



Our 38th Year Coastal Canoe NEWS

Newsletter of Coastal Canoeists

Fall 2003

Dedicated to the Preservation and Enjoyment of Wilderness Waterways

Patriotic Paddling

by Richard Walters &
Regina O'Donnell

July 4 started with Richard and Booper Walters meeting Brandon Bertsch in the boater parking area. Scott Wiggins and Dane Goins arrived before 7:00 am. This was all the Coastals to show up for this Coastals' trip. Richard and Booper did a R2 raft. Scott was the only open boater. Dane and Brandon were K1. We were on the Yough before 8:00 on a relatively cool overcast day. We leisurely worked our way downstream with no swims. We met our bus at noon.

After this trip, Richard (C1) and Brandon decided to run the Loop. The two ran Entrance and Cucumber rapids with no problems. Then a thunderstorm came up and poured rain. Richard and Brandon pulled off to river right and ran into several Coastals including Glen Chalkley and Elaine Casper. Elaine elected to take out at the Loop with Richard and Brandon and head out with them. The rain slackened. The three quickly made it down to Railroad rapid and the Loop takeout. Elaine flipped and swam at Railroad with Richard making the rescue. Another boater rescued her boat. Elaine was fine, but all suffered the walk up the Loop takeout path.

July 5 started with a meeting at the put-in at 7 a.m. This was the first time nearly everyone had ever done a pre-8 a.m. trip. It was a wonderful idea. No rafts to contend with until an hour and a half later and the other hard boater groups headed downriver right away. Eight boaters were ready to go by 7:30; Richard Walters, Scott Wiggins, Regina O'Donnell and John Voss paddled OC1,

Continued on page 14



Richard Walters and his wife Booper kiss Dimple Rock on his July 4 Youghiogheny River trip

A Geographically Dispersed Board

**Secretary and Treasurer Repeat
Directors Lowery, Farmer Reup
Stockdill New to Board**

In the election of October 19, 2002, members elected Cathleen Lowery of Midlothian and Bernie Farmer of Williamsburg (who was President in '01 and '02) to second three-year terms on the Board of Directors. Dave Stockdill of Fredericksburg was elected to a first term. This trio, who will serve through the end of 2005 joined directors Richard Walters of Yorktown, Glen Chalkley of Richmond, and Paul Helbert of Broadway, whose terms will expire in 2004; and Ken Dubel of Elkton, Glen Velzy

of Richmond, and Doug Jessee of Emporia, whose string will run out this year. Doug was elected last year to fill one year of an unexpired term.

The Board, at its organization meeting, elected Richard to the Presidency. Ken was elected to serve again as Secretary, which post he had held since the start of '02. Glen was elected to stay on as Treasurer, where he, too, served during '02.

The membership elects the nine Board members. The Board elects the three officers from its own number. The President (with Board approval) appoints committees. There are no term limits. That's how Coastal Canoeists get things done.

Proposed By-Laws
See Page 12

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 Scott Wiggins, Editor

Coastal Canoeists
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 Richmond, Va. 23218
 www.coastals.org

Officers, Directors and Committee Chairs

Position	Name	Telephone	Email
President	Richard Walters		
Secretary	Ken Dubel		
Treasurer	Glen Chalkley		
Director	Bernie Farmer		
Director	Doug Jessee		
Director	Cathleen Lowery		
Director	Greg Velzy		
Director	Paul Helbert		
Director	Dave Stockdill		
CaNews	Scott Wiggins		
Conservation	Liz Garland		
Cruise	Ken Dubel		
Membership	Chuck Berkey		
Multimedia	Susanne Smith		
Programs	Paul Helbert		
Raffle	Bernie Farmer		
Safety/Ed.	Rob Ault		
T-Shirt Sales	Cathleen Lowrey		
Webmaster	Lisa Langlinais		

Coastal CaNEWS is a publication of Coastal Canoeists, Inc. The opinions expressed in any and all articles are those of the writers and, unless expressly stated so, are not those of Coastal Canoeists, Inc.

The Editor encourages you to submit your articles, art, trip reports, advertisements, letters, photography, poems, etc. Articles must be electronically transmitted using WordPerfect or Word. The Editor reserves the right to edit any article. Photographs may be submitted hardcopy, but tiff, gif or jpeg formats are preferred. Unless otherwise credited, the photography in CaNEWS is that of the editor. Please submit your material to:

Scott Wiggins
 Editor, CaNEWS,
 10413 Attens Way
 Glen Allen, VA 23060-3773

Submission Deadline Schedule

Issue	Date	Issue	Date
Winter	December 1	Summer	June 1
Spring	March 1	Fall	September 1

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Giving Back

We've all benefitted from someone else's coordinating a trip, setting up a meeting, writing a newsletter article, chairing a committee, participating in a board meeting or planning a program. Now is the time for you to give back to the club. These are pressing needs where you can be a big help.

Club Need	Contact
Trip Coordinators	Ken Dubel
Person to select quarterly meeting sites	Richard Walters
Assistant Program Chair	Paul Helbert
Conservation Chair	Liz Garland
Quartermaster for Quarterly Meeting	Richard Walters
Treasurer	Richard Walters
Photomaster (for website)	Lisa Langlinais

Let Yourself Be Heard

Make a club officer, director, or committee chair aware of your comments or recommendations on any aspect of the club. Phone, write or email while it is fresh in your mind.

Advertising in CaNEWS

Advertisements can be sent to the Editor but must be sent in camera ready format and prepaid. Classified advertisements are free to club members. Advertisements and payment must be received by the submission due dates for each issue.

Size	Dimensions	1 Issue	2 Issue	3 Issue	4 Issue
1/4 pg.	3.75 in x 4.75	\$50	\$75	\$100	\$125
Roster	Contact Editor	\$100			

The Cultured Canoeist

by Tom McCloud

WINSLOW HOMER
Artist and Angler



Who says TV is a wasteland? Actually, I do most of the time. But I saw a brief story on a news show about an art exhibit that caught my attention. The exhibit, at the Amon Carter Museum in Ft. Worth, Texas, features paintings of American painter Winslow Homer.

So why would this be of interest to a paddling club? The paintings shown during the story were of fishing and, of more interest, fishing from canoes and of canoeing itself. Now canoeists in general, unlike kayakers, are persons of culture and refinement, and appreciate fine art. At the end of the story it was mentioned that a program book from the exhibit was available. So, I ordered it. A great book! What's in it?

