



Our 40th Year Coastal Canoe NEWS

Newsletter of Coastal Canoeists

Summer 2005

DEDICATED TO THE PRESERVATION AND ENJOYMENT OF WILDERNESS WATERWAYS

Safe & Legal Access to Virginia Streams What Will it Take!

David Bernard - Conservation Chair

Editor's Note: On May 11, Ginny Newton & David Bernard represented Coastal Canoeists, Inc. in a meeting with officials from the Department of Game and Inland Fisheries. This is David's Report.

At a November meeting on another subject, Steve Kesler, who oversees construction and maintenance of boat ramps for the Virginia Department of Game and Inland Fisheries, said that "at the present time" VDGIF is not building any access facilities for non-motorized watercraft in Virginia. I was alarmed and confused by this statement, and wanted to know more.

On May 11, Ginny Newton and I met with Steve, James Adams, who is Capital Programs Director for VDGIF, and Charles Sledd, who is VDGIF's liaison with Virginia's General Assembly. Our meeting was in the Conference Room at VDGIF's Richmond headquarters.

Charles began with a description of VDGIF's funding sources. This totals about \$44

"At the present time" VDGIF is not building any access facilities for non-motorized watercraft in Virginia. I was alarmed and confused by this statement, and wanted to know more.

million per year, as follows (figures are approximate, and may vary year to year):

Four million dollars from the Federal government through the Pittman-Robertson Act, which collects an excise tax on hunting gear, and distributes the money to states for hunting-related projects, such as Virginia's Wildlife Management Areas.

Four million dollars from the Federal government through the Wallop-Breaux Act, which collects an excise tax on fishing gear, and distributes the money to the states for fishing-related projects such as boat ramps.

Five million dollars come from motorboat registration in Virginia. There are about 250,000 motorboats.

Three million dollars come from half of the 2% watercraft tax collected on the sale of motorboats and trailers. This 2% tax is instead of the regular 5% sales tax. It also applies to only the first \$100,000 of a boat's price; the maximum tax on a motorboat is \$2,000.

See David's Conservation Column on page 5



Conservation Chair David Bernard Negotiates the Yough's Rivers End Rapid Photo: Mayo Gravatt

Smokehole 2005

Tom McCloud

The morning of 25 March opened gray, cold, slightly drizzly, with little prospect for improvement. It felt more like winter than the first week of spring. Plenty of white was seen on top of the mountains. Not only were the daffodils not open, neither were the restaurants nor the Seneca Rocks visitors center. The dreadful conditions did not deter 12 intrepid canoeists, members of Coastals and the Monocacy clubs, from convening at Yokum's Store. There had been rain on top of snow earlier in the week and all the river gages in the vicinity had spiked, most overnight, and were now slowly dropping, but there was lots of water everywhere. Seneca Creek could be run. Hopeville canyon would have been pretty juicy with the Cabins gage near seven feet (3,000 cfs), so after the usual discussions, we opted for caution and drove upriver. With the Franklin gage close to three feet, we knew we'd have water there. The sign on the Grant County bank said 38 degrees. After dropping cars at Riverton, where we saw the fish hatchery truck dumping trout into the river at about the same rate as fishermen were pulling them out, we continued to Circleville on the North Fork South Branch Potomac and launched. Paddling

See "Smokehole" page 8

The Panacea of Paddling

Elizabeth Williamson

Editor's Note: This article appeared in the Washington Post June 5, 2005

Barely a month out of Baghdad, the death of a buddy replaying in his mind, Sgt. Antonio Hamm sat in a borrowed kayak on the stretch of Potomac that is his latest adversary.

"Everyone wants peace within their mind and within their heart," said the 22-year-old soldier from Nashville. "What's here is spiritual. . . . The river is the man. You can work with it or let it whip up on you."

Joe Mornini, lithe and sandy-haired, veteran of whitewater, not war, paddled up to his student. "My boat's going to be right there for you, buddy," he said, guiding the younger man from calm to quicker water, then to the rapids. "See the sun coming over?" he shouted over the roar. "That's because you're at the top of the river, dude."

Hamm laughed, high-pitched. Then he shot in, thrashing froth with his paddle, and rolled. More muscle than technique, he couldn't right himself, and bailed out -- a "swim."

"We are all between swims," Mornini said, resting his hand on Hamm's boat. "Could be years, could be days, but a swim's coming."

See "Panacea of Paddling" page 3

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Scott Wiggins, Editor
Coastal Canoeists, P. O. Box 566, Richmond, Va. 23218
www.coastals.org

Officers, Directors and Committee Chairs

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



Inexorable Demographics

“Demographics are inexorable”. So wrote the editor of a recent editorial I read. The editor warned politicians to cast a glance over their shoulders to see just how the nation was changing. Failure to do so, warned the editor, could cost politicians their jobs.

And so has demographics affected our club. The chart below shows how membership in Coastal Canoeists has declined from a peak of 727 members in 2000 to 410 today. We baby boomers so fervently professed free love in the sixties. But, alas, we failed to produce. As a result, organizations nationwide, particularly environmental organizations, face declining memberships.

Should we be concerned? I don’t think so. So long as members step forward to serve our club and particularly to fill critical chair positions, Coastal Canoeists, Inc. will remain a viable organization. We will be what what our active membership wants the club to be.

Nominating Committee Doug Jessee agreed to chair the Nominating Committee. Doug’s committee will select three candidates to replace Bernie Farmer, Dave Stockdill and Cathleen Lowery whose terms on the Board expire this year. If you would like to serve on the Board or wish to nominate someone, please contact Doug.

Programs Chair Weneeda Programs Chair. The Programs Chair arranges the location of the quarterly meeting and plans the program. Usually this means recruiting someone to present the program. This position offers a great opportunity to serve your club in a critical area. Please contact me or any Board member if you would like to serve as Program Chair.

