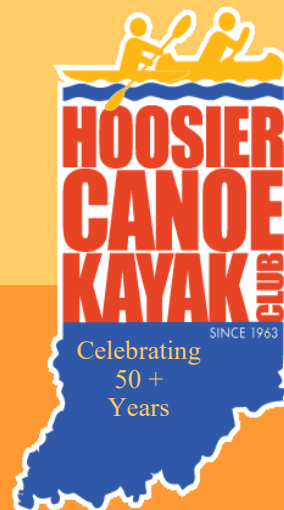


# The Hoosier Paddler

February 2021, Volume 59, Issue 2  
<http://www.hoosiercanoeclub.org/>



## Skippers Note:

Some new pieces on training and safety are included, as well as a few trip announcements. Every trip down the river is a learning experience. Things are warming up so get your gear out, clean it up, and be ready.

Any trip memories to share? Recipes for camp food? Snack ideas for mid paddle along the creeks? Send them in for publication.

Dwayne James, writing in lieu of Your Skipper, Toni Harris

## Trip Announcement

**Ice Falls Sugar Creek February 27, 2021**

**Trip Sponsor: Dwayne James**

Please Note: Having rescheduled to the 27th, it might be necessary, given all of the snow and ice on Sugar Creek, to reschedule this trip once again. Keep an eye out for emails. The ice formations are fantastic this year if only we could get some softer water for the trip.

Please join us for great scenery and a very pretty paddle on Sugar Creek. We will meet at the Deer's Mill covered bridge and paddle down to the Narrows at Turkey Run State Park. It will be cold: dress properly for your level of comfort. We will run a shuttle leaving at 11 am. The trip generally takes until about 3 pm depending on how long we stop for lunch/breaks or to change into dry clothing after taking a swim. Masks will be worn on the shuttle. If you have covid symptoms or are not sure, stay home. Look for a go-no go email on February 26th by 8 pm. Questions: dwaynesjamesa1@hotmail.com

This is a cold weather paddling event. Sit on tops and sups are not appropriate for this trip. You must dress properly for your comfort level. A dry bag of extra clothing is required. No cotton, bring neoprene boots/gloves, wool hats for your ears, fleece/wool clothing or drysuits/wetsuits as you see fit.

Editor's Note: For cold weather paddling tips see our information on the club website at: <http://www.coldwaterbootcamp.com/pages/home.html>  
<https://www.hoosiercanoeclub.org/resources/Documents/Club%20Documents/PaddlingInTheColdMonths.pdf>  
<https://www.hoosiercanoeclub.org/resources/Documents/Club%20Documents/ColdwaterPaddling.pdf>

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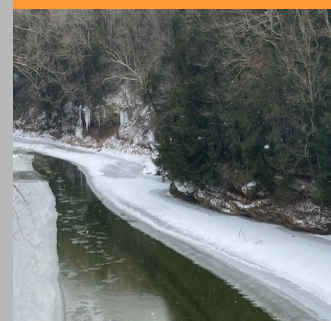
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### Trip Reports



**The Newsletter of the Hoosier Canoe and Kayak Club**

## Trip Announcement

**Annual Summit Lake Spring Solstice Celebration Trip: Saturday, March 20, 2021**

**THIS IS A LEVEL 2 HCKC Sea Kayaking Trip. Please review our trip level chart before signing up.**

**Sponsor:** Jim Eckerty [rentbsu@comcast.net](mailto:rentbsu@comcast.net)

**Schedule:** Launch time: 11:00 AM From Main Boat Ramp (read on) Length: 2-3 hours, 6-8 miles  
**Go / No-Go decision will be made & posted 24 hours prior to launch.**

**Registration:** Please register on the club web site or email if necessary.

**Equipment Requirement:** Wet or Dry suit and spray skirt **STRONGLY** recommended.

Appropriate clothing plus emergency Dry clothing in water tight bag.

Sit on top boats, SUP's are not appropriate for this trip. .

**Skill Requirement:** Experience with Cold Weather paddling. Please review Hypothermia Charts, getting wet could be lethal (see chart below). Many past trips have seen the ice dissipate just days before our arrival and sometimes we have encountered "HARD" water.