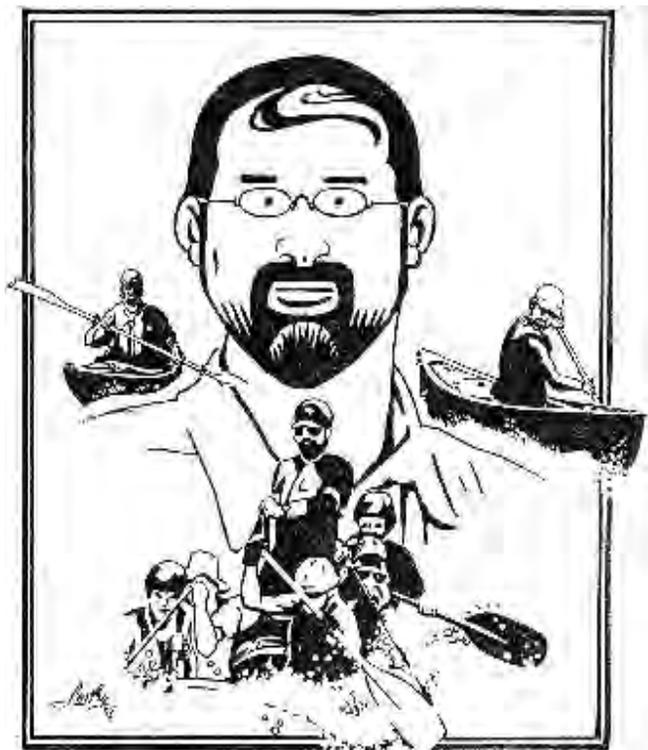
History, of course, and a lot of fishing, plus old photographs, and then there are the paintings, many of which are landscapes but also those that have canoes in their content. Not exactly as lushly-engraved or as glossily-printed as a so-called 'coffee table book', this is nonetheless something you could open and feast upon with your eyes, being transported into another place and time --- on the river.

So for those cultured canoeists among us, or all those kayakers badly in need of a culture infusion, who want their own copy, this book is available from the Amon Carter Museum Warehouse, 222 North University Drive, Ft. Worth, TX 76107,

Triple Threat Paddler in Presidency

He paddles an open canoe. He paddles a kayak and sea kayak. He paddles rafts. He is Richard D. Walters of Yorktown, 24th President of Coastal Canoeists; elected in October '02; inaugurated in January '03.

The D.C. native, a graduate of Florida Institute of Technology, is a control engineer with NASA-Langley in Hampton. He and his favorite paddling companion, Betty ("Booper"), are parents of Marcus (27) and Nicole (24).



Richard picked up canoeing on his own, but kept running into groups of Coastals on the rivers and, at the invitation of Greg Doggett, joined the club in 1985. Kayaking followed in about five years; then rafting in another two years.

It was a Boy Scout troop trip on the flooded James in 1988 that forcefully directed his attention to river safety. He warned his son's trip leader that the river's being up in the trees was a warning sign—to no avail. The James was a tough teacher. The leader learned the hard way.

Richard quickly became Whitewater Canoeing Chairman for the Peninsula Council, BSA. He led a group of 11 adult scout leaders into the Red Cross canoeing program being taught by another Coastal Canoeist, and saw all 11 become certified canoeing instructors in June 1990. He also became a scoutmaster.

He was elected to the Coastals Board in 1999. In further testimony to his belief in active participation, he has worked on committees, coordinated trips, regularly attended meetings, and engaged in all manner of other activities.

Without hesitation, he cites the Grand Canyon of the Colorado as his favorite paddling river; but the Ocoee, Yough, New Gorge, and James through Richmond are all near the top of his list.

Richard and Booper love travel, particularly when it's linked to paddlesports. They did an extensive trip to Costa Rica last year and are looking forward to doing New Zealand next year.

1-800-573-1933, www.cartermuseum.org. The title is "Winslow Homer Artist and Angler", item number 1405, and costs \$24.95.

Board of Directors Meeting

Ken Dubel, Secretary

Date of meeting: Saturday, July 19, 2003

Location of meeting: Glen Maury Park, Buena Vista, VA

Meeting type: Regular quarterly meeting

Meeting chaired by: Richard Walters

Meeting recorded by: Ken Dubel

Board members present:

Officers: Richard Walters, Ken Dubel
Members: Paul Helbert, Dave Stockdill, Cathleen Lowery, Doug Jessee.

Committee Chairs: Les Fry, Chuck Berkey, Liz Garland, Scott Wiggins.

Absent: Glen Chalkley, Greg Velzy, Bernie Farmer

Status of prior meeting minutes: Approved via email prior to meeting

Committee Reports

Audit: Dave Stockdill reported no indication of impropriety. Board recommendation was made to form a committee chaired by Dave plus two members to address timeliness of reports and timeliness of reimbursements.

Conservation: After many years of service Liz Garland announced she will be resigning her post as her activities in river conservation on a larger scale are preventing her from dedicating the time. She will make a recommendation for donations to various organizations from our club. HUGE thanks, Liz, for your efforts!

Cruise: Recommendation received to make cruise schedule data a part of club records. No problem. Requested \$200 budget to be used at Cruise Chair's discretion. Not resolved.

Membership: Up 36 families to 534. Expect it to come back down as the last newsletter was late so some memberships didn't expire prior to this meeting. We are missing some addresses of folks we share newsletters with. Liz and Chuck will get together on this.

Multimedia: No report.

Newsletter: No report. One hearty "attaboy" issued to Scott Wiggins for stepping up for this job.

Programs: See announcements section. Current "budget" of \$1,000 to \$1,200 seems appropriate.

Raffle: No report.

Safety / Education: Rob Ault reported via email prior to the meeting.

1. Playboat class offered was canceled as not enough people signed up.
2. Advanced swiftwater rescue class went well.
3. Rescue PFD class in September in Richmond will

be offered.

4. Waist-worn throw bags are sold out.

5. \$251.24 was spent for materials for strainer drill. It worked well in the class.

6. Five rescue PFD's and three tow tethers were purchased from Extrasport. Total expense is around \$500, final total to be advised. Note that these were purchased at a 30% discount.

Sales: Would like a budget to work with. Richard to advise on new hat style.

Website: A decision to require a password to enter the message board was made by Richard Walters since our last meeting as we were getting "hacked" by solicitors and by certain folks who seemed intent on having our members view materials generally not suited for a family oriented club. An unfortunate side effect of this action is that it makes our message board less accessible. Scott will discuss with Lisa for her to see if the message board could be set up so that anyone can look but only folks with passwords can post messages.

Other Business

We are currently in need of volunteers for three positions in the club. Quartermaster, photomaster, and half-a-Program Chair. Please contact Richard Walters if interested in helping out.

