

The Hoosier Paddler

Month May 2017, Vol. 55 Issue 5

<http://www.hoosiercanoeclub.org/>



From the Skipper:

I hope you all got to enjoy a spring paddle or two so far this year. With its warm temperatures warming up the water more every day, May brings us the unofficial start of summer and even more paddling trips! As we get deeper into the paddling season, remember to share your experiences with the club. The newsletter is only as interesting as you are, so be sure to submit trip announcements, trip reports, photos, even articles that offer tips or your favorite campfire recipe. Submissions can be made to Dwayne James at

DwayneSJAMESA1@hotmail.com Thank you, Dwayne, for keeping us informed

every month! Remember, although no trip announcements appear in the newsletter, we have various trips scheduled which can be found on our calendar. For example: Big Walnut Creek on April 29, the Muscatatuck Rendezvous May 6/7, and a trip sponsored by Muskrat on Wildcat Creek on 5/27.

Even more exciting than reading our newsletter is reading about the prospect of a year-round paddling destination in our newsletter! The city of Columbus in Indiana is researching that very idea for their riverfront, with a white-water park on the table of ideas. Be sure to check out the article in this month's newsletter for more details and how you can make this dream a reality!

Hope to see you all on the water!

Natalie

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Mariann Davis showing the proposed site from the brewery. Yes. There's a brewery overlooking the proposed site! See story inside Page 4

The Newsletter of the Hoosier Canoe Club

Trip Announcement

Lieber SRA Beach Cagles Mill Lake Paddle

Saturday May 13, 2017

Sponsor: Mark Cowser

Cagles Mill Lake Paddle from Lieber SRA

Beach Saturday, May 13 2017

Trips Sponsor: Mark COWSER

This year, we are going to paddle Cagles Mill Lake. The lake has different feel when the water level is closer to winter stage.

We will launch from the beach at Lieber State Recreation Area. If the beach is still underwater, we can launch from the road down to the beach and park at the top of the hill. We will then paddle down the lake past Cunot PAS and up to the falls.

The trip from the Lieber SRA Ramp up to the falls is about 6.5 miles and the first 2.5 miles cross open portions of Cagles Mills Lake which can get choppy and windy.

We will probably have lunch up at the lower falls. Shore conditions at the falls are very dependent on water level.

Meeting Place: If the [lake stage](#) is below 629, we will meet at the East end of the Swimming Beach at Lieber SRA. If the lake is above 630, we will either have to unload our boats on the road down to beach or we may be able to use the ramp parking area at the west end of the beach which is a few feet higher than the beach.

Directions: From I-70 and I-465 on the Indianapolis West side, drive west on I-70 to the SR 243 exit (Exit 37). Drive about 3 miles south on SR 243 to the Lieber SRA Entrance and follow the signs to the beach within the park. (The SRA is approximately 45 minutes from I-465 and I-70 on the Indy West Side.)

Note: There is a \$7 fee to enter the park and you must have a DNR Sticker for you boat—these stickers are usually available at the SRA gate.

What to Bring: Be sure to bring your boat, paddling gear, water, your [lunch, sun](#) screen, and insect repellent. I strongly recommend a spray skirt since we may be dealing with wind and boat chop in the first 3 miles.

Due to the mileage and possible lake conditions, sea kayaks or touring kayaks with spray skirts are recommended

Paddling Distance: 13-15 miles.

Schedule: Plan on being at the put-in and [ready to launch at 10:00 am](#)—we should get off the water around [3:00 pm](#).

Contact Information: Please e-mail me at cowser_mark@att.net by [6:00 pm Friday May 12](#) if you plan to attend so I can get latest conditions to you.



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Trip Sponsors

Remember to send me your trip announcements by the 17th of the month prior to your trip!

Remember to send me pictures and your trip report after your trip. Please!

The Newsletter of the Hoosier Canoe Club

Trip Announcement
Fall Creek Trip Saturday, May 13
Sponsor: Sue Foxx

Meeting time- 10 am

Meeting location- Hardee's at 56th St and Emerson Way (section depends on water level)

Bring lunch, water and sunscreen.

Beginners welcome. This is a great float with a few ripples and a ledge or two, perhaps even a killer falls if we take that section. Takes about 2.5 hours.

Contact Sue Foxx at 317-363-4074 (cell or text) or email at sufoxx@aol.com by Friday 5/12 at 7 pm if you plan to attend.

Hoosier Outdoor Experience - Volunteers needed

The Hoosier Outdoor Experience has been moved from its usual September date to June 10-11 this year. The paddling experience is usually the biggest attraction. However, this year the HCKC won't be the main helper at the event due to this being prime paddling time and lots of trips are already planned for that weekend. However, if you would still like to volunteer, please contact Dale Brier from the DNR. He can be reached at dbrier@dnr.in.gov

Trip Announcement
Cincypaddler Grayson Lake May 19-21, 2017
HCKC Liaison: Sara Hare

Note: Be sure to register early for this trip since attendance is limited. See the RSVP Procedure below and send your money to Henry as soon as you decide to go!

Enjoy the magnificent cliffs and waterfalls of Grayson Lake (KY) with Cincypaddlers. A sampling of the spectacular views from a previous trip: <http://tinyurl.com/b2pluhl>

It's the weekend of May 20-21, but you have the option of adding Friday. Sat. morning, May 20 we launch for a 13-14 mile flat-water paddle (depending how many side canyons you explore). There's distance to cover, so a boat of 12' or more and sufficient skill and endurance are required. That evening, we group-camp and party nearby. It's tent camping (next to your vehicle) with facilities. You won't have to carry your gear in your boat. Sun. morning, we do a 7-mile paddle on the most beautiful stretch. It's more canyon paddling than open water, so there's little concern about rough water.

