



The Voyageur's Companion

Newsletter of the Rocky Mountain Canoe Club

www.rockymountaincanoecub.org

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February 2009 issue

Jeanne Willson, editor

COLOR VERSION at

<http://rockymountaincanoecub.org/newsfeb09.pdf>

www.rockymountaincanoecub.org

Presidential Picks

Settle into your most comfortable recliner as there is much news to share. To start, I want to thank all of our 2008 officers for their hard work and support. We have all 5 of the year's interesting newsletters posted on the web. ACA insurance has been implemented with only a few headaches and minimal loss of blood. And we had several events that attracted quite a few new members.

All of the 2008 officers are retaining their positions in 2009, except for Don Perko who has turned over the Email List Manager job to Karen Jankowski. The VP position was not filled and will remain that way unless someone volunteers.

So far in 2009 we had Doug Green and Betsy's house full for a hopping Permit Party. Hope it generates a few good river permits. And the first 2 pool sessions were attended by 11 and by 20 people, as a number of sea kayakers have been joining us there. Get those paddling muscles in shape at the Arvada Pool on the first and third Sundays of February, March and April.

Upcoming events in 2009 will include:

- 1) A Canada Canoe Clips potluck and slide show on Friday, February 20 at the Park Meadows REI. Bonnie Gallagher will show the Kongakut River – it is actually in extreme northeast Alaska and enters the Beaufort Sea about 20 miles from Canada. New resident of Colorado Springs Wendy Gilmour will show us arctic rivers that she has guided along with some playboating and rivers of eastern Canada. Then Jeanne Willson will

Check your information!

*We want to verify your contact information.
Please contact Kathy Ashworth
make any
corrections to the following:*

present some of Tom Jacklin's photos of the Kootenay and White River southwest of Banff. Tom lives in Calgary, Alberta, and their canoe club has invited us to join them on these rivers the first week of August this summer, or Tom will paddle with us later in August. We'll also run "Let the Show Begin," a creative and entertaining French Canadian production. So with the Park Meadows location, we are hoping to see many of our members from the Parker – Castle Rock – Springs area as well as anyone who would be interested in doing that August paddle in Canada. Really, I hope to see all of you.

- 2) The annual Joint Paddle of several clubs on the South Platte from Evans to Kersey/Kuner will be held on March 22 with a snow date of the 28th. Bill Ashworth will coordinate our club's presence.
- 3) Jeff Oxenford and the Steckers need to take a breather from teaching basic canoeing, so Bill Haas and Kerry Edwards will be doing 2 evenings

followed by 2 days – May 30-31 – of ACA Basic River Canoe instruction. Mark your calendar, and more details will follow. Also, the Baker-Jarvises are likely to teach a class at the Lyons whitewater slalom course and a nearby lake earlier in the spring.

- 4) The Rendezvous dates will be July 25-26 with most people arriving on the 24th.
- 5) Greg Jankowski is likely to line up an Echo Park to Split Mountain work trip to remove tamarisks and maintain campsites. If this goes well, then we will do a 7 day Yampa work trip next year.

For 2009, we are focusing on some administrative changes that will attempt to keep up with technology, improve our processes, and reduce the current burden on volunteers. These will include:

- 1) We plan to go to an online newsletter with the June issue.
- 2) The April newsletter will always be on paper, as it will include the RMCC roster; we have changed the database to allow for each of 2 paddlers in a household to have a cell phone number (no more work numbers) and an email address. See the box

with special labels at the end of this newsletter to check what data we have for you and for instructions to contact Kathy Ashworth for corrections and to offer more contact data.

- 3) We have created an email list of all RMCC members that will help us support the online newsletter and internal announcements of trips and activities. You should have received at least one email from rmccmembers@indra.com already; if not, then contact Karen Jankowski or Kathy Ashworth to insure that we have your latest email address and have spelled it correctly.
- 4) In the November meeting, we voted to go back to the January/February annual dues process, and you should see an email on it shortly. Help us contain this exercise to the winter, as we would rather focus on paddling the rest of the year.

I know that I touched on numerous items very briefly. We will follow up with a club email or in future newsletters with more details as needed. Wishing you a Prosperous and Paddleful New Year.....

Your Lane Duck Prez,
Karen A.

