



Our 41st Year Coastal Canoe NEWS

Newsletter of Coastal Canoeists

Spring 2006

DEDICATED TO THE PRESERVATION AND ENJOYMENT OF WILDERNESS WATERWAYS

For the Love of Water

Teresa Killian

Editor: We can thank Steve Thomas for this article about Slim Ray who was paralyzed kayaking the Green River. This article first appeared in the Spartanburg Herald-Journal, January 8, 2006.

The waterfall pounded on the capsized kayak, pinning 43-year-old Slim Ray in the turbulent, rocky pool below. He couldn't move. He couldn't breathe. He was being squeezed like a man inside a crushing handshake, and thoughts of drowning seeped into his mind. But the grinding flow of the Green River loosened its grip. Ray's paddle floated free. His nearly 11-foot-long boat followed, and, finally, him.

The paddling instructor — a pioneer of swift-water rescue — shouted for help as the water tugged him downstream. His compan-

"I just wanted to survive"

ions threw ropes to him from the shore. He caught the second and was pulled to safety. Worse than his pain was the nothing he felt below his waist. Ray's friends helped him stay still in the relatively warm, July water as others ran up a steep trail for help. Three hours later, a helicopter landed in the narrow gorge. "The pilot probably shouldn't have brought the helicopter in, but I sure was glad to see him," Ray said.

They flew to a hospital in Asheville, N.C., where he spent the next three weeks before seeking care at Thorn's Rehabilitation Hospital.

"You train to reduce the risk, but that never eliminates it. Slim knows it. I know it. Everyone on the river knows it." Charlie Walbridge

Ray co-wrote his own accident report: "The T-12 vertebra, the lowest of the chest vertebrae a little above the small of the back, was badly damaged. It is likely that he will not regain the use of his legs."

He had to cancel a "working" sea kayak trip to Chile, since he no longer had the stability for kayaks — his livelihood.

His house in the wooded mountains near Bryson City, N.C., was not wheelchair-friendly. He had to sell.

The typical 20-minute routine of getting dressed turned into hours. Gone was his easy-going, whitewater-chasing lifestyle.

"I just wanted to survive," said Ray, remembering the accident 14 years ago. "You are



Tom Wood drives through Hollywood on New Year's Day

dealing with all this new stuff. You've got to learn to live your life over. Reinvent yourself."

And Slim Ray has, though he still loves the water and continues to kayak — with some help from his friends.

Always a Thrill-Seeker

The Florida native grew up riding motorcycles from Suzukis to Kawasakis. He loved the speed, and let it rip on the racetrack. That's where he crashed at 130 m.p.h. and spent a week in a hospital. In the Army, Ray served active duty from 1968 to 1973, including two tours in Vietnam.

"I was wounded once, but not seriously" he said.

In the late 1970s, he discovered whitewater at the Nantahala River. He had stopped to find a warm place to sleep while solo backpacking on the Appalachian Trail and signed up for a rafting trip. The long-time canoeist wasn't accustomed to fingers of water suddenly turning upstream behind rocks and spilling over others, re-circulating. He enjoyed being outside and the feeling of the water.

"You sort of get hooked," Ray said.

On Fridays, he would leave a desk job in Florida and drive seven hours to take a paddling clinic or spend time on a river. He would get back about 2 a.m., sleep for a few hours and show up for work.

A year later, he followed his pas-

Cleaning Up Pollution Who Should Pay?

David Bernard

Virginia Senate Bill 626 would tax all guests at Virginia hotels a dollar a night, about \$30 million a year. It would also take \$40 million a year from real estate recording fees.

All of this tax money would be put into the Water Quality Improvement Fund (WQIF). It would then be given to localities to build or improve sewage treatment plants or be given to farmers to implement "best management practices" to reduce erosion and nutrient runoff from their land.

No one is more anxious to see Virginia's rivers cleaned up than I am. So why isn't your conservation chair asking your Coasts board to publicly support this bill?

The responsibility to clean up pollution needs to rest on the perpetrator, the polluter, not on some other subgroup of the population. Since the Clean Water Act was passed in 1972, a big part has been federal grants to states to upgrade sewage treatment. Since localities have been spared a big part of the cost themselves, they have an incentive to use more water, since the full cost is not included in the bill. Another environmental problem has

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To Join Coastal Canoeists contact Chuck Berkey, Membership Chair, 505 Winterberry Drive, Fredericksburg, VA 22405-2060.

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The death of Karen Abse in January and the permanent injury sustained by Slim Ray described in this issue's leading article starkly remind us of the risks inherent in paddlesport. Yes, we intellectually acknowledge and accept the risks. But that does little to negate the emotional impact and overwhelming sense of loss when such tragedies occur.

We are sobered by the thought that should we be caught in the same combination of events and circumstances that led to the death of Karen or the injury to Slim Ray, the outcome will be the same for us.

Karen was a Coastal for 14 years. At the January Board of Directors meeting, the Board and the 2006 Leadership Team approved a \$1,500 contribution to James River Outdoor Coalition and an additional \$100 contribution to JROC in memory of Karen.

The following article, which appeared in the *Richmond Times Dispatch* Monday January 23, memorialized Karen and what she meant to so many.

Kayaker Loved Art, Lived Life "So Fully"

by Ellen Robertson & Jullian Walker

When kayaker Karen Abse wasn't in the water, she was usually adding expert strokes to some artistic or community project. "I always called her my hero. I wanted to be like her," said photographer and close friend Lynda Richardson of Richmond.

"She was a really fine artist — she made these fabulous copper weathervanes. She was an extremely talented kayaker. We played racquetball together. She was an unbelievable mountain climber. She was a volunteer coordinator of athletic events. We refereed soccer games together. She was an awesome friend." Ms. Abse, who had celebrated her 55th birthday on Thursday, died Saturday in the James River after her kayak capsized and the current carried her under logs and debris during a group river trip.

She had lived in an old farmhouse on 10 acres in Midlothian that housed a studio where she kept her welding equipment for her art. "You should see her garage," Richardson said. "She had top-of-the-line mountain bikes, kayaks, open boats for white-water canoeing — all perfectly situated. She was incredibly organized."