The optional Friday paddle will be on another scenic Grayson Lake feeder. We'll have camping available at Grayson that night if you want to take advantage of it whether you paddle that day or not (add the extra night to deposit below).

When we reach the RSVP deadline (May 12), I'll send out a group email with instructions, and we can facilitate carpooling. RSVPs are accepted on a first-come basis. Space is limited, so RSVP early to avoid missing out. Note that we are being joined by our friends from other clubs in the three-state area and the trip always fills quickly, so RSVP early to have the best chances at grabbing a spot.

To RSVP, and the only way to RSVP, send \$9.75/person/night (your option is just Sat., or Fri. & Sat.) to Henry Dorfman, 1409 Amesbury Dr., Cinti. 45231 for the camp fee. (Non-refundable after May 1). RSVP must include names of people in your party, number of vehicles (contact me before mailing if you contemplate RV, boat trailer or anything else that takes up extra space, or if you'd prefer a cabin), your email address and phone #. Incomplete RSVPs not accepted, so please include the requested info.

What you need: boat (at least 12' long), paddle, PFD (must be worn when on the water), camping gear, food for on the water and off, appropriate paddling clothing, and rain gear (you never know). **LIABILITY DISCLAIMER:** As with all events posted on the Cincypaddlers board, in behalf of you, your family and all your other stakeholders, you understand the risks of such an event and accept entire responsibility and liability for your safety, welfare and losses, as well as those you register, indemnifying and holding all others harmless. Your RSVP signifies you agree – if you don't, don't participate.

The deadline for receipt of RSVPs is May 12 or when the trip fills, whichever comes first. This trip has never failed to fill, so earlier is better. Questions?: Moonpaddle at gmail dot com.

White Water Park in Columbus, IN by Natalie Needham

Before many of us were members of HCKC, long time members Eric Hayes and Earl King were each chasing dams while pursuing a dream...pursuing the dream of taking down deadly low head dams and replacing them with a river friendly white-water park. Eric got to the point of this being a "shovel ready" project with the Army Corps of Engineers, until Hurricane Katrina hit and took away all available funding. Alas, a seed was planted. Fast forward to over a decade later, and the city of Columbus has designated a committee strictly for redeveloping the river front and to remove the dam.



Amongst the committee members is Scott Shipley. The name may sound familiar, as he is a world class paddler with three Olympic appearances and owner of S₂O Design. S₂O Design is responsible for famous projects such as the National Whitewater Center in Charlotte, NC; the white-water course in London for the 2012 Olympics; and most recently, the \$45 million white water center in Oklahoma City.

On April 5th, Earl King, Theresa Kulczak, Eric Hayes, and myself all had the pleasure to meet with Scott to discuss turning this riverfront into a river recreation area that can be enjoyed by all. As you can imagine, Scott is excited for the opportunity and believes he can get three drops in the design. Later that evening, there was a public meeting about the waterfront development and the idea of turning it into a white-water park was presented. The locals were certainly uncertain about such a seemingly radical idea. As the night went on, it was clear that the locals want to incorporate the riverfront and make it more accessible with trails and maybe some unique architecture or art built in. All of these features can be incorporated and then some by turning the riverfront into a white-water play area all people can enjoy, in and out of the river.

*From Left to Right:
Scott Shipley, Eric Hayes, Natalie Needham*

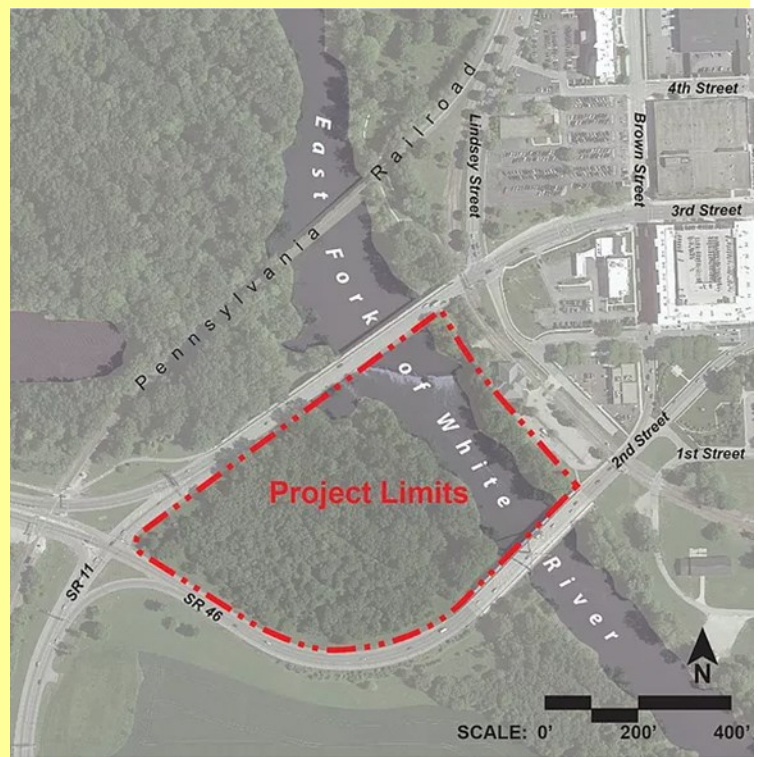
What can we do to help make this happen?

At over 300 members, we have a lot of pull to help bring this to fruition. First, take the survey at <https://www.columbusriverfront.org/>. It takes less than 5 minutes. At the time I wrote this article, the survey was still up. This is also a great site for up to date information on the riverfront project. Secondly, spread the word to other paddlers, other clubs, friends, and family. Lastly, the most impact we can make is a visual one by packing each public meeting with paddlers who want to see this happen. Columbus is located only an hour south of Indy and only an hour north of Louisville, with hundreds of paddlers in between. We should have no problem packing these meetings.

