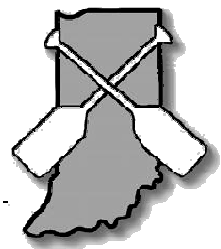


# The Hoosier Paddler

Volume 50, Issue 5

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

June 2012



A note from our skipper, Dwayne James:

June already? I have only been on one trip so far but things are looking up. We have the Summer triathlons at Eagle Creek Reservoir coming up, several nice trips to partake in, and some nice volunteer activities to share our love of paddling with others. Please check out and consider helping with the program put on by Cornerstone Pediatric Rehab in Danville for special needs students. These kids just need someone to take some time to show them the basics and help them get around on the water. And they could use some donated kayaks as well if you happen to have one lying around unused. Also, the Ironman competition in Muncie needs some safety boaters. Contact the volunteer director directly to offer your help.

I will be heading to Door County, WI for a sea kayak symposium in July and have room for one person if you want to share expenses and save some gas. Our members have reported this is a great learning opportunity and a fun time. And the Indiana Paddlers Rendezvous is approaching soon. Hope for some water, just enough but not too much

## In this issue:

Page 2: Volunteers Needed for Special Needs kayaking & Muncie Ironman, Sea Kayak Symposium

Page 3: Moving Water Training, Driftwood Trip Report

Page 4: Cataract Falls Trip, Two on the Blue Trip

Page 5: Fire up for the Fourth Trip

Page 6: Sea Kayak Clinics

Page 7: Whitewater Beginner's Trip

## Special Flatwater/Touring Event—HCC Moonlight Paddle on Eagle Creek Saturday, June 30, 2012

We will have a moonlight paddle at Eagle Creek on Saturday, June 30, 2012 since there is a nearly full (87%) moon on this evening. The sun will set at 9:17 pm and the moon will already have risen at that time. Hopefully, we'll have clear skies.

**When:** Saturday, June 30, 2012—Please get there around 7:15 pm so that we can be ready to launch by 7:30 pm.

**Meeting Place:** When people RSVP, I'll e-mail them the location of the Meeting Place.

**What to Bring:** Be sure bring a white light (e.g., a flash light) or glow stick for your boat in addition to your regular paddling gear.

**Contact Information:** If you wish to attend or have questions by 7:00 pm on Friday, June 29, please contact Jim Sprandel at [merlin-3d@sbcglobal.net](mailto:merlin-3d@sbcglobal.net).

## The Newsletter of the Hoosier Canoe Club

## Looking for volunteer(s) to help teach special needs students how to Kayak

CJ Gregory, a physical therapist with Cornerstone Pediatric Rehab, a not-for-profit provider of pediatric therapy services located in Danville, contacted me looking for someone to teach kayak courses. In addition to traditional therapy services, Cornerstone works to provide recreational opportunities for children with special needs. Last year they started an adapted Kayaking class, led by one of their own physical therapists who had moderate kayaking experience. They had 3 students take the class, all with significant physical disabilities. Two of the students were independently kayaking by the end of the class. Obviously, they were THRILLED with the result and they would like to offer a class again this summer, but their experienced kayaker has moved on to greener pastures.

They currently have a PT, an OT and a Special ED teacher prepared to assist with this year's class, all with minimal kayaking experience, but very skilled at working with children with special needs. What they need are some people who might be willing to share their expertise with them so that they would be able to run the class again this year.

Last year they did the class at Heritage Lake in Putnam County. It was central to their registered clients and they had free access. They are open to suggestions for location this year. At the end of the class last year they did a whole day trip down White river, putting in at Spencer.

They have insurance and their insurance covers the classes they host, so any volunteers would be covered under their policy.

Any experienced kayaker who likes kids and is flexible with how they adapt things would be great. They don't need a certified instructor.

Time frames: Last year they held the class 3 evenings (6-8p) a week for 2 weeks in June. They are considering doing it once a week this year to see if they could bill the cost of the class to insurance (as PT or OT - depending on client needs) so that the families would be able to participate regardless of their financial state. Many of their families already have extensive medical bills. They require each participant to obtain their own PFD to make sure it fits.

So, anyone want to step up and help out? This can be organized as a club event, or you can do this on your own. I might be available to help out depending on when this is offered. Please contact me asap at 317-956-7691 or at [kanudreams@sbcglobal.net](mailto:kanudreams@sbcglobal.net) to ask questions or offer to help. Then we can work out a schedule and plan with them.

