



## KCA Helps Dedicate the St. George River Park

By Jackie Rawlings

Association, I want to thank those who were responsible for getting this done: Charlie Boggs, former Mayor of St. George; Brad Loveless, Westar Green Team; TJ Hittle, Hittle Landscape Architects; Mike Calwell, Friends of the Kaw; Paul Sodamann, American Fly Fishers; Kansas Canoe Association; Kansas Streamlink, Mike Hayden, Secretary, Kansas Dept. of Wildlife and Parks, and many volunteers. It is a great example of what can happen if enough

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785-292-4561 / larrystorer@yahoo.com

On Saturday May 10th, St. George, KS. dedicated their new river access to the Kansas River. It was a great day! Many people came out to show their support including Mike Hayden, Secretary Kansas Wildlife and Parks, KS. House Representative Vern Osborne and St. George mayor, Carol Rogers. After the dedication, the Kansas Canoe Association and Kansas River Outfitters both conducted their respective river floats with over 50 participants total.

The access became a reality because St. George residents were willing to get behind the dream many of us have had. In the past, if you floated from the access at 24 Highway bridge to St. George, you had to takeout walking through mud and poison ivy. Now there is a concrete ramp with plenty of good parking. When they completely finish the project, there will be bathrooms and great landscaping.

As President of the Kansas Canoe



[Above: L-R, Mike Hayden - KDWP Secretary of Wildlife & Parks; Charlie Boggs, former Mayor of St. George, KS; KS Representative Vern Osborne - photo by TJ Hittle]



[Above: L-R: Dave Murphy, Chris Collins, Russell Warnky, Kail Katzenmeier, Frank Lichtlin, Robert Slingsby, Bonnie Hamer-Sherow, Bob Sinnett] Editor's Note: This is part of 28 KCA members that attended the dedication, floated the river, & signed the official trip roster!

George and see the new access. Better yet, plan a float on this section of the river and enjoy using the new ramp and parking. If you don't own a canoe or kayak, you could

(CONTINUED ON PAGE 14)

people and organizations work together cooperatively to make something happen. Be sure and take a drive over to St.

# "Everyone Had a Grand Time" - KCA Rendezvous 2003 - Trip Report

By Eddy Beard

Friday evening, May 16th, Bill Cather welcomed an enthusiastic group of paddlers to the "Old Goat Ranch" for the 2003 KCA Rendezvous. A generous sharing of hamburgers and hotdogs were enjoyed from the grill. Registrations were completed and campsites located. With 200 acres there was room to explore a variety of camping locations. Campers could choose to be close to indoor flushing facilities or far back on wooded, sand dunes.

The Saturday launch was from a new City of Wichita park, acquired with the intent of improving Arkansas River canoeing access. Contact Bill regarding how you can obtain a key to the gate to use this access. This land was purchased when Bill Cather was serving on the City Council. With encouragement from

Bill the city worked on the road in order to prepare for the first use of the launch site. This scraping of all vegetation from the road

launch site. Twice the van and trailer mired down in the fresh mud. With many hands pushing and Bill's aggressive, high speed trip over the surrounding pasture in his "Sanford and Son" style truck, my van was pulled free only to mire down again a short distance later. That difficulty was resolved and everyone reached the launch location. Other vehicles were more successful in making the shuttle road trip. The group decided running the return shuttle at the end of

the day would be better, giving the road some time to dry. T.J. Hittle made the morning more relaxing for shuttle driver Eddy by letting Cliff drive the rig out to a solid road and then returning Cliff to the launch site in his 4-wheel drive



[Above: L-R (facing the camera) Mark Swanson, Chris Collins, Cliff Long - photo by T.J. Hittle]

surface and a heavy rain on Thursday night made for a challenging shuttle drive.

Cliff Long led the group down a narrow path, though a cow pasture, to reach the

(CONTINUED ON PAGE 14)

## Kid's Chapter column

By Bill McClave

For 2003, the Kids Kayaking Chapter is planning a repeat of its successful "Full Moon Quick Strike Series." This is a monthly series of Saturday night overnight trips. We call them "quick strike" because we meet at Lawrence's Kaw River Oak Street put-in at 5:00 p.m., paddle one hour down to a sand bar, camp overnight with requisite campfire & s'mores, and paddle out before noon the next morning. Bring your own camping gear and all water & food. Dates are scheduled to hit near or on the full moon weekend:

July — Sat. 7/12 & Sun. 7/13 - "Full Moon Quick Strike Series" - Camping on the Kaw - To join us, call or email program leaders Bill McClave (913-685-9221, [wlmccclav@yahoo.com](mailto:wlmccclav@yahoo.com)), Dave Smith (912-681-1260, [dsmith8879@aol.com](mailto:dsmith8879@aol.com)), or Bill Cutler (785-379-9756, [spudspa@aol.com](mailto:spudspa@aol.com)).



[Above: "Four of our Kids Kayakers, ages 8 - 12, hang out at our overnight campsite." - photo & caption by Bill Cutler]

Adult participation & PFD's are required.

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# Activities Calendar

"KCA 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 KCA Newsletter, so check it out at: [www.kansas.net/~tjhittle/](http://www.kansas.net/~tjhittle/)*

**July 4-5th – KCA “July 4<sup>th</sup> Float” - Arkansas River, near Mulvane, KS (Class I)** - Base Camp: Bill Cather's Old Goat Ranch on the Arkansas River near Mulvane, Kansas. Detailed directions are available on request. Space is available for vehicle or tent camping in the yard or woods. Space for tent camping is also available on the sand bar. Motels, groceries, and restaurants are located in Mulvane, about 10 minutes from the ranch. Youth are welcome with parent, guardian, or adult supervision. A place will be provided for detonation of your own fireworks. RSVP: Contact Chris Collins at 316-942-4339 or email [stuff2@chriscollins.com](mailto:stuff2@chriscollins.com). We would like to know your estimated arrival time and let you cast your vote for the location of the Friday evening float.

