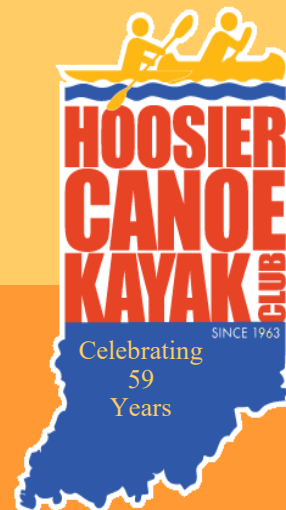


# The Hoosier Paddler

May/June 2022, Volume 60 Issue 3  
<http://www.hoosiercanoeclub.org/>



## Skippers Note

Wishing Dave Ellis a very Happy Birthday!!

Now that the weather has warmed and the streams are full it is time to join in some nice paddling trips. We have several suitable for all skill levels and we have some selective trips that require higher skills. Come join in the pool sessions to learn skills, take a training class to learn how to paddle and rescue yourself, and join in trips to get practice paddling. Remember to register for trips you wish to attend.

As always send your trip reports, pictures, trip announcements etc to [dwaynesjamesa1@hotmail.com](mailto:dwaynesjamesa1@hotmail.com) prior to the 17th of the month. I see so much pasted to the facebook page that never makes it to the newsletter for club members to enjoy.

## Volunteers Needed!!

### Eagle Creek Triathlons

June 11, 2022

Swimming portion of the [Indy Sprint Triathlon Series](#). HCKC members provide safety boats for the swimmers in the 500 meter course. Participants are there to provide assistance to swimmers, guide them on the course, allow a place to rest or signal for extraction. We will be on the outside of the course while city lifeguards are on the inside of the course. Meet at the Eagle Creek Park office on 56th street just northwest of the main park entrance and just before you get to the bridge over the reservoir.

If you are bringing a guest or another family member please register them separately.

We must be unloaded and on the water by 7:45-50 as the swimming starts at 8am. Instructions will be given just prior to the event. No special skills needed. Items which may enhance your effectiveness are whistle, short throw line and float, extra PFD. We are usually done by 9.

This is an important event to HCKC as we the club is paid a \$1000.00 for helping with this event. You will get an event T-shirt for participating, please register with shirt size. Canoe, Kayak or paddle board OK.

If you have questions or concerns please contact Dwayne James [dwaynesjamesa1@hotmail.com](mailto:dwaynesjamesa1@hotmail.com).

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## Trip Announcement

### White River Trip

Sunday, May 22, 2022

Sponsor: Sue Foxx/Dwayne James

Looking for a quiet afternoon on the water? Join us for a trip down White River from Hazel Del Landing Park in Carmel (106th & Hazel dell Parkway) to Broadripple Park in Indianapolis. This is a trip that is good for beginners since it is a shorter trip with few obstacles. In this section of White River you can see an eagle's nest near 82nd Street along with river homes near the Yacht Club. Plan on a leisurely paddle that can end with a beer or ice cream in Broadripple. We will meet at Hazel Landing Park at noon where we will unload boats. The shuttle will head south to Broadripple Park at 12:30 pm. This means that you should be unloaded, dressed and ready to go by 12:30.

We should be on the water about 1:30 pm. Be sure to bring a hat, water and sunscreen as this will be the warmest part of the day. Be aware that masks are required for the shuttle if you have symptoms and life vests are required to be worn on the river.

In case of high water due to expected rains this week, watch for an announcement no later than 7 pm Saturday May 21st.