Year	Mem	Year	Mem	Year	Mem	Year	Mem
1965	26	1976	254	1986	563	1996	638
1966	47	1977	321	1987	568	1997	708
1967	54	1978	306	1988	571	1998	721
1968	65	1979	353	1989	599	1999	719
1969	77	1980	387	1990	587	2000	727
1970	80	1981	438	1991	607	2001	703
1971	81	1982	506	1992	591	2002	629
1972	113	1983	510	1993	580	2003	524
1973	157	1984	549	1994	568	2004	479
1974	179	1985	562	1995	590	2005	410
1975	no membership statistics available						

Inside This Issue	
Committee and Officer Reports	Page
Board of Directors <i>Dane Goins</i>	4
Conservation <i>David Bernard</i>	5
Cruise <i>Ken Dubel</i>	11
Membership <i>Chuck Berkey</i>	6
President <i>Scott Wiggins</i>	2
Programs	2
Safety and Education <i>Rob Ault</i>	7
Treasurer <i>Dave Stockdill</i>	4
Webmaster <i>Julie Wilson</i>	7
Other	
Coastals <i>Au Naturel</i>	10
The Panacea of Paddling <i>Elizabeth Williamson</i>	1
Parting Shot	12
Retrospective <i>Charlie Random</i>	7
Safe & Legal Access <i>David Bernard</i>	1
Trip Report Smokehole <i>Tom McCloud</i>	1
Trip Report Tohickon Creek <i>Gene Langainais</i>	9
Trip Report Maury River <i>Jim Ferrell</i>	8

Summer Quarterly Meeting & Program
 _____, *Chair*

Date: Saturday, July 16, 2005.
Place: Glen Maury Park
Directions: Glen Maury Park is located in Buena Vista, VA. Via I-81, use exit 188A, east on Route 60 to Buena Vista, then south on Route 501. Turn right into the park. Take the first left, past the office on your right. Go up the hill 0.8 mi. to the pool, past the pool 0.2 mi and straight to the back section to pavilion and camping area.
Campgrounds: Glen Maury Park, fee is \$15
Schedule Saturday, July 16:
Paddling: The James River at Balcony Falls, Doug Jessee
4:00 p.m. Board Meeting: Upper camping pavilion at the park
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.
7:00 p.m. Business Meeting
7:15 p.m. Program: To be determined.
Schedule: Sunday, July 17:
Paddling: James above Balcony Falls, Martha James

Panacea of Paddling

from page 1

This is the first full season for Team River Runner, founded by Mornini and other area kayakers who want to share the physical and spiritual benefits of their sport with the wounded at Walter Reed Army Medical Center.

"This is a skill that can make whatever's gone" -- a leg, an arm, trust in one's body or mind -- "useful again," said Mornini, 52, a high school special-education teacher and kayak coach from Rockville. "We want to give that to these soldiers."

Since the wars in Afghanistan and Iraq began, volunteers have introduced wounded veterans to activities like guitar, chess and archery. But physical therapists say kayaking is one of the best sports for those wounded in war.

And this region is one of the best places to kayak.

For leg amputees, time on the Potomac works core torso muscles needed to swing a prosthetic limb. For soldiers with arm and trunk injuries, it's an upper-body workout with few equals. And for the many whose wounds are inside, like Hamm -- hurting "here," he says, touching a place on his life vest over his heart -- kayaking offers peace.

Mornini and boating buddy Mike McCormick came up with the idea for kayaking-as-therapy a year ago after a riverside talk about those wounded in

Afghanistan and Iraq, a figure that has reached more than 12,800. The two men wanted no payment; they consider their sport "a gift," Mornini said. Walter Weiss, a doctor at Walter Reed and an avid kayaker, heard about their plan one morning on the river. The next day, he called Mornini with all the contacts they needed.

Mornini, McCormick and a half-dozen volunteers -- called "the council" because nobody wants to be the boss -- plan the outings. Local outfitters Liquid Adventures and Calleva donate kayaks and other gear, as well as the van to transport the soldiers. Mornini shells out part of his

teacher's salary for lunches and special gear, like the water socks he gave a soldier whose feet were too scarred to walk the riverbank.

The lessons come from a boating community that is one of the largest and most elite in the nation. So far, they've gotten 28 veterans into the water; about half are amputees.

"Everyone wants to be supportive," said Joe Jacobi, 1992 Olympic gold medalist in the two-man canoe, on hand to teach last weekend. While they may not all back the war, the volunteers wanted to do more for U.S. troops, he said, "than just slap a sticker on the car."

The sport's -- and the river's -- reputation for danger appeals to men and women fresh from war. There, hospital smells and midnight worries give way to the white noise of the rapids, and a sport that pits body against nature.

"Anything that could get you killed is a lot of fun," said Orlando Gill, 32, an Iraq veteran who learned to kayak about five months after a rocket-propelled grenade sheared off the bottom of his right leg. "Life isn't fun unless you're get-

ting challenged."

mont area that is a training site for the U.S. white-water slalom team. Four men had come for this weekend's trip: Dale Bouck, 31, of Whitehall, Mich., who suffered a compound leg fracture during a training exercise in Iraq; Sang Nguyen, 21, and James Alexander, 20, both from New Orleans, hospitalized for stress; and Hamm.

The men don't give rank, nor do the kayakers ask. On the river, they are equals, and whole.

Hamm was a warehouse worker in Nashville whose National Guard unit went to Iraq last year. He lost a buddy there, killed by two bullets that got past his body armor. Hamm inventoried his friend's effects: a letter, a computer and a blood-stained uniform that triggered something in him that he could not control. He fasted, taking little more than water for two weeks, "for my brothers' safety," he said. On patrol in Iraq, he needed to check every village, every building, every room. One day he circled the same empty car 15 times, and eventually wound up at Walter Reed.

