



The Voyageur's Companion

Newsletter of the Rocky Mountain Canoe Club
www.rockymountaincanoeclub.org

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October 2010 issue
Jeanne Willson, editor

The Presidential Press

Karen and Jim Baker Jarvis

Well, another canoe season is coming to a close. We had a fine officers and club meeting, including a potluck, October 30. If you weren't there, we missed you!

We have some new officers:

- 1) Bill Ashworth is our new president!
- 2) Greg Jankowski is stepping down from advertising, and the position won't be filled as we no longer include ads in the newsletter.
- 3) Mark Roberts will take on more publicity activities. Thanks, Mark!
- 3) The conservation chair is open, but Jerry Nolan will continue to work on the issues from the western slope and plans to continue his periodic email river news updates.
Is there a Front Range volunteer?

Karen and I would like to thank all the club officers and trip leaders for their support this year. In order to keep the club vibrant we need more people to lead trips, at all class levels. Many people are organizing their own personal trips and these trips are not open to the club in general. This is fine and, of course, is encouraged. However, it would be nice to also volunteer to lead a club trip. Maybe you will meet some new interesting people.

Some of the highlights for the year we see were the two safety classes we organized in May for the club, the excellent Rendezvous, the new website developed by Kaj, and the various club trips. Don't forget we have pool session starting in January every other week (see the calendar on the website). As a note: Karen (Baker-Jarvis) had knee surgery in early June, which prevented her from canoeing most of the season.

TAKE NOTE!

January Permit Party: Bill and Kathy Ashworth have volunteered to host this! All are welcome, and it is a fun time for newcomers to see what we do to get permits for our favorite rivers.

Pool Session Dates:

Jan 9, 23

Feb 6 ** Beginners and Newcomers especially welcome and encouraged!!

Feb 27

Mar 6, 20

April 3, 17

2010 Fee: \$8.75 per boat.

The pool sessions are a fine way to spend a fun weekend winter morning ... relax, paddle, chat with friends old and new, practice turns, braces, rolls. People often switch boats to try a different one. If you haven't been before, just come!

As another note: Donna Grimes, President of Houston Canoe Club has volunteered to lead a trip on the Pecos River in Texas next spring with us, if there is interest (Class 2-3 with a 4 that can be portaged).

Karen and I went on a bike trip from our house to Sioux City Iowa this month, a 700+ mile ride. We met a very interesting bicyclist named Nando Padros in Nebraska. He has recently been in the news for his bicycle journey around the world, riding through Europe and then over four years bicycling through Africa, and recently riding across the United States. In the last few weeks, he has been in Golden, resting before his trek across the Rocky Mountains to California the down to South America. His beautiful photography can be found at www.gambada.com.

Editor's Eddy Lines

Jeanne Willson

Donna Grimes, President of the Houston Canoe Club, would like to sponsor and lead an expedition trip down the Pecos river in April for maybe 5 - 7 paddlers. Here is what she said in an email to us:

"If this is a possibility, let me know. You can do the Pecos in 6 days (we get towed out the last 5 miles - across Lake Amistad), but if people have time so we can do more of the hikes to Indian Pictographs, 8 days is better. We all have to pay for the shuttle service and the towing, but I think it runs about \$100 or so...If you send me your snail mail address, when I get back to Texas, I'll send you a power point of the Pecos River that we gave at HCC a few years ago. Of course, we narrated, but you can at least see the pictures and get some idea of the sites." donnapaddles@gmail.com

Waterfall, river left, entering the Pecos River



Pecos River



Wildlife on the Waterways, Part II

Jeanne Willson and Karen Amundson

I spent my childhood in San Francisco, right in the city. I always felt this was wrong, even at a young age. I knew that I was supposed to spend much more time in wild places. So I'm making up for lost time, many times over. My early impressions that bears and moose and bald eagles lived only in picture books and the San Francisco Zoo are still with me, and I marvel every single time that I see a wild animal unfenced and with full access to my lunch or my arm.

In celebration of wild animals, Karen and I (mostly Karen) have collected stories and photos of the many wild animals we've encountered on the rivers of the West. Here are some of our favorites ... or at least those we were able to photograph.



With a wingspan of 6 to 7 feet, bald eagles can fly up to 10,000 feet, at speeds of 35 mph or so. Watch out, fish!!

