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ACA PADDLE AMERICA CLUB
<http://www.RMSKC.org>

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The MOUNTAIN PADDLER

ARTICLES OF INTEREST
FOR OUR PADDLING COMMUNITY

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EDITOR'S NOTE by Sue Hughes

In addition to general articles about kayaking, this issue has bits about most of RMSKC's 2014 season with the exception of a rescue on Horsetooth and reports of the club's three big summer trips: Montana's Missouri Breaks in June, the Maine coast in August and this year's Lake Powell camping trip in October. We hope they will get written and formatted for your cold weather reading before the end of the year.

In the meanwhile, check the articles from earlier newsletters; they are very interesting. You can find them all on the website. They are easy to search for by using the *Index of Publications*, which you can find there, too.



Underwater view of Quagga mussels in Lake Mead

CLUB PADDLES AND INSTRUCTION

POOL PRACTICE, JANUARY TO APRIL

A group of old-timers showed up pretty regularly every other Sunday to practice strokes, rescues and rolling. The day this picture was taken the weather was warm enough to have the pool door open, but sometimes they came even when there was snow on their boats.



Rich Webber, Clark Strickland and Brian Hunter

CHERRY CREEK MID-WEEK: FIRST RMSKC PADDLE OF THE SEASON

Sue Hughes, Brian Hunter, Jud Hurd and Clark Strickland had a nice late-March morning on Cherry Creek. They explored parts of Cherry Creek and Cottonwood Creek near the put-in and then paddled around the reservoir. The water was cold but the day was sunny and not too windy. There weren't as many birds as usual, but the geese were being fractious about their spots on the water and several bald eagles were courting high in the sky.



Clark, Brian and Jud



Beaver lodge on Cherry Creek



More beaver activity on Cherry Creek

KAYAK NAVIGATION CLASS, MARCH 29

Rich Webber taught the beginnings of Kayak Navigation to a good turn-out of members at the Louisville Library.

Everyone was enthusiastic about the morning, and is looking forward to being introduced to the rest of the material in a future class.

People attending were: Dick Dieckman, Marsha Dougherty, Dick Harsh, Sue Hughes, Brian Hunter, Jud Hurd, Deb and Walt Jenkins, George Ottenhoff, Marlene Pakish and Mark Willey.



Jud Hurd,
Rich Webber
and Brian Hunter

4TH SATURDAY IN APRIL: THE ANNUAL MUD HEN PADDLE



Mount Meeker in the foreground; the dark triangle behind it to the north is all you can see in Longmont of taller Longs Peak



In the past, the Mud Hen Paddle has been plagued with poor weather or inadequate water, but this year the skies were sunny and Lake McIntosh was full.

Ten paddlers (Gary Cage, Marsha Dougherty, Anne Fiore, Sue Hughes, Brian Hunter, Jud Hurd and John Ruger, and new members Karen and Jim Dlouhy and Joy Farquhar)

made a couple circles around the pond, enjoying the view, the companionship and the lovely day.

They watched the lake's resident bald eagles up close on the north shore for a long time; maybe they were eating prairie dogs. Then they had a pot-luck lunch of chili and fixings at Sue Hughes's house.



Gary Cage watching the eagles that are often in the cottonwood trees on the south shore

MOVING WATER PRACTICE, ON THE SOUTH PLATTE AT BRIGHTON

On Saturday, May 11, Sue Hughes, Jud Hurd, George Ottenhoff, John Ruger, JJ Scervino and instructors Ray Van Dusen and Gary McIntosh met at Veterans' Park in Brighton for a morning practicing lining their boats over drops, crossing eddy lines and ferrying.

Safety and Instruction Coordinator Rich Webber came for the bank-side talks, but didn't paddle because of shoulder issues.

They only paddled a short distance below the first drop, but it was a busy and successful morning. No one dumped and they all went home tired but happy.



Sue, Ray, JJ, Gary, John, George, and Jud



Ray and Gary "lining" their boats over the first drop



John, at the bottom of the drop



Discussing crossing into and paddling in the current rushing over the drop: Jud, George, Gary and JJ, with Ray in the background and John with his back to the camera

"Lining" a boat is when you let it go over a drop empty, while controlling both ends by holding onto your bow and stern painters. After it is over the drop you walk along the bank pulling it until it reaches a spot that's calm enough to get back into it.

They practiced and played in the rushing water for a long time. The current was so strong that several of them got swept downstream and had to get out and line their boats back to the others.

After they were done they carried their boats on the river bank around the drop and paddled back upstream to the put-in.



George Ottenhoff in Jen's boat

EDGING PRACTICE, UNION RESERVOIR IN LONGMONT

RMSKC members Marlene Pakish, Julie Reckart, Janet Scervino, Sue Hughes, Joy Farquhar, Eileen Yelverton and Jud Hurd joined instructors Rich Webber, Ray Van Dusen, Gary McIntosh and helper Brian Hunter on May 4th to review and refine their boat control through edging.

Edging means holding your boat up on its side with your upper knee in its thigh brace and your torso curved toward that knee. When you add a sweep stroke on the low side, which helps keep you stable and feeling secure, your boat will turn toward the upper side like a dancer. It seems precarious at first but quickly becomes second nature.

The group played follow-the-leader and "five strokes left edge, five strokes right edge" back and forth in the middle of the lake. Maybe they looked a little crazy, or drunk, but they had a fabulous morning and gained new confidence and control. Everyone agreed that half-day, one-topic classes were the best.



Rich demonstrating how to practice holding an edge using the security of someone's bow

J-DAY AT LAKE PUEBLO MAY 17

Jud Hurd, his son Jake, Jay Gingrich, Jane Lewis, JJ Scervino and new member Donald Manton. JJ said, "I'm glad Jud had his camera, there was an awesome rookery scene, with cormorant chicks on every branch in every tree. I never saw anything like it."



Cormorant rookery at Lake Pueblo

LONETREE RESERVOIR, MAY 31

The reservoir was full and the summer water weeds hadn't grown thick yet so Gary Cage, Anne Fiore and Sue Hughes could paddle back in the trees at Lonetree.

They didn't see the blue herons or their rookery, but there was a bright red tanager. [Solid red scarlet tanagers aren't usually seen in Colorado, but as a birdy friend says, "Any bird, anywhere."] They also saw a kingbird who sat for a good enough photo to positively identify it. [It's an Eastern kingbird; you can tell by the white tips on all its tail feathers.] The most exciting bird was an osprey; it was frantic to avoid the blackbirds that were dive-bombing it.



