



KANSAS CANOE ASSOCIATION

KCA BOARD OF DIRECTORS:

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Secretary
Belinda Cullen - Topeka, KS
785-266-3929 / bcullen@kscable.com

Safety-Education
Mick O'Shea - Manhattan, KS
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Kids Chapter
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913-685-9221 / wlmcclave@yahoo.com

8 Ducks Chapter
Gary Brown - Dodge City, KS
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Newsletter / Webmaster / Kayak Chapter
T.J. Hittle - Manhattan, KS
785-539-7772 / tjhittle@kansas.net

Past President
vacant
n.a.

President
vacant
n.a.

President Elect
vacant
n.a.

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Kail Katzenmeier - Manhattan, KS
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Accessories / Video library
Pat Cullen - Topeka, KS
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Stacking the Deck In Your Favor

Cold Water Paddling Tips

When you plan a cold water outing on a river or lake, are you "stacking the deck in your favor or are you stacking the deck against yourself?" On Tuesday, March 10, 1998, Kansas City area kayaker, David Grizzell, stacked the deck against himself and paid the ultimate price with his life. Rescue authorities found his body, clad in a light jacket, blue jeans, and sneakers, in Lake Winnebago, located in Cass County, MO. According to South Metro Fire District assistant chief, Phil Brillhart, "David Grizzell was not even wearing a life jacket."

"David Grizzell, stacked the deck against himself and paid the ultimate price with his life."

Thursday, December 6, 2001, the body of Timothy Michael Bennett, 19, Kansas State University (KSU) freshman in environmental design from Kansas City, Mo., was found wearing a life jacket, floating in Tuttle Creek Reservoir, Manhattan, KS. His two roommates, Kyle David Chapman, 17, freshman in computer science, and Christopher Nathan Shipley, 18, freshman in animal science, both from Olathe, Kan., are still missing after an intensive search on the reservoir. They had gone out to sail on the waters of Tuttle Creek Reservoir.

From 24 years of cold water paddling and over 7,000 river miles of river running experience, here are a few tips to help you stack the deck in your favor:

1) *Avoid paddling alone.* Your fellow paddlers and support craft are the most direct link to your degree of safety. Three boats are generally considered the minimum safe number under adverse conditions. Through your participation in a winter boating trip, you are placing your life in the hands of others. Consider the advantages of groups as you plan your adventure. Make sure that others know your itinerary. Once on the river or lake, you should always be keeping an eye out for the "other boater" in front and in behind you. On river trips, always consider the level of expertise of your lead and sweep paddler. David Grizzell was boating alone.

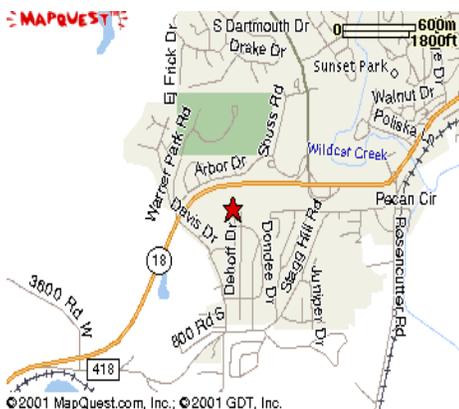
2) *Carefully consider the weather and water conditions.* The combinations of weather and water conditions can be overwhelming. David Grizzell launched his kayak in a snowstorm and high winds. Monitor the wind and weather conditions prior to your launch. Reconsider when water levels are high and weather conditions are marginal. The level of difficulty under adverse conditions changes dramatically.

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KCA Annual Meeting & Kayak Chapter Party - Saturday, January 26

Come and celebrate the New Year with fellow boaters. Place: 700 Gillespie Drive, Manhattan, home of Jackie Rawlings and TJ Hittle. Party will start at 5:00 PM. The Kayak Chapter will furnish pizza, chicken, and pop. Please bring a side dish or salad or dessert or snacks. BYOB. RSVP's would be nice.

Please bring your boating trip slides, photos and stories. We will also be filling in dates for river trips and events, so bring your calendars too. There will be short meeting. – Jackie Rawlings



Directions to our house/home office:
(from I-70 and Exit 303):
Take Exit 303 and turn North towards Manhattan. Continue on K-18 for ~10 miles towards Manhattan. You will pass Stagg Hill Gold Course(right before you head up a large hill towards Manhattan). About 1 mile past the Stagg Hill Gold Course, you will come to the top of a hill. Turn South (right) on Davis Drive. Continue for 1/2 block and turn East (left) on Geneva Dr. Take Geneva to Gillespie Dr. Turn left and immediately see the stone archway on the right at 700 Gillespie Dr.



blood sugar levels high for everyone by taking frequent fruit and snack stops! In short, if you're wondering "should I get my child out on the water?"

