

# **ETWC NEWSLETTER FEBRUARY 2018**

**PROMOTE** canoeing and kayaking as a water sport  
**TEACH** boating techniques and water safety for river travel  
**PRESERVE** our remaining wilderness rivers for future generations

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## **Club Meeting**

**Tuesday, February 20, 2018 7:30 pm**

**New meeting location!**  
**Casual Pint (back room) at**  
**Hardin Valley Rd just off**  
**Pellissippi Parkway.**

### **Program:**

#### **Save Your Shoulders!!**

We have a great program lined up for this month's club meeting. Chuck Hockanadel, physical therapist at Oak Ridge National Laboratory, will tell us all about shoulders. Chuck will educate us on shoulder

anatomy, shoulder injuries, how to minimize risk of injury, and proper stretching and strengthening exercises. Everyone is welcome whether you are a club member or not.

### **Premeeting fill-up**

We will also meet and eat before the meeting right next door to the Casual Pint at Don Gallos on Hardin Valley Rd, 6pm. Send Mark an email at [mbevelhimer@gmail.com](mailto:mbevelhimer@gmail.com) if you want to come eat so he can save you a spot.

## **Dues are due!**

Send Kary your \$15 check payable to ETWC along with the membership form at the end of this newsletter to the address on the form.

Also, if you are an American Whitewater member, or would like to be, you can join or renew your membership at:

<https://www.americanwhitewater.org/content/Membership/join-aw/>

We are an AW affiliate club; so you're annual membership is only \$25.

## **News from the Past**

### **ETWC, Christmas Party**

Thanks again to Sam Suffern for hosting another great Christmas party. The food was wonderful, the drinks were cold, and the company was the best! And everybody wound up with just what they wanted at the gift exchange. New officers and activity leads were elected. Thanks to outgoing secretary Jimmy Groten and trip coordinator Ian Anderson.

### **2018 ETWC Officers**

We elected our 2018 officers at the Christmas Party meeting. Thanks all of our 2017 officers for their hard work. Once again, we are blessed with great leadership for the club.

President, Mark Bevelhimer

Vice President, Donna Price

Secretary, Pat Zingg

Treasurer, Kary Scarborough

Newsletter, Bill Lewis

Membership, Bill Wilder

Kayak Clinic, Francis Ruppel

Webmaster, April Morton

We are looking for volunteers to serve as Trip Coordinator, Roll Practice, Conservation, and Safety. Please contact any of our officers if you can serve in these roles.

## **Upcoming Events:**

Volunteers needed for the Morgan County 6<sup>th</sup> Graders Program

The National Park Service's Obed Wild & Scenic River unit is sponsoring their Morgan County 6<sup>th</sup> Graders program for again this May. This will be the 7<sup>th</sup> year for this award winning NPS program. In the program, students from each of the 6<sup>th</sup> grade classes in Morgan County go to Lilly Bridge to do rock climbing and boating. ETWC has assisted the NPS in gathering volunteers for the water portion of the program, and we are again looking for boaters. This year's program will run on weekdays between May 14 and May 23, with May 23 as a potential rain date. Each day volunteers are needed around 8:30 to help the NPS Rangers unload boats and gear before the bus arrives at Lilly Bridge around 9 a.m. with students from one school.

The students are divided into two groups, and one group goes rock climbing while the other group goes to the water program. We help the NPS Rangers fit helmets and PFDs on the students before they carry the NPS-provided boats and paddles to a pool below Lilly Bridge. The first activity is usually the popular "Critters in the Creek" program by NPS personnel that involves the students capturing and identifying the aquatic life in Clear Creek – and thus proving how unpolluted the water is.

After the Critters program, we help put the students into the NPS boats before we get into our own boats and gear to paddle with them in the pool. We limit instruction to the minimum required for safety – the emphasis is for the students to have FUN. If time and weather permits, we let the students go for a brief swim in the upstream end of the pool. Each group is accompanied by at least one teacher who can handle any discipline issues – but we have had none.

Around noon we break for lunch, and then switch groups and repeat the activities. When we finish, the students carry the boats and paddles back up the hill before leaving to return to school around 3 p.m. We then assist the NPS Rangers in sorting and loading their equipment onto their trucks and trailer.

If you have any free time available, please consider volunteering for this activity. You will be very impressed by the 6th Graders and teachers of Morgan County, and every session has been fun for all.

To volunteer, please leave a message for Billy Bob or Kary at 865-483-7525 or by email to [Bill\\_Scarborough@msn.com](mailto:Bill_Scarborough@msn.com) .

## **Annual Obed Raft Trip & Cleanup- Saturday, March 31**

[Contributed by Sandra Goss, TCWP]

Boaters are invited to join TCWP, in cooperation with the National Park Service, for a whitewater clean-up trip down the Obed River on Saturday, March 31. The outing, from Devil's Breakfast Table to Nemo Bridge (water levels permitting), will include trash collection coordinated with the National Park Service using garbage rafts to remove trash along the river.

