

Keelhauler's Ka-news SEPTEMBER, 2017



Next Club Meeting October 10th
Location to be announced.
Program: Club Election and other business...

Meeting Questions? - Call 330-606-5032 or e-mail - [John Banach](mailto:John.Banach@keelhaulers.com)

All meetings are open to guests. Invite a prospective member!

President's Message From John Banach



Hello, and happy end of August my fellow members. I hope you have been out and about enjoying the best that mother nature can offer. We have been blessed with warm dry favorable weather in Northeast Ohio and tons of rain and warm weather just south of us. Pick your poison because there have been favorable conditions for all types of paddling and outdoor activities. If you have been bored then it's your own fault because there has been so much to do. To recap the past month, we had some wonderful trips going on. The Yough

weekend was a great success. Whether the slackers or ladies' day late in the week, the Saturday lower trip led by Mark Spang. The upper trips were led by Jim and crew. Or the Lower Y led by me and by Dave on Sunday.

Several days of perfect level conditions can spoil any seasons paddler. How blessed are we? In addition, the tall Oaks picnic had almost 50 attendees. That's the most I and anyone else could remember. I'm hoping for 75 next year. We had plenty of extra space for camping and fun. Thank you so much to everyone for showing up at my favorite summer events. It was a complete success in my opinion.

Current club news and future trips worth noting:

2018 dues should be sent in no later than October 1. We also need to look at both trips schedulers for 2017-18 and needed club board members to fill open Positions. Want to get involved with the club? Reach out to me and we can talk about where we need help and what positions could match your skill set. Our next official meeting is October 10. Location to be announced in the upcoming weeks. I want to pick a spot that's as neutral as possible to everyone. Possibly Fairlawn Ohio area. The club will vote on any and all open board or officer positions as well as additional club requirements and updates needing to be discussed officially. I hope we can get a strong showing of support at the meeting.

I will advise this to everyone on Facebook as well. It might upset some but I will cancel any and all Facebook memberships by Nov 1st to all non-club members who do not pay their dues. Anyone who I excepted on Facebook page will realize whether or not they want to be in the club or not.

What's up in the near future you ask?

Lots of big trips coming up. The New, Gauley season and release trips, and hopefully late summer early fall rains for local impromptu trips. Check the trip schedule on the website for updates.

Also, I want everyone to think about how we can plan and schedule additional flat water/lake kayaking, class to water, and whitewater rescue clinics. How can we brought in our club portfolio to attract additional members who are just into white water but love other types of paddling?

That is always the question the club faces and I'm always looking for new import and those who have a desire to lead and promote our sport.

Also, as we prepare for colder weather and water paddling again, take a look at what gear you have and what gear you can shed. I'm sure there are lots of members out there who are missing something or would like to upgrade to something different. Whether a dry top, paddle, helmet, or both. Let's keep the gear swap going on both Facebook and our website page.

To close on a fantastic August, I'd like to thank the club and its board and members once again. Without you and your support and drive, the club would be anything but extraordinary. We are truly blessed to have a mix of both active older members and younger motivated new members. All with a passion to learn, experience new paddling outside their comfort level, teach and spread goodwill and comradely.

So once again I am humbled to be your club president. I will continue to do everything in my power to make everyone's club experience more interesting, inclusive, and challenging. And thanks again to all club members, trip leaders, officers and board members, and new members for making the Keelhaulers Canoe Club a top notch paddling group.

All the best,
John Banach
Club President

**Membership Renewal
By John Kobak**

It's that time again.....

All of our club memberships expire on **October 1st**. As soon as you can, please mail a \$20 check for your 2018 membership dues. To:

**Keel Haulers Canoe Club
1649 Allen Dr.
Westlake, OH 44145-2506**

Or pay your membership dues using this Paypal link. <http://keelhauler.org/EZPay.htm>

You can review your current membership listing, using this link:

<http://keelhauler.org/khcc/members.htm>

User Name: "dir" and the current 2017 password found on Pg. 20 of our 2017 yearbook or see the passwords sent out in our monthly e-mail.