Our answer is "heck yes!" Just use your head and go for it!

From The Safety/Education Chair By Mick O'Shea

As we start the paddling season we need to dust off our common sense as well as our paddling skills. As somebody once said in article a few years ago in our newsletter (I think it was me) river safety is mainly about common sense. Most flatwater accidents seem to have two things in common – no lifejacket (e.g. lifejacket not fastened or lifejacket sitting in bottom of boat), and alcohol consumption. So be sure to have a lifejacket on and fully fastened and consider the risks you take when you consume alcohol on the river. For a good margin of safety two boats is considered minimal - then one can help the other out in case of problems. In addition make sure you are dressed for the weather (layers, rain gear as well as lifejacket) and you are properly outfitted for your intended trip.

In whitewater situations a misjudgement of one's skill level often leads to problems. Make sure your skill level is up to the river you are going to run. Other

(CONTINUED ON PAGE 4)

Kid's Chapter column

by Bill McClave

At What Age Can Kids Go Paddling?

Our answer is – kids can go out at virtually any age. The key issue is really how much to take on. Our experience is that kids younger than 8 years old are best off as a second paddler in mom or dad's canoe or kayak. They simply lack the body size and stamina to get very far on their own. Give them their own seat or a cushion to sit on in your canoe/kayak, and make sure they have their own paddle to contribute as they see fit. And always insist they bring a small pack with whatever they want to take with them on your river adventure – kids love having their favorite stuffed animal or toy with them.

Beginning at age 8, we've found that most kids are able to paddle, steer, and

control their own wide, flat bottom, high initial stability kayaks. Nine to twelve foot models like Old Town Otters, and the sit-on-tops that River Ranch Resort rents out on the Elk River can easily be handled by kids 8 and older. For canoe paddlers, age 11 to 12 is an appropriate age for kids to paddle their own boat. (The difference in starting ages reflects the lower initial stability of canoes over today's recreational kayaks).

Once you decide to go, pick a short distance; 4 to 8 miles maximum for your initial trip. Go for a clear Missouri river with class I or II water; the steady current will ensure your young paddler enjoys steady progress. Follow your kids pace, always wear your PFDs (everyone – you and your child), and take lots of stops to swim. And above all else, keep the



2002 Activities Schedule

"KCA Members - we need your trips"



The KANSAS PADDLER Home Page contains COMPLETE trip and activity information [to date] that may not be listed in the KCA newsletter.

January 1 - DEADLINE for the winter issue of The KANSAS PADDLER Newsletter.

January 12-13 – Overnight camp-on-river Bald Eagle Float. Kaw River, 13 miles Perry to Lawrence. Lunar New Moon phase offers outstanding star watching, the perfect excuse to use that canoe camping gear Santa dropped down your chimney. Contact: Joe Hyde, riverat@hotmail.com

January 21 – Arkansas River – Martin Luther King Day float; Meet at the Grouse Cr access, 10:00am, Cliff Long (316)253-9216 or clong@kscable.com

January 26 (Saturday) – KCA Annual Meeting/Kayak Chapter Party, 5:00 PM-? – Jackie Rawlings residence, 700 Gillespie Drive, Manhattan, KS (785)537-0164 or rawlings@kansas.net, please RSVP. Overnight accommodations may be available on a first come basis. See article for details.

February 9-10 – Overnight camp-on-river Bald Eagle Float. Kaw River, 13 miles Perry to Lawrence. A "near New Moon" lets the stars shine bright. Contact Joe Hyde, riverat@hotmail.com

February 23 – Kansas River, Cedar Creek (Desoto,Ks.) to Nelson Island on Mill Creek. It's about a 10-mile float. – Ron Brann, call (913)236-5878 or Brduro@aol.com

March 5,7,12,14 - American Red Cross Fundamentals of Kayaking Class; 7pm-10pm nightly - Wichita State University, Wichita, KS; cost \$50.00; Contact American Red Cross, Wichita (316)268-0842 or Jim Johnson (316)264-0530 or RICKERBY@prodigy.net

March 9 - Review/Strokes/Safety, No cost; Mick O'Shea or KCA, 604 Bertrand St, Manhattan KS 66502; (785)539-2279 or mjoshea@lycos.com

March 9-10 – Last Call for Bald Eagles Float (before they migrate north). Camp-on-river, 13 miles, Perry to Lawrence, Kaw River. A "near New Moon" offers great star watching. Contact: Joe Hyde, riverat@hotmail.com

March 16 - 24 San Juan River - Sand Island to Mexican Hat, Utah. Class II/III. This trip is subject to receiving a permit. Cliff Long at clong@kscable.com or (316) 253-9216.

