



The Voyageur's Companion

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

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March 2007 issue

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Jeanne Willson, editor

The Wind at Our Back Adventurers by Jim Baker- Jarvis

Imagine a trip where on every day the winds were at your back, the rain that did occur happens almost always at night, a trip where you see no other people the entire route over a period of 10 days, where the weather was just warm enough so we all could swim at least 2 times a day. There was hardly a mosquito to be seen, and no black flies. This summarizes our recent trip to Northern Saskatchewan last summer. Our family (Karen, Aquene, Duff, and I) have been up there many times over the years canoeing various routes in the Churchill River system (for 20 before that we used to go canoeing in northern Ontario). In the past we always canoed as a family and we often wondered how it would be to include some other people in the group. This year our group consisted of 7 members of RMCC and us. There were 4 teenagers (Aquene, Josh, Joseph, and Kjell) and 6 somewhat older folks (Tony, Randy, Laurie, Rolf, Karen, and Jim). We only bring people on our trips that either have their own kids or enjoy kids. In our almost 20 years of canoeing on long Canadian adventures and Colorado rivers with our own kids, we have never had a bad time due to children; our kids have always added to the experience. This trip was no exception; the teenagers were simply great and really added to the trip experience. Bringing teenagers, we believe, can give these kids experiences that can have a positive influence throughout their lives and add a positive increment to society.

We traveled an exquisite 100+ mile loop (not counting the additional 2-7 miles we canoed around camp each night). The campsites were generally luxurious and big enough to easily fit our 5 canoes/tents and 10 people. We saw absolutely no one on the trip until near the take out. This area is real wilderness and on this trip the countless miles of lakes and rivers were our very own private paradise. The portage trails, at times somewhat challenging, were very enjoyable. I joked a few times with the group "embrace the portage, as it is your friend". Actually I do believe the portage trail is almost always a totally good experience as an aerobic workout in the most beautiful environment you can find. This is in strict contrast to trips we have been on in well-traveled areas like the Quetico and BW where I feel this experience can fade due to occasional lines of people and competition between groups etc.



The Saskatchewan crew



Karen portages



Tony helps with fish

pike and lake trout. The weather was perfect for swimming and we swam at least twice a day. In a typical day we would rise around 6 AM and be on the trail by 7:30 to 8 AM and camp by 2:00 PM or so. In this way if any wind did come up we had all of our canoeing finished and we could just relax in the warm sun, sip drinks, fish, read, and cook up the yummy fish. The first morning of the trip Jim got everyone up around 5:00 and we were on the trail by 6:00AM, and we heard some mumbling about "pushing too hard". Of course that first day was just a ploy to make things seem easier from then on out. That first long day was great in that it had a series of portages in very poor condition with steep trails in the middle of small rivers.

This first day it rained most of the day and by evening everyone was really tired and were wondering what they had gotten into. I told the group, actually as a joke, and to set the tone; "things will only get harder



Open water in Saskatchewan

Many of the portages in this area looked like they had only seen a few groups per year. The route consisted of a very beautiful, complex maze of interconnected lakes and streams. Each night we had a typical canoe trail meal, and then afterwards the potlatch would begin as we fried and grilled loads of fish that we all caught with hardly any effort. The group had a number of fishing enthusiasts who would quickly fill stringers with fish as we set our camp. The real fishermen were Tony, Joseph, Kjell, Randy and Josh. The rest of us also fished around camp. Some of the fires were built by survival expert Randy Martin using a bow drill. All sorts of gourmet cooking specialties were produced, both with the fish and with other foods.

At each site the kids and Randy improved the firepit immensely in order for us to cook the loads of



Kjell with big Northern Pike

from here on out." Of course the opposite happened and it got easier. As a note, in my younger days (in 20's and 30's) I used to have a reputation as the "the pusher", but have since toned it back. For the others on the trip this was their first adventure into Saskatchewan, but all of them were fit, tough outdoors people who were comfortable in the remote wilderness and lived the canoe tripping lifestyle to the fullest.