**July 19th - Republican River, near Milford Lake 5-6 mile Class I** - Saturday afternoon. If there is a lot of interest during any certain month and the weather forecast is good, we could go on down to the Kansas River and end the trip at Manhattan. Call Erlene Slingsby (785) 632-2389 or email: [erldorothfrmks@yahoo.com](mailto:erldorothfrmks@yahoo.com)

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**July 22-August 5, Salmon River (Class III-IV), 80-209 miles.** This trip can be broken down into three sections so that paddlers can do as much or as little as they have time and desire to do. The first section is the Main Salmon which will be run July 22-26, Corn Creek to Vinegar Creek, 79 miles. The next section is the area above and below Riggins, Idaho and will be run July 27-31 from Vinegar Creek to Hammer Creek, 58 miles. The last section is from Hammer Creek to Heller Bar on the Snake River which will be run August 1-5, 72 miles. A deposit will be required. For details and links to the trip, contact Cliff Long at [clifflong@kansasriverrat.com](mailto:clifflong@kansasriverrat.com) or at 316-253-9216 (evenings and weekends) for details and to get on the list for this trip.

**August 7-9 or August 7- 12, Grand Ronde River & Snake River, ID Class II-IV).** The longer trip depends on whether I can interest enough people to paddle from Minam on the Wallowa River to the Grande Ronde River to Heller Bar on the Snake River (Class II-IV), 92 miles. For details and links to the trip, contact Cliff Long at [clifflong@kansasriverrat.com](mailto:clifflong@kansasriverrat.com) or at 316-253-9216 (evenings and weekends) for details and to get on the list for this trip.

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**October 11-12, 2003, North Fork of the White River, MO (Class I-II).** For details, contact Cliff Long at (316) 253-9216 or [clifflong@kansasriverrat.com](mailto:clifflong@kansasriverrat.com).

**October 25 - 26 - KCA OCTOBERFEST FLOAT** - Camping at Bill Cather's Old Goat Ranch, near Mulvane, Kansas. (Directions to the Old Goat Ranch from the stop light in Mulvane at K 15 and Rock Road go south to the stop sign; turn left and go to Central and Main [brick Methodist Church of right]; turn right under the railroad to 130th; turn left and go to Old Goat Ranch Road; turn right to the corner of 120th and you're there.) For more details, contact Eddy Beard at [ebeard@kansasriverrat.com](mailto:ebeard@kansasriverrat.com) or weekdays at (785) 266-6891.

## KCA Outdoor Code, adopted April 26, 1975

As a Kansas Canoe Association Member, I profess to the following Code of Conduct:

- I will at all times display respect for the land and water, treating the same as a valuable and finite natural resource
- I am dedicated to the conservation of streams and rivers and to the protection of natural scenic land and water resources
- I respect riparian landowner rights and will abide by the following rules:
  - o I will secure or seek permission before entering private land with wheeled vehicles
  - o I will not chase or harass livestock, leave gates open, cut fences, or in anyway vandalize private property
  - o I will gain access to streams and rivers at public road bridges or will use private access with permission only
- I will carry out and/or properly dispose of all my litter including litter left behind by others when possible
- I will respect all fishing and hunting laws and will not discharge firearms except where permitted by law and then only in a safe manner
- All camp fires will be properly attended and thoroughly extinguished after use

# President's Column

By Jackie Rawlings

I want to thank Cliff Long, Eddy Beard, Bill & Yvonne Cather for the great KCA Rendezvous 2003. I am sure those who attended would agree. For those who were not there, plan on attending the weekend at Bill Cather's Old Goat Ranch that is being planned for this fall. I am sure it will be a fun event. Don't forget the upcoming July 4th float at the Old Goat Ranch either.

Charles Benjamin, Executive Director of the Kansas Sierra Club gave a very informative talk at the rendezvous about the history of the water quality legislation. We all should try to stay informed and send our legislators



[Above: President Jackie Rawlings - pictured during a past KCA Rendezvous - photo by T.J. Hittle]

letters letting them know that we think water quality should be a priority.

We have a challenge for all KCA members. Our membership numbers have been flat for several years. But lately, with the booth at the St. George dedication and the recent KCA Rendezvous, we are gaining members. We are also starting a contest. Read about it in the KANSAS PADDLER Newsletter.

I hope you all are planning to get out and paddle this summer. There are so many wonderful rivers to float and so little time to do it. We just have to take it one river section at a time.

## Neches River (Big Thicket, Texas) - Trip Report



By Cliff Long

The Neches River through some of the Big Thicket of east Texas March 17th through 21st was this years spring break trip. On the 16th Martina Ellis, Colin Maag, Ray Cowin, and I left Martin Dies State Park on B. A. Steinhagen Lake to go scout our accesses to the river and see the sights. Our directions were so vague that we missed the road to the put in. We did find our take out access and found out the access was great but there was a problem. The river was flowing at 20,000 cfs (normal at this time of year is 5,000 cfs), which put it well into the trees.

When you can't use one river, you look for another. While driving around, we stopped at Eastex Canoe Trails in Silsbee, Texas (eastexcanoes.com, 409-385-4700) where we got some advice and a map. After that, it was back to scouting only this time it was along Village Creek. We found that most accesses allowed boaters to drive to the rivers edge on pavement. After that it was back to camp where Pat and Gary Cook were waiting for us.

