



# Our 38<sup>th</sup> Year Coastal Ca. NEWS

Newsletter of Coastal Canoeists

Spring 2004

Dedicated to the Preservation and Enjoyment of Wilderness Waterways

## Clicking Along With the Clique

How many members does it take to run Coastal Canoeists? Well, let's see. There are nine members of the Board, three of whom are officers. There are currently ten standing committees and one ad hoc committee. (Three members per committee would be a nice, workable number.)

If the club runs trips 51 weekends a year each for Beginners (and Novices), Intermediate, and Advanced paddlers, 153 would be needed to coordinate the trips; another 153 to write the trip reports.

This adds up to  $9+(11 \times 3)+(51 \times 3 \times 2)=348$  for starters. Then there's helping set up, meal prep, and clean up at meetings and many other difficult-to-quantify chores. Let's throw in another dozen, to make it an even 360 members needed.

*So, if anyone believes that Coastals is being run by a clique: you betcha!*

Against this perceived need, there's a vacancy in one committee chairmanship, board members man four others, and all are ostensibly one-member-committees.

The last four published trip schedules accounted for 59 trips, coordinated by 25 members. (Those of a statistical bent might find it interesting that 11 members coordinated one trip each; nine did two; three did three; the remaining four did four, six, eight and 11 trips.

Over the past year, *CaNEWS* carried nine trip reports contributed by ten members. (Two accounts were co-authored; one member wrote two reports.)

This adds up to 9 (directors) +6 (unduplicated committeemen) +25 (trip coordinators) +10 (reporters) =50. So, to meet the needed cadre of 360, 50 turn out; meaning the club operates at less than 14%.

So, if anyone believes that Coastals is being run by a clique: you betcha! In this case "clique" is defined as "those who are



*Paddlers approach the Bridge of 1,000 Arches on Jim Blake's New Year's Day James River trip*

willing to assume some responsibility for the club's success." But, it's by no means an exclusive group. Any number can play.

Contributing dues to the cause is only the beginning. Every member knows what makes trips and reports and classes and meetings more exciting, more interesting, more beneficial. Every member can contribute—without waiting to be asked. Officers and directors and committee chairmen have their names, phone numbers, and email addresses listed in the masthead of every issue of *CaNEWS*—not out of vanity—but to make it as easy as possible for members to *volunteer*.

The payoff is in the satisfaction, the comradeship of serving, of giving, of really belonging, of lightening the burden of the few who volunteered first.

Consider this an invitation to join "the clique." cc

## Rappahannock Runs Free (For Fish - Not Boaters) Unsafe 'til Rebar Removed

*Dave Stockdill*

On February 23, 2004 the Rappahannock River began running free from its headwaters to the Chesapeake Bay for the first time since the middle of the 19<sup>th</sup> century. It's hard to say when efforts to remove the dam really began. The Friends of the Rappahannock was founded in 1985 and establishing a functional fish ladder or removal of the dam was among its initial initiatives. Over the years, diverse groups began supporting removal of the dam for various reasons. There were two major shots in the arm for removal of the dam. Sen. John Warner in 1996, on a river trip with FOR, stated his support if the localities were behind it. In 1997, the City of Fredericksburg and Spotsylvania County entered into an agreement to develop a

*See RAPPAHANNOCK, page 8*

**Annual Gear Swap April 3  
See Page 5 for Announcement**

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Scott Wiggins, Editor

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www.coastals.org

**Officers, Directors and Committee Chairs**

Position	Name	Telephone	Email
President	Richard Walters		
Secretary	Dane Goins		
Treasurer	Dave Stockdill		
Director	Bernie Farmer		
Director	Doug Jessee		
Director	Cathleen Lowery		
Director	Alicia Jahsmann		
Director	Paul Helbert		
Director	Dave Stockdill		
CaNEWS	Scott Wiggins		
Conservation	David Bernard		
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	Angelo Sakellariou		

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

The Editor encourages you to submit material. Written material should be submitted unformatted and electronically transmitted using WordPerfect, Word or Excel. The Editor reserves the right to edit submissions. Photographs may be submitted hardcopy, but tiff, gif or jpeg formats are preferred.

Please submit your material to: Scott Wiggins, Editor, CaNEWS, 10413 Attems Way, Glen Allen, VA 23060-3773. Unless otherwise credited, the photograph in CaNEWS is that of the editor.

