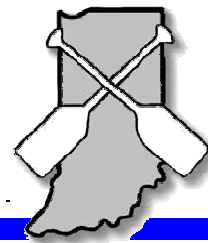


The Hoosier Paddler



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<http://www.hoosiercanoeclub.org/>

February 2008



SKIPPER'S NOTES FROM THE HELM

Despite the upcoming weekend's temperatures not getting over freezing, the Good Ship HCC has set sail for the 2008 cruising season. I am very pleased to report that the trip planning meeting on January 13 was highly productive and HCC paddlers should be pleased with the proposed 2008 offerings. As I stated in my election address, I felt it was important to focus on trips in Indiana to hopefully facilitate good trip participation and to keep fuel costs to a minimum. Trip sponsors have stepped up to the plate and accepted my challenge. The 2008 Trip Schedule should be published in the March Newsletter. Please make sure that you renew your HCC membership so you receive the schedule and have full access to HCC activities.

Another challenge I issued was to step up training offerings especially to the recreational kayakers. The whitewater kayakers have always been somewhat self-sufficient in meeting their specialized training needs. However, there are probably 100 recreational kayaks sold to every whitewater kayak nationally and especially here in Indiana. Again, a group of highly motivated and skilled instructors has begun preparing instructional programs that should meet the needs of most HCC paddlers both old and new. It is envisioned there will be a 3-part

series beginning with classroom training on the essentials of paddling, safety, and preparedness followed by time in the pool or at Eagle Creek Reservoir to practice strokes, then on to moving water to reinforce the previous training and introduce eddy turns, peel outs and cross stream ferries. I have plucked as many folks from Indiana streams as I have from raging whitewater, so I believe this training is necessary to enhance the safety and enjoyment for anyone paddling on moving water.

I believe the HCC needs to come into the 21st Century regarding communications. The newsletter has traditionally been the primary means of communication with the membership and this will likely continue. However, the newsletter is highly dependent on trip sponsors getting trip information to the newsletter editor in a timely fashion as well as creative writing pieces to entertain and provoke thought and action. It is the classic "garbage in-garbage out" situation. To assist trip sponsors, the Trip Sponsor's Guide is being overhauled and a template is being developed to assist in trip planning and reporting. The HCC web site is due for a major overhaul as well and a group of folks has volunteered to tackle that beast and to hopefully fully integrate the web site and the bulletin board. While it is hoped to become as "paperless" as possible, I realize not everyone is hardwired to cyberspace. However, if you are able and willing to receive the HCC Newsletter electronically, this would help a bunch in getting the newsletter published and out our door and to yours so you won't miss an upcoming trip.

Finally, I am truly blessed to have what I believe is the most energetic and dynamic Executive Board in my 25 year history with the HCC. While I stand at the helm steering the HCC, it is the board members who are stoking the boilers and really keeping this ship afloat and moving forward. Many thanks to you all!

I hope everyone has a happy and healthy 2008 paddling year.

Reggie Baker, Skipper

The Newsletter of the Hoosier Canoe Club

Flatwater Trips

2008 Trip Schedule—Trip Requests still Welcome

Dan Valleskey

I am presently working on the 2008 Flatwater schedule. So far, we have some very cool new trips as well as the perennial favorites. I will complete the schedule for the March Newsletter but you still have time to request your favorite paddle trip. Please drop me a line or call me: danpaddles@gmail.com, (317) 257-9837. We still have weekends open and we want to be responsive to all members.

Sugar Creek Ice Falls Trip

Saturday, March 1, 2008

Trip Leaders: Dwon and Joy Miller (765-288-1404, Cell: 765-730-4370)

Get your early paddling fix with the annual (open water permitting) Ice Falls Trip on Sugar Creek. This is a fun trip where you'll see big ice cascades, rock formations, two covered bridges, eagles, robins, and red-winged black birds returning. This trip is **very** weather dependent for open water and appropriate dress. In some years, we wore only sweatshirts. In others, we wore snowsuits and needed paddles to clear snow from our cars at the take-out. This is not a deterrent but an unexpected thrill.

We will meet at the Burger King that is about one mile west of 465 on the north side of US 36. We will leave there at 9:02 a.m. Come early and join us for breakfast. We should arrive at the put-in about 10:30 a.m. if you would rather meet there. The put-in is at Deers Mill bridge at the east end of Shades State Park on Indiana 234. You must pass the entrance to Shades to get to the bridge. The shuttle should run about 11:00 a.m.. The take-out is at Cox's Ford that is at the west edge of Turkey Run State Park.

