

FOUNDED 1989
ACA PADDLE AMERICA CLUB
www.RMSKC.org

SUMMER, 2019
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The MOUNTAIN PADDLER

PADDLE REPORTS AND ARTICLES OF INTEREST
FOR OUR KAYAKING COMMUNITY

EDITOR'S NOTE

by Sue Hughes

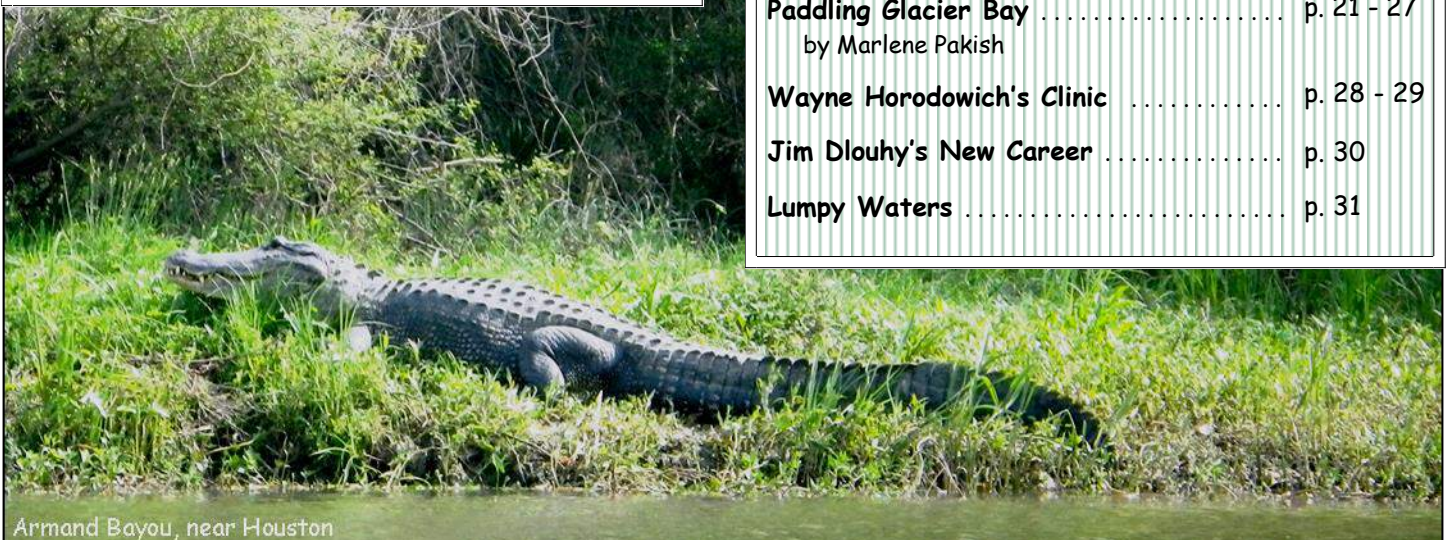
Sadly, Summer 2019, is almost over. Read about the paddling we've done so far this year, classes we've held and other news about club members here.

Look forward to accounts of the end-of-summer paddles around the Front Range, paddling the lower Green River, Jud's trip to the Bighorn Canyon in Montana, the Hudson River Valley trip on the east coast, and members' adventures at the Lumpy Waters Symposium on the west coast in the upcoming issue.

Put your emergency info in your PFD, and continue having fun. Send photos!

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Armand Bayou, near Houston

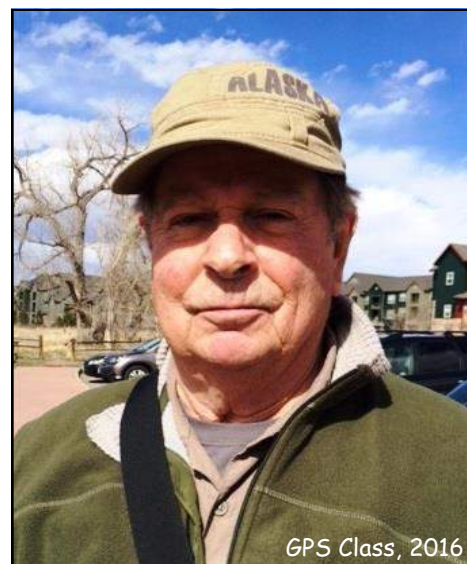
VON FRANSEN

Rocky Mountain Sea Kayak Club members were shocked and saddened to learn that Von Fransen died in early August while fishing with friends in Iceland. He joined RMSKC in 2015, practiced in the pool with us, and had been a frequent participant on outings and trips in the last couple of years. We were looking forward to paddling with him on the Green River this summer and on the Hudson Valley trip in the fall, and he will be missed.

Brian Hunter wrote, "Von and I spent lots of time kayaking and working on his equipment. He enjoyed the outdoors and he was at home in the wilderness. Von was an avid fly fisherman and traveled to far-flung places in pursuit of wild fish. Von was fishing in Iceland when he slipped, fell and was swept downstream. Every effort was made to revive him in the hospital but he could not be saved.

"We often went to lunch so we could talk kayaks and camping; since he hailed from New Orleans, we went to NoNo's Cajun Cafe. He took great delight in showing me authentic Cajun food.

"Von was the kind of friend who could be called on any time by someone who was in need. He was warm-hearted, generous and put the needs of others ahead of his own. His passing will leave a void in the lives of all who knew him."



GPS Class, 2016



PaddleFest, 2018



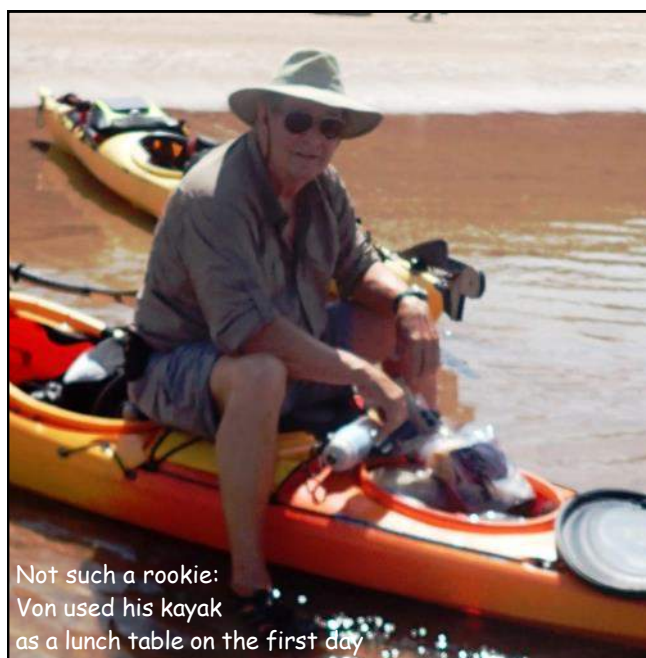
Pool Practice,
April 2016

Sue Hughes, who was on the Lewis and Shoshone trip with Von in 2018 said, "On the first leg of the paddle we had more challenging winds than Von had experienced before, and maybe he wasn't in as good a shape as he thought.

"Von was troubled by that difficult crossing, but he didn't let it get him down. Something else that impressed me is that he DID something about it. As soon as he got home he started walking regularly and working with a trainer several times a week. He also upgraded his kayak to one that was better suited to paddling in wind and waves. He was looking forward to having a new boat and doing lots of kayaking this summer, and we were, too. We will really miss him."



Von paddling back from the Shoshone Geyser Field in a strong tail wind



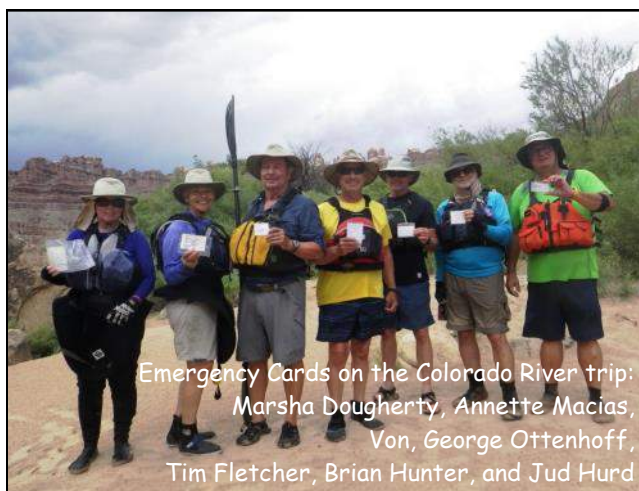
Not such a rookie:
Von used his kayak
as a lunch table on the first day

COMMENTS FROM VON, ABOUT THE 2017 COLORADO RIVER TRIP:

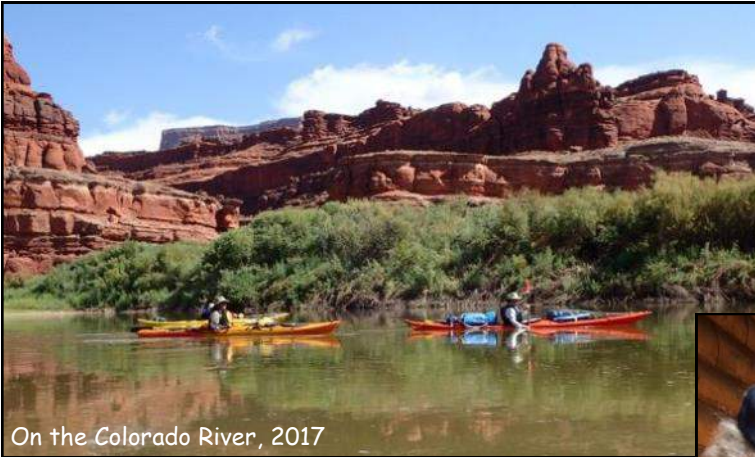
"This was my rookie river trip with the RMSKC. My goal from the start was to go on multi-day trips on some of our western rivers. Since buying my kayak two years ago I've been learning the ropes and getting outfitted for the sport.