Monday a storm was supposed to pass through the area so we decided to explore the lake in the vicinity of camp. Colin was our token canoeist with rest of us in some form of touring kayak. When we had entered the campgrounds, a sign admonished us not to

feed or annoy the alligators and our paddling brought us to a gator. He wasn't big (3-4') but it is always a thrill to know that you are paddling with such wildlife around. For lunch we used one of the parks campsites so we had a table and seats. Other wildlife spotted during the day included; nutria, muskrat, turtles, vultures, belted kingfishers, and various egrets and herons. Martina made the most unusual wildlife find of the day when she discovered that she was accompanied in the cockpit of her kayak by a snake. Having previously been bitten by a cottonmouth, she showed great restraint by managing to paddle to shore rather than giving the boat to the snake.

Tuesday we launched on Village Creek from Farm Road 418 and paddled to Texas 327. Shortly after we launched, it started to sprinkle on us and we were soon in a rainstorm. Due to good planning, we all had good rain gear. We found a nice white sandbar during a break in the rain for lunch. Just as everyone was getting comfortable after lunch the wind shifted, the temperature dropped at least 20 degrees, and it started to thunder and rain harder. I missed a turn in the river (maybe I was blinded by my rain hood) and started paddling up Cypress Creek. It looked real interesting for another trip. On the way back to camp, we scouted for, and found, our original, planned, put in. We also scouted for and found McQueen Landing on the opposite side of the river. (It was flooded.)

Village Creek from Texas 327 to US 96 was Wednesdays route. Sand beaches became more numerous as we moved down stream. After paddling, we drove up to the access to the Angelina River at Bevilport and decided it looked too high to paddle.

On Thursday, with his permission, we

launched from Coconut Willies home on the Neches River above B. A. Steinhagen Lake to paddle back to the north boat ramp at the state park. Coconut Willie is really Park Ranger Terry Lamon. The lake is unusual, at least to me, in the number of islands, stands of trees in the lake, and scattered cypress trees. As we approached our take out, the Neches was joined by the Angelina River, which increased water speed. Near the take out we paddled out of the river into a creek channel for the final approach. As we landed, the wind picked up and rain appeared imminent.

Village Creek was to be our final paddle on Friday. We put in at US 96 with take out on the Neches River at Lakeview. A half mile from the Neches the gray, green water of the Neches could be seen coming through the brush and mixing with the tea brown water of Village Creek. In the shelter of the brush and trees at the end of Village Creek we gathered and watched the Neches go speeding by. After a short watch, we charged the current line and headed for the take out. Once on the Neches the current didn't seem as fast. Near the take out there was a houseboat of nearly 40 feet, which gives an idea of the size of the river and proximity to the Gulf of Mexico.

We never got snowed on and there were no mountains to cross during this spring break trip. Despite the rain, the fact that we roughed it by base camping and eating supper in town nightly, the lack of time on the designated river, and the pollen (it turned vehicles a light yellow/green in a day) we enjoyed the trip and are looking forward to a



# KCA Membership Contest!

July 1, 2003 - June 30, 2004

By Jackie Rawlings

Listen up, all you dedicated KCA Members! Get a member and be eligible to win prizes.

If you are responsible for signing up a new member, make sure they identify you on their application. Your name will be put in a raffle for prizes. The first prize is a \$100 gift certificate to the outdoor supply store of your choice. The 2<sup>nd</sup> prize is \$50 to the outdoor supply store of your choice. 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> places will be gift subscriptions to either Canoe/Kayak or National Geographic Adventure Magazines. The contest will run one full year, from July



**ENCOURAGE A FRIEND, FAMILY MEMBER, OR ANY PERSON THAT LOVES THE OUTDOORS AND OUR ENVIRONMENT TO JOIN THE KANSAS CANOE ASSOCIATION**

1, 2003 to June 30, 2004. Members must use an official KCA Membership application form. You can use the basic form found in this newsletter (make copies as needed) or write Jackie Rawlings at 700 Gillespie Driver; Manhattan, KS 66502, call (785) 537-

0164 or email: rawlings@kansas.net to send you 10-20 newly printed full KCA Membership brochures. (Yes, KCA now has a new membership brochure) or print the one off the KANSAS PADDLER Home Page

(which is a .pdf file version of the new KCA brochure).

Simply **print your name** in the box shown inserted into this article to get credit for the new member. New Associate Members will count as three regular memberships. Don Varnau, our KCA Membership/Treasurer, will compile the members indicating that you encouraged them to join, report to the KCA Board on our new membership drive, and who is joining up new members. All members who generate at least three new members will receive either a new KCA visor or hat. The KCA has so much potential but we need more members. If everyone gets one member, we would have over 300 members. Call or email me if you have any questions.

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

<input type="checkbox"/>	From a friend who boats
<input type="checkbox"/>	Another KCA Member
<input type="checkbox"/>	KANSAS PADDLER Home Page
<input type="checkbox"/>	Information at a business, name: _____
<input type="checkbox"/>	Article in News Media
<input type="checkbox"/>	A KCA activity booth
<input checked="" type="checkbox"/>	Other: <u>YOUR NAME</u> _____



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## Mosquitoes and Vitamin B complex

By Chris Collins

The West Nile virus poses a new and extra threat to boaters and campers because of our extended exposure.

Here is our personal mosquito story and a possible solution to reduce the number of bites and risk of the West Nile virus.

My wife Bonnie could take the trash out and return with several bites, yet mosquitoes were seldom attracted to my blood. This had been going on for most of our 30-year marriage. We could only assume it was our difference in body chemistry or one of the various and sundry things women use to please themselves and their man. A few years ago, we had a visitor, Ginny, from Alaska who helped us greatly with this problem.

Ginny is a mature individual who has led an interesting life that included researching and photographing whales for several years. She actually lived on a boat with her husband and children. Jenny loves the outdoors and has had her share of Alaskan mosquitoes. I judge an Alaskan mosquito can be seen from a distance of several yards and has a buzz that is enough to keep you

awake at night.