2009 Winter Pool Sessions Karen Jankowski

Keep those paddling muscles in shape all winter and join the club paddling at Meyers pool. Bring a boat, paddle, life jacket, neoprene clothing, water shoes, goggles and bathing suit. Shower and changing room available. Practice rolling, paddling, and gates. Try out your new boat before you put in the river or come and try new skills with the help of fellow club members. Contact Karen Jankowski for any questions \$8.00 per person, Sundays listed below, 10 am to 1 pm. George Meyers Pool, 7900 Carr Drive

10 a.m. to 1p.m. \$8.00 per person. 2009 dates: February 1, 15; March 1, 15; April 5, 19

Recipe for a Sweat Lodge.....River Style Bonnie Gallagher

Ingredients:

- Good kindling....one may want to bring a bundle or two along from home

- 20 Bocce ball plus size river rocks...metamorphic (not sedimentary, which explode when heated)
- Weber Grill lid
- Tent.....4 person family tent...free standing...strong heavy poles
- A cabin style tent or a dome tent.....hot area is in the peak

- 2 huge blue tarps to crisscross over top of tent, one tarp for a door flap
- bucket, dipping cup
- Eucalyptus oil, candle

Directions

Find a site about 15-20 feet from the water's edge....some folks may want to run from the sweat lodge into the river.

Dig a hole in the sand the size of the Weber Grill lid so the top lip of the lid is flush to the sand.

Set up the tent. Figure out how to secure the three large tarps over the tent. A tarp/flap over the door is a huge plus in keeping the heat in the sweat lodge. (Maybe someone will do this at home?) Cut a circular hole in the bottom of the tent slightly larger than the size of the grill lid.

Set the tent to the side while heating the rocks....or better yet, build the fire elsewhere and carry the heated rocks into the sweat lodge....or better yet, find a "pool boy" to carry the rocks for you.

Put about 4 to 7 rocks in the fire pan. Start building the fire; keep it very hot. Add rocks and wood to the fire. When the

pan is full of hot rocks (actually rocks should be over the top of the lid) start letting the fire die down. This process should take about 4 hours.....in other words we have to start the grill lid fire first thing as soon as we get to camp in order to have our sweat lodge after dinner.

When the lid is brimming with rocks, four people can carefully carry the tent and place it over the hot lid.....or someone can carry hot rocks into the already erected tent and place them in the grill lid inside the sweat lodge. Stake the tent and then secure the three tarps for extra insulation.

Add people, bucket of water, dipping cup and eucalyptus oil.

Bake 20 minutes or..... as long as you can

Enjoy!

PS.....The tent will probably hold about 4 people at a time....that means other folks will be waiting outside for their turn....so it is a good idea to have the group campfire/chairs outside and not too far from the sweat lodge.

PPS....photos have been censored for this article.

Hate Tamarisk?? Love to get a free Green River Split Mt trip??

Greg Jankowski

Being an honorary member of the 'pod squad' and single handedly yanking a fully grown tammy out by its 6 ft roots has pleasantly affected the way that I now look at these much-hated invasive weeds.

The opportunity was given to me on the Yampa trip through Dinosaur NM last June. We had passed Echo Park when we encountered a large group on river left. As we got closer we noticed that half the rafts were National Park Service and the rest were commercial. The next thing we noticed was the brush pile on the upper part of the sand bar. It was about 100 ft long and 8 ft tall. We were greeted and came rushing in to find out what was going on, to find out that this was a group of Sierra Club volunteers doing tamarisk removal. Each of these volunteers paid \$525 to be guided down with the NPS.

We were given guided tours of the operation to clear the tammies out and create a new camp called Sea Cliff due to the fossils in the rock face behind the site.

The process starts with cutting down the tammies leaving a stump of a foot above ground. These brutally murdered tammies are then placed on the huge pile, next spring, after being pronounced dead, will be thrown in the river at flood stage.



The 'pod squad' then moved in with the real muscle on the trip: a tripod made of 2 inch square tube steel about 7 ft tall. Hanging from the top of the tripod was a

chain winch with a big handle and a 6 ton rating. The pod squad dug down through the sand about 2 ft around the stump, hooked the stump to a cinching cable on the winch, and started cranking on the handle. With a very pleasant pop the tammies were pulled out by their very long tap root. The biggest roots were in the 10 foot range.

I'm sure that you can see where this is heading as to the free Dinosaur NM trip. If you have thoughts of sore muscles, being a bottom of the rung NPS employee, having to paddle your own canoe, carry your own gear and food, put in long sweaty hours, then this trip is for you!!!

Now for some of the good points: since you're an employee, the trip doesn't count toward your other trips on the Yampa or Green through Dino NM. There are no fees to pay, and since we are self supporting there are no outfitter fees. The NPS will haul their gear down so all the tools will be furnished and carried by them. Campground fees the night before and after are also waived.