"From practicing recovery procedures at Meyers Pool during the winter months to group paddles at area reservoirs, the club has been invaluable in my learning the techniques necessary for safe kayaking.

"The six-day Moab to Spanish Bottom paddle on the Colorado was the perfect kickoff trip for a newbie. Lucky for me it was with a group of the most seasoned kayak campers in the club. The company was enjoyable, the pace relaxed and the scenery spectacular."



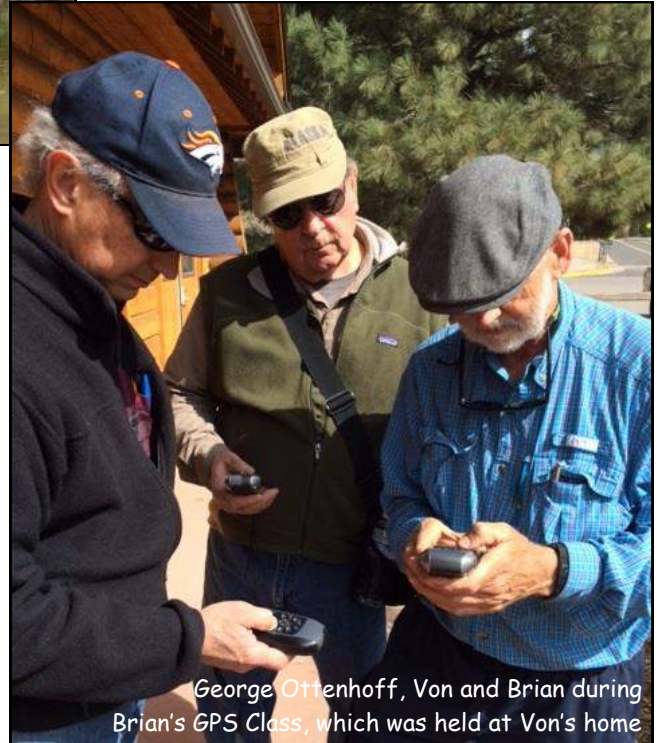
Emergency Cards on the Colorado River trip:
Marsha Dougherty, Annette Macias,
Von, George Ottenhoff,
Tim Fletcher, Brian Hunter, and Jud Hurd



On the Colorado River, 2017



At a Chatfield AfterWork Paddle, June 2018



George Ottenhoff, Von and Brian during Brian's GPS Class, which was held at Von's home

SOME PERSONAL BACKGROUND:

Von was raised in New Orleans and Mobile in a family comfortable around the world: his paternal grandfather was from Belgium and spoke several languages, his grandmother was from Nicaragua, and his father spent most of his teenage years living in Europe with his family.

Von served in the US Air Force from 1966 to 1971, after which he moved to Denver and worked in banking. In 1994, Von founded Fransen Pittman General Contracting, whose signs we've all seen on large construction projects everywhere around Colorado.

BOOK RECOMMENDATIONS FROM VON: *How To Read Water* and *How To Read Nature*, by Tristan Gooley. Two other books he enjoyed were: *Your Inner Fish*, by Neil Shubin and *The Hidden Life of Trees*, by Peter Wohlleben.

A LINK TO HIS FULL OBITUARY: <https://www.allveterans.com/obituaries/vondel-remy-fransen/>

RMSKC DAY PADDLES AND MISCELLANEOUS OTHER FUN

13TH ANNUAL MULTI-CLUB APRIL 6, 2019

No one is sure how many Multi-Club paddles there have been; maybe 2019 was the thirteenth, or maybe there have been more?

Depending on the weather, it usually happens the last Saturday in March. Historically it's been on the South Platte from Evans to Kersey (9 miles) or Kuner (14 miles) but the flood in 2013 washed out that put-in. Since then the organizers from Canoe Colorado have tried other launch spots on the South Platte, and even a spin around Lonetree Reservoir.

This year the Evans put-in had been repaired, but the road at the Kersey takeout was closed due to construction! The paddle was changed to the section from Brighton to Fort Lupton.



On the South Platte, between Brighton and Fr. Lupton



Put-in at Veterans' Park, Brighton



Chip, in the boat he built

RMSKC participants were: Dick Dieckman, Sue Hughes, Jud Hurd, Andy McKenna, Julie Pfannenstien, and new member Chip Virrill who was paddling a beautiful wood boat that he'd built himself from a plan, not a kit.

One of two portages



Sue reports that in the past people have written about Multi-Club glowingly, but this year it seemed more crowded, with several loud guys shouting frantic directions in places that weren't going to be a life-or-death situation.

Dick said, "Next year, when they announce this paddle, maybe I'll be busy doing something else."

MUD HEN PADDLE AT LAKE MCINTOSH, LONGMONT APRIL 27, 2019

No one is sure how many of these paddles, held annually on the fourth Saturday in April, there have been, either, maybe because they've been cancelled so often because of snow and even lack of water. This year the participants were: Dan Downs and Gail Denton, Jim Dlouhy, Anne Fiore, Sue Hughes, James Leggitt, and Phil Sidoff. No one took photos.

BARR LAKE BIRDING MAY 19, 2019

Trip leader Gregg Goodrich said, "Fourteen hardy paddlers (trip leaders Ann Troth and Gregg Goodrich, Leah Bornstein and Joe Findley, Sandy Carlsen and Harold Christopher, Marsha Dougherty, Joy Farquhar, Von Fransen, Sue Hughes, Marlene Pakish and Julie Rekart, and birding friends Roger and Brenda Lindfield) met at the boat launch to paddle and bird. It was overcast and only 40° but calm. We saw more than 30 species. The highlights were nesting barn owls in three of the four boxes, nesting ospreys with at least one chick on the nest, lots of swallows, and ruddy ducks. Roger got some of us on a Blue Grosbeak, and a beaver was also spotted by some paddlers.



"We returned to the put-in for lunch around noon. The sun came out briefly for lunch and loading the kayaks. We enjoyed birding and paddling with everyone! See you next year; we'll hope for warmer weather and sun."



Their bird list
is on the next page

- European Starling 4
- Ring-billed Gull 3
- American White Pelican 13
- Great Blue Heron 4
- Mallard 1
- Western Wood-Pewee 2
- Mourning Dove 4
- American Coot 20
- Say's Phoebe 1
- Yellow-rumped Warbler (Audubon's) 1
- Thrush 1 (indeterminate species; maybe Swainson's or Hermit)
- Canada Goose 7 (with many chicks)
- Ring-necked Pheasant 1 (heard)
- Osprey 3 (adults on platform, at least one chick)
- Barn Owl 3 (3 of 4 nest boxes were occupied)
- Ruddy Duck 7 (at least 2 adults in breeding plumage)
- Cliff Swallow 700 (thick over the whole lake flying very close to surface)

MAY 19, 2019
BARR LAKE, COLORADO

- Western Kingbird 4
- Eastern Kingbird 1
- Tree Swallow 6
- Barn Swallow 1
- House Wren 3
- American Robin 4
- Great Blue Heron 4
- Swainson's Hawk 1
- Red-tailed Hawk 1
- Chipping Sparrow 2
- Bullock's Oriole 14
- Red-winged Blackbird 4
- Brewer's Blackbird 1
- Common Grackle 16
- Yellow Warbler 7
- Blue Grosbeak 1
- House Sparrow 1

BARR LAKE CLEANUP
MAY 30, 2019

The morning dawned bright and clear, a perfect day for RMSKC's annual state park clean-up.