From 2003 until last January, Ms. Abse had worked on a project basis as special-events coordinator for Lewis Ginter Botanical Garden. "Her uncanny ability to live life so fully makes this an especially difficult loss," said Shane Tippett, assistant executive director for finance and operations at the garden.

See "Karen Abse" page 5

Programs: Spring Quarterly Meeting Mike Dean

Date: Saturday, April 22, 2006
Place: American Legion Post 17, Shipman, VA, Nelson County
Directions: Follow I64 west to exit 118A in Charlottesville (US Rt.29 south to Lynchburg). Follow Rt.29 south for about 28 miles through Lovingston. On the south side of town, look for Rt.56 east and turn left. Go 3 to 4 miles on Rt.56. The American Legion (Shipman Community Center) on the right
Paddling: see Cruise Schedule on page 10 or check website
Schedule: 4:00 p.m. Board Meeting, 5:30 p.m. Social, 6:00 p.m. Dinner: Potluck. Everyone bring a main dish. Additionally, if your last name ends with A-G, bring dessert; H-O, bring salad & dressing; P-Z, bring bread or chips & dip.
Camping: James River State Park Primitive sites are \$12, Water/Electric Sites are \$24. Reserve sites on-line at www.dcr.state.va.us/parks/jamesriv.htm or Call 1-800-933-PARK (7275). This is a fairly primitive campground. Directions to Campground from the Shipman Community Center: Take 56 to Hwy 647 South (Findlay Mountain Road). 2.3 miles, go right onto Hwy 722 (Williamston Road). 2.0 miles, go left onto 655, (Variety Mills Road). 2.7 miles, go right onto 626, (Norcross Rd). 2.7 miles, turn left onto 606, (Buffalo Station Dr). 3.3 miles, turn left onto 809, (Payne Place). 1.5 miles, make a left onto US Rt.60. Cross the James and make a left onto Rt.605. Go about 7 miles to park entrance on left.
Programs: Conservation: A Presentation by Calvin Hite, the Superintendent of the New River Gorge National River, concerning the New River Gorge General Management Plan. Mr. Hite will speak for approximately 30 minutes about the process of updating the management plan, and how we can provide input. Please bring your questions and creativity to help shape the future of this classic West Virginia River. **Safety:** Learn a Valuable skill – Win \$50. Bring your throw rope to the meeting. Rob Ault will be doing a short presentation on basic technique, skills, and importance. Rob's presentation will be followed by the Coastal Canoeists Throw Rope Championship. Top Prize will be \$50 Appomattox River Company gift card. Sharpen your skills. You may win \$50 or maybe save a life.

Slim Ray

from page 1

sion for the water to a new job as a raft guide at the Nantahala Outdoor Center.

Ray wasn't scared away by the money, or lack of it. Raft guides typically live hand-to-mouth lifestyles that breed jokes such as, "What do you call raft guide without a girlfriend? Homeless."

He wasn't scared away by the risk.

Ray was there when a friend and fellow raft guide, Rick Bernard, drowned on a kayaking trip to the Chattooga River.

The often-underestimated power of moving water pushed Bernard under a rock in a rapid called "Jawbone." "We tried very hard to rescue him and couldn't," Ray said. "We couldn't get to him, but I don't know that we could have saved his life."

Developing a Solution

The feeling of helplessness drove Ray to want to help develop rescue techniques — strategies for responding to different emergencies. He and other paddlers began testing the application of rope-handling and knot skills from mountaineering in simulated whitewater situations. It was that core group of paddlers that shaped the current standard of whitewater safety protocol, says Mark Singleton, executive director of the nonprofit American Whitewater organization.

The research resulted in a book "River Rescue," which Ray co-authored with Les Bechdel. Copies still sell today. Charlie Walbridge, who has been the safety chair for both American Whitewater and the American Canoe Association, said one of the most important things the group accomplished was just getting people to think about rescue and safety.

"Before that, when something happened, you got out to the spot where the problem was, scratched your head and tried to figure something out," Walbridge said.

Ray has helped Walbridge in the task of reviewing accidents nationwide and writing reports analyzing what happened and what could be improved in the rescue. He organized an international safety symposium in 1990 at the Nantahala Outdoor Center that drew people from all over the world.

He also was key to persuading United States manufacturers to make life jackets specifically designed for rescues with features such as quick-release harnesses, Walbridge said.

"Slim's river safety story is a very long one," Walbridge said. "He was one of the people who really started swiftwater rescue training in the paddling community in the late 1970s."

Swiftwater Lifestyle

Ray and other hard-core, safety-committed paddlers planned trips around swift-water rescue clinics. "You went out west when the water was up," Ray said. Sometimes the drills turned real, as paddlers in need of help crossed their paths. In one case, Ray swam nearly a half-mile to rescue a rafter who had been knocked unconscious. He took kayaks to countries from Costa Rica to Nepal, "writing paddling articles and taking pictures for magazines.

Ray explored nontraditional tourist places such

as Costa Rica's Poas hotel, which was named for a volcano, though boaters crowned it "The Poas Hotel for po'ass paddlers." Rates were \$1.50 a night and \$3 for the best room in the house.

The hardest whitewater Ray has run so far is the Futaleufu in Chile, he said. It was also-the most clear, most beautiful. "I enjoyed the lifestyle, and the international traveling," Ray said. "It's too bad I got injured as kayaking really took off."

Treacherous River

An hour north of Spartanburg through Henderson and Polk counties flows the Green, a river with a section some describe as the most popular stretch of consistent steep creeking in the eastern United States. The 2.9-mile Narrows drop an average of 178 feet per mile with 11 expert-class rapids in close succession, including "Scream Machine," "Go Left or Die" and "Hammer Factory."

"The river was amazingly forgiving at high water and not forgiving at all at low water," said Risa Shimoda, a former Easley resident who was the first woman to run the entire Narrows. She knows where Ray got hurt — a rapid called Sunshine.

She knows the "line" he was taking. The path involved a drive "with the right angle and speed into a blind drop — unable to see the bottom. "You don't have much space to build up speed or make a correction," Shimoda said.