Quartermaster: We have the equipment for preparing meals for the meetings and such but don't have anyone to use it. This could be a per-meeting position or an informal committee here and there, whatever.

Photomaster: We need someone to help coordinate the photos sent in for posting on the webpage.

1/2 Program Chair: Paul would like some help finding places to hold our meetings. At the moment the Summer and Fall places are pretty much set -- he could use some help finding places for the Winter and Spring meetings.

Motions adopted: Accept By-Laws committee's report of April 19, 2003. New By-Laws are accepted as originally submitted and are to be incorporated into club records. Amendment of said new By-Laws to address virtual (i.e. by electronic means) meetings is deemed unnecessary. The new By-Laws are to be published in the next issue of CaNEWS and voted on by the membership at the next meeting as per article XII of the current By-Laws.

General items of note: The Fall meeting will again be at the Grove Hill community center. Paddling to be South Fork Shenandoah, dinner to be Tom McCloud's famous pig roast. October 18.

Meeting was adjourned

By-Laws

Les Fry, Chair

April 19th, 2003

To: Richard Walters, President
and the Board of Directors
Coastal Canoeists, Inc.

On February 9th, 2003, the President appointed an ad hoc committee to search the By-Laws for any inconsistencies and any deviations in club practices that may have developed over the years and to recommend either amending the By-Laws or altering the practices where deemed necessary. Les Fry was named Chairman, to serve with two other members of his choosing. He selected Charles Snyder and Norm Shafer.

I In the early provisions of the By-Laws, Coastal Canoeists, Inc. was referred to as “*this* corporation.” In many later references it was “*the* corporation.” The By-Laws Committee proposes amendments to have it read “*this* corporation” consistently. Twice, this corporation is referred to as “the club”. This, too, should be corrected.

II Also for consistency, the By-Laws Committee proposes that titles of officers, Board of Directors, Board, and specific committees be spelled with capital initials, and that By-Laws be written with capital B and capital L.

III The By-Laws Committee proposes adding requirements that the Secretary, the Treasurer, and all committee chairmen maintain records and pass them on to their successors. (This provision should not be necessary, but experience over the past 38 years, right up to the present, indicates that there has been no continuity of necessary record keeping.

IV The By-Laws Committee proposes the elimination of references to the corporate seal. When the By-Laws were drafted in 1973, a standard form was followed and the seal found its way into Articles VI, Section 3 and Article XI. This corporation never

had a corporate seal, never *needed* a corporate seal, and was never *required* by the State Corporation Commission to *have* a corporate seal. Since the primary use of such a seal is the embossing of stock certificates and since Coastal Canoeists, Inc. is a *non-stock* corporation, it is clear that the references to a seal in the By-Laws of 1973 were in error and should be eliminated.

V The By-Laws Committee likewise proposes eliminating the Article VIII reference to “the Constitution.” This corporation has been governed by only By-Laws - not a Constitution.

VI The By-Laws Committee proposes that the 10-day mail notices of regular Board meetings may be conveyed to directors by either postal or electronic mail or by publication in *CaNEWS*.

VII The By-Laws Committee proposes correction of a number of obvious typographical, spelling, and grammatical errors and redundancies found in the copies the committee was furnished.

VIII The By-Laws Committee proposes the rewording of a number of provisions where clarity is required. For example, where it is said that the Board sets qualifications for those “who *wish to* participate in the weekly cruises . . .”—it can set qualifications of only of those who *participate* (*anyone can still wish to*), and cruises are no longer *weekly*.

IX Because, at its annual meeting, the membership is charged with electing the Board of Directors, the By-Laws Committee proposes the addition of a separate “ARTICLE V—Membership Meetings.”

X The By-Laws Committee proposes setting forth the beginning date of directors’ terms, that a meeting of the directors-elect be held upon their election for the purpose of electing officers, and that the Board of Directors hold regular meetings quarterly. These items have become traditional but never enjoyed the protection of

By-Laws provisions—and should.

XI The By-Laws Committee proposes the addition of a provision which would exclude from the Treasurer’s duties the care, custody, and management of any of this corporation’s assets which are assigned to others by the Board of Directors. The committee thought specifically of the minute book, t-shirts, decals, multimedia materials, raffle materials, food service equipment, lectern, gavel, and any similar assets.

XII The By-Laws Committee proposes the elimination of the names of specific standing committees. Over the years committee names have changed. Committees have been added and deleted as needs arose or changed. The By-Laws list of committees, despite occasional amendments, has rarely been accurate. The By-Laws Committee believes that changing the provision to “... such committees as may be necessary to carry on the work of this corporation . . .” would best cover the situation.

XIII The By-Laws Committee proposes that the Treasurer be specified as one of the two signatories on checks against funds of this corporation, since the Treasurer is charged with the responsibility of maintaining the fiscal records.

XIV The By-Laws Committee proposes that five members of the Board of Directors shall constitute a quorum. Since any three members may call a special meeting, it seems only reasonable that more than that number should be present to conduct business. Also, a simple majority of the nine elected members of the Board seems reasonable under all conditions.

XV At the time of the club’s incorporation, 1973 (8 years after its beginning), immediate past president (the club’s seventh president) Teddy Willcox, attorney, who drafted the incorporation papers and By-Laws, was designated by the Board to be the “agent of record.” His office was

indicated as this corporation's "Place of Business." Over the years, Teddy has received from the State Corporation Commission, and passed on to a succession of club secretaries, the annual corporate report forms. According to the Commission, as of February 17th, 2003, "the corporation is active and in good standing with the Commonwealth. Corporate ID number 0145792-8."

The By-Laws Committee, therefore, proposes that Edward R. Willcox, Jr. remain as this corporation's agent of record and that the By-Laws ARTICLE II—Place of Business, be changed to reflect his current business address: 210 Monticello Arcade, Norfolk, Virginia 23510.

XVI Because, in these 15 foregoing paragraphs, there are a total of 78 amendments proposed; and because notice of the meeting at which amendments are to be considered must "set forth proposed amendments or portions to be amended or repealed;" and because, following the practice of detailing each amendment in an "Amendment History" appendix to the published By-Laws, would necessarily be lengthy and cumbersome, the By-Laws Committee proposes that the By-Laws be "amended by substitution"—that, as they currently exist, they be repealed in toto and replaced by the By-Laws attached hereto.