More importantly, the more people who play in their local river learn to love their local river. They then become highly invested in protecting that resource. Suddenly, people start to ask themselves and others, what exactly is going into the river up stream? How can we get the water cleaner for my kids? Where does this fertilizer on my grass eventually go? I want to be able to eat those fish that I catch, etc. Paddlers or not, the more people who are vested in protecting our resources, the better.

Stay Tuned!

Keep an eye on our website, facebook and meetup pages, and your email for updates on future meetings and developments. The dam **WILL** be removed and it will be up to us to help shape the future of the riverfront with its removal. This is the closest we've ever come to getting a white-water park in Columbus. We will not get this chance again. Thank you all for your support.



Sea Kayak Thoughts

Jim Sprandel

When most of you receive this newsletter, the Sea Kayak fleet will be off to Charleston for the East Coast Sea Kayak Symposium or exploring points of interest in South Carolina.

Last year, I had an opportunity to take a number of classes with Nigel Foster at this symposium and feel that it enhanced my paddling and training skills. Symposiums are a great way to get a lot of training in a short period. In 2015, Kellie Kaneshiro reviewed different sea kayak symposiums on the Bulletin Board. All of these symposiums are still going and you might want to look it over to see what opportunities are available: <https://hccbulletinboard.vbulletin.net/forum/sea-kayaking/33739>

The Western Michigan Coastal Kayak Association (WMCKA) symposium is held over Memorial Day near Muskegon, MI. It's a short drive and has some excellent training sessions for intermediate sea kayakers. Bonnie Perry teaches a BCU 3 Star Training Course there which is a good opportunity to sharpen up your open water skills. This symposium is also incredibly family friendly since there is a special track for children. For more information, go to: <http://www.wmcka.org/preview/events/symposium/>

Upcoming May Trips –

Cataract Fall High Water Trip – May 13, 2017

I just checked and the lake stage is only at 636' but we have lots of opportunity for rain between now and then. This is a fun trip so look at Mark's Trip Announcement in this newsletter.

Hardy Lake Trip – May 27, 2017

It's been many years since the club has gone to Hardy Lake so I thought that we would give that a shot. This is a pretty lake with camping, a beach, and a fair amount of wildlife. The Trip Announcement is in this newsletter.

Eagle Creek – Yes! Our Tuesday Afternoon Eagle Creek Paddle will be returning in May. Full details are covered earlier in this newsletter. This is a great opportunity to get in some training paddles and to explore Eagle Creek.

Training – We will be offering Intermediate training with each of the four Kayak Skill Clinics that we will be offering this summer in addition to the Open Water Rescue Class that Duane will be teaching in June. If you are interested, sign up early.

Touring/Sea Kayak Trip Announcement – Hardy Lake, Scottsburg, IN Trip Sponsor: Jim Sprandel

Saturday, May 27, 2017

Hardy Lake is the only state reservoir not created for flood control and is a 741-acre lake. This means that the lake level stays stable year-round, positively affecting the appearance of the shoreline, fishing and wildlife living there.

Hardy Lake is surrounded on all sides by limestone and rocky bluffs, caves and great fossils, but the property has only slate and shale exposure. I've paddled there several times and it's an interesting place to visit. Part of the lake has speed limitations on motor boats while the rest of the lake does not.

When: Saturday, May 27, 2017

Meeting Time: 10:30 am (Ready to Launch)

Meeting Location:

Hardy Lake State Recreational Area
4171 E Harrod Rd,
Scottsburg, IN 47170

Boat Ramp near Wooster Primitive Camping Area in the SRA

Directions: Take I 65 south from Indianapolis to Exit 41 (IN-250). The SRA is approximately 90 south of Indianapolis. Get Google Map directions before heading down.

Note: There is a \$7 fee to enter the SRA and you must have a DNR Sticker for your boat—these stickers are usually available at the SRA gate.

What to Bring: Be sure to bring your boat, paddling gear, water, your lunch, sun screen, and insect repellent.

Paddling Distance: 7-12 miles

Schedule: Plan on being at the put-in and ready to launch at 10:30 am—we should get off the water around 3:30 pm.

Contact Information: Please e-mail me at merlin-3d@sbcglobal.net by 6:00 pm Thursday, May 25 if you plan to attend. The DNR site had an advisory that some ramps may not be usable so I will scout it out closer to the event and get updated put-in information to people who have indicated interest and to the Sea Kayak mailing list.

The Newsletter of the Hoosier Canoe Club

Kayaking Skills Classes – Introductory and Intermediate Classes

Instructors: Dave Ellis, Duane Garloch, Jim Sprandel

Dates: Saturdays – Sat. May 20, Sat. June 24, Sun. July 16, and Sat. August 19, 2017

This year, we will offer four one-day sessions during the summer. However, we are going to try something different to give intermediate paddlers more chance for training.

Since we now have three ACA instructors, we can break our class up into two groups. In one group, we will cover the Introduction to Kayaking material that we have usually covered in these classes. In the other, we will cover ACA intermediate (Level 2 and 3) instruction that we have offered only once per year in the past.

Introduction to Paddling Class -

Target Paddlers: HCKC members who have never taken a class or who want to work on their strokes in their recreational, touring, or sea kayak.