Bring a lunch and drink for the trip as there are no other provisions along the way. Some paddlers elect to eat together at the Turkey Run Inn or somewhere else before driving home.

Please watch the weather and be sure to contact Dwon Miller since this trip may be cancelled due to frozen water or bad weather. Dress accordingly and be sure to bring a dry bag with extra clothes in case you get wet. Please call Dwon Miller (765-288-1404) by Friday evening, February 29, to confirm your attendance and that the trip is a go.

Whitewater Trips

Big South Fork, Tennessee (Class II-IV)/Elkhorn, Kentucky (Class II)

February 23-24, 2008

Trip Leader: Jordan Ross (317-460-7000)

Over the past several years, this weekend has become more of a season-inaugural paddling event and less of a National Paddling Film Festival trip (see page 3) depending on weather and water levels. If we run the Big South Fork in Tennessee on Saturday, it is difficult to make it back to Frankfort to attend the Film Festival activities Saturday evening. Alternatively, if we run the Elkhorn Creek or Benson Creek in Frankfort on Saturday, we'll be a lot closer to the Festival. Watch the HCC bulletin board for updates.

If you are primarily interested in the Film Festival activities Friday and/or Saturday and less inclined to paddle, post a note to the Bulletin Board to see if others are similarly inclined. On Sunday, you can paddle the Elkhorn on your way home if it running. Perhaps, we can all connect for that trip.

4th Annual Boat Demo and Paddle with the Pros

Saturday, March 1, 2008, 5:00—8:00 PM

Thatcher Recreational Center Pool, 4649 Vermont St. Indianapolis, IN

Cost: \$10

This event has been really fun and well attended for the last three years. There are several reasons you should plan to attend this event:

- Boat Demonstration — Bernie Farley from Whitewater Warehouse in Dayton, Ohio will bring his 2008 boats to try out in the pool. In addition to white water boats, Bernie carries recreational and sea kayaks and can bring a particular model to the demo if requested.
- Practice — The pool is open for individual practice and clinics so bring your own boat. After the first hour, the flurry of demo activity should calm down so you can practice in your own boat.



- Professional Paddling Demo — Several nationally-known pro boaters will be on-hand to give paddling advice and to demonstrate paddling techniques that you can use throughout the year. The pro-boaters really make their boats perform so you can see what is possible and how to do it.

Please call Bernie or Jeryl at Whitewater Warehouse if you have a question about a particular boat. I will post a notice on the HCC Bulletin Board before the event with updates and to get an idea of how many people will be coming.

Contacts: Jordan Ross, (317) 460-7000, jross@iquest.net (Put "kayak" in Subject Line)
Whitewater Warehouse, Bernie or Jeryl, (937) 222-7020, www@erinet.com

Pool Sessions

Every Wednesday Nights, 7:00—9:00 pm

Thatcher Recreation Center 4649 Vermont St. Indianapolis

Cost: \$10/Session

The Hoosier Canoe Club sponsors year-round, weekly pool sessions at Thatcher Recreation Center. The pool sessions focus on skill refinement and individual practice for all paddlers— whitewater kayakers, canoeists, and recreational and sea kayakers. You can practice strokes, bracing, Eskimo rolls, deep water re-entry, and play boating moves. There are no formal classes at these pool sessions, but experienced volunteer instructors will be happy to assist you with rolling and basic paddle technique.



Contact: Jordan Ross, (317) 460-7000, jross@iquest.net (Put "kayak" in Subject Line)

Other Events

CIBA Swap Meet

Sunday, February 10, 2008, 1:00-4:00 PM

Riverside Community Center (2420 Riverside Dr, East, Indianapolis, IN)

Bargain hunters are invited to search for cycling, camping, and outdoor gear at this annual event. If you are a CIBA (Central Indiana Bicycle Association) member, you can set up a table to sell your unwanted gear for free—there is a nominal fee for non-CIBA sellers. This event is free to buyers.