Respectfully submitted,
BY-LAWS COMMITTEE
Les Fry, Chairman
Charles Snyder, Norm Shafer

The Board of Directors received the Committee's report at its April meeting. At its meeting in August, the Board endorsed the recommendations and referred the proposed new By-Laws (see page 12 of this issue) to the membership for action at the annual meeting October

Conservation

Liz Garland, Chair

The Environment and Politics for the Armchair Activist

Well, at first glance it's easy to say that our environment is a natural resource, should be "managed" by natural order and, has no place in politics. Politics is a societal response to a need or desire to direct people who may not naturally follow a functional order. But, alas, the environment and politics merge simply because society has imprinted itself on our natural environment. So, society has had the need or desire to manage that environment and, it's politics which often dictates whether society's usually purely functional order rules or if the environment's natural order "wins".

Consider a housing development: Society introduces a proposed development because either there's a need

- Driven by natural population growth, or
- Encouraged growth related to a desire for an increased tax base, or
- Shifting populations who desire bigger and better housing instead of existing home resources

Or there's merely desire from a

- Developer who reads the trends and sees potential for personal income, and/or
- Landholder (usually a farmer) who buckles to the trends and capitalizes on a sale.

And so, society places homes on our natural environment.

But, do the homes get built on, for instance, wetlands which are ecologically the richest yet the poorest for economic growth? Because economic and ecological values are not equally measured, environmental regulations, rules and laws have been created to protect the environment. Yet, the power of economic gain can shape those laws in order to benefit special interest or a segment of society. This

is politics fully imprinted upon the environment.

There's the picture. It's why anyone who cares about some aspect of the environment (yes, rivers are #1 for me) unfortunately has to care to some level about politics. As a politically involved member of society, at a minimum, you can 1) watch your local politicians and cast votes for those aligned with your environmental interests and/or 2) monitor what happens in your favorite backyard environment and write letters or speak at public participation opportunities to protect that resource. A more involved or obsessed activist will work to shape the views of our political leaders or jump in and protect a favorite backyard before the only remaining protective mechanism is our law's required public comment periods.

The conclusion of this article is part 1 of the Guide for the Armchair Activist. Next time, I'll introduce you to easy ways to participate in protecting your favorite resource. Today's presentation is the shortcut to knowing your politician.

Virginia League of Conservation Voters

On the arm of your easy chair should be a copy of the Virginia League of Conservation Voter's 2003 Virginia General Assembly Conservation Scorecard. This document is also available by a few mouse clicks: www.valcv.org. The Scorecard is VALCV's detailed assessment of each Virginia senator and delegate's performance record on a broad array of conservation issues. VALCV also provides assessments of politicians actively on the campaign trail.

From the document, I can tell you that Senator Hanger of the general Staunton area voted against a bill to provide the development of adequate public facilities, including wastewater

Continued on page 7

Conservation from previous page

treatment, within subdivision ordinances. The bill was introduced by the pro-environment Senator Byrne from northern Virginia. The most anti-environment delegate in office is Dudley representing the environmentally rich area of Floyd, Franklin and part of Pittsylvania Counties.

There's a wealth of information at your fingertips from the VALCV which will help you make your voting decisions easier. VALCV relies on membership support. Call, write or email for information and to provide support: 530 E. Main St., Suite 820, Richmond, VA 23219 or (804) 225-1902.

Job Opening: Conservation Chair

Effective January, 2004 Coastal Canoeists will need a new face to serve as Conservation Chair. The Chair serves the membership at the will of the Board of Directors. Typically, the Chair retains the Conservation committee until resignation although the Board approves of officers annually and reserves the right to dismiss any Chair or officer. In reality, it is a volunteer position for a non-profit organization thus, the Conservation Chair serves according to the will of his or her own energy.

What does the position require? As with any job, the job is what you make it. Traditionally, the foremost activity of any Conservation Chair is to be the information conduit to the Club of relevant river conservation news. Although somewhat at the discretion of the Chair, "relevant" has been debated in the past by the Board. Typically, news pertinent to Virginia and related to the environment, especially rivers, is of importance of the membership. Beyond newsletter conveyance, and these days, web postings, the Chair may also opt to conduct or arrange presentations at

membership meetings, perform or orchestrate river clean-ups, or educate the membership on, for instance, watershed monitoring programs.

To learn more about this opportunity, or to sign-up as Coastal's new Conservation Chair, please contact Liz Garland

Dam Good News Glenn Rose

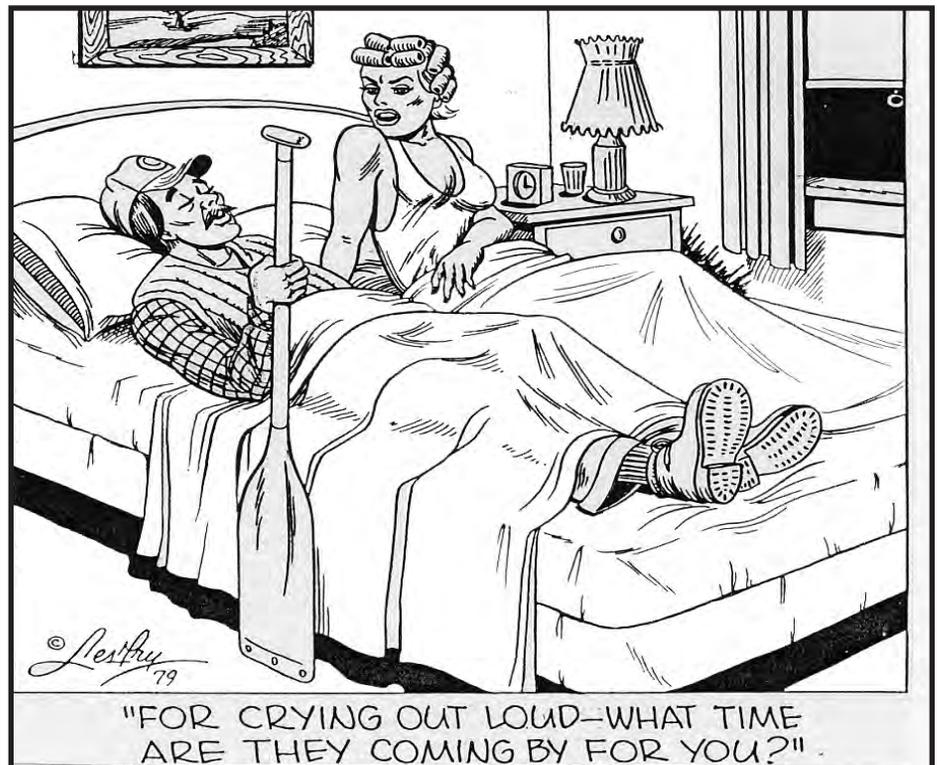
The dam at Snowden is up for relicensing. Apparently there is serious consideration about not renewing it and actually taking it down. Finally, we're going in the right direction! The D.G.I.F. is in favor of this and the Forest Service probably will be since the James River Face Wilderness area is close by and power boating is discouraged in such designated areas. While the run through Balcony Falls might not be the most intense whitewater in the state, it is all we've got here in the summer. I'm sure thousands must use it. While it won't be adding any great rapids (some of us old-timers have paddled this stretch a times when the lake was

pulled down), eliminating two miles of flatwater and creating a larger parking lot at the end would be a real plus.

