



Who Won the KCKA 2003-2004 Membership Contest?

By Jackie Rawlings

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The first ever KCKA New Member contest is over. The contest started July 1, 2003 and ended June 30, 2004. As it

ing 18 new memberships. 3rd prize goes to Jackie Rawlings for recruiting 2 new members, 4th & 5th place is a tie and goes to Jim



[Above: Chris Collins kayaking the Arkansas River, CO during the 2004 Summer Novice WW Trip - photo by TJ Hittle]

was described both in the KANSAS PADDLER newsletter and continuously on the KANSAS PADDLER

Home Page, the contest offered gift certificates, purchased from any KCKA Associate Member to KCKA members who recruited the most new members during that time period. Treasurer & Membership Chairman, Don Varnau, compiled the results.

The first prize of a \$100 gift certificate goes to Chris Collins, Wichita, KS. Chris recruited 23 NEW SINGLE/FAMILY MEMBERS AND 1 ASSOCIATE MEMBER. With each Associate Member counting as three regular memberships, Chris effectively recruited 26 memberships. That is phenomenal! The 2nd prize of \$50 goes to TJ Hittle who recruited 3 new members plus 5 NEW ASSOCIATE MEMBERS, effectively recruit-

Johnson for 1 new member and Robert Slingsby for 1 member. It should be noted

that over the past few years Robert Slingsby has been responsible for recruiting virtually the entire Clay Center contingency, which is a very active local group. Jim & Robert will both receive \$25 gift certificates to the KCKA Associate member outdoor equipment supplier store of their choice. Winners are encouraged to contact KCKA Treasurer, Don Varnau, to indicate the KCKA Associate Member outdoor equipment supplier of choice.

Getting new members and increasing funding for the organization continues to be a big priority for the KCKA. Be sure and read Chris Collins' article on KCKA Facing Dues Increase. END

The KCKA Connection to Lewis & Clark

By Kate Sinnett

2004 marks the bicentennial of a great inland waterway exploration, the Lewis and Clark Expedition. The Expedition began in 1803 at the direction of President Thomas Jefferson who was eager to explore the United States' recent acquisition of land from France, the Louisiana Purchase. Lewis and Clark began their Expedition by descending the Ohio River. They wintered in St. Louis and began their difficult journey up the Missouri River in 1804. The Expedition ended in 1806 when Lewis and Clark returned to St. Louis. Many communities in the state of Missouri commemorated the bicentennial with festivals marking the arrival of the Discovery Expedition of St. Charles, a group of re-enactors from St. Charles, Missouri, who are journeying up the Missouri in commemoration of this momentous time in American history.

Missouri River Communities Network (MRCN), a non-profit agency devoted to promoting responsible stewardship of the



[Above Left: A view of the Discovery Expedition of St. Charles' keelboat and pirogues moored at Jefferson City, MO. The re-enactors are making every effort to duplicate Lewis and Clark's original journey. [Above Right: Kate Sinnett, MRCN AmeriCorps volunteer, offers instruction to Jefferson City second graders on how to play a Native American game which teaches hunting skills. MRCN made educational presentations to school and community groups throughout the year. - all article photos by Shannon Shanely, MRCN AmeriCorps member]

Missouri River, developed an AmeriCorps project that helped communities and state and federal agencies cooperate across the state of Missouri in commemorating the bicentennial with educational presentations, river improvements and festivals.

Another agency, key to the success of the bicentennial events in Missouri was the



Missouri Department of Conservation (MDC). MDC workers carved five dugout canoes using

traditional hand tools. These dugouts were used in educational presentations at festivals and schools throughout 2003-2004 and will be used again in the coming years. MRCN and MDC work closely together to use the canoes as visible educational props that are also actually "river-worthy." MRCN provided some of the 200 hours per canoe labor needed and also supported MDC's educational programs and helped communities to apply for MDC's Lewis and Clark grant program.

MDC's initial dugouts were a mammoth 3000 pounds and require a forklift for transportation. Later models are a much sleeker and more manageable 380 pounds and can be carried by four or five strong people. At the Journey Fourth festival in Kansas City, MDC celebrated the nation's birthday and the bicentennial by taking their entire "fleet" of five canoes to the Missouri River.

Kansas Paddler readers may be

(CONTINUED ON NEXT PAGE)

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Activities Calendar

"KCKA Members - we need your trips & events"



The KANSAS PADDLER Home Page contains the FULL trip and activities schedule. Some events dates & times may have changed or may not be listed in the KCKA Newsletter, so check it out at: www.kansas.net/~tjhittle/

OCTOBER

October 2, 2004. Council Grove Lake, Intro to Touring Kayaks Class. Introduction to basic touring kayak skills and safety. Students will learn how to enter and exit kayaks, and how to perform basic strokes and rescues. Contact: Larry Storer, 785-292-4561, larrystorer@yahoo.com

October 9, 2004. Tuttle Creek Lake, Intro to Touring Kayaks Class. Introduction to basic touring kayak skills and safety. Students will learn how to enter and exit kayaks, and how to perform basic strokes and rescues. Contact: Larry Storer, 785-292-4561, larrystorer@yahoo.com

October 9-10, North Fork of the White River, Missouri, class I-II. We'll base camp at Hammond Camp and hope for good fall color. For more details or to get on the list contact Cliff Long, clifflong@kansasriverrat.com or (316) 253-9216 after 4 weekdays or on weekends. See the Kansas Paddler Home Page, Trips & Events Calendar for more details.