Information: <http://www.cibaride.org/nonrepeating/nonrepeating.html>

2008 National Paddling Film Festival (NPFF)

February 22 and 23, 2008

Frankfort, Kentucky

February 22nd and 23rd will be the 25th Annual NPFF, celebrating 25 years of promoting river conservation through "the Best in Paddlesport Video and Image Competition". This is an opportunity to view exciting kayaking videos from across the country. The videos include sea kayaking as well as whitewater kayaking. Some HCC paddlers are planning to attend—coupling the trip with the whitewater trip on Page 2.

Information: http://www.americanwhitewater.org/content/Article_view_articleid_29910_display_full_
<http://surfbwa.org/npff/>

Canoeecopia 2008

March 7-9, 2008

Madison, Wisconsin

Canoeecopia is one of the largest canoe and kayak expositions in the world. This exposition runs from Friday through Sunday (March 7-9). Canoeecopia provides over 50 educational sessions to improve your paddling skills and to describe trips to new paddling destinations. HCC's Dwayne James will present "Early Season on the Thelon River". Throughout the show, you will be able to speak with up to 200 outfitters, equipment and boat providers, and outdoor organizations in the exhibition hall.

Watch the Bulletin Board for notices on car pooling up to Madison for this event.

Event Web Site: <http://www.rutabaga.com/canoeecopia/page.asp?pgid=1001>

Presentations: <http://www.kayakquixotica.com/category/wisconsin/>



Paddling in the "Cool Months"

Reprinted from Muskrat's Wildcat Creek Expeditions Newsletter by permission of Garry Hill

Clothing for cold-weather paddling can be most anything, with the exception of what you put on the feet and the hands. Some people wear the same clothes they would wear on a cold-weather hike. They wear just enough to keep warm in the expected temperatures, with some form of waterproof shoes that would be okay for a wet day on the trail. Think about it; you probably already have that type of clothing in your closet. Add a windbreaker, hat, and gloves. Simple!

There are all sorts of specialty cold-weather paddling clothes available if you want them. However, if you make sure your cold-weather paddling is on days of good weather, you probably won't need them. On the other hand, you may just "WANT" them, like I do.



Ice Falls On Deer Creek
Trip #45 February 29th 2004



Drying Out After Cold-Water Rescue
Trip #97 March 5th 2005

Some cold-weather paddlers, like myself, wear completely waterproof outer-layers for two reasons:

- 1) If someone has trouble on the creek, I want to be able to go in after them without putting myself in danger because of cold water exposure. From the waist down, I wear dry-suit pants with knee-high, waterproof boots (Chota Mukluks). Under those, I wear insulating layers; again, just enough for the expected temperatures. This setup gives me the ability to go into super-cold water, up to 3 feet or so, for short periods of time.

Note: On Trip #97—March 5th 2005, Doug McKnight and I spent nearly 30 minutes waist deep in 37-degree swift flowing water to extract a pair of paddlers and their canoe from a logjam that had cap-sized and trapped them on the Wildcat's South Fork. When finished, we were cold, wet, and glad to run into the woods and change into dry clothes. Without the extra clothing described above, our situation could have been perilous. The two rescued paddlers were wearing normal cold-weather clothing, not the high-tech gear worn by Doug and me. After only a few minutes in the water, they were shivering beyond control and needed aid from the rest of the group. Doug and I had worked in the frigid water for nearly half an hour and then laughed at each other as we stripped naked in the woods.

- 2) I don't want to be too particular about where I get in and out of the boat. The knee-high waterproof boots allow me to step out of the boat in 18" of water at any time. If your boots are not completely waterproof or not tall enough, you must search for the perfect spot before you get out of the boat. That is not always easy, and sometimes impossible.

My Chota Mukluks are totally waterproof, 18" tall, with a cinch-strap at the top that seals tightly against the Dry Pants and allow me to step into water deeper than the boots. The seal is not perfect, but will suffice for a short while.





Are Your Boots Tall Enough?

Trip #43 February 15th 2004



Many Times The River Will Decide Where Your Feet Will Go.

Trip #37 November 23rd 2003

The "feet and hands" are the crux of the entire situation. You must keep your feet and hands warm and dry, or even a nice weather day in the "Cool Months" can be miserable.

Footwear: There are four things to consider about footwear:

- 1) Waterproof—There are no exceptions if you want to be comfortable and safe. Otherwise, you must carry a dry pair of shoes and socks.
- 2) As tall as possible—Mine are knee-high. This allows you more variables when it comes time to step out of the boat.
- 3) Oversize—This makes room for plenty of insulating socks without constricting blood flow in the feet. My boots are one-size larger than my normal size.
- 4) Socks—These should be thick and fluffy; wool, fleece, etc. I wear thin polypro liner socks against the skin. Always carry an extra pair of socks, or 2, or.....