### Volunteers Needed for Muncie Ironman July 7, 2012

Contact Molly Day if you can help with their Ironman competition in Muncie on July 7th. They need safety boaters and other help.

Molly Day, Volunteer Director  
Ironman 70.3 Muncie  
phone 765-730-4630  
email: [muncie@ironmanvolunteers.com](mailto:muncie@ironmanvolunteers.com)

### Rutabaga Sea Kayak Symposium in Door County, WI July 13-15, 2012

I am attending this event to learn how to keep myself safe while paddling around in my sea kayak. This is a great symposium, according to some of our members who have attended in the past. They offer sessions over three days for the beginner to the expert. Rental equipment and gear, everything you need, is available. Please check out the website and register in advance. <http://www.paddlers.com/everyonepaddles/page.asp?pgid=1016>

I am going up on July 12<sup>th</sup> so I can provide a ride to one other person with their kayak. Although camping is available, I plan to stay in the host hotel. I snore, but you can pitch your sleeping bag on the floor and share the costs. Let me know at least one week ahead of time if you want to share a ride north with me. Dwayne James [kanudreams@sbcglobal.net](mailto:kanudreams@sbcglobal.net)

## Moving Water Training Instructors: Garry Hill & Joel DeLashmit

Saturday June 30, 2012

This training is open to both kayakers and canoeists (tandem or solo). Garry Hill will be the canoe instructor and Joel DeLashmit will be the kayak instructor. Participants must have their own kayaks or canoes.

Description: This training will start with a bank-side talk but we will spend most of the day on the water. During the talk, we will discuss preparation, trip planning and will explain river features, moving water dynamics, and then how to use this knowledge while paddling the river. On the water we will work on refining skills and increasing boat control. We will spend 2-3hrs on the water.

Course Size: 6 Kayaks and 6 Canoes. Students will be accepted on a first come basis.

Registration: You must register by Thursday June 28th by calling or emailing Joel DeLashmit : joeldelashmit@gmail.com or 317-656-1597

Equipment needed:

Closed-cockpit Kayak or Tandem or Solo Canoe

PFD (must be worn)

Paddle(s), water shoes, water bottle(s), sun screen, and lunch.

Appropriate Dress – The weather may be warm but dress for cold water since it is usually cooler than the air temperature. Wear paddle-specific top and pants if you have them. Be sure to carry a spare set of clothing, since we will be working with new boat maneuvers we just might get wet.

Location: TBA

Meeting Time: 10:00 am

## Driftwood River Trip Report from Saturday, May 12 Linda Smith

Our merry band of 13 kayakers and 1 solo canoeist paddled the Driftwood Saturday, May 12th, and I think the biggest problem we had was a muddy Put-In. The temperature was in the mid 70's and the river was running at around 1100 cfs with a water level of 4.2 feet, in other words, plenty of water. A nice cloud cover kept everyone very comfortable.

Jeff McConnell gets the "Extreme Outfitter Award" for showing up with 4 kayaks, 3 passengers, food, water and all the multifarious gear for these individuals in one vehicle! He was also the official trip photographer – thank you, Jeff.



We were treated to an encounter with a pair of Bald Eagles who were calmly and regally surveying us from their perch atop a tall tree. We communed for awhile and then paddled on, feeling like munchkins in their presence.

We enjoyed having first timers Tom Flegel, Christy Brooks and Tim Brooks along. Wayne Bivans had the correct time for me at every juncture so I know that we completed our trip of 13 plus miles in four hours. We spent an additional 45 minutes at lunch trading stories and taking in the view. We appreciated Jeff Matthew's updates on the Wildcat and information regarding upcoming trips. Sara Hare, representing the southern district, drew our attention to all of the interesting eddies and water swirls that appeared with great regularity. No one seemed to know exactly what was going on. Could someone please recruit a geologist or hydrologist to HCC so we could get some answers here!?

Did I mention that we saw an enormous red tailed hawk in full flight? We surprised a wood duck mom. The ducklings scurried under a mass of tree roots while mom splashed and fluttered and made a real racket as she decoyed us down stream. A box turtle was spotted on the bank with beautiful bright yellow markings. (continued on next page)

Susi Megathlin, Mary Keith and Mariann Davis added much to the trip with their chatter and river savvy. Thanks to Sue Foxx for handling Sweep Duties and to Don Hewitt (who is becoming a real regular) for helping with Shuttle Duties. And, I think we have a future trip leader in Addison McConnell.