### Hypothermia:

| Water Temp         | Index  | Unconsciousness  | Survival Time    |
|--------------------|--------|------------------|------------------|
| 32.5 to 40 degrees | SEVERE | 15 to 30 minutes | 30 to 90 minutes |

**GENERAL:** Rest rooms at the dock/put-in have been open for this trip in the past and we assume they will be available again this year. Since we are meeting at the main boat ramp (pass the gate house and turn right at the first "T") you will be able to launch your ship from the concrete ramp or shoreline. This early in the season there should be no gate fee but you will need a 2021 State Park Boat Permit, sometimes available at the park office but I would not depend on that. We will probably stop about half way a brief lunch. So dust off your gear and hope for great weather !

**SUMMIT LAKE:** Summit Lake is the major feature of Indiana's 19th state park. Established in 1988, 800 acre Summit Lake was formed by damming Big Blue River and other smaller tributaries. Summit Lake is very near the highest point in the state (hence the name Summit) so please be aware that wind and waves can be moderate...1-2 ft depending on the weather so a spray skirt is required.

**Directions:** Summit Lake State park is located northeast of New Castle and southeast of Muncie. From Mt Summit, IN (Highway 3 and 36 intersect here) travel 4 miles east on Highway 36 to Messick Road and then north 1 mile to the park.

Getting There: GPS Info. (Latitude, Longitude): 40.02097, -85.30126 40°1'15"N, 85°18'5"W

Mailing Address: Summit Lake State Park 5993 N Messick Road New Castle, IN 47362

# Trip Announcement

## SK: Lake Monroe Overnight April 10th and 11th

### Trip Sponsor: Jeff Stejskal

**THIS is a LEVEL 2 HCKC Sea Kayaking Trip (with possible Level 3 conditions)** Please review trip level chart before signing up. [Trip Level Guide 1-2021.docx](#)

Join us for an overnight paddling trip on Lake Monroe. Lake Monroe lets us camp from our boats along the shore in Deem Wilderness. This year, we are paddling after all of the wildlife protection areas are open so we may explore or camp in the Middle Fork. Or, we can try and find the eagle's nest north of Pine Grove. This is also a good time of year because we usually see migratory ducks, grebes, and loons on the lake.

*If you only want to paddle on Saturday*, our campsite should be only be about 3-4 miles from the Cutright put-in so that people are welcome to come out and day-paddle with us without camping.

**Registration:** Please [register](#) on the club web site or by email if necessary

**Meeting Place/Put-In:** Cutright Public Access Site. This is about 2 hours from the intersection of Hwy 37 and I-465 on the south-east side of Indianapolis. ([Google Map](#)) Note: Hwy 37 has a detour so plan ahead.

**Directions to Meeting Place:** Take Hwy 446 south from Hwy 46 on the east side of Bloomington to the Lake Monroe causeway. Cutright is the first turn on your left immediately after you cross the causeway. Go to the first boat ramp that you come to after leaving Hwy 446.

**What to Bring:** Bring your paddling gear, spray skirt, camping gear, food for lunch, dinner, and breakfast, and warm clothes. You should also bring drinking water with you. We will be camping from our boats and you will have to pack all of your gear and food in your boat, so plan accordingly.

**Be sure to have a 2021 Indiana DNR Nonmotorized Boat Permit.** You *should* be able to pick one up on the way to the meeting place, either at the DNR headquarter on Hwy 446 on the north side of the entrance to the Paynetown SRA or at the gate for the Paynetown SRA.

**Required Equipment:** Depending on the temperatures, wet suits or dry suits are recommended. Due to potentially rough lake conditions, spray skirts, safety equipment, and sea/touring kayaks with fore and aft bulkheads are required.

**Schedule:** **Saturday** - 10:00 am is the recommended time for arrival at the put-In. We will launch at 10:45 am. We will probably paddle about 4-5 miles and then set up camp and have lunch. After lunch, we will go out and explore more of the lake.

**Sunday:** We are flexible here. We could return to Cutright as early as 10:00 am and drop off people who have to take off. We'll talk and figure this out Saturday night depending on how far people want to paddle on Sunday and when people have get home.

