prompt with his submissions)

Ninety percent of my paddling over the years has been on whitewater and other moving streams, but flatwater also has its charms, especially when it has interesting flora and fauna. Merchants Millpond in northeastern North Carolina has been on my bucket list for years, but the four hour drive was too much for a stand-alone trip.

Biking on paved bike trails is another favorite activity. Earlier this year, I heard about the newly finished 52-mile Virginia Capital Bike Trail between Richmond and Jamestown. This provided a second incentive for heading south and upped the trip's benefit/cost ratio considerably. Ned Howenstine shares these same interests and, like me, wanted to explore new territory.

We figured that an early winter trip in relatively warm weather would avoid traffic and crowds, and allow a nice experience of these two sites. Everything came together for the time slot of December 3 through 5. The plan was to bike on days 1 and 3 and stay at a Williamsburg area hotel. On day 2, we would drive south to North Carolina to explore Merchants Millpond. The weather cooperated. We had temperatures in the 50s and no rain until we were almost back home in northern Virginia.

The bike trail is mostly wide and smooth. There are few road crossings. You can't call the trail remote because more than 90% of the trail is along Virginia Route 5, but most of the region is sparsely populated so Route 5 seems like a forgotten road. It was pleasant the entire the way. We completed two out-and-back rides.

On day 1, we started at the historic Charles City Courthouse (milepost 20) and biked west about 15 miles, passing colonial era plantations and churches. There must have been 20 Virginia historic markers along that stretch alone, and we saw at least 50 on the entire trail. For the day 3 ride, we started at the eastern terminus (milepost 1) at the Jamestown Settlement Park and Visitor Center. Before biking west on the trail itself, we biked eight miles on the Jamestown Island circuit road. There wasn't much traffic on the clear December morning. This road was tranquil and beautiful and even more pleasant than the bike trail. The section of the bike trail going west from Jamestown was also very nice. This included the only segment of the bike trail that deviated away from the road. A side trail in this section, the Greenspring Greenway, is also worth exploring, though only parts of it are open to bike travel. For the trip home, we opted to drive the entire length of Route 5 west to I-295, so we saw most of the remaining Virginia Capital Trail. It looked nice the whole way. Much of the trail is flat or gently rolling with only a few of the hills being bigger than expected.

I rated the day 1 biking as VERY GOOD and the day 3 biking around Jamestown as EXCELLENT, but the highlight of the trip was the day 2 paddling at Merchants Millpond State Park! Over the years, I've paddled five or six swamp-type lakes and streams. This was by far the most lovely and magical! Part of the charm was solitude; there were just three other people on the whole pond, and we saw them only at the landing. The pond is 760 acres in size, a little more than one square mile. It is roughly two miles long and three-quarters of a mile wide. Quoting the park guide, "*The 760-acre millpond is more than 200 years old and has developed into complex, mature ecosystems. Towering bald cypress and tupelo gum trees, displaying growths of Spanish moss and resurrection ferns, shade its dark, acidic waters.*" The pond has some open water, but most of it is peppered with cypress trees, including large, impassable thickets. You have to be careful not to lose your bearings or get separated from companions. There are buoys marking routes to two campgrounds on finger peninsulas, but you don't want to venture too far away from them without checking your surroundings to be sure you can find your way back. Being alert to one's surroundings was part of the fun.



Ned meandering through the groves.

The water level on the pond was relatively low, so we were unable to attain its upper reaches, including a tributary called Lassiter Swamp described in the park guide as an “*ecological wonderland . . . [and] . . . ‘enchanted forest’ worthy of a fairy tale.*” On the downstream side, the pond’s outflow feeds Bennett’s Creek, a five mile winding stream with another park campground along the way. A nearby road would serve as an easy shuttle. These will be interesting targets for exploration during a future trip.



Ron dwarfed by the trees.



Bald cypress and tannin filled waters.

One can reserve the Millpond campsites in advance. Ned and I are already thinking of a camping trip there in the spring, hopefully with enough water to explore more areas of the swamp. We’ll probably choose weekdays as a place so magnificent is likely crowded with boaters and tourists on warm-weather weekends.