If this is a run you enjoy or if you just like to see the trend for dam removal grow, I strongly urge you all to write. Send your comments to: James W. Thornton, Dominion Virginia Power, Innsbrook Technical Center, INE, 5000 Dominion Boulevard, Glen Allen, Virginia 23060. Comments are due by October 6, 2003. All comments received become part of the formal record at FERC, so it is definitely not time or energy wasted. They may not hold another meeting prior to this date, so it's important to get your comments in and on the record.

This dam is named the "Cushaw Dam", so be sure to reference it as such. I've attached my letter to share my ideas with you all.

I hope that those of you who are officers in paddling clubs and river organizations will be sure to make yourselves heard. Let me know if you'd like to be on the list of people to include as commenters/participants and I'll pass your name on to D.G.I.F.



Membership

Chuck Berkey, Chair

Membership Information is removed
from the on-line version of CaNEWS.

Membership

Chuck Berkey, Chair



Ed Grove on his July Potomac River Trip

Multimedia

Susanne Smith, Chair

To obtain books or videos from Coastals' Multimedia Library - FREE - contact Susanne Smith. The rules are few, but important:

- 1) Videos & Books are only available to current Coastal Canoeist members.
- 2) The person who borrows the item is responsible for its well-being and timely return.
- 3) Borrowers need to provide their name, current address, phone number & e-mail address.
- 4) The maximum number of items that can be borrowed by a member is as follows: 3 items if picked up at a quarterly meeting, 2 items if sent through the mail.
- 5) The length of time that items can be borrowed is as follows: If picked up at a quarterly meeting, it's due back at the next quarterly meeting. If received or to be returned through the mail, it's due back within 60 days.
- 6) For materials to be sent through the mail, the borrower needs to send a self-addressed, padded envelope with sufficient postage for the required items to the Multimedia Chair.

BOOKS

- Basic River Canoeing, Robert E. McNair, 1972.
Canoeing and Kayaking, American Red Cross, 1981.
Canoeing and Kayaking Guide to the Carolinas Bob & Dave Brenner 2002.
Catch Every Eddy, Surf Every Wave, Tom Foster and Kel Kelly, 1995.
Exploring the Chesapeake in Small Boats, John Page Williams, Jr., 1992.
Falls of the James National Rec. River Feasibility 1992.
Garden State Canoeing Ed Gertler, 2002
James River as Commonwealth, The, ed. Ann Woodleaf & Lynn Nelson 1984.
Kayaking, Kent Ford, 1995; whitewater and sea kayaking.
Keystone Canoeing Ed Gertler, 1993.
Knots for Paddlers, ACA, Charlie Walbridge, 1995.
Maryland and Delaware Canoe Trails Ed Gertler; 2002.
Paddle America, Nick Shears, 1992.
Paddle Your Own Canoe, Gary & Joanie McGuffin, 1999.
River Rescue, Bechdel & Ray, 1997; self-rescue & teamwork.
Rivers and Trails, David Gilbert, 1978.
Texas Whitewater, Steve Daniel, 1999.
Virginia Whitewater, H. Roger Corbett, 2000; paddlers guide.
Whitewater Rescue Manual, Charlie Walbridge and Wayne Sundmacher, 1995.
Wildwater Touring, Scott and Margaret Arighi, 1974.

INSTRUCTIONAL VIDEOS

- American Red Cross Presents "Whitewater Primer", "Uncalculated Risk", "A Margin for Error" 1979.
 "Breakthru!"; 2000; intermediate and advance kayaking.
 "C-1 Challenge, The"; Kent Ford, 1990; outfitting, rolling, and stroke instruction.
 "Cold, Wet & Alive", ACA., 1989; paddling story about how

hypothermia develops.

- "Drill Time, Solo Playboating II", Performance Video; 1997; canoe drills.
 "Drowning Machine, The"; dangers of lowhead dams and basic rescue techniques.
 "Fast Track to Kayaking", Sam Drevo; 2002; beginner video.
 "Grace Under Pressure", 1992; learning the kayak roll.
 "Guide to Canoeing", L.L. Bean; types of canoes, equipment, strokes, maneuvers.
 "Heads Up!", ACA; 1993; river hazards and rescue.
 "How to Organize a Successful River Outdoor Cleanup", Surf Dog Productions, 1991.
 "In The Surf"; 1999; surf kayak instruction; 60 min.
 "Introduction to Canoeing".
 "Kayaker's Edge, The"; 1992; rolling, bracing, surfing.
 "Kayaking", Eric Jackson; skills video - strokes, concepts, roll
 "Liquid Skills", Ken Whiting; 2001; begin. to adv. kayakers.
 "Path of a Paddle"; Bill Mason, 1977; whitewater canoeing.
 "Path of a Paddle"; Bill Mason; canoeing-solo and tandem.
 "Play Daze"; 1999; freestyle kayaking techniques.
 "QuickStart Your Canoe, ACA 2003; entry level guide
 "QuickStart Your Kayak, ACA 2003, entry level guide
 "Retendo!"; 1996; art of precision playboating.
 "Sea Kayaking, Getting Started"; 1995; begin. sea kayaking.
 "Soar, Skills of All Rivers"; intermediate and adv.kayaking.
 "Swiftwater Rescue Training"; actual footage of a rescue at Williams Dam, Richmond.
 "Take the Wild Ride"; 1994; freestyle kayaking w/ the world's best playboaters.
 "Whitewater Kayaking - Natl Paddlesport Safety", ACA.;
 "Whitewater Self Defense"; 1998; kayaking safety techniques.