**Contact information:** Jeff Stejskal [jeffs45321@hotmail.com](mailto:jeffs45321@hotmail.com) Please contact me by 7:00 pm on the Thursday before the trip if you want to come. Be sure to register or contact me since I will monitor weather forecasts prior to the trip and I will let the people who have contacted me know if there will be changes to or cancelation of the trip due to the expected conditions.

#### Covid-19 Safety:

To minimize the risk of spreading COVID-19, we will be following the HCKC [Corona Virus Guidelines](#) which includes maintaining social distancing. All participants should bring personal protection items such as face mask and sanitizer.

Please complete the [Waiver/ COVID Screening Form](#) the day prior to the event and submit to the Trip Sponsor/Lead (include TEMPERATURE). Anyone experiencing symptoms of Covid-19 or direct exposure as detailed on the form, should not attend the event.



# The Newsletter of the Hoosier Canoe Club

## Notes on Training

### Richard Clapham Safety and Instructor Leader

#### Paddlers

I have again heard an analogy that linked time spent paddling to the person being an experienced paddler. Whenever I hear this I start to worry as I expect it to be linked with a police report and a fatality. Fortunately, on this occasion, it was not the case. Time spent paddling doesn't equate to being a competent and experienced paddler.

Over the next few newsletters, we will bring some details to help you gauge where you are, but I bring this to you as a starting point.

But first a few headlining points.

- Everyone will be somewhere in their learning. Perfection is never reached.
- There is no need to be an expert, if not required, but we should know your limitations and those of the people you are paddling with. Don't paddle over them!

If you want to become a better paddler, I'm sure you can. But please do it in a safe and controlled way – we can, and will, provide ways to do this.

And some Psychology around learning.

You may have heard of Unconscious Incompetence, or seen the diagram below before



This is very relevant in jobs and especially in sport as people move through the levels of ability and skill.

As your experience and skills increase you will go from Unconscious Incompetence (you don't know what you don't know) to Unconscious Competence (you can do it without thinking about it in that environment)

Unconscious Incompetence – Unaware that there is such a value or skill, or unaware of how difficult it is to perform and dangers associated with it.

Conscious Incompetence – Recognise it when they see it. Have tried with limited success. Lots of Mistakes

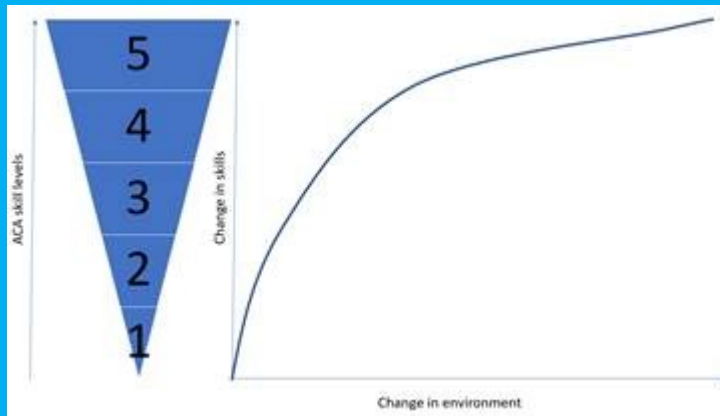
Conscious Competence – Need to think in advance, and then can carry out the requirement with some expertise, but have to focus and can be distracted.

Unconscious Competence – Have performed it well at a high level for a long time. Recognise and anticipate dangers before they arrive. Can perform without having to think about it.

As we evaluate our Kayaking and Canoeing based skills, and look at each level, think back to the comments above and gauge if it is completely new to you, or you do without thought. And note.... At each point and in each discipline there are different levels and skills, awareness and knowledge that is required.

I am going to use the American Canoe Associations method of Levels as a guide, but also use some writers discretion to better demonstrate the differences, as I go through this and as we progress, you may see where you are. The skills learnt and environment you are operating in change and become discipline specific as you progress. SEA Kayaking is not the same as WW kayaking, but

the core skills are the same.