Class Content: Here's a way to jumpstart your paddling! As a new kayaker, you may know how to move your boat around in calm water. We will work with you to make your paddling easier and more efficient—to give you more control over your boat. We will work on your basic knowledge, strokes, and other paddling skills that you may need to safely enjoy the sport. This course is based on the American Canoe Association "[Introduction to Kayaking](#)" course. This is also a great opportunity to ask any question that you might have about paddling or the Hoosier Canoe & Kayak Club.

Your instructor will first talk with you about the basics and then quickly get on the water to teach you how to safely get in your boat and move it forward, backwards, and sideways as well as how to turn and stop. .

Intermediate Kayak Control (Edging/Turning and Stroke Refinement)

Target Paddlers: HCKC members who have taken an introductory class at least one year earlier and who are comfortable with their forward-turning strokes as well as with their draw to go sideways and bow/stern rudder maneuvers. This class targets recreational, touring, and sea kayaks.

Class Content: Boat control and turning are essential for Intermediate paddlers whether you are paddling on creeks, rivers, lakes, or oceans. You need to make your boat do what you want it to do. The main topics that we cover are listed below:

Edging your boat and using fore/aft lean to turn your boat or to make it go straight

Bow and stern rudders

Side draws – Maneuvers that move your boat sideways without changing the angle of your boat

Maneuvers to paddle tighter turns with control

This section will start with a short discussion of boat dynamics and quickly get on the water to start learning to play with your boat.

Whitewater Paddlers: This class normally targets recreational, touring, and sea kayaks since dynamic characteristics of Whitewater boats are so dramatically different. However, if you get a group of 5 Whitewater people together for a class, Dave can do a whitewater-oriented session.

Meeting Place: To be announced – The instructors will send out an e-mail to participants about one week before the class. The classes will typically be held at Eagle Creek but the instructors for Intermediate classes may opt other locations.

Your Chance of Getting Wet: While the water is cool, we will demonstrate rescue skills but you won't *intentionally* be getting into the water at this clinic unless you want to. Thatcher Pool's Wednesday night sessions are a better place to practice rescues and wet exits when it's cool out

Class Size: Attendance for each class will be limited to 5 students for each of the 3 instructors. Enrollees must be registered HCKC Members and will be accepted based on the date that they register on the HCKC Web Site. The split between Introductory and Intermediate students will be decided as student enrollments are processed.

Please do not sign up unless you can stay for the entire clinic (9:00 am to 3:30 pm).

of this page.

What to Bring:

Please bring your kayak, life jacket, paddle, paddling jacket, sun screen, lunch, and water.

Safety equipment that you normally carry (e.g., pump, paddle float, stirrup, tow or throw rope ...). Please don't buy safety equipment just for this class.

Paddling Clothing—Even though you won't *intentionally* be capsizing, be sure to dress appropriately for the weather and water. We will get out more info on what to wear in the pre-class e-mail.

Questions — Please think about what you want to learn before the class and come with questions.

Schedule:	9:00 am	Meet at Designated Location
	9:30 am	Be dressed to paddle with your boat at the launch area
	9:30 am—3:30 pm	Class
	We will take an hour around Noon for lunch and a safety discussion.	

How to Register: You need to sign up for these classes using the HCKC Web Site.

Go to the HCKC Web Site at <http://www.hoosiercanoeclub.org/> and login using your e-mail address and your account password by clicking "Login" in the upper, right corner.

After logging in, click "Trips/Events" in the menu at the top of the page. You will see the [HCKC Event Calendar](#).

Go to the date that you want to attend and click the event labeled "Kayak Skill Clinic" and click "Register" in the left-hand column of this page.

Eagle Creek Tuesday Evening Paddles May 2 thru September 26, 2017

Jim Sprandel

Eagle Creek paddles will be held on Tuesday afternoons and evenings again this year. These are unstructured paddles where HCKC members can explore the lake or practice skills on their own. If you want to paddle with friends, I would recommend coordinating that through the club bulletin board, Facebook or e-mail.

These Tuesday Evening paddles are provided for club members through a Partnership Agreement between Eagle Creek Park and the HCKC. The club "pays" for these park admissions by cleaning up the Eagle Creek shore and providing safety support for the week-end paddles provided by Jeff Coates and Eagle Creek Outfitters. I will send out a note on the Full Moon paddles within the next month. In the September newsletter, we will tell you how to help with the shore line clean-up

When: Tuesday Afternoons/Evenings – Tuesday, May 2 through September 26, 2017

Starting Time: HCKC Members may use the pass to enter the park any time after 1:00 pm on the specified Tuesdays. However, most members do not show up until after work.

Ending Time: When you enter the park, look at the park's closing time that is posted at each of the park gates. It changes during the year and they normally lock at least one of the gates at that time.

Where: Ramp near Discovery Center—Enter the park at either the 56th Street or 71st Street entrance and follow the signs to the Discovery Center or "Go Ape!" Use the boat/kayak ramp across the parking lot from the Discovery Center (next to Go Ape). This pass is not valid at the Dandy Trail ramp at the south end of the lake near Ric's and the beach at the Marina is now restricted to Marina renters.

2017 HCKC-Eagle Creek Pass: HCKC Members **must** print the 2017 HCKC pass and show it to the Eagle Creek gate staff to get in without paying. Park admittance is normally \$8 for a car with one kayak or canoe otherwise.

To Get the Pass:

Login to the new HCKC web site at www.hoosiercanoeclub.org. Your name will appear in the upper, right corner of the screen after you are logged in.

Move your cursor over the Information Tab in the top menu and then click "2017 Eagle Creek Pass" in the menu that drops down or jump directly to:

<http://www.hoosiercanoeclub.org/EagleCreek>

Note: You must be logged in before you can access the pass. I'll see you on the water.