Clark Strickland led a small but efficient crew of Joy Farquhar and her friend Martin, Jim Leggitt, and Brian Hunter. The Metropolitan Wastewater Reclamation District (Metro) provided a launch and two willing workers, Jillian Taylor and Michelle Neilson. The group launched near our scheduled 9:00AM time after filling out the Colorado Parks and Wildlife waivers of liability over coffee and donuts and being greeted by Barr Lake State Park Manager Seubert.



Michelle Neilson, Jim, Michelle Seubert, Brian, Joy, Clark and Martin



The water was in the low 70s, there was little or no breeze and the water level was higher than at last year's clean-up, but not as high as in some years. Access to the back bays and inlets along the north end of the dike was good, but not optimum.

Still, from the shoreline east of the boat launch to the end of the dam, the crew gathered about 35 pounds of waste material which consisted mostly of the usual degraded plastic and Styrofoam, bottles and cans, a large number of cigarillo tips, two syringes, tennis balls, a Chaco sandal in excellent condition and various fishing gear.

Using the launch, Michelle and Jillian retrieved two floating tires, including one very large truck tire which was, thankfully, not on a wheel. Their overall impression was that, compared with other years, Barr Lake's shores are cleaner and less trash-marred than in previous years. RMSKC's efforts seem to be having a cumulatively positive effect.

After about three hours of trash extraction, they adjourned for lunch. The crew dispersed, Metro took their launch and went home and Clark began to patrol south of the boat launch. He gathered another eight pounds of trash from among the cottonwoods. The afternoon was flat calm and the chorus of bird songs was delightful.



Metro employees, Michelle and Jillian

GROSS RESERVOIR, OPENING DAY MAY 25, 2019

Dave Hustvedt, trip leader, reported that the water level was down about 80 feet, which made for a quarter-mile haul to get the kayaks to the water.

Trip participants were: Dave, Gary Cage and Anne Fiore, Sandy Carlsen and Harold Christopher, Marsha Dougherty, Brian Hunter, Jud Hurd, and Clark Strickland.



Gross Reservoir, May 2019

*2019 Day Paddles and Other Fun
continues on the next page*



Check out Rocky Mountain Sea Kayak Club's page on Facebook. It has four albums of favorite photos taken on club trips: *Paddling in Landlocked Colorado*, *RMSKC Beyond the Front Range*, *Instruction*, and *Camping from a Kayak*.

Here's a link to the page with the albums:

<https://www.facebook.com/pg/Rocky-Mountain-Sea-Kayak-Club-209978855873638/photos/?tab=albums>



TUESDAYS AFTER-WORK, MCINTOSH LAKE, LONGMONT

After-work paddles in the northern Front Range began on May 14th. Originally planned for just the second Tuesday of the month, they were popular and additional ones were scheduled on the fourth Tuesdays.

Jim Dlouhy, who is studying for his ACA Instructor Level 3 certification, taught lessons on edging, torso rotation in the forward stroke, moving sideways, the bow rudder and stern steering strokes. These usually were a few minutes of discussion with a demonstration; then the group practiced and asked for feedback, or just paddled around visiting. [Read more about Jim's teaching on page 30.]



Photo by Tim Boonstra

The usual members from the north end of the Front Range showed up if they weren't out of town having some other fun. One evening we were pleased to be joined by returning members Dan and Cheryl Hunter. New member Tim Boonstra paddled with the group a couple of times, too.

As is normal for Colorado, the weather was often unsettled in the late afternoons before the paddles, but so far none have had to be cancelled.



Jim Dlouhy
and Dan Downs
who lives right on the lake



Dan Hunter, Tim Boonstra, and Sheryl Hunter

2ND AND 4TH WEDNESDAY PADDLES, CHATFIELD RESERVOIR

The bimonthly midweek paddles at Chatfield have been a success all summer long. Here's a report about one from Clark Strickland:

The regular 4th Wednesday Chatfield paddle took place on the 5th Wednesday because Clark and Brian were at Girl Scout Camp during the 4th week of July.



The weather was warm at the outset and became quite hot at the end of the paddle. We were on the water shortly after 10AM from Eagle Cove with seven paddlers (Clark, Brian Hunter, Harold Christopher and Sandy Carlsen, Tim Fletcher, Chip Virrill and Steve Tomcheck) and were joined by Jacob Schor and Rena Bloom partway through the paddle. Our route was along the shore to Kingfisher, a look-in at the South Platte and then lunch at the bluffs. The moving average was 2.4 mph with time taken to look at an immature eagle (probably bald, first year), an osprey, and spotted sandpipers, cormorants, mallards, gadwalls, a family of common mergansers, pelicans, ring-billed gulls, great blue herons, yellow warblers, killdeer and other odds and ends. Chatfield was about 2 feet below full pool, so we dragged at the mouth of Kingfisher Cove and could not get far up the South Platte, which had a good flow.

During our paddle back to Eagle Cove, we saw a military-type craft with a square bow and a tugboat-type mast. The occupants were in summer holiday attire, so it didn't look like an active military boat. After we dropped Brian at Eagle Cove, eight of us continued to the North Boat Launch. There we saw several of these craft and their transporters. It turns out that they are bridge erection boats being built for the army by Birdon, a subsidiary of an Australian marine services company. Birdon is building about 400 boats in Denver for the U.S. Army in Denver. They employ about 125 people, and the employees were "running in" the BEB's so that they would have five or six hours of engine run time for testing before they would be presented to the U.S. Army for acceptance and inclusion in the armamentarium. It was cool.



Jacob Schor, Rena Bloom, Harold Christensen,
Sandy Carlsen, Clark Strickland and Tim Fletcher Photo by Steve Tomcheck

The group that paddled to the marina clocked just over eight miles.

The following links are about Birdon. Check out the first (shorter) video to the end to see the crash stop! See the second video to learn how the sections of pontoon bridge are deployed. The third one is an older bridge-erection boat assembling a ribbon bridge. The fourth is information on the vessel.

- <https://www.workboat.com/news/government/video-new-army-bridge-erection-boat/>
- <https://www.dvidshub.net/video/600833/bridge-erection-boat-training>
- https://www.youtube.com/watch?v=nL27223xp_U
- <https://asc.army.mil/web/portfolio-item/cs-css-bridge-erection-boat-beb/>

PADDLEFEST JUNE 15, 2019



Remodeling at Chatfield State Park moved PaddleFest from Roxborough Cove to Catfish Flats. The kayaks had to be carried a couple of hundred yards to the beach, but it wasn't too bad and it will be better when they raise the water level.

The turnout was smaller than usual but the weather was good and people had a fine time. Four of them had a nice paddle and everyone enjoyed a lot of socializing. Dave Hustvedt gave a good presentation on paddling electronics.

The people who were there: Sandy Carlsen and Harold Christopher, Marsha Dougherty, Tim Fletcher, Jay Gingrich, Brian Hunter, Dave Hustvedt, Julie Pfannenstien and Clark and Marty Strickland.



LAKE PUEBLO JUNE 29, 2019

John Anderson and Annabel Saunders, Chris and Griselle Duval, Brian Hunter and Trip Leader Jud Hurd probably had a good time, but no one wrote a trip report or sent in photos.

Any sport carries with it risks, and it's for everyone to know those risks and decide whether they are prepared to accept them before undertaking the activity. Kayaking is no different; it can be dangerous if not done in a safe manner and should never be undertaken without proper training and experience, and the correct use of relevant safety equipment.

The Rocky Mountain Sea Kayaking Club cannot therefore accept responsibility for injuries or accidents which might occur as a result of articles, suggestions or images published in our publications or on our website.

FIRST AID CLASS FOR PADDLERS AND CAMPERS



Tim Fletcher, using Dave to demonstrate how to turn an unconscious victim

In early March Dave Hustvedt, former EMT and fire fighter, introduced 17 club members to the rudiments of basic first aid that outdoorsy types need to know. Dave was a knowledgeable and engaging presenter, the room's arrangement worked well for the large class, and the adjacent kitchen provided a convenient place to spread out the tasty lunch RMSKC provided for the participants. Everyone agreed that it was an enjoyable day learning vital information with good friends.

One of the highlights of the class was the three First Aid kits that Dave brought. Participants looked through them carefully, interested to see how the components differed, and discussed what the configuration of items in an ideal kit would be.



