



ETWC NEWSLETTER NOVEMBER 2014

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

Club Meeting

Tuesday, November
18, 2014 7:30 pm at:
The Club House at
Greystone Summit
Apartments (2531
Oleander Way, Knoxville).
*Matt Hutson, ranger from
Obed Wild & Scenic River
Park will be at the meeting
to talk about the Obed
video and park.* We will
have tasty drinks and
snacks, handle club
business, and plan for
Christmas Party.

The club house is at the
top of the hill within
Greystone Apts on Solway
Rd ½ mile from Hardin
Valley Rd.



We will also meet and eat
before the meeting at Grill
Don Gallos on Hardin
Valley Rd, 6pm. Reply to
newsletter email, or call
Bill 865-387-7821 if you
want to come eat so he
can reserve a table.

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

2014 OFFICERS

| | | | |
|-------------------------|---------------------------|--------------|--|
| President | Ian Anderson | 865-382-5723 | nai.nosredna@gmail.com |
| Vice President | Donna Price | 865-406-1058 | donnaprice826@yahoo.com |
| Secretary | Jimmy Groton | 865-805-9908 | groton87@comcast.net |
| Treasurer | Kary Scarborough | 865-483-7525 | kary_scarborough@att.net |
| Newsletter | Bill Lewis | 865-387-7821 | bill.lewis865@gmail.com |
| Roll Practice | Jason Darby | 865-803-1899 | wepaddle@bellsouth.net |
| Trip Coordinator | Ken Schneider | 865-671-0673 | ken48work@yahoo.com |
| Membership | Bill Wilder | 865-603-7984 | NBWilder@att.net |
| Conservation | Jimmy Groton | 865-851-9087 | Groton87@comcast.net |
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| Kayak Clinic | Ken Schneider | 865-441-5270 | ken48work@yahoo.com |
| Webmaster | Billy Bob and Benny Hicks | 865-386-6342 | bghicks@pstcc.edu |

Please keep your dues up to date!

If you want to pay online via PayPal, fill out the form at:
http://www.etwcweb.com/concrete/membership/online_form
 Or, send Kary your \$15 check payable to ETWC along with the membership form at the end of this newsletter to:

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

NEWSLETTER DEADLINE - 7TH OF EACH MONTH

Newsletter Editor: Bill Lewis
 Phone: 865-387-7821 Email: 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](#)

ETWC, September 16, 2014 meeting

Presentation:

Renée Hoyos, Executive Director of TCWN (Tennessee Clean Water Network), paddler, and former ETWC member, talked about the TCWN organization and the work they do to protect our rivers. TCWN is an advocacy organization to protect water quality. TCWN maintains oversight to ensure that state and federal clean water regulations are strictly enforced. They began using lawsuits as a tool because the number of enforcement orders by TDEC's Division of Water Resources was so low. Renée brought in today's Knoxville News Sentinel, http://www.knoxnews.com/news/state/nonprofit-files-lawsuit-notice-for-kingsport-plant_97856446, with an article about their notice of "intent to sue" filed against a Kingsport ammunition plant for violating the clean water act in dumping explosives into the Holston River. Renée said TCWN is also working for clean water in positive ways. They have received a grant for their Bringing Tap Back Project to encourage Tennesseans to drink tap water instead of sugar-sweetened beverages and bottled water.

Treasurer's Report

Kary reported that we have \$1,465.23 in our checking account and \$6,527.10 in our savings account. The Beginner Clinic cleared \$890.20. The auction brought in \$788.00. In June the club paid \$500 for 50 t-shirts to be awarded to clinic beginners who participated in a club trip and to sell to members for \$15 each. The t-shirts have brought in \$300 so far (counting two sold at the meeting.) The club needs to be thinking about donations for 2015 so we can publish them in the November newsletter and vote on them at the end of the year. Ian mentioned that we usually follow our standard list (around \$1,000 total).

New Business

The club members elected Donna Price as Vice President to finish out Diana Cochran's term. Pat Zingg and Mark Bevelhimer volunteered to serve with Ian on a committee for the nomination of next year's officers. A list of nominees will be presented at the November 18 meeting.

Ian reported a request from the American Canoe Association State Director that the president of ETWC serve as a member on the ACA State Board of Directors. Ian suggested that it could be any member of ETWC. After much discussion the club voted NOT to have a member of ETWC serve on the ACA board.