Eastern kingbird

STROKES PRACTICE AT UNION RESERVOIR, JUNE 1

Rich Webber and Ray Van Dusen planned to teach a Forward Strokes workshop but it was a busy weekend, and it was a small group of Kathleen Ellis, Sue Hughes and Kristy Webber who joined them. The five circled around Union and then Kristy suggested they try some maneuvers instead of going around again.

Rich has a couple doozies in mind and they practiced turning around buoys going forwards and then backwards. Then they did a tricky thread-the-needle pattern while paddling five abreast across the lake. It was a beautiful day for paddling with friends, with an added benefit of good pointers on boat control from excellent teachers.



Kathleen, Ray and Rich

PADDLEFEST AT CHATFIELD RESERVOIR JUNE 14

17 people, some of the regulars and new members Jake and Nita Johnson and Don Manton, attended PaddleFest at Roxborough Cove this year.

Julie Reckart led a short paddle around Chatfield and then people visited, tried each other's boats and enjoyed the potluck lunch. Jud demonstrated packing a kayak for an extended camping trip. Brian Hunter and Don Manton discussed carving Greenland paddles and showed some in different stages of completion.



KAYAKING ON THE EDGE

By Brian Hunter, and others

Long long ago, when people thought the earth was flat, ancient mariners (some of them) were afraid that they might sail off the edge of the world. I can imagine they thought they might go tumbling over a great waterfall, into oblivion, never to see their loved ones again. Such thoughts must have instilled great fear in those mariners.

Now we no longer fear falling off the edge because we know the earth is a sphere. As kayakers we should be comfortable with putting our kayaks on edge too. Paddling on edge is the ultimate form of kayak control. When the kayak is flat on the water, the hull is perfectly symmetrical and it wants to go in a straight line. Edging the kayak places a different, nonsymmetrical hull profile in the water and the kayak wants to turn. Add a sweep stroke and/or a bracing stroke and now the kayak really wants to turn.

Placing the kayak on edge is a simple matter of pressing down into the seat with one cheek and raising the opposite knee in the thigh brace, while keeping your head and upper body vertical and over the kayak's center of buoyancy. For example, if you were to drop your right butt cheek and raise the left knee, the kayak would edge to the right and then it would tend to turn left (toward the high-dry side). Now add a sweep stroke on the low-wet, right side and the kayak will turn more sharply to the left. Edging can be combined with sweep strokes, brace strokes and rudder strokes to control the kayak.



The author, who will be turning to his left



Gary McIntosh demonstrating putting a boat on edge at the Edging Lessons in May

When you first begin putting your kayak on edge it may feel unnatural, like you might roll all the way over, so only edge a little bit until it feels comfortable. Even a little bit of edging will make the kayak respond and turn sharper. As your sense of balance improves, you will be able to gain much greater control of the kayak and edge farther. With a little practice, putting the kayak on edge will feel completely natural and become a normal part of your paddling. Proper fit in your kayak is essential for controlled edging. The old saying "You don't sit in a kayak, you wear it" is true, especially when paddling on edge.

Maneuvering a kayak on edge relies on movement which comes primarily from paddle strokes but can also come from moving water. Maneuvers are often started with an initiating paddle stroke but effortless, small changes in direction can result from simply edging the kayak while it is moving.



AMERICAN CANOE ASSOCIATION

Want to learn maneuvers like edging? Join instructors and fellow paddlers at workshops where we work on just one or two skills on local waters. For questions about classes or workshops contact Rich Webber: rrwebber48@yahoo.com

WEB LINKS TO VIDEOS OF EDGING:

<http://solentseakayaking.co.uk/2011/08/edging-body-boat-blade-video/>

http://www.youtube.com/watch?v=8KrSH6R_QOY&list=PLE4EF1A8D716CE937

<http://www.youtube.com/watch?v=JjvWhQSmFRI>

<http://www.youtube.com/watch?v=g3ViKcVKPbs>

<http://www.youtube.com/watch?v=cFwyTIsJsVo>

<http://www.youtube.com/watch?v=AT-73owZUeA>

<http://www.youtube.com/watch?v=rkXcs89YQIQ>

<http://kayak-skills.kayaklakemead.com/edging-a-kayak.html>



A bird's eye view of a kayak,
level on flat water

A kayak level in water wants to go straight. The bow and stern in the water create a long straight waterline and the hull presents a symmetrical shape to the water that causes even water flow around both port and starboard sides at the same time.



A fish's view of a kayak,
level on flat water

A kayak on edge removes the effect of the bow and stern and presents a more curved hull shape to the water. This hull shape in the water does not want to go straight. Even a slight amount of edging will start a gentle change in direction of a moving kayak.



A fish's view of a kayak
on edge, on flat water



LAKE MEAD

JUNE 1 - 4, 2014

By Jud Hurd

I am always looking for a warm place for an early spring paddle. This year I thought I would give Lake Mead a try. The side benefit of going to Lake Mead is if the weather is nasty you can always go into Las Vegas to pass the time. Anyway, Brian Hunter and I tried to make the trip a couple of times but the spring snows made driving over the passes less than ideal so we kept putting it off.

We finally got it together and went May 31 through June 4. Putting it off this late into the summer had the added benefit that other paddlers joined us. Our group consisted of me, Tim Fletcher, Brian Hunter, David and Lou Ann Hustvedt, JJ Scervino, Clark Strickland and Anna Troth. We planned a day each way of driving with three days of paddling.

We all caravanned down except for Tim, who was smart and made it a two-day drive. Our trip took about 16 hours because we made a number of stops to adjust the kayak tie downs as we had a very strong head wind that kept moving some of them sideways in the racks. We finally made it to the Boulder Beach campground but had a hard time trying to find the entrance to the campground. It was after dark and it was hard to see everything clearly. Fortunately Tim had reserved three campsites for all of us and we called him on the phone for help in finding the entrance.



After a good night's sleep we had a nice breakfast and then launched off Boulder Beach. We paddled east around a number of islands and got close to the Hoover Dam, although we didn't paddle right up to it. Although the water level was down about 130 feet or so there was still plenty of water to paddle. The water was just ideal—smooth and glassy—with a nice sunny day to enjoy it. We did get a little breeze to keep us comfortable. You couldn't have asked for a better day.