Anne Fiore, Garg Cage, Jud Hurd and Joy Farquhar review CPR



Ann Troth, Von Fransen, Joy Farquhar, Elaine Yelverton, Julie Rekart, Marlene Pakish, Dave



Behind Dave: Brian Hunter, Dick Dieckman, Tim Fletcher, George Ottenhoff

Here are comments some of the participants sent:

- The amount of leadership, experience, enthusiasm and knowledge of club members is impressive! I love the "safety first" attitude of the club members—so critical to the success of club events and outings. Jim Leggitt
- It was a great class for me. Most helpful was Dave's discussion on leadership and who's in charge, who's skilled at what and who's doing what. I was able to work those issues out more talking with others during breaks. Eileen Yelverton
- I liked the part about assessing the situation and appointing someone in charge. Also the importance of knowing who's on your paddle trip with medical issues. I like that I got more info on updating my first aid kit. Anna Troth
- I agree with Eileen and Anna. I took a Foundations of Safety and Rescue Training with BodyBoatBlade and appointing someone in charge was Leon's main critique of our handling of the Final Incident: no one took over-arching command. There was a doctor in the class, but there should have been someone who had control of the whole business: health care, calling for help, extraction. Sue Hughes
- It was a good day! I appreciated David's candor about the need to be "safe" to save and how limited we are in being able to always save someone, depending on the problem. Doing CPR with the device to evaluate our performance was a good eye-opener. Suggestions on how to improvise! Evaluating the various First Aid kits. And his personal experiences. All welcome and helpful! Joy Farquhar
- I really liked Dave's presentation on the ABCs of assessment: I feel I have a much better understanding of the importance of assessment and the different techniques on how to assess Airway, Breathing and Circulation. The other thing that increased my comfort is how seriously my fellow club members took this topic. I feel comfortable that if something happened to me, the members I am with are prepared to assist me. Jud Hurd
- I really enjoyed the class and Dave's dry sense of humor. I've always had a sense that if there was an accident and I saw it that I'm supposed to help. But realizing that what I don't know, when trying to help someone, could make matters worse is somewhat comforting. I'll let the professionals handle the hard stuff but I know how to keep the victim comfortable and give minor first aid. Marlene Pakish


Other people who took the class were: Gary Cage, Dave Christian, Dick Dieckman, Marsha Dougherty, Anne Fiori, Tim Fletcher, Von Fransen, Brian Hunter, George Ottenhoff, and Julie Rekart.

All the participants were grateful to Dave for the time he spent preparing a wonderful training, and to Tim for arranging for the delicious lunch and the use of Atonement Lutheran's space.

Accident/Evacuation Record

Patient Name _____ Age _____ Sex _____
 Date/Time of Accident _____
 Weather: Temp _____ Rain/Snow _____ Visibility _____ Wind _____ (mph)
 Type of illness or injury: _____
 Is patient on medications/drugs? _____
 Physical Examination Findings: _____

Can patient eat, drink? _____ Last food intake _____ Allergies _____



Primary Survey: Survey the scene for additional hazards; check the airway; check circulation; protect the neck.

Secondary Survey:

- Head** - look for wounds, fluid coming from eyes, nose, ears, mouth, check level of consciousness (alert, only responds to verbal, to pain, or unresponsive)
- Neck** - is airway OK, pain along spine to touch
- Chest** - compress ribs from side, any pain or deformity
- Abdomen** - press gently; any spasm, distension, pain
- Back** - touch along the spine, note point of tenderness
- Pelvis** - cup crest of hip and press gently downward toward midline of body looking for instability or pain
- Legs** - squeeze each one from groin to toes looking for lack of circulation, sensation, or motion in toes

We require (tents, clothing, medical supplies, food) _____

Our location is: _____

Our plan is to: _____

On the reverse indicate medical experience/training/number of party members who can help, days of food on hand. Draw a map of location or intended route.

OUTDOOR
FIRST AID

Copyright 2008 by William W. Forgey, M.D.

PADDLING WITH HASK,

THE HOUSTON ASSOCIATION OF SEA KAYAKERS

By Joy Farquhar



TUESDAY, MARCH 12:
RMSKC members Karen Amundsen, Marsha Dougherty, Sue Hughes, Jud Hurd, Dave Hustvedt and Joy Farquhar drove from our VRBO home in Houston to Lake Charlotte (Wallisville).

Five HASK members met us at Cedar Hill Park. This area is part of the US Army Corp of Engineers' Wallisville Lake Project, the largest cypress swamp along the Texas coast.

The kayaking was slow, yet fun, paddling Mac Bayou while listening to local stories, and the explanation of the hot water and sulphur pipes from a former oil and gas operation in the area.

After lunch we crossed Lake Charlotte in headwinds and small waves to Mud Lake. There we paddled a tight winding channel [photo on the next page] among the swamp cypress trees. We saw an owl, great blue heron and white ibis. Karen saw four roseate spoonbills. The return to Lake Charlotte in the late afternoon had higher winds and waves. The trip mileage was approximately 11 miles.





Following the leader into Mud Lake

After we got back to the put-in we were met by HASK member Chris Arcenaux, who cooked a crawdad feast for us at the park. These were raised in crawdad channels on special farms, collected live and brought to us in a huge mesh sack. They were cooked in large vats of boiling spiced water. Added to the pot were corn, potatoes, shallots and mushrooms. Dipped into Chris's special cajun sauce, we ate our fill; they were yummy!



Dave, with a crayfish



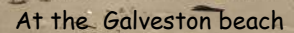
Around 6:00 we left to caravan home behind Jud and Dave. We lost each other in traffic but we all arrived safely back to our rental house.

EDITOR'S NOTE: Crawdads, crawfish or crayfish? It doesn't matter, they are all the same crustacean. Which term is used depends on where you're from. Most live in freshwater but some can live in brackish or salt water. They all burrow.



WEDNESDAY, MARCH 13: It was 70° and raining! The prediction of foul weather and a no-paddle day was as forecast. Marsha and Karen went to the Houston Art Museum to see a special exhibit of Van Gogh. Jud drove the rest of us to see Pelican Island off the coast of Galveston. We saw large ships at this international port, large waves and light rain but no lightning. We spent the morning at the Naval Museum. A highlight was boarding the submarine USS Cavalla which sank the Japanese aircraft carrier Shokaku, involved in the attack on Pearl Harbor. We also toured USS Stewart destroyer escort, which sailed 30 missions across the Atlantic with a crew of more than 200. The museum made a bit of history come alive.

On the way home people bought shrimp to cook for dinner; they were cheap and so fresh you could hardly smell them.



There were different trees, more deciduous ones, some leafing out, and white wild roses, and other blossoms which we tried to identify. We saw large hybrid ducks, black bellied whistlers, a small blue heron, kingfishers, cardinals, ibis, large and small egrets, large turtles and lots of alligators. We actually had two encounters from submerged gators but no mishaps. The fun but slow paddle back to our launch spot for lunch left us no time for another proposed two-hour paddle in the other direction. It was sunny enough and warm enough for no jackets and no rain, but we had a meeting with HASK in the evening, so we left at 2:30 and returned home.



16

FRIDAY, MARCH 15: We got up early to arrive for our Buffalo Bayou paddle at 9:00. We were early again! We were met by HASK members, and Paul who left and joined us at the halfway point later. Briar Bend Park was our put-in; it was quite a challenging portage down the hill and into moving water.



Our lunch stop around noon on a sandbar was most welcome. We heard stories about Hurricane Harvey in 2017. We paddled 15 miles and stopped around 3:30 at our car shuttle downtown.

The ones who drove back to the put-in to get the cars followed much of the water route, with an excellent commentary about Houston, especially the effects of the flooding from Harvey, which had cut north and south Houston completely off from each other for weeks!



The put-in at Briar Bend Park

It was a different scene totally: through the bayou, which was more like a river which runs right through Houston, with small whirling waters, trash, shoreline of huge expensive houses, golf courses and some ibis.



SATURDAY, MARCH 16: The group, minus Joy who went to Plano to visit friends, met more HASK members to paddle out across the Intracoastal Waterway. It was gray and windy. They ate lunch on an oyster shell beach, and decided not to go farther to reach a barrier island where they had planned to walk up and over to see the Gulf of Mexico.

The RMSKC paddlers were impressed with the level of safety-consciousness of the Houston paddlers; the person paddling sweep was tracking the slowest paddler so closely that at first she didn't even realize he was there. HASK was interested in the kayak camping we'd done, and wanted to know about packing for multi-day trips and the food we carry.

The weather could have been better, and it was the next week, but the Houston club could not have done more to provide us with a broad introduction to their paddling environment, and to show us a wonderful time.

People on the trip: Karen Amundson, Marsha Dougherty, Sue Hughes, Jud Hurd, Dave Hustvedt and the author of this report, Joy Farquhar.

RMSKC MEMBERS VOLUNTEER, 2019

SAFE SUMMER KICK OFF: On June 8th, Garland Lake in Denver was jumping! It was the 13th annual Safe Summer Kick Off, a free, family-friendly event to introduce outdoor activities, support under-resourced communities, and celebrate the exploration of nature. Scores of exhibitors presented ways to have fun without being plugged in. People who visited at least ten of the kiosks got free hamburgers or hot dogs, so the visitors were happily making a day of strolling in the park.