On July 15, 1991, Ray was paddling the Green River for the first time. He was with a group of experienced, safety-cautious paddlers who took their time scouting rapid after rapid. Ray was cautious. He decided to walk around "Gorilla."

At Sunshine, four paddlers in his group did the same. Four ran it successfully. "I didn't think Sunshine was beyond my abilities or I would not have run it," Ray said. "As he went over the drop the boat lost its angle and went straight down, hitting the rock with terrific force. After pinning momentarily, the boat pitched forward and disappeared into the spray of the falls." Paddlers describe his accident as a terrible piece of bad luck, a tragic accident and sobering. Walbridge says paddling has the same risk or less than there is in many activities such as scuba diving, high school football or driving a car. Very few people who paddle actually get hurt or killed whitewater paddling.

"You train to reduce the risk, but that never eliminates it," Walbridge said. "Slim knows it. I know it. Everyone on the river knows it."

"Mistakes in Class V and VI rapids carry a serious risk of injury or death. The free-fall element found in steep rapids must be respected; this is not the first instance of severe back injury from running high waterfalls. Those who make these runs must be ready to accept the risks," Ray wrote.

Accepting Risks

"I don't dwell on these things," says Ray, 57, who has long preached personal responsibility. Since the accident, he accepts that everything in his life requires more planning and takes longer to do.

"Your life feels like it's kind of in slow motion," he said. The 6-foot-7-inch man in a wheelchair no longer towers over friends, no longer looks down

on the tops of their heads. His Honda Odyssey has hand controls and lacks middle seats so he can reach back and pull the wheelchair inside his mini-van. "It's great," Ray said. "I love it."

He works as a writer and publisher from his house in Asheville, not far from the eclectic restaurants of Biltmore Village and close enough to lift weights at wheelchair-accessible machines at Thorn's Rehabilitation Center.

His latest book, "Shock Troops of the Confederacy," began as a family history project in which he discovered a relative who was a Confederate sharpshooter. Ray marveled in the stories, including one of a Yankee who married a Southern woman and fought for the Confederacy. Instead of penning the book as Slim Ray, as he has with his rescue texts, he used his given name, Fred L. Ray.

He's still involved in swiftwater safety and rescue. He works primarily with the fire and rescue community. "He's really a key person nationally in terms of advancing this training," Walbridge said. Ray knows the importance, knows stories of firefighters trying to save someone on a flooded creek only to get swept downstream.

"Just by the grace of God, nobody drowned," Ray said. Battalion Chief Tim Rogers of the Charlotte Fire Department introduces Ray at their trainings as "the guy who literally wrote the book, and he literally did."

"The flood response program in North Carolina has Slim Ray's fingerprints all over it — the design, the equipment, the training process," Rogers said. "He influenced all of that." Rogers, who first met Ray when they worked at the Nantahala Outdoor Center, said he's the kind of person you can call anytime to get advice. "His gift lies in taking a lot of information and compressing it into the essentials", Rogers said. Ray helped them develop response to such occurrences as a vehicle caught in a flooding stream or creek.

"We didn't have to reinvent the wheel because Slim brought so much knowledge and experience to the table," Rogers said. "Here's a guy who got back up, and made an impact on a lot of people's lives when he didn't have to."

Still on the River

Ray keeps track of whitewater issues, such as plans to try to open the Upper Chattooga River to paddling. "I don't see why it shouldn't happen," Ray said. "It's not as difficult as the Green, but it's pretty hard."

As often as he can, too, he goes to the river with a different kind of boat, an inflatable ducky that offers more back support. In 1994, he paddled through the Grand Canyon. He later advocated for the development of handicapped accessible ramps at the Ocoee River in Georgia, where he tries to paddle at least once a year.

"The actual paddling is not that much different," Ray said. "It's the planning — logistics. It takes a lot of the spontaneity out of it."

The rigid, inflatable boat he uses has handles on the sides so friends can help lift him into and out of the water. He packs two wheelchairs. One helps him get to the river. The other is driven to

Board of Directors

Dane Goins

By Ginny Newton – acting Secretary

Date of Meeting: January 21, 2006

Location of Meeting: Doswell Ruritan Club, Doswell, Virginia

Meeting Chaired by: Scott Wiggins

Meeting recorded by: Ginny Newton

Board members present: Officers: Scott Wiggins, Gretchen Cornell, **Directors:** Martha James, Alicia Jahsmann, Ginny Newton, Jenny Wiley; Raymond Williams, **Committee Chairs:** Chuck Berkey, Ken Dubel, David Bernard, Mike Dean. **Members:** Dave Stockdill, Les Fry

Open Topics for Discussion

Budget: Gretchen Cornell distributed a draft budget, which showed dues income of \$7000 and a projected annual loss of \$385.

Membership: Chuck Berkey distributed his dues estimate for 2006 that concluded we would collect about \$8200.

Conservation: Discussion on contributions to all other organizations ensued.

Officer and Chair Reports

President: Scott Wiggins started the meeting at 4p.m.

Treasurer: Dave Stockdill presented the Treasurer's report: As of December 31, 2005, the Balance Sheet shows total Liabilities & Equity at \$29,667.40, the Profit & Loss (P&L) statement showed Net Income at \$3,823.01 – end of the fourth quarter 2005.

CaNEWS: Editor Scott Wiggins stated that in general he publishes everything that he receives, while working to publish within a 4-page incremental constraint. The cost per page has gone from \$0.11 in Spring 2004, to \$0.14 in Fall 2005. It was suggested that it be investigated publishing a side stapled document rather than center stapled, thus eliminating the four-page constraint. The issue of distributing the CaNEWS via Internet was discussed. The Webmaster was asked to develop the necessary security to enable distribution of the full newsletter to members.

Conservation: David Bernard:

Contributions: Various organizations were discussed, included West Virginia Rivers Coalition and Southern Environmental Law Center. There was agreement that Coastals have a fixed budget amount of \$1,000 for recurring contributions to specific organizations to be proposed by the Conservation chair.