Meeting time: 12 pm (noon)

Meeting location: Hazel Landing Park in Carmel

Shuttle leaves: 12:30 pm

On the water: 1:30 pm

Contact info: Dwayne James dwaynesjamesa1@hotmail.com

## FYI.. Sugar Creek Gauge that was moved after the dam removal now has CFS info.

<https://waterdata.usgs.gov/monitoring-location/03339500/#parameterCode=00060&period=P7D>

### For Reference Old Gauge levels



**SUGAR CREEK AT CRAWFORDSVILLE, IN - USGS Water Data for the Nation** The removal of a low-head dam on Sept. 7, 2021 caused water levels in Sugar Creek to drop abruptly and has periodically resulted in negative gage heights due to the reference datum for this monitoring station being approximately equal in height to the crest of the low-head dam prior to its removal. [waterdata.usgs.gov](https://waterdata.usgs.gov)

Jeff Stejskal indicates that the old data was: 2 ft (normal river level) = about 401 cfs 3 ft (rental cutoff ) = about 1,470 cfs 3.5 ft = about 2,290 cfs For the new gauge, I found the height of zero to one half foot seemed to be about 2ft on the old gauge. The 1 ft mark on the new gauge seemed to be at about three feet or higher. Dwayne James

# The Newsletter of the Hoosier Canoe Club

## Eagle Creek Tuesday Evening Paddles

Eagle Creek paddles started on May 3rd and run through the end of September. These are unstructured paddles where HCKC members can explore the lake and train to develop speed-endurance or to practice skills. If you would like to paddle with other HCKC members, I would recommend coordinating that through the club bulletin board, Facebook or e-mail.

When: Tuesday, May 3 through September 27, 2022

Starting Time - Between 1:00 pm to Closing: HCKC Members may use the pass to enter the park with their boats any time after 1:00 pm on the specified Tuesdays.

Ending Time - Park Closing Time: When you enter the park, look at the closing time posted at each of the park entrances since these times change during the year. They normally lock at least one of the gates at closing time.

Where to Launch:

Ramp near Discovery Center —Enter the park at either the 56th Street or 71st Street entrance and follow the signs to the Discovery Center or “Go Ape!” Use the boat/kayak ramp across the parking lot from the Discovery Center (next to Go Ape).

Marina Personal Boat Launch - You can also launch from the personal boat launch next to the building with bathrooms near Eagle Creek Outfitters. Please do not launch at the beach at Eagle Creek Outfitters since it is reserved for their use.

Note: This pass is not valid at the Dandy Trail ramp at the south of 56th street near Ric's.

2022 HCKC-Eagle Creek Pass: Current HCKC Members must print the 2021 HCKC pass and show it to the Eagle Creek gate staff to get in without paying. The fee for park admittance is at least \$8 for a car with one kayak or canoe otherwise.

To Get the Pass: This program is only available for current HCKC members. To access the pass, go to: Eagle Creek Tuesday Pass

Note: You will be prompted to enter your e-mail and password if you are not already logged in.

## Trip Announcement

### Driftwood River

**Sunday June 12, 2022**

**Sponsor: Sue Foxx/Dwayne James**

Hopefully the river will be at a great level to enjoy this beautiful area. We will put in at Furnas Mill on Sugar Creek and paddle to Lowel Bridge just above Columbus, Indiana. The trip will be about 14 miles so be prepared with gloves, sunscreen, water, and lunch in addition to your regular paddling gear. Beginners are welcome as long as they have the endurance for a longer paddle. Be sure to bring a mask for the shuttle if you have symptoms and be aware that life vests are required to be worn when on the river.

Meeting time: 10:00 am

Meeting location: Shell station just off I-65 at exit 80.

Once participants arrive we will caravan to Furnas Mill on Sugar Creek. If you wish to just meet at this location email me to let me know not to expect you out at I-65.

Shuttle: 11:00 am shuttle leaves for the take out at Lowel Bridge.

On water: noon

Contact information: dwaynejamesa1@hotmail.com

I will keep an eye on the levels, this creek can run dry or flood very quickly. Look for 7 pm announcement 6/11 if we need to adjust the trip.



## Trip Report

### SK: Lake Monroe Overnight Trip Report 4-9 thru 4-10

We had five paddlers come out for the spring overnight trip on Lake Monroe. Two of the paddlers were just day paddling Saturday. The other three paddlers were camping and also paddling on Sunday.