This one was found on the Colorado between Pumphouse and Dotsero on the Colorado River. Once I took the Amtrak through Gore Canyon in November. There were a dozen bald eagles fishing from ponderosas while it snowed. It felt like a Japanese painting. Photo by Karen A. In Colorado, there were more than 100 breeding pairs in 2008! You can watch their daily activities, February through May, with a live "eagle cam" at <http://birdcam.xcelenergy.com/birdcam.asp>.

The golden eagle is a solitary bird, which can be found in remote areas. They do not congregate in large numbers during the winter. Being a great hunter, the golden eagle seldom eats carrion. Its hunting territory extends up to 162 square miles (260 square km) Golden eagles use their speed and sharp talons to snatch up rabbits, marmots, and ground squirrels. They also eat carrion, reptiles, birds, fish, and smaller fare such as large insects. They have even been known to attack full grown deer.

We see them fairly frequently on all rivers that we paddle. We see ospreys hunting on our rivers even more frequently.





Getting there is half the fun! Near Gros Ventre campground before paddling the Snake River. These bison were enjoying life, and had a great view of the Tetons. Photo by Karen A.

The Living Desert Zoo and Gardens State Park on the way to the Rio Grande in Big Bend. The wild turkey is really very beautiful and would have been my preference over the bald eagle to be the national bird. This park made it easy to get good animal photos. I once saw about 6 of these at close range on an island 1/3 of the way from Loma to Westwater, but my camera was not handy. I also saw a small flock of them on the Brighton to Ft. Lupton stretch of the S. Platte. Photo by Karen A.



Male Lazuli buntings in the boxelder trees at Jones Creek on the Green in Dinosaur NP. The wingbars & rusty breast separate it from the Indigo bunting. Photo by Tom Jacklin.



Bighorn sheep on ... the Green ... the Yampa ... the Colorado ... they are everywhere, and everywhere they are beautiful.

River Sanitation

Richard Ferguson

The last thing anybody wants on their trip is to get a food-borne illness. When your digestive system is bad, life is bad.

A good way to start is by washing your hands after you use the bathroom and before you prepare food, cook or eat. You need a bucket, a tin can with holes in it, and some pump hand soap. Fill the bucket with river water. You can add a little bleach if you like, you don't need much, but it takes a few minutes for the bleach to take effect. The temperature of the water is not critical, but the bleach will work better if the temperature is at least 75F. Hang a hook near, but not over the bucket. The way you use the system is to scoop some water out of the bucket into the tin can, hang the tin can, and then wash your hands. Generally, it is best to scoop half a can to wet your hands, then use liquid soap and scrub for 30 seconds, then scoop a full can and rinse the soap off. The soapy water just falls to the ground. The tin can should have two or three small holes in the bottom, as well as a bail or other means to hang it.

Camping on the Colorado, Ruby-Horsethief, Faultline Campsite. Fall 2010; see story, below. Photo: Ashworths



Mule deer on the Green River, right before the confluence with the Yampa at Echo Park. September 2006. T. Jacklin



Restaurants commonly use a three sink system for washing dishes. This is recommended by most health departments. The first sink is for warm soapy water, the second sink is for rinsing, and the third sink is for a sanitizing solution. The sanitizing solution is half to one ounce of bleach per gallon. The river version of this is the three bucket system. On the river, many add a fourth sink or bucket, as kind of a prewash, to avoid contaminating the main wash water. The fourth bucket could be plain water or soapy water.

So how does this work on a group camping trip? Each user takes their own dishes, scrapes off the excess food, and then washes the dishes in the warm soapy water. Once they are satisfied that the dishes are clean, transfer them to the rinse water, slosh them around in the rinse water, and then put the dishes in the sanitizing solution. Ideally, one would leave the dishes in the sanitizing solution for around one minute.

Should you use a cloth to dry your hands, pots, or dishes? No, that will tend to contaminate what you just went to so much trouble to clean. It is best to air dry your hands, pots and dishes. The sanitizing solution also is more effective if it is left on the dishes, rather than immediately removed.

Do you need to heat the water? Warm water works better than cold water, whether you use it for washing, rinsing, or sanitizing. The sanitizing solution, for example, should be at least 75F. The soapy water and the rinse should ideally be 100F to 120F. Of course, heating a lot of water requires a high output stove and quite a bit of fuel, unless you have a good fire. It is probably best to assign one person to heat water while others are cooking, to be sure that warm water is available in the washing system when people are finished

eating. That same person could set up and monitor the washing system for cleanliness and temperature. A cold water system is better than nothing, but leave the dishes longer in the sanitizing solution.