During the conversation Ginny mentioned something about one of the vitamin B's as being a repellent for mosquitoes. I wish I could remember which one. Bonnie and I looked at each other as we simultaneously thought this could be the difference between the two of us. Most of the time, I had been taking an extra vitamin B complex in addition to a therapeutic-sized multiple vitamin. Bonnie chose not to take vitamins and certainly not the "big, stinky" vitamin B complex pills. The fact was that mosquitoes liked her much better than me.

Bonnie began taking the multi-vitamin and the extra vitamin B complex. After a while she noticed the mosquitoes were leaving her alone. Finally, after all these years, she can go out after dark without donating her blood. We still don't know which vitamin B is doing the trick but the combination of a strong multi-vitamin and a mega dose of vitamin B complex seems to be working for both of us.

# 2003 Novice Whitewater Trip - Trip Report



By Jim Johnson

This was the 20<sup>th</sup> year for the infamous KCA Novice Whitewater trip . A trip that has introduced many new boaters to the ways of proper river running. This year was a case in point.

First the players: Jackie Rawlings OC-1, T.J. Hittle K-1, Doug Sell OC-1, Dave Reid K-1, Roger Norton K-1, Chris Collins K-1, and Jim Johnson K-1 met at the KOA in Alma Arkansas hoping to paddle Frog Bayou. Fat chance! The water from recent heavy downpours



[Above: Jim Johnson surfing on the Mulberry River - photo by T.J. Hittle]

disappeared. So once again the group headed for the Mighty Mulberry where the level looked good.

And good it was, enjoyed by our group of seven, along with millions of canoe rental customers, enjoying the weather, and water and



[Above: Lunch at "Hoop N Holler" rapids - L-R: Jim Johnson & Dave Reid (Arkansas Canoe Club member & good KCA friend)]

doing their best to wrap, pin or swim on every riffle on the river. It was quite a day. Rescue practice was the order of the day.

The most famous quote for the trip: " Jim Johnson to Dave Reid: Hey Dave, can you recognize the

take-out?" Dave Reid responds: "Sure, I've done this stretch a million times before." [Editor's Note: Jim, Dave, & Chris got a little extra exercise

hauling their boats 1/2 mile back upstream to the

"real take-out"]

Sunday T.J., Jackie, Roger and I did the short run from Redding campground to Turner's Bend.

What about the conversation at the top of this article? It was spoken as Dave Reid and I floated lazily past the Redding take-out on Saturday. It was a fine day for a hike back up-river to the take-out.

Thanks to T.J. and Jackie for co-leading this trip.



## Welcome New Members

The Coleman Co, Wichita, KS (Jim Reid, Ann Walden) - (Associate Member)

Lyle Kaufmann, Wichita, KS

Bob Krenz, Powell, WY

Bruce Laffery, Clay Center, KS

Chad Landes, Topeka, KS

Linda Lyne, Salina, KS

Kansas River Canoe Co, Lawrence, KS (Associate Member)

Jeff Neel, Manhattan, KS

Roger Norton, Wichita, KS

Darrin Obenland, Clay Center, KS

Keith & Sandra Ratzloff, Manhattan, KS

Richard Seaton Jr., Manhattan, KS

Mark Swanson, Clay Center, KS

Becky Wendland, Lawrence, KS

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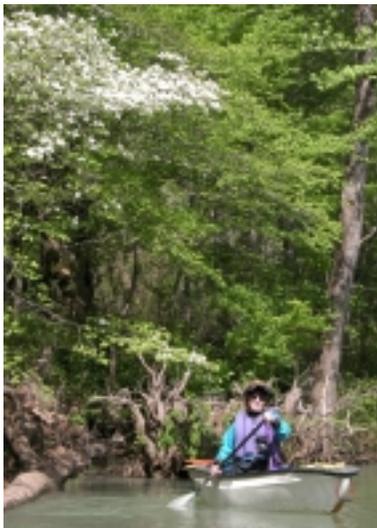
# Actions n' Captions



*[Above Lunch on the St. George Dedication Float, L-R: Jackie Rawlings, Bonnie Hamer-Sherow (no she isn't crying, she just ate a lemon), Bob Sinnett, Emily Katzenmeier, Kail Katzenmeier - photo by T.J. Hittle]*



*[Above: R-L: Kids Chapter members, Bill & Antoinette Cutler, & her friend, Laura - photo by T.J. Hittle]*



*[Above: Jackie Rawlings on the Novice WW Trip, Mulberry River - photo by T.J. Hittle]*



*[Above: Early morning camp on the Kansas River overnight short-notice trip, May 31-June 1 - photo by Jon Held]*



*[Right: Canadian Goose family on the Tuttle Creek River Pond, Manhattan, KS - photo by Bob Sinnett]*



*[Above L-R: Legendary KCA touring kayakers, Keith Ratzloff & Larry Storer - relaxing after a hard day paddling the Little Blue, Big Blue, & Black Vermillion (all in one day) - photo by T.J. Hittle]*



*[Above: The St. George River Park Dedication Float - Boat Launch. Over 28 KCA Members participated in the float trip - photo by T.J. Hittle]*

# KCA "Paddle Skills" Class Report

By Mick O'Shea - KCA Safety-Education Chr



On Sat. June 7<sup>th</sup> and Sun. 8<sup>th</sup> four tandem canoeists, Linda Lyne, Virginia Davis, and Ken and Terri Tilford took part in an ACA 'Basic River Canoe' class.

The class began at the Blue River boat ramp in Manhattan with good weather and energetic and eager students. Basic strokes in a tandem canoe were covered first (sweep, draw, pry and forward). We then practiced maneuvers starting with simple turns.

After lunch I told the class that statistically one tandem canoe per class will tip over. One tandem canoe then made this happen doing a really excellent demo of how to flip a canoe and laugh about it afterwards.

