



The Voyageur's Companion

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

Newsletter of the Rocky Mountain Canoe Club
August 2009 issue
INAUGURAL ONLINE VERSION posted at <http://rockymountaincanoeclub.org/newsaug09.pdf>

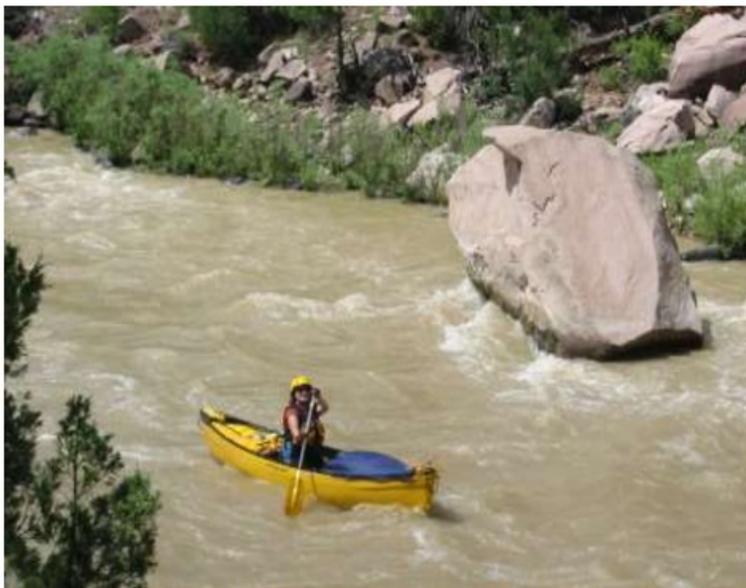
www.rockymountaincanoeclub.org
Jeanne Willson, editor

Prez Posts Paddling Pontifications

My summer has been full of fun canoeing, and I am looking forward to doing Jeanne Willson's Flaming Gorge trip and Bill Ashworth's Loma to Westwater in September.

In late June, we traveled down to New Mexico to use our Rio Chama permit. The initial torrential monsoons turned sunny; we enjoyed the hot springs enough to camp nearby; our second camp had the largest ponderosas I've ever seen; and the last 8 miles were full of exciting (class II+ to III) rapids.

The July 4th mosquitoes on the N. Platte – Saratoga to I-80 – were so bad that we turned a 2 and 1/2 day trip



Jeanne and guitar (in the bow) run a rapid on the Rio Chama

TAKE NOTE!

Upcoming trips:

Fabulous Flaming Gorge Lovely Loma to Westwater

There is still space on both of these trips. Flaming Gorge has some Class II+ drops and a portageable or sneakable Class III rapid. I'd recommend it for tandems with at least one rapids-experienced paddler and solos with some good Class II experience and two-night tripping experience. It's a lovely and interesting trip in many ways including fun rapids and fascinating human history with a historical ranch to explore. If you have questions, call the trip coordinator .

The Loma trip will offer fall colors right there on the river banks. It's a terrific starter trip for people ready for their first overnight canoe trip with riffles and just one Class II rapid, and it's lovely enough to keep others coming back over and over again just to enjoy the canyons, the colors, the camping, the camaraderie. So come!

Another note: Poudre Paddler Eric Hermann's wonderful story on the RMCC's Yampa trip is published both here and in the Poudre Paddler's newsletter. It is too good to leave it out of either newsletter. Please enjoy it at least twice if you belong to both clubs--or even if you don't!

into 1 and 1/2 to avoid a second night with solid swarms of the pests. Locals said this summer is the worst they've ever seen for mosquitoes. The Hobo Springs in Saratoga will soon gain another pool – cooler than the current 110+ degree one – and the locker/shower rooms will also get upgraded.

I finally got to do the Yampa Canyon July 18-23.... 11 paddlers with perfect weather, great water levels, 3 musicians and a couple of crooners (would-be-singers), starry nights, Dutch Oven delights, and nary a flip. Warm Springs Rapid was fun at 1000 cfs, rock'n and roll'n down right of center as the sneak was too shallow to use. Bonnie Gallagher's attitude is "Go big or go home".