If you need to change any of your membership information, use this on-line form:

http://keelhauler.com/khcc_registration.htm

Please encourage any of your non-member paddling friends to join/rejoin the club. The club offers a lot, to paddlers of all skill levels, at less than the price of a tank of gas to go paddling.

**Keelhauler's Minutes
August 19, 2017
By Marcia Karchmer**

On August 19, almost 50 people attended the annual picnic at Tall Oaks in Ohiopyle, Pa. A great time was had by all and the weather was perfect!! The next meeting will be October 10th. Watch for postings on the location.

Marcia Karchmer, Secretary

**Monthly Treasurer's Report
By Sam Reynolds**

**Keelhaulers' Canoe Club Treasurer's Report
August 27, 2017**

CD 0402	\$2, 287.82
CD 1077	<u>\$2, 285.39</u>
CD'S (2)	\$4, 573.21
Checking	<u>\$8, 161.80</u>
<u>Total</u>	<u>\$12, 735.01</u>

**New River Gorge First Descent
By Matt Fredmonsky**

The New River is ironically named. It's older than the Appalachian Mountains it carves through at more than 480 million years. But for every paddler at some point, it is, in fact, a new river. That's what it was in early July for three Keelhaulers, who made their personal first descents of the New River Gorge.



Class V selfie attempt under the New River Gorge bridge.

Keelhauler Vice President Don Howdyshell led Nick Conway, Javan Robinson and myself down the New for our first runs with Jeremiah Richard making his second trip down the gorge. The paddle started with a meet up at Cathedral Café, a chapel-turned restaurant in downtown Fayetteville, West Virginia, for a large, delicious breakfast before setting shuttle.

The trip was only Don's third, but as the most experienced paddler in the group he felt confident leading a small, solid crew down—spending days studying his GoPro footage from his first two runs proved useful homework.

After unsuccessfully encouraging Javan to run the staircase seal launch at the Cunard put-in, we hopped in our boats and set forth. For the uninitiated, the water of the New is amazingly warm. Its North Carolina headwaters travel north to the gorge, making the pulsing green water feel like a drawn bath. The level was 2 feet which, according to American Whitewater, "most agree (is) the optimal level ... the Keeneys, Double Z and Fayette Station are really stompin'" even though to seasoned NRG paddlers it's low-flow. In the gorge, 2 feet is about 4,500 cfs, which for those of us who regularly paddle the Stony, Lower Yough and other like runs is about four times as much water as we're used to.

Weaving through the mountains, we passed through Pinball rapid, skirted the edge of Upper Railroad and bobbed down the middle of a few warmups before coming to Upper Keeney, the first of the three Keeneys—the rapids that would offer the tallest waves of the day. Upper Keeney was simple enough, just ride the wave train down the middle and grab the eddy on the left above Middle Keeney, which is where the fun really starts. As each boat dropped into Middle Keeney, it's stern quickly disappeared. As you paddled in to the first drop, you caught a glimpse of the preceding boat's stern summitting the giant haystack wave in the middle of the rapid before they quickly disappeared again, and you started your ascent up the beast. As the river pulsed, you might find yourself climbing it as a green wave and launching off the top, or if the wave was breaking you'd find yourself trying to brace into it as you got body slammed into what felt like a brick wall. Good times.



Amidst Lower Keeney rapid on the New River Gorge.

So far, so good. We gathered ourselves, got beta from Don on Lower Keeney and started our approach. We took the mother duck, all-the-ducks-in-a-row approach with Don leading followed by Nick, Javan, myself and Jeremiah running sweep. Here's where whiplash took full effect. With all the paddlers lined up, inevitably each kayak was a little off the line of the boater ahead of them, with the final boat in the row the furthest off line. Don dropped in a little left of middle. Smooth. Nick hit the crashing curler ricocheting off the top boulder on the left, and he immediately went over.



Nick coming through Lower Keeney on his second day in the gorge.