TCWP has arranged for a limited number of seats on privately-guided rafts. Rafters must be 18 years old or over, and have a moderately high level of physical fitness and stamina. The trip will include a portage over large boulders. The difficulty level of this outing is high, and participants are encouraged to consider carefully their fitness and stamina before undertaking this trip.

Pre-registration for a raft seat by Friday, March 23, is required. The weather and river conditions are unpredictable, and decisions about the nature of the trip will likely be made the evening before the event. If water levels do not permit collecting trash from the river, there will be mini-cleanups at various put ins.

A small number of wet suits are available to loan participants, if needed. Participants should wear wicking fabric and should not wear cotton clothes, and will need to bring lunch and water.

For more information or to pre-register, contact Sandra Goss at 865-583-3967 or via email at [Sandra@sandrakgoss.com](mailto:Sandra@sandrakgoss.com). Participants will meet at 9:00 a.m. Eastern at the Obed Wild and Scenic River Visitors Center in Wartburg. A carpool will leave from Oak Ridge at around 8:15.

## Education and Interests and Safety

### “STEPPING IT UP”

Teresa Gryder ND  
January 15, 2018

“Stepping it up” is common verbiage in whitewater circles these days. The conversation is about how to get on the next harder run, and work your way up the rating system. Personally, I see this emphasis on running higher-classed whitewater as an exercise in natural selection. Hard whitewater is not where you learn top skills; you learn them on easy, relatively safe water. Some new paddlers quickly get real with themselves about their skill level and paddle on water where they can learn without undue risk. But some don’t.

You may remember being young and hungry for adventure. You heard about challenging runs and yearned to see them. Back in the day you might have run things that you walk now. You were probably more willing to take the punishment for a mistake, and you might have even drunk beer from a river bootie.

And then you got older. Maybe you had kids. Maybe you got injured, and were forced to step back. Or maybe you had a bad swim that revealed just how wrong it can go—and how fast. Maybe you pinned on a rock that you thought you would just wash around. Something happened, and you learned.

Back when you were a new boater, most likely someone showed you the ropes. If you know how to roll, somebody taught you. You probably had help figuring out how to put on a drysuit, and tie your boat on the car. If you’re lucky, someone taught you the elements of a good forward stroke. But the reason you came to whitewater is something about you. You love the adventure. You are a risk taker.

Whitewater paddling is not for the risk averse person. The person who isn’t at least a little bit of an adrenaline junky will get one whiff of the risk involved and never go back. There is nothing wrong with this. Rivers are unpredictable and powerful and you just never know when something ugly might happen. If you’ve been paddling very long at all, you’ve seen it. Veteran paddlers know and accept this risk, and that there are risks in what we do not know also. We adjust our behavior to our risk tolerance.

But some folks haven’t seen it. A person who is young, athletic and started with modern equipment and a strong crew can learn to paddle at a high level without experiencing the river’s roughness. Such a person, focussed on running higher

classes of whitewater without years of experience, may also be a contender for a Darwin award.

It can take several bad experiences to wear through the youthful illusion of immortality. The shattering of that illusion is enough to stop some people from ever boating again. When you've been desperate for air, seen injuries, and gotten so cold you couldn't think straight, you are beginning to have a realistic picture of the risk in whitewater paddling. Fear is reasonable.

Clubs have a role here. We can teach new paddlers the basics of water safety and river skills. We can invite and encourage the next generation of paddlers, knowing the value the river has brought into our own lives. We do not have to be certified by the American Canoe Association to share what we know. What we can do for our community is give new paddlers ample opportunities to learn water safety and whitewater skills on easy and moderate whitewater. There is no substitute for river time.

Many paddlers have years of experience and a wealth of knowledge, but are reluctant to put themselves out there to teach. We want someone else with a license and a brand name and insurance to take care of that. I propose that we, as whitewater club members, might develop an increased sense of responsibility to teach what we know, and that the benefits of teaching are substantial. Regular people in whitewater clubs got many of us started.

I grew up in the East Tennessee Whitewater Club. The ETWC offers an annual week-long clinic which involves getting in boats on a lake every evening for a week. After this introduction, club members take the first timers on a couple of easy weekend river runs. Equipment is available to borrow from club members, and club members show up at the lake and river to support the process, even if they are not going to teach the eskimo roll. It is a community endeavor.

I particularly remember a "play clinic" taught by Paul Akers on the Ocoee that got me started trying new things. Before that I had not paddled much with Paul because he paddled at a higher level than me. I was pretty good at running rapids and catching eddies, but he showed me more places to side surf, 360 and ender than I knew existed, and got me past my fear, at least in those places.