March 15 - DEADLINE for the spring issue of The KANSAS PADDLER Newsletter.

March 30 -31 - ACA Basic Canoe, \$40, Mick O'Shea or KCA, 604 Bertrand St, Manhattan KS 66502; (785)539-2279 or mjoshea@lycos.com

April - Call for dates (1 day) - ACA Moving Water,\$15, Mick O'Shea or KCA, 604 Bertrand St, Manhattan KS 66502; (785)539-2279 or mjoshea@lycos.com

April - Call for dates (1 day - ACA Whitewater, \$15, Mick O'Shea or KCA, 604 Bertrand St, Manhattan KS 66502; (785)539-2279 or mjoshea@lycos.com

May 4-5 – Cinco de Mayo on Rio Kaw, 13 miles Perry to Lawrence, overnight camp-on-river. Amigos, por favor, don't forget what goes so well with lime wedges and salt. Contact Joe Hyde, riverat@hotmail.com

May 18 - 19 - 3rd Annual KCA Rendezvous at Tuttle Creek State Park River Pond Area (Manhattan, KS). Meet Saturday at 10:00 AM at the KCA Shelter, Tuttle Creek State Park, just two miles North of Manhattan below the Tuttle Creek Reservoir Dam. More details to follow.

June 1 - DEADLINE for the summer issue of The KANSAS PADDLER Newsletter.

September 1 - DEADLINE for the fall issue of The KANSAS PADDLER Newsletter.

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 and related activities. Various Chapters of KCA were established within KCA to help support the specific interests of Chapter members.

KCA By-laws and our Outdoor Code can be found on the KANSAS PADDLER Home Page.

KCA Board Meeting Notes

KCA Board Meeting – Manhattan, KS
December 15, 2001

Present: Mick O'Shea, T.J. Hittle, Jackie Rawlings, Pat Cullen, Bob Harris, Mike Farmer, Bo Cullen

The KCA board met December 15 at the home of Mick and Sharon O'Shea in Manhattan, Kansas. First order of business was Michael Farmer's formal announcement that he is resigning as KCA president. This news, along with the recent announcements that Bob Harris was resigning as treasurer and R.J. Stephenson was resigning as newsletter editor calls for the organization to pull together a grass roots effort to keep the club functioning. It was noted that the KCA has functioned without a president two other times in past KCA history since 1975. The board decided to not fill the president vacancy immediately, but to instead solicit a president and president-elect for the next year.

The board felt that it was most important to fill the newsletter editor position in order to keep the lines of communication open and to keep people posted on upcoming trips (which is the main mission of the club). T.J. Hittle has agreed to take over as newsletter editor and will be contacting R.J. to negotiate a smooth transition. The cost per issue was discussed: costs range from \$350 to \$450 per mailing depending on the number of pages involved. T.J. will plan to offer a digital newsletter as an option only. The format will be as an attachment in Adobe PDF file, easily read on any computer with FREE Adobe Reader software. He also noted an easier and more coordinated tie to the official KCA website.

Bob Harris has agreed to continue as treasurer until another treasurer can be found. The board will look towards finding an individual with some accounting knowledge and computer skills to manage the club membership database in MSAccess. Bo Cullen will continue as secretary. Pat Cullen has volunteered to

take over the KCA Accessories and Kayak Chapter Video Library from Sally Farmer. The KCA Website and notice in the next KCA Newsletter will find the change of name and address for the aforementioned KCA and Kayak Chapter accessories and videos. Once a new treasurer is found, Bob Harris and R.J. Stephenson hope to remain in the Director's at Large positions. The need for an infusion of new blood into the club was discussed. It was noted that the KCA really isn't doing much to try to get younger members (in the 20 to 35 age group range) into the club.

Members Reports:

Treasurer: Bob Harris reported the club has \$5,072 (of which \$1,761 is Kayak Chapter money). We no longer have money in the Friend's of the Kaw account. Membership for the club is approximately 150 people right now.

Safety/Education: Mick O'Shea reported that he conducted two classes this past season. The ACA flatwater paddling class was attended by 6 people. The ACA whitewater class was attended by two people, who floated a half day near Manhattan and 2 days on the St. Francis River, MO.

Interior Affairs: Jackie Rawlings will continue to manage the internal affairs position. She has been in touch with Marty Burke to retrieve the KCA box of past river mileage records.