**Membership in Coastal Canoeists**

Current Membership: 479 memberships

Your copy of CaNEWS is your notice that your dues are due. The address label on your newsletter tells you when your membership expires. When your dues are due, the label will state: "YOUR ANNUAL \$20.00 DUES ARE DUE!" Send \$23 for first class delivery of CaNEWS.

If you miss this notice, a final bill will be sent. If not paid within 30 days, you will be removed from the membership. No more CaNEWS, no more trip schedules.

Make your check payable to Coastal Canoeists. Mail to: Chuck Berkey, Membership Chair, 505 Winterberry Drive, Fredericksburg, VA 22405-2060

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**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's fresh in your mind.

**Treasurer's Report**

Checking Account	\$1,522
Special Fund Account	\$10,564
Vanguard Fund	\$8,496
Total	\$24,332

**Giving Back**

We've all benefitted from the contributions of others to our club. Below are pressing needs where you can be a big help.

Club Need	Contact
Trip Coordinators	Ken Dubel
Quartermaster for Quarterly Meeting	Richard Walters
CaNEWS Writers and Reporters	Scott Wiggins

**Advertising in CaNEWS**

Advertisements must be sent in camera-ready format, pre-paid and received by the submission due dates.

Size	Dimensions	1 Issue	2 Issue	3 Issue	4 Issue
1/4 pg.	3.5 in x 4.25	\$50	\$75	\$100	\$125
Roster	Contact Editor	\$100			

**Submission Deadline Schedule**

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

## Program

*Paul Helbert, Chair*  
*Ted McGarry, Co-chair*

**Coastals Canoeists'**  
**Spring Quarterly Meeting**  
**Saturday, April 17**  
*at*  
**Greenwood Community**  
**Center**  
*in*  
**Albemarle County**

**Camping:** Check Website

**10:00 a.m. Paddling** Ken Dubel will provide trips of all skill levels on Nelson County and Charlottesville area streams. Choices include Tye, Rockfish, Piney, Rivanna and Moormans. Call Ken at 540.298.2012 or check the Message Board for details

**4:30 p.m. Board Meeting** At Greenwood.

**5:30 p.m. Doors Open**

**6:00 p.m. Dinner** We will continue our potluck meals. Please bring an entree, vegetable side dish and a drink. Additionally, if your last name begins with A-G, bring chips and dip; H-O, bring a dessert; P-Z, bring salad and dressing. The club will provide hot water for beverages along with paper plates, utensils, napkins and cups.

**7:15 p.m. Program** President Richard Walters presents "Picture Powerpoint Presentations on Powerful Paddling Performances". This is Richard's vacation travelogue with carnage on his recent adventure on great New Zealand paddling rivers.

**Alcohol** - Alcohol is prohibited at the Albemarle County Recreation facility. Enough said.

### Directions

I-64 to Exit 107 Yancey Mills (eastern foot of Afton Mountain).

Take Route 250 West

Go 1.2 miles

Take 1st Right (Rt. 690)

Travel north for 1.1 miles.

Crossover I64 to a hamlet

In hamlet Take 1st Right (Rt. 691)

Greenwood Community Center is 500 feet on the right. cc

## Board of Directors

*Dane Goins, Secretary*

**Date of Meeting:** January 17, 2004

**Location of Meeting:** Silk Mill Grille, Orange, Virginia

**Meeting Chaired By:** Richard Walters, President

**Meeting Recorded by:** Dane Goins, Secretary

**Board members present: Officers:** Richard Walters, Dave Stockdill, Dane Goins

**Members:** Doug Jessee, Alicia Jahsmann, Paul Helbert, Cathleen Lowery  
**Committee Chairs:** Scott Wiggins, Chuck Berkey, Ken Dubel, Bill Gordon, Susanne Smith, Andrea Jones

**Status of prior meeting minutes:** Voted on at this meeting and accepted.

### Officer's reports:

**President:** Richard Walters welcomed new officers, board members and committee members.

**Treasurer:** Dave Stockdill reported the balance sheet showed \$24,332. The P&L showed a net income of \$1,522.17. The Vanguard account was \$8,495.76. The Special Fund was \$10,564.27.

Dave mentioned several items that needed researching or answering: rescue gear and kitchen gear needed inventorying, T-Shirt Sales, ACA-AWA – membership lacking, no bill for hosting the website and check signature cards need signing

**Secretary:** Dane Goins read the last quarterly meeting notes and they were approved.

### Committee reports:

**CaNEWS Archive Committee:** Bill Gordon reported on putting the entire library of CaNEWS onto a CD. There are difficulties doing this, such as the owners of the library don't want them leaving the protection of their possession; the length of the collection exceeds 800 pages; indexing the copied information; the format the copied information should be in; and, the cost of the endeavor. Bill had information from Charles Ware that the majority of the hardcopies had been archived at the Virginia State Library in Richmond. Bill was asked to research if they could be microfilmed or fished. Do we want to do this project?