L1 (introduction) – is fairly generic for Kayak and Canoe. It is performed in a sheltered bay, minimal current and wind. Probably operating at a conscious competence level.

It looks at basic skills, which the instructor needs to see performed at a satisfactory level, using reasonable technique.

- Lifting and Handling of the craft.

- Wet exit – demonstrating a controlled exit following a capsize

- Forward – paddle forwards in a straight line (without aids such as a skeg) for approx. 100 yards.

- Backward – paddle backwards in a straight line for approx 30 yards (remembering to correctly look where you are going)

- Stopping – in a controlled manner in 4 strokes, without veering to the side

- Moving sideways (draw stroke) – keeping the craft straight, move it perpendicular (sideways) to its starting point. The craft should not turn or moving forward or backward.

- Turning – (sweep strokes) demonstrate a full 360 degree turn clockwise and anti clockwise.

In addition it brings in some extra strokes such as:

- Stern rudder

- Low Brace

In addition you should be able to paddle in a controlled box shape, and figure 8 shape.

Level 2 – looks at the above skills. It brings in efficiency and effectiveness, and then adds more. The skills are done in a sheltered area (small amount of wind may be possible), but experience on trips (sheltered water) are also looked for. Rescue skills are added and depending on Canoe, Kayak we start to see some more specific skill sets come in. But they are limited.

Level 3 – Now we start to look at carving (if not done previously), ferry glides, surf, ballast, wind, sea and river conditions (e.g. a rip or a hole), map and compass work, eddying in and out, group control, signals, rescues. And the much talked about KAYAK ROLL.

Level 4/5 - For more details contact me.

These skills are important, and knowing your own capability is important. The clubs advertised trips will now have addition notes that cover expectations. Please reference those and ask questions if you are not sure. We want to make each trip fun and memorable for the right reasons.

If you wish further training please ask the club. Our pool sessions, and skills development sessions are available to all (although spaces may be limited and some courses may have a fee attached). Or seek external instruction.

Thanks

Richard  
Safety and Instructor Leader  
HCKC



## Sea Kayaking Paddling Topics & Gear Review

by *Tony Pascuzzi Co-Chair SK Fleet*

### Greenland Paddles

I've been using a Greenland paddle (GP or stick) for the last 15 years. I originally started paddling with a Greenland paddle after my first rotator cuff surgery. After the usual physical therapy sessions were completed and I was cleared to begin paddling and exercising again, I was having a great deal of pain every time I went kayaking. Even starting off slowly (about 30 minutes) I'd have to ice for hours after paddling.

I started researching kayaking after shoulder surgery and everything that I came across led me to the Greenland paddle. I contacted a Greenland paddle maker and kayak builder in Michigan and he recommended one of his paddles that was slightly longer than my Euro blade (Werner Ikelos). He suggested this for a lower angle touring type of paddling which would be much easier on my shoulders and the rest of my joints.

The first time out with the GP I was able to paddle for an hour and a half without any issues or pain whatsoever. Icing afterwards (my new normal) was minimal compared to when paddling with my Euro blade. It didn't take very long at all to acclimate to the GP. There was a little flutter so I had to slow my stroke down and cant the blade a bit but that was it.

I started to get interested (addicted??) in sculling and rolling about six years ago. More on this in a future article.

When I first started sculling, I was amazed how easy it was with a GP. No more messing around with a feathered blade, trying to figure out what face of the blade was where, etc. It was a true head-slapper moment for me. Sculling came much faster and easier for me with the GP, and so did the rolls.

By this time, my collection of GP's was now at three or four. I had a custom Novorca GP that was a true work of art, two Gearlab paddles and my original Betsie Bay Inuit paddle. After much trial and error with paddles and learning to roll, I found that I preferred a two piece, carbon fiber, shoulder-less paddle with a very thin edge. My favorite and current paddle is the Gearlab Kalleg. It has the sharpest, thinnest edge that I've found so far. I also have Gearlab Akiak, Gearlab Oyashio and a Kajaksport Inuksuk.