Racing news ...

The annual 10 mile Dotsero to Hanging Lake race was held on August 23 by Jerry Nyre of Canoe Colorado - and a long time RMCC member. While the recreational canoe 1st place was taken in just under an hour and a half by a very light canoe, our club was represented by Karen Amundson in 3rd place with 1:40 and by Marsha Dougherty in 4th with a time of 1:44. The very competitive kayak division had a winning time close to an hour and 2 minutes. Jerry generously gave out hefty money prizes as well as enough gear giveaways for all contestants to win something!! Note: A few years ago, Karen Jankowski and Marci Nolan won their division in the Dotsero race.

Jerry Nolan recently entered a kayak race on Lake Dillon. He came in second overall but was given an age handicap and was deemed the winner of the race! Go, Jerry!

Then two weeks later I drove back via the Bench Road in Dinosaur National Monument to locate the Bull Canyon Trail that descends to Harding Hole and to retrieve the forgotten portable toilet that I left near the river. There's nothing like packing a half full toilet up a steep canyon. And that was on the way to a raft ride for my first time down Westwater. I don't know if I will ever be brave/foolish enough to canoe it.

A mid-August Brighton to Ft. Lupton run led by Mat Bozek found us focused on following narrow channels frightfully close to strainers. But it was fun to see a blue heron, bald eagle, turtle, and 16" fish in the metro area.

Mark your calendar for Saturday, **November 14 at 6pm** for pizza and our annual meeting to be held at Gail Campbell's clubhouse. She lives at 92nd Ave., just 1 mile west of I-25 and 2+ miles east of Hwy 36, so this location is pretty accessible to people in Boulder, Ft. Collins and the Denver area. More details follow.

Gail C., Karen J., and I are all distracted by work difficulties, furthering education, and/or added family responsibilities, so we will be leaving our RMCC officer roles in November. Please consider running for 1 of several vacancies as we need new blood and enthusiasm.

About 30 of us had a great time at the Rendezvous event. Thanks go to Bill A. for organizing the event and flipping 100 pancakes, to Gail C. for managing the Dutch Oven Cookoff contest, to Doug Hurcomb for managing the big tent, and to several Trip Coordinators who led us on 3 sections each day. To give that annual social/canoe weekend a boost, we decided to invite the Poudre Paddlers to join us next year. Their officers are delighted with the idea, so we'll want to host a memorable event for our upstate guests.

I hope you are taking your canoes out to play. While I'm logging lots of paddle time, I'll never catch up to Bonnie, who recently spent 21 days in the Grand Canyon this spring to canoe it for her 4th time!!!

Perpetually paddling,

Karen A.

Rio Chama, June 26-28, 2009

Steve Luttmann

Participants & Boats:

Karen Amundson, Suzanne Keating - Mad River Freedom; Jeanne Willson - Esquif Vertige; Will Golson - Mad River Outrage; Bill & Kathy Ashworth - Old Town Appalachian; Bonnie Gallagher - Dagger Rival; Roger Faaborg - Dagger Rival; Steve Luttmann - Dagger Genesis

It was about an eight hour drive from Fort Collins. Roger Faaborg and I were headed for El Vado State Park near Tierra Amarilla, New Mexico, where we would camp before

meeting the group at the put-in at the El Vado Ranch the following morning. The park was uncrowded and afforded beautiful views of El Vado Lake. As we prepared our camp, the sky became more and more threatening (and scenic). Before long, we grabbed our water bottles and ran for the tents as a thunderstorm gave us a pounding. The next morning the campsite was a mud flat, and it was all we could do to break camp while accumulating huge pads of mud on our shoes. The good news was that it was a beautiful morning and representative of the fine weather we would enjoy over the next few days.



At the put-in, we joined Karen Amundson and her paddling partner, Suzanne Keating, Bill & Kathy Ashworth, Will Golson, Bonnie Gallagher and Jeanne Willson. Karen and Suzanne paddled tandem, as did Bill & Kathy. The rest were solo. Karen expertly coordinated the group and provided valuable information throughout the trip. The BLM check-in was thorough and, after running the long shuttle, we got on the river by lunch-time.

