



Cruiser

Canoe Cruisers Association of Greater Washington, DC, Inc.

The Chairman's Cockpit

It is so good to be back home after our odyssey in Florida! My treatment went well, and I am glad it is now behind me. I missed everyone and even think I heard my canoe plaintively calling for me from my garage while we were there. The only water nearby to float a boat was a lake next to our lodging. It was called Hidden Lake and had a collection of new bird species that I observed daily. Most interesting were three large black and white moscovy ducks with a red splash on their bills. They were almost tame as they let me get close before they nervously waddled away. In addition, there were the four ibis boys who hung out with a great white egret as they slowly circled the lake each day. Other feathered friends were mottled ducks (resembling mallards) who patrolled the shores and black and white anhingas (Asian migrants) who swam with only their heads above water and then stood with their wings spread wide to dry. The only other significant wildlife was large turtles that sunned themselves on the shores ringed by bright green plant life. One final interesting feature of the lake was a large fountain which periodically erupted to keep the lake from getting stagnant.

Lakes are nice, but I need to feel the moving water again. Hope to see you all on the river soon!

Ed



Attention

Again time to be part of the cruiser and its Holiday issue.

This year I would like to get either/and the thing about paddling and the water that you are most thankful for.

Also the best gift to give and/or get for the xmas holiday.

Thanks for your help on this.

Please send to jodyg13@hotmail.com



Canoe Cruisers is on facebook!

Go to <http://www.facebook.com/CanoeCruisersAssociation> and click 'LIKE' to get updates.

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 Web Site: canoecruisers.org

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Secretary: Ernie Lemmert
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Web Site: Susan Sherrod webmaster@canoecruisers.org
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CCA Meeting Schedule for 2011

Location: Clara Barton

Community Center,

Cabin John, MD

CCA Programs Coordinator:

Ed Gertler: 301 585 4381 e_gertler@yahoo.com.

**October 24 (to avoid Halloween)
River Communication**

**December 2: Annual Party and Swap
Meet.**

October 24, 2011 Meeting River Communications

We meet a bit earlier this month to avoid Halloween, but you get a treat and no tricks with a most unique program on river communication, brought to you by Charlie Duffy and his special guests. Charlie says "River rapids are often loud - too loud to yell across. Paddle and hand signals are useful but very limited. What if there was a way to accurately describe a rapid, key features, or rescue requirements visually that can be taught in reasonably short order? Fortunately, the DC area is host to some of the best sign language interpreters in the country. Deaf paddlers have to master this communication and often teach these skills to those lucky enough to paddle with them. I was quite amazed out how much more descriptive and intuitive it was when demonstrated to me." We hope you will join us for this unique form of River Communications.



Need Help: Wave paddle high overhead from side to side like a flag.



All Clear, Go Center, Come: Paddle held straight up.



Left / Right: Point in direction to go toward with paddle blade (held on slant). Never point to a hazard.



Stop: Hold paddle overhead and horizontal, sometimes with a pumping motion, up and down.

CCA May Need to Raise Dues

CCA has been running a budget deficit for the past few years. We still have money in the bank, but it won't last forever. We need to either cut expenses, or raise dues, or perhaps a little of both. Currently, our annual dues are \$15 to receive our newsletter, the Cruiser, electronically by email, and \$25 to receive the printed Cruiser by US mail.

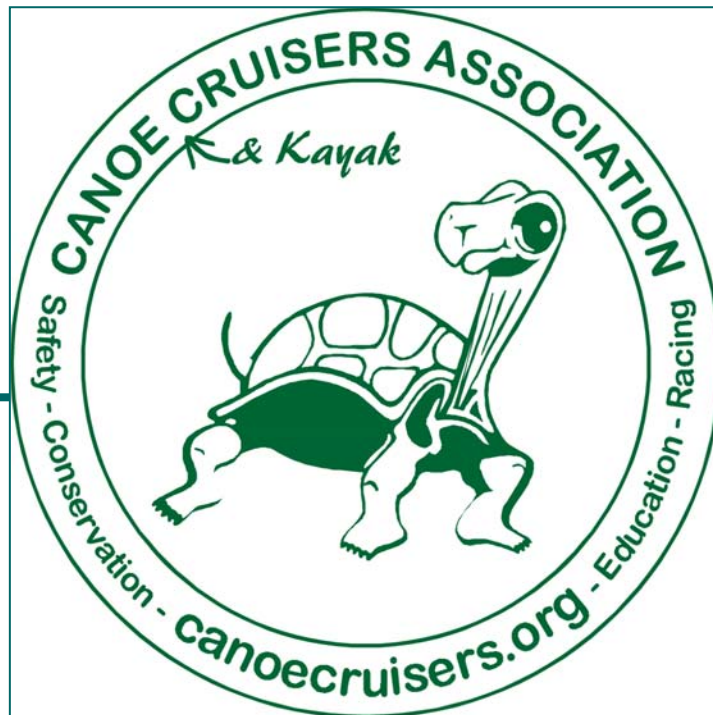
This issue was discussed at the last CCA Board Meeting. Our treasurer, Jerry Odhner, is going to look at the numbers and will get the board more detailed information, but this is what we have so far.