**Chuck Wagon Committee:** Andrea Jones gave her findings on the future disposition of the club's supply trailer, which is currently located at Karen Abse's house. Three proposals were reported:

1. Create a Quartermaster position responsible for the trailer, its contents & transportation to events. The QM would be paid \$600/year plus the cost of food at \$1,600 to \$2,500 annually.
2. Reimburse the person responsible for the trailer for replacing inventory, fuel & maintenance.
3. Sell the trailer.

The following was decided: The three proposals are to be put in the next CaNEWS for the general membership to voice their opinion. Paul Helbert would move the trailer from Karen Abse's home to his. Mark Jones would repair, organize the collection of items in the trailer, and take inventory of those items. The Board voted to keep the trailer for another year and continue discussing its disposition.

**Membership:** Chuck Berkey reported that the club's membership was stabilizing around 479. Chuck also asked that we consider annual dues submittal versus monthly. This discussion will continue at the next meeting.

**Newsletter:** Editor Scott Wiggins presented his budget of \$6,550, which includes CaNEWS, the 2004 Roster & club brochures for paddling businesses to offer within their stores.

**Safety/Education:** Rob Ault's submitted an [email](#) report requesting \$500 to \$1,000 in 2004 to cover the following expenses: subsidizing the Chesterfield Y roll sessions, a CPR course for members and a wilderness first aid course; paying for members' ACA event insurance for safety classes, purchase American Whitewater's safety guidelines/river ratings brochure and purchase Les Fry's hydraulic/rapid model. In 2003, I had a \$2,000 budget and spent \$700, to purchase rescue PFDs, rescue tethers, and strainer-drill materials.

**2004 Safety Classes:** Plan to offer a 1-day basic river safety course and a ½-day rescue PFD course. Possible 2-day advanced course, a CPR course and a wilderness first aid course.

**Other safety news:** Steve Thomas provided all the CaNEWS safety articles from 1971 to 1984 to be recycled in future CaNEWS. Rob was asked to participate in an ACA national committee to review and revise the current ACA swift water rescue curriculums. Rob lost most of the responses to his river rescue survey because of a computer hard drive crash. Response rate was too low to be statistically valid, but it should be no surprise that many responders had SWR training and first aid/CPR training, but they thought the majority of their paddling buddies did not have that training.

**Programs:** Paul Helbert arranged Teta Kain, president of Friends of Dragon Run, to present tonight.

**Raffle:** No raffle tonight or report.

**Multimedia:** Susanne Smith reported that she has received several media past their due dates.

**Sales:** Cathleen Lowery reported a few sales from the last meeting. She passed around sample hats for future sales.

**Conservation:** Ken Dubel announced David Bernard accepted the Conservation chair. The board voted and welcomed David (in absence) to the position.

**Website:** Scott Wiggins said Dane Goins recommended Angelo Sakellariou as a Webmaster. Sakellariou has experience in web creation. General consensus agreed. Dane will contact Angelo for a conversation with Scott on roles and responsibilities.

**Cruise:** Ken Dubel reported his budget request for 2004 was \$200.

**Nominating:** No report.

**Announcements:**

Chuck Berkley announced Mrs. Lynn Franklin a "special friend" had passed. Mrs. Franklin gave Fredericksburg paddlers and Coastals access across her property to the Rappahannock River at a poplar putin in Fredericksburg. She died on December 6, 2003 at the age of 104.

**Motions adopted:**

1. Last month's minutes and notes were approved.
2. The Treasurer's report was accepted and approved.
3. Bill Gordon was asked to continue researching the archiving of CaNEWS.
4. Letting the chuck wagon/trailer issues was voted on and decided to get general membership input to the decision.
5. David Bernard was nominated and elected by the Board to head the Conservation chairmanship.

**Motions rejected:** None

**New Business:** Doug Jessee asked for a "special meeting" to discuss the 2004 budget. He is trying to arrange a 4-hour meeting in or near Richmond during February.