For six weeks, he's sat in sessions on combat stress, taken medications that "make me feel down, make me feel out," and then he met Mornini.

Now he glided up, to critique Hamm's first shot at the rapids. "When in doubt, paddle like hell," Mornini said. "You got your paddle up here" -- waving it over his head -- "you've got a zero percent chance of taking the correct stroke. Again."

The second time, Hamm made it through the rapids, only to roll in an eddy at the

bottom. Shivering, he got back to the top, where Mornini joined him again.

Skin chalky with cold, Hamm paddled upriver again, then peeled out into the froth.

This time, water and man worked as one. Eddying out at the bottom, Hamm of the broken heart, a soldier no longer allowed to handle a weapon, raised his paddle aloft, shouting with joy.

Then turned around, to try again. *cc*



Great Falls of the Potomac

Board of Directors

Dane Goins

Date of Meeting: April 16, 2005

Location of Meeting: Meeting Chaired By: Scott Wiggins

Meeting recorded by: Dane Goins, Secretary

Board members present: Officers: Scott Wiggins, Dane Goins **Directors:** Doug Jessee, Alicia Jahsmann, Ginny Newton, Jenny Wiley, Cathleen Lowery **Committee Chairs:** Chuck Berkey, Ken Dubel, David Bernard, Julie Wilson, Rob Ault, and **member** Les Fry.

Officer & Chair Reports:

President: Scott Wiggins started the meeting on time at 4 p.m. Scott explained that Committee Chairs were “empowered” to make decisions and do “what’s right” for the club. Reason: Getting Club Officers approval is not always timely or necessary.

Treasurer: Scott Wiggins presented the Treasurer’s report in Dave Stockdill’s absence. Coastal’s balance sheet and Profit & Loss (P&L) statement showed club holdings with a net income of \$4354.84 for the end of the first quarter 2005.

Secretary: The Board members and Officers accepted the minutes from recorded and reported from the January 15, 2005 meeting.

1. Dane Goins asked about the distribution of mail, specifically other club’s newsletters. It was decided to bring the newsletters to the quarterly meeting for the reading pleasure of all those interested.
2. Dane Goins and Jenny Wiley recruited member and auditor Sally Wetzler. The audit of the Club’s books was completed March 24th, without finding any discrepancies. A written statement will be provided to the Board prior to the Summer 2005 Quarterly meeting.

- **Brochures – Doug Jessee:** Packets of the brochures were handed out to individuals for distribution. Doug mentioned most of the store locations had been given brochures.

- **CaNews:** Editor Scott Wiggins said the newsletter could go on the web but downloads would take time unless the individual had a high-speed connection.

- **Conservation:** David Bernard gave an update on the Balcony Falls take-out. Most of the corporations involved were not in any hurry to develop one. The US Forest Service is looking into building a road for better access to the river. The conservation website page was briefly discussed.
 - Meeting with the DGIF (Dept of Game and Inland Fisheries) was discussed. Public river access would be the topic and what the Club can do to help. Several members were interested in attending.
 - David also mentioned the “Scott

Martin” project that was a private effort to get access to the Pigg and Blackwater Rivers in Franklin County.

- There was a brief discussion on the concept of “Conservation Easement” to prevent housing developments from over-shadowing the scenic riverbanks. The questions were raised, “What is Coastals position?” and “Should we get more involved?” These topics will be discussed further at future meetings.

- **Cruise:** Ken Dubel brought up club trip caveats. Discussion ensued and a motion was made to accept non-club members on club trips. The trip caveats are listed on the website trips page and in each issue of the newsletter. A motion was to revise the written policy in these two areas.

- **Membership & Renewals: Chuck Berkey**
 - **Renewal status: 410** members have renewed for 2005 – to date.
 - Current membership stands at 410, 17 “special friends”, and 34 Newsletter Exchange, 4 are honorary lifetime members

- **Multimedia:** Ginny Newton said the library was open for business but few takers.

- **Programs: Andy Lee-** Andy submitted his report via email. In summary, he has suggested that our July meeting at Glen Maury Park be a picnic. He suggests that we stage a three (3) trip day for Intermediate-Advance boaters on Balcony Falls, Beginner-novice on the Maury confluence and James River to Glasgow, and a trip for touring and sea kayaks on the upper James. The later portion of the day would be devoted to the picnic.

- **Raffle:** No Report

- **Recognition:** Alicia reported her computer “crashed” and records lost. She asked fellow members to submit lists of those previously

“recognized”.

- **Safety/Education:** Rob Ault’s Report: Nothing scheduled to date.

- **Sales:** Cathleen Lowrey reported sales of \$91 for 2005

- **Webmaster: Julie Wilson:**

- **PayPal Discussion:** General discussion deferred until the next meeting. Dave Stockdill and Julie Wilson will present their findings.

- **Website Sales:** The group agreed the Web sale page by Julia Wilson was impressive and should continue.

Announcements: Doug Jesse announced the **Meherrin Ruritan Club** of Emporia, Virginia, returned the \$50 check Coastals paid for use of their facilities during the January 2005 quarterly meeting. The \$50 check was marked donation to Coastal Canoeists.

Motions adopted:

1. Motion was made and accepted to donate \$100 to West Virginia Rivers Coalition.
2. Motion was made and accepted to amend the website trips page and in each issue of the newsletter, with the following, “Coastals will permit non-members to participate in official club trips.”
3. Motion was made and accepted to amend the previous motion with the following addendum, “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 the participant are not prepared for.”

Motions rejected: None **New Business:** None



Webmistress Julie Wilson takes her job seriously

Photo: Thomas Bernadas

Conservation

David Bernard

\$18 million dollars come from the sale of hunting, fishing, and trapping licenses.