Clean Air: Virginia's air contains a variety of pollutants. Last year Delegate Jack Reed, R-Henrico, introduced a "Clean Smokestacks" bill, to require electric utilities to clean their smoke more thoroughly. Del. Reed's bill was prompted by his wife's respiratory illness, which he learned was aggravated by these pollutants and which he also learned affects thousands of other people. His bill was defeated, but will be back this year. Poor air quality affects water quality. Nitrogen oxides and sulfur oxides make water more acid, and cause nutrient pollution. Most alarming is the high level of mercury in coal power plant emissions. The mercury drops in the water and makes fish unsafe to eat. David was directed

to draft a letter in support of this legislation.

Solid Waste: We are all aware of Virginia's litter and solid waste problem. Our roads and too often our streams are lined with litter. Some time ago Virginia enacted a law to require localities to recycle a certain portion of their solid waste. A law is being proposed to reduce this percentage. Meanwhile commercial waste haulers are not required to abide by this percentage, putting our local government programs at a competitive disadvantage. In addition, a committee was set up to study how Virginia could improve its recycling, with members from many industries, and that this committee has done little or nothing since being formed. The Board felt that further discussion on the issue was needed before taking action.

Paddlesport Access: The majority has spoken that we do not want a canoe and kayak registration program. I would like to advocate for a paddlesport access program that is funded from the General Fund, perhaps in conjunction with the riparian corridor protection. The access program would include the health and economic development benefits from having a natural and recreational resource nearby to every community. There was agreement that Coastals supports such a program.

Bob Munson, Planning Manager for DCR is the foremost advocate in state government for canoe trails, or "Blueways," a concept with national acceptance. I asked Bob about paddler representation on the revision of the Virginia Outdoor Plan. It was agreed that Ginny Newton would represent Coastals/paddlers. **Floater Fishermen of Virginia** requested that Coastals contribute to a fund started by Bill Tanger to address permit issues on the proposed Balcony takeout. This was agreed to be delayed until further research on this issue is accomplished.

Membership & Renewals: Chuck Berkey: **Membership status:** 287 members have paid their dues for 2006. 146 members have not paid their 200 annual dues.

Programs: new Programs Chair, Mike Dean. **Raffle:** No Chair. No Report.

Safety/Education: Rob Ault's report: Submitted \$500 budget request that is half of last year. An article on cold weather paddling will be in the next CaNEWS. Plan to offer at least one rescue class in May or June, and will offer more if possible. Need to renew SWR instructor's Certification this year. I plan to cover any cost for that myself – no cost to Coastals.

Sales: No report

Webmaster: No report.

Motions adopted:

Motion was made and accepted to donate \$1,500 to JROC for financial aid for construction of the new takeout for the Richmond downtown section of the James, to be funded by the Special Fund. **Motion** was made and accepted that Coastals will a fixed budget amount of \$1,000 for recurring contributions to specific organizations to be proposed by Conservation chairman.

Motions rejected: None

New Business: None

Book Reviews

Lost River Tom McCloud

The Lost River by Richard Bangs

Sierra Club Books, 1999, ISBN 1-57805-063-4
6 x 9" paperback, 260pp., a few B&W photos, \$14.

I've known the name, Rich Bangs, for many years as the founder of SOBEK expeditions, a California company that pioneered rafting on many big, wild rivers around the world. Awhile back I was courted by a San Francisco Bay area biotech and the recruiter, knowing I was a whitewater paddler, tempted me with an offer to introduce me to her friend, Rich. But I have to admit this is the first of his several books that I've purchased, and I wasn't expecting much – just another 'no shit there I was' macho river guide tome, but I was pleasantly surprised. The subtitle tells more: "A memoir of life, death, and transformation on wild water", and indeed this book reads more like an old guy sitting around the campfire with a group of admiring young friends telling them of his adventures of years gone by.

Within this book is a mini-biography of Rich Bangs. He grew up in the DC area, to my surprise, and his addiction to paddling came from canoe tripping on the same Potomac basin rivers I paddle. Stories of bumming around with a group of young river runners in the early '70's, exploring western rivers and the genesis of SOBEK make up several chapters. Then there was the developing fascination with Ethiopian rivers, and the initial trip on the Awash, a tributary of the Blue Nile, which SOBEK has since floated many times. A different tributary is the Tekeze, his 'Lost River', a name chosen not just because it had never been explored by westerners, but also because it was lost to him and to SOBEK for 20 years due to revolution, military dictatorship, and tribal warfare. Had I been the one sitting in the Ministers office in Addis Ababa applying for travel permits when the guys with rifles break in and take the minister away, I certainly would be beating feet to the airport, but not Bangs, who floated a river anyway. Even today Ethiopian rivers could hardly be termed 'safe'.

Bangs can write. Have a dictionary next to your chair, as you WILL be vocabulary-challenged. He describes flora and the animals they encounter, crocodiles, hippos, biting insects, a few rapids and accidents, good trips and bad, and the primitive peoples encountered along the Ethiopian rivers. There were dozens of river trips around the world. But the culmination of a 20-year wait came when he finally got to do the Tekeze, which really was a reunion, maybe a last fling, for the old guys who had bummed together so many years earlier. Long-term associations, loyalties and friendships are what the book is really about, plus a couple obsessions I can't claim to understand, leaving me, at the end, wondering. For me, at least, the completion of the exploration of the Tekeze came as an anticlimax; a soft ending to an otherwise hard story, but the Tekeze is really just a convenient cord to tie together the bigger story.

I hadn't realized how enamored Bangs is of

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Book Reviews

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technology, embracing some of the first products in wilderness electronics, going on-line from the river in Africa. Bangs' fascination lead to electronic publishing endeavors, and finally to a job with Microsoft, his first 'real job' if you would, a desk job, as a prime mover in the electronic adventure magazine Mungo Park.

So this is really not your typical river book. Rather more cerebral, contemplative, a retrospective look at a life lead exploring the wild rivers of the world. And well worth reading.

Paddlers' Guide to Treating Medical Emergencies

Medical Emergencies Guide for Paddlers

When a medical emergency occurs out in the wilderness, preemptive knowledge is of supreme importance. Physician and outdoor athlete Dr. Patrick Brighton presents critical information every paddler needs to effectively handle a medical crisis. The new Paddlers' Guide for Treating Medical Emergencies prepares participants to prevent illness and injury, recognize illness and injury when it occurs and remain calm and implement appropriate treatment when needed.