The weather was cold temperatures in the upper 30's F and the wind about 12 mph from the northwest on Saturday.

We had some small waves from 1 foot to ½ foot. Lake level was about 8 feet over normal pool.

We launched from Cutright paddling around the two heron's marina. The group headed towards Patton's cave staying close to the shoreline. With the high-water level, we were able to paddle quite away back into the creek.

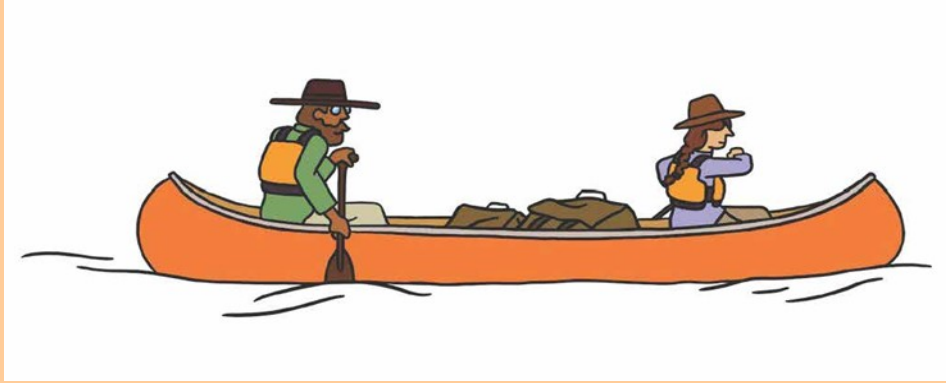


We then headed towards the Peninsula in Deam Wilderness to have lunch and setup out tents. After lunch the day paddler paddled back to Cutright. The rest of group went for an afternoon paddle in the middle fork section. The wind died after dinner and we had a nice camp fire with a half moon rising.



Sunday Morning was a little frosty but it warmed up quickly with southern breeze. We packed up the campsite in the morning. Then paddled back to Cutright dropping off one paddler. The two remaining paddlers paddled under the bridge and paddled by Paynetown marina while check out some of the migratory birds. We then headed back to Cutright. A great way to start the sea kayaking season. Jeff Stejskal

## Guest Column



### Essential Wilderness Canoe Skills John Carlson

On my recent vacation with my granddaughters in a cabin on the edge of the Boundary Waters Canoe Area, I did some reading, lots of thinking and a little writing. I thought about what was needed to know to have a successful and enjoyable wilderness canoe trip to the BWCA or any other wilderness area. I could probably come up with a dozen or so of things to know. But I wanted to try to limit to five essential skills. In no particular order these are my suggestions.

**Outdoor attitude** I've been on trips with experienced paddlers that aren't comfortable in a wilderness settings. Maybe they are accustomed to RV or car camping. But just are not happy when they are wilderness camping. I've also tripped with new paddlers that have a good outdoor attitude but little canoeing experience. Maybe they were back packers or work outdoors regularly. Their canoeing experience may only be Midwest streams and not a multiday experience requiring long days of paddling and portaging. This group seems to catch on quickly and accept that the weather doesn't always cooperate and the day can be a challenge. I'll take the inexperienced paddler with a good outdoor attitude over the alternative.

**Planning/ preparation/ safety** In my youth it was not uncommon for my friends to call up and tell me we were going camping. I would grab a sleeping bag and off we would go. Usually a stop enroute for some food and snacks for the event. Over the years life experience has taught me that wilderness trips require proper planning and preparation. You need to know where your route is taking you and the weather you may encounter. Talk with your outfitter, they know the area and can work a route that meets your needs. There are some online tools that can help. I utilize PaddlePlanner.com. This site has maps and planning tools for most areas I like to visit. Proper permits, reservations for your boats, hotels or bunk house prior and post trip need to be planned. Meals for each night plus one in case you are weather bound and are delayed in getting home. Also discuss and plan on the breakfast and lunch details. Are mornings only hot water or will there be a couple hot breakfasts planned.