Rolf won for the best "loon call", I believe Kjell got the biggest fish, Joseph got the prize for the most fish, Laurie got the prize for the most improved stern paddling, Tony had the best fish seasonings, Randy got the prize for making fire without matches, Josh got the best tree climbing skills award, Karen got the prize for the most food and best swimming, and Aquene won for the best smile and only teenage girl, and I got the prize of canoeing with best group of people you could find.

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Rocky Mountain Canoe Club -- Contact Information

- Website:** <http://www.rockymountaincanoeclub.org>
Membership: \$20 per year, per household. See Membership section of our website, for forms and information:
E-mail list: Check the web site for new information.



President	Penelope Purdy
Treasurer	Paul Holscher
Newsletter Editor	Jeanne Willson
Membership	Karen Maley
Trip Coordinator	Ned Banta
Advertising	Karen Amundsen
Conservation	Greg Jankowski
Instruction	Bob & Jill Stecker
Instruction	Jeff Oxenford
E-mail List Manager	Don Perko
Quartermaster	Doug Hurcomb
Webmaster	Jeanne Willson

YOU CAN SEE IT FROM SPACE: River stories

By Jeanne Willson

Caution: The following piece is revealing; it tells of a serious addiction – many of them, in fact. Addictions to whitewater, to maps, to geology, to beauty. To our dreams of wild rivers and hot summer days. But those addictions lead to discovering harder stuff. Addictions to oil, to money, to power.

My name is Jeanne and I am addicted to Google Earth. What is it? It is satellite and aerial imagery of the entire earth with resolution ranging from blurry to knock-your-socks-off stunning detail. On top of that, people are permitted to add notes, photos, odd discoveries, whatever. There are links to Wikipedia. It's free. Go ahead, Google it, download it. Don't say I didn't warn you.

Join Google Earth Community so that you can see the photos that others have attached to places around the world. In the Layers section, lower left of your screen, expand Geographic Web and click on Best of Google Earth Co., Panoramio, and Wikipedia. Then start traveling. If you use your imagination, you won't stop. So let me tell you the beginnings of some river stories, and then you can take it from there.

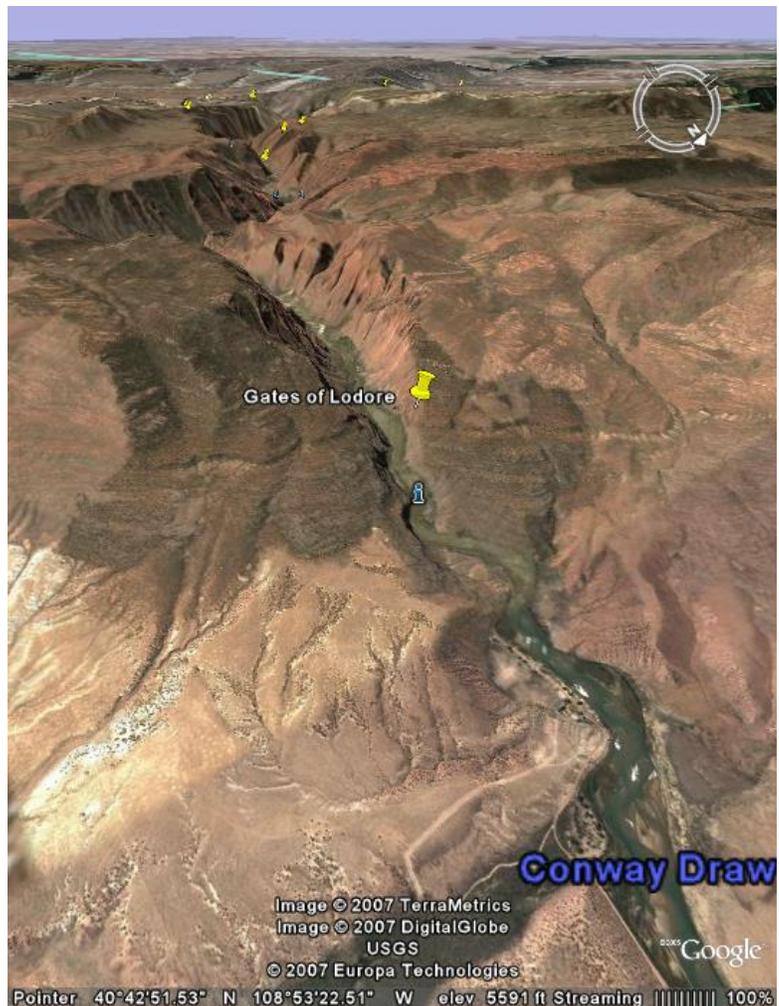
Reading the rivers: Look for rapids on the rivers. Then look for the feature(s) that caused them. Usually there is a creek drainage or a rock fall nearby. Did the rock layers change and become more easily eroded, causing a drop? Did the canyon narrow, turn? What happens to the water when it does? Can you see eddies from space? Can you calculate the river's drop in feet per mile?