October 16-17, 2004. Free Novice Whitewater Canoe, Kayak and Ducky Clinic. This clinic is designed to help increase participation in KCKA whitewater activities. Expect two short structured courses on Saturday with experienced paddlers to assist as needed. Sunday morning paddle. Learn or practice basic eddy turns, peel-outs, ferries, and surfing small waves. Most likely this will be on the North Fork of the White River unless there is sufficient water in the Mulberry. Suitable whitewater equipment, helmets, proper clothing, a few hours in your whitewater boat required. Experienced paddlers are invited to assist novices. RSVP with Chris Collins 316-942-4339 to reserve your spot and receive travel details.

October 23-24, 2004. KCKA Fall Rendezvous. Old Goat Ranch, Mulvane, KS. See the Kansas Paddler Home Page, Trips & Events Calendar for more details.

Oct. 27, 2004. Tuttle Creek Lake, FULL MOON PADDLE: This once a month adventure will introduce you to a whole new world of kayaking. From the seat of our kayaks we will explore the wonders of the water that only a full moon can bring to light. Contact: Larry Storer, 785-292-4561, larrystorer@yahoo.com

NOVEMBER

November 3, 2004 7:00 PM. Eskimo Roll Video & Training. Video, discussion and exercise. Learn the mechanics of the Eskimo Roll in warm and dry conditions. Learn how to practice the Eskimo Roll without water, at home. Tentatively to be held at Mountain High in Wichita, KS. Non-members welcome. Please RSVP with Chris Collins 316-942-4339.

November 6, 2004. KCKA Board Meeting. 1:00 PM at T.J. Hittle & Jackie Rawlings home, 700 Gillespie Drive, Manhattan, KS. Any interested KCKA member is welcome.

November 7, 2004. Eskimo Roll Clinic. Participants will pair up to learn and/or practice the Eskimo Roll. November 3 session is recommended if you are new to the Eskimo Roll. KCKA membership and liability waiver required. Time and location are to be determined. Please RSVP with Chris Collins 316-942-4339.

November 13-14, 2004. Float and camp on Arkansas River. Launch Saturday afternoon, camp from our boats and take out mid-day Sunday. RSVP with Jim Weaver 316-733-0498 for details.

November 20-21, 2004. Novice WW Canoe, Kayak, Ducky. Class II. Time and location subject to weather, water and road conditions. Expect a KS, OK, AR or MO location. KCKA membership, liability waiver, whitewater gear and cold water/weather clothing required. Please RSVP with Chris Collins 316-942-4339.

Nov. 27, 2004. Council Grove Lake, FULL MOON PADDLE: This once a month adventure will introduce you to a whole new world of kayaking. From the seat of our kayaks we will explore the wonders of the water that only a full moon can bring to light. Contact: Larry Storer, 785-292-4561, larrystorer@yahoo.com

November 27-28, 2004. Novice WW Canoe, Kayak, Ducky. Class II. Time and location subject to weather, water and road conditions. Expect a KS, OK, AR or MO location. KCKA membership, liability waiver, whitewater gear and cold water/weather clothing required. Please RSVP with Chris Collins 316-942-4339.

interested to know that the dugout canoe proved to be the best vehicle for the Expedition. The larger and more elaborate keelboat and pirogues required too much water depth to sail up the river and also were prohibitively heavy if portaging became necessary. Lewis and Clark's Expedition made several dugouts while they were exploring the Louisiana Purchase. It is likely that without these versatile vehicles the Expedition would not



[More: The MDC dugout canoe flotilla, which included MRCN AmeriCorps volunteers Bryan Maness and Grady Manus, takes to the river at the Journey Fourth event in Kansas City. The canoes were part of a large festival at the new riverside park, Berkley Park, in downtown Kansas City, Missouri.]

have been as successful at documenting plants, animals and mapping the United States' newly acquired land. Thus, the humble canoe made an important contribution to the 2-1/2 year long journey which included gathering of information on a wide variety of Native American tribes, plants,

animals and topography and set the stage for the United States' western expansion. END



[Above: Bob Sinnett & daughter, Kate Sinnett]

Editor's Note: Kate Sinnett was born and raised in Kansas. She has spent many hours paddling the state's rivers and lakes with her father & long time KCKA member, Bob Sinnett. Recently she completed her Ph.D. in Theatre History and Performance Studies. This past summer she spent a great deal of time alongside the Missouri River. She served as an educator for MRCN AmeriCorps Project's Lewis and Clark Exploration Outpost which traveled to the many Lewis and Clark Bicentennial events across the state of Missouri. Currently she resides in Lamoni, Iowa where she is a Visiting Artist in Residence in the theatre department at Graceland University.

Summer 2004 - On the Water (mostly)

By Cliff Long

COLORADO RIVER, UT

May 30th I had driven through enough snow from below Eisenhower Tunnel on I-70 to somewhere past Vail that the snow plows were out and trucks were chaining up to keep moving. June 1st I

(cataraft) met Bob Coltharp (self-bailing raft) and Bob Krenz (mini-cataraft) at the Loma, Colorado launch area where we set up our boats and sent our shuttle to the Westwater Ranger station. We attempted to get a cancelled Westwater permit but

were unsuccessful. We enjoyed a slow, easy trip with camps above Crow Bottom and at Black Rocks (both on the left).