If your group has not traveled together, there should be a shake down weekend. This will include observing canoeing skills, assigning canoe partners, insuring group members have not over packed or left important items out. Have an open discussion of what can be expected during the trip. In your planning, does your group have a Personal Locator Beacon, SPOT or InReach to call for help in an emergency. I carry an older InReach device which not only sends out an emergency beacon but allows two way texting to the emergency responders. If someone in your group doesn't own one, rent one and learn how to use it. Leave a trip itinerary at home and with the outfitter. If you're late coming off the water, First Responders know where to start looking for you.

Finally don't forget First Aid training. Every member of a trip should have a basic understanding of First Aid. Encourage everyone to complete a basic first aid course. There are courses on basic Wilderness First Aid along with more advanced multi day Wilderness First Aid courses and Wilderness First Responder courses from other organizations.

**Proper gear** I usually encourage first time Wilderness Canoe Campers to go ahead and utilize their back pack as long as they utilize waterproof sacks inside the pack also. Back packs work, but are difficult to sit up right in the canoe. I eventually ended up utilizing a Duluth pack. These are the traditional packs from the Voyageur days. They fit nicely in the canoe and can carry a lot on the portages. I've also utilized a 110 liter waterproof pack. These have waist belts to help carry and can hold a lot for the trip. I recommend an internal plastic bag, just in case the pack has a leak. If you enjoy wilderness canoeing you should try different things and settle on your preference.

Many, including myself, have shopped the big box stores looking at camping supplies. These are fine for a weekend or a car camping trip. But for any wilderness trip, you will discover the importance of higher quality, lighter weight gear. Your canoeing outfitter will provide you with a loaner paddle and PFD. These will work fine for your trip but if you continue your canoeing adventures you will want to find what you like and invest in the paddle(s) and PFD that works for you. I carry two paddles both a straight shaft and a bent shaft. My bent shaft weighs only 18 ounces. After a long day paddling, I definitely can tell the difference.

**Basic canoe technique** As mentioned earlier, having a proper wilderness attitude is important for a wilderness canoe trip. But before you go on a multiday trip you should learn the basic strokes. Repeatedly switching sides to keep the canoe straight or ruddering has you zig zagging on the water and robs you of forward momentum. Learn the basic paddling strokes. If you're in the bow understand the power, sweep and draw strokes. In the stern the power, sweep, draw and most important the JStroke. The JStroke takes a little practice but it's what keeps the canoe straight without destroying your forward momentum. The bow paddler sets the pace, the stern paddler keeps timing with the bow strokes. I've paddled with a strong paddler but he would paddle two or three strokes and pause. That was frustrating to try to keep pace. Also don't paddle on the same side as your canoe partner. The canoe will be unbalanced and the potential to tip over increases.

In central Indiana there are a few canoe training programs. The Crossroads Council of BSA has a Voyageur Canoe training program each spring and fall at BSA Camp Belzer. This is a two weekend program that's designed for adults to plan and lead a youth group into a Wilderness Canoe trip. The program is open to all adults. I received my initial canoe training with this program in 2001.

**Health/ fitness** You may not think of this as an essential skill, but knowing your body is ready for a wilderness trip is important. Besides keeping up to date on your health concerns, it's important to be physically fit for a strenuous wilderness experience. There may be long days paddling and portaging. If you work in an office or other semi stagnate work/lifestyle you need to prepare for your trip.

It's good to practice your paddling stamina on a rowing machine or going paddling. For me it's also important is to build up my ability to portage. Portages are rarely clear level paths. It's not uncommon to portage on rocks and roots up and down hills. My favorite off season training is to load up an old day pack/ book bag from my children's school days and put a kettle bell in the bag. Start off with 10 pounds, work up to 20 and then 30 pounds. Walk on the treadmill, work up to the highest incline at a steady pace.