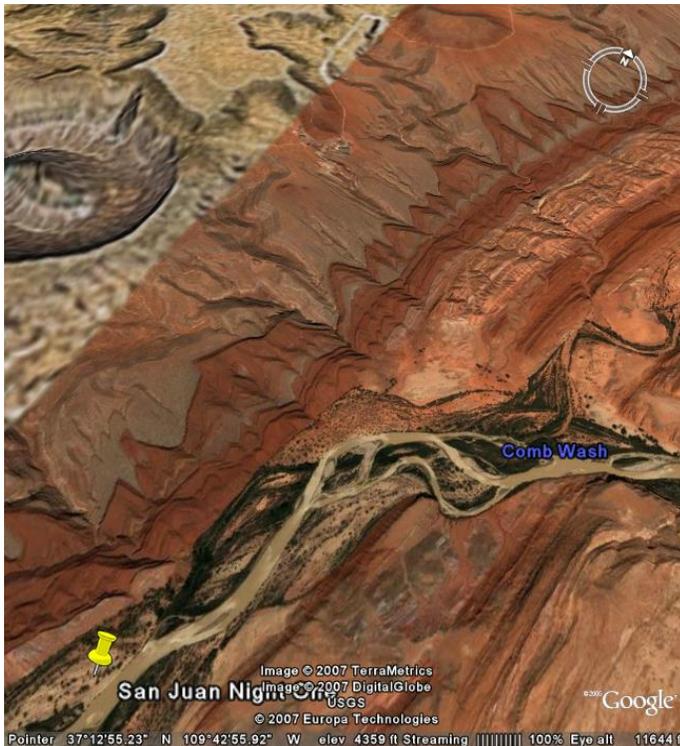
Green River in Dinosaur Natl Monument: On Google Earth, go to the north end of the park, angle your view (mouse over the upper right & hit that X on the horizontal bar) and fly down the 1,000 to 2,000' deep canyons that 10 of us paddled Labor Day, 2006. You'll see why we think it may be the most stunning river trip around. You CAN see rapids. From space. The picture shows the put-in, campground (with cars), and the Gates of Lodore canyon.

Yellow River, Lanzhou, China is said to be one of the most polluted cities in the world. Look at the oil refineries. The Yellow is the 7th longest river in the world, and the most sediment-laden, due to upriver loess (a rock type.)

Red River: Our country alone has 5 or 6 of them. But how about the one in China & Vietnam that passes Hanoi and ends in the Gulf of Tonkin? Goes by Tibetan villages – can you find the ones that were destroyed by the invading Chinese?

Blue River: Summit County, CO, Cave Country in Indiana, and several others. One Blue River is actually a tributary of a Red River. Where?¹





White River: Many White Rivers in the US but let's go to the White River feeding the Waimakarri R. on the South Island of New Zealand. The rivers start high and tiny in the mountains and plunge quickly to long, wide braided river bottoms. Makes you dream.

Mauve River: Just kidding.