NOTE: There is a wonderful RIVERSIDE CAMPING OPPORTUNITY, for those of you who like to paddle and camp, at Heflin Memorial Park (812-526-4154.) This scenic and very well maintained 35 acre campground has primitive sites for \$11 a night, sites with water for \$13 a night and sites with electric and water for \$17 a night. The shelter house can be rented for \$32 a day. Amenities include a bath house, playground and fishing pond. Camp operators Lisa and Greg could not be nicer! Blues's Canoe Livery (812-526-9851), conveniently located right next door, offers a Shuttle Service and will transport you and your kayak upriver to the Put-In for \$15.

ALSO: For those of you who would like to do the Wave Train just north of the Lowell Bridge Take-Out, there is a new public Put-In ramp south of Heflin Park. You access it from the Tannehill Road, which you will see as you drive south on US-31. Happy Paddling (wear those PFD's and go with friends!)

## Joint Flatwater / Touring Trip

### Cagles Mill Lake (Lieber SRA) to Cataract Falls

Saturday June 16, 2012

### Trip Sponsor: Dave Ellis

Cataract Falls is a series of stair-step falls where Mill Creek enters and forms Cagles Mill Lake in Lieber State Recreation Area near Cloverdale, IN. We put in on Cagles Mill Lake and paddle up the headwaters of the lake to the base of the lower falls. At that point we will have lunch, look around the Lower Falls and then hike upstream about a mile to see the Upper Falls. If you've never seen the Upper Falls, You should. This section of the lake is mostly protected and will be suitable for all types of boats (canoes, sea kayaks, or recreational kayaks). It's about 3 miles each way ... 6 mile total paddle. A current DNR Lake permit is required for this trip. If necessary, you can pick up a permit at the Lieber Park entrance.

Schedule: 9:30 AM arrive at Marathon station meeting place, 9:45 AM drive to put-in, 10:15 AM start paddling.

**Meeting Place:** Marathon Station just south of I-70 on SR243. From I-70 and I-465 on Indy's west side, drive west on I-70 toward Terre Haute. Go past Cloverdale SR 231 exit about 4 miles to Exit 37 which is SR 243. Go south on SR 243 and the Marathon station is on the right just after passing over I-70. Allow 40 minutes from I-465.

**Access Site:** Cunot Public Access Site on Lieber Lake.

**Bring:** Paddle gear, water, sun screen, insect repellent, camera, walking shoes for exploring the falls area.

RSVP: Call Dave Ellis 317-374-4956 by 6 PM Friday, June 15 or e-mail me at riverpapaw@aol.com.

## Two on the Blue: Blue River, Milltown, IN Saturday–Sunday, June 23-24, 2012

### Trip Sponsors: Jim Clendenin, Jeff McConnell

Come for one or two days of beautiful paddling. Bends, rapids, bluffs, canyons, and springs comprise what you'll see along this scenic part of the Blue River. The second day is particularly beautiful.

We plan to camp at the Stage-Stop Campground in O'Bannon State Park (Harrison Crawford State Forest) on Saturday Night. The state park entry fee is \$5 per vehicle and each campsite is \$8. For information on camping facilities, call 812-738-8232. We can all pitch in a couple of bucks for firewood and have a community fire. Remember to throw in a chair of some type. [Stage Stop address is 7201 – 7999, State Hi Way 62, Corydon, Indiana 47112. GPS coordinates are 38.2175, -86.2677](#)

**Meeting Place:** The meeting place for Saturday is Milltown Public Access site by the Cave Country Canoe and Kayak Livery, 112 Main Street, Milltown, IN 47145 (812-365-2705). Contact us for the meeting place if you only want to paddle on Sunday.

**Driving Directions from Indianapolis-** Go south on I-65 to Clarksville. Then go west on I-265 (Exit 6B). Take I-265 west (I-265 becomes I-64) to Indiana State Road 64 (Exit 118). Go west about 20 miles on SR-64 to downtown Milltown and look for the public access site by the Cave County Canoe and Kayak Livery.

If anyone is interested, carpooling is an option. Jeff can haul 6 kayaks and 5 or 6 people along with a truck bed full of camping gear to help save on driving costs. If anyone needs a tent or other camping gear, check with Jeff as some spare tents, sleeping bags, etc are available (rental rate is in the form of a cold beverage)

If anyone is interested in going down Friday night instead of making the early morning Saturday trek, contact Jeff as this may be an option.