\$10 million dollars come from Virginia House Bill 38. The National Fish and Wildlife Service surveys nation-wide sales of gear for "Hunting, Fishing, and Wildlife-Based Recreation." These dollar amounts are divided by category and state, and published in a half-inch thick book. Using this data, Virginia allocates a percentage of sales tax receipts that correspond to the amounts in the survey to the VDGIF for the recreation uses mentioned above. This money is financing Virginia's Birding Trail as well as hunting and fishing programs. Some contend that these gear purchases include paddlesport gear purchases. Charles does not agree that this is so. The survey does not mention paddlesport.

VDGIF is run as a "user-fee supported" agency, with no general fund support. It is true that the watercraft tax and House Bill 38 divert money from the general fund. That does not affect the fact that as far as VDGIF is concerned, paddlers are not contributing financially to the agency, and cannot with justice expect VDGIF to fund facilities that would primarily benefit paddlers.

VDGIF has not been studying trends in paddlesports, either whitewater, recreational, or in sea kayaking. They freely admit they focus their energy on their paying constituency, hunters, fishers, and motorboaters, while expanding their reach to the birding community. James noted a decline in fishers using canoes. Steve said he had an incentive to build motorboat ramps instead of hand-launch facilities because the Federal government reimbursed VDGIF for 75% of the cost for motorboat ramps and gave nothing for hand-launch access. Ginny mentioned that some VDGIF facilities had closed. Steve said this was for various reasons, and he said some launch facilities had been "inherited," implying that maintaining them was not his favorite thing to do. This set off a new alarm in my head, that we could lose what VDGIF paddlesports access is already in place.

Charles, James, and Steve were united and clear that VDGIF was not going to build paddlesport access for free. James and Steve let us know they were particularly put out with canoe outfitters, who use existing VDGIF sites in a big way and who were outspoken in their opposition to registration a few years back.

James provided insight into the VDGIF river access planning process. They want to be sure a particular river is going to be popular with boaters. They want to be sure the localities involved want river access. Often the proof of this is willingness for the locality to finance part of the construction or land acquisition. VDGIF does not like to put in a single river access this creates potential trespassing problems. They want to develop access for a river as a whole.

Before presenting my idea of a "pad-

dling pass," to fund non-motorized boat access, I pointed out some problems with applying the registration program to canoes, kayaks, and rafts. I objected to the trouble and aesthetics of putting large numbers on the side of canoes and kayaks. With the lower cost of paddleboats and the interstate and Internet travel and trade in the whitewater community, registration would be a real burden. Charles responded by saying that owners of expensive motorboats might also have aesthetic objections, but they posted the numbers anyway. He also said there was an Internet trade in motorboats across state lines.

Ginny came to the rescue by pointing out that the registration numbers take up but a small portion of a motorboat's hull, but that they would overwhelm her kayak. Ginny also suggested a much smaller marking, a sticker. I admit my uncompromising opposition to registration wavered at that point. I pictured a 2" diameter sticker, the Seal of Virginia in the center, with a white ring around it saying "Virginia Canoe (Kayak, Raft) 2005." Perhaps a Latin inscription saying "There Ain't No Such Thing as a Free Launch" could fit in there too.

My idea of a "paddle pass" would involve paying VDGIF an annual fee of at least \$25 but no more than \$50. Your "paddle pass" goes on your dashboard or hangs on your mirror. Instead of registering your boat, you register yourself. If you wait until July or later to buy it, you pay half price for the remainder of the year. This money goes to buying and building access that is only open to paddlers, no motorboats allowed. There is no charge for non-Virginia cars in the access lot. We don't want to discourage tourism.

Though they seemed happy to see an initiative that might work, the VDGIF folks saw problems. How do you tell someone you can't park and fish here or launch your motorboat? How does a game warden on the stream know paddlers are "legal?" Ginny did point out that it was unlikely to see a game warden on a whitewater stream. The VDGIF folks began anticipating complainers, which they hear from a plenty already. I can't use the access because the lot is filled up with North Carolina plates! "What do you mean I can't park here, I pay my taxes and I bought a fishing license?"

Charles asked us to reconsider our opposition to paddlecraft registration. With the big numbers gone, it did seem less of an imposition. Unlike car registration, there would be no need to transfer title. Buy a boat in Virginia and the dealer can sell you a sticker. Buy a boat in another state, email VDGIF and get a sticker, or buy one where fishing licenses are sold. Sell a boat in WV or MD, no problem. If the customer doesn't like the picture of the half-naked lady with the spear and her foot on the dead man, they can peel it off. I think \$10 a year is reasonable.

Later that day I went to Mayo for some downtown fun on the James. Some paddling pals agreed to haul me up to Reedy, and asked what I was doing in town in the middle of the week. I told them of the morning's mission. When I

described the paddling pass, one man looked as if to say, "I thought you were alright, but now I hear you want to tax me!" Another remarked, "The government!" and snorted. He mentioned what he saw as expensive American policy failures in Asia, and said there would be plenty of money if not for that.

When I took this job I said I saw a world of work to be done to improve water quality and access in Virginia. I also stressed the need for consensus. A majority vote for something so controversial is not good enough. I am advocating something that most active paddlers rejected just a few years ago.

It is evident that the status quo and just reacting to access problems is not a good strategy. We could lose existing VDGIF launch sites, if paddlers don't participate and the local government no longer cares. Traditional sites will be lost as property changes hands and new riverside estate owners act to protect their privacy. Even land in federal hands could change I read of Forest Service property being sold in the Northwest.