By keeping descriptions and remedies for injury and illness simple, the book enables paddlers to be informed stay calm, and appropriately treat themselves or fellow participants. Reading a book before initiating the activity also enhances awareness of potential problems and fosters prevention of accidents and disease. With a refreshing splash of humor Paddlers' Guide for Treating Medical Emergencies is as entertaining as it is informative.

From fractures to lacerations to backcountry evacuation, Paddlers' Guide for Treating Medical Emergencies is the go-to book when you need medical information fast. The guide (published by Menasha Ridge Press, distributed by The Globe Pequot Press) is available in bookstores, outdoor stores, on the Web at www.menasharidge.com, or by calling 800-243-0495.

About the Author: Emergency medical expert Patrick Brighton is an adventure racer and active in many outdoor activities including paddling. Dr. Brighton works part-time as a general surgeon and full-time building a house out of old tires.

Paddlers' Guide For Treating Medical Emergencies: Publication Date: January 2006, ISBN0: 0-89732-629-6 5x8, 100 pages, illustrations and index, \$9.95.

Brochures

Doug Jessee

The following companies display Coastal brochures: Blue Ridge Mountain Sports and Extreme Sports, Wild River Outfitters., Shenandoah River Outfitters, Inc., Appomattox River Outfitters, Mattaponi Canoe and Kayak. Please contact me if you know of a business who would like to display Coastal brochures.

Karen Abse

from page 2

"She knew how to make a party happen. From Groovin' in the Garden to the Gardenfest of Lights, Karen's artistic eye, her ready hand, her passion for team-work and the fun of the moment always shone through. Night after night during Gardenfest, hundreds, then thousands, then tens of thousands of Richmonders enjoyed the lights she designed and helped set up."

Always ready to try something new, Ms. Abse was instrumental in starting the only all-woman crew in the annual James River Batteau Festival; She served 17 years as captain of The Lady Slipper.

A woman who had grown up around horses in her native Bethesda, Md., she had been a volunteer in Mesa Vista, a therapeutic horse-back-riding program for special-needs children in the Powhatan County school system and had participated in the sport of carriage-driving, said her friend, Margaret Gerdts.

Ms. Abse earned a bachelor's degree at Hartford College, where she was a sculpture major, and had taken art classes at VCU. She started as a weaver and transitioned into metal sculptures. She was former president of the now-defunct But Is It Art? cooperative, which had a storefront in the 3100 block of West Cary Street during the 1990s.

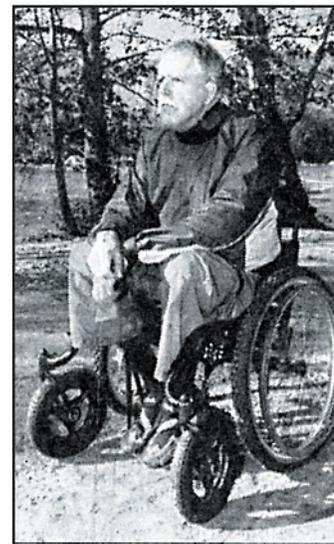
Greg Velzy, vice president of the James River Outdoor Coalition and an adventure programmer for Chesterfield County Department of Parks and Recreation, said Ms. Abse was certified to teach canoeing, whitewater kayaking and sea kayaking.

"That's unheard of in paddle sports, to be proficient in all three," Velzy said. "Of all people, Karen was the last one anybody would expect this to happen to."

Ms. Abse was Claudia Swanson's paddling mentor. It's important for people to realize how many different lives she touched without ever realizing it herself," Swanson said.

Slim Ray

from page 3



where the boaters will get out of the water several miles away. He wears miniature personal flotation devices on his ankles and a waist-belt to help with balance. When he adventures down the French Broad River not far from his Asheville home, he takes a camera. He asks people in his group to paddle single file quietly in an area where he has seen bear, deer, turkey and wild hogs. He pulls into surfing waves, easing his boat back and forth.

"I just enjoyed being on the water — the feel of the water on your boat," Ray said. "I still do."

For more information, checkout: *American Whitewater* at americanwhitewater.org or Ray's publishing Website at cfspress.com and Ray's new book "*Shock Troops of the Confederacy*" sharpshooters.cfspress.com/

7th Annual James River Outdoor Coalition

OUTDOOR EQUIPMENT GEAR SWAP

April 29th, 9 a.m. - 1 p.m.
17th Street Farmers' Market

in Richmond's Shockoe Bottom
For online registration, go to www.jroc.net

Questions? Contact JROC at 320-6131

Conservation

David Bernard

been suburban sprawl, which is also subsidized by Federal spending for extending pipelines.

Ending subsidies for water development projects, while still requiring that discharges be clean, would encourage water conservation and obligate communities to pay the full cost of new development up front.

For full disclosure, it could lead to higher demand for professional plumbing services, as drips and leaks and awkward faucets would bring a noticeably higher water bill. Your conservation chair is a plumbing contractor.

"Best management practices" involve a number of agricultural techniques. The most obvious is requiring a 35-foot forested buffer on the side of any stream, to catch sediment and fertilizer runoff, and fencing to prevent livestock grazing in the creek. Other techniques include using less fertilizer than old formulas called for, and low-till plantings and rotational grazing. None of this is rocket science; this knowledge has been around since the early part of the 20th century. Why should not the food buyer pay the cost of pollution-free agriculture? If all farms were required to maintain riparian barriers, and if excessive fertilizer use were forbidden, no farmer would be at a competitive disadvantage. Food buyers would pay the actual cost of production. It is not fair to ask a vegetarian staying in a Virginia motel or buying a Virginia house to pay for my steak.