VIDEOS

- "Area Verde Expeditions", 1997; kayak expedition in Guatemala.
 "Class VI River Runners Raft Trip", 1989; Gauley & New.
 "Costa Rica Rios Aventuras"
 "Deliver Me From The Paddlesnake 2"; 2000; Chattooga.
 "Forks of the Cheat", 1989; history, present issues.
 "Grand Canyon Adventure", 1995; home video.
 "Grand Canyon Whitewater", 1995; home video.
 "James River in Richmond in 1970"; home video.
 "Over the Edge", 1999; freestyle kayaking, and world record waterfall descent.
 "Paddle Frenzy", 1994; kayaking Northwest whitewater.
 "Perpetual Motion", 1994; kayaking Glade and Manns Creek
 "Savage"; commercial video of rodeo boating - Savage gear.
 "Steep Creeking with Catfish", 1993; home video - carnage.
 "Rick Taylor's Solo Canoe".
 "Token of My Extreme"; 1992; hairboating w/Thrillseekers and squirt boats.
 "Treading Water: A Fight for the Survival of the Pamunkey and Mattaponi Rivers".
 "Upper Tye and Piney Rivers", 1972; Les Fry footage.
 "White Mile"; an HBO original movie starring Alan Alda.

Program
Paul Helbert, Chair

Coastals' Annual Meeting

And

Pig Roast

ON

Saturday, October 18

AT

Grove Hill Community Center
Shenandoah, VA

FEATURING

Tom McCloud & His Pig

And

The Election of Officers

And

An Outstanding Program

Directions: Grove Hill Community Center is on Rt. 340 just north of Shenandoah, VA and beside an elementary school.

Camping: Your choice of:

Riverside Campground (river right, Rt. 340 to Bus. 340 past Newport, turn right on Rt. 617) or

Dam Acres Campground (river left off Rt. 340 in Newport).

Paddling: The beautiful South Fork of the Shenandoah River in the heart of the Shenandoah Valley. Ken Dubel will lead this novice run from Newport to Luray.

Board Meeting: 4:00 p.m.

Dinner: 6:00 P.M. Tom McCloud will prepare the pig. The Club will provide potatoes, bread, baked beans and coffee. Members should bring munchies, salads, desserts and drinks.

Business Meeting: 7:00 P.M.

The membership will vote on the proposed revisions to the Club's by-laws.

Program: 7:30 P.M. Natural Channel Design Stream Restoration presented by a member of VDOT's engineering team.

Safety

Rob Ault, Chair

Got River Rescue Training?

Have you had river rescue training? What about your fellow boaters?

Help me understand how many Coastals have river rescue training. Just clip out the brief survey below and mail it to me, or send me an e-mail with your answers. I'll also post this survey on the message board once the fall 2003 CaNEWS is published, and you can reply online.

I want to know how many Coastals have river rescue training because there has been little interest in rescue training in the last two years. We have over 500 members, but only 26 members took the free 2-day classes that Bernie and I offered last year and this year. Also, many non-Coastals take kayak instruction and start paddling but never take a rescue class. I've canceled classes this year and last year (for both Coastals and Chesterfield County) because too few students enrolled.

Completing this survey will help me understand the rescue training needs of Coastals and that will affect what training Coastals has in the future. I'll share the results in a future issue of CaNEWS.

River Rescue Survey

1. I've taken at least one river rescue class.

Yes ___ No ___

2. All my paddling buddies (Coastals or not) have taken at least one river rescue class.

Yes ___ No ___

If No, what's your best guess percentage of paddling buddies who've had training? ___%.

3. I took my river rescue training through:

- a. Coastals
- b. County/community
- c. Other paddling club
- d. Professional paddlesport company (NOC, ACE, Rescue3, etc.)
- e. School or university

4. If you haven't had river rescue training, why not?

- a. Don't think it's necessary
- b. Watched a video/read a book and that's enough
- c. Too expensive
- d. Class is too long
- e. Just never got around to it
- f. My friends taught me
- g. Other (please explain) _____

5. I've taken first aid training.

Yes ___ No ___

6. I've taken CPR training.

Yes ___ No ___

7. The safety articles in CaNEWS are

- a. usually worth reading
- b. sometimes worth reading
- c. never worth reading

8. I'd like Coastal Canoeists to continue offering river rescue training.

Yes ___ No ___

9. What comments do you have about river rescue training or CaNEWS safety articles?

Thanks for taking the survey!

Send it to Rob Ault, 2427 Kenmore Rd., Richmond, VA 23228

before **Dec. 1, 2003.**

***The Following By-Laws Are to Be
Approved at Coastals' Annual Meeting***

Coastal Canoeists, Inc.

By-Laws

ARTICLE I—Name

The name of this corporation shall be “Coastal Canoeists, Inc.” (State Corporation Commission ID number 0145792-8)

ARTICLE II—Place of Business

The principle office of this corporation shall be 210 Monticello Arcade, Norfolk, Virginia 23510.

ARTICLE III—Non-Profit

This corporation shall be a non-profit corporation and shall have no capital stock. It shall be supported and maintained by such membership contributions, subscriptions, gifts, and endowments, as the Board of Directors shall determine to be necessary or acceptable for proper function of this corporation.

ARTICLE IV—Purpose

The purpose for which this corporation is formed is the preservation and enjoyment of our wilderness waterways, and the promotion of the general health and welfare of the community through the sport of paddling.

ARTICLE V—Membership Meetings

The annual meeting of the members of this corporation shall be held during the fourth quarter of each year, upon the call of the President and upon written notice to the members as to the date, time, and place of such meeting. Other meetings may be held upon similar call and similar notice.

ARTICLE VI—Board of Directors

Section 1—How Constituted The affairs of this corporation shall be directed by a Board of nine Directors.

Section 2—How Elected Members of the Board of Directors shall be elected by the membership at the annual meeting, held during the fourth quarter of each year, as to the directors whose terms expire at the end of that year.

Section 3—Terms Members of the Board of Directors shall be elected for three-year terms so that the terms of one-third of the Board shall expire each year, and shall assume their duties on January 1st.

Section 4—Filling Vacancies Vacancies on the Board of Directors, other than the normal expiration of terms, shall be filled by the Board of Directors. The successor

so elected shall serve only for the unexpired term of his predecessor.

Section 5—Meetings The Board-elect shall meet upon conclusion of the annual meeting of the membership and elect officers for the coming year.

Regular meetings of the Board shall be held quarterly upon a 10-day prior written notice of the President as to the date, time, and place.

Special meetings of the Board of Directors may be held from time to time as may be called by the President or by the joint call of any three directors acting together. Members of the Board of Directors shall be given no less than a five-day written notice of the President or the directors calling such meeting. Notice shall include date, time, place, and purpose of such meeting.

Section 6—Meeting Notice For purposes of the two foregoing provisions, notice shall be considered to have been given if by postal or electronic mail to the addresses of record of the directors or by notice published in the corporation’s printed newsletter, *Coastal CaNEWS*.

Section 7—Quorum Five directors shall constitute a quorum for regular or special meetings.