Kayak Chapter: Brian Hammond has resigned as Kayak Chapter director. T.J. has volunteered to take over his duties.

We will be having an annual meeting/kayak chapter meeting Saturday - January 26 from 5:00pm - ? for all members who wish to attend. The Kayak Chapter is buying the pizza and beer for the party and it will be held at T.J. Hittle and Jackie's house in Manhattan.

The board discussed the need for weekend trip leaders. We'd like to ask folks to submit their trip plans to the newsletter editor. Any help members

can give to get the club "jump-started" again would be very much appreciated.

Submitted: - Bo Cullen

Welcome New Members

Andrea Brancato - Kansas City, MO

Gary & Logan Beadles - Pauls Valley, OK

Larry Storer - Frankfort, KS

Chris Collins - Wichita, KS

Carl Doel - Topeka, KS

Kail & Becky Katzenmeier - Manhattan, KS

(SAFETY / EDUCATION - CONTINUED FROM PAGE 2)

things you should be sure of are: you are properly dressed for a swim, you are with strong group of paddlers, and at least one person knows the river (hazards, rapids, location of put-in and takeout) you are paddling.

This is not meant to be an exhaustive list of do's and don'ts, just some highlights to get you thinking. In the final analysis you are responsible for your own safety. Consider taking one or more of the classes offered in this newsletter to improve your paddle skills



New ACA-KCA Canoe Classes

ACA Canoe Classes Four classes are being offered:

KCA Canoe Skills/Safety Review. For those with some formal canoe paddle instruction. We will review basic canoe technique (solo and tandem) with the goal of making our paddling style graceful and efficient. We will also review safety on the river. If time permits this review will include moving water maneuvers (eddy turns, peelouts and ferrying).

ACA Basic Canoe: For persons who have had little or no formal paddle instruction but are interested in paddling. Safety, trip planning and paddling skills will be covered. If you need a canoe, rental will be extra. Information on canoe rental in Kansas including cost can be found at <http://www.tfsksu.net/~tjhittle/>. If you need help finding a rental canoe contact me.

ACA Basic Moving Water/Whitewater Canoe: Provides an introduction to moving water and easy whitewater. This class will prepare the paddler to safely and comfortably paddle in water that is moving or has rapids up to Class I.

ACA Whitewater Canoe: Provides an introduction to paddling on whitewater up to Class II. Note that a lifejacket is required to be worn for all classes.

Classes will go rain or shine but will be postponed in the case of thunderstorms or freezing weather. All participants must complete and sign a liability waiver, that will be mailed to you when you enroll (enrollment form is below). Participants will receive an ACA card of completion for attending ACA classes. Information concerning location (somewhere within a 30 minute drive from Manhattan), camping, liability waiver, detailed itinerary, will be e-mailed to enrolled participants 14 days before the classes for each class they have enrolled in. The instructor, Mick O'Shea, has been teaching canoe classes since 1988 and paddles flatwater and whitewater, e-mail (best way to reach him): mjoshea@lycos.com. Phone: (785)539-2279.

Name: _____ Home Phone (____)-____-_____

Address: _____ e-mail _____

Circle all classes you wish to attend:

<u>Class</u>	<u>Cost</u> (KCA member)	<u>Dates</u>
Review/Strokes/Safety	No cost	Mar. 9 th , 2002
ACA Basic Canoe	\$40	Mar. 30 th , 31 st , 2002
ACA Moving Water	\$15	Call for dates (1 day)
ACA Whitewater	\$15	Call for dates (1 day)

All classes are 9:00 a.m. – 4:00 p.m.

Are you a member of the Kansas Canoe Association? Yes No

[Please check the current KCA Membership Directory]

If you are not a member, add \$15 onto your total.



[Above: [MICK O'SHEA - ACA / KCA SAFETY-EDUCATION INSTRUCTOR

Total enclosed (make check payable to Kansas Canoe Association). _____

Notes:

- 1) ACA Basic Canoe is a prerequisite for ACA Moving Water. If you sign up for ACA Moving Water you must be signed up for ACA Basic Canoe or you should have taken the equivalent course previously.
- 2) ACA Moving Water is a prerequisite for ACA Whitewater. If you sign up for ACA Whitewater you must be signed up for ACA Moving Water or you should have taken the equivalent course previously.
- 3) Cost does not include rental.
- 4) When you turn in this form you will be e-mailed or mailed a liability waiver that must be completed and signed before you can participate in this class. You cannot fill this waiver out on the day of class – it must be mailed back in advance.

Return this form with check to: Mick O'Shea (KCA), 604 Bertrand St, Manhattan KS 66502 or: mjoshea@lycos.com. Phone: (785)539-2279.