Brian Hunter, Tim Fletcher and Clark Strickland invested hours of work setting up a sea kayak showroom to introduce our sport to anyone who passed by. Most of the people enjoying the scene were families with young children, not the demographic that is attracted to paddling in solo boats, but our volunteers chatted with a handful or more of young adults who'd paddled before they moved to Denver who were excited to learn about RMSKC, and others who wanted to know more about becoming paddlers. Read all about the day: <http://www.getoutdoorscolorado.org/ssko-go>



TRI FOR THE CURE: August 3rd started early for Clark, Sue Hughes and Julie Pfannenstein, who were paddling Swimmer Assist for the water leg of Tri for the Cure's triathlon at Cherry Creek State Park. They reported deep in the park at 6:00AM, in time to unload their boats, paddle across to the swimmers' start and finish line and get their instructions.

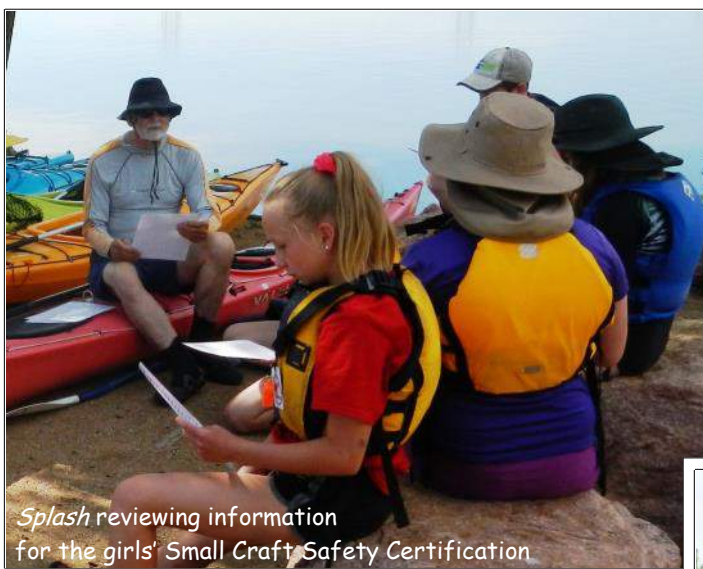
They'd all done it before, had a great time this year, and said they would be there again next summer.



RMSKC MEMBERS VOLUNTEER, CONT.



GIRL SCOUT WATER CAMPS: Julie "Pirate Cat" Pfannenstein, Tim "Spike" Fletcher, Brian "Splash" Hunter, and Clark "Eagle" Strickland volunteered at two Girl Scout water camps again this summer: the last week in June at Big Soda Lake and the end of July at Rueter-Hess Reservoir near Castle Rock.



Splash reviewing information for the girls' Small Craft Safety Certification



Pirate Cat and Archie the kayaking cat

One of the camps was the *Sampler*, with the girls trying different types of watercraft each day; the other was called *Water Focus*, where they were able to work on boat-specific skills.

Our volunteers said the camps were exhausting; the girls really kept them hopping. But the photos of the scouts with 8 kayaks, 8 SUPs, 8 canoes, 6 sailboats and 6 windsurfers on the lake look like so much fun!

Read about how to get involved on the next page.



Spike teaching how to use a throw bag



To become a volunteer, the Girl Scouts of Colorado require a series of registrations and certifications. The forms are filled out online; the links are sent to interested volunteers usually in February or early March. Here's the list:

1. First you need to **JOIN THE GIRL SCOUTS** and pay the annual dues of \$25. That covers you on their insurance and qualifies you to be at the camp.
2. On that registration form you will need to **PROVIDE THE BACKGROUND CHECK INFORMATION** and pay that fee, which is \$24 and lasts for three years.
3. Water Camp volunteers are required to **EARN TWO WATER SAFETY CERTIFICATIONS**. They are the American Red Cross's *Small Craft Safety in Kayaking* for \$25 and *Basic Water Rescue* for \$12. These also last three years. The easiest way to get the certifications is to volunteer at the Focus Camp in June and do the required steps with the campers.
4. The final step is to **REGISTER FOR THE CAMP** itself, which requires no fee. You will fill out forms including contact info, a medical sheet with emergency contact information, and any waivers required by the venue.



Volunteers bring their own kayaks and lunch. The camp provides snacks each morning and afternoon, a camp t-shirt, and lots of fun on the lake. Clark Strickland, Brian Hunter, Tim Fletcher, and Julie Pfannenstien can tell you how much they enjoy sharing the sport of kayaking with the campers. They can also tell you that registration isn't as big of a deal as it sounds.

People keep doing these camps for the joy the girls experience, the camaraderie between the volunteers, and the opportunity to paddle with them each summer. Camp volunteers are the most important component of the camps because they monitor for safety as they teach. Everyone is pretty tired by the end of the day but they keep coming back!

Real boaters don't need motors!





Stump Cove, Glacier Bay

All the planning in the world never prepares you for the truly unexpected.

There were five of us planning and preparing to go on this trip to Glacier Bay National Park, but only two got their paddles wet; there are three stories that I am leaving untold because those are not my stories to tell.¹

This is my trip account of the amazing experience kayaking in Glacier Bay while paddling with Dave Hustvedt.

GLACIER BAY, 2019

FIVE TO GET READY, FOUR TO SHOW,
THREE IN ALASKA,
ONLY TWO ACTUALLY GO

By Marlene Pakish

Our flight was from Denver to Seattle to Juneau to Gustavus, Alaska. Then a short taxi ride from the Gustavus airport to Bartlett Cove, where the Glacier Bay National Park Service office is located. We arrived on Saturday evening and secured camping sites in the free campground in Bartlett Cove.

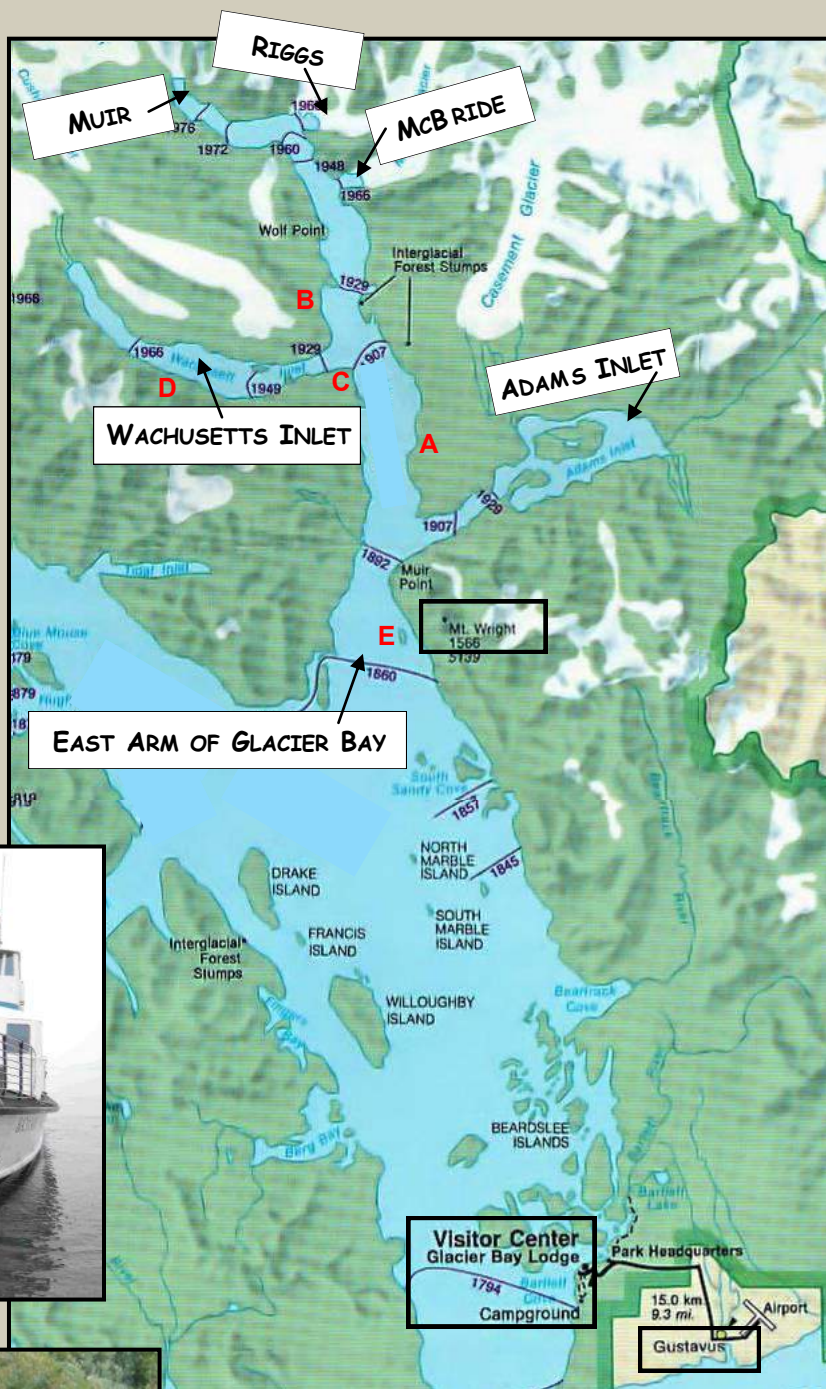
Sunday was an hour of orientation with the park service, packing our food in the bear canisters (three canisters each), and then getting our kayaks and gear to the tour boat launch area for departure on Monday morning.