We headed back to Boulder Beach which had been transformed from a nice quiet beach when we launched to a major swimming area. We had to thread our way

through a lot of people to get to our launch site but we finally made it. Back at camp we did our usual thing—we sat around and visited, mostly talk about boats, gear and kayak trips. The campground temperature got up to 106° with one percent humidity but it was fairly comfortable in the shade. We did manage to go through a lot of ice and ice cream bars though.



The next day we drove to a nice, quiet ramp just north of our campground and launched under ideal conditions again. We paddled north toward Las Vegas Bay but didn't go all the way back into the bay. Tim had driven up there earlier and he said the water was so low that it didn't reach the Las Vegas Bay campground. So we paddled across the bay to Black Island. Just beyond there we stopped for lunch and a nice refreshing swim. While we were eating lunch the winds came up. Well that is to be expected when you

paddle with "Wind in His Face" Brian Hunter. We had a fairly strong head wind paddling back to our launch and some nice swells between one and two feet at times. Everybody made it back in good shape and then it was more relaxing for the rest of the day.

We decided to drive up to Callville Bay for our last paddle. We had been getting off the water fairly early in the afternoon so we agreed it didn't make any sense to come back to camp after our last paddle to just to sit around in the heat and leave for home the next day. We all agreed that we would pack up that morning and head out after our paddle, although JJ stayed on at Mead to visit some friends that were vacationing in the area. The rest of us would get a number of miles under our belt and stop somewhere to get a room. That would make the trip home easier.



Lou Ann and Dave Hustvedt

When we got to Calville Bay I was ready to go and I thought it would be a good idea to take a quick dip. That way I would be wet and stay cooler throughout the morning. A sheer stroke of brilliance, right? So in I went and the water was wonderful. I got some water on my glasses and thought about my bandana to dry them off then realized I left my bandana in my hip pocket which is totally soaked now. Then I realized I left something else in the other back pocket and it was totally soaked now also—my billfold. So, I went back to the car and laid everything out on the floor board to dry out. Lesson learned: empty your pockets before you go into the water.

As we paddled around that morning we could clearly see the huge invasive species problem they have at Mead. The rocky shorelines are covered in them. A lot are out of the water and dead but a lot are still under the water and it is very sad to see so much damage. Anyway, we still had a good final day of paddling and then headed home.

This was a great trip and one I would like to do again. There is a lot to do and see in this area which we just didn't have time for this year. But I definitely will be back to explore Black Canyon and Lake Mojave. And I will definitely pick a cooler time of the year. Earlier in the spring or later in the fall would be ideal. Perhaps this would be a better October or even November trip. So, keep your eyes open for another invitation to head to Lake Mead.



EDITOR'S NOTE: Here's a frightening article about the mussel invasion in Lake Mead:
http://www.nbcnews.com/id/31980811/ns/us_news-environment/t/invasive-quagga-mussels-growing

RAY VAN DUSEN

Ray has been an RMSKC member since 1995. He gives rolling lessons at Carr Pool in the winter and teaches informally whenever someone has a question.

For years he sold kayaks as River Mouse, and still works for Canoe Colorado in Denver. If you want a nice new or used boat, without going to the coast, he's the person to contact. He also stocks or can order spray skirts, cockpit covers, etc.

He's the person if you need boat repairs or personal modifications.

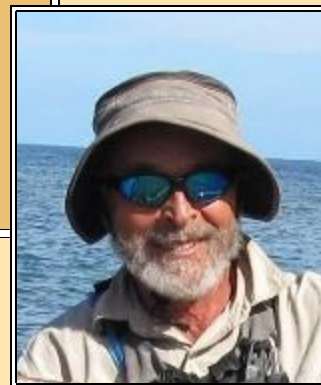
These are photos of Ray pulling and straightening a kinked skeg cable before a Union Res. paddle in June.

Check out his advertisement on page 27.



NOTES ABOUT KAYAK CAMPING AT LAKE POWELL, AND PICTURES FROM JAY AND JANE'S FALL, 2013 TRIP

By: Jay Gingrich



We got off "Lake" Powell, or what is left of it at 3590' of 3700' full pool, in early October, 2013. The gas station and mussel inspection, as well as the entrance station, had all been shut down while we were on the water paddling for nine days from Hall's Crossing. Be sure to get a mussel check card for your windshield before launching; if you park at the ramp lot without one, your vehicle will be booted, even though the place is closed, as a guy from New Mexico found out.

EDITOR'S NOTE: As of Summer, 2014, mussel checks are no longer required at Lake Powell.

Our original plan was to visit the San Juan canyons, however only 22 miles of the San Juan was a lake at this level. Plan B-2 called for visiting Rainbow Bridge National Monument, south of the San Juan mouth. From the put-in we were ahead of a cold front, paddling into strong SW winds. The main channels funnel the wind, with maybe some cover behind points. Going south in the main channel there are often south quadrant headwinds in the afternoon.

It helps to start early and be conditioned for making headway into seas with a loaded boat. With luck, tailwinds on the northbound passage will give you a faster trip back.

Jane, below a window uncovered by the new lower water levels
(west side of the channel ~ two hours south of Hall's Crossing)



During windy days, we paddled canyons where the wind may be opposite of the main channel, but is still usually present.

The canyons paddled this trip were: Annie's (no camps), Slickrock, Iceberg, Long, Reflection (very long and narrow with no campsites) and Forbidden Canyon leading to Rainbow Bridge.

We camped in upper Slickrock Canyon behind some flooded cottonwoods to avoid the powerboat traffic.

While we were there the National Park Service rangers told everyone that Lake Powell, and gas sales, would be closed for the government shutdown, but they did not pass the flooded trees. We got no notice of the closure and kept paddling south.