HISTORIC/FOLKLORIC

Carnifex Ferry State Park (1194 Carnifex Ferry Road, Summersville, WV 26651; 304-872-0825; <http://www.carnifexferrybattlefieldstatepark.com>) is an important Civil War battle site. Union troops under the command of Brigadier General William S. Rosecrans forced the Confederate troops under the command of Brigadier General John B. Floyd to abandon an entrenched position at the Henry Patterson Farm on the night of September 10, 1861. The farm provided a critical view of the Carnifex Ferry on the Gauley River some 600 feet below. The Confederates retreated across the ferry to the south side of the river. The Confederates were unable to regain control of the Kanawha Valley. This further enabled the push for West Virginia statehood.

The park itself, established in 1935, is one of the oldest state parks in the United States. It was listed on the National Register of Historic Places in 1974. The battlefield is one of the 636 sites in 16 States that is connected by the Civil War Discovery Trail (1-800-CW-TRUST; <http://www.civilwardiscoverytrail.org>). The 156-acre, day-use park contains the previously mentioned William Patterson House marred by small arms and artillery fire, a historic sunken road, a lone marked grave belonging to Virginia Infantryman Granville Blevens, who died of fever four days prior to the battle, one replica cannon, a dozen interpretive signs, a ball field, a picnic area, horseshoe pits, a volleyball court, a playground, three overlooks, and most importantly three trails.

The moderate Patterson Trail is a two-mile loop that circles the battlefield. It can be accessed at the Patterson House. It traverses a grassy field, and a spur then drops into Pierson Hollow, where Union troops experienced friendly fire in the fading light and which resulted in two deaths and 30 injured troops. The trail goes past Copperhead and Pillow Rapids overlooks. The trail then runs through woods on the cliff rim above the river.

The strenuous Fisherman's Trail/Old Ferry Road is a 0.6 mile descent that starts at the main overlook at the picnic area parking lot and ends at the Gauley River. It is used by those walking out of the upper section of the Upper Gauley and by those who want to watch the action at Pillow Rapids.

https://1djcwi2nayur2c2mvt4dir9d-wpengine.netdna-ssl.com/wp-content/uploads/2017/03/CarnifexFerryBattlefieldStatePark_brochure_map.pdf

MEET YOUR FELLOW CLUB MEMBER

John McClanahan (new member as of December 2017)

1--How long have you been paddling?

I have been paddling canoes since I was in Boy Scouts, so about 40 years.

2--How did you get into paddling?

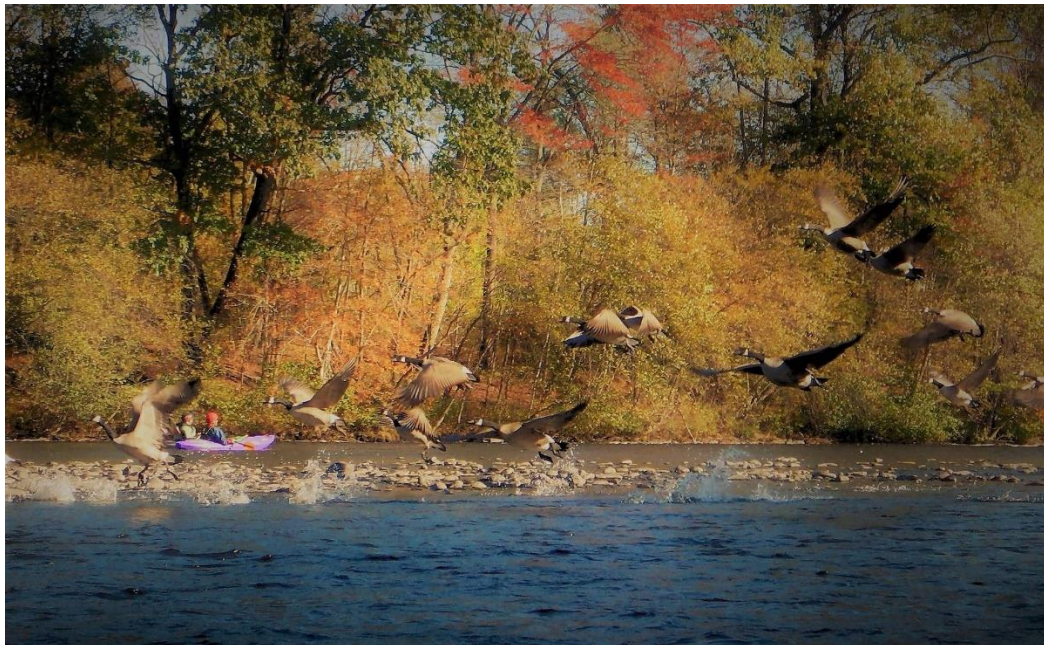
I was introduced to canoeing at Highroads United Methodist Church Summer Camp in Aldie, VA.