Javan slid down in and was off moving right nicely, while I recognized I was too far left and tried to boof onto the curler and got spun backwards. Jeremiah was so far left of the tongue that he almost boofed the guard boulder itself and got flipped right at the top. Don made it through smoothly, but Nick succumbed to the power and height of the waves and swam. Javan, seeing Don successfully moving to river right, followed suit. I started my turn downstream just in time to get sideways body slammed into the third large wave, brace into

it and straighten out to line up for the next one and start working right. Jeremiah tried to time his rolls with the rising waves. Though unsuccessful, his first two attempts gave him just enough air to hold tight until things calmed down. He ended up running the nearly 100-yard rapid entirely upside down and successfully rolled somewhere near the Halls of Karma—an epic exercise in staying calm under pressure. At the end, a massive whirlpool reached up and grabbed Javan's stern, sucking it down and forcing a hard brace, but he was no worse for the wear. We gathered Nick and his Fun, took a hydration break on shore within sight of Lower Keeney to watch the rafts disappear in its waves while celebrating and enjoying the adrenaline high. It was intimidating, exhilarating, humbling and encouraging all at once.

The rest of the run was a breeze. Solid lines (thanks to Don), a few combat rolls to be had by all, some epic (and unexpected) stern squirts by Jeremiah, bluebird skies and warm breezes. After cruising through Fayette Station, the final rapid, we cheered on Nick as he dutifully drank his booty beer and set off to the Overlook restaurant, high on the gorge rim, where we watched the sun set behind the mountains and had a few rounds to mark the occasion. It was the stuff first-descent dreams are made of. A successful run that left everyone feeling empowered and accomplished, topped off with good company and tasty spirits. It left everyone asking, "When are we going back?"



Javan attempts to become one with the New River Gorge.

Conservation News From Jim Hunt

AW Secures Improved State Permit For New River Dries, Now Up To Feds (WV)

posted August 18, 2017 by Kevin Colburn - AW



American Whitewater reached an important milestone this week in our efforts to restore flows and public access to the New River Dries. Earlier this summer American Whitewater appealed a State decision to provide only 3-4 paddling releases annually, and vehicular access that required a 1.2-mile hike to the put in at the dam. On Tuesday the State issued an improved decision following over a month of negotiations, and in exchange American Whitewater withdrew our appeal. The New River Dries is a big, beautiful, ancient river with vast recreational potential, however it is virtually dewatered an average of 281 days per year by the Hawks Nest hydropower project.

The State's decision was made through issuing a water quality certificate that federal regulators (FERC) must adopt. The revised certificate includes:

- 2 releases in March, and 7 releases late June through August.
- A river access point a half-mile upstream of the Dam, with a portage trail around the dam.
- Improvements at Cotton Hill Bridge for river access
- A new public takeout
- Continuation of the new Dries USGS gage
- A website offering flow predictions
- Higher continuous base flows (250-300cfs)

While an improvement over their earlier decision, the restoration of only 3% of lost paddling days and the lack of vehicular access to the put in mark massive missed

opportunities to restore a vibrant and valuable New River. Importantly though, while the State strongly believes their certificate marks the appropriate balance of interests, the State explained that their certificate does not prohibit the Federal Energy Regulatory Commission (FERC) from requiring additional releases and access. This was a critical factor in our decision to withdraw our appeal.

Late last year, FERC indicated they believed at least 15 releases where recreation takes priority and a study of vehicular access to the dam were justified. The unusual limiting factor with the Dries is that the hydropower project provides a special kind of power to a nearby alloy plant, which requires the lion's share of summer base flows (1600cfs) to operate. American Whitewater has proposed that FERC grant priority to 1600cfs for the alloy plant, while scheduling 41 release days. Of these 41 days, an average of 7 days will be provided by unplanned spills, and 9 will be cancelled because of inadequate flows. Thus, paddlers will get 32 days of generally predictable paddling and the power company only has to actively provide 25 of them. We continue to feel this proposal is a reasonable compromise.

American Whitewater will now ask FERC once again to consider our flow and access restoration plan that is sensitive to other interests. At that point, the fate of the New River will be in the hands of federal regulators at FERC.

**Gauley Season begins 9/7/2017....
From John Kobak**

On the first release weekend we usually get a big crowd so I try to organize the camping using all us old folk's Golden Eagle passes to get a big discount on the campsites, and fill them up so our camping is only about \$2.00/night/person. This is more complicated than you may think since some people make last minute decisions and still think they can still get a campsite. Those that contact me will be assured of a site and their car passes will be waiting for them, so no time is lost at the gate house. These sites cannot be reserved on-line after Labor Day.