The class spent some time down at the confluence of the Blue with the Kaw Rivers.

There is a good channel here to practice your ferrying skills. All the class did well ferrying back and fourth to an island on the Kaw. The weather deteriorated a little after lunch and we had some rain and cool weather. I still prefer this weather to the hot summer sun beating down on us.

The class spent a part of the afternoon practicing paddling in a straight line. Here the



[Above: Mick O'Shea demonstrates a turning maneuver - photo by Jackie Rawlings]

straight line. For maneuvers such as those involving sharp turns (e.g. eddy turns and

peelouts) both the bow and stern people collaborate. In this class we covered the bow draw, cross-bow draw, bow sweep for the bow person, and pries and sweeps for the stern person. Using these strokes the tandem canoes practiced various turns and other maneuvers.

As we got off the water at 4:30 p.m. on Saturday the wind came up

and so we timed the end of the class well for this day.

On Sunday Jackie Rawlings joined our class. Paddle strokes were reviewed and then the class concentrated on eddy turns and ferrying. After learning most of the basics yesterday, paddlers worked improving on their technique. If you were in this class and you are reading this - don't forget to go out and practice what you learned on a regular basis!



[Above: Ken & Terri Tilford practice tandem turning maneuvers - photo by Mick O'Shea]

bow person provides power and the stern provides power along with correction strokes (J-stroke or sweep) to keep the boat moving in a

## Eagle Float - No-Go & Go? - Trip Reports

By Cliff Long

### January 2003 Eagle Float - No Go!

A mixed group of canoeists, kayakers (Connie Simmons, Charles Benjamin, Dan and Shelbi Carpenter; OC-2: Jack Shumard, Karin Cowdrey, Bruce Fuelling, and Cliff Long; OC-1: James Christians, Ray Cowin, Jim Clark and Wally Sieble; K-1), and our trusty shuttle driver, Eddy Beard, gathered at the Grouse Creek access to the Arkansas River. It was cool, but sunny with the promise temperatures into the 50s.

We carried boats and gear to the bottom of the ramp in preparation for a pleasant float. Then we sent all the drivers and vehicles to the take out so Eddy could bring the drivers back to launch.

At the put in we waited and talked, and waited, and waited, and worried about car trouble. After about three times what it

should take to run the shuttle a vehicle was heard coming up the gravel road. It stopped at the end of the drive to the access area. It was one of our vehicles but the wrong one. As it came down the drive all of the other



vehicles that had been sent to the take out returned also.

The drivers reported that the take out ramp was not accessible due to an ice jam. They had scouted but not found a usable

way to get around or over the ice. After some discussion the group split up. Part of the group went hiking at Chaplin Nature Center and the trip coordinator and shuttle driver went to photograph the ice. Oh yes, some eagles were spotted.

Attached is a photo taken at the boat ramp at Traders Bend of the ice.

### Eagle Float, second try - Go!

February 16th started cool (mid 20s) and breezy. As we gathered at the put in, Grouse Creek access to the Arkansas River, nobody was brave or smart enough to say no. So we planned to launch.

Eddy Beard drove shuttle service for us so that all of our vehicles would be at the take out waiting. The paddling group consisted of Behrooz Rahbar, Mary Dorsch, Bruce Fuelling, Karin Cowdrey (OC-2), James Christians, Bill Cather, Ray Cowin (K-1), Jim Weaver, and Cliff Long (OC-1).

The wind was behind us, mostly, and

(CONTINUED ON PAGE 9)

# Bombproofing Your Kayak Roll

By Eric Jackson - World Champion  
Freestyle Kayak Champion

Let's learn how to Bomb proof your roll!

Anybody can have a bombproof roll.- Just like you learned how to roll in the first place, you can learn how to always roll up. You will be a much happier person on the river when you know you will always roll up. Kayaking will be safer, and more rewarding, as your skills increase quickly with a bomb proof roll. Get the idea? Good.

So where do you start? Let's start with your head, then go to the techniques that work, then finish with ways to practice.

Your head- you aren't as smart underwater as you are right side up. In fact you can be downright dumb when upside down in your boat. So you need to eliminate any major decision making while underwater. The only real decisions that you make when upside down are "should I roll or should I swim now.... if I roll there will be trouble... If I swim there will be double..." You can sing to that one. So let's decide now that you will roll if you tip over. That is step one, simple but critical.

Now you need the techniques and consistency to back that decision up. What is the best kind of roll? Any roll that gets you right side up with ease. Rolling where you come up on the back deck is much easier and more likely to be successful than a roll

on your front deck. (no space for discussion on this subject here, sorry). When you come up on your back deck you are in a good position to do an additional brace to keep you up or finish the roll off. When forward, you are much more likely to fall back in the water. So, learn to roll from anybody who will teach you, using any technique they show you, and you can still have a bombproof roll if you started with your head and decided to always roll, and then follow that up with the following practices.

Yes, practice makes perfect, but no, 90% of kayakers don't practice their roll in a way that prepares them for the real world. So, here is where you separate yourself from those poor souls who enter each rapid in fear of their next swim.

Rule Number 1- Never tip over in the set up position for your roll. Always practice by tipping over in some obscure position and then setting up underwater. Why? Because you begin to expect a certain feeling when you tip over in the set up position and that feeling never happens in a combat situation, so you panic, then you lift your head and miss a roll, then you do that again, then you swim, simple as that.

Rule Number 2- Practice your roll every time you paddle, and in the whitewater. In fact, you should try to mimic any situation you can imagine happening and practice your roll there. Fear of the unknown is another source of panic and only after you have tried your roll in a variety of situations can you go into any situation knowing that you have

rolled in it.