San Juan River, Utah: We've received a permit to do this river again in September. Preview it here. The pushpin marks the Night One campsite. It's an amazing geologic mess! Sedimentary rocks all upturned and jumbled. Deep canyons, vast sandstone ridges, isolated volcanic activity in vertical pipes, including the Mule Ear Diatreme. Look at Comb Ridge! Pictographs and native American cliff dwellings – ok, not visible from space. But accessible from the river. We may have two trips here this year.

Tigris/Euphrates River: Can you find Mesopotamian ruins? Some, at least, are in Syria. But ... go farther down the Tigris River, to

Fallujah and Bagdad. See fighter jets crashed? See bombed neighborhoods? Mosques? Saddam H.'s palace? His other palace? His other, other palace? See sandbags laid across airport runways, alternating with bomb pits?

Urabamba River, Peru: Flows around the base of Machu Picchu. Look at the river in the steep, deep gorges below the ruins. Class V? I'm waiting until after Jeff's whitewater class this summer to try the Urabamba. (No ... I'm waiting for another LIFE to try it.) The Urabamba also creates [Pongo de Mainique](#), an infamous whitewater canyon; the six square miles of rainforest around the canyon may contain more species of life than any other similar-sized area on Earth.

Does anyone know where I can find a support group for a Google Earth addiction?

¹ Oklahoma.

Cool equipment items:

From Richard Ferguson: I am a bit of a gadget hound, so I will mention a gadget that I like, the Canoe Safe. It is a box that straps under the seat, keeps stuff dry and easily accessible, and even provides flotation. I have used one for a couple of years, and often get admiring comments.

<http://www.boundarywaterscatalog.com/browse.cfm/4,114.htm>

Note: This box is not recommended for rough flatwater or whitewater due to potential foot entrapment.

Recipes for the river:

Corn and bean salad

Can of corn niblets

Can of black beans

Juice of a lime + tablespoon sugar

Fresh chopped cilantro

Diced mild red onion

Diced red and green peppers (use an Anaheim pepper for heat, if you want, but the pepper oil will get on your hand when you cut it up so use a fork to cut it or something.)

Either chili powder or Wiley's Salad Spices as seasoning

Olive Oil

Salt and pepper

Minutes of RMCC Annual Meeting

by Dave Allured, 2006 President

The Annual Meeting of Rocky Mountain Canoe Club was held on Wednesday November 15, 2006, from 6:00 to 8:30 pm. The meeting was hosted by the Denver REI store, and held in their auditorium. There were about 20 members in attendance, plus one guest. We started with a pot luck supper and social hour.

Business Meeting

Dave Allured presided over the business meeting.
Notes were taken by Dave Allured and Jeanne Willson.

Pool Sessions. Pool coordinator Karen Jankowski reported that rates at George Meyers Pool in Arvada will increase to \$8 per person. RMCC will be allowed only two pool sessions per month. RMCC's sessions are considered subsidized because of low attendance. The management needs to limit our subsidy because of their own budget concerns. At least 15 people per session are needed to break even with the lifeguard wages.

A motion recommending that Karen invite other paddle clubs to join our sessions **PASSED** almost unanimously.

Trip Leader Award. Trip Coordinator Ned Banta held a drawing for the award for leading canoe trips in 2006. Karen Amundson was the winner of the \$25 cash award.

Website. Webmaster Jeanne Willson reported that the November 2006 Voyageurs Companion was now on the RMCC website as a PDF file. Color photos were included, unlike the print edition.

The problem of our unresponsive Internet Service Provider and a lost or stolen payment were discussed briefly. We may have to move to a new ISP soon.

Quartermaster. Doug Hurcomb reported on the availability of club property, including river toilets and the video tape library.

Conservation. Greg Jankowski reported that it was difficult to set up a cleanup project for Clear Creek in 2006, but that he might try again next year.

Instruction. Jeff Oxenford reported that attendance at scheduled classes in 2006 was down. He would like to set up a trip coordinator training course in 2007.