**General items of note:**

Bill Gordon mentioned that the Advertising Board (Website) needed updating more often, preferably weekly. He suspected non-club members were advertising on our website. There was some general brief discussion on whether our website should offer a copy of the CaNEWS. Some suggested a synopsis of the publication only while others said no we shouldn't have it on the website at all, and still others wanted it there. More discussion is needed to determine the answer. CC

## Board of Directors

### February 14th Special Board Meeting

**Date of Meeting:** February 14, 2004

**Location of Meeting:** Scott Wiggins' Home, Glen Allen, VA

**Meeting Chaired By:** Richard Walters, President

**Meeting Recorded by:** Dane Goins, Secretary

**Present: Officers:** Richard Walters, Dave Stockdill, Dane Goins

**Board Members:** Doug Jessee, Alicia Jahsmann, Cathleen Lowery, Bernie Farmer **Committee Chairs:** Scott Wiggins, Chuck Berkey, Susanne Smith, Ted McGarry

**Absent:** Ken Dubel, Paul Helbert, R. Glen Chalkley, David Bernard, and Rob Ault

**Status of prior meeting minutes:** Pending approval.

**Officer's reports:**

**President:** Richard Walters opened the business meeting with a discussion of the 2004 Budget.

**Treasurer:** Dave Stockdill presented the club's budget on a screen.

**General Conversation and discussion:**

**2004 Budget:**

The budget was reviewed by each line item. Cost cutting proceeded.

- Reduced the Printing & Reproduction CaNEWS Budget (\$225)
- Reduced the Program budget (\$325)
- Reduced the Conservation budget (\$100)

The cost of brochures was increased from \$300 to \$400. The brochures are to be redesigned by Scott Wiggins and Chuck Berkey. They will be placed at various locations including Appomattox River Company, Blue Ridge Mountain Sports and other outfitters for boat buyer's review. Hopefully this will increase membership.

Added the raffle of a new canoe. Projected cost was \$500 and projected receipts at \$1500, netting the club \$1,000. To be done at the summer quarterly meeting.

**Special Funds:** The motion to suspend contributions to the special funds was made and seconded. The special funds have grown to \$19,000. The 2004 contribution to the fund would have been \$1,345. The suspension is for 2004 only, retroactive to January, and will be reviewed and discussed at the 2005 Budget Meeting.

**Quarterly Meetings:** April 17<sup>th</sup>, July 17<sup>th</sup> and October 16<sup>th</sup>

**Membership:** Membership is going annual. Membership dues/checks will be sent to Chuck Berkey and membership will run from January 1<sup>st</sup> to the next January 1<sup>st</sup>. For the next 12 months, dues will be prorated. Chuck is to work out the details to fit into his schedule. Chuck will also write an article to explain the change to the membership.

**CaNEWS:**

- Cut off dates for publication
- March 1 for the Spring edition
- June 1 for the Summer edition
- Need to add the t-shirt sale block of information as an ongoing item
- Need to mention the Canoe Raffle in the March & June issues. CC

## Membership

*Chuck Berkey, Chair*

Membership information is removed from the online version of CaNEWS

### JAMES RIVER OUTDOOR COALITION

# ANNUAL OUTDOOR GEAR & EQUIPMENT SWAP

**Saturday, April 3, 2004 10a.m.-2p.m.**

**17th Street Farmer's Market, Richmond, Va**

The general public is encouraged to participate in the Swap Meet through sales and purchases of pre-owned outdoor gear. This meet will feature kayaks, canoes, paddles, hiking and backpacking gear, camping equipment, equipment for snow sports, cycling and climbing, all for sale and trade. In addition a number of outdoor retail stores, such as Blue Ridge Mountain Sports and the Appomattox River Company along with equipment manufacturing representatives will be on hand offering deep discounts on overstocks and clearance items. A percentage of the proceeds benefit the James River Outdoor Coalition's projects. Get project information at [www.jrocd.org](http://www.jrocd.org)

Contact **Sally Wetzler** to sign up or get info.

804.320.8131  
[JROCSwapMeet@jrocd.com](mailto:JROCSwapMeet@jrocd.com)

## 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.

## Safety/Education

Rob Ault, Chair

### Are You Carrying the Right Rescue Gear?

Are you carrying the right rescue gear for your next river trip? Use my checklists below to see if you've got what it takes! Remember, having the right gear can make the difference in a rescue situation.

I'm a minimalist here, so you might want to add to my lists. Also, I assume that white water paddlers are wearing helmets, PFDs with whistles and knives, and clothing appropriate for the conditions.