The Newsletter of the Hoosier Canoe Club

Breaking the Comfort Zone

"You can only grow if you are willing to feel awkward and uncomfortable when you try something NEW." -Brian Tracey-

My trip to Uganda was one of the most eye-opening opportunities that I have been fortunate enough to experience. I truly felt like I was breaking out of my comfort zone! Sometimes, all we need to do is try new things and overcome our presumed expectations of how we think something may be and push through to the end. The end result may vary, but is usually a lasting sense of confidence, fulfillment, and excitement.

After a long 18 hour flight, with a couple layovers, we stepped off the plane in Entebbe, Uganda. We were suddenly greeted with a warm, arid breeze brushing our faces. I thought to myself, "We are finally here; in the 'Pearl of Africa!'" I was amazed at all of the tropical plants we could see just from the airport. The sounds of the yellow backed weavers chirping while they gingerly made their nests in the nearby trees was music to my ears. After all, it was snowing back in Indiana! My excitement grew! We grabbed our luggage and headed towards the dusty Land Rover waiting for us. Of course, there were a number of group selfies taken in the airport parking lot before we set out on our adventure.

We drove towards Kampala, where I felt like we were either going to 1) hit a boda boda or 2) get hit by a boda boda from incoming traffic (Boda bodas are motorcycle taxis commonly found in East Africa). The traffic situation in Kampala is unlike any commute you could ever imagine! With hardly enough room for elbow space in between vehicles, we squeezed and navigated throughout the city. For some reason, I noticed myself white-knuckling the door handle and holding my breath...maybe thinking it would help "suck in" our vehicle. I quickly gained respect and trust in our driver's road skills...but we still had a long drive ahead of us. What was supposed to be a 4 hour drive, ended up becoming a 6 hour venture through small villages on poorly paved roads with random road humps getting constructed in every other town.

When we arrived at our destination, a warm meal was prepared and waiting for us. We chatted with family and knocked back some cold brews, ironically labeled "The Nile Special," which would give us a taste of what was to come the following day. After a well needed nights rest, we woke up to the birds singing and the sun hitting the banana trees. We were offered a nice breakfast spread of freshly cut fruits, huge slices of toast, (seriously, these had to be the biggest slices of bread I've ever seen) complete with red plum jam and homemade sausages. Even though we ate hardy during our stay, we definitely worked it all off with the amount of activities we had planned. The food nourished us for another long day ahead of us and the company of family boosted our spirits.

We gathered our belongings, said our goodbyes to family and made our way to the rafting outfitters. We didn't think we were going to make it there in time, since we got turned around a bit on the way, but we did. There was a large group of young people anxiously waiting for their orientation in the outdoor lobby. We grabbed our cups of coffee and found a seat. Several men walked to the front of the room and asked "Who's ready for rafting today?" The crowd cheered as they all looked around at each other and smiled. I could tell it was going to be a good day. As they walked us through the safety speech, us girls chatted quietly. After all, we know what to do in whitewater, right? We were no noobs to this. We heard shuffling and realized that everyone was standing up. "Well, I guess this is it?" I said. We applied our third layer of sunscreen for the day and followed the group to the front of the building to get fitted for gear. After everyone was stuffed into their PFDs like a freshman in a locker on the first day of school, it was time to round up and get into the "off-road" bus. We found our way to the back of the bus. (That's where all the cool kids sit anyways, right?) We heard our trip leader announce "As with any rafting trip, you are more likely to be injured on the way to or from the river while riding in the bus. Please use your 'oh shit handles' accordingly."

We held on for dear life and chatted during the 40 minute drive to the put in. After arriving we were instructed to collect our gear and meet in front of the bus for my special request: jackfruit tastings. The best I can visually describe a jackfruit is like a giant, 30 pound osage orange. When you cut it open it resembles some sort of alien innards. The taste and texture is by far similar to the marriage of rubber bands and cantaloupe. Not my favorite thing in the world, but hey...when in Rome!...I mean Africa!

We again were asked to sit through yet another safety speech, which we chatted through again. And then afterwards, we were asked what "type of ride" we were looking for. I have to admit, I'm always looking up videos of rivers before I run them. Best practice?....Hasn't been yet! With the magic of YouTube, I found videos of voracious, munchy holes leading to capsizing on every rapid. I began envisioning all the other boaters pointing and yelling "WALLACE!!" in the distance. Yes, I have a vivid imagination! With all that being said, I knew we were also planning to kayak the next few days, and there would presumably be many unintended swims. So, I was okay doing a "princess day" on the Nile. Although, for some unknown reason we told the other girls who joined our group we wanted a wild ride.

We all loaded ourselves into the boat and shipped out for our adventure. We practiced a few flip drills and paddling strokes

in preparation for what was ahead of us. (Basically, flip drills are when a guide intentionally flips the raft with the customers in it, and then has everyone climb back in the boat.) I have to say, as a guide, I've never done a flip drill with any customers...so this did increase my anxiety level a tad.

Our guide commanded us to paddle forward and across the river. This was the moment that I realized the vastness of the Nile...because I was forced to paddle the width of it. Good thing I had my trusty team with me! Although, this was just a foreshadowing of the soon to be exhausting days of ferrying back and forth across the Nile in a kayak. When we made it to the other side of the river, we eddied out before the first big rapid. There wasn't much to see, and our guide promised that he would let us scout out the first rapid. We then received the universal whitewater "tapping on the helmet sign" from the safety boater, which signified it was "OK" to run the rapid.

"Wait...I thought we were going to scout this out first??" I exclaimed.

"We have the signal to run; we will run it now," the guide retorted.

