



# Our 40<sup>th</sup> Year Coastal CaNEWS

Newsletter of Coastal Canoeists

Winter 2005

DEDICATED TO THE PRESERVATION AND ENJOYMENT OF WILDERNESS WATERWAYS

## Scott Wiggins is President in '05

Les Fry

The Board has elected 23-year-member Scott Wiggins to serve as Coastal Canoeists' 25<sup>th</sup> President. Yes, the same Scott Wiggins who is Editor of *Coastal CaNEWS*. It's not that his eight fellow Board members were out to dump on him. Rather, it's a most unusual convergence of talent, enthusiasm, and a willingness to serve.

Like many another Coastal, this Waynesboro, Va., native's early interest in canoeing was kindled in the Boy Scouts. In his case, it was on a trip to upstate New York on a chain of lakes in the shadow of Adirondack Park's Sawtooth Mountains. They did parts of Long Lake, Duck Lake, Lake Madeleine, and into Tupper Lake, all connected by river links or portages.

Perhaps Scott's crowning paddling achievement in more recent years is his 900

*"Why should a once-in-a-lifetime experience be just once in a lifetime?"*

miles in the Grand Canyon—four 14-day trips of 225 miles each, in '87, '90, '95, and '02; the last three of which he coordinated. He's currently planning a return engagement in '06. He regards this as "the nation's best whitewater in the world's best scenery. Why," he asks, "should a once-in-a-lifetime experience be just once in a lifetime?"

Scott lost his bearings in 1998; purchased and paddled a kayak for two lost years. In 2000 he regained his senses and returned to his Whitesell for real whitewater and Mad River Explorer for relatively mild water or when his bride Carol is along on

See "President" page 3

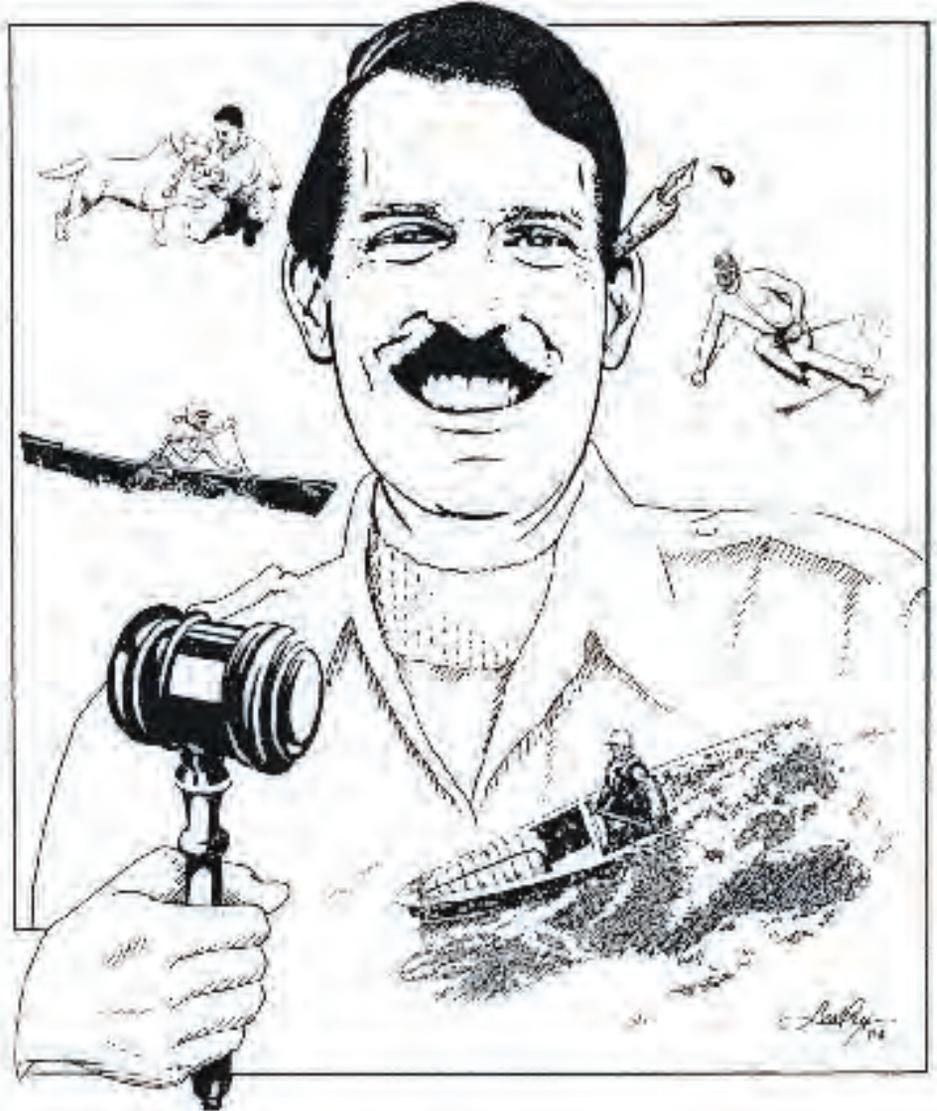
***This Is Your Last CaNEWS***

*Unless .....*

*You Pay Your Dues By*

*January 1, 2005*

*See Page 3*



## Trio of Dog Lovers Join Board of Directors

At the October quarterly meeting, Coastals elected three members to the Board of Directors who share a passion for dogs in addition to their passion for paddling. Joining the Board for the first time, Jenny Wiley of Richmond is partial to her five poodles. Also joining the board for the first time, Ginny Newton of Chesapeake favors Labrador Retrievers. Scott Wiggins, also of Richmond and also a Lab lover, is

See "Trio" page 3

## Accident on the Haw A Near Death Experience

Paul Ferguson

I paddle my canoe into the bank just above the dam. I have trouble getting the bow beached. I make a couple of more attempts but fail to realize the stern is swinging slightly with the current. Pete is already on the bank scouting the road to use as a portage path. He sees my trouble and runs down the hill. Suddenly there is a moment of horror as I realize that the stern has reached the fast water at the lip