3--Where did you get your first instruction?

My first canoe instruction, came at the summer camp mentioned above. I received further instruction at the Boy Scouts' Camp Goshen, in Goshen, VA. My first instruction on moving water was on the Maury River, near Goshen. In preparation for a 1979 trip to the Boy Scouts' High Adventure Base on Grand Lake Matagamon, ME, I participated in pre-trip training at Lake Needwood, in Maryland and on Jug Bay.

For kayaking, I received informal instruction from co-workers at Hudson's Bay Outfitters. I was never very proficient at kayaking back then and lost interest when I went to college, returning to it just this year (at age 54). I am very fortunate to have trained as, and worked as a raft guide on the Lehigh River in Pennsylvania. This allowed me access to additional training, and plenty of practice, first with sit-on-top kayaks (required for new Level 1 guides) and then with various

hard-boats. The patience of my instructors has been rewarded, as I finally have a decent roll (on flat water at least).



This is a big reason why I enjoy paddling.

4--What kinds of watercraft do you paddle?

Canoes, recreational kayaks, whitewater kayaks (hard-boats, sit-on-top kayaks, and inflatables) and inflatable rafts.

5—Do you paddle in the winter?

I did my first winter paddle at an “Intro to Winter Paddling” event sponsored by Calleva Liquid Adventures this last December. I also attended a slalom practice at the Feeder Canal, one week later. Ashley McEwan from Calleva, graciously loaned me the use of an IR dry-suit for both occasions. Just today, I ordered my very own dry-suit from IR, in anticipation of a New Year's Day paddle from Mather Gorge to Carderock. It became very clear at the winter paddling clinic, that my skills would seriously deteriorate, if I wasn't able to get on moving water until next spring. Plus, I'd probably go insane.

6—Any particular piece of gear that you favor?

No particular preferences, as I am still developing skills and learning what works well for me, and what doesn't. I do think that my Honda Ridgeline pickup, equipped with a rack, makes a pretty good shuttle vehicle. Depending on boat (and paddler) size, I can generally accommodate five people.

7--What do you enjoy most about paddling?

First, and foremost, it's helps keep me sane. Not sure how I've made it this far without having it as a part of my life. A very close second, is the camaraderie. For both good and bad, there is definitely a tribal aspect to whitewater paddlers, especially guides.

8--In how many states and countries have you paddled? Any favorites?

I have paddled in the states of Maine, and New York North Carolina, Pennsylvania, Vermont, Virginia, and West Virginia. The only other country in which I have paddled is Canada, more specifically on the lakes in the Muskoka area of Ontario.

9--We understand that you enjoy paddling in eastern Pennsylvania and the Lehigh in particular. Tell us how you came to enjoy rivers in this area.

About nine years ago, I wanted to introduce my daughters (now 22 and 23) to whitewater rafting. After researching the options, and, in concert with a trip to the Jersey Shore, I decided to raft on the Lehigh. Afterwards, I was on their e-mail list, and every spring would see messages about being a river guide. Finally this year, I looked at my situation, and decided that it would be "now or never". It was one of the best decisions I've ever made. Even with the four-hours-each-way drive on the weekends, it was one of the best summers I can remember. It was capped-off by a last-minute trip to Gauley Fest, where I was fortunate to win a Pyranha kayak in a raffle!!!!!! . I guess the "river gods" decided that I needed a heavy-duty creek boat.