I left my latest copy of Roger Corbett's "Virginia Whitewater" in Charles' hands. I was surprised none of the three men we met had heard of this classic by the pioneer and guide of Virginia paddling. I hope Charles reads it and finds it half as fascinating as I have. In the several years before I began "real" paddling, on the July Coastals Balcony trip in 1999, I read about all these interesting streams, communities, and historic places, and muddled down a few of the easier waterways. As I entered the whitewater world, I was surprised at the lack of interest in running all these rivers. Then I realized the popular rivers are popular for a reason, they have lots of good rapids. Plus they are easy to get on to. There are a lot of good rivers we should be able to get on to, and if we don't act first, we may lose some of the access we now have.

I think it is good to consider ways of working with VDGIF. There are also other possibilities. The Department of Conservation and Recreation actively promotes non-motorized outdoor recreation such as paddling, and has some experience with building boat launch and riverside campsites. Some local governments embrace paddlesport access to their streams. Coastals or some other private group could organize the acquisition of river access sites, but that is a tall order for a volunteer group. What is going on in other states for paddlesport access?

It is time for all good Coastals to speak up, and give us the benefits of your thoughts on river Access in Virginia. cc



Membership
Chuck Berkey

Membership information is not displayed in the online version of CaNEWS

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Retrospective

Charlie Random

In the forty years that Coastal Canoeists have been in operation, a lot of water's gone over the dam—and so have a lot of Coastals. We ran over Brookmont Dam on the Potomac on at least a half-dozen club trips before we were advised that it kills people. One of our number ran it standing, to get the best Super8 shots of another member and her six-year-old in the boat ahead of him.

All this was when canoes still had recurve and tumblehome—before PFDs were popular, before supplemental flotation, before the Steve Thomas Rope Trick.

We saw the dams built that created Lake Chesdin on the Appomattox and Lake Moomaw on the Jackson. We saw them take out the Balcony Falls Dam on the James, that exposed the good entrance rapid coming out of the Maury. We paddled all of these stretches while the three projects were progressing. And we saw them take out the Embry Dam on the Rappahannock, that has exposed several "new" rapids.

We paddled from the Maury to Rocky Row while the water behind Snowden Dam was drawn down for dam repairs. This exposed rapids that we may never again see.

We had an up close view of the development of the Interstate highway system. We cheered the opening of each new section of I-64 and I-95, though it meant paying a toll to get through Richmond.

We suffered through the gasoline shortage of the late-'70s, paying up to \$1.38 a gallon. (That's \$2.94 in 2005 dollars.) We invented many novel (mostly dangerous) ways of hauling enough fuel to assure the trip back home each weekend. Carpooling on club trips became the standard. We toyed with the notion of the club's buying a bus and boat trailers. Even a 100-gal. tanker trailer was considered. "Everything old is new again."

cc

Safety & Education

Rob Ault

Two Things Will Keep You Safer on the Water

No matter what kind of water you paddle, two things will keep you safer on the water: your personal flotation device (PFD) and dressing for the swim. It seems simple, but published statistics show that most paddling deaths are directly linked to paddlers not doing one or both of these things.

PFDs Save Lives

Nearly 90 percent of canoeists who drown are not wearing PFDs. That data comes from the American Whitewater's Boating non-Motorized Human Powered Boating Safety Report 1995-1998, published in the April 2001 *American Whitewater* magazine. It's also supported in 2004 statistics from the American Canoe Association and the U.S. Coast Guard.

Almost 40 percent of non-commercial rafting drowning victims weren't wearing PFDs. And 20 percent of whitewater kayaking victims weren't wearing PFDs. Not wearing a PFD is the direct cause of most flatwater drownings. In whitewater drownings, not wearing a PFD was a contributing factor.

Dress for the Swim

Cold weather/cold water is a factor in about one-third of paddling deaths. The victims simply weren't dressed for the conditions. Proper clothing is important for all paddlers. And according to Charlie Walbridge, American Whitewater safety editor, proper clothing is even more important for paddlers over 40, who are more adversely affected by cold water than younger paddlers.

A good rule of thumb is if the combined air temperature & water temperature is 120 degrees or less, you need at least a wetsuit. Here's another test: Could you stay immersed in water for 30 minutes and not get too cold? If not, maybe you should wear more clothing. Even if you have a bomber roll, you might have to swim as part of a rescue. So dress for the swim or the rescue!

cc

Webnews

Julie Wilson

The Coastals message board now has almost 300 registered users and over 3000 articles. Users are not required to be Coastals members and can post and manage items for sale online, and there is a wealth of boating-related information on the board.

We have seen a number of newcomers become interested in Coastals because of their interactions with other boaters and other Coastals members on the board.

The newest forum is "Saw You On the Road," a fun way to say hi to other boaters whether you know them or not - just say hi!

The new Coastals store (<http://www.coastals.org/store>) has attracted buyers from as far away as Arizona. Check the location above for current specials and coupons. Remaining

Coastals merchandise that was previously available only at meetings will soon be featured on the web as well, so check it out!