Kids Chapter 2001 Event Recap

Three Trips Completed in 2001

The Kids Kayaking Chapter staged three successful trips last season. In June, we held the first annual Kids Kayaking Camp at the River Ranch Resort located in Noel, MO. Eight adults and twelve kids – ranging in age from 8 to 14 – paddled the 12 mile run on the Elk River and enjoyed two nights of camping. Elk river is one of our favorites, as it features a steady, but safe kid-friendly current and a terrific outfitter (River Ranch) who maintains a fleet of 22 Old Town sit-on-top kayaks. It is a great choice for anyone wanting to introduce kids to our great sport. Aim for late May or early June to avoid the crowds on the Elk.

In July, we got a couple of our 11 & 12 year-old paddlers out on the Kaw for the Lawrence to Eudora run. This eight-mile paddle is too long with not enough current for kids 10 and under, but with a few well placed sandbar stops, it is a great outing for kids 11 and older. Make sure you pick a low wind day, and keep an eye out for the eagle who is usually spotted at the island halfway down this run.

Finally, in late October, egged on by terrific Indian summer weather, Dave Smith and Mike Sweatt took their 11 year-old daughters on an overnight camping paddle on that same Lawrence to Eudora run. Calling their trip a “quick strike,” they launched 2 hours before

sunset and paddled one hour to their sandbar campsite. A full moon campfire, and a nice easy one-hour paddle out the next morning made this a great trip the girls – and dads – really enjoyed.

Plans for 2002 will be announced in the Spring newsletter, and will likely include a 2002 Kids Kayaking Camp and more Kaw River “quick strike” camping trips targeting the full moon weekends.

Your ideas and offers to lead kids paddling trips are encouraged - Call or Email:

Bill McClave at 913-685-9221 /
wlmclav@yahoo.com

Dave Smith at 913-681-1260 /
dsmith8879@aol.com

Bill Cutler at 785-379-9756 /
spudspa@aol.com

Overnight Float & Meteors



by Joe Hyde

November's overnight camp-on-the-river trip led by KCA-er Joe Hyde (OC-1) attracted two other paddlers to the Kaw River: KCA member Ned

McPartland from Nebraska (OC-2 paddled solo style) and non-member June Newman of Lawrence (OC-1).

We launched at Perry early Saturday afternoon, paddled down the Delaware River one mile to the Kaw, then

proceeded down the Kaw and set up camp on a sandbar 7 miles above Lawrence Riverfront Park.

It's a shame more people didn't do this trip. The conditions were outstanding: sunny, almost a dead calm with afternoon temperature in the 70s, Saturday night the low was in the 50s, and no bugs. For canoeing the big, wide Kaw and sleeping outdoors, it doesn't get any better than that.

A huge disappointment was that due to the warm weather we had in October and early November, the river channel was nearly devoid of the various migratory species and numbers of critters one normally sees on late fall Kaw trips. We saw only a handful of ducks and geese and just 4 adult bald eagles – all resident birds.

The excellent part – and this happened purely by accident – the trip date coincided with a very special Leonid meteor shower. In news reports circulating the week prior, astronomers were calling it a meteor “storm”, predicting upwards of 70 meteors per minute would enter the earth's atmosphere.

Being Kansas, the weather caught word of this upcoming event and tried everything possible to ruin the occasion. Saturday evening shortly after moonrise, heavy cloud cover moved in and totally obscured the night sky. All we could do was grumble helplessly, eat our supper, tell one another a few lies and retire.

COMPLETE WILDERNESS OUTFITTERS

- *Tents*
- *Sleeping Bags*
- *Hiking Boots*
- *Backpacks*
- *Climbing*
- *Caving*
- *Canoeing*
- *Kayaking*



1457 S. Glenstone • 417-881-7122
1628 E. Republic Rd. • 417-889-6633
Springfield, MO

(OVERNIGHT FLOAT - CONTINUED ON
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Death by a Thousand Cuts

By Dave Murphy, Kansas Riverkeeper



The Kansas River (or for that matter any Kansas river) doesn't have any big problems. Rather it has a hundred thousand small problems that have a devastating cumulative effect.

It all starts with a drop of rain. It is relatively clean to start with. Then we mess it up. Regulators working within government guidelines sit in their offices putting numbers on paper to establish how much of each individual pollutant our streams should be allowed to carry. Each stream is assigned a maximum load for the most serious pollutants found in its waters. These numbers are assigned as if that individual pollutant were the only problem the stream had. This approach does not take into account the cumulative effects of the combined burden the river, wildlife and people must withstand. Our state lawmakers have seen to it that the Kansas Department of Health and Environment and the Department of Parks and Wildlife don't have the manpower or budget to manage the cumulative and synergistic effects of all of these pollutants. By the guidance and attorneys hired by agricultural interest groups, they have seen to it that only three rivers in the state are legally accessible to the public. By this same power, they turned over the water quality of any given stream segment over to each landowner along its path, without regard for the common good of all users and uses.