The Inuksuk is an interesting paddle in that it's adjustable from 215-228 cm. It has gently sloped shoulders and an oval loom section. The external locking ferrule is simple and secure. Even though I prefer the Kalleg for rolling and sculling, the soft shoulders and ferrule lock of the Inuksuk aren't really an issue for me at this point. It's nice to be able to adjust the length for the conditions. You always have a storm paddle with you when you have the Inuksuk on board.

There are many folks that say that a GP is great for touring in calm waters but when it kicks up or when surfing and playing in rough water, a Euro blade is a better tool for the job. I disagree. Once I started using a GP that was it for me. I never looked back and have never used a Euro blade since and my shoulders and elbows thank me for it. My Kalleg is an excellent paddle for rough water paddling and provides more than enough support for surfing. When I get knocked over in the surf, there's no more

fumbling to find the correct blade angle. I simply scull to the surface, get a breath of air, and then roll up when the waves permit. Easy peasy.

I have always used the recommended sizing guidelines for my paddles and I've been very happy with them. My paddles are all 220 cm except of course the adjustable Inuksuk. That being said, my girlfriend is only 4'11" with a relatively short wingspan. According to the sizing guidelines she should be using a paddle <200 cm. I bought her a 210 cm Gearlab Akiak paddle as it's the shortest paddle that they make. Although she loved the paddle,

**The Newsletter of the Hoosier Canoe Club**

struggled to keep up when paddling with a group.

I bought her a one piece wooden GP from Aluu Paddles at a charity auction a few years ago. The only size available was 85 ½" (217 cm). We were told that we could exchange it for a shorter paddle if this size didn't work out. She absolutely loves the paddle, length, and loom – everything about it. And now she's always at the front of the pack! It's as though she has an extra gear with the longer paddle. I now struggle to keep up with her.

Another vertically challenged female friend of ours tried the longer Aluu paddle and had the exact same experience. Needless to say, she placed an order with Aluu Paddles and has been enjoying her own paddle for the past year, at the front of the pack also!

As with kayaks and most other things in life, try as many as you can before you buy and your mileage may vary.

Here are some helpful links for further additional information – [https://www.gearlaboutdoors.com/product\\_catalog/paddles](https://www.gearlaboutdoors.com/product_catalog/paddles) <https://kajaksport.fi/products/paddles/ks-inuksuk/> <http://www.bbkayak.com/paddles.htm> <http://aluupaddles.com/> <https://qajaqrolls.com/2014/07/the-perfect-greenland-paddle.html> <https://paddlingmag.com/stories/greenland-paddle-defense-stick-it-to-em/>

Cheers! Tony

#### Canoecopia 2021 Virtual



Start planning your weekend now that the Canoecopia **Presenter Schedule** is posted! Be prepared to learn, laugh, and get inspired, enjoying over 80 presentations on topics that include paddling destinations, outdoor skills, history, conservation efforts, fishing tips, fitness, and more.

You'll be able to live text chat, direct message, and in some cases partake in live Q&As with speakers after their presentation. Room sizes are unlimited and most presentations will be available for viewing up to 60 days after the event with your ticket purchase, so you won't need to miss a thing! All of this is included in the \$15 ticket price.

Check it out and purchase your entry tickets at [www.rutabaga.Com](http://www.rutabaga.Com) [Rutabaga Paddlesports - Kayak, Canoe & SUP Store in Madison, Wisconsin \(rutabagashop.com\)](http://RutabagaPaddlesports-Kayak,Canoe&SUPStoreinMadison,Wisconsin(rutabagashop.com))

**The Newsletter of the Hoosier Canoe Club**

## Lessons Learned

### Carol Anderson, ACA L3 Coastal Waters Instructor

There's a fun play spot on our local river, not too far from my home in southwest Michigan. It's quite popular in the summer, although the water stays drysuit temperature in the spring. Most experienced paddlers know to stay off it in the spring melts. It's a great place to learn how to ferry, surf play in the water flow, and to get a handle on the basics of paddling in currents. Most popular with white water and river crossovers, people pull their rec kayaks, sea kayaks, and canoes up for a summer afternoon play session. I had been paddling for a couple of years in a rec boat with one sealed hatch, I knew how to do a wet exit and felt relatively confident that I could handle this new, faster water.