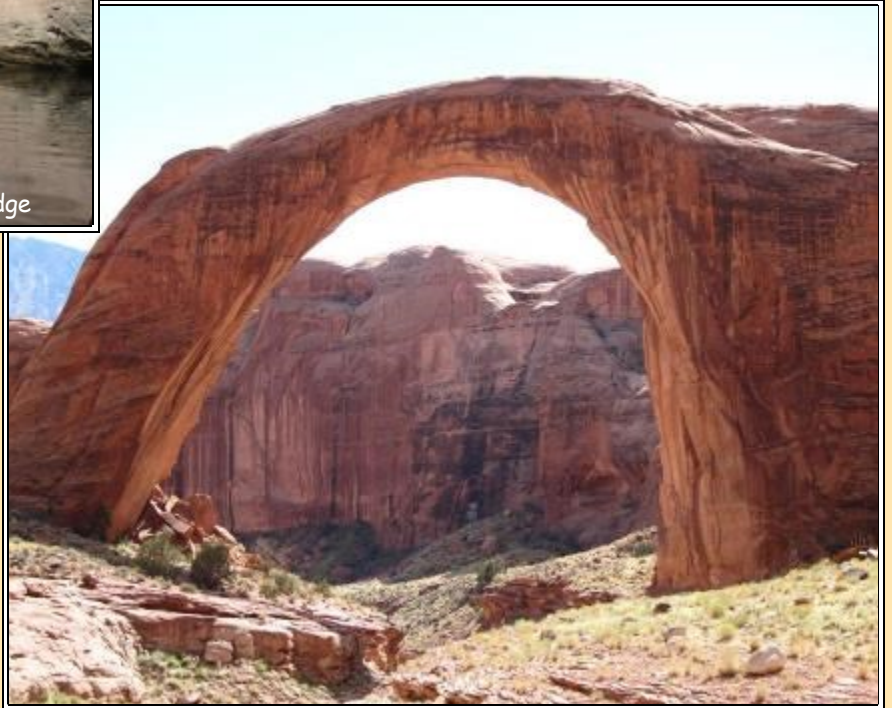


Campsite in upper Slickrock Canyon



The narrow channel leading to Rainbow Bridge

The channel from Forbidden Canyon to Rainbow Bridge does not have a no-wake zone until you are very close to the Rainbow Bridge National Monument, so expect some "maytag" effect from wakes and be prepared to paddle defensively.



Rainbow Bridge is a short hike from a landing at the north end of the floating docks. Camping is not allowed inside the National Monument.



Smallmouth bass

The fishing was good, either trolling or spin casting from shore with a mini shad lure.

Pool "noodle" sections with cords make good pads for fiberglass boats on slickrock, or for launching or landing cushions.



Pool noodle

SOME THINGS THAT WORK WELL FOR US AT LAKE POWELL ARE:

- Using a handheld VHF for NOAA WX broadcasts-best in the main channel.
- The Fish-n-Map maps show historical contour lines, indicating possible areas for camping at lower lake levels.
- Michael Kelsey's *Boaters Guide to Lake Powell*, fifth edition, covered his visit at just over 3600' indicating lower level camp possibilities. Kelsey covers hiking possibilities very thoroughly.
- Have a tent with an all fabric lining to prevent silt from getting in. (Netting will allow fine sand or silt to pass under the fly.) Put loops of bungee cord in the tent lines to cut wind gust shock on the tent. Use a stout tent, since kayaks can carry lots of weight, with no need to carry much water.
- While camped, leave your food in your boat hatches to protect it from the ravens.
- Keeping gear in smaller dry bags, which go into a mesh duffel, to keep it together and allow the sand to be shaken out.
- Use two separate bags for a few days' lunch and also for breakfast. Then toss the breakfast bag into tent with the thermos of coffee made night before.
- Also have a separate dry bag for kitchen supplies, spices, dehydrated veggies, oil, that are used for every dinner. Olive oil is a good calorie booster for dinner.
- Using two tarps, one for gear to throw down on landing, and one under the tent works well. The one under the tent saves the tent floor and also helps to protect lightweight sleeping mats from stickers.

EDITOR'S NOTE: I used the *Index of Publications* on RMSKC's website to find former member Harv Mastalir's article about paddling to Rainbow Bridge in March of 2001. His description of surfing a houseboat's wake was fun, but reading about the winds he encountered was sobering. It should be required for all Powell paddlers. Check it out: *2001, Solo on Lake Powell*

Just joking!

We headed to Baja again after our October Powell trip.

This photo is the east side of Isla San José, looking across a hundred miles of the Sea of Cortez to Sinaloa.



EDITOR'S NOTE: This is a set of instructions originally written by Larry Kline, with some bits added when we posted it to the new website.

I was hoping to include a link to a set of directions for making your own boom box from the rangers at the Missouri Breaks National Monument but it's not on their website. You can call them at 406-622-4000 for a paper copy, or find a transcription of their directions on page 18.

HUMAN WASTE DISPOSAL: CONTAINERS AND PROCEDURES

All trip participants on Club-sponsored multi-day trips must make adequate provisions for disposal of their own solid human waste as required by the government agency managing the area being paddled. That means you must plan ahead and check the specific requirements of your destination. These requirements differ widely; people paddling and camping for the first time in the arid West will find that approved methods for waste disposal are much different here than in more rainy areas. Being prepared is vital; in some places rangers will not let you on the water unless you are equipped to pack out your waste in a fashion that meets their regulations.

TYPES OF CONTAINERS:

1. A **COMMERCIAL BOOM BOX** is a solid-walled container about the size of a large shoebox with two screw-top lids. They are available at *River Mouse Touring Kayaks* and some local rafting stores. They may be used two different ways and, accordingly, are called either a "wet" boom box or a "dry" boom box. See "Procedures for Use" and "Storage While Paddling" below for the details.



A commercial Boom Box

2. A **HOME-MADE BOOM BOX** is used by many members. They have constructed a 4" diameter PVC pipe (18 to 24 inches long) with PVC screw caps on both ends, or on just one end with the other end cap glued on. [See photo on the next page.]

3. **WAG BAGS** and **RESTOP 2** are disposable products using an absorbent polymer solidifier in a plastic bag within another plastic bag with a Ziploc-type top. These are available at REI for less than \$3 per unit. There are several types, some for use with a toilet seat form or bucket, and others that are more individual. All have their advantages, but check the description on the package carefully to be sure that you are buying the type you want. (Google "Waste Alleviation and Gelling" or "Restop" for more information.)

4. **CASUAL WRAP** is a low-tech newspaper and Ziploc bag combination that can be made at home. Just fold two full sheets of newspaper inside a 7x9" freezer-grade Ziploc bag (one bag with paper per anticipated use), along with several larger Ziploc bags for double-bagging, and take them with you. Some people also recommend a cupful of cat litter for each expected use.