Awesome Chama geology!

The Rio Chama begins in the southern San Juan mountains of south-central Colorado and ultimately joins the Rio Grande near Espanola, New Mexico. About 120 miles in length, and designated as a Federal Wild

Paddling in silence near the Monastery



and Scenic River, it is the third largest tributary of the Rio Grande. Our trip covered 31 miles between El Vado Dam and Abiquiu Reservoir near the Big Eddy take-out.

The river was running about 630 cfs, a medium-low level requiring more rock avoidance than at higher levels, but enough to prevent dragging through shallow spots. There were several named rapids, mostly splashy Class IIs and a few Class III's. The water was fairly clear at the start, but became progressively more reddened as we moved downstream.

(Editor's note: The very red

and very crumbly Chinle Formation just falls apart in such downpours and reddens the tributary streams and the receiving river waters.)

Our first day was a short one. We stopped to tour the Ward Ranch, and then camped just downstream, next to a natural hot spring. Jeanne Willson entertained the group with her guitar playing and provided songbooks for a sing-a-long. Several of us enjoyed shelter under Karen's tarp as a brief but heavy rain shower passed through the area.

The scenery seemed to get better and better as we made our way downstream. The canyon walls became steeper and more colorful, and it was easy to imagine why this area was such an inspiration for Georgia O'Keefe. We camped across from a sheer rock wall that was illuminated by the late afternoon sun. It was a presence you could almost feel. After supper, Jeanne entertained us a second time. The music added much to the experience of sitting by the fire in such a remote, scenic place.



On day three, we passed the Christ in the Desert Monastery. Its architecture blended beautifully into the landscape, and we drifted by quietly, so as not to disturb their peaceful existence. Not long after, we entered the most fun paddling of the trip. Several long Class II and III rapids lay between us and the take-out at Big Eddy.

Permits for this run are hard to come by, but well worth the effort. It's easy to see why this is one of the most popular trips in the area. Find more Chama pictures (from Roger Faaborg) at:

www.rff.com/poudrepaddlers/RioChama_1.zip and www.rff.com/poudrepaddlers/RioChama_2.zip

Yampa River

Eric Hermann

My back yard is strewn with gear after six days, 71 miles, on the Yampa and Green Rivers through Dinosaur National Monument. It will be at least a full day before this stuff is cleaned and dried—more like three days before it's all put away. It takes time, you know, since each item brings a memory.

The ultralight tent needs airing, of course, though we rarely used it, for the nights in the Dinosaur desert were dry, airy things, full of stars and only wisps of clouds. Desert rivers call for nights on the beach in the breezes: only a ground cloth beneath and the sky above. I had my 6x8 piece of mosquito netting to pull over me, but never really needed to. Greg Brigham and I star-gazed ourselves to sleep, finding Aquila, Delphinus, Corona Borealis, and Scorpio, following Lyra's frozen flight toward Casseopoeia. "How many tonight?" we'd ask. "Two" was the usual answer—must see two meteorites before sleep.

Even the mosquitoes at Deerlodge Put-In had faded in the high-desert chill, which plummeted from the high 80's to the high 40's. Greg and I had enjoyed the six-hour drive, and savored dinner—sandwiches from Subway, washed down with cold beer. We'd talked long with Mary Parrott, 67, who would enliven every camp with her laughter. The ultimate elder athlete, with her bike trips in the mountains, her snowboard

lessons, her volunteering in medical clinics in Honduras. One by one, as others had arrived from Denver, we had watched their headlights glide the sage plains to the landing. Then a cool night of clean sage air as the river slurped the mud banks beneath us. Karen, the group leader, brought Phil Hagenah who had flown from DC. Jeanne Willson drove Tom Jacklin, who'd flown in from Calgary. Bonnie Gallagher brought her daughter Catie, who'd flown from Maryland. Will Golson and Scott MacDonald rounded out the Yampa Eleven.