Section 8—Duties The Board of Directors shall determine and control the general policy of this corporation, shall determine an annual budget and dues, and be responsible for obtaining funds to meet such budget, shall promulgate all rules governing the qualifications of persons who participate in the cruises and other activities of this corporation.

Section 9—Executive Committee The Board of Directors shall create an Executive Committee to consist of three directors. At least two members of the said committee shall be officers of this corporation, which officers must include the President. Other members of the committee shall be appointed by the President, subject to approval of the Board. The Board of Directors may delegate to such committee such authority as the Board of Directors may deem proper. Such committee shall act on behalf of the Board of Directors between regular meetings of the Board.

ARTICLE VII—Officers

Section 1 There shall be a President, a Secretary, and a Treasurer. All officers must be members of the Board of Directors.

Section 2 The officers shall be elected by the Board of Directors, as set forth in ARTICLE VI, Section 5, and shall hold office at the will of the Board, or until the selection and qualification of their respective successors.

Section 3 The President shall be the chief executive officer and shall preside at all meetings of the member-

ship and of the Board of Directors. The Secretary shall be responsible for the minutes and records of this corporation, which shall be passed on to his successor. The Treasurer shall be responsible for the financial records and for the care, custody, and management of all assets of this corporation not assigned to others by the Board of Directors, which records and assets shall be passed on to his successor.

ARTICLE VIII—Committees

Section 1 The President, subject to the approval of the Board of Directors, shall appoint such committees as may be necessary to carry on the work of this corporation, and an Editor of the corporate newsletter, *Coastal CaNEWS*. The President shall be a member ex-officio of all committees appointed pursuant to this section.

Section 2 The Board of Directors may, from time to time, establish other committees as it may deem necessary.

Section 3 The chairmen of all committees shall submit annual reports in writing to the Board of Directors and verbal reports at the annual meeting, except as specified for the Nominating Committee (Section 4 of this Article) and Audit Committee (Article X—Fiscal, Section 4). All such reports shall be filed with the Secretary.

Section 4 Announcement of the appointment of a three-member Nominating Committee shall be in the June issue of *Coastal CaNEWS*. The committee's nominations to fill the three vacancies on the Board shall be announced in the September issue with the notice of the annual meeting. Additional nominations may be made at the meeting, with the prior approval of any such nominees.

Section 5 The chairmen shall maintain records of their committees' activities and shall pass them on to their successors.

ARTICLE IX—Parliamentary Authority

The rules contained in Robert's Rules of Order Revised shall govern the Coastal Canoeists, Inc. in all cases to which they are applicable and which are not inconsistent with the By-Laws of this corporation.

ARTICLE X—Fiscal

Section 1 The fiscal year shall be from January 1st to December 31st.

Section 2 The Treasurer shall be charged with the collecting, depositing, recording, disbursing, and reporting of all funds of this corporation, subject to the approval of the Board of Directors

and the annual budget.

Section 3 The depository for the funds of this corporation shall be selected by the Board of Directors and withdrawals therefrom shall be by check signed by the Treasurer and such other officer of this corporation as the Board of Directors may designate.

Section 4 A fiscal report shall be prepared by the Treasurer at the end of each fiscal year and be audited by an Audit Committee of two other members of the Board designated by the President. The Committee's report shall be presented in writing at the first meeting of the Board of Directors in the following fiscal year.

ARTICLE XI Non-Liabilities of Officers and Directors

No member, director, or officer shall be held personally liable for any act or acts of this corporation or of any member, director, officer, agent, employee, or servant of this corporation.

ARTICLE XII—Amendments

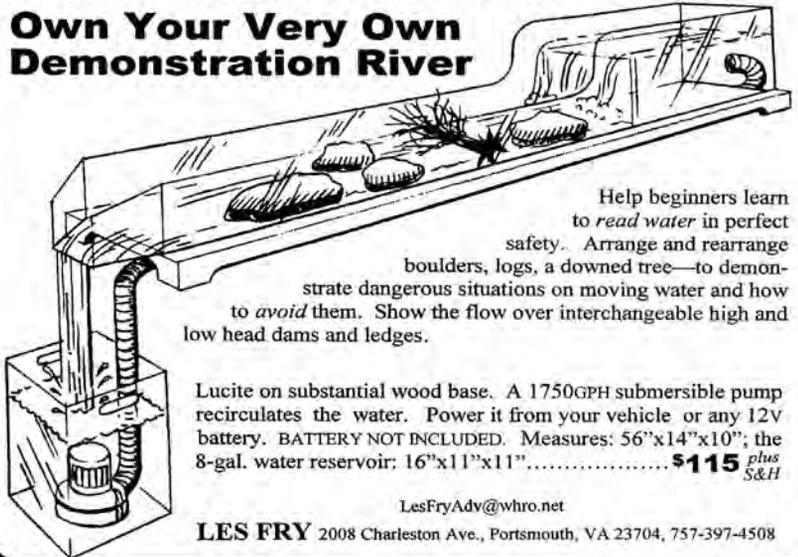
These By-Laws may be amended or repealed by a majority vote of the members at any annual or special meeting of the membership, provided that notice of such meeting expressly sets forth proposed amendments or portions to be amended or repealed.

In the minutes of the membership meeting at which these By-Laws are adopted and on all future printed copies, this note should appear:

Adopted ___(date)___ at ___(place)___ by majority vote of the members present and voting

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LesFryAdv@whro.net

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The Yough

from page 1

hard boater groups headed downriver right away. Eight boaters were ready to go by 7:30; Richard Walters, Scott Wiggins, Regina O'Donnell and John Voss paddled OC1, Jim Farrell, Brandon Bertsch, Dane Goins in their kayaks and George Hamann was in a sit-on-top. Jean O'Steen showed up later but we hustled her along and she joined us in her kayak.

Richard gave his safety talk at the put-in beach and announced that the first swimmer would write the trip report. Someone suggested that this not include swims while playing, and everyone agreed - except Richard. Ha! Richard also described the open boat rescue, which I had never seen performed and am eager to try this out, as I have several times tried to put a swimmer in my boat with me and have only had success if the swimmer was less than about 140 pounds. The strongest brace I have doesn't seem to keep the big guy and me upright in my boat in anything over a class 2 rapid. Richard said the swimmer hangs onto the stern and puts his feet up on the gunwales to reduce the drag. (Just avoid the rocks if you respect the guy.)

The first swim was, you guessed it, Regina O'Donnell, playing on the upper wave at Cucumber. Although there weren't too many other boaters in our group trying this wave, they said now that I swam, they could really let loose and start to play. I did a quick self-rescue so that I didn't have to suffer the open-boat rescue humility. We moved on down, and George Hamann swam while surfing a wave in the middle section of Railroad rapid, but flushed out to an eddy easily. He was a little confused after we caught up with him, because when I asked him how to spell his last name, he replied "Farrell, first name, Jim". Hmm.