The easiest way to cut expenses is to eliminate the printed version of the Cruiser and go to electronic only delivery. The cost of printing and mailing the Cruiser and Roster exceeds the cost of the \$25 annual dues. While our dues have remained the same for more than a decade, the cost of printing and postage has continued to go up. To continue mailing the Cruiser our dues will have to go up. Approximately half of our members choose to receive the Cruiser by mail.

And the Cruiser is not our only expense. We have the web site, the downriver race, the holiday party, instructor training, meeting room fees and conservation grants. I could go on and on. We have to make some changes in order to insure that the club remains financially viable into the future.

If you have any comments, please reply to webmaster@canoecruisers.org. I will be compiling a list of responses for the next board meeting.

Susan Sherrod
CCA Webmaster



Submissions to the Cruiser

Should be made via e-mail to newsletter@canoecruisers.org, submitted on disk, or typed for scanning. No special formatting is required and is discouraged, also use plain easy to read text (fonts) such as arial or times new roman. Single spaced preferred. **Photos**—are strongly encouraged and can be e-mailed, or snail-mailed. Color photos are preferred.

Advertisements: Classified Ads—The first 5 lines are free. Each additional line is 75 cents per line. Send classified ads to newsletter@canoecruisers.org; **Lost & Found**—No charge. **Give-Aways**—No charge. **Paddlers Flea Market**—on the web at ccadc.org—No charge.

Display Ads—Special Rates are available regular prices: Quarter page \$40, half page \$75, full page \$150, insert \$300-\$450. Display ads can be submitted via e-mail, 3.5" disk or CD-R. Hard copy ads will be scanned. Advertisers receive a link on our web site. For additional information, e-mail newsletter@canoecruisers.org, or advertising@canoecruisers.org or call Joan Goodbody, editor at 703-887-5013. **Payment**—must be received prior to publication. **Mailing Address**—Cruiser Editor, Canoe Cruisers Association, 11301 Rockville Pike, PO Box 2523, Kensington, MD 20891 or direct to editor at: 2130 Farrington Ave. Alexandria, VA 22303.

Swift Water Rescue Class, by Charlie Duffy.

Participants: Far too many for me to keep track of ;-)

Instructors/Helpers: Ron Ray, Cahil Converse, Pete Morey, Tony Shea, Marcia Pradines, Peter Bross, Dan Mullins, ...

Admin: Ginny DeSeau, Jerry Odhner, Susan Sherrod

The new ACA SWR curriculum is absolutely insane! I can't believe it is 9 full pages and that's just the outline. Ron and I have been part of many SWR classes over the years and no one is crazy enough to even try covering everything. Just for grins & giggles, we decided to give it the old college try. I worked out a timing chart, half for this, 45 minutes for that, etc. The numbers just didn't seem to add up. Plan B - start earlier. I figured if we asked people to show between 8:00 AM and 8:30 AM, we could start at 8:30 AM sharp. This gave us roughly an extra hour - so far, so good. A great deal of time is spent setting up lots of training exercises, we are going to need a great deal of muscle. Fortunately, we had lots of helpers, and really good ones I might add. What the heck, let's use some of the students as well. We had some great climbing and life guard expertise in the class - thanks Jen, Katie, and David. Finally, putting people in boats takes forever... Hell, we don't need no stinking boats (at least on the first day).

The first day was very heavy on class time, testing exercises in the morning. We got to eat lunch at our cars, another time saver. This left the afternoon free from the Shop of Horrors Rapid (scouting and danger recognition), lots of in water work - swimming, C Spine rescues, drowning, panicked swimmers, it was insane fun. This was followed by the traditional strainer drill and Ron's foot entrapment simulator (pretty neat). We then headed over the Z Channel for lots of variations on wading skills. The overall class size was 25+. It was hard to believe how smoothly things went the first day thanks to our helpers.

Afterwards, we gathered at Potomac Pizza for some necessary beer & pizza. When I got home I was pretty tired to put it mildly. Oh - I forgot to mention we did have a casualty. Ron slipped in the parking lot and had a very nasty scraped leg before lunch. No big deal, it was a great opportunity to demonstrate first aid skills and the need for a decent first aid kit. It always seems that boaters get their worst injuries on land. Despite the injury, Ron was able to contribute quite a bit from land throughout the class.