10--What is the hardest thing that you have paddled? Why was it so difficult?

The most difficult river section that I have paddled so far is the Lower Gorge of the Lehigh River, running about 2500 CFS (normal recreational flow is 500-1000 CFS). The difficulties were lack of experience on that section (our company runs fewer trips on that section) and my skill level. My final run of the season, on the Upper Gorge, went quite well. I really feel I am becoming a legitimate Class 3 kayaker, which will be bolstered by experience successfully rolling in moving water.

11--What was the most fun thing that you have paddled and why?

The most fun I have had was going on a combined whitewater/flat-water camping trip, with just my father. It was on the Potomac River, from just above the confluence with the Shenandoah continuing down to Algonkian State Park in Sterling, VA.

12--How did you come to join the BRV? Are you a member of other clubs?

I did a Google search for Washington, DC area paddling clubs, and voila! I am not a member of any other clubs, but will probably join up with Mason-Dixon and CCA, at some point.

I have been working with Team River Runner (TRR). I became aware of Team RiverRunner, through two of the other Lehigh River guides, Joe Homitz and Janet Jastremski. They are members of the southeastern Pennsylvania chapter. I safety-boated at an "informal" TRR event, where five of us accompanied a paraplegic paddling through his very first Class 1 rapids. Seeing how much it meant to him, along with how good I felt after doing it, I knew it was a good fit. I met other folks from TRR, from both the national organization, as well as several chapters (Southeastern Pennsylvania, Susquehanna Valley, and Walter Reed). I volunteered at this year's DC Biathlon and had the opportunity to meet some of the extraordinary veterans, who have overcome great difficulties on the way to becoming great kayakers. I am also grateful for the additional training opportunities (particularly pool sessions) that have allowed me to improve my skills and to "learn-by-teaching". I am looking forward to training that will help me assist paddlers use various adaptive equipment.

Clark Childers (BRV Treasurer)

1--How long have you been paddling?

I have been paddling since 1972.

2--How did you get into paddling?

I took the family on a canoe trip down the Shenandoah River in rented canoes and then bought an aluminum canoe from Lou Matacia. I then met Roger Corbett on a trip and started paddling with Roger all over Virginia.

3--What kinds of watercraft do you paddle? How has this changed over time?

I later sold the aforementioned aluminum canoe and acquired a Blue Hole, which Ellie and I paddled for many years with the BRV. I still have the Blue Hole at Smith Mountain Lake, where I now live, along with two Old Town kayaks.

4--You have a history of paddling whitewater. Do you also do quiet water paddling?

I use those kayaks regularly to paddle around the lake where I live.

5--We know that you split your time between the DC suburbs and Smith Mountain Lake. What can you tell us about the latter and the recreational opportunities that you enjoy there? We also hear that there are some fantastic gorges in the area. Can you tell us about them (paddle-wise, hiking-wise, scenery-wise)?

I now enjoy paddling my kayaks on the lake in the morning and before sunset. These kayaks are nicely outfitted for lake paddling with plenty of space for stuff. We are close to the Blue Ridge Parkway and Appalachian Trail so plenty of outdoor things to do. There is some modest whitewater down here on the Blackwater, Dan, James, Roanoke, and Smith Rivers. There is some substantive whitewater in the Pinnacles (Class 5) and the Sawtooth Gorge (Class 3) and some beautiful scenery to be found when hiking.

<http://www.danriver.org/interactive-map>

<https://www.dgif.virginia.gov/waterbody/dan-river/>

<http://www.mtnlaurel.com/appalachian-trail/357-dan-river-gorge-the-grand-canyon-of-the-east.html>

<https://www.americanwhitewater.org/content/Project/view/id/dan/>

6--In how many states and countries have you paddled? Any favorites? Rumor has it that you will be going to Central America including Costa Rica. Any planned paddling there?

In 1975, I took my first trip outside of Virginia. We went to Maine and spent a week on the Allagash and Saint John's Rivers. Then we added North Carolina to our whitewater repertoire.

We then started paddling out West. We visited Colorado, Idaho, Montana, Oregon, and Wyoming. My favorite river in the West is the Middle Fork of the Salmon, which I have paddled three times. I also love paddling the Colorado River through the Grand Canyon. We did this in a 17 foot wooden dory.