We arrived at Westwater on the 3rd just as the commercial trips were preparing to get underway, what a zoo. As we started hauling gear out a young couple pulled in and asked for a ride back to Loma. That was great timing, we traded a ride to Loma for help loading rafts. We put gear in my trailer and stacked all three rafts on top of the trailer. After taking our helper/hitch-hiker back to

Loma, picking up Bob Krenz's car, and doing some shopping (my hat blew off and sank) we moved down river to Cisco Landing (the Westwater take out) and relaunched. After getting the rafts back on the water we shuttled to Moab, Utah. Cisco to Dewey is little used so we had some difficulty finding a campsite. We finally located a dry site on

groups running the "daily". Here the Colorado has some nice waves through class II rapids. We camped just below Castle Creek (White's) Rapid where we got to watch the carnage as inflatable kayaks, paddles, and paddlers floated/swam by. [Editor's Note: One of my river-running relatives from Utah, Jeremiah Hittle, was a mail delivery man back in the 1800's that had a ranch located on what is now known as Hittle Bottom.. Hittle Bottom, also known as Hittle Beach, has also been the background of a number of Western movies, including Wagonmaster (1950) by John Ford]

On the 6th we were rowing down the river at 7:10. Bob Krenz claimed to have set a new personal record when we landed at Moab, 14 miles before 10:30. After derigging Bob Coltharp headed home to New Mexico. I took Bob Krenz back to Cisco Landing so he could head home to Wyoming. I headed out to do some treasure hunting and hiding out in the

canyons and mountains of western Colorado and eastern Utah.

GREEN RIVER, UT

On June 22nd I met Bob Coltharp and a group to go to Sand Wash to rig for a trip down Desolation and Gray Canyons of the Green River in Utah launching the 23rd. Our group consisted of two catarafts, four kayaks, and four rafts. On the way from Green River Bob made a side trip to Fort Duchesne

to get a permit to make us legal guests on Ute land on the east side of the river. While getting set up I heard the distinctive voice of Mick O'Shea as he prepared an Outward Bound group to go down the river.



[Above: L-R - Cliff Long, Bob Krenz, & Les Imboden - photo by John Weiss;
Right: L-R - Les Imboden & John Weiss on the Salmon River (with Cliff Long)]



cobbles covered with cheat grass. Next day we stopped at Hittle Bottom (rumor has it that T.J. owns the property but lets the BLM use it if his name is displayed) to ask the guides about places we could camp on the right (free) side of the river. After Hittle Bottom, we were surrounded by commercial

(CONTINUED ON NEXT PAGE)

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Day one was a group hike to an overlook of the river (except me, and I used it for a nap). Day two we checked out some rock carvings and the iron prowed skiff before setting up camp at Jack Creek Rapid where we watched a number of bighorn sheep across the river. On day three the turkey that claimed ownership of the camp area came down to see us off. On our way to camp at Fretwater Falls we visited the moonshiner's cabin, checked out some petroglyphs, and didn't enjoy the rain on the river (rain and wind got worse in camp). The fourth day we stopped at Chandler Creek for lunch, petroglyphs, a Denis Julien inscription, and Bob filtered some water.

After stopping at Rock Springs Ranch we fought the wind and rain to camp across from McPherson Ranch (Ouray Lodge). We started the fifth day with a visit to McPherson Ranch

where we found that the spring water to the ranch area had been discontinued. We lunched at Range Creek and watched about 15 bighorn ewes and lambs across the river. After scouting and running Coal Creek Rapid we camped at Poverty Canyon. Most of the group hiked up Rattlesnake Canyon on day six, June 28th. We lunched at the mouth of the Price River but were unable to find a path to the petroglyphs there. At the take out I got the raft loaded intact (ready to launch) and the group had supper together at Ray's Tavern in Green River.

SALMON RIVER & SNAKE RIVER, ID

July 3rd I met Bob Krenz (minicat), Les Imboden, and John Weiss (tandem inflatable

kayak) at Island Park on the Salmon River in Salmon to finish shuttle arrangements and launch our boats. The river here runs by numerous (scattered) houses but has good viewing of deer, eagles, and ospreys. Les and John were running the river as day trippers so they were running light and were able to serenade us each evening with their guitar playing and singing.

On the 5th we scouted Pine Creek Rapid. It was a different river from last year. Bob ran his line and eddied left. I started down my line and then used a couple of holes to eddy right to wait for Les and John. Les and John, after listening to Bob and I tell them where not to go and watching us run the rapid took the far left route (road). Before we could get back underway a commercial group came through with several rafts and duckies to show us that anyone, even those off the route could make it through.

John and Les road scouted Cramer Creek Rapid (new in August 2003 as a result of a mud slide) and described it to Bob and me. Cramer is between the Middle Fork of the Salmon and Cache Bar. As we passed Ebenezer Bar we saw a black bear. (John and Les later saw a brown black bear in the same area.) The intimidating roar of Cramer can be heard as soon as you come around the bend above it (about a half-mile). I tried to remember John and Les's comments as I stood to scout Cramer, big hole on the left and rock near the shore on the right. I put the rooster tail at the top between my tubes and headed down. It was at least eight feet from the bottom of the trough to the top of the

waves and the first wave hit me from the left, while I was expecting to get hit from the right, and turned the boat at least 45 degrees and pushed me to the end of the dry box that I use for a seat. I repositioned and desperately dug the oars in to get straight with the current for the next wave. I made it upright. I eddied left to wait for Bob. What I saw was the bottom of his boat. He had gotten flipped while I was eddying. I started for his boat and as I did his helmet with him in it came into view. I looked around and saw another group on the right below us and caught their attention with a whistle. They had just finished righting one of their boats and came to his aid. Many groups are now removing extra gear and passengers at Stoddard Trailhead before going to Cache Bar to take the boats out. This rapid has flipped boats to 18' and caused numerous injuries. Les and John did the smart thing and took the high road around this and were accompanied by a number of kayakers. Later Bob and I rechecked Cramer from the road and determined that the line was very narrow for big boats and that changing wave patterns made it a matter of luck for little boats to get through.