See "Accident" page 4

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**Officers, Directors and Committee Chairs**

| Position      | Name            | Telephone | Email |
|---------------|-----------------|-----------|-------|
| President     | Scott Wiggins   |           |       |
| Secretary     | Dane Goins      |           |       |
| Treasurer     | Dave Stockdill  |           |       |
| Director      | Alicia Jahsmann |           |       |
| Director      | Bernie Farmer   |           |       |
| Director      | Doug Jessee     |           |       |
| Director      | Cathleen Lowery |           |       |
| Director      | Jenny Wiley     |           |       |
| Director      | Ginny Newton    |           |       |
| CaNEWS        | Scott Wiggins   |           |       |
| Conservation  | David Bernard   |           |       |
| Cruise        | Ken Dubel       |           |       |
| Membership    | Chuck Berkey    |           |       |
| Multimedia    | Ginny Newton    |           |       |
| Programs      | Andy Lee        |           |       |
| Raffle        | Bernie Farmer   |           |       |
| Safety/Ed.    | Rob Ault        |           |       |
| T-Shirt Sales | Cathleen Lowrey |           |       |
| Webmaster     | Julie Wilson    |           |       |

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

**Inside This Issue**

| Committee and Officer Reports                                | Page |
|--|------|
| Board of Directors <i>Dane Goins</i> .....                   | 5    |
| Conservation <i>David Bernard</i> .....                      | 6    |
| Cruise <i>Ken Dubel</i> .....                                | 11   |
| Membership <i>Chuck Berkey</i> .....                         | 7    |
| Multimedia <i>Ginny Newton</i> .....                         | 8    |
| Programs <i>Andy Lee</i> .....                               | 2    |
| Safety & Education <i>Rob Ault</i> .....                     | 9    |
| Treasurer <i>Dave Stockdill</i> .....                        | 5    |
| <b>Other</b>   |      |
| Accident on the Haw <i>Paul Ferguson</i> .....               | 1    |
| Applying Principles Leave No Trace <i>Tim Springle</i> ..... | 6    |
| Coastals <i>Au Naturel</i> .....                             | 10   |
| Keystone Paddling <i>Ed Gertner</i> .....                    | 5    |
| Parting Shot .....   | 12   |
| Pool Rolling Sessions <i>Greg Velzy</i> .....                | 5    |
| Scott Wiggins is President in '05 <i>Les Fry</i> .....       | 1    |
| Trio of Dog Lovers Join Board .....                          | 1    |



*from the President .....*

Let me begin by thanking Richard Walters. For 19 years, Richard has served our club well in many capacities including coordinating trips, teaching, mentoring, as a board member and for the past two years as President. I know I speak for many by expressing appreciation for his leadership. On a personal note, I asked Richard to row an equipment

raft on my fourth Grand Canyon Trip. For 14 days and 225 miles and despite an injury to his ankle, Richard expertly handled his raft through 165 major Grand Canyon rapids. Of greatest value to me, Richard left a well-seasoned leadership team of Directors and Committee Chairs. Thank you, Richard. There will always be a seat for you at the board meetings.

I request Coastals' assistance in spreading the word about Coastal Canoeists. The "word" is a brochure that the Board would like to see placed anywhere and everywhere potential members gather, particularly outfitter stores such as Blue Ridge Mountain Sports, Back Country Ski and Sport, Blue Hole Canoe Co., Shenandoah River Outfitters, Mattaponi Canoe & Kayak, Wild River Outfitters and others. Appomattox River Company is now displaying our brochure.

Are you willing to contact an outfitter near where you live, ask the owner if he or she would display our brochure and provide them the brochures? If so, please contact Doug Jessee

*Scott Wiggins*

**Programs**

**Winter Quarterly Meeting & Program**

*Andy Lee, Chair*

**Date:** Saturday, January 15, 2005.

**Place:** Meherrin Ruritan Club

**Directions:** Meherrin Ruritan Club is located on Rt.301, which parallels I-95, approximately 3 miles south of Emporia. Take I-95 South to Emporia (Exit 8), turn right (south) at Simmons Truck Stop Corner, go 1.7 miles. Meherrin Ruritan Club is on left. Notice a lighted Ruritan sign w/canoe.

**Campgrounds:** Tent & Van camping at the Meherrin Ruritan Club. Bathroom facilities available, no showers.

**Schedule Saturday, January 15:**

**9:30 a.m. Paddling:** The Nottoway River, a Southside Virginia favorite, Cutbank (Rt.609) to Purdy (Rt.619). 11 miles. Meet at the Purdy Rt. 619 takeout at the Game and Inland Fishery Public Boat Landing. Paddlers face Class II/III rapids in the last two miles of this section in the fallsline. Contact Doug Jessee

**4:00 p.m. Board Meeting:** Meherrin Ruritan Club.

**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:** Mr. Mike T. Jones of the U.S. Department of Agriculture - Natural Resources Conservation Service. Mr. Jones will speak on "Water". Extremely informative presentation on how the Southeastern Water Systems "work"!

**Schedule: Sunday, January 16:**

**9:30 a.m. Paddling:** Nottoway River, Purdy (Rt.619) to Jarratt. 5 miles. Meet in Jarratt at the Blimpie at the intersection of Rt.301 south. Paddlers face Class II/II rapids in the first 3 miles of this trip in the fallsline.

## Trio

from page 1

returning to the Board for a second term. This trio will serve through 2007. They join directors Dane Goins of Midlothian, Dave Stockdill of Fredericksburg, Alicia Jahsmann of Rockbridge Baths, Bernie Farmer of Williamsburg, Cathleen Lowery of Midlothian and Doug Jessee of Emporia.

This Board of nine Directors elected Scott Wiggins to the Presidency (see article on page 1). Dane and Dave will remain as Secretary and Treasurer.

Ginny was born on Long Island, New York but moved to a farm in Albemarle County just before she turned three. The Girl Scouts introduced her to paddling. She enjoyed it so much she saved her allowance to buy a 15' Grumman. Joining Coastals in 1999, Ginny holds a BA in Geology from Emory & Henry College and works as a hydrogeologist in the ground water withdrawal management program of the Virginia Department of Environmental Quality.

Ginny paddles a K1 and sit-on-top and favors the Lower Tye and upper New in West Virginia. She is looking forward to retirement to spend more time refinishing furniture, gardening and taking care of the place she and her husband hope to acquire near the Tye River.