An exercise in trust ... don't screw up, Scott! (and he did not!)



We did pitch the tent two nights, one with distant lightning and sprinkles....but soft air drew me out again beneath stars, away from the tent, where the only moving air came from snoring. Then the last night, at Jones Hole Creek, where the camp skunk nosed about looking for careless food bags, and mice scurried everywhere with the same goal. The tent had been a wonderful, compact bundle, and best left unused.

My Dinosaur map and a geology guide rest drying on the flagstones. The Yampa has cut its path through a geologic playground of the

gods, with four or five main members like Weber, Chinle, Morgan and Morrison—all anticlinal, synclinal, and faulting the length of the river—strata going wild as if on roller-coaster tracks. In epochal exuberance, the forces at play threw up spires and knife edges for added thrills. The river enters the canyons right after the first bend and twists through them for 46 miles before joining the Green, which continues the show for 25 more.

Rockfall and flash flooding have made the river technical as well, most of it a series of class 2 rock gardens at our 1,000 cfs. Warm Springs Rapid—a product of a flash flood in 1965, and which took the life of a river guide not expecting its new danger—offered the greatest challenge on the Yampa stretch. It's a solid class 3 and a long drop with nasty holes. One tandem boat lined through; the rest paddled the easier (but not the too-shallow sneak) route river right. The Yampa's rapids would rate up a level at 2,000 cfs and above, and spring flows ramp Warm Springs to class 5 in some guidebooks. Below the confluence, the Green River brings a series of rock-garden class threes, with names like Moonshine, Schoolboy and SOB.

My dry box holds the kitchen, with pots to clean, food bags to empty—some yet very full: My offers to the camp, "Please eat some banana chips" and "Here's another pound of free trail mix," went unheeded. The group of 11 broke into food groups of one to six people, each group with their own backpacker stove. Greg and I ate well, enjoying linguini with clams, kielbasa stir-fry, and some freeze-dry dinners as well. Bonnie and company brought out the Dutch oven—to its iron weight add a fire pan, charcoal and a fire blanket for major freight; however, their meals and the desserts which they shared with all, were exquisite. Group appetizers added a party atmosphere to camps, usually very comfortable in box-elder thickets—with the exception of Harding Hole number one, with its colony of gophers and million little ants (and a billion ants in Ponderosa Camp). A gopher hole into a dry bag re-taught us to hang bags and food out of reach. A few years of careless food handling brings camp nuisances like these.

Butt-stop falls in Jones Creek Canyon



A backpacker towel and a beer-drag bag wave on the line like a blue banners, recalling the nightly camp routine: haul gear, set up camp, swim in the 70-degree water, air-dry with a 70-degree beer, eat, visit, head for the starry beach to sleep. A rustle from a folder of music reminds of yet another flavor of this trip: Jeanne Willson brought Martin—not a guy (that was friend Tom) but a guitar. Greg and I were missing our guitars greatly, and here she came with a small Martin. Three of us played every night and voices joined in the darkening camps.

A pair of running shoes are desert dusty, and will remain so for quite some time, their grit from several side hikes along the way. We climbed to an overlook from Harding Hole, to Signature Cave just downstream, with graffiti mostly from modern travelers, some from the end of the 19th century. I recognized the bold signatures of the Despains, who floated with Bus Hatch, famous Western river runner, in 1939—a pleasant surprise to me because I'd had their granddaughter Pam as a student in the 70's. "My family rafts the Yampa every year," she had told me, "and you're invited." I don't remember why I had foolishly declined. Inscribed on the wall as well was the name of a creep, Randy, who'd written it over a Fremont pictograph. The Mantle Cave above Laddie Park camp preserves 58 Fremont grain storage bins—slabs of rock mortared and sealed with stones.

And of course, one must hike up Jones Hole Creek from our last campsite—two to three miles along a frigid, crystalline trout stream, leading to a stunning panel of rock art and the famous Butt-Dam Falls. We took turns becoming victims, leaning against the chute as sitters 12 feet above butt-dammed the flow, waiting in the now quiet—"Oh, boy, it's getting deep up here; you'd better look out! Five, four, three..." then GA-RUSH! down comes a three-minute torrential waterfall, icy enough to take your breath away! Amazingly, at Butt-Dam Falls, we met friends from Fort Collins with whom Greg and I had paddled Lodore three years before.