Here're my recommendations, based on the water and the remoteness of the trip.

**1. Accessible white water** (easy to go for help, easy to walk out – the James River in Richmond or the Ocoee, for example)

**Throw bag** (Every paddler should carry one.) 70 feet of 3/8-inch polypropylene or Spectra rope. The minimum length is 50 feet and the minimum diameter is 1/4 inch

**First aid kit** (Every paddler should carry one. If not, there should be at least one first aid kit per group.) The kit should include: CPR Microshield, Space Blanket, trauma dressing (a thick sanitary napkin works well), duct tape, latex/nitril gloves and drybag to carry the kit

**2. More remote white water** (harder to go for help or walk out – the New or the Gauley, for example) Throw bag, First aid kit, Spare paddle (Several companies offer 3-piece and 4-piece breakdown kayak paddles. Not every paddler needs to carry one, but there should be one in the group.)

### Creeks or Other Rivers with Higher Chances of Pinning

**Throw bags** (Consider a waist-worn throw bag in addition to the throw bag in your boat. Some people prefer them outside the sprayskirt and some prefer them under the sprayskirt. There are pros and cons about each location, but I think what's most important is having a throw bag you can reach without getting out of the boat. For kayakers, a 50-foot waist-worn throw bag is good. Open boaters can more easily wear the 70-foot waist-worn bags.), **First aid kit, Spare paddle, Pin kit** (At least one kit per group) including 16 feet of 1-inch tubular webbing, 2 Prusik loops made from 6- to 8-foot lengths of 5 mm or 6mm rope, 4 carabiners (at least 2 should be locking carabiners), bag to carry the kit

### Other Equipment to Consider

**Rescue PFD with tow tether** (especially if you're paddling creeks or in a leadership or teaching role), **Cell phone** in a waterproof case, **Pulleys** (2 for your pin kit), **Carabiners** (a few extra 'biners are always nice), **Folding saw** (especially for creeks or other log/debris-littered rivers), **Additional first aid supplies** (based on your training, your group's size and your trip), **Additional clothing** (based on the worst weather you expect)

**Don't Forget Your Training!** This equipment won't do you any good if you don't know how to use it. Remember a good paddler has three types of skills: paddling skills, rescue skills, and first aid skills.

If you don't have the training, go get it! Coastals is offering wilderness first aid and river rescue training this spring, and there are many other course options available through other clubs, county recreation programs, the Red Cross, and paddling schools such as the Nantahala Outdoor cc

### Wilderness First Aid Offered

Sign up now to take this 1-day wilderness first aid course at the spring meeting! This class will give you CPR training and the basics of wilderness first aid. Adventure Medical Training, [www.wildmedical.com](http://www.wildmedical.com), will teach the classes, and some content will be specifically for paddlers.

**Two Sessions Offered** - You have two chances to take this 1-day class. Each class is 8 1/2 hours long.

**Saturday, April 17, 9 a.m. – 5:30 p.m.**

**Sunday, April 18, 9 a.m. – 5:30 p.m.**

There is a 10-student minimum and a 20-student maximum, per day. If there aren't enough students for a given day, we'll cancel the class.

**Cost** - The class costs \$57 and includes instruction and textbooks. If you're a Coastals member, the club will pay \$10 of

the fee, so you'll pay only \$47.

**Where** - The classes will be somewhere in the Charlottesville area. (The club's spring meeting will be near Afton Mountain.) Look for more details online as soon as a site is finalized.

**Who** - This class is open to Coastals and non-Coastals, but only members get the \$10 tuition discount.

**Sign up Now! - If you haven't registered already,** e-mail Rob Ault at [or call him at](mailto:rault@coastals.org)

cc

### Spring Rescue Courses Scheduled

Learn essential river rescue skills on June 12, and get a chance to practice advanced, rescue PFD skills on June 13.

**June 12 – Basic Whitewater Safety** - This one-day class focuses on the fast, simple and most important rescue techniques, including swimming, wading and throw bags. No prior experience required, but you must be in decent shape and able to swim. Free to Coastals and open to 15 students.

**June 13 – Rescue PFD Class** - This 4-hour class will teach you how to really use a rescue PFD. You must have prior river rescue training and get pre-approval to take this class. I will provide rescue PFDs, but you're welcome to bring your own. Free to Coastals and open to 10 students. If there is enough demand, I might teach two sessions. **Where** - The classes will on the James in Richmond. Water levels will determine the exact location.