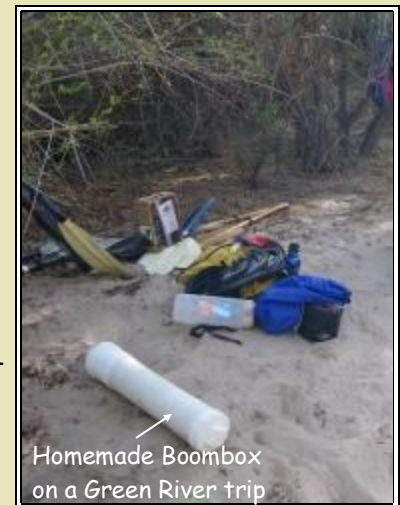


PROCEDURES FOR USE:

- When using any container, urinate in a separate location. *Leave No Trace* provides specific guidelines for location selection depending on the environment in which you are paddling.
- **WET BOOM BOX:** Do your business on the ground and then transfer the "pile" (dirt and all, but not too many twigs or you will have problems with your toilet at home) into the boom box using a hand trowel. Another option is to aim for a square of paper towel and deposit the whole package in the box, although paper towels may not flush well, either. For ease of cleaning and more pleasant use, spray the insides of the Boom Box with PAM and add two cups of water and a small packet of deodorizer purchased from a hardware, RV or Wal-Mart store.
- **WAG BAGS AND RESTOP 2:** Follow the manufacturer's instructions. If it's not feasible to use the manufacturer's instructions use the scoop method described above.
- **CASUAL WRAP SYSTEM:** Do your business on the double-layered newspaper, add cat litter for absorbency if desired, fold the paper and contents like a burrito and slip it into a 7x9 inch freezer-grade Ziploc bag. A variation of this system is to do your business on the ground and pick it up with a plastic bag on your hand (like grabbing dog-doo). Store either package in a plastic container as described below or double-bag in a larger plastic bag, although this may not be enough to placate the rangers.

STORAGE WHILE PADDLING:

Boom Boxes are usually stored inside the cockpit at your feet or on the aft deck. WAG Bags, Restop 2 and Casual Wrap baggies can be stored inside the front hatch and against the front bulkhead of your boat so they are protected from punctures, or inside a Dry Boom Box for more worry-free transport. [Note: WAG bags do not completely seal in the odors. You will want to keep them in a dedicated dry bag, and even then you'll be happy to pitch them in the first dumpster you find.]



Homemade Boombox
on a Green River trip

DISPOSAL AT THE END OF THE PADDLE:

Wet Boom Boxes can be emptied carefully into your toilet and washed out with your garden hose before being air dried for their next use. Most odors are eliminated by having used the deodorizer packets mentioned above.

WAG Bags, Restop 2 and Casual Wrap Ziploc bags can be disposed of in the trash just like disposable baby diapers.

BUILD YOUR OWN KAYAKERS' PORTABLE TOILET

From the Upper Missouri Breaks National Monument
Bureau of Land Management's Fort Benton River Management Station
406-622-4000 or 1-877-256-3252

All parts and materials were obtained at
a local RV sales/service retailer.

MATERIALS:

- One 3 inch diameter ABS pipe, cut length to fit the storage location, such as behind a kayak seat, and capacity needs. Capacity with 3-inch diameter tube is approximately four inches of linear tubing to contain one use for one person for one day.
- Two end cap adapters, also called termination adapters.
- One 3-inch end cap.
- One 3-inch end cap with hose attachment threads for cleaning
- ABS glue/cement and primer
- Two bayonet hooks

CONSTRUCTION:

No tools are needed to assemble this toilet. Spray the inside of both end caps (with the primer?) and let them dry. Then use ABS cement to glue the two end cap adapters to each end of the pipe and be sure to push down tight to get a good seal. Attach end caps with bayonet hooks.

USE:

Make your "deposit" on a large coffee filter (10"-12") or a large paper towel and place it in the tube along with toilet paper. Replace the end cap.

Due to the use of coffee filters or paper towels and the small dimensions of this system, it cannot be cleaned in the SCAT Machine. [Kipp Campground does not have a SCAT machine.] Coffee filters and paper towels cause SCAT Machine breakdowns. This toilet is set up to be cleaned at an RV dump station. To clean the toilet at a dump station, attach a water hose to the end cap with hose threads. Remove the opposite end cap and place the tube upright over the dump station receiving hole. Turn on the water to flush the unit. Both end caps can be removed for a more thorough cleaning if necessary.



EDITOR'S NOTE:

Lou Ann Hustvedt has worked with the local Girl Scouts' Water Sports Camp for years. They call her "Skipper". The last couple of summers she's had help from Brian Hunter, known as "Splash".

Skipper and Splash were at Soda Lake for a week of fun with the Scouts again this July. The girls clearly love the lessons. Brian, who took these pictures, had a great time too, but says it was exhausting.



HOW I MAKE GREENLAND-STYLE PADDLES

By Brian Hunter

Believed to have been in use for at least four thousand years, kayaks were made

for centuries from found and harvested materials. Handmade "hunting boats" were built for a particular paddler using anthropometrics to determine the length, width and depth of the boat.

Greenland kayaks were generally 3 arm-spans (fathoms) long, the width of the owner's hips plus two fists wide, and a fist with outstretched thumb deep behind the cockpit. On average, today, such a kayak would be about 17 feet long, 20 inches wide and 7 inches deep behind the cockpit.

Greenland paddles (GP) are also made to the measurements of the individual paddler and their kayak. After making half a dozen paddles I found what works best for me. A length of 91 inches with blades of 3 to 3.25 inches wide and a loom of 19 inches long with a 1.25 by 1.5 inch oval are my basic dimensions. I am not trying to make an authentic replica of a specific Greenland paddle; I am making Greenland-style paddles.

This article is a collection of helpful hints I've discovered as I've made dozens of paddles; it is not a step by step tutorial. For that I suggest Brian Nystrom's book *Greenland Paddles Step-by-Step* which is the best DIY book

EDITOR'S NOTE: Take a look at the entire Qajaq website. It's beautiful, and very interesting.

I have found; the web link is: greenlandpaddlebook.com. There are also dozens of different instructions and videos online. The QAJAQ - USA website is a perfect place to start; pay special attention to the "Common Mistakes" section: www.qajaqusa.org/Equipment/paddles.html

Here are things I have learned along the way, with pictures of some construction aids I've made.

The work bench is simply an overgrown saw horse but it saves my tired old back. I purchased the wood at Home Depot for 70% off in the scrap bin.

I've also designed and made jigs to hold the paddle while I work on it. There is a diagram of the workbench and photos of the jigs at the end of this article.



The author at his workbench, with a paddle tied into place using the jigs he designed

BASIC STEPS FOR BUILDING A GREENLAND PADDLE

STEP ONE: I usually look through about 100 Western Red Cedar (WRC) 2x6 by 8 foot boards to find a single usable one. My experience shows 2x6 boards are cut from much larger trees than 2x4s and generally produce better grain and fewer knots. You are looking for boards with quarter sawn grain, see the *Grain Orientation Detail*, with no run-out and no knots in the "usable area".