We also need a paddler to agree to lead the Upper Gauley trips on all 3 days. I will contact any paddlers who paddled last year, but if you are new please contact me at trips@keelhauler.org and the river trip organizer.

I need to know the day you plan to arrive and the number of nights you plan to camp. Also, who you are riding with.

John Kobak 440-554-1383

What I Learned from Five Days of Paddling Costa Rica Whitewater By Katerina Barry

Families lounge in the rivers; at the put in's and take out's, to escape humidity's ceaseless smothering of skin. Mango and pineapple stain my fingers and cheeks with a rare welcomed stickiness. We shake off the winding, curving residue in our stomachs from the drive here as we tighten our helmets and drag our borrowed boats behind our guide and new friend. This is Costa Rican kayaking.

Costa Rica, for me, was the humbling reminders of life's simplicities, the willingness to accept and let go of the stresses of existence. the releasing of ego. A lesson whose vast teachers I have come to regularly seek and to crave. My perspective of Costa Rica's Pura Vida state of mind, was one that I found transpiring both on the ground as I walked the small, colorful neighborhoods as well as on the five days spent traversing the local whitewater.



Whitewater kayaking, as you may or may not know, is an extreme sport. It entails a mental and physical, fortitude and awareness that although may bear the lightness of a sort of meditation; is likewise just as capable of ensuing an adrenaline of nervousness, fear and great intensity. It is the latter that at times has the ability to get the best of you and was

a feeling that crept up on me from time to time as I experienced the unfamiliarity of the tight turns and diversity of Costa Rican whitewater.

But with all anxieties, comes a precious lesson.

The juxtaposition of inwardness and trust in your paddling group is one of the things that draws me back into my boat again and again, it is the art of allowing myself to let go of my stresses and welcome the openness of kayaking's many lessons.



Paddling the rivers in Costa Rica next to both my partner's ceaseless support and our guide, a boater whose gracefulness and ease fine-tuned the validity of this art for me, while simultaneously solidifying my desires to consciously carry this wisdom with me onto every river, new and familiar, from then on.

So many moments in my kayaking endeavors are comprised with a NEED to reach a certain position: from catching an eddy as quickly as possible, to ferrying with the most success and fighting my way into a surf wave. So often, my focus on the necessity of these moves leaves my lines and pathways stumbled with jerkiness and a lack of grace. Yes, I can make that eddy, yes I'll make it to the opposite bank, but will forcing my desires to succeed to the forefront of my mind really equate to the maximum progress attainable in these moves? Not necessarily.

It is not always about fighting your way to success, but rather, fine tuning the calmness you use to reach your goals.

I believe it to be both the unity between minute paddling techniques and a certain mental awareness, both, of course, being an exercise in time, to achieve this skill and aesthetic. Paddling the waters in Costa Rica taught me that the welcoming of these subtle teachings is a key element in learning to let go of the anxieties of the extremities and relishing in that inward meditation that kayaking and so many other physical activities can bring us.

There are many moments from our trip that I hope to hold clearly in my mind for the entirety of my paddling career as well as in my reminders of why I do the things that I love to do.

From experiencing the distinct and interactive Flora, the curling of the leaves as I reach out to touch, the imprinting of its shadow when placed upon my skin; to playing soccer with the locals and bonding with folks solely through half spoken Spanish and smiles alone.

While paddling a slower section of water one day, the question arises of why we love to paddle:

It allows me to release energy, be it of silliness, adrenaline or purely of a "fuck it" motivation.

It allows me, as an often shy and small character, to do something big, to remind myself of my power... to feel.

It completely and honestly clears my mind. I don't think of anything else but kayaking while on the water.

Affirmations like these followed us to dinner time that evening, and it is these affirmations that inspire me to practice and to continue to seek the activities that allow me to thrive.



If I could impart one thing to my readers, my fellow paddlers and my friends who strive to seek more from this life, it would be to seek that self-consciousness that imparts on us the ability to perceive explicitly, delicately and *intimately*.

Don't hesitate to learn from surprising or unlikely places and experiences. *Embrace* all that you take up, all the places you find yourself and all the folks that surround you.