The rest of the run was beautiful. Caught many eddies and enjoyed the un-crowded river in the warm sunshine.

Brandon surfed until he wore himself out at Swimmers. Scott was lead boat and we often saw him ahead, high on a rock taking photos of the boats coming through. No other swims were suffered, but a couple of boats fell off the trailer on the shuttle bus trip to the parking lot. A front bungee cord holding kayaks on broke and catapulted the boat that didn't have the bungee run through the grab loop into the grass (Jim's). The boat with the bungee through the grab loop was dragged for a little ways. So on this trip it, was better not to run it through the grab loop.

Driving out, two ambulances raced by us to attend to a drowning at Dimple.

Paddle Safely.

Ignore My Portage Will You? Hah!

Katharine Hepburn said she never saw "On Golden Pond," the movie for which she won the 1981 Academy Award for Best Actress, because a scene of her hauling a canoe single-handedly was edited out.

"I carried the canoe alone," she said in an interview on ABC's "Good Morning America." "Now this thrilled me," she said, and when (director) Mark Rydell told me he'd cut it out, I said "I'm never going to see the picture."

So, there.

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Cruise Schedule

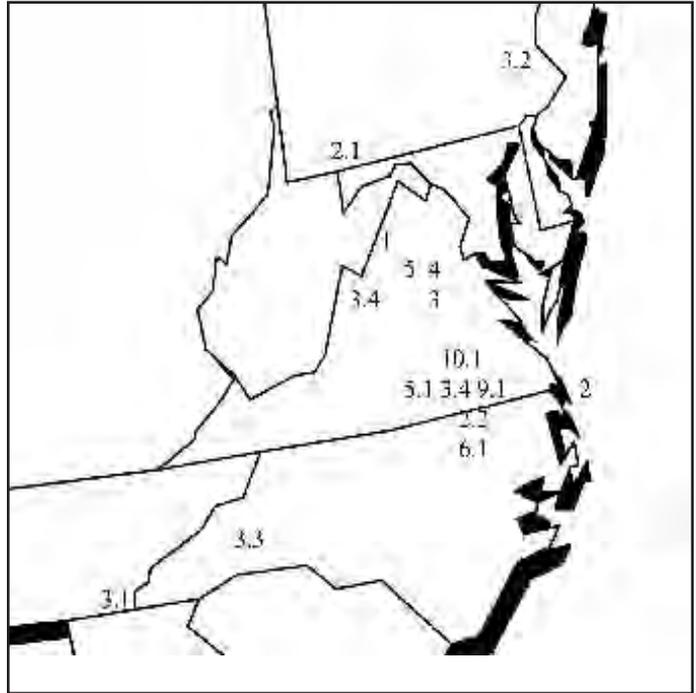
Ken Dubel, Chair

The rules are few but very important.

Coastal Trips are for Coastal members only. We encourage you to join our club and participate in our trips. Participants assume full responsibility for their personal safety. Coastal Canoeists, Inc. assumes no responsibility for your safety, skill level or any other factors affecting trips.

Trip Coordinators only facilitate trips. Email or call the coordinator before 9:30 p.m., Thursday prior to the trip. You cannot bring unexpected guests. You must self-rate your real skills for any trip. To assist you in selecting a trip, trips are rated according to the AWA Safety Code for Class I-VI rivers.

Trip updates can be found on www.coastals.org.



Weekend	#	River	Rated	Coordinator	Email	Telephone	Comments
10/12	0	Nottoway River through Purdy, VA	N	Doug Jessee	not available		Scenic adventure for the practiced novice and above paddler
10/18	1	Quarterly Meeting, South Fork Shenandoah, Newport to Luray	N	Ken Dubel			Follow this fall color paddle with some of Tom's pig pickin'
10/25	2	False Cape State Park Camper Sea Kayak	I	Richard Walters			A somewhat more advanced sea kayak camping adventure
10/25	2.1	Bill Gordon's 27th annual Lower Yough Run	I/A	Bill Gordon			The trip title says it all!
10/26	2.2	Roanoke River through Weldon, NC	I	Doug Jessee			This run is a little stronger than Doug's 10/19 trip.
11/1	3	James in Richmond Reedy Creek to Mayo Island	I	Glen Chaulkley			Intermediate skill level assumes normal water levels
11/1	3.1	Final Ocoee release	I/A	For	your		
11/1/03	3.2	Tohickon release	I	For	your		
11/1/03	3.3	Nantahala Guest Appreciation Festival (G.A.F.)	N/I	For	your		
11/2	3.4	James at Balcony Falls	N	David Bernard			Fall colors!
11/8	4	South Anna	N	Martha James			Good scenery on an easy fallsline river.
11/15	5	Central Virginia Dealers' choice	N/I	Caroline and Ted McGarry			I predict good rains and lots of choices for this one.
11/16	5.1	Nottoway River through Purdy, VA	N	Doug Jessee			Aother shot at the fallsline section of the Nottoway
11/22		James - Hardware-New Canton	N	Martha James			My atlas shows 7 islands. Hmmm
11/23	6.1	Roanoke River through Weldon, NC	I	Doug Jessee	not available		This run is a little stronger than Doug's 10/19 trip.
12/14/2003 (Sunday)	9.1	Fountain (a.k.a. Fontaine) Creek through Skippers, VA	N	Doug Jessee	not available		Ain't no fallsline here. Minimal log jumping skills required. You cannot talk about this trip if you have never done it!
12/21/2003 (Sunday)	10.1	Meherrin through Emporia, VA	N	Doug Jessee	not available		Enjoy a relaxing float trip.
1/10/04	13	Les Fry's Annual Nottoway Camper	I	Doug Jessee	not available		A club classic revitalized! (No dogs, please.)

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Coastals Cross the Species Barrier to Increase Membership

At the last Board Meeting, Chuck Berkey, Membership Chair, enthusiastically announced a new campaign to increase membership. "We'll sign up anybody or anything", he announced. "Just be sure to get their \$20" said Richard Walters, President. Photo by Don Kain of Scott and Carol Wiggins and their Labs Honey and Rusty on Don's Shenandoah River "Ice Cream Run".

Scott Wiggins
Editor
Coastal CaNEWS
10413 Attems Way
Glen Allen, VA 23060-3773

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Quarterly Meeting
Saturday, October 18
 See page 11 for details

Dated Material: Please Expedite!