Canoe & Kayak Website

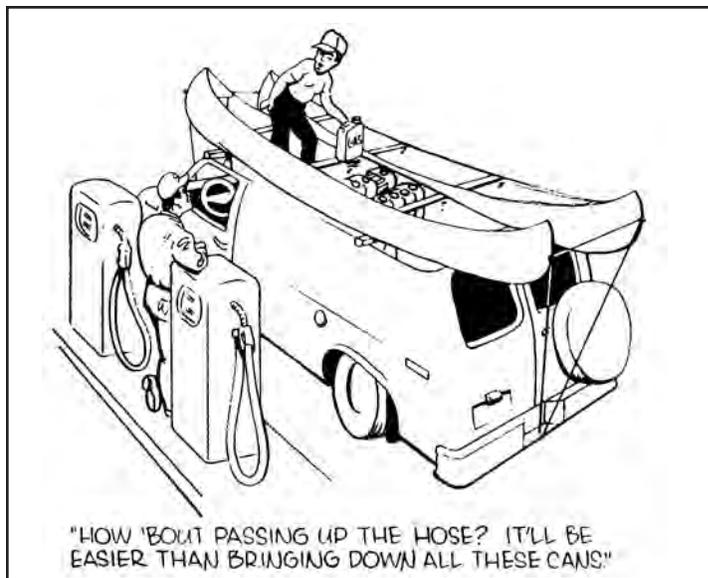
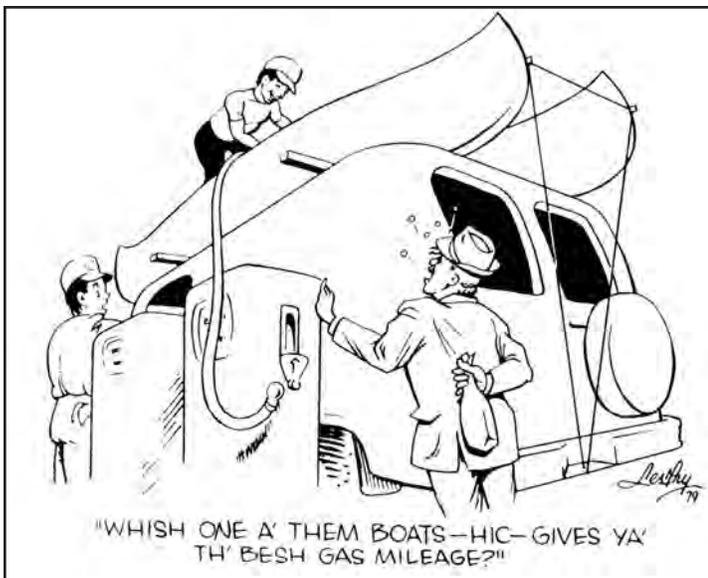
Emily Butterfield

I am an intern for Canoe and Kayak Magazine and am writing to inform you of a new tool we have on our website that we hope you will share with fellow paddlers. Our website, canoe kayak.com, now allows anybody to post paddling related photos they have on their computer onto our site.

Simply go to <http://forums.canoe kayak.com/photopost/>. Follow the link, click on Upload Photos and follow the directions from there. We encourage you to check out the different categories to choose which one will best fit your photo.

Please share this new feature with other paddlers!

cc



T R I P R E P O R T S

Smokehole

from page 1

were Bob Kimmel, Richard Hopley, Katherine Mull, Chip Walsh, Mike Martin, Craig Piercy, Scott Broadus, Tom Cole, Tom McCloud, John Sills, John Duke, Josh Crews, all OC-1! Canoeists are tough. A little cold doesn't keep them at home, unlike those pointy-boat paddlers.

The river up here flows along at a uniform quick Class II pace, and occasionally gets more interesting. There are rock gardens requiring maneuvering and some small ledges, though no one felt like playing under these conditions. Winding in and out, around farmland then back toward the road, you're never really remote on this stretch, but the water is a clear blue/green and it is pretty in places. Though the wind was light, when mist mixed with it the cold became very noticeable.

This was the maiden voyage for Richard's new Bell Prodigy X, but near the end, as he plunged through an hydraulic, the contact-cemented-in foam saddle no longer was! So that ended his paddling. And this was the maiden voyage for my newly rigged, with new design hanging saddle, Sunburst 2, and she performed well, though some adjustments will be needed. There was one brief swim. We finished the trip in 2.5 hours, taking out at Riverton. A few hard core continued to the take out behind the visitor's center at Seneca Rocks. During the reverse shuttle I noticed the temperature at the Grant county bank had rocketed to 42 degrees. It could have been worse - at least it wasn't snowing. Part of the group camped at Snowbird, and others at Seneca Shadows. Since our favorite restaurant, the 4 U, was not open, we cooked in camp despite the cold, foggy weather.

Again at Yokum's on Saturday morning and again discussing the days paddling options in light of continuing gray, drizzly, cold conditions, which had obviously kept all those quiche-eating kayakers at home, because we had ten open canoes. We opted to drive to Cabins, take the paved road across the mountain, and drop down into the middle of the Smokehole canyon. Several empties were placed at Big Bend, and the launch point was picked just downstream from the steepest upper canyon section. There was just no desire to take an ice water swim at Landslide to start off the day. Paddling were Bob, Katherine, Chip, Mike, Craig, Scott, Tom & Tom, JohnS, plus Hendrick van Oss. The water level was less than I had anticipated, being about a foot below the low water bridge, or around 2.8 feet on the Franklin gage. This is a very nice level for this section. One does not have to hit a rock if he does not want to. The trip went quickly, leapfrogging down through the rocky rapids. The water was a clear blue. Unfortunately, festooning the bushes and banks were entirely too much plastic and fishermen for my liking. I saw only two fish caught, one of them a golden trout. There was only one brief, uneventful swim.

After the short portage over the low

water bridge, we floated another 500 yards, then walked to the covered picnic pavilion, and sat there under shelter munching, lunching and talking. It was a pleasant break from good paddling. The remainder of the float went quickly, allowing us to reach Big Bend parking lot before 3 p.m.. A bunch of gear was carried to the top during shuttle for those who were heading out - which was most of the group - so they could load and leave. Returning to Big Bend I saw a bald eagle swoop low over the river. Camping for the night at Big Bend were only Tom & Tom, Scott and Hendrick. Again we cooked canned stew with propane stoves, and sat around the campfire solving the problems of the world until heavier rain around 9:00 pm drove us into the vans. It had been another uniformly gray day with fog never clearing the tops of the mountains, and the temperature not reaching 45 degrees.