Jenny Wiley was born and raised in Richmond. She took her first canoeing class at William and Mary and, as she says, "fell in love with paddling". Joining Coastals in 1985, she paddles a Mad River Explorer and a dark purple Mad River Outrage. Her favorite rivers include the Moormans, Maury, Nantahala, and the James in Richmond.

Jenny earned her BS degree from William and Mary and a Ph.D. in Biological Psychology from VCU. She is an associate professor in the Department of Pharmacology and Toxicology in the School of Medicine at VCU.

In addition to paddling and her five poodles, Jenny is a member of and leads hikes for the Old Dominion Appalachian Trail club. She also is a big fan of mystery novels. CC

## 2005 Dues Due Now!!!

Chuck Burkey

2005 dues are due. Less than 100 Coastals have paid their 2005 dues. Under the new dues process annual dues must be paid by the 1<sup>st</sup> of January. If your payment is not received by January 1, 2005 your name will not be included in the Roster.

Your 2005 dues are prorated by month. This is the fairest way to assess dues to



Jenny Wiley Approaches Hollywood Richard Burke

those who have already paid for part of 2005. The table in the Membership Column (page 7) indicates the amount you are to pay by the 1<sup>st</sup> of January. To determine the



Ginny Newton on the Tye Ken Dubel

amount you owe you must know the month you currently pay your dues. To determine this you look at the mailing label on your *CaNEWS*. To the right of your name is printed the month/year. If the year is 2006 or greater you have already paid your 2005 dues. If the year is less than 2006, find the month/year in column 1 of the table below. The amount you pay is in column 2 (or if you pay for first class mail delivery use column 3).

If the year on your label is 0 or greater than 2005, you do not owe dues at this time. Lifetime members, special friends and newsletter exchanges will have a 0 for the year. They do not pay dues. Those whose year is 2006 have paid their 2005

## President

from page 1

such summer trips as the Shenandoah, Tye, or James.

In addition to paddling, his range of interests includes reading, digital photography, golf, and skiing. He and Carol annually take advantage of Stowe Vermont's snow, skiing both downhill and cross-country.

Since joining Coastals in 1982, he has coordinated a number of club trips; served as Cruise Chairman in '98; first term on the Board, '98-'01, and Webmaster, '01-'03. He edited his local Sierra Club chapter's newsletter in 1992-3 and became editor of *Coastal CaNEWS* ten years later.

Scott earned a degree in history from Lynchburg College, and degrees in business, real estate, and environmental studies from Virginia Commonwealth University.

He was sixteen years in technical and management jobs in data processing at Virginia Power and Blue Cross/Blue Shield. In 1995 he switched to real estate and worked for United Dominion Realty Trust, a large apartment company, for seven years. In 2002, he joined Cox Communications as Manager MDU (multi-dwelling unit) Contacts, leading a team that handles cable issues with owners of over 3,000 apartments and condominiums in Tidewater Virginia.

dues. If the year is greater than 2006 you have paid for multiple years and will not owe dues at this time. Those who have paid for multiple years will receive an email or a letter when your dues come due.

During this transition and in the future the option to pay dues for multiple years is available. To pay for additional years add \$20.00 for each additional year (\$23.00 per year for the first class postage option). Checks for dues should be made payable to Coastal Canoeists and mailed to: Chuck Berkey, Membership Chair, 505 Winterberry Dr., Fredericksburg, VA 22405. CC

***The table that calculates your dues payable to Coastals on Jan 1 can be found on page 7***

## Accident

from page 1

of the 15-foot dam. It is a sheer vertical drop with little water and many boulders below. I take quick forward strokes, but I am overpowered. I look straight at Pete and he looks intensely at me. I'm out of his reach and in the grasp of the current. Nothing can be done. There is no time for even a word. I am descending backwards to probable death.

It is September 29, 2004. Pete Peterson and I decide to take advantage of the recent heavy rain and paddle some river sections we have never seen. We meet at 9 a.m. and decide to run from the NC 150 bridge, in Rockingham County seven miles southeast of Reidsville, to the NC 87 bridge at Altamahaw, a 12-mile trip. We decide to divide our day

into two runs. The first leg is from the NC 150 bridge to Troxler Mill Road (Guilford County 2711) bridge. If time is available, the shuttle will be reset and the second leg will be from Troxler Mill Road to NC 87.

We are paddling canoes. I am in a 16-foot Mad River Explorer. Pete paddles a 15-foot Dagger Legend. The water is up, but not out of its banks. I am just where I want to be - exploring a new stream in beautiful weather and good company. We

are making good time as we slide over many downed trees that will require portage when water is lower. Just upstream of Troxler Mill Road bridge, there is an old broken rock dam creating a Class 1+ rapid. Near Brooks Bridge Road is a small but very dangerous dam. The drop is about three feet, and the river is less than 75 feet wide. A powerful hydraulic extends for six feet in front of the dam. We easily avoid it by landing on the left bank and carrying around the dam to put-in below. The hydraulic today will capture anything it touches. We reset the shuttle by dropping my van at the NC 87 bridge and get back on the water at 1:30 p.m.

Near the end of our trip, a horizon line marks the 15-foot Glen Raven Mills Dam, a few hundred feet upstream of the NC 87 bridge. We pass the sluice taking water left toward the active mill. At the right bank, we beach our boats 100 feet before reaching the dam. [We determine] this right side could be portaged, but we think there may be an easier path on the left side of the dam.

The bank on the left side above the dam does not go straight to the dam. About 10-15 feet

before reaching the dam, the bank cuts inward for maybe 30-40 feet. Pete goes first and paddles carefully into the narrow channel leading to left bank. I follow with an uneasy feeling about how close this path is taking me to the edge of the dam. There is little flow affecting my boat as I paddle past the upstream side of the land in the narrow channel. Everything is going well.

Paddling to beach my boat near Pete's canoe, I cannot make my bow stick to ground. I take another shot and try to power into the low bank, but again I get no purchase on the ground. Pete is scouting the road on the left side of the bank, and I see him returning. I make another attempt to land my boat and think the bow sticks. I get up to walk forward in a crouch, but the effort sends my boat back from the bank. I paddle again but do not immediately notice a slight current catching my stern and swinging it toward the dam. I paddle harder and harder as Pete runs down the bank because he sees that I am getting into trouble. Suddenly there is a moment of



Les Fry

horror. I realize the current at the lip of the dam is rapidly accelerating my stern. I am 10 feet away from Pete. We lock eyes and each knows that nothing can be done. There seems to be a bright light illuminating the scene. I'm sure the bright light was in my mind from the focus of all my mental faculties on dire consequences of the situation.