ACA Membership. Dave Allured reported that he had failed to renew RMCC's Paddle America Club (PAC) membership with American Canoe Association (ACA) for 2006. A brief discussion included the need to support ACA's national efforts for river protection and access; liability insurance and when it does or does not apply to RMCC activities; and compliance requirements.



A motion to renew RMCC's PAC membership for 2007 **PASSED**, 18 in favor, 0 opposed.

ACA Regional Meeting. The RMCC meeting was suspended as a courtesy, for a brief annual meeting of the ACA Rocky Mountain Region. Regional Chair Jill Stecker presided. ACA members present voted on the following.

Motions to reelect Bob and Jill Stecker as representatives to the ACA Freestyle Committee and the ACA Slalom Committee **PASSED** unanimously.

Electronic Newsletter. We considered changing from a printed newsletter to electronic. Reasons included saving printing costs, faster delivery, and more color photos. Reasons for a printed newsletter included reading convenience, commercial ads, and membership renewals.

A non-binding opinion poll was taken. About 18 preferred an electronic newsletter. One person plus one by proxy preferred paper. There was a consensus to continue mailing the printed newsletter to those who want it.

Acknowledgements. Dave Allured acknowledged the following people for extraordinary service to RMCC.

Paul Holscher, Treasurer, for years of consistent attention to RMCC finances and bookkeeping.

Ned Banta, Trip Coordinator, for innovation in creating the river permit information and status sections of the RMCC website. [P.S. **Karen Amundson** must receive equal acknowledgement for contributing the basis of the permit information page.]

Bob and Jill Stecker and Jeff Oxenford, Head Instructors, for handling the RMCC classes for 2006 as well as their long term service maintaining our canoe instruction program.

Mark Zen, Richard Ferguson, and Tom Jacklin, Guest Editors, for producing six fine issues of Voyageurs' Companion in 2006. Special thanks to Mark Zen for producing four newsletters during a time of extreme physical handicap. [P.S. This acknowledgment was forgotten during the meeting, but Dave wanted to be sure it was in print.]

Meetings. Jeanne Willson requested new ideas for interesting presentations for club meetings. She cited popular monthly meetings of Bow Paddlers Club in Calgary, Canada, and wondered if RMCC could do the same. Someone observed that RMCC meetings were more popular a few years ago when they were held at church meeting rooms.

Election of Officers. The following were elected RMCC officers for 2007, terms to begin immediately. The new position of Secretary was created to fill the need for better note keeping of business meetings. A proposal to create the position of Historian failed for lack of a candidate.

There was not more than a single candidate for each position. A motion to elect the following slate of officers for 2007 **PASSED** unanimously.

President	Penelope Purdy	Instructors	Jeff Oxenford
Treasurer	Paul Holscher		Bob and Jill Stecker
Newsletter Editor	Tom Jacklin	Advertising Manager	Karen Amundson
Trip Coordinator	Ned Banta	Quartermaster	Doug Hurcomb
Membership Chair	Karen Maley	Webmaster	Jeanne Willson
Conservation Chair	Greg Jankowski	E-Mail List Manager	Don Perko
		Secretary	Jud Hurd

Incoming Officers. New President Penelope Purdy introduced herself and asked new officers to meet on the side to schedule an Officers meeting.

Slide shows. Without sufficient time to do them justice, slide shows of recent trips were briefly presented. Jeanne Willson showed the Green River in Dinosaur National Monument. Jud Hurd showed the Dewey Bridge section of the Colorado River. Jill Stecker showed Saskatchewan lakes and the Sea of Cortez.

RMCC Officers meeting report highlights. The full report is available to members on request from Penelope Purdy.

Held Sunday, December 10, 2006, President Penelope Purdy's home. **Attending:** Penelope Purdy, Don Perko, Greg Jankowski, Jeff Oxenford, Jeanne Willson, Karen Maley, Ned Banta, Karen Amundson, and Jud Hurd.