¹ Find those details on page 27.

MONDAY, 8 JULY 2019: Our kayaks and gear were loaded on the tour boat and we left at 7:30AM for our drop-off point west of Mt. Wright, about two hours from Bartlett Cove.

After getting off the boat, we packed our kayaks and headed up the East Arm of Glacier Bay. Our goal was to paddle just past Adams Inlet and find a camping area with no bear activity.

As we were paddling, we saw mountain goats, otters, seals, eagles, and a grizzly (brown) bear on shore. Supposedly the East Arm of Glacier Bay has less bear activity than the West Arm...hmmm, we'll see. We paddled nine miles and found a camping spot [A on the map] on the other side of Adams Inlet.



Leaving the tour boat below Mt. Wright



Goats near Mt. Wright



Passing Adams Inlet

TUESDAY, 9 JULY 2019: In case you are wondering, yes there were bugs! Not only mosquitoes but little black gnats that look like pepper flakes in your food. Bug netting is essential, especially over the head, but one must remember it's there when you have a fork full of food heading toward your mouth.

We left this camp a little after 8:00AM and headed farther up the East Arm. The weather was perfect: this morning it was 53° with 85% humidity but no rain.

We paddled 7.5 miles and found a great camping spot in Stump Cove [B on the map]. We were staying two nights at this camp so that we could day paddle up to Riggs and Muir glaciers.

SIDENOTE: The rangers at Bartlett Cove and Kara, from Glacier Bay Sea Kayak rentals, advised against going into McBride Inlet.

It's a tricky inlet with strong currents, bergy bits (floating ice chunks broken off from the glacier), and shallow areas; before we arrived in Gustavus, there had been a couple of rescues there that were pretty serious. So we didn't chance it. And, yes, there were a lot of bergy bits at its mouth when we went by.



Riggs Glacier

WEDNESDAY, 10 JULY 2019: Today we paddled up to Riggs Glacier and poked our nose into the mouth of Muir Inlet. Roundtrip it was a 14.5 mile paddle. There was a lot of smoke from the fires burning in Fairbanks and Canada. We had talked about finding a camping area near Riggs Glacier, which is pretty loud because it is melting and sounds like Niagara Falls, for the next night but the smoke was too strong to camp up there. Besides the smoke, the weather had been perfect, the water smooth (sans the current) and no afternoon storms.

Glacier Bay truly is an amazing place; the one thing I wish I could have brought back are the sounds. The different bird songs, the sound of porpoises swimming behind us, the otters feasting on mussels, the sound of a mother grizzly yelling at one of her cubs.... Oh, wait a minute, I just got ahead of myself.

THURSDAY, 11 JULY 2019: It was a short paddle today (silent happy face)—four miles to our next campsite [C on the map] just past Wachusett Inlet, not quite to Hunter Cove. We pulled into what we thought might be a good place to camp but it had a bear sleeping area, so we left that beach and paddled farther past it.

ANOTHER SIDENOTE: When we stopped to set up camp, we always looked for bear scat and sleeping areas, which look like grass that is packed down. They could be mistaken for a previous camping spot although you don't want to chance that.



Wachusett Inlet

Dave and I were sitting between the high tide line and the kelp/mussel/water area since it was low tide. I have no idea what time it was, probably late afternoon, and I heard a new noise I had not heard before.

I looked down the beach to my right and about half a mile away was a grizzly bear walking near the water line looking for food. I told Dave that there was a bear coming and he looked and said, "Yes, and she has three cubs with her." What!

The noise I had heard was the mama bear yelling at one of her cubs (I named him "Johnny") who was not keeping up with her!

We quickly moved our bear canisters away from the tents, moved our other stuff behind our tents (table, chairs, books), and then I asked, "What do we do, do we go into our tents?"

At this point in the story you need to know Dave did not bring his gun with him on this trip, and both of us forgot to purchase bear spray at the store. Since we could not fly with bear spray (not even in a checked bag), the thought had been to get some from the shed where people leave items that they can't take back home, but unfortunately there wasn't any left behind, and neither of us thought to ask in the gift shop at the Lodge. If we had, we would have had bear spray with us.

So there we were, a mama bear and her three cubs slowly heading our way. Dave said we needed to get in the woods behind our tents, mainly to be closer to the Sitka spruce trees in case we had climb one, and then he handed me one of his trekking poles as a weapon...just in case.

He said we were lucky that the wind was in our favor, that the mama bear was more interested in turning over rocks to find food, and that she was not acclimated to tents or people food smells. She hung out by the shore, for what seemed like forever, turning over rocks and yelling at Johnny. That's a sound I won't forget anytime soon. Neither one of us took a picture because we were both worried that the click of the camera might give our location away.

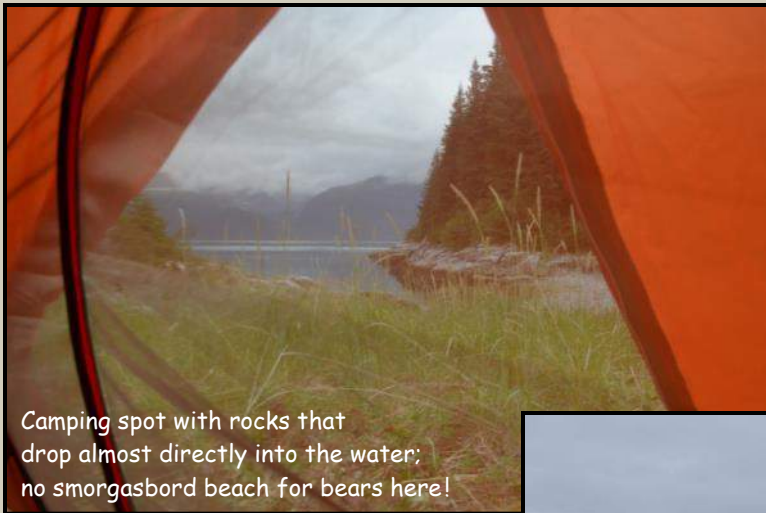
We stayed at this camp that night, but I didn't sleep well as I was worried that she would take another walk with her cubs or worse, a male grizzly had her scent and would be following her. Plus, every time I looked down the shoreline, the rocks looked like bears. Dave and I decided that our next campground would have rocks, beach, rocks—not a wide sloping continuous shore like this that was an "all-you-can-eat" buffet for the bears.



FRIDAY, 12 JULY

2019: We were on the water by 7:00AM. We paddled up Wachusett Inlet about three miles; it was beautiful. Dave said that after paddling that one he has paddled all the inlets in the East Arm of Glacier Bay. (Dave had paddled here in 2011 with his wife, Lou Ann).

[Read about that trip in the *Mountain Paddler* 19-2b.]



Camping spot with rocks that drop almost directly into the water; no smorgasbord beach for bears here!

We paddled a total of ten miles and found a gorgeous camping spot [D] with a rock, beach, rock area—exactly what we were looking for.

I really hadn't slept the night before, so ten miles felt like twenty. I was tired! I was glad the next day was a slack day: no breaking camp; no moving the boats; no paddling.

SATURDAY, 13 JULY 2019: Our tents were up on a little knoll so we could see McBride Glacier on one side and our little beach/cooking area on the other side. Such a beautiful place and once again, the weather was amazing with high humidity but no rain. I had morning coffee with time to reflect on what a beautiful place Alaska was. We had two days left out here and I was already thinking about meals at the Glacier Bay Lodge when we get back. Oh, and a shower and a real bed.



Looking across the East Arm to McBride Glacier



Bear #2, chasing the moose

We both had an early dinner and we were each in our tents reading at 5:00PM. In hindsight, I'm pretty sure we were lucky to have been finished early with dinner and washing our dishes because at 5:15 we heard limbs breaking close to our tents. I yelled to Dave wondering what that sound was, and he thought it was a bear coming through the woods.

Well, it actually was a moose running through our campsite, jumping over our kayaks and racing into the woods beyond that. Dave was already out of his tent because he said he didn't want to get trampled by whatever was coming through the woods.