The state and federal government legalizes industrial and municipal polluters by giving them permits to discharge into our water. These legal polluters are told how much they can pollute, but many of them violate these limits regularly. Theoretically there is supposed to be a penalty for these violations, but in fact, penalties are almost never sought. A few farmers and ranchers do a great job, many do a fair job, and the rest are just hiding behind the same old rhetoric. The bad apples account for a majority of the water pollution in the state. Thanks to a powerful agricultural lobby these poor stewards are mostly exempt from the laws and regulations that were designed to protect all of us from the worst of us.

It is the best of times and the worst of times. Our cities are growing, filling with people and industry. While we appreciate the good times, some of our cities still have over-burdened and outdated sanitary sewers that are cross connected with the storm water pipes. When it rains, almost all of the untreated sewage is bypassed straight to the river. Our larger cities are supposed to reduce and treat storm water runoff to buffer the impact of urbanization of our water, but none have made significant progress.

The result of all of these abuses amounts to billions of gallons of human and animal waste being pumped or drained into our rivers and ground water each year. The Kansas River watershed is so polluted with bacteria that more than 85% of our streams and 100% of the Kansas River is unsuitable for human contact (by the government's own standards). Over-pumping from groundwater

has lowered aquifers as much as 40 feet in some areas, and yet the pumping is increased. Streams that used to flow perennially are now dry because water in the streams now just disappears into dry soil and the lowered water table.

There will be those who will say, "you are going too far. Be cooperative. Fit in. Be part of the system. Go with the flow." Well, the meek may inherit the earth, but they won't have clean water. Life is not a spectator sport. We all own the water in our lakes, rivers and streams. If we won't protect our own water then who will? Federal law says that no one has the right to use our water resources in a way that reduces its value or its uses. While government and industry externalize the expense of waste treatment by dumping it in our water, the rest of us pay those costs when we use that polluted water for drinking, recreation, or worse, by not being able to use it at all. "They" say, "it is too expensive". But the cost is far greater in terms of money, human suffering, loss of property value, and loss of our natural heritage and resources. While we pay the cost of their pollution the polluters never cease whining for more leniency. There was an army of lobbyists in Kansas last spring that were all frantically working to remove their industry from critically important water quality standards. It is they that must be told, "you are going too far. Be cooperative. Fit in. Be part of the system. Go with the flow." Members of the governor's own staff called this the worst environmental bill they had ever seen. Some regulators called it the most ugly attack on the environment they had ever witnessed. Yet we were the ones who were chastised by legislators for not being willing to compromise.

Be a Friend of the Kaw. Help us financially sustain that which we have so boldly started, and that which our communities so badly need. Send your tax-deductible donations or your written commitment today.

Newsletter Deadlines

Winter - January 1st

Spring - March 15th

Summer - June 1st

Fall - September 1st

(CONTINUED FROM PAGE 1)

3) *Know the signs of hypothermia. Take action immediately.* Hypothermia is subnormal temperature within the central body. There are signs for mild, moderate, and severe. Know the conditions, the signs, and the preventative treatment of hypothermia. Recognize these signs in the actions and words of your boating partners and act early to help prevent the inevitable and insidious results of hypothermia. These signs can include: cold, pale skin, intense shivering, slurred speech, rigid muscles, disorientation, and eyesight problems. Remember that a great many hypothermia victims will resist your initial attempts to help. As insidious as hypothermia works, a victim often responds by saying, "I'm fine, I'm alright. Lets keep going", while shivering and stuttering as they speak. Don't miss those signs. Take action immediately. Have the right gear along to help prevent mild hypothermia from becoming more acute. Have a plan ready in case of the need to initiate treatment for mild hypothermia. Understand and be aware that hospital treatment, specialized equipment, and professional medical care will be needed for treatment of advanced and severe cases of hypothermia.