My shrubs are adorned with drying throw ropes and the slings of a kit for rescuing pinned boats, happily all of which went unused, as did the major first aid kit. It had turned out a safe trip, with no spills—only intentional swims.

Piece by piece, the yard becomes clear again. I tend to clean and put away gear slowly from trips like this. There are too many wonderful memories adorning the lawn and the clothesline. The Dagger Genesis canoe remains in the lawn for three days, when I repaint some scratches, sponge it clean, and hang it, thanking it again for its service.

River Notes:

Yampa Canyon and the Green River's Lodore Canyon require permits, most commonly acquired through the January Lottery. One can also call in March to see if there are cancelled or unused permits—not very difficult for the later, "low-water" season after July 13 on the Yampa and mid-September on the Green. Boatable flows in the Yampa then are questionable, and have been 300-350 or less in recent years—very scratchy for canoes.

During the low-water season the Park Service allows one group launch per day and does not assign camps; they are a first-come, first-served deal. A lengthy booklet or PDF file covers the plethora of regulations, like an extra pfd per boat (?) and no bag systems for human waste. All members of a group should review these carefully; rangers can be picky!

It's a six-hour drive to the put-in at Deerlodge. River Transports is an excellent shuttle service out of Vernal, and did the 90-mile shuttle for \$85 per vehicle plus a parks pass.

Water is available at the Deerlodge Put-In. We carried 3-4 gallons of water per person, and found filter-able water at Bull Draw (Harding Hole) and Warm Springs Creek. Caution: this is a wet year—these are not always reliable sources. As planned, we refilled from campground spigots at Echo Park. More water is available from Jones Hole Creek.

Rendezvous Dutch oven cookoff results

Gail Campbell

We came, we ate, and we definitely conquered the dishes –not much food left over after the event. We had first timers and seasoned competitors this year. Our team of judges used a point system to give each dish a score, then we added the scores for a total on each dish. Main dishes of course were the largest category and it was a very tight contest with just a few points separating first, second and third place.

We noticed that many of the officers were participating so ‘bribery’ was a deduction. That didn’t seem to deter J. Oxenford who insisted that his watermelon appetizer should be included into the non-dutch oven category. We would like to report that it was decided that while watermelon can be roasted over the campfire – it really doesn’t have the same appeal as s’mores (which weren’t available this year). Possibly a glaze of some sort would put it over to the wow side – there’s always next year, Jeff.

We also included a non-member guest into our judges’ panel – Garrett Downs. He was excited about eating first, but halfway thru indicated that the job really was ‘serious and much harder than he had thought it would be’. All of our judges were dedicated and made sure to try each dish – sometimes more than once....none went hungry.

So here are your winners:

Main Dish: Karen Jankowski – Enchiladas
(Doug Hurcomb’s Bunker Buster and Bill Ashworth’s Hungarian Goulash were close behind the winner!)

Dessert: Karen Amundson – Orange Liqueur Cake

Other: Anne Fiore – Pizza Supreme

Non-Dutch Oven winner: Kathryn Mutz – Cheesecake America

The One Best Thing we ate all night for People’s Choice: 1st:
Karen’s Orange Liqueur Cake; 2nd: Doug’s Bunker Buster.

Anne’s Pizza

Dough -- makes 4 8" crusts or 3 10" crusts or 2 12" crusts

2 1/4 tsp yeast
1 c warm water
2 tsp salt
4 Tbsp olive oil
3 Tbsp honey
3 c unbleached white flour.

Make the dough at home before heading out. I usually freeze it and generally it’s just right for working in the evening after being in the cooler all day.

In a small bowl, dissolve yeast in 1/3 cup of the warm water with 1 Tbsp honey. Let sit about 10 minutes ‘til it’s foamy.