Financials: (1) The financial report showing the December 7, 2006 activity compared to December 7, 2005 and 2004 was distributed and reviewed and are appended as part of these minutes. The ending cash balance as of that date was \$4,852.00. (2) The updating and printing of the Club brochures was approved. We will print a large quantity of full color brochures, which can be used from year to year, and include a black and white paper insert with a membership form and updated information. (3) We will continue the Club's association with ACA and Paddle America. We will pay ACA \$200; a \$100 donation for last year dues that were not paid and \$100 for this year.



Dinner on the Green River

Classes: Jeff and Ned will coordinate to set up a Trip Coordinator Class. Jeff will also set up a schedule of classes. The Club has a number of instructors and he hopes to get them involved so that there is some type of instruction offered every month. The classes should cover instructor class, basics, flat water, moving water and white water. Also, Penelope will survey the Club membership to determine the level of interest to pay and take a first aid class. Update: The Wilderness First Aid class will be April

Newsletter: The pros and cons of an on-line newsletter were discussed with Penelope sharing concerns from Treasurer Paul Holscher who could not attend the meeting. Concerns included 1) issue of membership renewal notices and member lists, 2)

not being able to tell advertisers how many people will get their advertising, 3) why join the Club if you can get the newsletter for free on-line, 4) the printed newsletter is one of the few benefits of joining the Club, 5) convenience of the printed newsletter. Pros include the savings in printing and postage, wider dissemination to potential club members and visitors, and the ability to see the photos in color. The officers approved a motion to continue the printed/mailed newsletter. Past newsletters will be posted on the website, with the most recent not posted until the next newsletter is mailed. Five to six newsletters a year will be published around the following dates: March 1, May 1, July 1, September 1 and October 25.

Permits: Karen A. hopes to hold a Permit Party in early January. She also will get the Club brochure distributed to vendors. We agreed we need to have a set of activities available for new members to get them involved in the Club. *Update: You missed a great party – we have San Juan permits but no Yampa permits yet.*

Safety: Greg suggested the Club invest in either an emergency locator beacon or a satellite phone. These would be available to loan or rent to Trip Leaders and individual members to increase safety. He will check out the specifics of each option and report back with a recommendation.

Volunteering: (1) Greg and Jeff will contact Golden to see what opportunities there are for the Club to provide service to the Golden Water Park. (2) We agreed it is a good for the Club to be involved in REI activities. It is a

way to give back to them for their support and makes it much easier to request their support of the Club. Karen will check with REI as to their event schedule and how the Club can be involved.

WILDERNESS MEDICINE CLASS OFFERED TO RMCC IN APRIL

A message from your 2007 president, Penelope Purdy

When it comes to emergency medical situations on a river or in the backcountry, the single most important first-responder item is contained in the gray matter between your ears. Your training, preparation and cool-headedness could determine whether an injured person gets out of a bad situation in one piece. In some cases, such as on remote rivers in parts of Canada, Colorado and Utah, it may be necessary to keep an injured person alive for several days before a rescue team arrives or the group can get to civilization.

In April, RMCC members can take a course specifically in river-oriented wilderness first aid to help them deal with these kinds of potential nightmare situations. **In the strongest terms possible, I urge all RMCC members, particularly trip coordinators, to take this class.**

The course will be held Tuesday April 3 and Thursday April 5, from 6 p.m. to 10 p.m., and on Saturday April 7 and Sunday April 8 from 8 a.m. to 5 p.m. The tentative place is in Golden. The cost is \$155/ person. To sign up and pay, contact the company's owner at carl@wildernessmedicine.com; be sure to note that you're with RMCC.

Don't gag at the price, as it's actually a reasonable cost for a wilderness-specific course that includes 24 hours of instruction. Most RMCC members do many outdoor sports, have basic knowledge of survival methods, and have taken basic or advanced first aid. But this course will be far more detailed and will focus on river emergencies where help may be days away.