Very skilled paddlers under excellent conditions commonly run a 15-foot drop these days. Excellent conditions require a deep pool of water, a lack of rocks, and no hydraulics. There were no such places along this dam today, but the left side was especially low and rocky. No paddler would attempt this run.

I am being swept backwards over the dam. It all happens in just a few seconds. I feel the canoe surge and start to drop. I feel my body hitting something as I am thrown out of the canoe and go underwater. I do not know what or how I hit. My body is thrashed as violent forces play themselves out. I come up from underwater next to my canoe and grab a gunnel while standing on the bottom in about four feet of water. The canoe is about 10 feet out from the dam and partially pinned by a large rock. A

rocky peninsula is just on the other side of the canoe. Water flows out to the right to the main channel downstream. I try to walk but something is wrong. There seems to be a log between my legs preventing them from moving. Using my hand, I push down to free it. The log is my left leg, broken somewhere above and the knee, and now dangling in the current. Pete is scrambling down the bank. He is relieved to see me alive after expecting to be on a body recovery mission. He quickly stabilizes the boat from the downstream side, and tells me to try to make it to his side. I manage to use my good leg and the gunnels to work my way around the canoe, close to Pete. He takes me by the shoulders and slowly pulls me up on the small rocky peninsula. I am laying face up at a 45-degree angle, looking straight at the dam where I just came over.

Pete formulates a plan to get me out by paddling the few hundred feet to the bridge. I tell him I am injured too badly to assist in my rescue. My leg is swelling, the pain is coursing through me, and I know I have injured my neck because of pain when I move it. I tell Pete to call for rescue and give him instructions on where my cell phone is stowed. He takes the phone and goes uphill to place the call. When he is gone, I realize my cell phone has a security code preventing its use until entered. I expect to see him return for the code, but he finds a store near the bridge and calls the rescue squad. He leaves instructions at the store on how to find me and comes running back. I am still lying on

my back staring at the dam. My camera in its waterproof case is still strapped to my chest. I raise it to take a picture of the scene in front of me, but I can see nothing through the viewfinder. The camera case is wet, and the spray from the dam is keeping it wet. I have nothing to dry it, so I give up on photography.

The rescue squads seem to arrive within minutes. My leg is swelling and pain is increasing. It must be about 75 degrees and sunny, but I am wet and losing body heat. I shiver uncontrollably. The rescue squad guys try to start an IV into my arms, but they are having trouble hitting a vein. They shoot me with some morphine to ease the pain and tell me that Duke Hospital is sending a helicopter. It is only minutes later that I see a helicopter pass over the river. They put me on a stretcher. The medics from the Duke helicopter team arrive and assist getting me up the hill to the road. They place me in a truck and drive a short distance to a field where the helicopter has landed. They transfer me to the helicopter and tell me it is only a 12-minute flight to Duke.

We are landing on the pad at the hospital,

and I am being wheeled into the emergency room and given over to the trauma team. The X-rays, CAT scans, and MRIs begin. The neurosurgeons find that I have cracked two vertebrae in my neck (C2 and C7). They say the forces I experienced could have easily snapped my neck and severed my spinal cord. Why it did not was just a matter of luck. To stabilize my neck and allow the cracks to heal, they install a halo. The halo fits around the forehead and locks to my head with four screws that penetrate the skull slightly. The halo has bars extending down my back and chest. The bars are strapped to vest fitted tightly to my chest. It must remain in place at least two months.

All the testing for neurological damage delays repair of my leg. After two days, my leg operation is scheduled. This operation involves a long incision to insert a plate over the break in the femur. The plate is screwed to the bones, and a cable is placed around the assembly to help strengthen it. My orders are not to put any weight on the left leg until bone growth starts. This could be approximately a month after the operation, but only X-rays will tell. In the meantime, I am able to use a walker to get myself around by using my arms and my right leg, with just a touch and go for my left leg. There are some exercises to keep my leg limber, but really nothing substantial can be done until there is some bone mending. After a week in the hospital, I am ready to go home to start my recovery.

After my accident, when I was whisked away in the helicopter, Pete transported my canoe, gear, and van to his home. Only a sponge and hat were lost, and my canoe suffered just a minor dent. Pete called Len Felton, my friend for more than half of my life. Len notified my son and mother, and came to the hospital that night to see what he could do for me. I owe much to Len and Pete for their assistance during my hospital stay and afterwards. Pete took a room near the hospital and stayed with me from early morning until night. Pete and Len took me home, and Pete stayed a couple of days at my house until my son and mother arrived to start the family nursing care.

It would be a lot easier on my mind if I could point to some external cause of the accident - equipment failure, a lightning strike, a squall. There was none of that. I was simply working too close to the dam. Why was I doing it? I can only guess that good judgment was overcome by overconfidence. In hindsight the risk was enormous - loss of life. The reward almost non-existent - a few extra minutes crossing farther upstream and perhaps some muddy shoes. I have been paddling about 35 years. I have paddled hundreds of rivers, run thousands of rapids, and portaged countless dams. I know my memory is not perfect, but I cannot remember in these years ever running a rapid I did not intend to run or being the least bit out of control near a dam. Sure I have had my share of messing up

rapids, but that is part of the sport - a calculated risk. Part of this memory must be somewhat an illusion. There must have been times when I was too close. That little discomfort I felt when I approached the narrow channel above Glen Raven Mills Dam was the warning I failed to heed. I did not put the risk in perspective.

My prospects for recovery are good. I have been given a second chance at life by narrowly avoiding spinal damage. In a couple of months, I hope to have the halo removed and be able to put all my weight on my left leg. Perhaps I will be back in my canoe by early next year. As I paddle again, I know there will always be a part of me still in that moment of horror, being swept over the dam. I plan to use this recurring memory to never come close.

When I am able, I want to repeat the trip with Pete. I will give the dam wide berth, sit on the rocks below the dam where I lay, stare at the dam, and empty my mind.