"Cleaning up the Chesapeake Bay" will cost many billions, various environmental groups and government agencies warn. Where will we get this money? The only appropriate way to get that money is from consumers of the goods and resources whose production caused the pollution

VDOGIF Buys 3,800 Acres

Dismal Swamp's protected watershed will be expanded by 3,800 acres, thanks to a \$4,200,000 purchase of cut over timberland from International Paper. The Virginia Department of Game and Inland Fisheries purchase received some financial help from the US Fish and Wildlife Service and the Nature Conservancy. The land will be added to the VDOGIF's existing 758-acre Wildlife Management Area (WMA). Chesapeake City also helped in buying a 100-acre property in adjacent North Carolina. The land deal helps protect water supplies for Chesapeake.

VDOGIF has more than 30 WMA's, in all areas of the state. Funded by hunting and fishing licenses and the Federal Pittman-Robertson Act, large tracts are bought and managed primarily for the benefit of game species. Along with that, viewsheds and watersheds are protected, access to non-hunters is available, and, in some, boat putins are maintained.

Some other WMA's of note:

Chickahominy WMA provides 5,217 acres and a boat access 12 miles west of Williamsburg.

Hardware River WMA has 1,034 acres and includes James River bottomland forest and a

takeout where the Hardware meets the James.

Turkeycock Mountain WMA comprises 2,679 acres of forest in the Roanoke River watershed. This large mountain east of the Blue Ridge is an outstanding landmark for Franklin County.

Goshen-Little North Mountain WMA is enormous, 33,697 acres. Its' two sections are on either side of Maury River, and its runoff is enjoyed by many a Coastal.

Big Survey WMA's 8,300 acres were added to the system largely due to the persistence of Wytheville environmentalist Liza Field. A jumble of mountains towering above that town, it includes Stuart Mountain. Future Confederate general Jeb Stuart crossed the Blue Ridge to attend high school with cousins in Wytheville. Reed Creek and Cripple Creek run at the foot of either side of Big Survey.

All of Virginia's Wildlife Management Areas are described at dgif.virginia.gov/hunting/wma.

Virginia and Mercury the facts

The heavy metal mercury is a naturally occurring element that is released into the air when coal is burned. Mercury's qualities as a neurotoxin are well established by medical research. When mercury reacts with bacteria in certain waters, an organic mercury compound is formed that accumulates in fish tissue and concentrates up the food chain. People (especially young children and pregnant women) who eat fish with excessive mercury (considered at .5 ppm) are risking brain damage. Large industrial mercury spills around the world, including South Fork Shenandoah and North Fork Holston in Virginia, have led to dangerous levels of mercury in downstream fish. Mercury is also present in large ocean fish.

The more diffuse mercury emitted from coal burning power plants was listed as a hazardous pollutant in December 2000 by the EPA. This designation requires a producer to use the Maximum Achievable Control Technology to reduce emissions to the smallest amount possible.

American Electric Power preferred a "cap and trade" pollution program for mercury. Similar to existing programs for coal burning pollutants sulfur dioxide and nitrogen oxide, which are far more prevalent but are not listed as toxic, "cap and trade" sets a maximum amount of pollution and allows companies to trade pollution quotas among themselves so long as the overall goal is met. Under the "cap and trade" program, AEP would over-comply (on mercury) at some of its larger, newer generating plants to avoid installing new emission-reduction technology at some of the company's older, smaller plants, where it does not make economic sense to do so, according to AEP.

In March 2005, the EPA reversed course and removed mercury's hazardous designation. New rules also allowed longer times and smaller reductions in mercury as well as in SO₂ and NO. To counter this renewed threat to air and water quality, a handful of Virginia legislators, led by Jack Reid of Henrico and Patricia Ticer of Alexandria,

introduced a Clean Smokestacks Bill to set tighter limits on the three pollutants.

Their case was reinforced by the discovery by DEQ of mercury in fish in several eastern swamp streams, the Blackwater, the Great Dismal Swamp Canal, the Mattaponi, and Dragon Run. None of these streams have a known possible industrial source. In the air pollution world "source" means a discharge to air.

Virginia Department of Health has issued fish eating advisories for some species (typically the larger predators) in all these streams.

As of press time the majority of Virginia legislators have been persuaded by the industry position that Virginia laws that are more stringent than Federal laws will be a burden on the electric industry and the Virginia economy as a whole. Governor Tim Kaine stated during the campaign that Virginia air pollution law should conform to Federal law and Senator Philip Puckett, whose district includes many coal mines and Appalachian Power's Clinch River power plant, introduced a bill forbidding Virginia from adopting any air pollution law that was tougher than Federal law. The House adopted a similar bill but it does give DEQ some leeway to further study mercury pollution and it requires any "cap and trade" deals to be done with power plants within 200 kilometers of the Virginia border if they are not actually in Virginia. AEP describes in positive terms its research on mercury removal systems and Dominion Electric Power has expressed a willingness to address its mercury pollution ahead of schedule. Dominion is almost certainly the source of the swamp mercury, though it is impossible to trace the mercury atoms from smokestack to river. It is also true, according to EPA, that mercury pollution from USA power plants amount to only 1.4% of global manmade mercury emissions.

Removing most of the mercury from nearby coal combustion plants probably will restore and enhance freshwater fishing in Virginia. It will be only a small contribution to ocean fish mercury accumulation.

Your writer asked the Coasts Board to support the Clean Smokestacks Bill. Two of your officers, not having noticed any mercury raining down into their canoes and impeding their ability to maneuver in rapids, were not content to take my word, which was chiefly based on taking the word of others. It has been a good opportunity to googol a research project. My position is the same: industrial pollution should be cleaned up sooner rather than later, and that doing so is not only good for our air and water and ourselves, but that it is good for the economy as well. Electricity consumers should pay the full cost of their product and not dump off its costs elsewhere. Coastal Canoeists should defend the water and life in and around Virginia's rivers. If we won't, who will?

Sources include American Electric Power, Southern Environmental Law Center, Virginia Clean Air Advocates, Virginia official legislative reports, Sierra Club, Virginia Department of Health, Chesapeake Bay Foundation, *Roanoke Times*, *Richmond Times-Dispatch*.