Summary-

- Anybody can have a bombproof roll
- It starts in your head
- It requires that you can roll in flatwater first
- It happens when you practice according to my prescription

For visual descriptions and underwater shots on bombproofing your roll, get my DVD- Strokes, Concepts, and Bombproofing Your Roll at my online store page at:

[www.jacksonkayak.com](http://www.jacksonkayak.com)



(Eagle Float - CONTINUED FROM PAGE 8)

the day was trying to warm as the sun flirted with coming from behind the clouds as we launched. The water level, at about 850 cfs, was enough to get us over most of the sand bars. While waiting for the shuttle to be run we saw an eagle. As we paddled to our lunch (sand) bar we saw several more eagles. Since eagles don't come with identity numbers or colors we couldn't tell if we had seen one or a half dozen.

At the first bend after lunch the river spirit took a sacrifice (or gave a baptism). A tree hanging into the river dumped Behrooz and Mary. Bill helped get Behrooz into a sleeping bag. Karin, Bruce, and Jim helped Mary. James, Ray, and I captured the canoe. Clothes came out of dry bags and Mary and Behrooz got dry clothes and wind protection. As soon as they were dry we had them moving on the sand bar while the boats were made ready to go and away we went.

The river spirit was satisfied and allowed us to paddle the rest of the way to the take out at Traders Bend without incident. After loading the boats we proceeded to Casa Martinez in Derby for an early supper before going our separate ways.

## Dagger Kayaks

Store Hours: Monday-Friday 10:00-8:00

Saturday 10:00-6:00

Sunday 12:00-5:00



7724 East Central Wichita, KS 67206  
(316) 684-6579 (800) 371-0225 [mountainhighinc.com](http://mountainhighinc.com)

White	Marshall & Kathi	2502 North Van Buren	Hutchinson	KS	620-665-3704	marshallwhite@sbcglobal.net
Wilds	Michael	1520 Wyndham Heights Dr	Mannattan	KS	785-539-4695	michaelwilds@yahoo.com
Williams	Richard & Edna	6109 West Highway 18	Junction City	KS	785-762-3335	rich@ksu.edu
Wilson	Dean	2537 SE Blair Drive	Topeka	KS	785-266-6591	
Wise	Dennis & Christine	5212 West 76th Street	Prairie Village	KS	913-648-6709	lwhitewater@hotmail.com
Wood	Charlie & Marcia	1780 South Highland Drive	Moab	UT	435-259-1614	
Ziesemer	Karla & Allan	9368 Ohio Street	Omaha	NE	402-392-2883	bigh2o@lasal.net

# Join us on the KCA July 4th Float Event

By Chris Collins

**Base Camp:** Bill Cather's Old Goat Ranch on the Arkansas River near Mulvane, Kansas. Detailed directions are available on request. Space is available for vehicle or tent camping in the yard or woods. Space for tent camping is also available on the sand bar. Motels, groceries, and restaurants are located in Mulvane, about 10 minutes from the ranch. Youth are welcome with parent, guardian, or adult supervision. A place will be provided for detonation of your own fireworks.



**When:** Arrive as early as Thursday afternoon, July 3. The first float trip will be early Friday morning while the air is still cool. Late arrivals can join us for a short Friday evening float trip with the shuttle departing from the ranch at 4:00 PM. In general, expect early morning and late evening float trips if the weather is hot. If the water level is too low, an alternate location will be selected.

**Friday Evening:** If there is enough interest, the Friday evening float can be located on the Arkansas in downtown Wichita to observe the fireworks show, or we can float the Arkansas near the ranch. We can do both floats if we have enough interested participants to do both shuttles.

**Saturday Evening:** Plan to stay up late for bonfire activities, fellowship, and a fishing contest. Awards will be given for the biggest carp and the most carp caught. Bring your own tackle and a fishing license. If you play an instrument or could lead a sing-along, please be ready to share your talent with the rest of us.

**RSVP:** Contact Chris Collins at 316-942-4339 or email [stuff2@chriscollins.com](mailto:stuff2@chriscollins.com). We would like to know your estimated arrival time and let you cast your vote for the location of the Friday evening float.



## New River Trash Law - for all rivers in Arkansas

By Jack Spiller

We just got back from the Mulberry River, where I learned of Arkansas' new river trash rule. Seems, along with other requirements, each boat must carry a securely fastened mesh trash sack.

It appears enforcement is by game wardens and or forest rangers, and is most likely at accesses. The fine is up to \$500. Some outfitters have the mesh sacks, unsure if free or not. I saw no trashcans at the Mulberry takeouts, so hauling trash out is evidently the deal. The law is aimed at easily upset boats. I am going to permanently install an onion sack in my boat, with no intention of ever using it, so I will always at least be able to produce it. Then I will put my trash in a second mesh sack with a plastic bag in it to contain the sardine can ooze etc. Attach and use a mesh litterbag.

The law reads "Carry and affix to the vessel, a container or bag suitable for containing refuse, waste and trash materials and capable of being securely closed. The container or bag shall be of mesh construction. Transport all refuse, waste and trash to a place where the materials may be safely and lawfully disposed of. A container shall not be required for those persons traveling without foodstuffs or beverages. Penalties: A violation of Act 803 shall be a misdemeanor and each violation may be prosecuted as a separate offense. Each violation shall be punishable by a fine of not more than five hundred dollars (\$500). Effective August 13,



## STOP & Check Your

## Directory Listing

The KCA Membership Directory is now being published in each newsletter. Please check your listing and verify that membership information is correct.

Newsletters are sent via automated bulk mail. If your address is not exactly correct, your newsletter may end up in the manual sorted pile and delivery may be delayed a week or more.

Remember that trip updates and other KCA info is often sent to all members with email addresses.