The instructors will be from Wilderness Medicine Outfitters, a Colorado company that has taught the subject since 1967, longer than any other group in the country. It is the same company used by many commercial river guide services in Colorado, Utah and elsewhere. The lead instructor, Carl Weil, has taught wilderness medicine to every whitewater rafting company in central and eastern Canada. He helped the Colorado Mountain Club revise its procedures after CMC lost an infamous lawsuit a few years ago. Carl is a canoeist so understands the specific needs and situations our members may face, making his course potentially more useful than other classes offered by other backcountry first aid instructors.

This course won't be a re-hash of what we learned through the Red Cross, which assumed that once the injured person gets stabilized, we can just call 911 for help. Instead, the class will focus on advanced techniques to keep someone alive when a call to 911 isn't possible.

Sure, most of us have been taught to use pressure to stop bleeding, but can we do it one-handed (I'm not making this up)? And can we do it in a way that will stop the bleeding in the fastest possible manner? If your boat has flipped and you and your buddy are both cold – but he's not breathing – can you yank him out of the water and save his life, without endangering your own? And how do you tell a busted collar bone from a dislocated shoulder, and how would you treat either when you still have four or five days of paddling before reaching the takeout?

Providing this course came out of our discussions about the items that should be carried in a first aid kit for our typical river trips. Wilderness Medicine Outfitters will teach specific techniques to go with the equipment that should go on each of our trips.

Murphy's Law rules the universe. On any river trip, every boat should carry at least one comprehensive first aid kit. If there's only one kit in the group, it will for sure be in the boat that flips and gets trapped downstream (with, of course, all equipment securely fastened in the boat).

SIGN UP: CONTACT carl@wildernessmedicine.com – April 3&5, 6-10p and April 6-7, 8-5p



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Volunteer opportunity:

Volunteers for Outdoor Colorado has scheduled a project at the South Platte Park in Littleton, CO for October 13, 2006. The common buckthorn, an aggressive weed that has been introduced to Colorado, is invading riparian habitats and reducing populations of native plants including a rare Front Range native shrub, the American Black Current. Join volunteers for a return to Littleton's South Platte Park, a 670 acre natural area right beside the river we've all enjoyed so often, to battle this destructive invader and restore the area's native habitats. It would be terrific to have a group of RMCCers working together on this project. Please contact Jeanne Willson, if you might be interested.

Photo information:

Page 4 Aerial/Satellite photo of Lodore Canyon, Green River, looking south.

Page 5 Aerial/Satellite photo of geological formations on the Upper San Juan, lower end of Comb Ridge

Page 6 Upper San Juan River, April, 2006

Page 8 First night on the Green, August 2006

Page 10 Confluence of the Yampa and the Green, August 2006

Sunday March 18, 2007

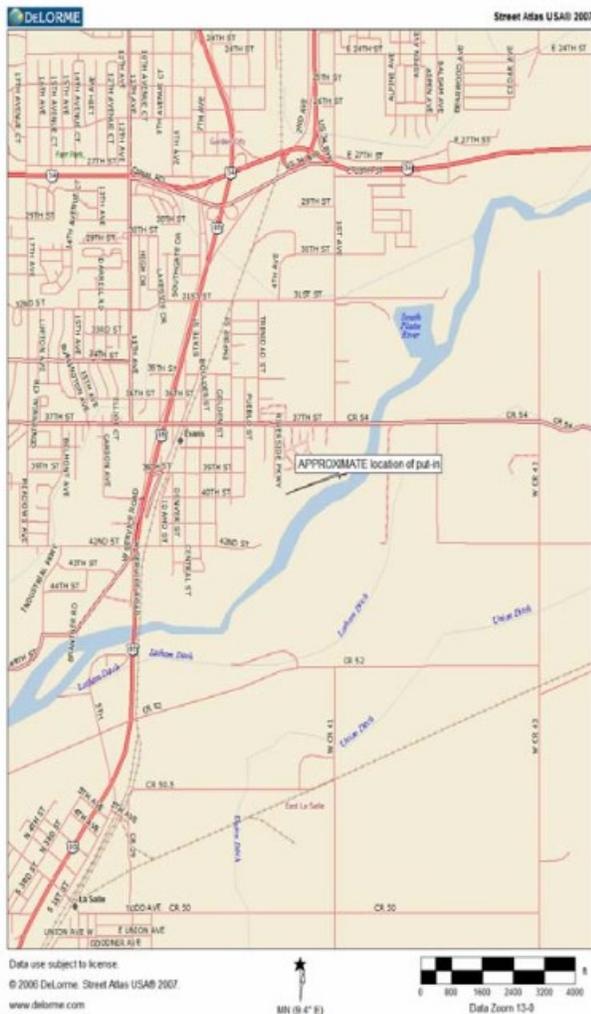
(Snow date Saturday March 24, 2007; Check RMCC website for current trip status)