Thanks to all my friends for the cards, notes, and calls wishing me well. It has meant a lot to me to know you care. CC

## Pool Rolling Sessions

*Greg Velzy*

Dr. Val Puster has arranged for Coastals to practice their rolling at the Chester, Va. YMCA for February 6, 13, 20, 27 and March 6, 13. For additional information you may contact Val at 999-999-9999 (home) and 999-999-9999 Ext. 9999 (work). CC

*editor's note: the pool rolling schedule including additional opportunities can be found in the Cruise Schedule.*

## Board of Directors

*Dane Goins*

*Minutes taken by Doug Jessee*

The Annual Meeting/Board Meeting of the Coastal Canoeists' was held on Saturday, October 16, 2004, at the Grove Hill Community Center, Shenandoah, Virginia. The only Board Member whom did not attend the meeting in whole or part was Dane Goins.

Richard Walters provided a beer to everyone, in "appreciation of cooperation", extended to him by the Board, during his tenure as President. This was Richard's last meeting as President.

**Treasurer's Report** - Dave Stockdill submitted a report that showed for the period July - September the club had a total income of \$3,000.46 and total expenses of \$930.92. That resulted in a net income, including interest, of \$2,097.34.

**Membership Report** - Chuck Berkey - No Report

**Andrea Jones Report** - Andrea is requesting a \$2.00 donation for the evening meal to offset costs. The trailer has been taken care of for now. Concerning keeping it, however, will require a decision by the Board. Concerning the Quarter Master Issue; after

much discussion, a motion was made by Scott Wiggins, seconded by Dave Stockdill, approved by the Board, to keep the Quarter Master Position, however, the position will remain voluntary and unpaid.

**Message Board** - Julie Wilson has stepped up to take over the message board and Webmaster. Feedback from some of the Board Members indicated that Julie is already doing a great job! In respect to the message board and Club website - busy!!

**Nominating Committee Report** - Richard, Glen, Paul, - leaving the Board - many thanks for your contributions - great job!! There are three new board candidates: Scott Wiggins, Jenny Wiley, and Ginny Newton. No discussion - no issues! Approved by the Membership at the evening meeting. The Board needs to elect officers and President after the General Meeting.

**Conservation Chair Report** - David Bernard expressed thanks for affording an opportunity to be the Chair for this committee.

1. The Balcony Take-out is a work-in-progress project. David reported no Coastal responded to his request to contact their state legislator to lobby on the issue.

2. Need to initiate discussion starters, in respect to river access issues.

3. David reported the needs of the paddling community are not represented directly by any state agency. "If we want to be taken seriously, we have to be willing to address a mechanism to have paddlers pay for access."

**Cruise** - Ken Dubel - "Right-of-ways and easements" - Moormans take-out. Ken will write a communication and Scott will present in CaNEWS.

**Raffle** - No Report provided to Recorder.

**Safety** - The club needs a new Safety Chair. Richard volunteers to help whomever takes the position. Ken has two individuals whom will help.

**New Business** - None

Meeting adjourned at 1713 CC

## Keystone Paddling

*Ed Gertner*

In all honesty, the following announcement is from a biased source, i.e., the author.

The new (4th edition) of Keystone Canoeing is finally off the press. Though hidden behind the same ugly cover (picture of Charlie Walbridge paddling the only flatwater he has done in the last 20 years), everything in between has been updated, from the introduction to the maps to the text. It hopefully documents all the current road names, dams removed and dams built, new accesses and accesses lost, new roads and bridges, roads and bridges abandoned, gauges added and gone, and so on.

It interprets many of the new gauges available online and reinterprets old recommendations. There are even a few new creeks described.

I think it will again be a guidebook that you can depend on.

I hope you like it. CC

## Conservation

David Barnard, Chair

### Plenty of Soil and Lazy Living Mean Good Clean Water

Erosion has helped shape our world. But the 10,000 years of agricultural civilization, and for us the 400 years of European settlement in eastern North America, was built on a more solid base. Rich plant growth held soil in place. These plants and the animals that lived from them put back organic matter that made the soil ever richer. This treasure trove has, with a little human help, put a lot of food on the table for us.

The cutting of the forest canopy and the opening of the earth by the plow let the rain remove a lot of this good soil, a process we see continue whenever we paddle a muddy stream. So the treasure gets thinner, and saving what's left is not the highest priority, even for some of those who own the soil.

When Elk Creek in Grayson County is runnable, it is usually deep brown. Whitetop Laurel, a creek of similar size that begins on the other side of Virginia's tallest mountains, runs clear. The difference is Whitetop comes out of well-managed national forest land and Elk Creek comes from a long-settled farming valley with most of the tributaries running through cow pastures.

Sometimes I paddle by a river cottage whose enthusiastic owners have cleared all the plants down to the stream's edge so they can plant a lawn. The stream comes up and on the next visit the vacationers find a steep muddy bank on their now slightly smaller lot, as grass does not have deep enough roots to withstand water erosion on a whitewater stream.

The erosion was worse in years past, when intensive farming covered a lot more of Virginia's land. High water can wash sediment deposits further downstream, so new problems can come from erosion that originated many years before. Sediment from past erosion is often trapped behind dams. The Susquehanna River peaked at 900,000 cfs in 1996, and for 16 days it flowed above 400,000 cfs, the level at which sediment is washed from behind the Conowingo Dam. That event led to 11.8 million tons of sediment washing into Chesapeake Bay. Hurricane Ivan had the Susquehanna peak at 606,000 cfs, and scientists have not had a chance to measure its deposits.

Before Embrey Dam on the Rappahannock was breached, the Corps of Engineers removed 250,000 cubic yards of sediment. Now that the old lake is gone, at least another 50,000 cubic yards has been exposed. Friends of the Rappahannock Executive Director John Tippett has asked the COE to remove this sediment too, as it would cause more problems downstream and it would be easier to get at the remaining sediment before the dam is totally dismantled.

When George Washington retired from public life, he thought he might restore Mt. Vernon's productivity by dredging sediment from the Potomac and spreading it on his fields. His plan failed because the lighter and soluble nutrients had washed out long before his workers got to the sediment.

Sediment covers and kills aquatic plants and animals. The drought of 1998-2003 gave the Chesapeake a chance to recover, even as it frustrated paddlers. The last two years' rains have made the Bay's problems the worst ever.