In a large mixing bowl, combine remaining water, salt, oil, remaining honey. Add 1 cup flour and mix using a hand-mixer. Add the yeast mixture and mix again. Mix / knead for about 8 minutes till smooth and elastic adding remaining / additional flour as needed -- only enough to keep it from being sticky. At this point, divide up and put in freezer.

I bring along a rolling pin and pastry cloth on the outings when pizza is on the menu.

Get your coals ready for a 375 degree oven. More coals go on top than the bottom. Heat up the lid on a burner.

Roll out on a hard surface, getting the dough as thin as needed and slightly larger than the oven diameter. Add some oil to the bottom of the Dutch oven, then about 2 Tbsp. corn meal. Lay the dough in the Dutch oven; fold down the edges to form a ridge. Add toppings of choice: We use either pesto or pizza sauce then a layer of cheese then toppings then another layer of cheese.

Note: Meat toppings need to be pre-cooked and drained. Canned toppings like artichoke hearts or roasted peppers need to be well drained.

Bake for 20 - 30 minutes, turn the lid/oven every 10 minutes. Enjoy!

Kathryn's Cheese and Fruit Tart

Crust

Cream ½ cup soft butter with ¼ cup sugar, and ½ teaspoon of vanilla. Beat in 1 cup flour. Spread in a springform pan or large pie tin.

Cheese filling

Cream 12 oz of soft cream cheese with 6 Tablespoons of sugar. Beat in 2 eggs and ½ teaspoon of vanilla. Pour on the unbaked crust.

Bake at 450 ° F for 8 minutes. Reduce heat to 400 ° F and bake another 20 or so until the top is a little browned and a dinner knife inserted into the cake about ½ way to the center comes out clean. The cake may crack as it cools, but who cares!?

Cool, chill and serve with any kind of fresh fruit. Drizzling the fruit with melted chocolate is a wonderful option.

When we interviewed the winners we found out that they all had competed before except for Anne. Both Karens stated that they had previously lost in other categories, so they decided to try something else. Cookbooks came in handy. Secret ingredients will remain so. Other tidbits from the interviews shall not be quoted (not at the participants' request) but because I lost the notes taken so very skillfully by our wonderful newsletter reporter. So if you want the 'dirt' on how to win – be there next year!

Anne Fiore said: My first dutch oven contest. We've been car camping with a dutch oven because we were sick of pasta. It's my first time at Rendezvous. Karen A. noted: I bought "Gourmet Camping Cuisine" for new recipes. My tip: Pull the food off the coals when you smell it! And get nice silicon gloves! Karen J suggested: Try the recipe at home first!

Winners took home some useful silicone mitts & basters, Karen A. received her Official Chef's apron, hat and medallion for People's Choice.

Secrets for keeping ice for 6 days in the desert, and other thoughts on managing food on a river trip

Jeanne Willson

“Like backpacking but with a cooler, and more fresh food, and everything in dry bags” is a quick way to describe how to pack for a multi-day canoe trip. Cooler? I was surprised and delighted to hear about this when I started canoe tripping. But after a few trips with 100 degree days and evenings, and plenty of animal visits to camp, I realized there are some canoe-specific tricks that could be very helpful.

But first a word on personal style. Some paddlers wouldn't dream of taking a cooler and a subset of them don't even take a stove. On the other end of the spectrum are the paddlers who do the Dutch oven thing. I quote Bonnie Gallagher: “Sure, Dutch ovens are heavy and it takes a long time to cook good stuff. But it is FUN!!!” So decide on how much fun you can stand to have, and read on.

Unlike on a long backpack trip, you can take real food canoeing. You are carrying much or all of your water anyway, so have some of it in your food. But like backpacking, the goal is to plan your food so you have just enough and don't have leftovers—or rotted or unusable food-- that must be carried out.