We camped on the beach at Cache Bar where we saw an otter. As we left Cache Bar we saw a bob-tailed mink hunting along the bank. At Corn Creek Les and John packed and left, returning their IK (Inflatable Kayak) to Salmon and heading for home. As the day (July 7th) progressed our group to proceed down the Main Salmon on Marcia Wood's permit arrived and assembled their boats. Bob Krenz and I were to be the cataraft contingent. Martina Ellis was to be my passenger. Bob Coltharp, Charlie and Marcia Wood, Bolivar Ellis, Dave and Marilyn Stolfa, Phil and Sam Bensing, Rex and Renata Replogle, and Greg and Fran Lazear were in rafts. Charlie, Greg, and Dave spent a portion of the afternoon picking campsites to try to reserve based on distances, hiking possibilities, camp quality, etc.

On the 8th we managed to launch about 10:30 after last minute packing, reserving campsites, and the ranger talk (we got inspected the day before). At our Blackadar campsite we had six bighorns to watch. For the 9th we stopped at Barth Hot Springs and ran Salmon Falls while getting to camp at Poor Bar. A Forest Service group listed as a weed crew stopped at our camp thinking they had it reserved. We pointed out that the campsite was not on the reserve list. For entertainment in camp we had a grouse family walking through and a marmot in the rocks above camp. Big Mallard and Elkhorn were our major rapids on the 10th. Bob Coltharp backstroked so hard going down Big Mallard that he fell off his seat and the raft ran the rest of the rapid without his help while he



[Above: - Cliff Long rafting on the Salmon River, ID]

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President's Column

By Jackie Rawlings

The summer is over. I hope it went well for you and your families. TJ and I had a busy but exciting summer. We went to Colorado several times. I was excited to take my little white canoe down two stretches of the Arkansas River near Salida. I only swam once and that was because the wind blew me sideways and I leaned the wrong way to try to make the correction. Of course my friends had me, and the boat, out in a flash. I want to thank Chris Collins for organizing the novice whitewater trip to Colorado. It turned out to be a great trip.



The KCKA already has several trips planned for this fall. We hope to see many of you participate. The weekend of October 23 and 24 will be the KCKA Fall Rendezvous at the Old Goat Ranch near Mulvane. If there is any water, I'm sure it will be fun. We are planning to have a Board meeting November 6 at 1pm at our house in Manhattan. Any interested KCKA member is welcome. END

Moonlight Float Series

By Larry Storer

If you have never taken a moonlight paddle, you need to soon. This was an experience that Keith Ratzloff and I will not soon forget, because we had a perfect night for our moonlight paddle. We paddled away from shore at about sundown, heading north out of Tuttle Cove on Tuttle Creek Lake's southwest side. As we cruised smoothly along talking and enjoying the smooth water we were both struck by the



[Graphic by: Linda Rae / onewithgaia.com]

incredible site of the moon as it rose over the corner of the dam to the east of us.

I have never stopped to figure out how many full moons I have seen in my years but each is spectacular in its own right. This was no exception. At the mouth of the cove we turned our kayaks to the northwest and headed toward our destination of Stockdale Cove, a 45 minute paddle away. Keith and I were greeted with another incredible site, that of a thunderstorm about 40-50 miles to the north of us. Watching the thunder heads illuminate

with the periodic flash of lightening was a bonus to an already great evening.

We continued our journey toward Stockdale, looking back over our shoulders once in a while just to catch a glimpse of the incredible moon. We beached our kayaks at Stockdale, stepped out to stretch our legs, and took a long, admiring look at the night's sky. We could not have picked a better night. The air and water temps were very comfortable. The storm to the north was not a threat, but only a light show for us. The main attraction, the full moon, was not obscured by anything. We talked for a while and casually looked to the sky, hoping to catch sight of a passing satellite. Then it was time to head back to Tuttle Cove, our beginning and ending point. There was a slight breeze which made for an enjoyable ride in our touring kayaks. The stories flowed and the conversation never ended, but then again, with friends and good paddling buddies, that is just how it is.

Heading back toward Tuttle Cove the moon was directly ahead and would receive a word of admiration every once in a while from one of us. We had reached our ending point and it was time to empty the kayaks and stow the gear back into our vehicles. The kayaks went back on top of their respective vehicles, were tied down, and one last admiring glance was sent skyward by Keith and me to see the incredible full moon that had illuminated our journey on this memorable evening.

I will be guiding several more full moon paddles and would encourage each and every one of you to treat yourself to this wonderful experience. Please check out the list of events and schedules and then let me know when I can pencil you in for a Full Moon Paddle. END

Welcome New Members

KC Paddler - Peculiar, MO (Associate Member)

Tony & Carolyn Kisner - Lawrence, KS

Pieter & Tammy Miller - Hutchinson, KS

Robin Sellman - Lawrence, KS

Joe Galeazzi - Overland Park, KS

John Hough - Clearwater, KS

Jim Weaver - Augusta, KS

Brian & Connie Bryant - Perry, KS

Bob & Connie Chance - Augusta, KS

Tom Anderson & Deb Cavarretta - Buena Vista, CO

Craig Mellinger - Wichita, KS

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Actions n' Captions



[Above: Jim Sherow & "Hero" float down the Kansas River near Manhattan, KS - photo by Bonnie Sherow]



[Above : L-R - Cliff Long, Gary King, Charles Benjamin, Steve Skinner, & Bob Coltharp, all at Judith Landing, Missouri River, MT - photo by unknown]



[Editor's Note: In the spirit of the upcoming General elections, KWA member, Rod Snyder developed this spoof ad using an "old" picture of KCKA member, Dave Irvin, for his fellow KWA Message Board members]



[Above: TJ Hittle & Levi Oxford running "Tin Cup" rapids on the Arkansas River, CO, during the Summer Novice Whitewater Trip; Above Right: Steve Deyoe also running "Tin Cup" rapids - all photos by Jackie Rawlings]



[Above: One of our newest members, 6 yr old, Schylar Sanford-Smith is learning how to paddle under the watchful eyes of kayakers & KWA Chapter members, Daisy Sanford & James Smith - photo by his mom, Daisy Sanford]



Helping KCKA Grow

By Chris Collins

KCKA needs a steady flow of new members to replace those that move away or quit paddling. In addition, an increase in membership will help all of us in several ways. Our newsletter cost per member is less with more members and therefore our dues can remain low longer. An increase in membership will also bring more volunteers and more activities to select from.