Here in Portland the Oregon Kayak and Canoe Club offers a series of clinics taught by local businesses and volunteers. They also have "progressions" which are a series of trips at a specific level that introduce paddlers to a range of rivers and

possibly to some new skills. The people who do a progression together often become friends and form new paddling crews.

Skill builders bring paddlers into clubs and into the sport, build community, and may even reduce the number of ignorant adventurers in the news. Rather than stepping it up by running higher rated rapids, new paddlers can learn from the veterans on easy water and be better prepared when they reach those harder runs. Get those eddy flowers to try new moves, and keep trying things yourself to keep things interesting! The Wilson River at our back door is a superb location for learning with runs ranging from pool-drop class 2, pool drop class 2+/3 to continuous class 3+.

I think that we have a responsibility to share our stories and knowledge. The best teachers are models; you don't have to lecture. All you have to do is paddle a run that is easy for you and support others that join you. We can lay the foundation for the next generation of paddlers, club members, conservationists and wilderness adventurers, even while we are preventing an unknown number of mishaps.

*Teresa Gryder learned to paddle in our ETWC club and her love for paddling now stretches across the country and the Pacific Northwest. She is a regular contributor to our ETWC newsletter as well as other publications such as American Whitewater Journal.*

ETWC Cash Flow Report  
Fiscal Year = 1/1/17 through 12/31/17

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CHECKING ACCOUNT AS OF 12/31/16 \$ 389.85

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**Income:**

Clinic Income	\$1,390.00
Dues	546.42
Roll Practice Income	656.00
T-shirts Income	15.00
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<b>Total Income</b>	<b>\$2,607.42</b>

**Expenses:**

Clinic Expenses	\$ 362.96
Room Rental, Clinic Expense	25.00
Roll Practice Pool Rental	766.50
Donations	1,000.00
Corporate Non-Profit Fee	20.00
P.O. Box Rental	112.00
Christmas Party	177.08
Bank Service Charges	3.50
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<b>Total Expenses</b>	<b>\$ 2,467.04</b>

**Difference in Income/Expense \$+140.38**

**Checking Account as of 12/31/17 \$530.23**

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SAVINGS ACCOUNT AS OF 12/14/17 \$ 7,120.94

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**Total Assets as of 12/31/17 \$7,651.17**

***Thank You Kary for keeping up with all of our finances once again!***



## Roll Practice 8:30pm Friday Nights, Oak Ridge Civic Center Pool

Winter roll practice in the nice warm pool is the perfect place to develop skills or perfect that roll. Don't wait until spring! Guests are welcome; you don't have to be a club member.

Roll practice cost is \$5 for adults, \$3 for 18 and under and is used to pay the pool rental.

Below is the winter roll practice schedule. Hope to see you there!

*We also need volunteers to help with setup and taking up the money. If you can help contact Kary and she will add you to the list.*

01/05/2018 - Kary Scarborough  
01/12/2018 - Rick Zingg  
01/19/2018 - Mark Bevelhimer  
01/26/2018 - Donna/Darren  
02/02/2018 - Sam Suffern  
02/09/2018 - Donna/Darren  
02/16/2018 - Rick Zingg  
02/23/2018 - Mark Bevelhimer  
03/02/2018  
03/09/2018 - Beth Housley  
03/16/2018  
03/23/2018  
03/30/2018 - No Roll Practice (Good Friday)  
04/06/2018 - Donna/Darren  
04/13/2018  
04/20/2018  
04/27/2018 - Kary Scarborough

## **ETWC Webpage and Forum**

April Morton our "Webmaster" with input from a few others has recreated our ETWC website. It is a nice update, thank you April, check it out at, <http://etwcweb.com/>

Existing forum members must "reregister" on the new site. This registration process is described in the "Old" forum, and in April's email.

In addition, there are several folks working on updating the history of our club. The most complete history we have now is very interesting and is on the website. Click below.

[ETWC History](#)

## **TRIP REPORTS**

Spring is nearing and we want to tell everyone about our winter trips. Send trip reports to Bill, including videos if you have them!

Please send reports to Yours Truly at [bill.lewis865@gmail.com](mailto:bill.lewis865@gmail.com).

## **PROGRAMS**

We are always looking for interesting programs for our meetings. If you have a program or an idea please contact Donna Price at 865-406-1058.