The best solution to this erosion problem is to set aside land and just leave it alone. It is such a pleasure to visit a stream whose entire watershed is protected from any use that would disturb the ground. Mountain Lake Wilderness where John's Creek begins in Giles County is a second-growth forest that sends sparkling water downstream. Otter Creek Wilderness in West Virginia is the largest southeastern wilderness I know of, but the most magnificent has got to be the Joyce Kilmer Wilderness in North Carolina, as the Little Santeetlah flows from an old-growth forest that includes the East's largest trees.

The Wilderness Act of 40 years ago is one of the environmental movement's great victories. More land can be added through citizen interest and action. These wilderness areas conserve natural qualities and produce good water. They are official "NO WORK ALLOWED" zones just for hiking, hunting, fishing, camping, paddling and loafing around. It makes me tired to think of folks buying and building a "getaway" cottage. All that spending and land-clearing and digging and sawing and hammering. I would much rather go out and have my fun straight up.

Of course we can't designate all our land as wilderness, so it is very important that farming, forestry, and development be conducted so as to not allow much sediment runoff into the water. Keeping as much

topsoil as possible in place means future generations will have a planet capable of producing food.

Plus, in the present, we can see the rocks through the water. CC

### Applying the Principles of Leave no Trace

Tim Springle

*(editor's note: Don Leeger obtained permission from the author to reprint this article in CaNEWS)*

In the 30-odd years that the phrase has been in widespread use, "Leave No Trace" has emerged as the mantra for a generation of outdoor recreation fans. From signs in National Parks Service campsites, to posters in gear shops, the concept of "leave only footprints, take only memories" has defined the outdoor experience for millions of people worldwide.

These days, the Leave No Trace ideal is promoted and maintained by the nonprofit Leave No Trace Center for Outdoor Ethics, headquartered in Boulder, Colorado. Defined as a program that "strives to educate visitors about the nature of their recreation impacts as well as techniques to prevent and minimize such impacts," Leave No Trace remains an important part of backcountry travel, and something that every outdoor enthusiast should understand.

But aren't the principles of Leave No Trace geared primarily toward the land-based camping and hiking set? What does this have to do with paddling?

It's true that Leave No Trace deals mainly with "land abuse," but the ideals apply to all who enjoy time in the outdoors, paddlers included. After all, paddlers camp, paddlers hike in to their campsites, paddlers have waste to pack out. Below you'll find the seven principles of Leave No Trace: learn them, know them, and live by them.

Plan ahead and prepare: In short, you need to know where you're going before you get there, understand if it's a fragile or protected area, and be prepared in case of an emergency. Leave No Trace encourages adventurers to plan their trips carefully "to avoid times of high use" (like holiday weekends) and to travel in small groups. This will lessen your impact on the land and help keep damage to a minimum.

See "Leave No Trace" page 9

## Membership

*Chuck Berkey, Chair*

*Use the table below to calculate the dues you owe for 2005.*

| Month/<br>year | Standard<br>Dues | Dues for 1st<br>Class Postage |
|----------------|------------------|-------------------------------|
| 6/2004         | \$31.67          | \$36.44                       |
| 7/2004         | \$30.00          | \$34.52                       |
| 8/2004         | \$28.34          | \$32.60                       |
| 9/2004         | \$26.67          | \$30.68                       |
| 10/2004        | \$25.00          | \$28.76                       |
| 11/2004        | \$23.34          | \$26.84                       |
| 12/2004        | \$21.67          | \$24.92                       |
| 1/2005         | \$20.00          | \$23.00                       |
| 2/2005         | \$18.33          | \$21.08                       |
| 3/2005         | \$16.66          | \$19.16                       |
| 4/2005         | \$15.00          | \$17.24                       |
| 5/2005         | \$13.33          | \$15.32                       |
| 6/2005         | \$11.66          | \$13.40                       |
| 7/2005         | \$10.00          | \$11.48                       |
| 8/2005         | \$8.33           | \$9.56                        |
| 9/2005         | \$6.66           | \$7.64                        |
| 10/2005        | \$5.00           | \$5.72                        |
| 11/2005        | \$3.33           | \$3.80                        |
| 12/2005        | \$1.66           | \$1.88                        |

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## Multimedia

*Ginny Newton, Chair*

To obtain books or videos from Coastals' Multimedia Library - FREE - 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, 1995.  
Maryland and Delaware Canoe Trails, Ed Gertler; 2002  
Medicine for the Outdoors, Paul S. Auerbach, M.D., 1999  
Paddle America, Nick Shears, 1992.  
Paddle Your Own Canoe, Gary & Joanie McGuffin, 1999.  
Paddling Eastern North Carolina, Paul Ferguson, 2002  
River Rescue, Bechdel & Ray, 1997; self-rescue & teamwork.  
Rivers and Trails, David Gilbert, 1978.  
Texas Whitewater, Steve Daniel, 1999.  
Virginia Whitewater, H. Roger Corbett, 2000; paddlers guide.  
Whitewater Rescue Manual, Charlie Walbridge and Wayne Sundmacher, 1995.  
Wildwater Touring, Scott and Margaret Arighi, 1974.

## INSTRUCTIONAL VIDEOS

- American Red Cross Presents "Whitewater Primer", American Red Cross Presents "Whitewater Primer", "Uncalculated Risk", "A Margin for Error" 1979.  
 "Breakthru!"; 2000; intermediate and advance kayaking.  
 "C-1 Challenge, The"; Kent Ford, 1990; outfitting, rolling, and stroke instruction.