As I was trying to get my shoes on, I thought to myself, "Why is that moose running?" And just as I was wondering about that, a grizzly bear came charging out of the woods running after it! What?

Yup, we got a full Alaska experience seeing a moose being chased by a grizzly bear. It was amazing! There was a scratch on Dave's kayak from the moose scraping it as it leapt over it, but Kara, from the rental place, didn't charge him for it.

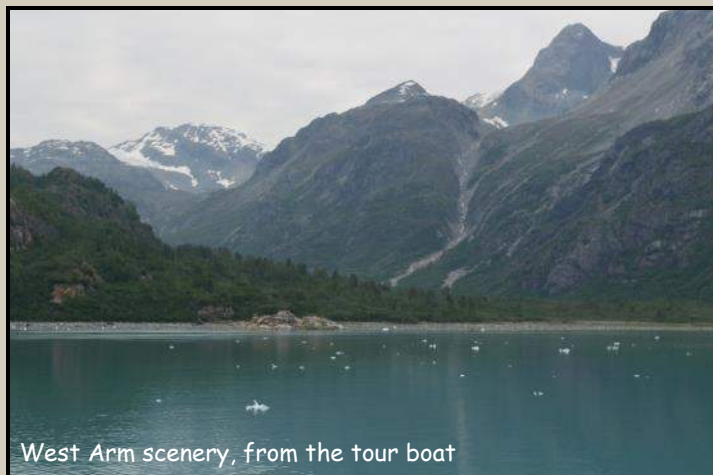
Wow, after that we were trying to decide, do we stay or do we go? We both said, "Let's go and catch the tour boat tomorrow, a day earlier than planned." We packed up camp, keeping a watchful eye out in case the moose/bear duo decided to circle back around. We were on the water by 7:00 PM and paddled the seven miles to the little island [E] across from the Mt. Wright pick-up.

Setting up camp at 10:00 PM, and hearing whales feed and talk during the night—I had a hard time sleeping again. I was still ramped up about the moose/bear sighting, and then the whales had me concerned because they were in the channel that we had to cross the next morning.



A whale feeding

SUNDAY, 14 JULY 2019: It was low tide in the morning and the whales were out in the bay more than in between the island and Mt. Wright—whew! It was a little less than a mile to cross and we made it in record time. We had a couple hours before the tour boat would be coming our way so we unpacked, cleaned our boats and hung out hoping the tour boat would remember to look our way. We had been told that if we decided to catch the boat before our scheduled day, to be at Mt. Wright and the captain would check the area before going up the West Arm of the tour.



West Arm scenery, from the tour boat

The tour boat picked us up at 9:30 AM and we got to see the West Arm, which may be more amazing than the east side. A little different shoreline but also lots more boat traffic i.e., cruise ships, tour boats, fishing boats, kayaks.

We were back at Bartlett Cove at 3:30 PM, returning the kayaks and bear canisters, and leaving food in the shed that I didn't eat for someone else to take. We had to grab a couple of campsites for the night since neither of our rooms would be available until the next night: one more night on the ground and then a bed.

MONDAY, 15 JULY 2019: After a nice dinner last night (real food), we had today to hang out and wait for our rooms to be ready. Reading in the lodge, doing a little gift shopping, and eating real food breakfast, lunch and dinner. And believe it or not, that evening it started to rain and it continued to rain through the night into the next day.

TUESDAY, 16 JULY 2019: We were heading home with a flight out of Gustavus at 6:00 PM, arriving in Denver on Wednesday morning at 9:30 AM. Food for thought, overnighing in the Seattle airport is more uncomfortable than sleeping on the ground without an air mattress, maybe.

What luck we had with the weather, with the mama bear and cubs and the moose/bear sightings because that's all they were, just sightings. Should we have had bear spray? Absolutely, but as Dave said, "Being smart to avoid bear encounters is still the best defense."



Marlene loading her gear onto the tour boat

Other things I learned on this trip: Do not bring mac and cheese, it cooks into a goopy paste; paddling against the currents in the East Arm isn't fun but doable; Dave is a great guy to paddle/camp with; there are a lot of bugs in Alaska; the bees eat small black gnats; and I want to be reincarnated as an sea otter.



Dave and Marlene, still worried about mosquitos?

¹ ALL THE PLANNING IN THE WORLD NEVER PREPARES YOU FOR THE TRULY UNEXPECTED

George had to drop out ten days before their departure because of a serious family medical situation. Thankfully things are now under control, and pretty much back to normal.

Marsha had a flukish twisted intestine two days before they were to leave, had a successful surgery but was then stuck in the hospital for a few days. She's already planning another Glacier Bay paddle for next summer.

Jud went to Alaska but didn't paddle. They had a full flight to Seattle so Alaska Airlines asked people to check their carry-on bags at the gate. Jud and Marlene did so. Marlene's bag made it to Gustavus but Jud's didn't. It didn't show up the next day either. They cobbled together some of the equipment that he was missing, but in the end that didn't really work out either. So, Jud used good judgement (Wayne would be proud of him) and chose to not go. He changed his ticket home for the next day. His bag finally showed up at home two days after he arrived. But all is not lost. So far Alaska Airlines has given him a \$400 voucher on his next flight. He is going to call them and request a voucher for a flight to Gustavus so that he can go back in 2020. Here's hoping.

On a related topic, Dave's plans to kayak the Inside Passage were put on hold until 2020. The ferry system was on strike and that would have moved his time in Alaska to a period of less advantageous tides and shorter days.

Wayne Horodowich is the founder of the University of Sea Kayaking. He has been teaching sea kayaking since the mid-1980s, and is the producer of the *In Depth* instructional video series on sea kayaking.

After years as Director of Outdoor Education at the University of California, Santa Barbara, he is now located in the Pacific Northwest, although he travels a good portion of the year teaching and presenting at symposiums.

WAYNE HORODOWICH'S 2019 CLINICS JULY 27 AND JULY 28



2019 was Wayne's second year teaching for RMSKC members. He outlined a course he called *Boat, Body, and Blade*. He said, "Just about anyone can get into a kayak, grab a paddle and move that kayak on the water with that paddle. However, if you want to get the most from your boat, your body and your blade, they need to be working in unison whenever you take a stroke. The purpose of this clinic is to focus on those three components separately, and then on how to put them together for greatest efficiency."

His proposed topics were:

- Stability and edging your boat
- The three paddling engines in your body
- Choosing the forward stroke style that works best for you, your paddle and the situation
- Exploring reverse strokes for greatest support and control
- Extended paddle techniques for optimum leverage and support
- Momentum turns vs. decelerating turns
- Sculling, sculling braces, sculling draws, shifts, blade manipulations.

The clinics were held at Chatfield's Kingfisher Cove. Saturday the participants were Rena Bloom and Jacob Schor, Tena and Fred Engleman, Von Fransen, Jud Hurd, Sue Hughes, Andy McKenna, Julie Pfannenstien, Phil Sidoff and Eileen Yelverton. On Sunday the attendees were Gail Denton and Dan Downs, Marsha Dougherty, Joy Farquhar, Brian Hunter and Clark Strickland.



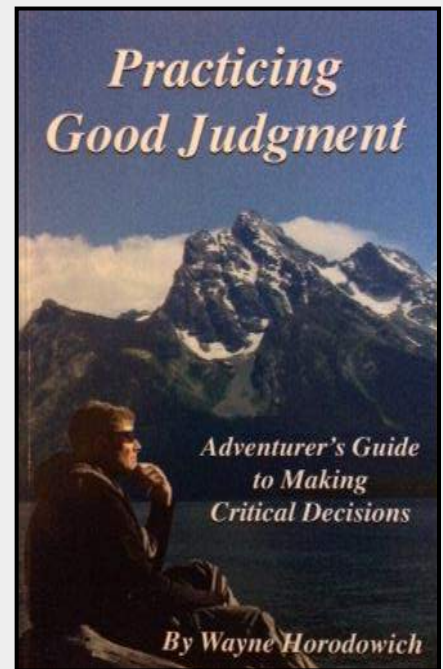
Brian said he was sure to remember: "Palms up is high brace position, palms down is low brace position." Sue will try this: "If you want to turn upwind, go forward but if you want to turn downwind, paddle backwards."

SATURDAY'S LUNCH



Seated: Eileen, Jacob, Sue, Von, Jud
Standing: Rena, Fred, Tena, Wayne, Julie, Andy

The Thursday evening before his clinics he gave a presentation at the REI flagship in Denver. The traffic made getting there a nightmare, and the REI parking lot kept several of us locked in almost half an hour after his lecture was over. But we all found his topic, *Practicing Good Judgment for Adventurers*, very informative and well worth the urban hassles we had encountered.



He had his book about the same topic for sale. It reviews the lenses through which we all make our judgments, and said that if you know about them you can monitor your thought processes more clearly.