It is easy to recruit new members. Simply ask your friends: "Do you mind supporting our club and the paddling sport with a \$15 family membership to KCKA?" The fun they will experience on one float trip will be worth more than their new membership. END



[Above: Bob Chance on the Arkansas River, CO, during the Summer Novice Whitewater Trip - photo by Jackie Rawlings]



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Summer Novice Whitewater Trip - 2004 Trip Report

By Chris Collins

July 17-19, 2004. This was my first paddle trip in Colorado and I was hooked before my boat hit the river. Not only was the

scenery beautiful, the temperature was so cool that people build new homes without air-conditioning. We camped at 9K feet on Friday night in the San Isabel National Forest and found no insects.

This year we have several members who have demonstrated an interest in Novice Whitewater (WW) activities and who need training and experience. Novice WW trips, with instruction and experienced leadership, are few and far between so we all really appreciate them when they are available. This was one of those trips. It was fun for those with knowledge and experience to share, and a great learning experience for those of us who needed the training.

TJ selected specific sections of the Arkansas River near Salida, CO that were suitable for novice training. The river levels at Wellsville, CO at 8:15am were: Day one, 760cfs, Day two, 968cfs, & Day three, 886cfs. The first day was all Class II. We used some of the same sections that the Colorado Whitewater Association (CWWA) uses for their beginner/novice training trips. The section used the second day added three Class II+III rapids. These rapids were easily portaged by some who felt they were not quite ready. A few more Class III rapids

were planned for the third day but in the interest of the participants and getting home at a decent hour, TJ selected a short Class II run for Monday morning.

Saturday's float participants included

Steven Deyoe (Wichita), TJ Hittle & Jackie Rawlings (Manhattan), Jackie's grandson Levi Oxford (16) (Lawrence), Tom



[Above L-R: Megan & Tom Hadorn, Steve Deyoe, Chris Collins, Tom Anderson & Deb Cavarretta, Bob Chance, Levi Oxford; TJ Hittle (kneeling)
Right: Chris Collins running Tin Cup rapids - all photos by Jackie Rawlings]



Anderson & Deb Cavarretta (Buena Vista, CO) and myself (Wichita). Deb rowed a small one-person two-hulled raft, TJ and Levi paddled an inflatable tandem kayak, Jackie paddled "old white" (her solo WW canoe), I paddled an Enduro/Crossover kayak and the rest were in standard hard shell WW kayaks.

At the put-in, the water was 64 degrees and the sun was felling pretty warm. The river appeared small so the exposure to an inadvertent swim would probably be short. I quickly shed my dry suit and wore only thin

polyester. Most of the others were dressed for a tan. About half way through the float, we lost the sun, thunderstorms moved close, the wind picked up and all of us were scrambling to dress warmer. Most of what we actually got was gusty wind, spray, a sprinkle and scary thunder. Bear Creek was the most exciting rapid of the day and I think everyone ran it without incident. TJ said it was Class II at the current level. The map lists it as Class III. Since I had never run a Class III rapid, I kept asking TJ "Was that a Class III?" each

time we ran a rapid that seemed bigger.

Sunday we were joined by Bob Chance (Wichita), Tom Hadorn (Wellington) & his daughter Megan (15). Heavy storms in the mountains Saturday night added much needed flow to the river. TJ added three Class III rapids to test our skill. We scouted both Badger Creek Rapid and Tin Cup. Several portaged these rapids and several ran them. After running or viewing Tin Cup, Red Rocks Rapid was run by all participants with hardly a second thought.

Badger Creek required more maneuvering than had been previously required of me, and it was easy to see why it was rated Class III. The first step was to miss a couple of small boulders that guarded the main event - a large mid-stream bolder about the size of Volkswagon bug. Next, it was necessary to maneuver left around the large bolder and then quickly move right a little to miss a rock

wall on the left. The current was, of course, trying to take each boater into both the large bolder and the rock wall following the boulder.

Tin Cup looked huge but required only getting lined up for a straight shot and then staying upright through the large waves and foam. If you missed, there was a nice big pool at the bottom to catch you. As I remember, Red Rocks Rapid was just a boulder farm and although rated Class III it seemed pretty benign after running Tin Cup.

In summary, we had several thrills, spills, successful Eskimo rolls, a couple of boat over boat rescues, and no one suffered an injury. Megan

did find a black and blue spot on her leg but could not remember getting it. We all had a blast and we wish to express special thanks to Tom Anderson and Deb Cavarretta for their very gracious hospitality. Deb makes Etouffee (shrimp & crawfish gumbo) that is so good that no word can accurately describe it.

I would also like to thank TJ for the rescue classes and workshops this last winter. I was able to use what I learned in class to help a boater empty and reenter their boat on the water, after a wet-exit. The river rescue was much easier on the paddler than it would have been to swim to and climb up on shore. Everyone should learn the techniques that can be used to help others or yourself in a variety of situations. END

Day Run Description	Put-In	Take-Out	River Miles
Stockyards Run (Class II w/one III)	Salida Stockyards bridge	Rincon - State Park Access	8.0
Rincon Run (Class II w/one III)	Rincon - State Park Access	Vallie Bridge - State Park Access	8.5
Big Bend Run (Class II w/one III)	Stone Bridge - State Park Access	Big Bend - State Park Access	4.0

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Westwater Canyon Honeymoon - 2004 Trip Report

By Jim Johnson

"It takes really good friends to invite you on their honeymoon."