One style of bear-, mouse-, and ant-proof food container



Porcupines are nocturnal and you won't even know they ate your Keens until morning. Porcupines live in willows, aspens, conifer forests, & under porches



Your food enemies on a canoe trip are animals including mice, ringtails, porcupines, raccoons, skunks, insects and bears (all of which have been encountered on most of our rivers), water from the river or the cooler, and heat. Your food-group partner, who may feel he has full access to the common bag of M'n'Ms, may also be a food enemy. Non-food items are at risk also – many mammals love the salt and whatever else they smell on canoe kneepads (personal experience, Yampa trip), hiking pole grips, your hiking boots and sandals, walls of outhouses, even your car tires (no kidding). Keep non-food things (poles, boots, sandals) inside your tent; even stuff under the rain fly may get munched overnight. Toiletries should be stashed with food – once I lost both my toothpaste and the bag it was in as well to an animal – just a foot away from my head. I never woke up. Oh, and keep your tent zipped up ALL THE TIME (you can sleep outside though). I'm just sayin'.

You'll want watertight food containers, small and large. Some of us have taken to carrying our backpacking bear vaults as they keep out all animals including ants as long as SOMEBODY remembers to keep the lid screwed on. Bear vaults are now required for backpackers in many US National Parks. Another option are the food-grade industrial barrels with clamp-on tops. These will keep out all but your more determined bears. Buy online from Rutabaga, Back 40 Canoe, and elsewhere. Buy a food-grade plastic liner bag for the barrel and food odors will be kept down even more; you can also keep your double-bagged garbage in the barrel as you eat down your food. Yet another benefit: as long as you keep your bear vaults or barrels cool, out of the sun or under cover in your boat, you can keep some food like fresh vegetables and bread unsmashed and cool enough in the barrel without taking up precious cooler room. Yes, I'll get to more about the cooler.



Here are some other tricks that various people use to reduce waste and animal attraction, and increase safety: Precook beef or chicken and use it the first or maybe second night (I know, Karen's freshly cooked salmon is to die for); keep a second cooler in the car for your night-before-put-in meal and your take-out beer/soft drinks; minimize or avoid cooking fish or other strong animal attractant foods (Karen's salmon and Mark's trout excepted); clean caught fish very far away from camp; avoid frying on river trips where bears are likely (that's kind of like yelling "DINNER!!" up into the hills to the animals); consider eating lower-odor and longer-lasting vegetarian meals like curried or stir-fry

Ringtail: That salmon was soooo good... and the dessert! Chocolate! Mmm!



veggies and tofu, or hummus and cheese wrapped in tortillas, especially on later days of the trip; bring harder cheeses like Parmesan and very sharp cheddar, which last longer at moderate temperatures; use leafy greens early in the trip and save the tomatoes, green peppers and cucumbers for later in the trip; bag and hang your food at your camp site if you don't have a barrel or vault; put a strong strap around your cooler to secure the lid and keep animals out; put food and cooking tools away as soon as possible after use as those ringtails are just waiting for you to sit down with your dessert and wine to snatch whatever you've left out; pack up and pack out leftovers and food scraps.

The cooler: First, why are you bringing it? What really has to stay cold? Personally my favorite use of the cooler is to have drinking-quality ice so that I can have ice cold lemonade or other drinks. Yes, having a cold drink really does cool your body and can make a huge difference in your comfort level in the desert. I also happen to love real milk, and cream cheese for sandwiches, and a cold soda or beer. My choices. What are yours? Decide, then; bag clean ice for drinking; bag food that might leak (almost anything will leak, including Ziploc bags!) or that need to stay dry; put things that must stay very cold right next to the ice as the temperature in your cooler will range from freezing to really pretty warm if ice is not nearby; put food items that don't need to stay cold somewhere else altogether and put ice in the cooler where those things would have gone. I don't use blue ice products on river trips as once they get warm they are just wasted weight.