If the water looks dirty, replace it. Note that you should use a strainer when you pour out the water to capture the pieces of food that did not get scraped off, rather than dumping the food bits on the ground or into the river. The dirty or soapy water should be poured on the ground at least 100 feet from the river or creek unless you are in the desert, and all waste water should go in the river. A good way to tear down the dishwashing system is to first dump the dirty soapy water, then pour the rinse water into the soapy bucket to clean it out before dumping it. Finally, pour the sanitizing solution into the rinse water for a minute, then then into the soapy bucket for a minute. This should clean out and sanitize the wash buckets.

Cross-contamination: Raw meat or fish will contaminate knives, cutting boards, and anything else that it touches, potentially contaminating vegetables, cheese, or anything else that is uncooked. Be sure to carefully clean and sanitize anything that touches raw meat or fish, especially before using the same tools on vegetables or anything which will not later be thoroughly cooked. One way to reduce these problems is to prepare the vegetables before using these tools on raw meat. Best restaurant practice would be to use color coded cutting boards and knives, a different color for meat, fish, vegetables, and dairy, but of course that might not work with cooks not familiar with that system. Bringing pre-cooked, pre-cut meat solves this whole problem.

Sometimes the river water is muddy. It is best to let a bucket of water settle for a while; then you can pour off most of the water into another bucket, leaving the sediment in the bottom of the bucket. Alum can be used to promote settling, 2 tablespoons for five gallons of water. (Use less alum if you plan to drink the water).

I have used five gallon buckets, but they take up a lot of space, and seem bigger than necessary. I suggest buckets around 2.5 gallons for smaller groups. I have seen some people who use dishpans instead of buckets, but dishpans almost need to go on a table, and are hard to carry when they are full of water. A handle makes a bucket easier to fill, pour, and carry. Plastic buckets run \$4 to \$6, with metal buckets a little more. Collapsible buckets are nice, but run \$15 or more, and are probably harder to clean. Ask if anybody has a collapsible bucket that they can bring. I would say that four buckets is the minimum, but five or six is better. Look for buckets that nest compactly. One advantage of metal buckets is that you can heat water in them. If you want a tidy package, consider putting several smaller buckets into one larger bucket with a lid; the package could include soap, bleach, and the tin can with holes in it.

So what equipment should you bring?

At least four buckets, five or six is better. 2.5 gallons with bail or handle preferred.

A metal bucket or container to heat water.

A tin can with two or three holes and a bail or some way to hang it.

A hook to hang the tin can from.

Liquid hand soap in a pump dispenser

Liquid dish soap (250ml adequate for short trips with fewer than 10 people)

Household bleach (250ml adequate for short trips with fewer than 10 people)

Strainer to strain out food pieces from water.

Alum to settle out dirt particles from the water.

A tablespoon to measure out soap, bleach, or alum. 3 tablespoons to the ounce.

Remember to assign someone to set up and manage the dishwashing system.

Enjoy a safe and healthy trip!

... and we have not one but two stories about the Loma to Westwater run, the 25 mile stretch of the Colorado that is so beautiful and interesting, even experienced whitewater paddlers return to enjoy it. --Editor

2010 Horsethief-Ruby Canyon Fall Paddle

Bill and Kathy Ashworth

For the third year in a row, Kathy and I organized a Colorado River trip from Fruita to Westwater through the stunning Horsethief and Ruby Canyons on the Colorado Plateau. And once again, a late September/early October date gave us a nice flow (around 3500 cfs), minimal turbulence at Black Rocks, and splendid weather. Our roster of 14 paddlers had a mix of new and returning folks in both

solo and tandem canoes and kayaks. A couple of highlights - the splendid Happy Hour hors d'oeuvres under the cottonwoods and the spectacular Rattlesnake and Black Rocks anticlines. A couple of "lowlights" - the unusually high number of boats on the river and the scramble up the steep bank at our campsite (Fault Line #1). Although the BLM is likely to be implementing new registration rules next year (some form of permit), we'll likely try to repeat this now traditional fall float. And possibly we'll try to schedule it for the 3rd weekend in September to coincide with the Mountain Winefest in Palisade (with over 50 wineries participating).