That's exactly what Jackie Rawlings and T.J. Hittle did following their wedding on the Cache la Poudre river on August 28. In fact they took 17 of their friends down

Westwater Canyon on the Colorado River in Utah. A wonderful time was had by all.

THE WEDDING:

It was a double affair combining T.J.'s and Jackie's vows with his daughter Autumn Hittle and her beau Jesse Hart's vows. It was a beautiful wedding day, clear and bright, along the banks of the Cache la Poudre River just west

of Fort Collins, Colorado. The bride (Jackie) and her party wore blue satin gowns and the groom's party wore Hawaiian shirts. Autumn wore a white satin gown, pleated, with embroidery down the front. Jesse wore a white tux. It was all quite beautiful and the 100 or so friends and family really enjoyed it. Congratulations to both brides and grooms.

Sunday, after more food and goodbyes to the guests our honeymoon group headed west to Grand Junction to meet up with more invited friends before driving to the Westwater ranger station.

THE FLOAT:

The group included T.J. and Jackie, Charlie and Marcia Wood, Doug and Kathy Sell, Rex Replogle, Karen Roth and Mark Klug, Joe Galeazzi and Annette Gunn, Deb Cavarretta, Dave Reid, Jim George, Dave Murphy, Chuck McHenry and Diane Duncil, Nancy Seamons, and Jim Johnson. This is a really experienced group, comprising many years of river experience.

Westwater is best done as a 2 day run, and that's what we did. Day one was a leisurely float that included stops at the Miner's cabin and Little Hole canyon to hike the 1 mile to look at the petroglyphs. Weather was beautiful, clear and not too hot. That night we camped at Upper Little Delores

campground, for great food and conversation reflecting on the experiences we all shared through the many years of friendship with T.J. and Jackie. Karen Roth brought 50 luminaries and we created a lighted walkway of candles from the bride and groom's tent to the river. Nice touch! To complete the evening, Marcia Wood made a "wedding

followed, making a halfhearted effort to move left. BIG MISTAKE. I realized within the first few seconds I was not where I should be and was not going to make the move. I went to plan B, which was to point downstream before I hit the hole above Skull Rock. My ballistic ender out of the hole set a new altitude record for me! A quick roll kept me upright as I slid off Skull rock and down the chute on the right.....ugly but upright.

Dave Reid was following and seeing my aerial maneuvers decided to do me one better accomplishing 3 cartwheels before blowing out the left side of Skull Rock. Things were getting interesting now! The show continued with Deb Cavarretta not making the left move in her cataraft, taking the right route through the hole and standing all 16 feet of her raft up on end and splatting on the right side canyon wall. Deb high-sided as the raft stuck to the canyon wall before sliding

downstream and landing upright at the bottom of the rapid. The crowd went crazy.

Next up was Rex Replogle who clearly decided the only way to out do Deb was to jump out of his raft at the top of the rapid, perform some amazing swimming aquatics, and watch his raft run a flawless route down the left side. Pretty cool Rex! The remaining boaters chose to run the correct line and not add to the comic relief.

The remaining rapids were uneventful and the group landed at the Cisco takeout early in the afternoon. After a quick breakdown we all said our goodbyes and headed out separate ways. Thank you T.J. for organizing one of the best trips of the year. Good friends and a lot of memories to take home. END



(Above: Front Row (kneeling) L-R: Dave Reid, T.J. Hittle, Debbie Cavarretta; Second Row (standing) L-R: Charlie Wood, Jim George, Doug Sell, Kathy Hedges-Sell, Annette Gunn, Marcia Wood, Nancy Seamons, Chuck McHenry, Jackie Rawlings, Mark Klug; Back Row (standing) L-R: Joe Galeazzi, Dave Murphy, Rex Replogle, Diane Duncil, Jim Johnson - photo by Karen Roth

brownie cake" complete with a bridal couple on top featuring Mickey & Minnie Mouse.

Tuesday morning we arose and launched early into the dozen or so rapids of Westwater Canyon. As the canyon closed in on us we ran Marble Canyon rapid, Hummer, Funnel Falls and a handful of others before arriving at Skull rapid, the signature rapid of Westwater. Then the fun started.

THE CARNAGE:

Most of us had run Skull several times before. No one felt like scouting, knowing the run depends on a hard left move at the top of the rapid. T.J. ran lead crossing the diagonal wave and hitting the eddy high on the left. I



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Tips on How to Avoid Skin Cancer from Outdoor Exposure

"A Short Guide to Skin Cancer and its Prevention"

David W. Harden, M.D. – Manhattan, KS

Before your next outing, keep the following in mind. Skin cancer is the most prevalent of all cancers. It is estimated that more than one million Americans develop skin cancer every year and this number is steadily rising. Because certain types of skin cancers have been linked with chronic sun exposure, it is important to protect the skin from the sun's harmful rays.

The most effective method of sun protection is avoiding direct sun exposure during its peak intensity between the hours of 10:00 A.M. to 4:00 P.M. As a rule-of-thumb, if your shadow is shorter than you it's time for sun protection. If outdoors, try to seek shaded areas during this time. Keep in mind, however, that ultraviolet radiation can be reflected off bright, shiny surfaces such as sand, snow, and water causing sunburns even in the shade.

If planning on being outdoors for extended periods of time, alternate forms of sun protection are necessary to prevent burning. Wear light-colored, tightly woven, protective clothing, wide-brimmed hats that provide protection for the ears, and UV protective sunglasses.