Membership

Chuck Berkey

REFUND FOR 1st CLASS

You will note that there have been some changes to CaNEWS. We are now mailing all CaNEWS's by first class mail. For those members who paid the extra \$3.00 for first class mailing in 2006 or beyond you can claim a refund. You can claim the refund in one of two ways. You can send a note to the membership chairman requesting a refund or you may reduce your dues payment in December, 2006 by the amount of your refund. If you claim the refund by note, the note can either be an email to membership or a note addressed to Membership Chairman, 505 Winterberry Dr., Fredericksburg, VA 22405.

If you chose to do neither, the \$3.00 will be considered a donation and put in the Club's general fund.

Membership information is removed from the online issue

Multimedia

Ginny Newton

Featured video of the month: "Cold, Wet & Alive", 1989; Paddling story about how hypothermia develops; 23 min. A Nichols Production for the A.C.A. This is an early spring canoe trip that started out well and ended up teaching a few lessons. Great time of the year to learn or refresh ourselves about temperatures and good

To obtain books or videos: contact Ginny Newton. 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 care 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: 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
Maryland * Delaware Canoe Trails, Ed Gertler
Medicine for the Outdoors, Paul S. Auerbach
Paddle America, Nick Shears, 1992.
Paddle Your Own Canoe, Gary/Joanie McGuffin
Paddling Eastern North Carolina, Paul Ferguson
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
Whitewater Rescue Manual, Charlie Walbridge and Wayne Sundmacher, 1995.
Wildwater Touring, Scott and Margaret Arighi
Instructional Videos
 American Red Cross Presents "Whitewater Primer", 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
 "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/rescue.
 "How to Organize a Successful River Outdoor Cleanup", Surf Dog Productions, 1991.
 "In The Surf"; 1999; surf kayak instruction
 "Introduction to Canoeing".
 "Kayaker's Edge, The"; 1992; rolling, bracing, surfing.
 "Kayaking", Eric Jackson; skills video - strokes, concepts, roll
 "Liquid Skills", Ken Whiting; 2001; beginning to advanced 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
 "QuickStart Your Canoe, ACA 2003
 "QuickStart Your Kayak, ACA 2003
 "Retendo!"; 1996; art of precision playboating.
 "Sea Kayaking, Getting Started"; 1995
 "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.

Multimedia *continued*

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 and issues.
 “Grand Canyon Adventure”, 1995; home video.
 “Grand Canyon Whitewater”, 1995; home video.
 “James River in Richmond”, 1970; home video
 “Over the Edge”, 1999; freestyle kayaking, and world record waterfall descent.
 “Paddle Frenzy”, 1994 kayaking NW whitewater
 “Perpetual Motion”, 1994; kayaking Glade and Manns Creek
 “Savage”; commercial video of rodeo boating
 “Steep Creeking with Catfish”, 1993
 “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
 “White Mile”; HBO movie starring Alan Alda.

Safety & Education

Rob Ault

Cold Paddling Safety Tips

Here are some tips to keep you safe during winter and early spring paddling.

Always dress for the swim or the rescue. Dress warmly enough so you can stay submerged up to your neck for 20 minutes. Another rule of thumb is if the air and water temperatures added together equal 120 degrees or cooler, you need at least a wetsuit.

Have dry clothes, water and snacks waiting at the takeout.

Cold weather increases the difficulty of whitewater. Many experts think that a Class III rapid in June is a Class IV (or Class III+) in February. Why? Because a swim or rescue is so much more dangerous because of the risk of hypothermia. Also, winter clothing often makes it harder to roll or perform other moves.

Cold weather also means high water. It doesn't have to be flood level to be dangerous. Anyone who's paddled the James knows there's a huge difference between Downtown Richmond at 3.5 feet and at 7 feet.

High water can mean harder rapids, longer swims and more danger from debris. Flood stage makes it even worse and can turn swims into epic experiences.

Prepare for high water by knowing the routes, paddling with good paddlers, working on your skills, and making conservative decisions. Nealy's book *Kayak* has a great section on paddling at flood stage.

Beware of ice on the river. If there's a lot of ice on a river, think twice about paddling it. Boaters have been swept under ice flows and drowned because they couldn't roll or swim out.

If you're paddling where you can't make an easy retreat to a road, consider paddling with extra clothing, a space blanket or bivy sack, and fire starting materials to help you survive a night in the woods.

But don't let the cold water and weather stop you from paddling. You'll often have the best water levels and the river all to yourself when it's cold out!

Recognition

Alicia Jahsmann

Winter Recognition

In the new tradition of honoring our members who go that extra mile, we recognized Richard Walters at the January meeting for his dedication and many contributions to Coastals.

Richard has been an active member for 21 years, as instructor, trip leader, board member and president. Tidewater paddlers have appreciated his coordination of rolling clinics. His organization and ability to delegate (!) as club president were highlighted as helpful to the subsequent leadership team.

Richard received a plaque and a Coastals stein (the latter with his nickname, “Ye Olde and Decrepite”).

If you would like to suggest a club member for recognition at a quarterly meeting, please contact me online.

Webmaster

Julie Wilson

News from the Web Front

STATISTICS: the website receives an average of 445 visits/day, or 13,000 visits/month. The busiest day is Monday; Saturday is the slowest. Main web activity is seen between 7am and 10 pm.

The busiest hour on the web is noon; the slowest (between 7 am and 10pm) is 6:00 p.m. The most popular months have been April and July while the slowest was November.

The message board is the feature most used on the website. There are over 450 registered users of the Coastals forums who have posted over 5,500 articles. Membership is not required to use the forums, however it is encouraged.

The website is getting some “Spring Cleaning.” If some of your old links don't work, go to the home page <http://www.coastals.org> and refresh your browser.

I need everyone's help with the pictures on the website, specifically in the Remembrance and Gallery sections.

REMEMBRANCE: I have added a link to the Gallery section of the website to Karen Abse and Garland Reece's notices. If you have photos of other folks on the remembrance page, please forward them to me online.

Please make sure they are at least 400 pixels wide to at most 800 pixels wide, 800 pixels tall. Please include information as seen in the Gallery section below. If you do not have a digital picture or can't scan the image, you may mail them to me at PO Box 36333, Richmond, VA 23235-8006. Photos will be returned if a postage-paid envelope is included.