The next morning I over slept - yikes! I had to take some short cuts in getting ready and zip on over to class. I got there just in time so I could get the classroom put together - everyone pitched in just like the day before. In the morning, we had lots of fun with mechanical advantage systems and revisiting various knots. Now it was time to get our boats and head off to Lock 5 on the Feeder canal. I like to start the class off with a real challenge. Pete and Tony set-up a real scary foot entrapment in the Little Shop of Horrors rapid. I can tell you that that water is really cooking in that rapid. While Tony & Pete were busy, Ron and myself went over various foot entrapment rescue techniques. Once we heard the whistle signal, I started having everyone paddle to the opposite side of the rapid (devious aren't I). Three solid whistle blasts and the exercise is off to the races. This is a real challenging scenario. Rope work is exceptionally tricky. That rapid is loud as hell (and pretty dangerous to boot). There was lots of chaos, somewhat be design. Students/helpers arrived at different rates and had to be managed. David Crowther fell into the incident commander role and definitely had his hands full. This exercise was going to take some serious teamwork to pull off. Were there mistakes - definitely. Eventually, they figured out how to pull off the rescue and fall into a number of different roles: safety, rigging, etc. This is not an unusual set of events. Until you encounter a real rescue, it's hard to imagine the stress and chaos that is involved. Stationary land based rope throws are much more challenging under the gun and with fast moving water. We had a great deal to discuss during the debrief. This was perhaps a wake-up call for some.

The next exercise was several variations of the Hands of God rescue. This exercise is a great deal of fun and very practical. We ate lunch and I tested them with inspecting boat and equipment. We then head upstream for lots of rescue vest exercises, V-Lowers and dope on a rope exercises. Afterwards we headed to the Z Channel. David, Jen, and myself covered anchor systems while Pete & Tony set-up the boat pin. I can't believe I forgot to cover the Kiwi Cinch, one of my favorite techniques. Everyone learned how to work around a pinned boat, work with a guide belt, and size up freeing the boat. We then pinned/unpinned the boat numerous times so everyone had a chance to perform this operation - all manual efforts using the power of water to assist. I was glad Pete offered to stow the boat above the Z Channel while I lead our armada out on the Potomac.


Several of the students had never been down the Little Falls run before - excited/anxious - you bet. Fortunately Little Falls was only at 3', a real nice first-timer level. We ran the rest similar to a Little Falls workout with more challenging lines and ferries. On river right, we had everyone try their hands at an extended line crossing (sometimes the river is wider than 70'). There were a number of interesting variations - all perfectly suitable.

Further down, I simulated an unannounced in boat pin. Five boaters tried to squeeze in a two-boat eddy. They eventually figured out how to work together to free me. We then practiced hands of god rescues in wave trains and other skills. I then used the large wave train for swimming and moving target throw rope rescues. Katie was a

fearless soul and went first. This showed the class the need for downstream safety, a lesson they learned quite quickly. Next stop, the Beaver Drop to work on preset safety and boat scouting skills. Then Little Falls itself - shore scouting skills. Everyone did great. It was a rather full weekend and everyone including yours truly was whooped. We finished up at the restaurant again and tried some of the SWR final exam. Perhaps Michele White is correct, I might need to pare that one down a little bit. ;-)

Thanks to everyone that participated and helped out - I had a great deal of fun and so did all of our helpers and instructors.



Practicing a V-Lower in the CCA Safety Class, July 2011. This is the rescuer... how much trouble the victim is in? 



Charlie's favorite teaching rapid... for the Rescue Rodeo and Swiftwater Rescue classes

The Forward Stroke,

The forward stroke, paddling's most fundamental motion, involves more than arm power. A well-executed forward stroke is a collaborative effort that combines upper arms and core muscles (back, abdomen and glutes). Intertwining these muscle groups allows you to efficiently propel your boat while minimizing arm and shoulder fatigue.

Tip: Think of the forward stroke as putting your blade in the water and moving past it rather than pulling a paddle's blade through the water. This allows greater paddling efficiency.

There are several ways commonly used to describe the stages of a forward stroke. I describe one way on the video (i.e., wind-up, catch and unwind). Here's another popular way:

Phase 1 (catch): Wind your torso into the stroke. Dip your paddle on one side of the boat and "catch" a blade's worth of water. (Note: Sometimes the "catch" is considered part of the second, "unwinding" phase.) If placing the blade on the boat's right side, the right side of your rib cage should be angled toward the bow (front).

Tip: The best place to dip your paddle is in an area roughly parallel to your feet.

Phase 2 (propulsion): Unwind, or rotate, your torso as the blade pushes the water behind you. Use core muscles to push past the blade rather than pulling the blade through the water with your arms. This boosts efficiency and reduces fatigue.