Sunscreens with a SPF (Sun Protection Factor) of at least 15 should be applied to those areas not covered by clothing about thirty minutes before exposing the skin to the sun. Don't forget the lips as they burn also. Use a lip balm containing an SPF 15 sunscreen or greater. Theoretically, when wearing a sunscreen with an SPF of 15, it will take fifteen times longer to burn compared to wearing no sunscreen at all. However, many factors exist that can significantly alter the time it takes to burn. Some of these factors include the thickness of sunscreen applied, moisture on the skin (e.g. sweat, swimming), and wiping this moisture off. Sunscreen should be applied liberally, as too thin a coat will decrease its SPF. One ounce, enough to fill a shot glass, is considered the amount of sunscreen

needed to cover the exposed areas of the body properly. Sunscreen should also be reapplied every two hours or after swimming or profuse sweating. Keep in mind that reapplying sunscreen will not increase its SPF value and burning can occur if out in the sun longer than what the SPF provides.

An overwhelming assortment of sunscreens is on the market today. They come in creams, lotions, gels, sticks, and sprays and are compatible with most skin types. Many different types of chemicals are used in these sunscreens that either absorb or reflect ultraviolet radiation. To broaden the range of ultraviolet protection, several of these chemicals are usually used in a given sunscreen. Some of the better ingredients include zinc oxide, titanium dioxide, and avobenzene (Parsol 1789). Be aware that avobenzene can sometimes stain clothing brown. Some sunscreens, called "broad-spectrum," reflect both UVA and UVB rays. They do a better job of protecting skin from other effects of the sun including photo damage and sun rashes.

Adverse reactions to sunscreens can occur. One of the most common is a rash that develops from contact of one of the sunscreen chemicals with the skin. This can be either an irritant or an allergic rash. Sometimes this rash doesn't appear until exposed to sun. Zinc oxide and titanium dioxide can usually be used when rashes occur from other types of sunscreens.

Once sun damage has occurred, the risk of developing certain skin cancers is increased. The most common types of skin cancer include basal cell carcinoma, squamous cell carcinoma, and melanoma.

Basal cell carcinomas are the most common cause of skin cancer in fair-skinned individuals. They usually appear as a small, fleshy bump or nodule - most often on sun damaged skin such as the face, ears, neck, and forearms. Occasionally these cancers may appear on the trunk or legs as red patches. These tumors don't spread quickly. It can take many months or years for one to grow to a diameter of one-half inch. Untreated, the cancer will begin to bleed, crust over, heal, and then the cycle repeats.

Although this type of cancer rarely spreads to other parts of the body, it can extend below the skin to the bone and cause considerable local damage.

The second most common skin cancer is squamous cell carcinoma. This type usually appears as a red, scaly bump or patch. Sometimes they will start as small scaly pink spots called actinic keratoses. These are considered "precancerous" and can easily be treated by cryotherapy (freezing) or other noninvasive methods. Squamous cell carcinomas also are typically found on sun-damaged skin including the lips and mouth. This cancer can develop into large masses. Unlike basal cell carcinoma, it can spread to internal organs. When found early, and treated properly, both basal cell and squamous cell carcinomas have a better than 95 percent cure rate.

Melanoma is the least common of the three main types of skin cancer but is the most deadly form. Every year, an estimated 7,300 Americans will die from melanoma. Melanoma may suddenly appear without warning, but it may also begin in, or near a mole, or another dark spot in the skin. It is important to know the location and appearance of the moles on our bodies so any change will be noticed. The most important step you can take is to have any changing mole examined by your primary care provider or dermatologist so that an early melanoma can be treated while still in the curable stage.

Excessive sun exposure, particularly sunburn, is the most important preventable cause of melanoma, especially among light-skinned individuals. Heredity also plays a part since a person has an increased chance of developing melanoma if a family member has had melanoma. Atypical moles (dysplastic nevi), which may run in families, and a high number of moles, can serve as markers for people at higher risk for developing melanoma.

Dark brown or black skin is not a guarantee against melanoma. Dark-skinned people can develop melanoma, especially on the palms of the hands, soles of the feet, under nails, or in the mouth.

When detected early, treatment of thin melanomas and the majority of basal and squamous cell carcinomas can cure the disease in most cases. The best way to insure early detection of skin cancer is to develop a regular routine to inspect your body for any skin changes. If any growth, mole, sore, or skin discoloration appears suddenly, or begins to change, see your primary care provider or dermatologist. If you have a history of skin cancer or significant sun damage, a thorough skin cancer screening every 6-12 months by a dermatologist is advised.

A portion of the above information was obtained from the American Academy of Dermatology. This organization is a great resource for information on sun safety, skin cancer and other skin conditions. You can contact them at 1-888-462-DERM or access their web site at www.aad.org. END

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tried to get back up. From my usual place as sweep I got promoted (?) to probe on Elkhorn Rapid and survived. The day's camp was at Groundhog campsite.

On the 11th we encountered civilization by stopping at Buckskin Bill's and Mackay Bar for ice cream and pop (or beer). Camp was at Warren Creek. The 12th was a short day on the water, only about 2.5 hours as we moved down to Upper Bull Creek. There was no shade so lunch was served from tables set in the river. Charlie set up his para wing for shade. A blondish-black bear progressing upriver gave us something to do for a while.

On the 16th Bob was hissed at several times by a deer that appeared to take exception with the location of his tent. We were annoyed for hours through the night by roving, baying hounds. On the 17th we scouted and ran Snow Hole Rapid. Its an interesting rapid in that you scout it on the left knowing that you are going to run it on the right. There is a rock on the right, a little way from the right bank and just after the water starts down the rapid, that you use for your guide on the right side of your boat. Due to the angle that you scout the rapid and the angle of the current your guide rock appears to move to the left as you approach the rapid and you think you're using the wrong guide. We camped that evening in the beautiful locust grove below Skeleton Creek Rapid.