I was paddling a used Dagger RPM whitewater boat that I had learned how to roll the previous summer and in our pool sessions (an RPM rolls on a dime). I was with an experienced instructor and some friends, although it was just an afternoon at the play spot in the late spring. The air was warm, the water was cold. I had just gotten a drysuit and was wearing it for the first time, had my helmet on, and in I plunged. I started out trying to ferry across the current, and *immediately* flipped over—my first time upside down in a river, and I bailed instead of trying to roll. Why did I do a wet exit instead of rolling? It was sheer, gut reaction: let me out of this boat! It was my first time in a drysuit, let alone rolling in one; the water was cold; and maybe in my own defense, it was my off-side. The RPM is known as a "slicey" boat, which means I caught an edge on my ferry because I wasn't edging enough, and I flipped over. The water was running fast, and I just panicked, despite all of my pool and lake experience. Everyone came to my rescue, yelled at me to not put my feet down, grabbed my boat and got me back in. I was overly cautious for the rest of the afternoon, but it was good to learn how to test the current by paddling in the river just downstream from the faster water. I learned that while my RPM was great for carving fast water, it wasn't so good for an inexperienced WW paddler.

On the way back down stream the water was running pretty quickly around a fairly sharp bend. I didn't know that water on the outside of a bend runs faster than at the center or inside. I was used to bigger rivers that sort of wandered. This was a branch of my regular river, and it was smaller with a lot of trees just downstream around a bend—they were on both sides of the river, and it was like a slalom course to get through them. I naively thought that I could just nicely paddle through them like I had done many times on the shores of local lakes and slower rivers. The current caught me before I had even thought about picking a line, and I immediately found myself pinned against a good sized tree trunk, hanging onto the trunk and fighting the water that wanted to flip me. I knew to lean into the branch so I didn't get flipped and pinned underwater against the branches underwater. Even though I was leaning into the branch, I was stuck with the water pushing me up against the large branch and my head in the smaller branches. Despite my two years of experience in my rec boat on slower rivers, I was trapped tightly on the strainer.

A friend hung out there with me, and reassured me that I could get out of there. That was the best thing she could have done, which was to tell me that everyone had been there, and then talked me through getting out of the situation. Honestly, I sort of expected her to rescue me with a tow line. Instead, she told me to get myself lined up perpendicular to the tree trunk by using the strainer to leverage my boat around to a right angle, and then to paddle backwards. It worked, much to my amazement. Another friend who had gone ahead had come back to see what happened, and told me to pick my line through the downfalls. I did that, and shot the section back to the put in. In a class I took about a month later ("Intro to River Paddling"), I asked the instructors what they would recommend to avoid getting pinned in a strainer. Their answers were "don't get in that situation" and "paddle backwards."

This was my introduction to paddling in current. There's no question that I learned a lot that afternoon: wet exit in current, ferrying without catching an edge, getting out of a pin, and picking a line through obstacles. All essential lessons. I also learned how to keep going, through my fear. I am grateful to my friends for their patience and their experience. A few years later I was in my sea kayak in the Bahamas, and was faced with having to paddle with the current through a slot at the peak of an outgoing tide at the end of a long day's navigation exercise. The current was running really fast, and I had never been in that situation before in a sea kayak. Advice from my friends was to point the boat down the center of the slot, look at where you're going, and to keep one end of the paddle in the water. As soon as my bow hit the current, I realized that it was exactly the same situation that I had learned at the play spot: pick your line and paddle through. It was a real rush to realize that some kayaking skills are transferrable from a whitewater boat to sea kayaking. The moral of this story is that I can happily say that I'm more comfortable in fast water these days, but I don't go white water paddling without friends or in a class. While paddling fast was the lesson I learned that day, it's not the only way to navigate that situation. Please reflect on your "learning moments" and take those to your next adventure.