**Details** - Look for more details online and in an e-mail once you've registered. **Sign up** - E-mail Rob Ault at [or call](mailto:rault@coastals.org)

him at to register. You must register by **Tuesday, June 1.**

cc



*On February 23, explosives opened Embury Dam and for the first time since the mid-19th Century the Rappahannock River ran free.*

*Associated Press Photograph*

## Rappahannock, (from page 1)

I-95 and the Embry dam. Once the City's water supply no longer depended upon the dam, the arguments for removal of the dam outweighed those against. Several people have died diving, jumping or falling over the dam and the liability issues began to weigh heavily on the council. In 1999, the Water Resources Development Act for the removal of Embry Dam authorized \$10 million. In 2000, the city quit using the water intake at the dam and momentum increased.

Physical efforts began last summer when contractors began dredging behind the dam. 250,000 cubic yards of sediment were removed in an effort that lasted into December. The dredging operation was not without its problems. High water from Hurricane Isabel brought additional sediment filling much of the dredged area. Trees washing down stream tore up the anchors of the dredge pipe allowing part of it to be swept over the dam. Then, vandals released a tender raft, which washed over the dam, and pinned in the rapid we call "First Drop" over half a mile downstream. Late in the year, a crane was floated out to breach the 1855 crib dam just upstream of the 1910 cement structure.

After making recon trips, the US Army dive teams came in force in early February. They toiled in near-freezing water at temperatures that reached the teen's overnight, wielding heavy hammer drills to drill about 200 2" diameter holes about a foot deep into the concrete for the explosives.

Finally the big day came. People began gathering as early as 6:00 AM to stake out their viewing spots. I even talked with one local paddler who was there by 4:00 AM.

Roads in the immediate area were closed at 8:00 AM and, by the time the 11:00 ceremony began, there were an estimated 7,000 spectators gathered along Riverside Drive. Dignitaries spoke and Coastal Bob Gramann sang "Rappahannock Running Free,"



his 1993 historical folk tune which, in its last verse proclaims "I say it's time to blow it up; there's no need for this dam." (Contact info at [www.bobgramann.com](http://www.bobgramann.com)) The politicians surprised even themselves by completing their speeches ahead of schedule. At 12:04 PM the sirens of the emergency



*The breeched Dam and the Rappahannock Running Free (Photographs by Dave Stockdill)*

vehicles of the city began sounding a 30-second warning; after which the dam was to be breached. Either the initial blast was late or the countdown clock was fast. In any event the blast went off later and much smaller than anticipated. A few moments later we found out that only 10% of the explosives went off. I later talked to one of the divers who told me the charges were

fused to go off a section at a time beginning with the river left most section and working to river right at millisecond intervals. He told me debris from the first blast took out the delay timer and stopped the chain. The charges were re-fused and a second detonation took place at 1:21 PM. This blast was more what the crowd had anticipated. We watched with great joy as the small wave worked its way downstream.

After the all clear was given, we were able to get close to the dam from the downstream side where FOR had hot chocolate for the public. The riverbed above the dam changes from day to day and may have a surfing wave. It will take a number of high water events for the river to wash the remaining sedi-

ment downstream and locate its natural bed. Unfortunately, the blast left a great deal of rebar in all 10 of the breached chambers. Even though the third section from river left appears clear in the above photograph, it is full of rebar that doesn't show up. No one knows what is under the surface. Until contractors are able to remove the rebar the breach is (in my opinion) far too dangerous to run.

The Rappahannock has been officially closed from the I-95 bridge to the dam since dredging began this past summer and will continue to be closed until the dam is removed sometime in 2006. So, if you want to see the riverbed above the dam you either have to portage 0.7 mile or ferry up from below the dam on the river left and walk around the old portage. At the time of this writing the bank near the dam was about 5' of unstable sand. As the sand dries it will become less and less stable. Please be careful if you go see it.

More stories and photos and video clips can be found at <http://www.fredericksburg.com/News/FLS/Projects/2004/EmbreyDam> and <http://members.cox.net/datastockdill> cc

# Trip Reports

## Main Salmon - July 2003

*Dane Goins*

The trip started bad. Sitting in the Best Western near Boise Airport our outfitter, Canyons, Inc contacted us with disappointing news. The access road to the junction of the Middle Fork and Main Salmon was closed due to a landslide. In addition, there was a forest fire nearby and priority was being given to firefighters needing to get in and, second, to boaters needing to get off the river. Those waiting to get on the river were a distant third. Our trip looked doomed.