The descriptions of emergency situations Wayne included in the book are the best part. Each is presented with a variety of possible actions, followed by an analysis of which would be more likely to have positive outcomes. The book can be ordered from his website: www.useakayak.org

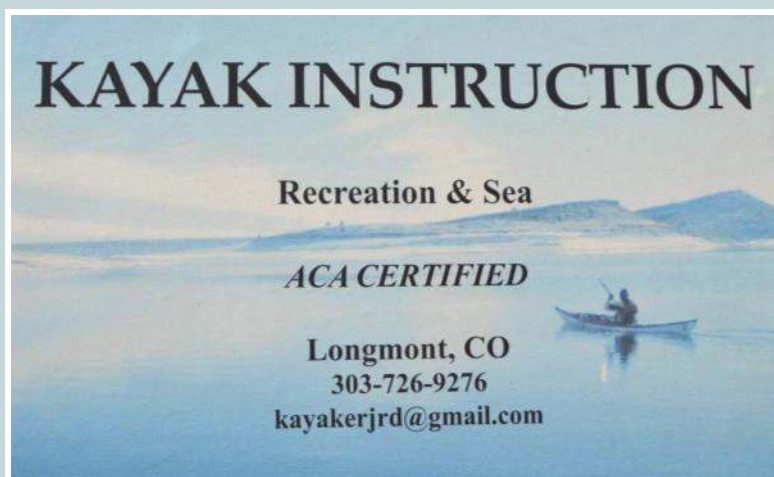


RMSKC members were more than half the audience; too bad we didn't bring our banner!

In the back row of the photo: Jud Hurd, Sandy Carlsen and Harold Christopher, Wayne, Brian Hunter and Clark Strickland.

In the front are Marsha Dougherty, Sue Hughes, Joy Farquhar and Von Fransen.





JIM DLOUHY'S LATEST CAREER

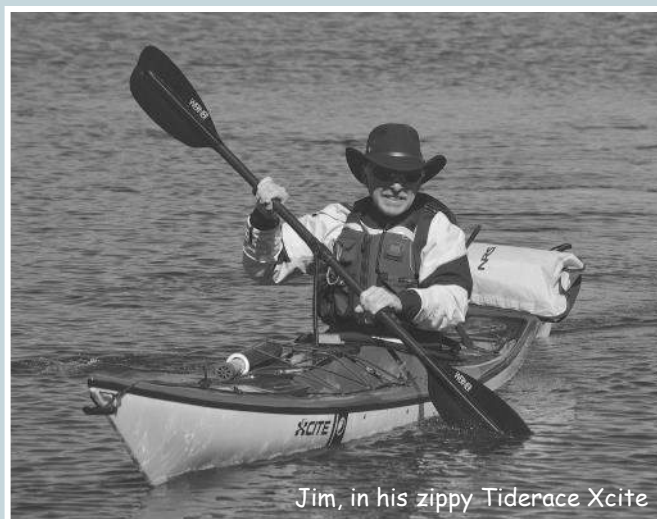
RMSKC member Jim Dlouhy taught PE and coached girls' gymnastics in Iowa for more than two decades. He and his wife Karen also owned a gymnastics club where they taught and coached. Then they moved to Colorado and Jim got a job at Eldora, first as an instructor and later as the Nordic Ski School supervisor.

After he retired from Eldora, he taught backcountry skiing and trained ski instructors for the Colorado Mountain Club, and taught snowshoeing and cross country skiing for the Longmont Rec Department.

Seven years ago he became interested in sea kayaking, took lessons at Body Boat and Blade, earned his ACA Level 2 certification in 2014 and an ACA Level 3 in 2015, and bought some boats—lots of boats.

For the last four years he has been teaching kayaking for the Longmont Recreation Department, using his fleet of six 10' Pelican rec boats and seven sea kayaks.

One class, *Introduction To Recreational Kayaking*, is for people new to the sport who wish to learn about paddling a rec boat in calm waters. The class covers how to fit a PFD, getting in and out of a kayak, launching and landing, what to do in case of a capsize, and other basics for safe paddling. The emphasis is on safety, and on fun. It lasts half a day and includes all the equipment.



Jim, in his zippy Tiderace Xcite



Introduction to Recreational Kayaking

His second class, *Introduction to Kayak Touring*, is designed for more experienced paddlers. Everything covered in the rec boat class is taught while paddling a sea kayak. In addition, rescues and more advanced paddling skills are presented. This class is two half-days with all equipment included.

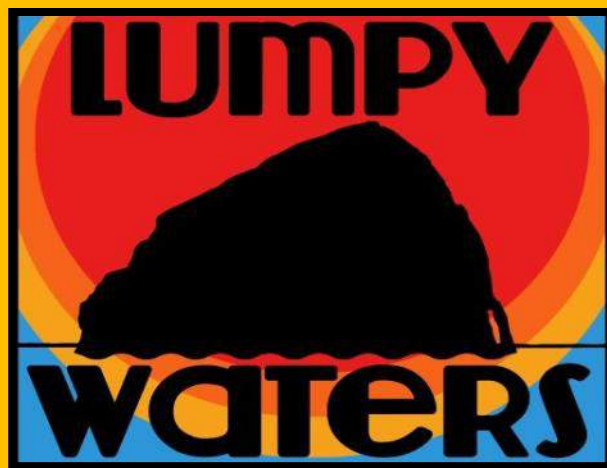
Jim also offers sunrise, sunset, and full moon paddles, providing equipment and an introductory lesson for each outing, and private lessons and coaching.

If you have friends who'd like to try kayaking, they should contact the Longmont Recreation Department. The classes are very reasonably priced.

Lumpy Waters

Sea Kayak Symposium

First Weekend of October



EDITOR'S NOTE: Over the years, Andy McKenna, Marlene Pakish and Rich Ferguson have all sent me accounts of their time at this symposium organized by Alder Creek Kayaks in Portland and held in Pacific City, Oregon.

It is completely my fault that these accounts have not been published in a timely manner.

This symposium is a justly famous learning opportunity! You should contact Andy, Marlene or Rich if you'd like to learn more before the next issue of *The Mountain Paddler*, which will have their accounts but which will be published after the 2019 symposium has happened.

Registration is still open for 2019: <http://lumpywaters.com/Lumpy/>

Members, please remember that we should all have a laminated Emergency Information Card in our PFD pocket when we're on the water. Use this template to create yours.

Also, boats need to have an orange Coast Guard label with our contact information. Even when filled in with waterproof marker, the writing stays on longer if you protect it with a spray of clear lacquer before you stick it in your cockpit. The second "phone" line should have your address instead of another number.



EMERGENCY INFORMATION CARD

Name:

Address:

Emergency Contact:

Contact's phone:

Relation of Contact:

Medical Insurance:

Prescribed Medications (name, dosage, frequency):

•
•
•

Medical Alert Conditions:

Medication Allergies:

Food Allergies:

Other Information:

STARTING TIME: "Starting time" means the time that everyone in the group will be *in the water ready to paddle*. Be sure to arrive early enough to have your boat off the car, loaded and ready to go by that time.

DAY PADDLES: Non-member guests may paddle with the Club on day paddles if they sign an American Canoe Association *Waiver and Release of Liability* form and pay the \$5 ACA event fee. ACA members may join RMSKC day trips if they provide a current ACA card; they must also sign a paper waiver naming RMSKC at the put-in, but do not have to pay the event fee.



MULTI-DAY PADDLES: According to RMSKC policy, overnight and extended trips are open only to club members; additional criteria for members' participation may be included in the trip description at the discretion of the trip leader.

- AAA INFLATABLES (dry gear, clothing, PFDs)
3264 Larimer Street, Denver
303-296-2444

- CONFLUENCE KAYAKS
2301 7th Street, Denver
303-433-3676



- GOLDEN RIVER SPORTS
806 Washington Avenue, Golden
303-215-9386

- SEA KAYAK BAJA MEXICO
www.seakayakbajamexico.com

- COLUMBIA RIVER KAYAKING
Skamokawa, WA, an hour from Astoria, Oregon
www.columbiariverkayaking.com

- SUBURBAN TOPPERS - discounts for members on all products: Yakima, Thule, Rhino-Rack, caps, etc.
5795 E Colfax Avenue, Denver
303-320-8677



- UNIVERSITY OF SEA KAYAKING - discounts for classes offered through RMSCK
Wayne Horodowich
www.useakayak.org



**DISCOUNTS
FOR
RMSKC
MEMBERS**

Sea Kayak Baja Mexico

www.seakayakbajamexico.com

- Trips & Training for enthusiasts
- World Heritage location
- Nigel Dennis Kayaks
- Werner; Kokatat; Beale GPs
- BCU-certified leaders & coaches:
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10% Discount for RMSKC Members. 17 years experience.