My approach requires lots of rip cuts into long skinny pieces that are glued-up into blanks. I use only Gorilla Glue, the brown stuff: www.gorillatough.com/index.php?page=gorilla-glue. It requires lots of clamps but dries in less than two hours and makes an excellent waterproof bond.

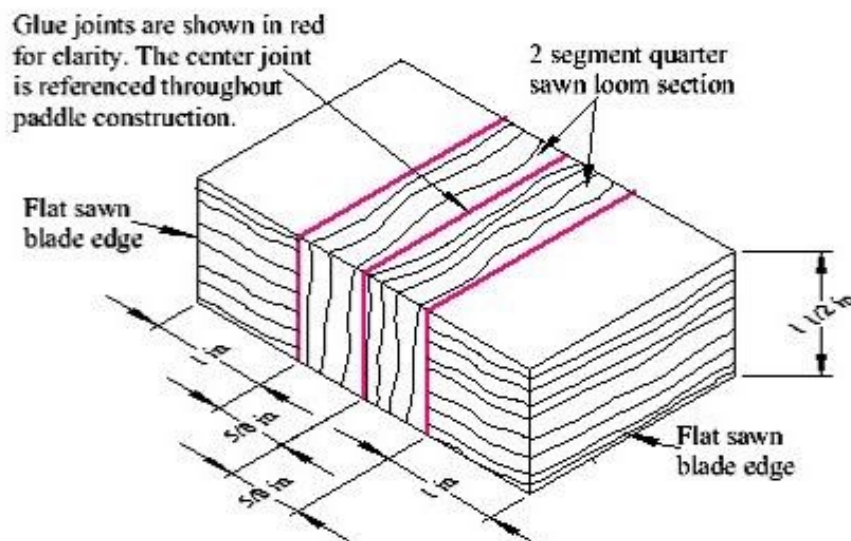
To verify that I soaked a cut off end part of a paddle with four layers and three glue joints in water for several days and the glue joint was stronger than the wood. The piece I soak tested was very similar to the drawing in the *Grain Orientation Detail* illustration.

A Greenland paddle can, of course, be made from a single 2x4 and all hand tools. You could even make a GP with a straight 4 inch diameter WRC log, a draw knife and a whet stone.

Grain Orientation Detail for Greenland Style Paddle

Gluing-up a paddle blank takes time but also saves time in later steps. The loom is already in its nominal dimension and only needs rounding and shaping. Quarter sawn wood provides the strongest use of grain in the smallest diameter section of the loom. The loom can be made from one piece but a 2 segment loom is stronger and the glue line is a perfect center line reference.

The blade edges can split off or splinter if they are quarter sawn so glue the edges on in a flat sawn orientation. Different grain orientation in the same piece of wood can cause minor issues when planing, so keep an eye on tear-out and adjust accordingly.

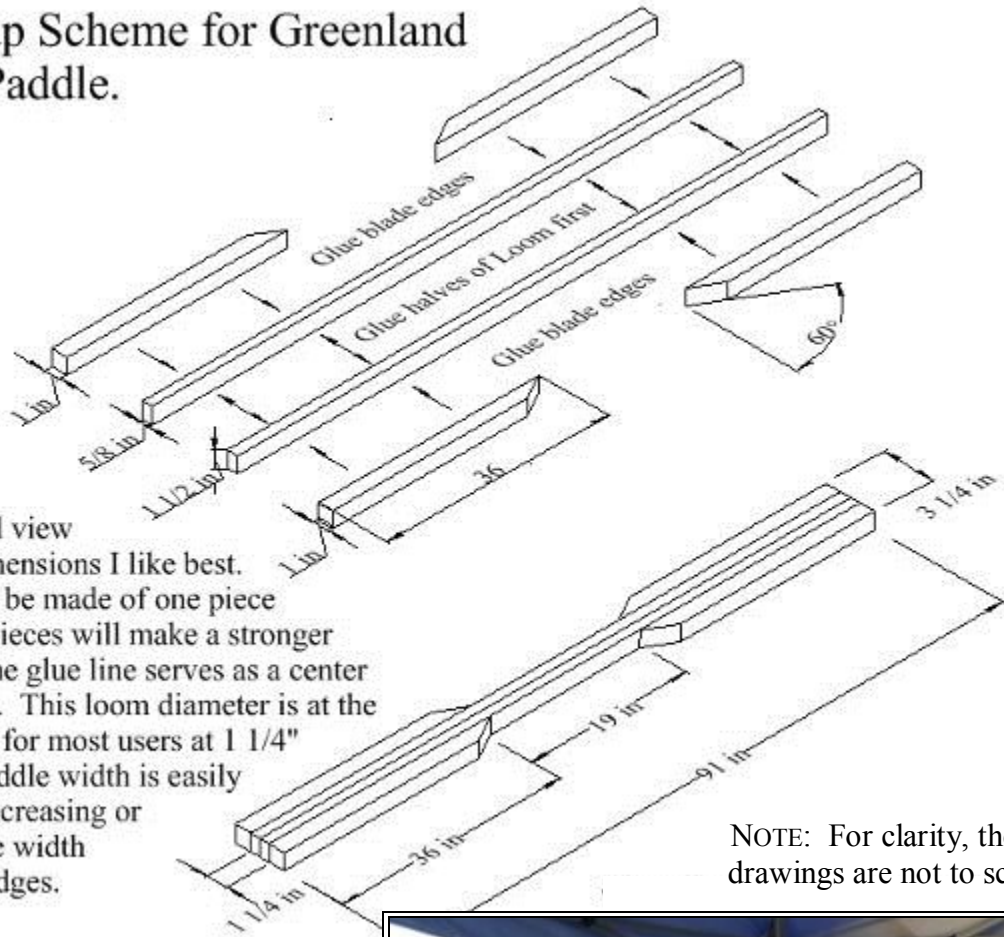


The measurements in this end detail are for a paddle with a loom diameter of 1 1/4 by 1 1/2 inches and a blade width of 3 1/4 inches. Ripping the blade edges to 7/8 inches will provide a 3 inch wide blade.

STEP TWO: Rip the lumber into the sizes needed, cut the pieces to length and miter the shoulders of the blade edges. If you make a two-piece loom, glue that up first. I like a two-piece loom because it is stronger and the glue seam makes a permanent "center line" which comes in very handy in all the subsequent steps.