Ruby-Horsethief Trip

Tom and Ginger Waymire

On the last weekend in September, two canoes spend three days and two nights on the Colorado River in Horsethief and Ruby canyons along the Colorado/Utah border. Daytime temperatures were 80 degrees under cloudless skies dropping to just 50 degrees at night. The water was flowing around 3800 cfs, which was a very good flow for this time of year, allowing us to float along at 4 mph.

Having reserved out two campsites the night before and filled our water jugs, we met at the Loma, Colorado put-in (latrine but no water) and started our shuttle to Westwater, Utah at 9 AM, getting on the river at 11 AM. It only took 45 minutes to float and occasionally paddle down 3.3 miles to Rattlesnake Canyon campsite on the

Rattlesnake geocline Photo by Bill/Kathy Ashworth



left (all campsites are on the left side, each marked with a labeled post). The campsite is hard to see, as the ID post is behind three large boulders at river's edge. The river turns right at that point and there is a large sandstone wall beyond the campsite. Two canoes may "dock" behind the boulders, but the bank is steeper there. It's better, but shallower, just a few yards downstream. Canoeing shoes should have a securing strap (like sandals) to help when standing in the mud. There is room for 3 or 4 tents, but it's considered a small campsite. We unloaded gear and had lunch.

Then we started our hike up to find the Rattlesnake Arches at 12:45 PM, a little late. One needs hiking shoes with good soles. Hiking poles are very helpful also. It ended up being a 5-hour hike and we didn't actually see all six major arches (we saw four). To avoid mud in the streambed near the river, the trail starts right from camp through some bushes until it comes back down to the streambed, which at this point is usually dry. At 1:15, we were at the start of some Narrows and at 1:30 we were at a short slick rock section. Only about 5-10 minutes later we arrived at an 6-8' pourover that looks hard to climb over. It's exactly at that point that a side canyon comes in from the left. Rather than a flat canyon bottom, the side trail goes steeply up a short reddish scree slope. From then on the hike is a steady uphill climb. At 1:50 we reached a slick rock wall. While starting out at a 30-degree climbable slope, there is a middle section that is more like 45 degrees. I turned around and used my bottom and shoes to sidle 6' over to a better grade. (Note: coming back another way, I thought that this slope could be approached from the left side, part way up the left side of the canyon.) I reached the top at 2:10 and looked for a trail. Because climbers of the slick rock top out at different points, there is no distinct trail immediately. Wandering a bit, I finally found it, and met up with Ginger who had chosen to follow cairns up the left side of the canyon. The trail continues to be steep, straight up a long ways. We reached one top at 2:40 that has an iron USGS sticking out of some rocks. Then we turned right and again walked up a steep pitch until we intersected the Pollock Bench trail at 2:50. There is no identifying trail marker, however. We put wooden arrows and a cairn there to be sure we could find the trail junction on the way back. Guessing which way to turn, we chose to go right, which is correct, although the trail makes a long circle around the "bench" that has the arches. It was just 5 more minutes to the first arch. At 3:20 we started back having reached our turnaround time. At 4:50, we were back down at the pourover, having both descended around the slick rock that I had ascended. At 5:40, we were back in camp. We both consumed two quarts of water and it was not a hot day (80 degrees).

On the second day, we arose at 6:15 with moonlight, but no sunrise yet. We did not start boating until 9:00, consuming the time packing up, eating breakfast, using our "groover" and loading the boats, making sure that everything was strapped down and distributed to keep the bow slightly raised. We used eight bungee cords rather than straps, but we want to investigate a cargo net. We reached our campsite at 4:30 that included a 1 hour 40 minute side hike. The first Class II rapid was just below the Salt Creek campsites, and we took on water as we boated too fast through the haystacks. (Note: later on, we entered slower and Ginger leaned back to shift some weight toward the stern.) Other Class II rapids were at the end of the Fault Creek campsites and the river turned right, above Mee campsites and some in the Black Rock area (but the whirlpools were minor).

We stopped at McDonald Creek to look at some rock art. Stay right around an island and "dock" just beyond some boulders, where there is a trail up to the RR tracks. (Note: you can land under the train trestle, but it's muddy there.) On the near side of the creek, there is a rusted, but active, use register. Take the trail up rather than the trail down to the creek bottom (that's where people come up from the lower landing site). We had trouble locating the rock art, but there are marker poles near where one will find the rock art. We only located one set of two drawings in the first alcove. We hiked a mile or so farther up the canyon, on a trail, but did not see any more rock art.