My first trip out of the U.S.A. for paddling will be in Costa Rica in February 2018.

7--What do you enjoy most about paddling?

I enjoy being outdoors in unspoiled country. Rivers are very spiritual to me, especially the sound of whitewater.

8--What was the most fun thing that you have paddled and why?

The most fun trips were the ones out west as the scenery was beautiful and whitewater very challenging. I also enjoyed the people that were drawn to these trips.

9--How did you come to join the BRV?

Roger Corbett, whom I met early in my paddling career, introduced me to the BRV.

10—You are an accountant by training and have lent your services to many organizations. How long have you served as the treasurer for the BRV? Have there been any challenges to holding this position? Have we thanked you enough for your often behind-the-scenes work?

I was the President of the BRV for several years in the early eighties and then became the Treasurer. I have served as Treasure for over 30 years. The Treasurer is responsible for depositing dues, paying bills, and issuing financials once a year. We maintain a checking account with Bank of America. The only challenge is getting the deposits made timely. The job is fairly simple and one of the things that keeps me active in my retirement.

[FEATURE ARTICLE #2](#)

[Team River Runner Trains Blind Veterans to Run the Grand Canyon—Lisa Weed](#)

Team River Runner (TRR) completed the first “Whitewater Vision Team Clinic” in the Washington, DC area in early January. The Whitewater Vision Team members all have prior experience paddling with their local TRR chapters, in previous clinics, and by special invitation of clinic coordinators. The participants are training to be part of a team of **five blind veterans to kayak the Grand Canyon this coming September.**

Three Whitewater Vision Team veterans came to the DC area for the three-day training program: Kathy Champion of Florida; Travis Fugate of Kentucky; and Brian Harris of Illinois. Flat water conditioning and rolling were primary goals. Training sessions were held in swimming pools at Ft Belvoir, in Alexandria, VA, and at the Model Basin in Carderock, MD. During their time here, the participants all either learned to roll or fine-tuned their existing ones. Each was able to do at least 30 to 60 paddle rolls; Travis was able to complete many hand rolls.

<https://www.facebook.com/TRR.FLAGSHIP/> Each of them had also paddled several miles in endurance training sessions at the Model Basin.

Members of the Whitewater Vision Team will continue their training in the months leading up to the Grand Canyon run, and then they will become part of the National TRR Ambassador Team, doing outreach and public relations with stakeholders in the national program. It is a strategy which demonstrates TRR’s mission of health and healing through paddle-sports.

This training requires the support of an extensive volunteer force in conjunction with TRR staff. Team support included five civilian instructors and four veteran instructor/guides and an active duty navy nurse-kayaker. Wounded veterans themselves have become ACA-certified kayak

instructors. Armed with this support, TRR, under the direction of Staff Coordinator Joe Mornini, held six paddling sessions in three days.

The “Whitewater Vision Team” is not the only group of blind veterans developing kayak expertise. Over the past seven years, TRR has created a series of paddling programs for blind and visually disabled veterans. TRR chapters also can offer adaptive paddling to non-veterans who are visually disabled or blind.

TRR operates “Outtasight” Leadership Clinics, which are one-week programs on the Yellowstone River of Montana or in the Florida Keys. Veterans participate at the recommendation of chapter coordinators who have observed their development as kayakers. A related program, “Kids are Outtasight (KAOS)”, is a local chapter-supported community program for blind and visually disabled youth. It is part of the Veterans Serving the Community (VSC) programming, which TRR encourages throughout its chapter system.

BOATING TRIVIA



Keith Merkel earned 200+ points and a prize for his trivia responses in 2017. The slate is now clean. Here is your chance to learn something about the origins and trivia of paddling and to share that information with your comrades.

WHAT

- 1 to 2--What Civil War battle was fought along the Gauley and when? **10 POINTS each**
- 3 to 4--What river was known as the “River of Ink” and why? **10 POINTS each**
- 5--What was the river that served as the inspiration for “Deliverance”? **10 POINTS**
- 6--What was the name of the motel-restaurant combination that was purchased only to later become NOC?