Glue-up Scheme for Greenland Style Paddle.

This exploded view shows the dimensions I like best. The loom can be made of one piece but gluing 2 pieces will make a stronger loom. Also the glue line serves as a center line reference. This loom diameter is at the optimum size for most users at 1 1/4" by 1 1/2". Paddle width is easily changed by increasing or decreasing the width of the blade edges.



STEP THREE: Mark up the blank with center lines, edge lines, edge taper lines and end taper lines. Cut the taper on the blade faces. This can be done with a hand plane, a power plane (my choice), a band saw (a little risky), or a jointer which produces the cleanest, most even face.

STEP FOUR: Redraw the center lines on the blade face and draw the edge taper. Cut the edge taper with a hand plane. Now that you have the basic paddle shape, a hand plane and sand paper is all you need from here on out.



With the paddle clamped onto his workbench, Brian begins to taper the blade to the shoulder

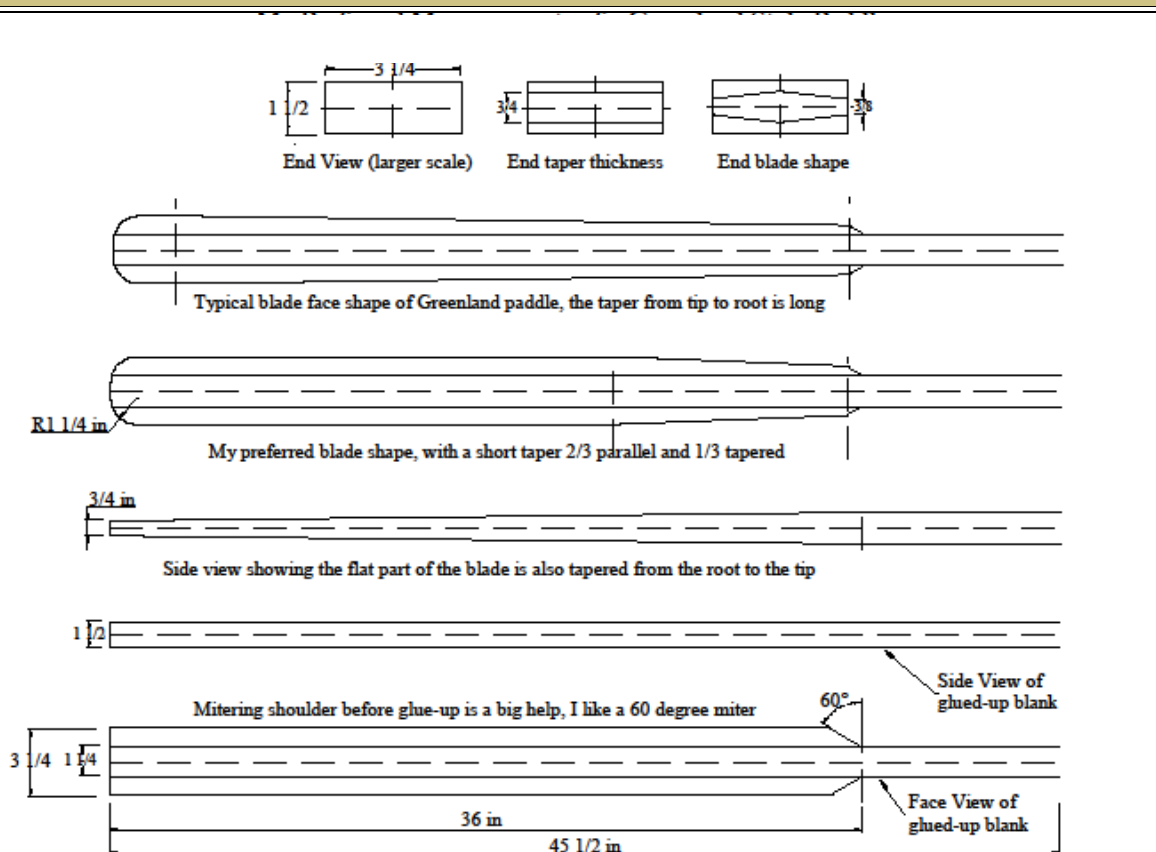
STEP FIVE: Redraw the center and edge lines on the edge taper you just cut and begin planing the final shape. Sanding will further refine the final shape. Sand down to a 320 grit and try the paddle on the water to see if you want to make any changes right away. Final sanding, before finishing, should be with 400 grit.

STEP SIX: You can leave the paddle unfinished but you will probably prefer to finish it. I like boiled linseed oil. It is easy to re-oil the paddle and the finish is not slippery. However, don't use an oil finish if you think you may reshape the paddle later, as an oiled paddle can be impossible to sand.



The paddle is tied into jigs to hold it in place for the final shaping and sanding.

After procuring the lumber I spend 10 to 14 hours making each paddle. I usually rip enough lumber for several paddles, then glue up several blanks and then take my time making paddles one at a time. For me making GPs is a little like eating chips; I can't make just one. Here are the measurements I prefer for my Greenland style paddles:

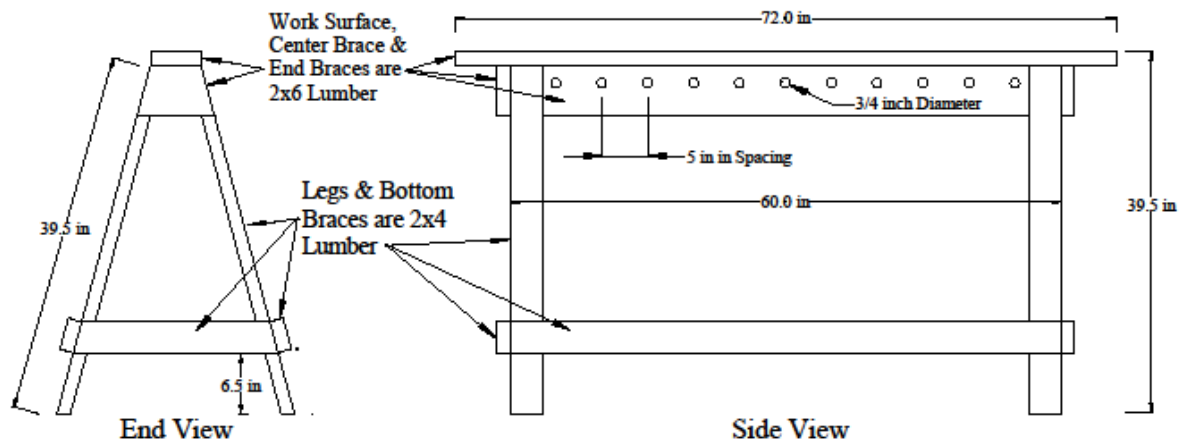


The best part of making your own paddle is that you can make changes to get just what you want. Start with dimensions a little larger than you expect (except loom length) so you can take some wood off until you find the best fit. The best source of measurements and detailed instructions are in Brian Nystrom's Book "Greenland Paddles Step-by-Step" at <http://greenlandpaddlebook.com>.