## Event Announcement

**Location: East Race, South Bend**

**May 28, 29, and 30, 2021**

**Sponsor: Gregory Emmack**



East Race Whitewater Festival

South Bend, IN

### Events:

Kayak Freestyle Competition 3 Divisions - Mens , Womens, and Masters (over 50yrs old)

Boatercross Races 4 Divisions - Mens Short Boat, Womens Short Boat, Mens Long and Womens Long

There will be heats of 4 racers at a time and the top 2 go on to the next round

There will be a few buoys that will need to be navigated

Riverboard Races 2 Divisions Mens & Womens

Only whitewater designed boards allowed ( Fluid Anvil, Kern, Carlson, etc)

Pool Floatie Race Only 1 division and only 1 heat - we're looking for colorful mass chaos

Only flotation devices designed for pool use allowed (flamingos, alligators, ducks, unicorns, etc)

Helmets and PFD's required

No flippers or paddles allowed

It's for fun

### Other Activities:

We will have food trucks near all of the fun

We have music that will be provided

Corby's Pub (right on the East Race) will be a sponsor also

Product/Gear vendors on site

### Schedule of Events: (Tentative)

Friday, May 28th - 6 - 8pm open practice session

Saturday, May 29th - 9 - 11am open practice session

Noon - 2pm Boatercross Races

2:30 - 3:30pm Riverboard Races

3:30 - 4pm Pool Floatie Race

4 - 6pm Freestyle Competition

6:30pm Awards Ceremony

7 - 9pm Musical Entertainment

Sunday, May 30th - 11am - 4pm Sunday Funday - East Race will be open

no competitions

no planned activities

Just Fun!

Watch for registration details on our facebook site.

# The Newsletter of the Hoosier Canoe Club



## I want you!

### **VOLUNTEERING: The hardest job you'll never get paid for!**

(excerpt from an article by Miriam Medina) Contact any club officer to offer your help.

Volunteers are responsible individuals who offer their expert knowledge, talents and services willingly, without remuneration, and reimbursement for their expenses. While some individuals choose to volunteer in their community, there are others that offer their knowledge and usefulness from the comfort of their home via their computer. Whether it is on a large or small scale, somewhere those volunteers are making a positive impact to a worthy cause or on someone's life.

There has always been a need for volunteers, especially now, that we are currently in a severe economic crisis. As a result of Federal cut-backs and lack of funds many charitable organizations are on the brink of closing their doors to those in desperate need. Volunteering requires a lot of hard work, time, and energy and in some cases, money. A volunteer's efforts to a worthy cause will help that particular organization to economize money that would otherwise be spent on labor. Volunteer work is necessary to our American economy.

Unfortunately, there are situations where volunteers are treated with disrespect. Demands are placed upon them to move at a faster pace or to give more of themselves, beyond what was initially required. This reflects a clear message of selfishness and indifference on the part of the administrator that he or she doesn't care much about the quality of the work that is being done, or much about the individual. Whether the volunteer devotes one hour or several hours a week, or a month to a given project, this is only what they are able to do. Volunteering for a cause does not mean, that it should take priority over everything else in their life. Please remember that these individuals have families and situations to tend to outside of their volunteer work..

There are individuals who pursue goals in their volunteer work, and which with all honorable intentions wish to generate the greatest good possible in furthering the cause. Sometimes a person may succeed in some areas, while in others fail to meet the proposed task. It could be possible that the individual may have devoted all his/her considerable energy and time toward fulfilling one goal and falling short of achieving the others. Nevertheless, I feel that whatever was accomplished and benefited by that volunteer's good intention should be judged for the value in itself and not be reprimanded for "taking on too much" and leaving behind a "half assed" project. I find this to be a very offensive statement. If that volunteer did an excellent job in other areas or at other times, then please do remind them of that good performance, congratulate them or they will think less of their volunteer efforts and cease to contribute their free services. Yet, sadly to say, this doesn't always happen.

So please let us not forget to always be appreciative of all free services that we have received from the efforts of volunteers. "Thank you" is one of the most positive words that we can communicate, yet it is the least used. "Thank you" expresses gratitude. Just saying a simple "thank you" each time can make all the difference in the world. It encourages that volunteer to go the extra mile, when he or she is being appreciated. Not only thank the volunteers for their services but also thank the administrators of those organizations and humanitarian causes that make it all possible.

## The Newsletter of the Hoosier Canoe Club