We went through some pretty decent sized waves before we approached a horizon line. Suddenly, our guide yelled, "GET DOWN!" We all tucked our bodies as deep inside that raft as we could and held on to the "chicken straps," which were poorly tied to the boat. As our raft hurtled itself over the 12 foot vertical drop I felt the ends of my mouth curling into a smile. I turned around and swiftly gave the guide a high-five, "Hell yea man! That was awesome!"

We had more giant wave trains and rapids downstream. We didn't get out of the boat to eat, just to pee...or to swim, but I feel that 90% of the time when someone swam, it was due to the urge to urinate. Amongst all of the rapids, I don't think there was one where we were not instructed to "GET DOWN and HOLD ON!" I was eager to get back up on the edge of the boat because sometimes I did not feel that it was necessary. Even though we initially said we wanted a wild ride, I think the guide felt out our group of girls (known that day as the "taco boat") and decided he would not "dump truck" our raft. Next time though, we will most definitely opt for some carnage!

The next day was the beginning of our kayaking training sessions. We all met at the kayaking outfitters and were greeted by our two guides, who were quite chipper to be awake that early in the morning. I grabbed coffee and powered through the natural morning facial scowling (AKA: Resting Bitch Face) that would occur. Our guides sized us up quickly with scrutinizing eyes and decided for us which boats and what gear they felt would be best for our body types. Hey, I was just happy I wasn't doing anything yet other than waking up and enjoying my coffee!

Once we decided to shove off, we loaded in the truck like a bunch of circus clowns. There may have been some confusion as to which side the passenger seat would be on in our European vehicle. (I guess I thought I was going to drive us down to the put in.) I was quickly corrected by all the laughs when I opened up the door on the right front side. I ran to the correct side of the truck and we were on our way! (In my defense, I was still waking up!)

The day was becoming quite warm already as the African sun was rising overhead. Our truck did not have the comforts of air conditioning, so we just had to bear through it until we reached the river. The driver took us down a long and narrow dirt road; he turned several times through villages. If you asked me where we were, I could not tell you. But, I was enjoying our ride and our enthusiastic conversations that were flowing quite freely. I could tell we were really going to like our guides!

When the vehicle stopped, there was a group of children standing in the road, as if they were waiting on us. We were instructed to start gearing up, apply another layer of sunscreen, and to drink some water. After we were all prepared we stood with our guides and looked at the children; they looked back at us. And then, we were told that they would be transporting our boats down to the water for us if they could answer our riddles or mathematical questions. This was a treat for these children, and you could see how their eyes lit up with excitement when they answered a question correctly. We followed the boys and our boats down the long, steep dirt trail to the river.

"This was it! Here we are!!," I was thinking to myself. I could feel a weird, anxious feeling in my stomach. Although it felt more like a hamster running in a wheel so fast that it loses its pace and starts flipping around inside the wheel....yes, it definitely felt like that! I told myself to calm down, that I would be fine. "Yes, YOU WILL BE FINE!" I also realized that I was pumped and proud. I had never done anything like this before and there I was! "You go girl!" There were a lot of mental conversations, but they were quickly ceased when the guide turned to me and said, "You ready?" My mind was quiet at that moment and again I felt the hamster thrashing inside his tiny wheel....I smiled and said "YES!"

There was a nice, beautiful eddy pool to practice our rolls. Ok ok...I'll have to admit at first, I didn't want to roll in the Nile. I knew I was going to have to, but I didn't really want to. I mean, remember what everyone was doing in it yesterday? It's basically the equivalent to pee water with a splash of E. Coli, not to mention the potential for parasites...My nurse brain was telling me all these things. But I did roll, and then I rolled again and again. And then I rolled the other way. And then I felt great. And the water felt amazing!

The children all got in the water and came out to watch us roll. They were as excited for us as we were. What a great audience! They attempted to grab onto my boat and float, but our guide shooed them away.

After about 20 or so rolls, we were ready to attempt rolling in moving water. Our guides lead us to a nice, smaller rapid to practice flipping, holding our breath until the right time and then rolling back upright. This took me a few times to get it, but eventually I succeeded. This actually was my goal that I wanted to accomplish during the trip: to roll in moving water. And you know

what?...I did it! So, of course after that, I was confident in my skills and was ready to get some action. That's all I needed. I just needed to know, as a kayaker, that I could roll back up in moving water. Suddenly, my tiny hamster got back on his wheel and started running.

The first rapid we were tested on was called "Jaws." I didn't really like the name of it, but we all know rapids aren't named after butterflies or flowers or cupcakes. Rapids are usually named after something significant that happened there, or someone who was injured, or even someone who lost their life. So...we were about to embark upon Jaws.

I looked ahead and saw a horizon line...giving me flashbacks to the day before when we were supposed to "scout," the waterfall. I then saw some white breaking waves, rising and crashing; pulsating. There is definitely a system to this rapid. Once the big wave crashes, GO; because all the other waves will follow after. Think of it as West 38th Street, once you hit that first red light...just accept the fact that you will be hitting all red lights thereafter. It doesn't matter how fast you attempt to speed to the next light, you're done. Same with the waves in Jaws. If you hit the preceding crashing wave, all the other waves WILL break on you!

Luckily, I didn't have that issue, but it wasn't done there. At the end of the rapid there were large, swollen boil lines like I had never seen before; the boil lines then create whirlpools. The New River in West Virginia, has a large amount of boiling water, but not like this. I looked ahead of me and I saw, Hasina's kayak being swallowed by whirlpool. She braced her paddle in the water and in a few seconds was released by the grip of Jaws. We congregated below the rapid and rejoiced with a series of simultaneous "whoops" and paddle high-fives.