Phase 3 (recovery): As the paddle pops out of the water, you're now wound up for the next stroke, with the opposite side of your rib cage angled toward the boat's bow.

Overall, the forward stroke is a continuous, simultaneous push-and-pull motion—a push with the upper hand, a pull with the lower, all resulting in smooth torso rotation.

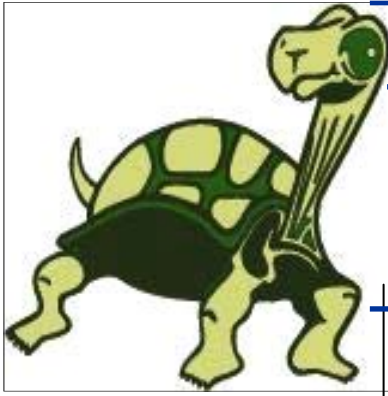
To add power to your forward stroke:

1. Think of your hands as extensions of your body.
2. Imagine throwing a punch with one hand.
3. Gripping the paddle, position one hand about shoulder height.
4. From your shoulder, throw an imaginary punch for an extra burst of power. Add aggressive torso rotation for an extra power boost.

In paddling, good technique is more beneficial overall than sheer upper body strength.

(Gleaned from the REI website)





CCA Trip Schedule and Calendar

N = Novice **HI** = High Intermediate

PN = Practiced Novice **AI** = Advanced Intermediate

LI = Low Intermediate **A** = Advanced **E** = Expert

Check the Webpage at: <http://www.ccadc.org/> for a more complete trip schedule.

If you have trouble reaching a trip coordinator, or would like to have a trip listed, please contact Barbara Brown at potomacb@comcast.net or 301-765-9115, or contact Ed Grove at 703-533-8334 or eddyout@erols.com. You may also contact the CCA

SEPTEMBER

Wednesday and Thursday trips continue.

9/03-05—Sat-Mon All New River Rendezvous - Labor Day Weekend Charlie Duffy charlie_duffy@yahoo.com,
H 703-938-3949, C 703-407-0909.

9/16-18 - Fri- Sun N/I Pine Creek, PA - Camp or B&B, paddle, bike (great trails), & hike. Craig Wolfe H:301-577-3075,
C:301-461-7846, craigwolfe@verizon.net or Star Mitchell 301-530-3252.

9/17-18—Sat, Sun A Gauley Festival - New River Gorge and Lower Gauley Charlie Duffy charlie_duffy@yahoo.com,
H 703-938-3949, C 703-407-0909

9/25 - Sun A Savage River Release Trip Leader Needed

9/26 - Mon All CCA Meeting Ed Gertler, e_gertler@yahoo.com

Thursday Trips - Every Thursday through October. A variety of rivers will be run, choice will depend on water levels.
Steve Ettinger ettingersj@gmail.com

OCTOBER

Thursday—Thursday Trips - Every Thursday through October. A variety of rivers will be run, choice will depend on water levels. ettingersj@gmail.com

10/1—Sat. N— Introduction to Paddling for Cancer Survivors. Volunteers are needed to help teach the fundamentals of paddling to cancer survivors. Riverbend Park, Fairfax County, 10:30 am. Please bring your boat and picnic lunch. Contact Gus for details. Gus Anderson, 703-903-9738, boatngus@aol.com.

10/1-2-Sat—Sun—Swift Water Rescue (SWR) class. This class is full.

10/15 - Sat I CCA and Park Service SWR Exercise or Rescue Rodeo Charlie Duffy, charlie_duffy@yahoo.com,
H 703- 938-3949, C 703-407-0909.

10/15-Sat I Fall Colors Trip, North Branch, Potomac River Star Mitchell 301-530-3252
and Craig Wolf 301-577-3075

10/16—Sun. Team River Runner's Annual Biathlon see <https://teamriverrunner.myetap.org/fundraiser/2011biathlon/> to sign up as a racer or sponsor someone else.

10/22 - Sat PN/I Fall Feeder Canal Slalom Classic sponsored by BCE. <http://bce-racing.com/blog/>

10/24 - Mon All CCA Meeting: River Communication. Ed Gertler, e_gertler@yahoo.com

**We Need Trips - Please Contact Barbara Brown
to have your trip listed on the schedule.**

Barb Brown 301-765-9115

PotomacB@comcast.net

DECEMBER

12/02 - Fri CCA Holiday Party and Swap Meet Ed Gertler, e_gertler@yahoo.com



Canoe Cruisers Association

Canoe Cruisers Association of Greater Washington, DC
11301 Rockville Pike
PO Box 2523 Kensington, MD 20891

First Class Time Limit

**Attention
Deadline for
Holiday issue
Wednesday,
October 26, 2011**



Check the Cruiser Holiday Issue and message board in a couple of months for information on 2012 pool sessions