- "Cold, Wet & Alive", ACA., 1989; paddling story about how hypothermia develops.  
 "Drill Time, Solo Playboating II", Performance Video; 1997; canoe drills.  
 "Drowning Machine, The"; dangers of lowhead dams and basic rescue techniques.  
 "Fast Track to Kayaking", Sam Drevo; 2002; beginner video.  
 "Grace Under Pressure", 1992; learning the kayak roll.  
 "Guide to Canoeing", L.L. Bean; types of canoes, equipment, strokes, maneuvers.  
 "Heads Up!", ACA; 1993; river hazards and rescue.  
 "How to Organize a Successful River Outdoor Cleanup", Surf Dog Productions, 1991.  
 "In The Surf"; 1999; surf kayak instruction; 60 min.  
 "Introduction to Canoeing".  
 "Kayaker's Edge, The"; 1992; rolling, bracing, surfing.  
 "Kayaking", Eric Jackson; skills video - strokes, concepts, roll  
 "Liquid Skills", Ken Whiting; 2001; begin. to adv. kayakers.  
 "Path of a Paddle"; Bill Mason, 1977; whitewater canoeing.  
 "Path of a Paddle"; Bill Mason; canoeing-solo and tandem.  
 "Play Daze"; 1999; freestyle kayaking techniques.  
 "QuickStart Your Canoe, ACA 2003; entry level guide  
 "QuickStart Your Kayak, ACA 2003, entry level guide  
 "Retendo!"; 1996; art of precision playboating.  
 "Sea Kayaking, Getting Started"; 1995; begin. sea kayaking.  
 "Soar, Skills of All Rivers"; intermediate and adv.kayaking.  
 "Swiftwater Rescue Training"; actual footage of a rescue at Williams Dam, Richmond.  
 "Take the Wild Ride"; 1994; freestyle kayaking w/ the world's best playboaters.  
 "Whitewater Kayaking - Natl Paddlesport Safety", ACA.;  
 "Whitewater Self Defense"; 1998; kayaking safety techniques.

## VIDEOS

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

## Safety/Education

*Rob Ault, Chair*

### PADDLER HEALTH ALERT LEPTOSPIROSIS

*Charlie Walbridge  
AW Safety Editor*

This past week a good paddling friend of mine was admitted to West Virginia University Hospital in Morgantown after three days of pounding headaches, severe muscle aches, and a fever of 104 degrees. He thought he had the flu, but initial tests gave early indications of kidney and liver damage. Further testing revealed that he had Leptospirosis, a rare water-borne bacterial infection. Antibiotics were administered intravenously and he was kept in the hospital for several days. He is now cured, and says he would have gotten to a doctor a lot faster if he'd knew about this condition. He also learned that another kayaker, an Emergency Room physician at the hospital, contracted the disease last year.

Leptospirosis is caused by water contaminated with the urine of infected animals. The bacteria have been found in cattle, pigs, horses, dogs, rats, and wild animals. Humans become infected through contact with water, food, or soil contaminated by their urine. The infection usually begins with skin contact, especially via mucosal surfaces like as the eyes or nose, or through broken skin. The bacteria survive in fresh water for as many as 16 days and in soil for as many as 24 days. The time between exposure to the contaminated water and the onset of sickness is between 2 days and 4 weeks. The bacteria can spread to any part of the body but the liver and kidneys are especially at risk.

Leptospirosis is a known occupational hazard for farmers, sewer workers, veterinarians, dairy farmers, and military personnel. It's known to infect campers, swimmers, waders, and paddlers who use contaminated lakes and rivers. In 1997, a group of Americans who went white-water rafting in Costa Rica contracted the disease. In 1998 a number of athletes developed Leptospirosis after completing a triathlon in Springfield, Illinois. The event included a swim in Lake Springfield. An outbreak also occurred among those competing in Eco-Challenge Sabah 2000 in Malaysia.

My friend traces his infection to a late fall run on the nearby Little Sandy & Big Sandy

Rivers. They came up after an intense local storm dropped 2 inches of rain in just over an hour. Many nearby roads were badly eroded. The rain actually fell on a very small area. The Little Sandy and Sovern Run were quite high, but the river at Rockville was moderate and at Bruceton Mills it was too low to paddle. Cattle ranching is a major occupation around here, and cows live on all the surrounding hills.

Symptoms of Leptospirosis include high fever, severe headache, chills, muscle aches, and vomiting. It may include jaundice (yellow skin and eyes), red eyes, abdominal pain, diarrhea, or a rash. If the disease is not treated, the patient can develop kidney damage, meningitis, liver failure, and respiratory distress. Some people die; others have no symptoms at all and become carriers of the disease. Treatment includes antibiotics like doxycycline or penicillin, which ideally should be given early in the course of the disease. Intravenous antibiotics are required for persons with more severe symptoms. CC

### Leave No Trace

*from page 6*

Travel and camp on durable surfaces: You'd be surprised how much damage one person can do in the backcountry. From tramping waterfront plant life, to scattering low-lying scrubs, it's best to stay away from areas that can't handle your presence (cleared areas, existing trails, and rock clearings are the goal). Keeping to trails and established campsites will help maintain the wilderness areas that you travel through. Paddlers should also remember to set up camp at least 200 feet from the water to protect fragile riparian areas. We've all see damage to our paddling areas; we don't need to be contributing to that problem. Stick to established beaches and landing sites.

Dispose of waste properly: "Pack it in, pack it out," is the general rule of Leave No Trace when it comes to waste. Toilet paper, trash, and other waste needs to come out of the backcountry with you. Beyond that, you need to bury human waste at least 200 feet from your campsite, the trail, and the nearest water supply.

Leave what you find: Part of low-impact travel is the idea that you should leave the area in as natural a state as possible when you move on. "Leave

rocks, plants, and other natural objects as you find them," the Center advises. "Examine, but do not touch cultural or historic structures and artifacts." This also extends to the flora and fauna; don't transport local plants and animals out of the area and attempt to relocate them at home. Keep in mind that non-native and invasive species are already a serious problem in many parts of the country.

Minimize campfire impacts: Of all the things humans do in the backcountry, the campfire is one of the most destructive. Their impact is so long-lasting that many areas have outlawed open fires all together. Where campfires are allowed, only use established fire pits and circles, and be sure to burn everything down to ash before leaving the site (fuel can and does spark back up again if the conditions are right). Better yet, bring a small cooking stove and candle lantern, and skip the fire.

Respect wildlife: Paddlers are often keen observers of nature and know to give a wide berth when watching or photographing wildlife. But, don't forget that these creatures are very definitely wild, and you're visiting them on their turf. Feeding wildlife not only puts your group at risk (what happens when those animals get hungry again and come looking for more?), it spoils their survival instincts, disrupts the order of nature, and causes all kinds of problems down the road. Steer clear; don't impact them, and they won't impact you.

Be considerate of other visitors: This one just boils down to respect. "Be courteous, [and] yield to other users on the trail," the principle reads. "Take breaks and camp away from trails and other visitors." Remember, you don't want to leave a negative impact on their outdoor experience, either.