Our next approaching grade IV rapid was called Bubogo, meaning "condolences." I was instructed by our guide to ride the "tongue" of the wave. The Nile splits here, creating a sharp left turn and is divided by an island. As most kayakers know, when water is constricted it creates a more turbulent effect. Bubogo definitely had a nice smooth tongue and a clear line for the entrance to the rapid. Again, I was taken back to the memory of rafting the day before where several of the boats in our group capsized at this exact location on the river. But I told myself, "You got this!"... I had been doing good so far!

I calmly dipped my paddle into the water, leaned forward and prepared to enter the chaos. Game face! The rapid was drawing near and I could hear the roar of the whitewater. I took a deep breath, for good measure...(and for the hell of it, because you never know) and paddled with conviction. Once I made it to the crest of the colossal rapid, I felt a wave of relief. Then, I saw what was behind that wave. A huge drop and yet another massive wave! At that point, there was a freezing aspect in my body...the cute, little, furry hamster decided he was done running on that wheel...that little jerk bailed! I flipped. I felt the strength of the under-current fighting me as I struggled to set up for my roll. I leaned forward and with two attempts to set up my paddle; failed. The water pushed me to the back of my boat and proceeded to pull my paddle from my grip. I was exhausted from the underwater war with the river, accepted the defeat and did a Micheal Phelps to the shore. It was at that point, I gained respect for the river and her strength. I knew that I could paddle but, I needed to learn how to roll back in that situation and regain control. I came out with a little bit of a bruised ego, but was still ready to tackle more.

After a tough day on the river we were met by our outfitters crew and were offered a few well deserved Nile Special beers. And oh man, was that a great way to end the day! We talked non-stop on the way back to our camp. The sense of excitement still hung in the air and the comradery was thicker than it had ever been! We did this adventure together; we were there for each other! Our guides made sure to acknowledge that they were proud of us and ensured us that they would be pushing us even further throughout our training. It was good to know that they had faith in our paddling skills and that they were also there if we needed them. It truly was a wonderful experience. It was a learning experience. It was an experience of the mind and the body.

After visiting Uganda, immersing myself in her culture, meeting her beautiful people, and testing my own strength in her waters...I walked away with a positive gift. A gift that I did not expect to receive, but a gift that I hope to share with others.

That gift is breaking the comfort zone.

Blair E. Fuller

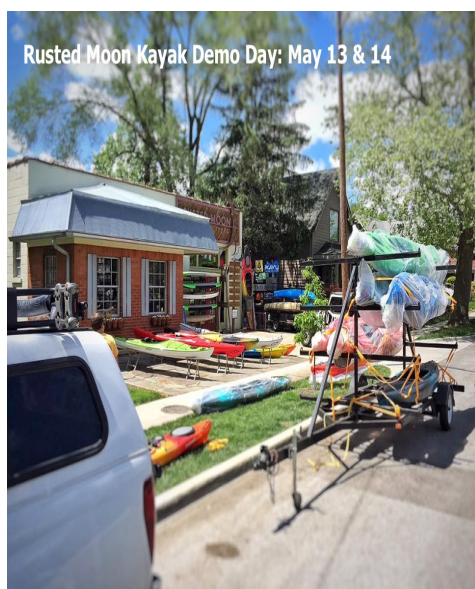
Future Newsletters

Do you have any great trip reports or any other interesting stories the rest of us would enjoy? Please submit any articles, stories, or interesting points to Dwayne James for our News Letter. Submittals must be received by Dwayne by the 17th of each month to ensure it makes into the next month's newsletter. Please send any pictures or write-ups to dwaynesjamesA1@hotmail.com. I prefer word documents with very little formatting of the text. Calibri 11 makes a nice font.

The Newsletter of the Hoosier Canoe Club



Presents: Kayakers' and Paddlers' Demo Day



Date: May 13 & 14, Saturday & Sunday

**Where: White River launch behind the Art Center,
820 East 67th St.**

Time: 11AM—5PM

Festivities begin at Rusted Moon outfitters with free food and loads of vendors...Begin your day @ 6410 Cornell Avenue Indianapolis, Indiana
Contact Rusted Moon Outfitters:
Phone Number: (317) 253- 4453

HCKC will be there to represent the Club on Saturday

****If anyone wants to represent the club on Sunday please contact me marianndv@gmail.com for details**

The Newsletter of the Hoosier Canoe Club

Major Changes to the Website!!

Please Login to the new HCKC New Web Site

The Hoosier Canoe and Kayak Club rang in 2017 with an updated web site using the Wild Apricot web tool. Most of you have noticed the new web site's new look and menus and may have explored it. However, about one third of all HCKC members have never logged into the new site and set up their profiles. We also know that several people have been having difficulty logging in and this article attempts to walk you through that process.

If you have not logged in, please give it a try. By logging in and setting up your member profile, you enable the club to use many of some advanced features that the new web site provides us. These features include automated membership management, targeted member mailing, "members-only" web pages, event management, and an integrated bulletin board.

Setting up your account is very easy and takes about 5 minutes. If you have never logged in, you just have to complete 3 steps to login and set up your profile:

Set your Password.

Login into your account.

Review/edit your Membership Profile. Since all of the information that you gave to Dave Ellis was imported, you probably don't need to change very much.

If you have problems: Some people have had problems setting up their accounts. If you have problem, please contact Dave Ellis at RiverPaPaw@aol.com so we can figure why and then help other people who are trying to get started.

If you have already set your Account Password, jump to "2. Login to the HCKC Web Site":

Set your Account Password:

Go to the HCKC Web Site at www.hoosiercanoeclub.org.

Click on "Log In" in the upper, right corner of the HCKC Home Page.

You now see the "Please login to continue" pop-up menu. Select "Forgot Password" at the bottom of this menu. We have not assigned a password to your account yet and this process allows you to set your initial password.