Canyons, Inc ([www.canyonsinc.com](http://www.canyonsinc.com))



*Camping on the Main Salmon as photographed by Dane Goins*

worked all night figuring out logistics to get our group on the Main. The next afternoon, we flew in a bush plane 30 miles downstream, landed on a dirt track beside the river. Whoa! That was more excitement than I needed! To make up part of the truncated trip, Canyons added 10 miles to the tail end, an alternate section that's paddled by few.

Coastal members, Earl and Shirley Martin, their niece Tracy, and I settled in for a week's worth of perfect weather, camping, and paddling. Fellow Richmond kayaker, George Ariante, joined us to make three of the seven k-boaters on the trip. Others on the trip rode rafts or paddled inflatables for the 60+-mile journey.

The first couple of rapids were classic western whitewater – big! Large rolling waves, car sized boulders, and swimming pool size holes were waiting to greet the

boaters. Elkhorn Rapid was a zigzag Class III+. We stayed tight with the lead kayaker who definitely knew the path. “Growler”, another Class III was next. It is a section of river full of holes. The strategy in running this rapid was to try to miss the holes or power through them. Our buddy George found the bottom of the hole. It was amazing the “boat meets rock” sound that resonated for a hundred yards. Fortunately, lady luck smiled on us and there were no swims. This was the way the trip went, big water (by my Eastern standards), exciting but not beyond our abilities.

Our outfitter was Canyons, Inc, who

## Rio Verdi - 2003

*Dane Goins*

A week-long paddling trip in mid-October is not something I practically look forward to. Forgive me but the cool weather and water typically lowers my personal fun meter.

Opportunity came knocking with a call from friend and Maine guide Mike Patterson ([www.wildsofmaine.com](http://www.wildsofmaine.com)) inviting me to a “special” fall run down the Verde River. “Special” because the Verde had plenty of water, despite Arizona's current 4-year drought. When I discovered that fellow Coastal friends Jim and Marsha Withers had signed up, my decision was made easy. This would be a reunion trip since we had run the river back in 2000. In addition to Mike Patterson, our merry band of twelve was led by Pierce Nelson ([www.moab-rafting.com](http://www.moab-rafting.com)) and Bob Granger of Phoenix.

Five OC1s, two OC2s, 2 inflatable kayaks, and my Wave Sport Godzilla paddled the 45-mile stretch of Class II-III whitewater. The Godzilla choice was due to having to carry tent, sleeping bag & pad, and other personal gear in the roomy stern of the kayak. The more intense rapids were class III's and had names like Killer Fear Fang Falls, Little Dog Leg, Reunion, and a section of reeds that formed a canopy, we dubbed “the Tunnel of Love”.

As with most fun events, the six-day trip went fast. Each day the medium level whitewater was intermixed with the local Sonora desert flora and fauna. Bald eagles, Harris hawks, blue herons, ducks and quail were abundant during this time of year. Even had a curious javelina grunting around camp one night.

The morning of the third day we were treated to aerial acrobatics by a flock of American Avocets. These white birds formed a cloud and in perfect unison flew back and forth over the river outside our camp. Someone speculated we had encroached on his or her feeding ground. So, not wanting to disturb our avian fiends more than necessary, we hastily departed.

Our takeout was at Horseshoe Reservoir – a nice two-hour drive from our hotel in Scottsdale. After a nice farewell dinner at Carlsbad Tavern, our trip ended with another set of fond memories. cc

many Coastals used in 1997 Middle Fork of the Salmon River trip. Les Bechtel's company and guides are superb. Mature, safety conscience guides that worked hard to keep everyone content. Their skills as guides were second only to their cooking! If you went hungry, it was your own fault. Salmon, chicken, steak, Mexican, pork loin, and individual custom-made breakfast, keep all but the most disciplined dieters from losing weight.

We weren't short changed on the wildlife, golden and bald eagles, mule deer, herons, hawks, and big horn sheep abound. For those who like history, several frontier settlements were on the river and our hiking itinerary.