For additional information about the seven principles of Leave No Trace, visit the Center for Outdoor Ethics' web site at [int.org](http://int.org). CC

***Paid Your 2005 Dues?***

***No?***

***This is your last CaNEWS***

***See Page 3***

# Coastals Au Naturel

## *Bill Gordon's 28th Annual Youghiogheny Trip*

*Unlike the rain, snow and sleet of the past two years, Bill's 28th Annual Youghiogheny Trip fell on a cool and beautiful fall day. Participating this year were Bill Gordon, George Westerlund, David Bernard, Dave Stockdill, Scott Wiggins, Bob Whaley and Ed Grove, OCI. Also, Mayo Gravatt, Guy Colombini, Richard Pierce, Doug Perkins, Carl Gordon, Jo Ann Gordon, KI.*

*Photographs by May Gravatt, except, of course, the one of himself which was taken by the editor.*



*Friar Stockdill Blesses Bill's 28th Yough Trip*



*Mayo Gravatt*



*Dave Stockdill Surfs Swimmers Rapid*



*Ed Grove Taking Lunch at Swimmers Rapid*



*Bob Whaley Finishes Rivers End Rapid*

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:** Coastal Trips are for Coastal members only. We encourage you to join our club and participate in our trips. Participants assume full responsibility for their personal safety. Coastal Canoeists, Inc. assumes no responsibility for your safety, skill level or any other factors affecting trips. Trip Coordinators only facilitate trips. Email or call the coordinator before 9:30 p.m., Thursday prior to the trip. You cannot bring unexpected guests. You must self-rate your real skills for any trip. To assist you in selecting a trip, trips are rated according to the AWA Safety Code for Class I-VI rivers. Trip updates can be found on [www.coastals.org](http://www.coastals.org).

| Date         | River   | Rate        | Coordinator | Email and Comments   |
|--------------|---|-------------|-------------|--|
|              | Roll session Tues / Thurs Yorktown Coast Guard Station 7:00 - 9:00.<br>1/4, 1/6, 2/8, 2/10, 3/8, 3/10                       | N           |             |  |
|              | Roll session Sunday 5:00 - 6:00 Bridgewater College (near Harrisonburg). 1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 2/20, 3/13, 3/20 | N           |             | \$5 per boat. Boat must be clean. Must wear PFD and helmet   |
|              | Roll session Sunday only Chester YMCA. 2/6, 2/13, 2/20, 2/27, 3/6   | N           |             |  |
|              | Sunday roll sessions through Appomattox River Company 1/23, 2/20, 3/6 at the Midlothian YMCA on Coalfield Road.             | N           |             | Sign up in advance. \$5 cash per person. 9:45 a.m. to 11:45 a.m.   |
|              | Roll sessions through Chesterfield Parks and Recreation with instruction. 1/23, 2/20, 3/20, 4/20.                           | N           |             | Preregistration required. \$40. 8:00 a.m. to 11:00 a.m.  |
| 1/15<br>1/16 | Quarterly meeting Nottoway River (an hour south of Richmond)  | I           |             | Cutbank to Purdy on Saturday, Purdy to Jarrett on Sunday   |
| 1/29<br>1/30 | Slate River (south of Charlottesville)  | N/I<br>cold |             | A novice level trip requiring intermediate level skills due to the cold!   |
| 2/19<br>2/20 | Big Reed Island Creek (near Roanoke)  | N+I         |             | Ledge, ledge, ledge, ledge, ... , get it?  |
| 2/26<br>2/27 | Creek near Lynchburg  | I/A         |             | Break out the creek boat and pray for rain.  |
| 3/5<br>3/16  | Rockfish River (south of Charlottesville)   | N/I         |             | Is Spring here yet Johnboy? Join Richard on this pretty stream on Walton's mountain.   |
| 3/12<br>3/13 | Appomattox (near Petersburg)  | N/I         |             | Fallsline fun!   |
| 3/12<br>3/13 | Jennings Creek (south of Lexington)   | I/A         |             | Nothing wrong with a little wishful thinking. This fast creek drops 90 feet/mile in spots.   |
| 3/15         | James at Richmond Reedy Creek to Mayo midweek paddle  | I           |             | Midweek paddle for those weekend workers (and hookey players). Frosty bevs after   |
| 3/19<br>3/20 | North or South Anna (north of Richmond)   | N/I         |             | River choice depends on water levels.  |
| 3/19<br>3/20 | Back Creek / Jackson River / Highland Maple Festival (west of Staunton)   | I           |             | This trip is by written permission only and limited to twelve boats per day.   |
| 3/26<br>3/27 | Annual Easter Smokehole trip, South Branch Potomac (eastern W. Virginia)  | I           |             | Depending on levels, of course, Potomac or similar. Guaranteed pretty!   |
| 4/2<br>4/3   | Bottom Maury - East Lexington to Buena Vista  | N           |             | An easier paddle through good scenery with fairly reliable water.  |
| 4/2          | James River Outdoor Coalition Yard Sale Farmers Market in Richmond  | All         |             | Check Message Board for Details  |
| 4/2<br>4/3   | Webster Springs Race Elk River (New Gorge and Seneca Rocks, WV)   | I + A       |             | Visit <a href="http://www.websterwv.com/data/whitewater.html">www.websterwv.com/data/whitewater.html</a> for race info. Advanced runs nearby |
| 4/2<br>4/3   | CLINIC: Basic river ACA canoe course (Richmond)   | N           |             | Basic river skills including boat handling, paddling technique, identifying hazards, river reading, self rescue.                             |
| 4/9<br>4/10  | Upper Tellico River (east Tennessee)  | A           |             | Most people just go here to look at scenery. We get to paddle!   |
| 4/9          | Maury at Goshen Pass first timers / roadside cleanup (near Lexington)<br>Alicia Jahsmann 540-348-4330                       | All +<br>A  |             | Roadside cleanup for all, Goshen Pass is advanced. Easier trips downstream.  |
| 4/9<br>4/10  | CLINIC: Whitewater ACA canoe course (Richmond)  | I           |             | A more advanced river canoe course. You must be comfortable on class III whitewater.   |
| 4/9<br>4/10  | James in Richmond, Pony Pasture to Reedy Creek  | N/I         |             | Assuming it's not too high, a gentle big river run.  |

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*Bill Gordon in Rivers End Rapid on the Youghiogeny*

Scott Wiggins  
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See Page 2 for Details

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