Send your changes to:

Kansas Canoe Association  
DonVarnau - Treasurer-Membership  
PO Box 44-2490  
Lawrence, KS 66044

vehicle.

Group photos were taken, stories exchanged, and paddling instruction provided by T.J. The water was running faster than usual for this flat prairie river and new paddlers were given tips to help them maintain an upright position on the float to the evening camp.

With the use of cellular technology the trip leaders checked back with Yvonne Cather and Frank Akerman at base camp. Cliff and T.J learned additional paddlers had found their way to camp. Eddy agreed to meet the paddlers at Derby and provide a boat so they could join the flotilla. This became an additional challenge as the road was marked as 83<sup>rd</sup> street west of Derby, however when coming up Derby's Main Street the sign is for Madison Avenue. Therefore Eddy's directions as given to the additional paddlers was confusing and misleading. Eventually everyone found the location and five additional boats joined the float at the Derby bridge. The shuttle driver was delighted to return to base camp.

Everyone had a grand time, the weather was ideal and a group of hungry paddlers landed at the Goat Ranch late in the afternoon.

Bill had worked long and hard to clear timber from a loop for driving down to the river. Eddy tested his new road repeatedly and found it to be great, even with a low riding Honda. However, after loading four tired paddlers for a trip from the landing up to the camp her Honda experienced clearance difficulties partially removing the back bumper.

Some walked the half-mile to camp, some jumped on a shuttle vehicle and dinner was started. Many cooks prepared a feast. More KCA and Sierra Club members continued to arrive through the evening and more food was put into the kettles. The group cooks included T. J. Hittle, Jackie Rawlings, James Christains, Yvonne Cather, Frank Akerman, and Eddy Beard. Many others pitched in to help with the preparation of the evening meal. Sierra Club lobbyist Charles Benjamin gave an informative talk regarding protection of the water supply, legislative action, and legal issues regarding clean water. Dinner was followed by guitar music led by T. J. and Roger Norton. The campfire towered high in the sky and river tales were exchanged, summer trips discussed, and eventually everyone migrated to their tents.

The Kansas Wildlife and Parks Stream trailer was an interesting gathering spot. The trailer allows observation of different factors as moving water is impacted by the environment. This is an educational experience and allows the observers to see the impact of sand dredging, cutting paths to the river for watering livestock etc.

Sunday morning the same cooking staff put out a great breakfast and the paddlers returned to their boats that had been left down by

the river the night before. A swift paddle, with great current made the Sunday paddle fun for everyone.

Due to a great turnout it was decided that a similar weekend will be scheduled for October. Watch the calendar for exact dates. Many thanks for all of those that helped that were not mentioned. Cliff managed to get away for his summer travels prior to transmitting this info and I do not have the names available of all those who helped. October will be another opportunity to gather on the Arkansas River and share a great family weekend.

**Author's Note: Arkansas River private launch locations:**

Bill Cather welcomes KCA members to launch their canoes from his land. In addition to the "Old Goat Ranch" an additional location is upstream at his "End of the Road" property. The put in at the "End of the Road" is challenging and not for the casual paddler. If you want to plan a trip River south of Mulvane on the Arkansas contact Bill at his office, 1-(316) 522-4749; his cell phone 1-(316) 990-4162 or office email at Bill Cather [cather@onemain.com](mailto:cather@onemain.com). If you would like an emailed map of either area contact Eddy Beard at [ebeard@kansasriverrat.com](mailto:ebeard@kansasriverrat.com).



(ST. GEORGE DEDICATION- CONTINUED FROM PAGE 1)

contact Kansas River Outfitters, located at the Tuttle Creek River Pond area or Kansas River Canoe Company located in Lawrence.

[Editor's Note: This was the letter to the editor that was recently published in the Manhattan Mercury and the Topeka Daily Capital. Thank you to all the KCA members who came out to float with us, helped with safety, set up or manned the KCA booth, or made cookies. This new access definitely paves the way for more cities to come forward and make an access happen.]

## KCA Accessories

## Kayak Chapter Videos

*T-Shirts - KCA Decals - Ball Caps - Bumper Stickers  
Training & Trip Videos*

Contact Pat Cullen  
6419 SE Stubbs Road  
Berryton, KS 66409

785-379-9916 / email: [pcullen@sbcglobal.net](mailto:pcullen@sbcglobal.net)

Need a membership application for you or a friend. Copy this one or go on-line in the KANSAS PADDLER Home Page.



# KCA MEMBERSHIP APPLICATION

PLEASE PRINT LEGIBLY

Date: \_\_\_\_\_

Name #1: \_\_\_\_\_

Name #2: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ E-mail: \_\_\_\_\_

[THIS PHONE NUMBER & EMAIL ADDRESS WILL BE LISTED IN THE NEWSLETTER ROSTER]

**My areas of interest include (check all that apply):**

- Family/Flatwater Canoeing (Class I-II)
- Kayak Touring (Class I-II)
- Whitewater Canoeing/Kayaking/Rafting (Class III+)

**CHECK ONE TYPE OF MEMBERSHIP:**

- \_\_\_\_\_ \$15.00 Single / Family Membership
- \_\_\_\_\_ \$45.00 Associate/Business Membership  
(w/a 6 column inch KCA Newsletter ad & KCA website ad)
- \_\_\_\_\_ \$200.00 Life Membership  
(does not include chapter dues)
- \_\_\_\_\_ My additional contribution to KCA Conservation-Access Program

**OPTIONAL CHAPTER AFFILIATIONS**

\_\_\_\_\_ \$5.00 Kayak Chapter  
\$\_\_\_\_\_ **TOTAL OF ALL FEES**

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

**Kansas Canoe Association; PO Box 44-2490; Lawrence, KS 66044**

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

- From a friend who boats
- Another KCA Member
- KANSAS PADDLER Home Page
- Information at a business, name: \_\_\_\_\_
- Article in News Media
- A KCA activity booth
- Other: \_\_\_\_\_