Gloves: Gloves should be waterproof ("must be" for kayakers), with enough insulation for the temperatures you have, and loose enough so they won't constrict blood flow. If the gloves are big enough to allow thin liner gloves, they will be much easier to get on and off, and even warmer. Some people prefer mittens.

The big deal for both gloves and boots is "Oversize". Make sure they are big enough to allow plenty of insulating layers and "still not fit tight". A tight fit with boots or gloves causes a blood-flow restriction and is a guarantee of cool feet and fingers even though you have plenty of insulation. Cold feet and fingers can turn a great day into a bad day.

Next is a waterproof gear bag, but you need that for summer trips, too, right? Into it, for cold-weather trips, go a complete change of equally warm clothes with socks, a rain jacket (or waterproof windbreaker), a very warm and cozy sock hat, very warm gloves (again, big enough that they won't constrict blood flow), and some high-carb snacks for lunch. Remember, all this stuff is **EXTRA** clothes. These are in addition to what you are wearing. That means "extra" gloves, "extra" hats—a double of everything.

How About A Fire Kit? A little fire at a lunch stop has taken the chill away from many paddlers on our trips. Usually just a fun and casual idea, but a few were a functional part of cold water rescues. Can you build a fire under any conditions? You can, if you have the right stuff packed into your dry bag. Someday, when you get wet and cold, are you going to be wondering if anyone else has a Fire Kit?

Eventually, you will need all of that gear. We are just now entering our 4th "Cool Months" season since the Expedition Team began. During that time, a total of 17 paddlers have been forced to change into their spare clothes while on the Creek in cold weather.

Next, (and many paddlers don't do this), you need a set of warm street clothes "left in your vehicle" to change into when you get to the end of the trip. I change out of the river-duds ASAP after the boats are loaded. It's just a thing I do that most folks don't bother with. I do year round, even in fair weather. For me, this is a



refreshing and fulfilling way to end a great trip, or a satisfying way to finish a trip that had some problems. If someday you arrive at the takeout cold and wet, those dry duds may just make your day.

That's about it for paddling the "Cool Months". Take care of your feet and hands and you'll be comfortable. Add to that a "don't get wet at any cost" attitude and you'll have an enjoyable day.



Trip #91.....December 18th 2004

Wet Suits versus Dry Suits

Excerpted from Muskrat's Wildcat Creek Expeditions Newsletter by permission of Garry Hill

Back in the early days of my whitewater paddling, the "Farmer John" wet suit was the top dog. We would wear them so much that they would become like a second skin. There are all kinds of jokes and stories about the Farmer John. LOL.

Anyway, they work simply by insulating and forming a barrier between cold water and skin. The material is waterproof but it's not designed to keep you "dry". Since the material is not "breathable", you perspire inside it. The wet suit takes advantage of this and the insulation keeps that moisture layer warm against the skin, while the waterproof part keeps the cold water away from the skin.

This is a good system and it works as well today as it did then. It works best when you are in a situation where you are "for sure" going to be wet (i.e., diving, whitewater paddling, etc.). In these situations, you are producing copious amounts of body heat from activity, much more so than the quiet water paddling the Expedition Team does. Sitting quietly in the canoe while paddling Wildcat and similar streams just does not generate the kind of body heat necessary to make the wet suit work well. In addition, you are exposed to the wind which can diminish the insulation ability of the wetsuit material.

"Dry Suits", coupled with insulating layers underneath, accomplish the exact same thing but have some advantages. They are waterproof, unlike the wet suit which is designed to work best when it is wet. In addition, the dry suit is windproof. The wet suit will give you a chill in the wind. Under the dry suit, you can add as many layers of insulation as needed for the temperatures of the day. You wear nothing under the wet suit and usually nothing over it below the waist.

The wet suit comes in one unit. The dry suit has the option of a full body suit or a split style, like I use; dry pants with dry top. I can wear just the dry pants (like I normally choose) with normal insulation layers on top. Or, I can wear both the pant and the dry top for complete protection. Even when wearing the full suit, upper body mobility is equal to the Farmer John, but much warmer.