Then there's the satisfaction of knowing that tammies are not an inevitable scourge that will take over every streambank and campsite along the great desert rivers. I clearly recall miles of the San Juan, Colorado, and Green that we were not able to land due to the thick overgrown tammies.

Now that I have felt the pop, I'm more than ready to go back and raise major hell among the tammies again. I have seen the tammies in Black Rocks quake in my presence in August knowing that I have the power to rip them out of the ground. She says it was the wind, but I know better.

Trip details: We are on the water from Aug 23 thru the 27th. It's a class III trip from Echo Park to Split Mountain Boat Ramp. The trip is a shorter segment of either the Yampa or Lodore trip; this is due to our being a new group, and the classic question of "can canoes do that?" from the NPS. It does include the Whirlpool Canyon and Split Mountain portion of the Green. Shuttle will be done late on the 22nd.

In the past the RMCC has been involved with other conservation efforts, the most notable being the South Platte River cleanup, started by us and now having major corporate sponsors, resulting in tens of thousands of tons per year being removed along the riverway.

Now it's time to start another annual club effort to help regain our rivers from the invasion of the tammies.

To volunteer or ask questions call Greg or Karen Jankowski

Below: "Tammy Camp" on the Yampa/ Green



Editor's Eddy Lines

Jeanne Willson

Canoe WHERE??? In a POOL?

Hmmm... How can you get a workout paddling a canoe in a swimming pool? Is the pool big enough? Could this be fun even if I am a beginner? Will anyone talk to me if I am new? Will I be profoundly embarrassed by driving down I-25 in FEBRUARY with a CANOE on top of my car? Do I have the right boat? Is it worth the energy to freeze my fingers getting the canoe on the car and get myself over to this weird event?

You can; yes, Olympic size; yes; yes; it depends on your self esteem; yes; YESYESYES! See details under "2009 Pool Sessions."

Canoe Canada!

*This land is your land,
This land is my land!
From Bonavista, to Vancouver Island !
From the Arctic Circle to the Great Lakes waters,
This land was made for you and me!!*

Our Canadian paddling partners Tom Jacklin and Barbara Olasz taught us these words to the old Woody Guthrie song around the campfire on the Green River through Flaming Gorge ... and then invited us to join them paddling in British Columbia this summer. The trip is shaping up as follows: probably in mid-August, we will paddle both the Kootenay and the White Rivers (both Class II/III) in and near Kootenay National Park, one of the lesser-known of the famous Banff/Jasper group on the spine of the Canadian Rockies. Another day-paddle is also possible with campground camping in between. We will probably also include a day of hiking and a soak in Radium Hot Springs. I have been to the Canadian Rockies area four times and love it.

There are many other possibilities for extending your trip to include glaciers, ice fields, matterhorn-style mountain tops, stunning waterfalls, mind-blowing powder-blue lakes, goats and sheep and grizzlies and gargantuan boot-chewing porcupines, trilobites and dinosaurs (in different places), alpine hikes at just 8,000 feet high, etc. or (and you are on your own here) you can visit the Aspen/Vails of the North, Canmore, Banff & Lake Louise, and buy expensive items and

visit expensive hotels. Warning: time spent anywhere in the National Parks is expensive with daily fees and camping fees, which we will avoid for the canoeing portion of the trip. The western side of the mountains is sparsely populated and has only very limited and expensive food/supplies shopping and money exchange. Regular credit cards work quite well but there will be a currency exchange fee. Transportation for the trip will be on your own or carpooling by your arrangement. It's a 5-plus hour drive from Kalispell, MT to the put-in on the Kootenay; you may also cross eastern Montana and enter on the eastern side & drive through Calgary to get to the Kootenay River. I prefer to take two and a half to three days to drive up there from Denver as there are many sights to see on the way and it's more fun to break up the drive. You'll need a passport no matter how you enter (or more importantly, leave) Canada, so check that expiration date now and renew if necessary. Please let me (Jeanne Willson) know of your interest at

Yes, it's worth going there just for a 9 or 10 day trip. It's that good.

Mother may I? The annual winter ritual of begging for permission (New folks, this is for you!)

The popular rivers require permits to reduce overcrowding and overuse. In January, interested folks get together to share our winter dreams of summer fun and decide where to focus our permit efforts. Some permits cost money, and many permit lotteries have low probabilities of winning. So if, say, we want to do the Yampa, we decide where it fits in the schedule and get several people to apply for a specific range of dates to improve our chances of getting on a trip at a time that works. This year we are going for the Yampa (Dinosaur NP), Rio Chama (NM), Salt (AZ), Middle Salmon (ID), Desolation-Gray/Green R (UT), and the San Juan (S Utah). See Richard Ferguson's updated permit application fact sheet for more details

<http://www.rockymountaincanoecub.org/Riverpermit%202009.pdf> The permitted rivers tend to be a little more difficult or technical. If your paddling is not up to permitted-river level yet, ask another club member for trip suggestions and available instruction that will improve your paddling so that you'll be ready for more at a later time. In fact, it's often the interest of a newer member that will encourage an older member to lead a trip, so ask away!