GALLERY: Please take a look at the photos: <http://www.coastals.org/photos>. If you have any information about the picture, please email it to me online. Information requested: Subject and Photographer name, approximate date, river name/rapid name/state and/or event. Thanks!

Trip Report: Youghiogheny

Alicia Jahsmann

Oct. 22nd found a lucky 13 boaters on Bill Gordon's 29th Annual Lower Youghiogheny trip. (A number of others backed out due to cold weather & low level – they missed out!) OC1s: Bill Gordon, Ed Grove, Lynn Aycock, Aubry Minor, Ken Dubel, Dave Stockdill, Scott Wiggins, Dale Herrick, Alicia Jahsmann. OC2: Ken & Christina Minor (father/daughter). K1s: Liz Garland (yes, in a decked boat!), Dick Pierce.

Level was only 1.25' but plenty of play was found. One swim @ Dimple, with an interesting cross-river transport via OC2 (Dick looked more scared in the canoe than in the river!). We spent 5 hours on the water, despite a cool drizzle later in the day. Then it was off to Glissan's Restaurant for obligatory rolls & pie. Bill is slowing down, though, and only ate 2 pieces of the latter. Some of us took a whole pie to go.

Next day found just Dave, Ken and me running the Loop at 1.9' under a sunny sky. The fall colors were prettier than expected, and much more vibrant than in VA. Next year is #30, so plan to come enjoy, rain or shine. Thanks, Bill.

Yorktown Roll Practice

David Bradford

My wife Liz and I put together rolling practice sessions at the Victory YMCA in Yorktown. We've scheduled four sessions, one each month December through March. So far, sixteen different paddlers have participated with nine at the December session and twelve in January. We are seeing everyone from hardcore whitewater boaters to certified Greenland style kayakers. We've even had a guy on a sit-on-top practice re-boarding, and some touring boaters have demonstrated wet entries. You never know what you might see.

For information check the TRIPS link on the Coastals message board.

We'll be glad to have you at the next practice.

We'd like to express our sincere thanks to Sharon Joyce, the Victory YMCA Aquatics Director, and to her lifeguards. Without their generous support, we'd really be out in the cold!

James River Clean Up

Greg Velzy

The annual James River Regional Clean Up. 60 miles from Cartersville to Dutch Gap. Saturday, June 10; 9:00 a.m. - 1:00 p.m. Get a T-shirt and lunch! To find a coordination site and register call 999-9999 Sponsored by JRAC, The James River Advisory Council... www.jamesriveradvisorycouncil.com

Cruise Schedule

Ken Dubel

The rules are few, but very important: Coastals trips are intended primarily for club members. However, visitors are invited to check us out! Paddling can be quite dangerous. All trip participants assume full responsibility for their own safety. The coordinator only organizes the trip. Paddlers must self-rate themselves for these trips. Difficulty ratings are intended as a rough guide and are subject to error. You are expected to research an unfamiliar river yourself. Please don't just "show up". Please don't bring unexpected guests. Please don't endanger yourself and the group by paddling a trip that you are not prepared for.

Dates	River	Rate	Coordinator	Email & Phone
4/1,2	North or South Anna (Richmond)	N/I	Martha James	
4/1,2	Webster Springs Elk River Race (WV) Race. Something for everyone. Advanced creeking	*	Dave Kessmann	
4/8,9	Upper and Lower Tellico (TN)	A / I	Karl Gordon	
4/8,9	NB Potomac at Bloomington release	I		
4/8,9	Rappahannock Camper, Ely's or Kelly's Ford	I	Larry Gross	
4/8,9	James in Richmond, upper Sat., lower Sun	N/I, I/A	Doug Jessee	
4/8	Piney River Triathlon (Nelson County)	N/I	Emily Harper	
4/14, 15, 16	Easter Smokehole trip (WV)	I	Tom McCloud	
4/15,16	Coordinators choice, Richmond area	I	Jenny Wiley	
4/2,23	NB Potomac at Bloomington release	I		
4/22,23	1/4'ly meeting -- Bottom Tye Nelson County	N/I	Ginny Newton	
4/2,30	Nolichucky Gorge / Pigeon River (TN)	I/A	Mike Dean	
4/29,30	Nottoway River, Cutbank/Purdy, Purdy/Jarratt	N	Doug Jessee	
4/29,30	Rappahannock, Remington to Kellys Ford	N/I	Richard Burke	
5/6, 7	North Branch Potomac at Bloomington	I	Tom Wood	
5/6, 7	Cheatfest			
5/6, 7	Tye River Race			
5/13	James at Seven Islands south of Charlottesville	N	Martha James	
5/13	Roanoke River, Gaston to Weldon	I	Doug Jessee	
5/20,21	Cheat Canyon / Lower Big Sandy (WV)	A	Peter Turkaly	
5/20,21	North Branch Potomac at Bloomington (NW of Winchester)	I	Mike Dean	
5/20,21	Nolichucky Gorge, Heffest (TN)	I/A	David Bernard	
5/20,21	Lower Maury	N/I	Jenny Wiley	
5/27,28	Rockfish River Sat, Hardware River Sun	N	Richard Walters	
6/3, 4	North Branch Potomac at Bloomington	I	Andy Digrys	
6/3	Appomattox River, Chesdin Dam to VA State College (Petersburg) Sat. only	I	Doug Jessee	
6/11	NEWBIES trip, James River at Howardsville, Sun. only (Charlottesville)	N	Jenny Wiley	
6/17	James River Batteau Festival (to be confirmed)	N	Martha James	
6/18	Bottom Maury Sun. only (Buena Vista)	N	Terri Bsullak	
6/24,25	Upper New in WV	N/I	Raymond Williams	
7/1, 2	Coordinators' choice, Central VA	N	Caroline & Ted McGarry	
7/8	Staunton River, Long Island to Brookneal	N/I	Doug Jessee	
7/8, 9	South Fork Shenandoah Ice Cream Run	N	Don Kain	

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A kayaker enters the James on New Year's Day

Scott Wiggins
Editor
Coastal CaNEWS
10413 Attens Way
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Quarterly Meeting
Saturday, April 22
See Page 2 for Details

Dated Material: Please Expedite!