Welcome to the 2007 South Platte Joint Paddle Trip. Every year RMCC gets together with other local clubs for a fun and casual flatwater trip. Our fellow clubs this year include Canoe Colorado, High Country River Rafter, Poudre Paddlers, and Rocky Mountain Sea Kayak Club.

Everyone is welcome, including beginners, families, and guests. Canoes, kayaks, small inflatables, and other low draft paddle boats are suitable. This is a flatwater (class 1) day trip with two short dam portages.

No pre-registration is needed. Meet at 9:00 am at Riverside Park in Evans, a few miles southeast of Greeley, Colorado. After unloading and a brief meeting, we will run car shuttles at about 9:30, then start paddling together shortly after 10:00.

The main paddle trip is nine river miles from Evans to the Kersey bridge. A lunch stop is included. You can then go another five miles to South Kuner bridge if you wish. Take-out times will be approximately 3:00 and 5:00 pm.



Directions: Go to the stop light at highway 85 and 37th in Evans. Go 1/2 mile east on 37th. Turn right on Riverside Parkway, just after a blue sign for the state patrol. Go 1/4 mile south and enter the park. Bear left through the parking lots. Meet us on the east side of the baseball fields, near the levee.

Signed RMCC waivers and life jackets are required. There will be a variety of typical river hazards: cold springtime water; weather changes; two dams with dangerous currents; submerged and overhanging trees; invisible wires across river; unpredictable changes to river configuration; paintballers and duck hunters shooting; metal spikes; crocodiles; and so on. Okay I was kidding about the crocs, but we have had everything else.

Bring your own boat and paddles, warm clothing, change of clothes, rain suit, lunch, water, waterproof shoes or change of shoes, sunglasses, sun screen, sun hat, and dry bag. Kids should be bundled up well.

Please see the South Platte trip page on the RMCC website for more safety notices and other details. Contact: Dave Allured,



Rocky Mountain Canoe Club
c/o Paul Holscher
[redacted]
Englewood, CO 80113

Schedule of events -- see web site for detailed information or call a club contact person

February 25 – Canoe Smorgasbord at George Meyers Pool /Call Karen J [redacted]

March 11, 25; April 8, 22 – Pool Session, George Meyers Pool /Call Karen J [redacted]

March 18 – South Platte – Class I, beginners welcome, Evans-Kuner, Dave Allured, [redacted]

April 3,5,7,8 – Wilderness Medicine/First Aid course, See inside this issue / contact Penelope Purdy

April 1-6 – San Juan River, Mexican Hat to Clay Hills, Class II-III, Dave Allured, [redacted]

April 18 – Quick Start Beginner's Canoe Class / contact Jeff Oxenford, [redacted]

April 20-24 – Instructor development and certification / contact Jeff Oxenford, [redacted]

May 12-13 – River Canoeing class, Beginner to Intermediate / contact Jeff Oxenford, [redacted]

May 18-19 – Trip coordinator's class (classroom and river) / contact Jeff Oxenford [redacted]

May 22 – Quick Start Beginner's Canoe Class / contact Jeff Oxenford, [redacted]

July 20-22 – Rendezvous weekend, group camping, many trips & levels, Colorado River

September 14-22 – San Juan River, Sand Island to Clay Hills / Jeanne Willson, [redacted]