DIAGRAMS AND PHOTOS OF CONTRUCTION AIDS

Basic Dimensions for a Greenland Paddle Work Bench

Measurements for Greenland Paddle Bench are approximate and should be adjusted to suit your individual needs. These measurements work well for me. The work surface and center brace should be flat and straight. The center brace prevents the work surface from warping. The center brace has a series of 3/4 inch holes to tie paddles down in jigs for shaping and sanding. The legs are at a 15 degree angle, mitered at the top & bottom.





ASSESSMENT FOR ACA PADDLER 1, 2 OR 3 AWARDS

By Brian Hunter

Just what is an ACA
Paddler Assessment?
Why would I want one?
How do I get one?

The short answer is that the American Canoe Association (ACA) has developed a skill training and skills assessment system that:

1. Ranges from Level 1 to 3 locally and Level 4 and 5 at coastal locations
2. Identifies a clear path of learning and progression for all paddlers
3. Clarifies for paddlers what skills they have mastered and what skills they still need to practice
4. Documents a paddler's specific level of paddling skills

Some reasons to work to pass a paddler assessment include:

1. You can increase your knowledge of kayaking and your awareness of critical safety concerns.
2. You can increase your repertoire of rescue skills and maneuvers.
3. You can become a more efficient paddler and less prone to injure yourself with poor technique.
4. If you rent a kayak for "big" water you may not be required to hire a guide to rent a boat.
5. Additionally, there are the bragging rights that go with hard earned and well demonstrated skill.

To pass an ACA Paddler Assessment you could travel to either coast or some of the larger inland bodies of water and be trained and assessed by instructors there. This is expensive but would be fun if you like to travel and can be away.

However, there is an easier, less expensive way to be trained and assessed right here in Denver by RMSKC instructors. Our Instructors are now ACA certified to train, assess you and send the paperwork into ACA for your paddler skill level award up through Level 3.

EDITOR'S NOTE:

Classes for ACA Levels 2 and 3 were scheduled for Summer, 2014, but not many people responded and they were cancelled. The status of formal ACA classes in the future is unclear because our current instructors' certifications will expire at the end of the 2014 season.

The *Coastal Kayak Basic Strokes and Rescues* class is the best way to get started. If you have taken that class or can demonstrate requisite skills, next take the *Coastal Kayaking Strokes and Maneuvers Refinement* class. It is also a good idea to download the ACA Assessment requirements matrix from the RMSKC web site so you can practice the stroke and maneuvers from this link: <http://docs.rmskc.org/docs/Training>

Practice, practice, practice is how you make confident automatic use of strokes and maneuvers required for each skill level. With a laminated copy of the required maneuvers on your deck, you can practice alone or in a group. Take your time while learning and performing the maneuvers; move slowly and deliberately. Remember that performing these maneuvers is more about finesse and control than speed.

Having someone video record you while you are performing each stroke and maneuver is vital to perfecting your technique. In the last part of the advanced class each student is video taped and the class views the tapes as a group to provide objective feedback on technique.

Looking at the assessment requirements might appear overly daunting. Don't let that scare you; break it down into small manageable steps and press on. Learning skills that require some real effort produces so much more satisfaction.

Levels 1-3 can be assessed here in Colorado because they do not require wind, waves and current. Levels 4 and 5 can only be done where there are winds of 11-16 knots, waves of 3 feet and current of 3 knots, and they require a roll in those conditions.

For all levels you must be in a kayak with bulkheads or flotation that has perimeter lines and grab loops. You must be dressed properly for the water temperatures. A PFD and whistle is always required. Level 3 also requires that you have a first aid kit with basic knowledge to use its contents.

LEVEL 1 requires basic skills including:

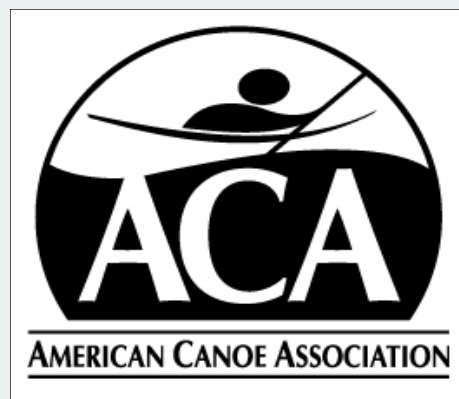
- Getting the kayak from a vehicle and to the water
- Launching the kayak from shore or dock
- Performing a wet exit and swimming with boat to shore
- Efficient forward and reverse paddling with good control
- Stopping the kayak
- Spinning the kayak in place using a combination forward and reverse strokes
- Using sweep strokes to change direction
- Paddling in a figure 8 course.
- Using a draw stroke to move your kayak sideways
- Using a trailing paddle to keep the kayak moving in a straight line
- Using a low brace to prevent capsize
- Exiting the kayak in a controlled manner on shore or onto a dock

Most members who have completed the basic paddle course will be able to pass Level 1 with some practice.

LEVEL 2 has all the elements as Level 1 and adds some maneuvers like low brace turns, high brace to prevent capsize and both assisted and unassisted reentries after a wet exit. More confident control of the kayak must be evident to pass a Level 2 assessment.

LEVEL 3 requires all elements of Level 1 and Level 2 and adds many maneuvers both in forward and reverse. The proficient use of edge control must be demonstrated. A variety of towing methods are also required. New to Level 3 is that that paddlers be able to complete a roll in three tries. In addition, knowledge of seamanship, navigation, first aid and kayaking equipment is assessed. For Level 3, the advanced course will provide a good explanation of all strokes and maneuvers required to pass, but paddlers will still need a good deal of additional practice.

Our instructors are also happy to help you with specific questions about strokes and maneuvers on day paddles and they offer half-day paddles specifically to help RMSKC members improve techniques learned in classes.



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