On the 18th we made it to the Snake River and went down to Coon Hollow for our last camp of the trip. During the day the river dropped about two feet due to reduced release from Hell's Canyon Dam and we had to move the rafts to be sure that we had water in the morning. At 7:45 I started to move my boat out again and found Bob's rattlesnake from last year under my left tube. We moved him down the beach and didn't see him again. We got to Heller Bar about 10:30 the 19th which completed 284 miles on the river for Bob and me. We loaded all our gear on my trailer to return to Salmon. We picked up Bob's car in Salmon and Bob got his tent set up at Shoup Bridge Recreation Area just before a rain storm hit.

MISSOURI RIVER, MT

July 26th I pushed the cataraft off the trailer into the Missouri River at Fort Benton, Montana. Bob Coltharp rigged his raft. Charles Benjamin and Gary King prepared their kayaks and Steve Skinner loaded his canoe. I was taking my cataraft for two reasons, it was what I had with me, and I had promised Charles that we would accommodate his breathing machine (for sleep apnea). His gear included the breathing machine, deep cycle batteries, and an inverter to change the DC battery power to the AC power needed by the machine. Bob was using his raft because it was what he had. After finding a few shallow places and after checking out a couple of potential campsites, we decided to camp across from the mouth of the Marias River. After a day's paddle Gary and Charles decided that the smart thing for them to do would be to take out at Judith Landing so Charles could get back for a case he was representing in court. The shuttle service was called on Bob's satellite phone and arrangements were made for Gary's pickup to be delivered to Judith Landing.

During the night we had a fierce wind and woke early to an overcast sky. We topped our water off at Coal Banks Landing (the last potable

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water supply). After an overcast day we made camp at the upper Little Sandy site. We decided to cut the daily mileage from about twenty to less than fifteen since we wouldn't need to rush for Charles.

The 28th we went through the White Cliffs and camped at Hole in the Wall. The hand pump has been removed and replaced by a solar pump that is used to drip-water the young trees on the site. There were several episodes of rain during the night. The next camp was at Slaughter River where I attempted to rescue a bat that had been caught in a fly strip. Charles' breathing machine gave its last gasp. On the 30th Charles and Gary got out at Judith Landing where there were even trash containers. We camped below McKeever Rapid just above where the BLM has started to fence a grove of cottonwood trees. At our camp on the 31st we observed a cow with a bad hip/leg and later flagged down a Fish and Wildlife ranger on a PWC and told him. He said he'd tell the owner. Bob found a rattlesnake that had taken a position that blocked both our toilet and the path from the boats. We used a detour for awhile. We attempted to camp at Cow Island Landing but were put off by the brush and cow manure. Camp was made on the right just below Cow Island.

The 2nd we looked for and eventually found the campsite called Hideaway. It was about .7 of a mile below where it was indicated to be. Not only that, it was full of cow manure and brush. Instead of using that we ferried across and used the home of the rusted automobile (pickup). At the take out we cleaned gear and packed up to go home just before the rain started. It was the end of another summer on the river. Thanks to all who helped make it happen. END



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Please fill out this form completely, even if you are renewing. Send the application and your check for TOTAL OF ALL FEES to:

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Please tell us how you heard about the Kansas Canoe & Kayak Association - check all that apply:

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- KANSAS PADDLER Home Page
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- Special Events, Rendezvous, etc
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Revised: 09/21/04

The Kansas Canoe & Kayak Association (KCKA), formerly the Kansas Canoe Association, organized April 26, 1975, is a Kansas Not-For-Profit Corporation. KCKA is an organization of canoeists, kayakers, and rafters working together to promote river running, education, conservation, access and related activities. Various Chapters of KCKA may be established within KCKA to help support the specific interests of Chapter members.

KCKA Bylaws, Outdoor Code, KCKA History, Paddling Tips, Trip Waiver Forms, a list of businesses that extend KCKA Members a discount, and much more can be found on-line in the KANSAS PADDLER Home Page on the Membership Page

Spreading the Word about Short Notice Trips

By Chris Collins - KCKA Marketing Chr.

Many KCKA float trips aren't listed in the Kansas Paddler because they are conceived on short notice based on personal schedules, water levels and weather. This is true for both flatwater and whitewater trips.

If you are a participant and wish to keep informed about short notice trips, make sure KCKA has a usable email address and keep a close eye on the event schedule listed on the website. If you don't have a computer, perhaps you can make arrangements with a

family member or friend to receive these notices for you. To update your email address, contact Don Varnau.

If you organize a trip on short notice, your trip can be easily advertised to all current members via email. To send an event notice to the membership, simply contact Chris Collins with your message. It takes about 5 minutes to distribute your event notice to all current members. Please support your club by sharing your trips. There are likely three or four members who are looking for a float and would love to join you. END

Membership Renewal Process

By Don Varnau - KCKA Membership/Treasurer

The KCKA Membership records are in an Access database, which Bob Harris created and refined in the latter part of his 10-year stint as Membership Director and Treasurer. The program does the hard work. I just have to enter information correctly and remember to mail out the renewal notices around the first of each month.

The KCKA bylaws still contain this statement: "Section 5. DUES. All dues are due and payable on January 1st of each year, for the ensuing year." In fact, for about

the last 5 years, a KCKA annual membership has been for 12 months, beginning with the month in which a member (individual or associate) joins. Each month I send out current renewal notices and reminders to those who haven't yet renewed. I appreciate that so many members renew promptly. It saves the KCKA the cost of stamps and envelopes.

Please feel free to contact me regarding membership questions or changes to your personal information. END

Editor's Note: Readers may find contact information for both authors on the front cover.



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