Easter Sunday morning at Big Bend: At first light, lying in the bag, looking out the van window at the bottom of Scotts boat, it seemed to glisten: frost I thought. But no, it was just wet, very foggy, drizzling, and I sensed something between lack of enthusiasm and outright hostility toward paddling the entire 16-mile lower canyon run on this day in these miserable weather conditions. The canyon would not be beautiful today. The redbud and shadbush will take two more weeks of warmer weather to emerge. We dithered, ate oatmeal, drank coffee and scratched our heads, talked about seeing some easy, short section of river we hadn't done before, and of getting an early start for home. The forecast called for heavier rain moving in during the day. Finally I thought of driving to Franklin, which was not far away, and launching from the low water bridge, which is what the four of us did. We picked a spot around eight miles downriver, where it runs along the highway (at the Pendleton historical marker), to take out. This is another Class II section but it has some variety. This section is partly near town, and then curves away from town, then through flat farmland, then through two small canyon sections and back to the highway again. Though never high class, the bouldery one-mile canyon section, with several hundred foot high cliffs, has much the feel of the lower Smokehole canyon section. There is one low water bridge, visible from the highway. It must be portaged. We saw ducks & geese, kingfishers, phoebes, black buzzards, red-winged blackbirds, and a pair of great blue herons. We did not see the tops of the mountains, which remained covered in fog, nor were any of those Perrier-swilling kayakers spotted. There had been spats of mist during the day, but luckily for us the heavy rain waited to develop until we were driving home. The sign at the Pendleton county bank read 39 degrees.

So another Smokehole weekend, somewhat different from planned, and from previous years, had come to an end. This was the second coldest Smokehole weekend I've lead over the past 15 years, but we hearty canoeists had not let

Maury River Cleanup and Trip for Rookies

Jim Ferrell

The clean-up of the Goshen pass was arranged and managed by Alicia Jahsmann and John Sills with help provided by Ken Dubel, Bob Whaley, Dave Stockdill, Mike Hall, Jim Farrell, Dick Pierce, Mark Jones, Dave Lewis, George Westerlund, Deven Lively, Phillip Merica and Regina O'Donnell and daughters, Erin & Rachel. We picked up over 30 bags of garbage along with a muffler, grill and a pallet on route 39 through Goshen Pass.

After the clean-up the group split up into two parties with Dave Lewis, George Westerlund, Phillip Merica in OC1s and Deven Lively in a C1 going on to do the Maury below the store (I do not know how they fared, but with the talent there, they should have been OK).

For the upper Maury the OC1 contingent consisted of Alicia Jahsmann, John Sills, Bob Whaley, Dave Stockdill, Mike Hall and Mark Jones with the K1s represented by Ken Dubel, Dick Pierce and Jim Farrell (myself as the only rookie). With the temperature about 60 degrees, not a cloud in the sky and 20" on the boater gauge (bridge) and 700 cfs, we had a perfect day to have a rookie trip on the upper Maury. The day was uneventful until we reached the Kitchen, the OC1s went down and set up for the rookie (me), with Ken guiding me down eddy, by eddy. I nearly reached the bottom of the Kitchen until the next to last drop and then I flipped over, tried two rolls, bailed out and had to be rescued. The boat was unpinned, I got back in, and continued the rest of the way down with no mishaps.

With the vast whitewater experience that this group had, I felt very comfortable going down this river (I had looked at it from the road many times) for the first time (I will be back) but I was dismayed that only one rookie (me) came along and feel that those rookies that whine and cry about experienced boaters not willing to take rookies down the rivers, should just shut up.

I would like to thank Ken Dubel for guiding me down this river. cc



the weather stop us from paddling. On departure, one of my paddling colleagues congratulated me for the excellent water levels and the wonderful kayak-free weekend. It was, indeed, a great weekend of paddling. cc

T R I P R E P O R T S

Tohickon Creek 2005

Gene Langlinais

Author's note: The name Tohickon comes from the Lene Lenape Indians who named it to mean "Deer-Bone-Creek." Tohickon Creek runs from the Nockamixon Dam to confluence with the Delaware River (8 miles).

Two groups departed Richmond Friday March 21, 2005 with the ultimate destination being Tohickon Creek, in southeastern Pennsylvania. DCNR releases water from Lake Noxamixin twice yearly into the creek, to help oxygenate the lake water for the trout stocking program, and lower the lake level to allow for spring snow melt and in the fall for dock repair.

Tom and Christina Wood OC-1 and Mark Canada K-1 made up one group, while Gene Langlinais, Segal Shah and Eric Bertram (all K-1) made up the other group. Radio contact was maintained on the trip up, and as we approached Philadelphia, Tom and his group decided to stop in Philly for a cheese steak at Pat's, then head to Barry Emmel's house in Pennsauken NJ for the evening. Gene and his group opted for something quicker, as our destination this day was Scudders Falls on the Delaware, just north of Trenton. Weather was very good. The weather was clear with mild temperatures in the 50's. We arrived at Scudders mid-afternoon, and noticed by the rock in the eddy (locals understand this) that the river was flowing about 9-10,000 CFS which meant that the surf wave would be very nice and playful. We suited up and proceeded to play. This is a really nice area for park and play. We were the only people on the water for over an hour, and had a really good workout. Bow stalls, stern squirts, 360's, oh my! (Perfect warm-up to the Freeken Tohickon), and yes, the water was quite cold. We all were under the watchful eye of a good witch. No kidding! Purple cape, sitting with smudge pots ablaze, chanting incantations.

Dinner Friday night was at Friday's in Flemington with a friend. Was very surprised to note gasoline prices in the Garden State where still in the low \$1.90's! What a treat! After dinner we

drove back to Doylestown Pa. to the Court House Motor Inn to rest.

Saturday's weather was forecast clear and seasonable, and the plan was to meet Tom, Christina, Mark and Barry at the put-in at 10:30 AM. Segals Mom and sister drove down from NJ to see her kayak, and joined us at the put-in. When we arrived it was obvious that the fall release was much more popular than the spring, as evidenced by the lack of boaters present. We were greeted by Park Ranger Charlie Lightfeather, whom I've known for many years, and after catching up on news proceeded to off load boat and gear. The release level was as usual about 2-1/2 feet, and the water was just a bit muddy looking.