Paddling in Veracruz, Mexico

Richard Ferguson

Perhaps the most popular area of Mexico for whitewater is in the state of Veracruz. Veracruz is on the Gulf side, below Texas, and is one of our favorite states in Mexico. Some of the frequently paddled whitewater rivers in Veracruz include the Rio Actopan, Rio Bobos, and the Rio Filos. Veracruz also has a long coastline that can be explored, including sheltered lagoons, as well as flat water like the Rio Papaloapan.

The state of Veracruz has many other attractions. The ruins of Tajin are some of the most important in Mexico; there are even ruins on the Rio Filos. The capital of Veracruz is Xalapa (Jalapa), which has an extremely impressive archeological museum. Veracruz is also famous for traditional dance and music. And of course Veracruz is warm and generally sunny in the winter.

A Gringo's Guide to Mexican Whitewater is a good book; many of the rivers described are very technical, but he includes some class II or III rivers. I belong to a Mexican sea kayak email list, a good source for information about paddling in Mexico. On a recent trip to Veracruz, I met Rafael Mier, the leader of the sea kayak group, and paddled with him. Rafael is a great guy and speaks excellent English. The photo is of the Cascada de Tamul, a famous waterfall, taken by Francisco Guerra. I am sure that we would be able to paddle with some Mexican members of the group while we were there. There are commercial whitewater companies in Veracruz who could help with logistics and provide kayaks.

I have been wanting to organize a paddling trip to Veracruz for some time; contact me at _____ if you are interested.

Camp Handwasher

Bill Ashworth

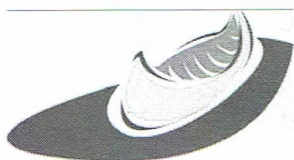
Attached is a photo (courtesy of Jeff Marsalis from last September's Loma to Westwater paddle trip) of a **group camp handwasher** that I often use when I lead overnight trips. We usually set it up at the same time the groover is sited.

Materials:

- three paddles lashed as a tripod, bucket, bleach
- a dipper made from a tin or plastic can with two punches on the lid for hanging and one punch near the bottom for a washing stream.
- rope or strap for lashing and a cord for hanging the dipper can
- bar soap in a sock or antiseptic soap in dispenser

Assembly: Fill the bucket with river water and treat with bleach (about 1-2 tsp for 2-3 gallons) and set on ground next to tripod; hang the dipper on tripod. Be sure to drain onto gravel area, not into plants as shown.

Use: Drop the dipper into the bucket to fill, then hang off the tripod. Wash hands in the dripstream from the dipper.



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: <http://www.rockymountaincanoeclub.org/member.html> . New members are always welcome, and we hold various events to help you get familiar with the club.

E-mail list: Check the web site for new information. We have a general mail list and a members-only list.

Please send any updates of your contact info (mailing address, email, or phone number) directly to Kathy
Thanks!



ROCKY MOUNTAIN CANOE CLUB
c/o Kathy Ashworth

Boulder, CO 80308-1064

CLUB CONTACTS

President	Karen Amundson
Treasurer	Kathy Ashworth
Newsletter	Jeanne Willson
Schedule, Web	Bill Ashworth
Membership	Gail Campbell
Advertising	Greg Jankowski
Conservation	Jerry Nolan
Quartermaster	Doug Hurcomb

Please consider volunteering to help with any of the club management roles.

In This Issue: Letter from the President; Pool sessions; Sweat Lodge; Editor's Eddy Lines (Pools & Permits; Canoe Canada); Tamarisk project; Paddle Mexico; Handwashing Station

Schedule of events: see web site at <http://www.rockymountaincanoeclub.org/schedule.htm>

February 20: REI Park Meadows – Canadian Canoe Clips get-together. 6pm potluck, 7pm slides

Pool sessions: February 1, 15 ; March 1, 15; April 5, 19. 10 am to 1 pm

March 22: All-club early season Evans to Kuner paddle. Snow date March 28. Watch for update emails. Maps: <http://www.rockymountaincanoeclub.org/feb08newsletter.pdf> , page 5.

Canoe Instruction late May; Beginner's river trip in mid June

Many more trips to come once we know the permit situation.