Stay Humble. Dig deep. Pura Vida.

The article and more pictures are posted at: <http://www.coycasket.com/what-i-learned-from-five-days-of-paddling-costa-rica-whitewater/>

Need trip organizers - Pick a trip in red.
Contact: Joe Boyd at 330-858-6270 or joebtravels@yahoo.com

September	Check our Message Board		Time to Pay Dues	
9/1	Upper Yough (MD)	32	John Pratt	307-871-3081
9/2,4	Upper Yough (MD)	32	Jim Murtha	614-282-3293
9/2,3,4	(5) New River Gorge (WV)	27	Phil/Jen Raber	330-827-7063
9/8,9,10	MIDWEST CANOE SYMPOSIUM Camp Butler Peninsula (OH)	FW	Elaine Mravetz	330-321-4132
9/8,9,10	I will coordinate all Camping at Battle Run for Lower & Upper trips (WV)	27-33	John Kobak	440-554-1383
9/8	(5) Lower Gauley (WV)	27	Jim Hunt	440-537-8713
9/9,10	Upper Gauley (WV)	33	Needs organizer	
9/9,10	(5) Lower Gauley (WV)	27	Phil & Jen Raber	330-827-7063
9/15-17	Upper Gauley (Festival Weekend) (WV)	27-33	Cliff Wire	440-439-6541
9/16,17	(4) Lower Yough(PA) Get Permit	23	Chuck McDowell	330-477-1086
9/16	(2) Middle Yough (PA)	12/SK	Steve Ingalls	216-371-8250
9/23,24	(5) Lower Gauley (WV)	27-33	Katie & Joe Boyd	740-632-6725
9/23,24	(5) Upper Gauley (WV) Camping at Battle Run	27-33	Needs organizer	
9/30	(5) Savage River (MD) - Scheduled Dam Release	26	Needs organizer	
9/30,10/1	(5) Lower Gauley & Upper Gauley (WV) Camping at Battle Run	27-33	Dave Herron	513-681-4075
October	Check our Message Board		Time to Pay Dues	
10/6,7	Upper Yough (MD) Last Saturday Release	32	John Kobak	440-554-1383
10/7,8	(4) Stonycreek River Release (PA)	21	Anne Kmieck	216-371-8250
10/6,7,8,9	(5) Lower Gauley & Upper Gauley (WV) Camping at Battle Run	27-33	Hugh Barrow	864-680-2529
10/10	Club Annual Election Meeting at Middleburg Hts		John Banach	330-606-5032
10/14,15	(4) Lower Yough (PA) Fall Color Trip Get Permit	23	Dave Roush	440-623-9035
10/14,15	(5) Lower Gauley & Upper Gauley (WV)	27-33	Needs organizer	
10/21,22	(4) Stonycreek River Release (PA)	21	John Banach	330-606-5032

2017 Club Officers

President	John Banach	330-606-5032
VP:	Don Howdyshell	330-671-0825
Secretary:	Marcia Karchmer	440-773-4132
Treasurer:	Sam Reynolds	330-962-5501

Meeting Place: Middleburg Heights Recreation Center, 15700 Bagley Rd, second Tuesday of each month
Doors open at 7:00 P.M., meeting starts at 7:30 P.M.

Membership: \$20 per year. New memberships, renewals, change in address or phone, send directly to
Membership Chairman:

John Kobak, 440-871-1758
1649 Allen Dr.
Westlake, OH 44145

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KHCC WEB PAGE URL: www.keelhauler.org

Non- Commercial advertising is free to all members. To place an ad, send the information the way you want it to appear. Please write or call when item is sold. It will appear for 2 months unless canceled. Commercial ads may be submitted by club member's owned businesses four times each year with a maximum of four lines of copy per ad.

Please consider writing a trip report or article for the next newsletter! The deadline for the **October issue of the newsletter is **9/23/17**. Please send articles to Kelly Miller (Laubaugh) at peetzaguy@aol.com.**

KeelHauler Kanews
Kelly Miller, Editor
701 Forrest Ave.
Geneva, IL 60134
peetzaguy@aol.com

September, 2017