Our putting on was delayed a bit; Barry was half way to the put in and realized he had left all his gear at home!

The water coming off the bottom of the lake is at best described as very cold. We estimated somewhere in the 35-40 degree range, but with proper gear, and sunshine not too bad a paddle. Segal, Eric and I put on and started to float down to the first play spot while Tom and Mark waited for Barry. While waiting, Tom was interviewed by and was quoted by the local newspaper.

Shortly after putting on, Segal discovered the power of the hole at "No fish, No Swim" and after missing two roll attempts came out of her boat. Rescue was swift and without incident. Shortly after this Tom, Mark and Barry joined us and we proceeded down the creek. Tom was the next to experience the chilling embrace of the creek, having jammed his paddle between rocks and flipping. Within a half mile, the Tohickon opened her loving arms for Barry who wasn't quite sure what happened. Wrong line, didn't paddle hard enough, and wasn't paying attention??? Both recovered without incident.

We were on the water for about three hours, and given the combination of cold water, lots of playing, and a bit of adrenalin were happy to see the take out. Since it was still early, Tom and Mark made a second run that only took about an hour.

Following the second run Tom and

his group left for Barry's house, then on to Philly for roast beef. Our group headed back to Doylestown for a quick shower then on to Frenchtown, N.J to have dinner with my daughter and her boyfriend.

Frenchtown has always been a fun and friendly place to eat with a wide range of menu choices. That said; do not choose Thai Chili Restaurant for dinner, under any circumstance! Galasso's Pizzeria and Italian Restaurant would be a *much* better choice.

Sunday was going to be questionable as rain was forecast. The plan was for early phone calls to make a decision on making a run or not. We awoke to rain/sleet and the local weather predicted a high in the low 40's and rain. It was decided that since we were here anyway, a quick run would be OK. The plan was 10:30 at the put-in. Surprisingly, there were only 10-15 cars at the put in! Air temp of 39 degrees, raining and water temp about or slightly below the air temp. Hummmm? Joining our party this day would be Dave Kane K-1, Ken Wardlaw K-1, and Bill Hewitt, Ducky. This was to be Bill's first whitewater run. (Carnage expectation was at an elevated level)

The combination of temp and weather had kept most folks away resulting in a very uncrowded creek. I would guess that there were no more than ten people on it at any one time. There was no waiting for turns in any of the play spots, and as the run progressed the rain stopped. Bill ran the creek like a veteran, without any problem. Segal did a pirouette in one play spot and managed to hit herself in the eye with her paddle shaft. Almost instantly a black eye resulted, but not serious. The rest of the group used caution in playing except for Eric who carried playing into the next dimension on all three days.

The trip home was longer than expected due to rain and accidents on the major roadways, but without incident.

Our thanks to Christina and Nena for their most excellent help with shuttles. cc



Dane Goins, Coastal Board Member and Secretary, photographed these tandem canoeists at the 25th Annual Rappahannock Whitewater and Canoe Race

Coastals *Au Naturel*



The 25th Annual Great Rappahannock Race Dane Goins



Bill Micks Orients the Safety Boaters



Canoe Racing Style



Kayak Racing Style



Bill Gordon's Racing Style



The Tandem Mixed Species Class

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

Cruise Schedule

Ken Dubel, Chair

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.

Date	River	Rate	Coordinator	Email and Comments
7/16	1/4'ly meeting, James at Balcony Falls (Lynchburg)	N/I		See Programs on Page 2 for details
7/17	1/4'ly meeting, James above Balcony Falls (Lynchburg)	N		An easier float
7/23	Smokies -- Pigeon, Ocoee, Nanty, 'chucky (Tennessee)	I/A		Spectacular scenery too!
7/24	Richmond area newbie trip	N		No experience necessary, must have equipment
7/23	Potomac at Mather Gorge, Saturday only (N. Va.)	I		A surprising gorge five miles from DC
7/30	Appomattox, Chesdin down Sat,	I		Brimming with history
7/31	James Pony Pasture Sun (Petersburg / Richmond)			
8/6	Morris Creek (Williamsburg)	Sea kayak		Did someone mention history?
8/13	Nottaway, Cutbank to Jarratt Sat,	I		Two fallsline runs
8/14	Roanoke, Gaston to Weldon Sun (SE VA)			
8/14	James at Seven Islands Sun. only (middle VA)	N		No speeding! (Lazy float)
8/20	James in Richmond	I		Over six feet and you are on your own below Reedy
8/21	Potomac Needles (N VA)			Joint trip with MCC
8/27	Shenandoah Staircase Sat only	N/I		Lucketts Fair
9/3	New River Rendezvous	All		Something for everyone in wild wunnerful WV
9/10	Mopjack Bay	Sea kayak		Clear the beach!
	Rapidan / Rappahannock, 610 to Motts Landing (Fredericksburg)	N/I		F'burg wilderness
	Lower Gauley (WV)	A		A step up from the New River gorge?
9/17	Violette's Loop - Potomac (N. VA)	N/I		A NOVA "find"
9/18	Jenny's Choice (Maury below RBB = Plan "A")	I		Good water guaranteed
9/24	Yorktown	Sea kayak		Waves
9/25	Easy Gauleyfest (WV)	N/I		Easier paddling near a huge festival
10/1	Balcony Camper (Lynchburg)	I		Intermediate rating due to loaded boats
10/8	Rivanna / James	N/I		See Larry's picture in Ed's book!

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Tandem Paddlers on the Great Rappahannock Whitewater and Canoe Race

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

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Quarterly Meeting
Saturday, July 16
See Page 2 for Details

Dated Material: Please Expedite!