Back in Boise, discussing the trip over dinner, the consensus was, despite the rough start, this was one of the best trips we have undertaken. It is recommended to all. cc

## Coastals Being Coastals



*Tom Cole on Back Creek*      *D. Goins*



*Bill Gordon on Back Creek*      *D. Goins*



*Jim Blake on Back Creek*      *D. Goins*



*Coastals on Back Creek*      *D. Goins*



*Three Lefty Coastals & Richard on New Year's Day*      *S. Wiggins*

*Got a Picture of Coastals Being Coastals? Send it to the Editor. You'll see it here.*

## Cruise Schedule

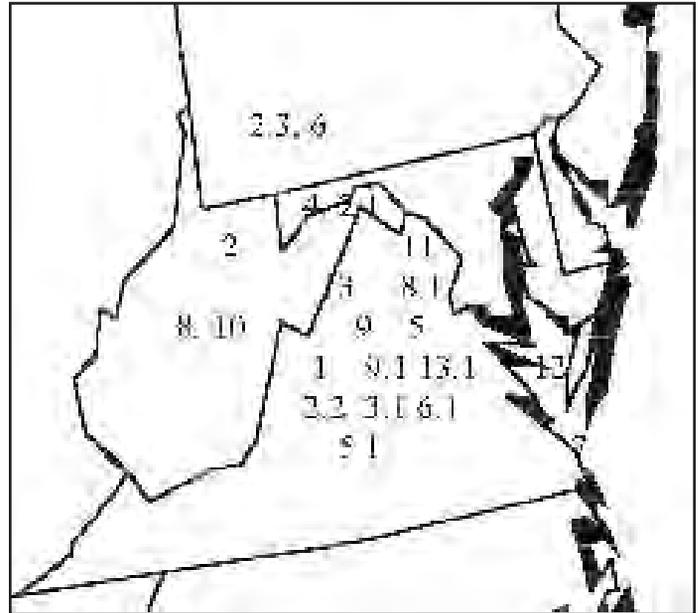
### Ken Dubel, Chair

*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](http://www.coastals.org).



Date	#	River	Rated	Coordinator	Email	Telephone	Comments
4/17-18	1	Qtrly meeting, Charlottesville area	All	Ken Dubel			Several options this weekend
4/24-25	2.0	Cheat / Tygart basins	A	Dave Stockdill			Cheat Canyon plus others
4/24-25	2.1	N. Branch Potomac @Bloomington	I	Dave Lewis			Dam release.
4/24-25	2.2	Maury Sat., Balcony Sun.	N/I	Jenny Wiley			Friendly runs, car camping, Celtic Festival
4/24	2.3	Stoneycreek River		For			
5/1-2	3.0	Birthday Nolichucky Paddle	I/A	Mark, Andrea Jones			Stunning scenery, a classic whitewater gem
5/1 5/2	3.1	Tye River Race	N/I	Conny Roussos			Multiple options in Nelson County.
5/8 5/9	4	N. Branch Potomac @Bloomington	I	Andy Digrys			Like Dave's trip above but wanna play some more?
5/15	5.0	South Anna	N	Ted McGarry			Enjoy a peaceful day of easy whitewater
5/15 5/16	5.1	Craig Creek / Upper James at Wingina camper	N	Jenny Wiley			Contact Jenny well in advance
5/22 5/23	6.0	Lower Yough	I/A	Jim Loffredo			First timers welcome. Contact Jim well in advance.
5/22	6.1	James - Hardware to New Canton	N	Martha James			The most popular part of the middle James
5/29	7	Memorial Day - Morris Creek	N	Richard Walters			Scenic float trip in Tidewater area.
6/5- 6/6	8.0	New River Gorge 1st timers	A	Lynn Aycock			For 1st timers. Safety boat volunteers needed.
6/5 6/6	8.1	24th Annual Rappahannock Race	All	John Long			A paddling race for all comers - Fredericksburg area
6/12 6/13	9.0	Charlottesville area streams	N, I, A	Regina O'donnell			Depending on rain - Rivanna or Tye
6/12 6/13	9.1	Possible swiftwater rescue class	I	Rob Ault			Check message board.
6/19 6/20	10	Upper New in West Virginia	N/I	Dave Lewis / Raymond Williams			Becoming a club classic
6/26	11	Potomac River Mather Gorge	I	Ed Grove			Classic DC area runs.
7/3-5	12	Goodwin Island	N/I	Richard Walters			Celebrate Independence Day in a sea kayak!
7/10	13.0	S. Fork Shenandoah	N	Don Kain			Good fishing, easy whitewater, ice cream.
7/10-11	13.1	James in Richmond	N/I/A	Jenny Wiley			Pony Pasture to Reedy/Mayo

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*On a beautiful and unseasonably warm New Year's Day, Jim Blake surfs on his James River trip*

**Scott Wiggins**  
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Saturday, April 17  
See Page 3 for Details

**Dated Material: Please Expedite!**