Our campsite was to be Knowles Canyon No 1. The BLM map shows it to have been 0.2 miles downstream, but it was actually across the river at the bottom of the low island. The river current was fast and angled away from shore, so our ferrying took us downstream a bit. We used the farside upstream eddy to canoe back up a short way to our campsite, which offered the two best anchorages of any of the campsites (next to a flat grassy bank, but deep enough water to offer easy unloading and loading of gear without getting our feet wet). There was room for several tents and cottonwood trees for shelter (most sites had small buckets with which campers are encouraged to water the newer trees). Bugs were minor at both sites. Before turning in and reading a book for while (usually asleep at 8:15!), we hiked over flat terrain to the mouth of Knowles Canyon, thinking that we would intersect a trail from the 2nd campsite but, while it was a very nice walk, we never found an intersecting trail.

We arose at 6:15 the next morning and again were off at 9:00 AM. We finally found the 2nd Knowles Canyon campsite, but it's at the head of a narrow, shallow side channel with moving water at the take-out and a steep bank up to the campsite. Only about 2 ½ hours of boating down to Westwater remained, with no rapids (except shallows to avoid). We never saw the painted state line.

Canoe D-Rings made with hollow tube climbing webbing

Karen Baker-Jarvis

These D-rings are used by racers and boaters. They are very lightweight, extremely strong and inexpensive to make.

1. Buy hollow climbing webbing and cut to length. Use 9/16" webbing or 1" webbing. The webbing is sold at REI. <http://www.rei.com/product/610111>. The webbing is Blue Water climb-spec tubular webbing. There are two widths of this webbing. Use the smaller for gear and maybe larger for thigh straps.
2. Buy West System <http://www.westsystem.com/ss/> two-part marine-grade epoxy which is excellent for royalex canoes (#105 Epoxy Resin, #206 Hardener). Always check with the manufacturer to determine what your canoe is made of and if this is the appropriate type of glue. Be sure to check the air temperature and humidity to determine drying time.
3. Lightly sand area to be glued and clean with alcohol. Wear gloves.
4. Surround area to be glued with masking tape with a round hole on each side so extra glue does not run.
5. Cut webbing to length. Leave enough length so that center protrudes up so that a strap fits easily through the hole. Find a cylindrical tube to fit under webbing while it is being glued so that it does not slump.
6. Cut about 1 inch slot or more on both sides of webbing and also on both ends. This equals 4 cuts.
7. Fray the ends that are cut so that individual strands are visible.
8. Mix glue according to directions. You can let glue thicken slightly so it is more viscous. Brush glue in correct spot (use correct type of paintbrush for epoxy) then dip frayed ends into glue and position in boat. You can arrange the frayed strands with your fingers or some kind of comb so that they form a half circle on each side



- and look very neat. Put the cylindrical tube through center at this time.
9. For the first hour or so of drying, wipe off excess glue that has run onto tape. When the webbing is glued to the sides of the boat, the area to be glued must be level so that the glue does not run.
 10. After the glue has cured about two days, there will be sharp edges that need to be sanded.

Above is a picture of some webbing we put in a few years ago. It is probably better to have a space between the two sides so the webbing does not stick up, but lays flatter for straps.

Rocky Mountain Canoe Club Information

CLUB CONTACTS

President	Bill Ashworth
Treasurer	Kathryn Mutz
Newsletter	Jeanne Willson
Schedule	OPEN
Web	Kaj Toivonen
Membership	Mark Roberts
Conservation	OPEN
Conservation Roundup by	Jerry Nolan
Quartermaster	Doug Hurcomb



Newsletter and submissions formatting, in brief:

- Article titles: Arial bold, 14pt, dark blue; author: Ariel normal 12 pt; both left-justified; Sub headings: Arial Italic.
- Body: Times New Roman 12pt, black. Paragraphs block-style.
- Photos: 0.5 MB (500 KB) to 1 MB

In This Issue: Ruby Horsethief trip reports; Wildlife on the Waterways Part 2; River Sanitation; Making D-rings for canoes from webbing.

Schedule of events: Fall meeting, October 30; Winter permit party announced; Pool sessions start in January.

Membership: \$20 per year, per household. See Membership section of our website for forms and information.

ROCKY MOUNTAIN CANOE CLUB

c/o Kathryn Mutz Boulder, CO 80308-1064