**Drive time:** Approximately 2 ½ hours—About 140 miles

**Trip Plan:** Saturday: Milltown Public Access Site to Rothrock Mill Dam PAS (14 miles)

Sunday: Rothrock Mill Dam Public Access Site to Stage-Stop Camp (10 miles)

**Note:** Be sure to contact either Jim or Jeff prior to the trip since it may be necessary to change venues due to water conditions. We will confirm water levels and river conditions before the trip.

**Schedule** (Saturday and Sunday)

10:00 am Gather at meeting place in Milltown

10:15 am Shuttle leaves

11:00 am Start Paddling

5:00 pm Land at the Take Out

[http://www.indianaoutfitters.com/blue\\_river.html](http://www.indianaoutfitters.com/blue_river.html) (launch points and mileage) [http://www.indianaoutfitters.com/Maps/RiverMaps/maps\\_to\\_blue\\_river.htm](http://www.indianaoutfitters.com/Maps/RiverMaps/maps_to_blue_river.htm)

## Fire Up for the Fourth of July! Trip Trip Leader: Theresa Kulczak

Tuesday, July 3, 2012

One of my favorite ways to get ready for the Fourth in Indy is to enjoy the fireworks from my boat on White River in Broad Ripple while the fireworks and smoke are descending directly overhead from the show put on by the White River Yacht Club! It's not for the faint of heart nor those not confident in their boat in a bit of wake from the pontoons and motor boats idling (and partying) alongside us. In fact, I always think of the movie "Apocalypse Now" as we're venturing in the twilight upstream amongst the mayhem. It's a memorable experience. We'll meet at the Broad Ripple Park Boat Ramp at 7:30 p.m.. *(Please check in with me a couple of days before the trip in case the meeting time is slightly adjusted or if weather dictates an alternate plan).* We'll leisurely paddle a couple of miles upstream as close as we can, watch the fireworks, and then take our time paddling back downstream to the boat ramp. A light (or lights) for your boat is a requirement. One year the water patrol stopped us, not for the beverages we had, but because one of our boats didn't have a light. Bring fun snacks, drinks, bug spray, and long sleeves for possible cool temps later on. **And don't forget your old-timey sparklers!** And your boat! – kayak, canoe, white-water boat – it's a short trip on a wide river so all boats are welcome!

**Location:** Broad Ripple Park  
(boat ramp) 1550 Broad Ripple  
Avenue, Indianapolis, 46220

**Contact:** Theresa Kulczak

[theblack-toad@lightbound.com](mailto:theblack-toad@lightbound.com)

Home: 317-570-0506

Cell: 317-409-6771

Theresa  
and Barb  
Lollar be-  
fore fire-  
works on  
White River



## Sea Kayak Open Water Rescue Clinic

Saturday, June 9, 2012

Instructors: Jim Sprandel, Dave Ellis,

When you paddle on larger lakes or the ocean, you get away from shore and sometimes capsize due to wave and wind conditions. When you capsize in these conditions, swimming your boat to shore and emptying it is often not viable—you have to know how to reenter your boat quickly either by yourself or with help from other paddlers in your group. You want to know how to do this quickly and on your first attempt.

Dave Ellis and I will lead a clinic on solo and assisted open water rescue methods for touring and sea kayaks. To start the clinic, we'll discuss open water paddling hazards and the personal equipment that you and your group should carry when you paddle in these conditions. After that, we'll get out on the water and practice rescues. Each student will practice how to wet exit, brace, swim with their kayak, do solo and assisted re-entries, and tow another paddler.

These are the skills that you need to paddle bigger water safely and learning them removes the "panic" if you encounter a problem in more interesting conditions. Like Swift Water Rescue for Whitewater boaters, these are skills that you need to practice frequently—before a real situation arises. For this reason, keep your skills fresh and come even if you have attended previous open water rescue sessions.

### Course Details

**Date:** Saturday, June 9, 2012

**Location:** Eagle Creek Park Marina (You will have to pay a park admission fee of \$5 per car to enter the park as well as an additional fee of \$3 per boat.)

The Green Arrow in this [map](#) shows the location of the Marina within the park.