4) *Wear appropriate cold water clothing and paddling gear. Bring water based safety gear.* This means taking precautions against hypothermia by wearing insulated dry suits, or wet suits and all the latest clothing that we have available to us now. In addition, strongly consider adding these items to your clothing list: warm head gear, helmet liners, neoprene gloves or pogies, nylon pile neck gaiters, additional layers of nylon pile dry-suit liners, polypropylene underwear, three layers of polypropylene socks, and neoprene booties. Keep your hands, feet, and head well covered. Remember that 30-50% of the body heat is lost through the head and neck. Under NO circumstances should you wear cotton clothes. David Grizzell was found wearing a light jacket and a pair of blue jeans. Last, each person should take an extra set of winter wear with you in a quality water proof bag as back up for himself/herself and for others in case of accidents. Always bring such standard water based self-rescue gear, including a good First Aid kit, a rescue throw bag, and a rescue whistle.

5) *No Alcohol!* Alcoholic beverages should be avoided because they promote heat loss by expanding the blood vessels that carry body heat to the skin.

6) *EAT, EAT, EAT.* You should store little high-energy snacks in your gear. Your body burns up a tremendous amount of calories just staying warm. Give your body a chance to recuperate by snacking at regular intervals. At lunch, try a good well-built sandwich, fruit, and more high-energy snacks. Don't forget to drink water. Dehydration can still threaten during any cold water trip. If there is room in your boat, a stainless steel thermos with a quart of hot coffee or hot chocolate is a GREAT addition.

7) *Wear your PFD.* It should go without saying that a Personal Flotation Device (PFD), formally known as a "life jacket" is not an option; it is a MUST WEAR piece of equipment. David Grizzell was not wearing a PFD when he was found. Although many states have laws that require a PFD in a boat, few states actually require them to be worn. Kansas requires only those individuals, ages 12 and under to wear their PFD. Don't make that fatal mistake! Always wear your PFD.

8) *Should I swim for shore?* Heart failure is the usual cause of death when the body core temperature lowers to the 85-degree range and lower. The body loses heat to the water about 30 times faster than in air. Immediately get on top of an overturned boat in large water bodies. Well conditioned swimmers have been able to swim up to .5 mile in 50 degree water. Others have not been able to swim 100 yards before hypothermia paralyzed the muscles. Do not swim unless there is absolutely no chance of rescue and you are absolutely certain you can make it to shore. On a river, carefully consider a swim only if you are confident that you can make shore with ease. Use your boating group to enact a water based boat rescue. Here again, a good experienced group of boaters, capable of self-rescue, may be your best ticket to safety.

9) *Be prepared with the skills*

(CONTINUED ON PAGE 14)

Dagger kayaks

Ask about our Demo Day Event
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

KCA Area Representatives - Feel free to call your area KCA contact with questions about the Kansas Canoe Association

Gary & Pat Cook	Salina	785-827-6378	Ron Burkman	Chanute	316-431-3667
Robert & Erlene Slingsby	Clay Center	785-632-2389	Brian Dillner	Beloit	785-738-4153
Dave Bohannon	Louisberg	913-837-4662	Joel Maiorano	Hays	785-355-2460
Craig Thompson	KC, MO	816-421-6510	Phil Sloderbeck	Garden City	316-276-4130
Brenda Covert	Topeka	785-478-0275	Randy Benton	Arkansas City	316-442-0948
Ray Cowin	Wichita	316-788-4220	Michael Farmer	Emporia	316-342-3855
Marshall & Kathi White	Hutchinson	316-665-3704	J. B. Moore	Shawnee	913-422-4713
Dave Redmon	Manhattan	785-776-2480	Charlie Burgess	Wamego	785-537-8300
Phil Ward	Manhattan	316-755-0607	Chuck Osborn	Atchison	913-367-2543
Ron Overstreet	El Dorado	316-320-1985	Bill Harrison	Lenexa	913-888-6709
Gary Brown	Dodge City	316-225-0824	Mel & Julie Grindol	Shawnee	913-441-3458
Tim Rues	Lecompton	785-266-3202	Dick Berry	Merriam	913-831-0837
Neil & Beth Minter	Olathe	913-782-7547	Jim Lindley / Tom Reynolds	Winfield	316-229-9620
Gary Ficklin	Tecumseh	785-379-9615	Cliff Long	Wichita	316-832-0602

(STACKING THE DECK - CONTINUED FROM PAGE 13)

necessary for the water you are paddling. Boat within your skill level and work towards the skills necessary for more difficult conditions. Expert kayakers are often seen making Class III maneuvers on Class II water and Class IV maneuvers on Class III water to gain experience under adverse conditions. Make yourself an asset to the group by paddling within your skill level. Furthermore, be the best boater you can be by making yourself aware of the "paddling group" and the "river conditions".