In summary, wet suits and dry suits both work well for cold weather paddling. However, the dry suit has some advantages and options that would, to me, seem like the better of the choices, worth consideration and a few dollars more in the buying price. I even opt for the dry suit for whitewater paddling nowadays; I no longer own any wet suits.



Safety Notes – Using the Winter

Terry Busch, Safety and Training Chairman

The cold weather may keep us off the water but it doesn't have to close off all connection to our favorite sport. The silver lining is that we now have a little more free time to do all those chores that we were too busy to do during the paddling season. This is a great time to tinker with gear, tune up the outfitting, and get everything set for Spring.

It's also a great time to upgrade our safety skills. Last year, a number of HCC members took the Wilderness First Aid course, offered by the Indiana University Outdoor Adventures Program at Bloomington, and all gave it very high marks. The next session of this highly regarded SOLO program will be held on February 16 -17. Other sessions are scheduled for March 29-30, April 26-27, and June 23-24. If four or more club members sign up for a session, they can get a discounted price and take the class for \$135. (A real bargain—I've seen the course offered elsewhere at \$200 and up.)

We already have a number of paddlers signed up for the February class. Sharon Schierling is coordinating our attendance. If you want to attend this class, contact Sharon: (e-mail) [SSCHIERL@ND.EDU](mailto:sschierl@nd.edu); work phone: 574-631-8524. Sharon can supply you with a syllabus and registration information. Or, contact the director of the IU program, David Calvin (dcalvin@indiana.edu, 812-855-1795), for further information or to register.

We also plan to use several pool sessions for special "safety nights," where we'll have a chance to learn new skills and practice old ones. Watch the newsletter and the club bulletin board for announcements.

Trip Report—New Years Day 2008

Site: Wildcat Creek
Temperature: 23°F and falling
Wind speeds: 20 to 30 mph
Conditions: Slick and snowing sideways at times
Companionship: Priceless!!!

In Photograph: Dan Valeskey, Garry Hill, Dwayne James, and Jeff Mathews



Granola

Preparation Time: 15 minutes

Bake Time: 40 minutes

Submitted by Susan Foxx
Makes: 9 cups

- | | |
|---|---|
| 4 cups Old-Fashioned Oats | 1. Preheat your oven to 300°F. |
| 1 1/2 cup Sliced Almonds | 2. In a bowl, mix the oats, almonds, brown sugar, salt, and cinnamon. |
| 1/2 cup Packed Brown Sugar | 3. In a sauce pan, warm the oil and honey. Whisk or stir in vanilla. |
| 1/2 tsp. Salt | 4. Pour the warmed liquid over the oat mixture. Stir gently with a wooden spoon and then finish mixing by hand. |
| 1/2 tsp. Ground Cinnamon | 5. Spread granola in a 15x10x1 baking pan and bake for 40 minutes. Stir carefully every 10 minutes. Set the granola-filled pan on a rack until completely cool. |
| 1/4 cup Cooking Oil | 6. Stir in raisins, dried bananas, or dried cranberries. |
| 3/4 cup Honey | 7. Seal granola in an airtight container or self-sealing plastic bags. Store at |
| 1 tsp. Vanilla | |
| (Optional) Raisins, Dried Bananas, or Dried Cranberries | |

March Newsletter Deadline: Articles for the March HCC Newsletter should be submitted to Jim Sprandel by February 15. Please E-Mail articles to merlin-3d@sbcglobal.net or call him at (317) 257-2063.



Upcoming Events

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February 15	March Newsletter Articles due	Page 7
February 16-17	Wilderness First Aid Class Bloomington, Indiana	Page 7
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February 23-24	White-Water Trips —Big South Fork, TN (Class II-IV), Elkhorn, KY (Class II), Trip Leader—Jordan Ross	Page 2
March 1	Ice Falls Paddle Trip Sugar Creek, Indiana—Dwon and Joy Miller, Trip Leaders	Page 2
March 1	4th Annual Boat Demo and Paddle with the Pros Thatcher Recreational Center, Indianapolis, IN	Page 2
March 7-9	Canoecopia Madison, Wisconsin	Page 3

Watch your mail! 2008 dues are due.

Dave Ellis will send out your 2008 HCC Dues Statement. Club dues are still only \$15. Please complete and return the form you receive to Dave Ellis by March 1. If you have any questions, please call Dave at 317-858-0963 or e-mail him at RiverPaPaw@aol.com.