WHO

- 5 to 7--Name three paddlers (and their professional affiliations) who served as the stuntmen for “Deliverance”. **10 POINTS each**
- 8 to 10--Name the actors for whom these paddlers served as stuntmen. **10 POINTS each**

THINGS NEVER LEARNED IN SCHOOL

- The first stern squirt was performed by whom and under what circumstances? **10 POINTS each**
- How did he go on to use such skills in racing? **10 POINTS**
- How did the maneuver actually get its name? **10 POINTS**

TRIP REPORTS

Dreaming of Summer—The French Broad

Yes, we are in the boating doldrums--cold with no water. So perhaps, for the moment, we can take solace in memories of trips past. During Carolina Week of Rivers 2017 (July 1 through 9), there was water especially in the camping field of Smoking Mountain Meadows (Bryson City). We were able to harness some of that water on a beefy run (~2500 cfs) of the French Broad River from Barnard down to Stackhouse (north of Asheville) (Section 9a). S-turn (mile 1.7), Big Pillow (mile 1.9), the Ledges (mile 2.8), and Pinball (mile 3.2) are the more difficult rapids (solid Class

3 at this level), but there is something to do on the entire four mile stretch. Of note, dates for the 2018 WOR are June 30 through July 8. Many folks from BRV and this area attend the event. It is a good chance to catch up with Richard Hopley, our resident BRV canoeist in the area.



Enough water for shredding.



No, I'll be using my boogie board.



Multiple routes to boat scout here.



14 with a solid roll & great personality.



Decision making here.



Very small eddy for scouting on river left.



No flat water; always moving.



Surf city on river right.



More surfing.....



A German BMW engineer with an awesome shuttle vehicle.



Busy, busy, busy...



But ready for a photo op.



Our very capable leader (of a very large group), Dave signals the end by removing his helmet.



Hopping down the final rapids.

[GEAR REVIEW](#)

[Take Back Your Garage](#)

Do you have a garage into which you cannot drive your car because you have too many boats lying around? Do you find it difficult to load boats into overhead slings or onto racks adherent to walls? Consider getting a free-standing rack that has two base cradles and a chest level cradle.



The steel racks from Stoneman Sports have a compact footprint (49 inches by 45 inches) and can accommodate shorter boats along with longer boats (tandem kayaks, 20' sea kayaks, and 13'2" race kayaks). Total weight bearing is 250 pounds. The racks are designed for both indoor and outdoor storage. The racks come with the tools needed for assembly, but if you have better wrenches, you will appreciate it. (Please note that you will need to pick the closest English size if you do not have metric tools.) Assembly can be done by a single person in about 40 minutes. Assembly can be done in half that time when done by two people with good tools. Expect to spend about \$350 with shipping. Splurge and get the wheels for another \$60 or so. You will be glad that you did. For more information, contact Mike Tsou at Stoneman Sports (5029 Calm-view Avenue, Baldwin Park, CA 91706; Phone: 626-338-8998; FAX: 626-338-8999). He will understand your dilemma. If you need another solution, Mike and Stoneman Sports will likely have a solution for that too. Let Spring Cleaning begin NOW!

HUMOR DIVISION--Ed Evangelidi

Your boat reflects your status in life. What can we say about the shabby state of your boat? "I use only the *finest* duct tape."

They say money can't buy happiness. Don't they know that with only another \$500 I can buy the boat of my dreams?

It is estimated that there are almost 1.2 million miles of water main pipes in the U.S., and it is estimated that there are well over 1/4 million water main breaks in the U.S. annually. I see the potential for first descents here!

This eddy was feeling slighted since the eddy just above the big rapid and the eddy just below the big rapid got all the attention from boaters. So he erected a sign in the eddy that said "Space available in the eddy".

Guess I should not have been surprised, but after my tenth swim in the same rapid I received a "loyalty" card from my river.

You don't remember swimming that rapid last year? No - after too many swims I cleared out my browser history.

"I see you have written a long list of boaters listed here under the title 'hydrogenated'. What does that mean?" "Those are the people who are buttering me up since I won the Grand Canyon permit lottery."