10) *Join a boating club and increase your skill level.* The benefits of a well-organized club are nearly limitless. Many clubs offer trip schedules, skills classes, safety classes, trip planning classes, etc. etc. When you join a club, you have just made a giant step towards stacking the deck in your favor. For more tips on paddling rivers in Kansas, see the Kansas Paddler Home Page at: <http://www.kansas.net/~tjhittle> - TJH

(OVERNIGHT FLOAT - CONTINUED FROM PAGE 6)

Despite the odds against seeing anything, when June turned in she took into her tent my wristwatch alarm set to go off at the predicted "showtime". At 4 a.m. she excitedly woke up Ned and me. Miraculously, the cloud cover had cleared! It stayed clear for only about 45 minutes, but in that short time we were thrilled by a spectacle of meteor after meteor burning down through the stars, sometimes coming in like a cosmic shotgun pattern with multiple streaks of light visible in every direction you looked from horizon to horizon. We were like owls, turning our heads frantically, trying not to miss anything.

Scientists have calculated that this particular Leonid shower won't return until the year 2099. By which time the leader of *this* trip will be having his KCA newsletters delivered by groundhogs.

Joe Hyde, Lawrence

KCA Accessories

Kayak Chapter Videos

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

Contact Pat Cullen
3424 SE Shorewood Dr
Topeka, KS 66505
785-266-3929 / bcullen@kscable.com

Need a membership application for you or a friend. Copy this one.



KCA MEMBERSHIP APPLICATION

revised: 12/26/2001

Date: _____

Name #1: _____

Name #2: _____

Address: _____

Phone: _____

e-mail: _____

CHECK ONE TYPE OF MEMBERSHIP

(This section is required. Check only one.)

\$15.00 Single / Family Membership _____

\$45.00 Assoc. Membership _____

(w/6 col. inch KCA Newsletter ad and KCA website ad)

\$200.00 Life Membership _____

(does not include chapter dues)

OPTIONAL CHAPTER AFFILIATIONS

(Not required and you may check more than one)

\$5.00 Kayak Chapter _____

\$0.00 8 Ducks Chapter _____

TOTAL OF ALL FEES \$ _____

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

KANSAS CANOE ASSOCIATION
6 Puesta Del Sol
Hutchinson, Kansas 67502

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

<input type="checkbox"/> Marketing/Membership	<input type="checkbox"/> Instruction/Safety
<input type="checkbox"/> Flatwater Trips	<input type="checkbox"/> Special Events
<input type="checkbox"/> Whitewater Trips	<input type="checkbox"/> 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 LEADERS, 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 LEADERS, 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 _____

Editor's Column

First, thank you fellow KCAers for all the fine newsletter contributions. I really appreciate the support. Please keep those fun trips and articles coming in.

As a long time contributor to many paddling club newsletters, I've long had an appreciation for the newsletter editor's job. Newsletter editor is truly a challenging job. I also know that a great many clubs have a tough time getting volunteer help for that position. A statewide club has a challenging mission over a local club to stay in touch with its members and the newsletter and website seem to be the best formats. So, whenever you see R.J. Stephenson in the years to come, be sure to say "thanks for all the great work!"

As you can see, there have been a few changes in the newsletter. As my abilities improve, it is my hope that the content, layout, and graphics will continue to improve. The newsletter deadlines and publication times have been changed to allow better news coverage for the spring and summer months, when activities

are highest. The paper has also changed to better display photos with more photos included. As Webmaster and newsletter editor, you can also expect a closer and more complimentary relationship between the website and newsletter. It is my hope that the new associate member policy that offers a newsletter ad and matching website ad will bring in more of much needed commercial support.

The Kansas Float Group email list will continue to provide more up to date trip info and reminders. If you want on that list, please drop me a request line.

You can send them to the newsletter addresses on the front page. Digital rather than written formats are the best and are more error free. The photos are not so much of a problem if your computer skills are nil. Several of you develop pictures of trips and I can easily scan those in, so send those photos in as hard copy or digital format (add a photo caption too) and you will start seeing a few more photos in each newsletter.

Last, the newsletter will also be produced in

an optional *full color* digital format. There are a handful of clubs doing this right now. It really saves on mailing and printing costs and is a great promotional tool. The format will be a PDF file. The PDF file is read by a FREE downloadable software package called Adobe Reader and can be sent out or downloaded by any member with a computer and Internet connection. If you would prefer your newsletter in a *full color* PDF format, please drop me a line at tjhittle@kansas.net. I will maintain a list and send you a note when the file has been posted on the KANSAS PADDLER Home Page on a non-public page. - TJH

PS: Also try posting your questions or latest trip info on the KCA Message Board



If you would prefer to receive a Full Color digital newsletter, send an email to: tjhittle@kansas.net



**6 Puesta Del Sol
Hutchinson, KS 67502**

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