KCA depends upon volunteer efforts. I am willing to help with these activities:

- Marketing/Membership
- Flatwater/Touring Trips
- Whitewater Trips
- Instruction/Safety
- Special Events, Rendezvous, etc
- Website

### General Waiver & Liability Release

I, THE UNDERSIGNED, HEREBY ACKNOWLEDGE THAT I AM AWARE THAT THERE ARE CERTAIN ELEMENTS OF DANGER INHERENT IN BOATING ACTIVITIES WHICH ARE BEYOND THE CONTROL OF KANSAS CANOE ASSOCIATION (KCA), ITS TRIP COORDINATORS, CLUB MEMBERS, CLUB OFFICERS AND THE BOARD OF DIRECTORS, AND THAT PARTICIPATION IN THESE EVENTS AND OTHER ACTIVITIES SUCH AS FLOAT TRIP AND CAMP OUTINGS, ENTAILS UNAVOIDABLE RISK AND POSSIBLE LOSS OF LIFE AND OR PROPERTY. IN CONSIDERATION OF THE KCA, TRIP COORDINATORS, OFFICERS, BOARD OF DIRECTORS AND MEMBERS OF KCA, I DO HEREBY FOR MYSELF AND FOR ALL WHO MAY HEREAFTER CLAIM THROUGH OR FOR ME, WAIVE AND RELEASE ALL FUTURE CLASSES, RIGHTS AND CAUSES OF ACTION ACCORDED IN MY FAVOR AS A RESULT OF PERSONAL INJURIES, LOSS OF LIFE OR LOSS OF PROPERTY WHICH I MAY SUFFER WHILE PARTICIPATING IN CLUB EVENTS, AGAINST THE PEOPLE AND ORGANIZATION OF THE KCA AS DESCRIBED ABOVE AND I FURTHER HEREBY COVENANT AND AGREE, THAT NO SUIT OR ACTION AT LAW SHALL BE INSTITUTED FOR THE ABOVE REASONS BY ME OR OTHERS IN MY BEHALF OR IN MY RIGHT. HAVING READ AND UNDERSTANDING THE ABOVE, I FREELY SIGN THIS WAIVER AGREEMENT.

Name(s) \_\_\_\_\_ Date \_\_\_\_\_  
 Address \_\_\_\_\_  
 City, State, Zip \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Whom to Notify in Emergency \_\_\_\_\_  
 Emergency Address & Phone \_\_\_\_\_  
 Signature(s) X \_\_\_\_\_  
 Signature of Parent/Guardian (required if under 21) \_\_\_\_\_  
 Address & Phone of Parent/Guardian \_\_\_\_\_

revised: 04/22/03

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

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

# Editor's Column

## THANK YOU TO OUR PROOFREAD GROUP:

This is long overdue, so a big THANK YOU to all of the unsung (to date) KCA Proofreading Group that help with each edition of the KANSAS PADDLER Newsletter. I have often wondered how an editor can continue to look at each article hour upon hour while putting the newsletter together but consistently overlook the same error each time. To be frank, some errors are original misspellings or grammar errors by the author. Some are introduced in the process of editing and adding graphics. From there it is usually the photo captions, layout errors, lack of punctuation, and other important elements that make up a quality newsletter. Although one might think that each proofreader would find the same errors, actually each proofreader generally finds completely different errors. This is all done on quick turn around. So thank you to: Mick O'Shea, Dave Irvin,



*[Above: The Editor out enjoying the local play spots on the Big Blue River at Rocky Ford (KDWP land), Manhattan, KS - photo by Bob Sinnett]*

Dave Redmon, Jackie Rawlings, R.J. Stephenson, and Bob Sinnett, and newly added proofreaders: Don Varnau & Chris Collins for consistently finding all of those interesting little errors and typos that help improve our KANSAS PADDLER newsletter. Not to mention help keep from embarrassing myself.

## NEW KCA MEMBERSHIP BROCHURE:

Yes, KCA now has a new membership brochure that has broken away from our old format. We have enough to distribute through the newsletter and to anyone interested in helping build our membership. It is in full color and features 4X the

number of photos that past membership brochures have contained. It is crammed with the vital info about the KCA plus the newly revised membership application form. We, as KCA members, need to get the brochures out via such avenues as: Outdoor outfitters, Canoe & Kayak dealers, outdoor shops, retailers, environmental groups,

recreational groups, Sports, Boat, & Travel show booths, outdoor events, canoe & kayak training classes, etc.

## PHOTOS & ARTICLES:

Again, thanks so much for all the great articles and photos. These really make the newsletter special. You can send them in any time. Digital photos and files are always the best. If you can, please keep the photo resolution at a moderate or high level.

## OUR MEMBERSHIP & DIRECTOR POSITIONS:

2005 will be the 30<sup>th</sup> birthday of KCA. Our membership needs to grow a bit to keep our newsletter & printing costs down. Plus we really need "new blood" and new ideas on the Board. You will find our two unfilled Director positions on the front cover. So if you have some ideas and interest, please drop Jackie Rawlings a line at [rawlings@kansas.net](mailto:rawlings@kansas.net) to express your interest in serving on the Board of the Kansas Canoe Association.

TJ Hittle - Editor

## KCA NEWSLETTER DEADLINES:

Winter - January 1st  
Spring - March 15th  
Summer - June 1st  
Fall - September 1st



Kansas Canoe Association  
PO Box 44-2490  
Lawrence, KS 66044

*[KCA & Kayak Chapter logos by Rex Replogle]*

*If you would prefer to receive a Full Color digital newsletter, send an email to: [tjhittle@kansas.net](mailto:tjhittle@kansas.net)*

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