Two rocks on a hillside talking "You know that we only have the last two million years of our lives hanging out on this hillside, but will spend the next few million years in the river after we tumble in soon. What do you want to be when you grow up?" "Well my mom and my dad tumbled into the river and were forgotten on the bottom of the river. But I want to be famous like Dimple Rock on the lower Yough or Pillow Rock on the Gauley River."

FEATURE ARTICLE #3

Beef Up Your Safety Skills with These Videos—Charlie Duffy

I teach a fair number of ACA Safety & Rescue classes each year. I've also led numerous Instructor Certification Workshops. The ACA Level 4 Curriculum covers many topics. Some students/candidates are interested in real world examples where these skills come into play. I was quite fortunate to have Charlie Walbridge lead my Instructor Certification Class. One of the many interesting exercises was a slide show of various incidents we analyzed and took a stab at "what would we do?". With the proliferation of Go Pro video cameras, I decided to make a collection of successful rescues that I share as exercises for Instructor Debriefing exercises. Everyone should be very thankful to those paddlers that reported these incidents to the AW Safety Database (<https://www.americanwhitewater.org/content/Accident/view/>) and shared their lessons learned so we can all benefit. Everyone lets their guard down sooner or later – talented paddlers practice defense in depth and can manage these incidents. I have developed a list of videos by topic.

AVOIDING PROBLEMS

Hypothermia

- <https://www.youtube.com/watch?v=Wz3gy5XyaBo>
 - This is such a great training resource (not an incident).
- <https://www.soundingsonline.com/voices/hypothermia>
 - This is such a great training resource (not an incident).

Scouting

- <https://www.facebook.com/lance.beaber/videos/191139297696956/>
 - Listing in the AW Safety Database is not available.
 - Many paddlers these days choose not to scout when necessary. It may be inconvenient to scout, but it may save your life as well as that of your friends.

Solo Paddling

- http://www.kayaksession.com/near-death-experience-on-belson-creek-ohio/?utm_content=buffercde16&utm_medium=social&utm_source=facebook.com&utm_campaign=buffer
 - <https://www.americanwhitewater.org/content/Accident/detail/accidentid/4096/>
 - Paddling solo is one of the most common contributing factors to all reported incidents in the AW Safety Database.

Swiftwater Swimming Skills and Flush Drowning Avoidance

- <https://vimeo.com/10290133>
 - <https://www.americanwhitewater.org/content/Accident/detail/accidentid/3301/>
 - One of the best examples of conserving energy in big water
- <https://www.youtube.com/watch?v=gAtAFYkjVmw>
 - Listing in the AW Safety Database is not available.
 - NRS instructional film depicts great rescue communication skills
- <https://www.americanwhitewater.org/content/Accident/detail/accidentid/3214/>
 - This is not a video, but a great instructional report on flush drowning, non-tethered rescue, and the need to maintain first aid training.

GENERAL RESCUE SITUATIONS

How to Manage a Rescue Scene and Move Sequentially through Various Plans

- <https://vimeo.com/68476394>
 - <https://www.americanwhitewater.org/content/Accident/detail/accidentid/3724/>
 - <https://boatertalk.com/forum/BoaterTalk/1052440674>
 - <http://www.mountainbuzz.com/forums/members/1679-albums1324-picture6247.jpg>
 - Not all rescue solutions are obvious. This is why we box (enclose) the rescue site, so someone is in place when Plan A doesn't work.
 - Also gives a great example on why bulk heads in kayaks have been redesigned.

Situational Awareness and Equipment Issues

- <https://www.youtube.com/watch?v=DvzumGifKPA&t=170s>
 - <https://www.americanwhitewater.org/content/Accident/detail/accidentid/4396/>
 - Excellent rescue with a lot of challenges.

SPECIFIC RESCUE SITUATIONS

Hydraulics

- <https://www.youtube.com/watch?v=Rl-LjPG7ltc>
 - <https://www.youtube.com/watch?v=aDDgOnDuDAE>
 - Listing in the AW Safety Database is not available (February 2015).
 - This is a great training video, lots of challenges. It's really special since you have videos from both the rescuer and the person needing assistance.