**Schedule:** 9:00 am Meet at Eagle Creek Marina

9:15 am Introduction/Shore-Based Training

9:45 am Start on the water training

1:30 pm Lunch – Questions/Answers, Wrap-Up

**Class Size:** We can accept up to 20 students for this class.

**Required Equipment:** (Contact with [Jim](#) or [Dave](#) if you want an exception to these requirements since we may have extra equipment that you can borrow):

- Touring Kayak or Sea Kayak (14' or longer)
- Must have perimeter deck lines running to the bow and stern.
- Fore and aft bulkheads
- PFD, Spray Skirt, pump, water, food, dry clothes.

**Recommended Equipment:** (Please bring if you have.)

- Paddle Float, tow rope, throw bag, rescue stirrup
- Wet Suit or Dry Suit—You may want at least a wet suit to be comfortable.

**Note:** Nose clips are strongly recommended since we will be getting in the water.

**Contact Information:** If you wish to sign up, contact Jim Sprandel at [merlin-3d@sbcglobal.net](mailto:merlin-3d@sbcglobal.net) or (317) 257-2063 by Thursday, June 7, 2012. Contact [Jim](#) or [Dave](#) if you have any questions about the course.

## Sea Kayak Stroke Refinement Clinic—Forward Stroke Saturday, June 23, 2012

Instructors: Jim Sprandel, Dave Ellis

At least 95% of the time, you use your forward stroke when you are paddling. This clinic will focus on your forward stroke and only your forward stroke. This class is not about racing—although improving the efficiency of your forward stroke does boost your speed and endurance. Learning to paddle efficiently is critical for the health of your tendons, back, and joints and increases your safety when kayaking in traffic, when making crossings, or in strong winds.

This clinic will only consider the European (Standard) paddle\* and will be based on information from seminars that we have attended and the Brent Reitz Forward Stroke Video.

In the class, we review kayak fit, what would make a truly efficient forward stroke, and then work to tune each aspect of your forward stroke—set-up, catch, propel, and release.

### Course Details

**Date:** Saturday, June 23, 2012

**Location:** Geist Reservoir. Students will be e-mailed direction to the meeting place one week before the class.

**Schedule:** 9:15 am Meet at Put-In—Ready to Paddle  
1:30 pm Lunch – Questions/Answers, Wrap-Up

**Class Size:** We can accept up to 10 students. Current HCC members will be accepted on a first come-first served basis..

### Required Equipment:

Touring Kayak or Sea Kayak (15' or longer), Paddle  
PFD, Spray Skirt, pump, water, food, dry clothes.

**Contact Information:** If you wish to sign up, contact Jim Sprandel at [merlin-3d@sbcglobal.net](mailto:merlin-3d@sbcglobal.net) or (317) 257-2063 by Thursday, June 7, 2012. Contact [Jim](#) or [Dave](#) if you have any questions about the course.

\* If there is interest in holding this clinic for Greenland or Wing paddles, contact [Jim](#).

## Whitewater Trip Announcement

### Class II Beginner's Trip

Saturday – Sunday, June 22-23, 2012

### Trip Leader: Robert Henry

There is a beginner's trip on June 22nd-23rd on the Tuckasegee and Nantahala near Bryson City, North Carolina. This trip was well received last year and all had a great time. It will be Section 3 of the Tuck on Saturday and the Nantahala on Sunday. Info on the Tuck can be viewed on the AW website (<http://americanwhitewater.org/content/ContainerView151>) and on the Nanty (<http://www.americanwhitewater.org/content/etail/id/1101/>). Both of these rivers are good for Whitewater paddling beginners. Those needing a little refresher or work on their roll can get some lessons Saturday afternoon on Finger Lakes Recreation Area just off of Highway 28 near the junction with Highway 19. It seems to be a great location as this lake is used by some other groups as a train up prior to running the Nanty. If you have any questions about skill level needed for paddling, please contact me. Both of the rivers have areas that can be portaged or avoided if necessary.

Camping will again be at Turkey Creek Campground (<http://www.turkey-creek.com/Home.html>). It is a quiet, family friendly campground about 10 minutes away from the NOC. If going on this trip, contact Robert Henry prior to June 10th. Trip leader will reserve camp sites for those camping at Turkey Creek Campground. All people must check in at the office prior to camping or as soon as the office opens.

**Contact:** Robert Henry [rhenry575@yahoo.com](mailto:rhenry575@yahoo.com), (317)688-7360/(317)605-3025(cell)

---

# See You on the River!

---