You will now see the "Reset Password" menu. Enter the e-mail address that the HCKC uses when it sends you e-mail, fill in the "code" prompt with the 6 characters in the picture, and then click on "Submit".

Note: The HCKC is able to send you e-mails even if you have never logged in.

Wild Apricot will send you an e-mail. Open the e-mail.

Click on the internet link below "To choose a new password go to:" in this e-mail.

If the link does not open in your browser- highlight and copy the link from this e-mail and then paste it into the address line of your web browser.

You will now see the "Reset your Password" menu. Make up a password and enter it in both boxes in this menu and then select "Set New Password".

You've set your password but you're only halfway done!

Login to the HCKC Web Site:

You should see the Hoosier Canoe and Kayak banner at the top of the page. If not, go to:

www.hoosiercanoeclub.org

Click on "Log In" in the upper, right corner of the HCKC Home Page.

Fill in your e-mail address and your password and then click "Login" in the bottom of this menu.

The Newsletter of the Hoosier Canoe Club

Note: If you are the only person using your computer, select the “Remember Me box so that you will automatically be logged in when you go to the HCKC site.

Review/Edit your Profile: Please review your membership profile on the web site. Make sure that your contact information and paddling interests are correct. In addition, you may customize your privacy settings.

Soon, we will use the “Interested in” field in your profile to target e-mail to people with a specific interest within the club. For example, Dave Ellis might e-mail a reminder to people interested in Pool Sessions when those hours changes.

To edit your profile:

You have just logged in so click on your name in the upper, right corner of the web page.

You now see your profile page. Please review:

Your contact information

Dues Status - look at the “Renewal due on” line to see the date when you will owe dues again. If your renewal date is not correct, e-mail Dave Ellis at RiverPaPaw@aol.com.

Paddling interests – The club will use your paddling preferences in the “Interested In” field for sending targeted e-mail. You may select any or all of the following paddling interests: Flat water, Whitewater, Tour/Sea Kayaking, Paddle Fishing, Stand Up Paddle Board, and Pool Sessions.

If you want to change anything in your profile, click on “Edit Profile” at the top of the page and go for it.

When you are done, select “Save” at the bottom of your Profile page.

Things that you may want to do on the new Web Site

This article discusses several common things that you may want to try on the new web site after you have logged in.

Checking the Event Calendar – Click on “Events” in the menu at the top of the HCKC home page. Note: When you hover over the “Event” label, you also have the option of viewing just flatwater, whitewater, or sea kayak events.

When you click on an event in the calendar, you immediately jump to a web page containing more details about the event and telling you how to sign up for the event. Some event may be set up so that you can register for the event by clicking on “Register” in the left-hand margin of the event description.

Getting Information about Another Member or Sending them a Message – Move your cursor over “Information” in the top menu and then select “Directory” in the drop-down menu that appears. Type in the name of the person who you want to look up – a list of matching members appears as you type their name.

Click on the person’s name in the list below the name entry box and you will see that person’s profile.

Important: You will only see the information that that member elected to share with other members. For example, most members have not elected to share their street addresses and phone numbers.

If you want to send the person a message, click the “Send Message” next to the person’s name at the top of their Profile.

Newsletter – To see the current newsletter, click on “Newsletter” in the top menu of the HCKC web site. To see a past newsletter, move your cursor over the “Information” tab in the top menu and select “Club Documents” in its drop-down menu. In the “Club Documents” menu, click on “Newsletter Archive” near the bottom of this page.

The Newsletter of the Hoosier Canoe Club

Using the New HCKC Website

Jon Reneberg

4/16/2017

Your HCKC membership gets you access to many great events and connected with many great people! The new website (still at hoosiercanoeclub.org) is a great way to get in touch, find out about events, and get prepared for the reason we're here – to paddle! Logging into the website gets you access to information and tools not available to just anyone:

- An Eagle Creek pass exclusive to HCKC members on Tuesday afternoons
- Communication links for each of our club officers, board members, and Committee Chairs
- The member directory where you can contact other members without sharing your personal contact details until you're ready
- Access to the club forum
- Our current, and all historical newsletters
- View and register for upcoming events
- Information on training sessions
- Access to important club documents and information

Logging into the website also helps us keep track of active members, and manage the day-to-day activities. If you haven't yet logged in, please do so we can confirm we have your correct contact details and know that you have access to everything. To date, about 80 members have not yet logged in. If you haven't, give it a try and let us know how the experience goes. We're always looking to improve what we offer the club!

The new website also allows you to manage and pay for your membership renewal immediately! If you pay online, you get access right away! Getting close to renewal time? No problem, the website will send you a reminder when your renewal is coming up, and then again when it's due. You can pay online and not miss a beat. Paying online also makes it a bit easier for the folks managing your membership behind the scenes, and in most cases eliminates the need for them to enter your information into the system. With over 320 members, that's a lot of work!

Want to share your contact information with members? Simply log into the site, then select your name at the top right of the site, and the "edit profile" button. After you've made sure your contact information is up to date, click on over to the "privacy" link at the top of your profile to see what you share, and who you share it with. By default, everyone can see your first name and profile picture, but you can change that if you'd like. Use the "edit profile" button again to choose what you share with the general public, HCKC members only, or keep to yourself.

Looking to get value from the new website right away?

Head on over to the events page: <http://hoosiercanoeclub.org/events>

Check out the training sessions: <http://hoosiercanoeclub.org/Training>

...or connect with other paddlers: <http://hoosiercanoeclub.org/directory>

Regardless of how you connect, we look forward to paddling with you this year!



The Newsletter of the Hoosier Canoe Club