## 2018 ETWC OFFICERS

<b>President</b>	Mark Bevelhimer	865-679-9242	<a href="mailto:mbevelhimer@gmail.com">mbevelhimer@gmail.com</a>
<b>Vice President</b>	Donna Price	865-406-1058	<a href="mailto:donnaprice826@yahoo.com">donnaprice826@yahoo.com</a>
<b>Secretary</b>	Pat Zingg	865-382-3295	
<b>Treasurer</b>	Kary Scarborough	865-483-7525	<a href="mailto:kary_scarborough@att.net">kary_scarborough@att.net</a>
<b>Newsletter</b>	Bill Lewis	865-387-7821	<a href="mailto:bill.lewis865@gmail.com">bill.lewis865@gmail.com</a>
<b>Roll Practice</b>			
<b>Trip Coordinator</b>			
<b>Membership</b>	Bill Wilder	865-603-7984	<a href="mailto:NBWilder@att.net">NBWilder@att.net</a>
<b>Conservation</b>	Need Volunteer		
<b>Safety</b>	Need Volunteer		
<b>Kayak Clinic</b>	Francis Ruppel	865-694-3118	<a href="mailto:fruppel@knology.net">fruppel@knology.net</a>
<b>Webmaster</b>	April Morton	909-859-5542	<a href="mailto:april.m.morton@gmail.com">april.m.morton@gmail.com</a>

### **Please keep your dues up to date!**

Send Kary your \$15 check payable to ETWC along with the membership form at the end of this newsletter to:

***ETWC  
P.O. Box 5774  
Oak Ridge, TN 37831-5774***

#### **NEWSLETTER DEADLINE – 7<sup>TH</sup> OF EACH MONTH**

Newsletter Editor: Bill Lewis  
 Phone: 865-387-7821      Email: [bill.lewis865@gmail.com](mailto:bill.lewis865@gmail.com)  
 Photos in jpeg, gif, or bmp format.  
 Reports and Classifieds as a Word or Text File Document.  
 Check out our website at <http://www.etwcweb.com>

**River Gauges, see ETWC Forum**  
[\*\*AWW What's Running in East Tennessee\*\*](#)

**EAST TENNESSEE WHITEWATER CLUB  
MEMBERSHIP & RENEWAL FORM**

Dues: \$15.00 Yearly Family Membership (*January 1 renewal date*)

Send to: East Tennessee Whitewater Club, P.O. Box 5774, Oak Ridge, TN 37831-5774

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_, \_\_\_\_\_ Zip \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_ Email \_\_\_\_\_

I would like to receive my newsletter by email. (circle) Yes No

Membership Status? (circle) New Renewal

What boats do you paddle? (circle) Kayak C-1 C-2 Solo Canoe Tandem Canoe

What is your paddling ability? (circle) Beginner Intermediate Advanced Expert  
Class I-II Class III Class IV Class V

**RELEASE AND WAIVER OF LIABILITY**

I, \_\_\_\_\_, desiring to join my fellow paddlers in the East Tennessee Whitewater Club (ETWC), do hereby declare that I fully understand and accept the following facts of life on the river:

1. Canoeing, kayaking, or rafting, particularly on whitewater rivers, exposes the participants to various safety hazards, including but not limited to, water hazards (boulders, undercut rocks, trees, strainers, water formations such as water falls, holes, keepers, hydraulics, and other obstacles), swimming in turbulent water, using paddling equipment, accidents or illness in remote places without medical facilities, and travel in a vehicle not driven by me.
2. No one but I am responsible for my safety when I choose to paddle a particular river or a particular rapid.
3. I further understand that I have no legal duty to assist others, nor does anyone else have a legal duty to render such assistance to me. I certify that I am in good physical condition, that I can swim, and that I have no physical defects or injuries that would prevent me from participating in this activity. I fully understand and agree that, when I participate in canoeing, kayaking, or rafting, there is always the possibility of unknown, uncontrollable dangers and accidental or other physical injury and death. I know I can be killed, and I willingly assume the risks referred to in Paragraph 1 and elsewhere in this release.

Therefore, in consideration for granting me the right to join and participate in ETWC activities, and intending to be legally bound, I hereby release, waive and discharge my right to sue ETWC, its trip coordinators, instructors, leaders, officers, directors, representatives, agents, employees, and affiliates, and also any landowner or governmental unit which may allow ETWC to use its property, for any and all loss or damage on account of injury to my person or property or on account of my death, which may occur during, in preparation for, or in transit to or from an ETWC activity.

I further understand that ETWC carries no insurance for the protection of participants in whitewater activities, and any insurance coverage existing with respect to ETWC shall not alter the terms of this waiver nor impose any liability on ETWC.

This waiver applies only to acts or omissions of ordinary negligence and to any deliberate act intended to promote my safety or well being.

This waiver is signed by me in the interest of permitting ETWC to exist and to serve the paddling community, and to enable me and my fellow paddlers to feel free to donate their services to improving the sport and to help in training those less skilled in the sport without fear of liability.

I HAVE CAREFULLY READ THIS RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND I SIGN IT OF MY OWN FREE WILL.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent or guardian if participant is under 18 years of age)