Low Head Dams

- <https://vimeo.com/12656654>
 - Listing in the AW Safety Database is not available because it's foreign.
 - Demonstrates the difficulties escaping this feature and the challenges in rescues.
- <https://www.youtube.com/watch?v=3g6n0O7T13o>
 - <https://www.americanwhitewater.org/content/Accident/detail/accidentid/4034/>
 - Demonstrates recirculation—even when the vertical drop is small.
- <https://www.youtube.com/watch?v=qW65pWAjDgo>
 - Listing in the AW Safety Database is not available because of it is old, 1975)
 - Demonstrates the hazards to rescue professionals when dealing with such dam rescues.
- <https://www.youtube.com/watch?v=z3Sc27E6ZCU>
 - Demonstrates a wide variety of professional rescue techniques.

Reach Rescues

- <https://www.facebook.com/failarmy/videos/1252419981521828/>
 - Listing in the AW Safety Database is unknown (January 2017).
 - Demonstrates the quickness, simplicity, and effectiveness of this technique which employs no ropes. Great example of “RETHROG”, a swiftwater rescue acronym that originated with the Boy Scouts: REeach, THrow, ROw (or Paddle), and Go (Swim/Wade).

Rescue involving a Strainer

- <https://www.adn.com/outdoors-adventure/2017/08/15/daring-rescue-on-six-mile-creek-caught-on-video/>
 - <https://www.americanwhitewater.org/content/Accident/detail/accidentid/14298/>
- <https://www.youtube.com/watch?v=DvzumGifKPA&t=170s>
 - Listing in the AW Safety Database is not available.
 - Well narrated.
 - Demonstrates a tethered rescue in which hands-on is key!

Use of a Stabilization Line during a Sieve Rescue

- <https://www.instagram.com/p/BaR1ouWA8ks/>
 - <https://www.facebook.com/african.river.rat/videos/1256292557850175/>
 - <https://www.americanwhitewater.org/content/Accident/detail/accidentid/22248/>
 - <https://thinkrain.blogspot.com/2006/09/initiation.html?m=1>
 - Many pins have taken place at this spot. The hazard potential is well documented.
 - Demonstrates effective use of a stabilization line.

Tethered Rescues

- https://www.youtube.com/watch?v=_o43JnQknus&feature=youtu.be
 - Listing in the AW Safety Database is not available.
 - The Green River Race has the most incredible safety crew imaginable.
 - Demonstrates many examples of tethered rescues at Gorilla--including the most famous clip at the three minute point.

Unpinning a Raft

- <https://www.youtube.com/watch?v=6nIAmxDinzU>
 - Very challenging place to unpin a raft, worse yet – a bucket boat.

Rescue involving an Undercut

- <https://vimeo.com/150611975>
 - Listing in the AW Safety Database is not available because this occurred during a race on Daddy's Creek.
- <https://www.youtube.com/watch?v=D0xgRKB3Vu4&t=19s>
 - Listing in the AW Safety Database is not available because this its foreign.
 - Depicts a very close call.

OTHER SKILLS

Rope Throwing

- <https://vimeo.com/72792859>
 - Listing in the AW Safety Database is not available.
 - Demonstrates as few other films do why we need to practice our throw rope skills.

PARTING SHOTS AT THE TAKE-OUT

Dues

Dues for 2018 are \$10 and should be sent to Ginny DeSeau (1105 Highwood Road, Rockville, MD 20851) unless you pay directly at the meeting. We are working on the website installation of PayPal. The first set of beta testing has been done. Please complete your member roster information regardless of the payment route used.

Webpage

Mike Martin is looking for photos for the webpage.

Facebook

Frank Fico is looking for participation on the Facebook page.

Trips

Consider what kind of trip you might be able co-ordinate. Check out the dates of the festivals and releases. Ron reported on a great combination bike and boat trip. There have been requests for easy cold weather trips, warm-up early season events, relaxed scenery trips, and trips for families (which may involve water soakers). Consider putting together a meeting program or organizing a mini-film festival. **The club is about fun and camaraderie. It can't happen without YOU!!!**

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

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