Now, how to keep it cold? The secrets: Pre-cool your cooler and its contents. Consider packing the first day's food elsewhere (next to a baggie of ice, perhaps, in your day bag) to save cooler space for more ice. Use LOTS of ice – over ½ to ¾ of the volume of your cooler. Buy a good, super-insulating cooler such as the Max-Cold line. I have a tiny one for solo one-nighters, and a smallish 30-can one for tandem multi-day trips. Keep that cooler covered and shaded at all times. In your car, put your pillow, your jacket & fleeces, towels, etc. on top of and around the sides of it. Biggest, best secret: the evaporative cooling towel. Get a big super-absorbent camp towel (holds more water) and cover the top and sides. When the cooler leaves the car, get it wet and KEEP IT SOAKING WET all the time, even over night. You'll be using river water, so take care to not contaminate your cooler food or drinking ice with the river water. Keep the cold water in the cooler; don't dump it out like my dad taught me to do unless you need more space for ice (but where do you get ice on the river?) Keep the lid closed as much as possible. The insulation and the evaporation from the wet towel will work miracles to keep your cooler contents cold (or even just your vegetables and cheese cool, without ice) for your whole trip (Saskatchewan epic journeys excepted).

.....

Canada 2009: Water, Water, and More Water

Jim and Karen Baker-Jarvis

In late July and into August, one of Jim's brothers and his two teenagers joined us to go up to Saskatchewan for another fun-filled 2 week adventure on the water. This year we had a real watering experience. We traveled from Brabant Lake south through a series of lakes and rivers on a route used by fur traders and then forged a bushwhack excursion into a series of other lakes that are seldom traveled. We did not see a single other human the entire two weeks on the water.

Before we started canoeing we were told it had rained for 50 straight days and staying true to its course, the rain continued for our 2 weeks on the water. The lakes and rivers were all 3 to 6 feet above normal. The Churchill River that is usually about 400 CMS (12000 CFS) at this time was running 800 CMS (25000 CFS).

The portages were water logged and we could canoe sections of the portages. We had rain every day, but not all day long. We had just enough sun each day to dry out. The woods and moss was dripping wet for the entire trip. Our boots never dried out the whole trip; in fact, Jim's feet were getting some type of fungus-jungle rot on them that we noticed at the car. Once he dried his feet in the sun for a few days, it disappeared though. We had the wind with us all days and we did get a few half days of sun, but never enough to dry out or have a comfortable swim. Usually we swim every day on these trips, but not this year. The water was about 10 degrees cooler than normal and with the limited sun, it was hard to work up the nerve to jump in. The bugs were also much worse than normal since the season was equivalent to being in June.

Anyway we still all had a great time and since the inside of our tent and sleeping bags remained dry we had good sleeping. The weather was warm enough to be comfortable being slightly wet and Karen fortuitously had brought a lightweight tarp that we used every day (bought at Neptune Mountaineering in Boulder and is highly recommended, weighs, I believe, less than a pound for 10' X 15' and is very strong). Karen also brought a little weight hammock, for around camp. Now, that is relaxing. However, as soon as anyone would get comfortable on the hammock they would be wakened by the rain. We traveled early, got to camp early, and kept warm cutting wood and making camp around good size fires. Most the trip we could not find

previously used camps so had to make our own. We also had to cut many deadfall on old portages to get through. We cannot say we really felt cold the entire trip with all the cutting and paddling and fires. Again we were happy we all had synthetic bags and not down.

On the drive back to La Ronge we crossed the Churchill River at Otter Rapids, so we got out of the cars and looked at the river. Suddenly a person ran up to us and asked for help or directions of how to get to the base of the rapids because one of their canoes capsized in the middle of the rapids and

we could see them swimming, without wetsuits, with the canoe almost a mile away, being swept out into the middle of Otter Lake. Normally this would not be life threatening, but with the cold water they ran a really big chance of hypothermia. They had already been in the water for 20 minutes and the lake is large and there is no way they could have swum the canoe to shore. Then out of the blue we saw a motor boat come to their rescue in the middle of the lake. They were very lucky since there are not many boats on that lake.



Rocky Mountain Canoe Club – Contact Information

Website: <http://www.rockymountaincanoecub.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.

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

TO:

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



In This Issue: Rio Chama; Yampa; Saskatchewan; Thoughts on food management; Dutch-oven cookoff; World-famous recipes

Schedule of events: Flaming Gorge; Loma to Westwater; November Annual meeting