Indoor roll practice starts on November 7 at the Oak Ridge Civic Center pool. A sign-up sheet was passed around for members to volunteer as host for roll practice sessions. In December we only have the first Friday because of a swim meet and holiday conflicts.

Sam Suffern volunteered to host the annual ETWC Christmas party on Saturday, December 13 at his home.

2014 PROPOSED DONATIONS

| | |
|--|--------------|
| • TCWP (Tennessee Citizen's for Wilderness Planning) | \$200 |
| • AW (American Whitewater) | \$200 |
| • Friends of the Great Smoky Mountains | \$100 |
| • Cumberland Trails Conservation | \$100 |
| • NPCA (National Parks Conservation Association) | \$100 |
| • American Canoe Association | \$125 |
| • TCWN (Tennessee Clean Water Network) | <u>\$100</u> |
| <u>Total</u> | <u>\$925</u> |

ETWC Christmas Party

Hey gang, Sam has once again agreed to host our Christmas party this year at his home in Oak Ridge. So, put Saturday December 13 on your calendar! We will discuss details at our November 18 meeting. This is a blast; so, don't miss it!

My First Year on the River with ETWC

-Mark Bevelhimer

On August 2nd of 2013 I made my way to Clark Center Park for my first Friday night ETWC roll practice. I hadn't been to a club function before and didn't know anybody, but I had a new boat and needed somebody to teach me a reliable roll. I had rolled a couple times in the past in a friends boat but it was more luck than actual understanding the mechanics, and that evening with some expert instruction it all clicked. After practice I rushed home, sent in my \$15 membership fee, and promised I would be back. The next day I did Nantahala for the first time with a friend (swam the falls) and two weeks later went on my first beginners' trip with ETWC down the Nantahala (swam the falls again). And I was hooked!!

After a third trip a week later down the Tuckaseegee I decided I should start keeping a record of my trips and who I paddled with, primarily so I could remember fellow boaters' names and start to get familiar with the river conditions. I maintained that diary, and now, a year later, I can relive every trip from that Excel spreadsheet. I'm a numbers kinda guy and so I have formulas that add up all the columns and rows of course. In the past year, I've made 26 trips down different sections of 8 different rivers, and I've paddled with over 50 different people. I even know the date of the first time I made it through Nantahala falls without flipping and the date a bald eagle watched us pass under the branch he was perched on as we floated that last stretch of the Obed to Nemo. On August 2nd of this year I celebrated the anniversary of that first roll practice with my 26th trip overall and my second run down the Middle Ocoee. Wow! Is the Ocoee ever fun and exhilarating! I know my heart is in good shape if it can take a trip through Tablesaw rapid and keep on ticking.

The members of ETWC are an amazing group of people. I hesitate to name everyone that has helped me in the past year because I would miss someone. Actually, I probably wouldn't miss anyone because almost all the names are in my spreadsheet... but I would run out of room in this article. I can honestly say I learned something from everyone I've paddled with. I am especially in debt to the other four eager beginners (Diana, Ian, Donna, and Gunny) that were along on many of those trips and to the experienced club members that never tired of leading us down the river like mother ducks with ducklings in tow.

From some members I learned the technical skills needed to get down the river, complete with directions to get by that hidden trip rock or just how to position my boat to sneak around that sticky hole. I followed Rick down the Nantahala, Billy Bob down Clear Creek, Ted down the Chattooga, Eli down the Pigeon, and Jason and Tom down the Ocoee. From others I learned equally important lessons about safety and respect of the river, about helping others when in trouble or in need of encouragement, about the importance of going to roll practice as often as possible, about enjoying each other's company, and about being grateful for a beautiful day on the river.

Although my spreadsheet contains a lot of information, it doesn't contain the best things of the past year. From the spreadsheet I can't tell you how many Dragon burgers Diana ordered at the NOC restaurant, or the number of vanilla stouts ordered by Rick, or the number of times we've laughed and poked fun at Ian's odd English dialect, but I do remember clearly the friendships I've developed and the great times I've had on the river during the past year. I can't wait to see what year two brings.

See you on the river!

Editors note: Mark has progressed along with the "eager beavers" from his ETWC clinic class of 2013 who have stuck with it and continued to paddle and develop their skills over the past year. Mark along with the others from that group are now dabbling with the Ocoee and class III+ whitewater. AWESOME!

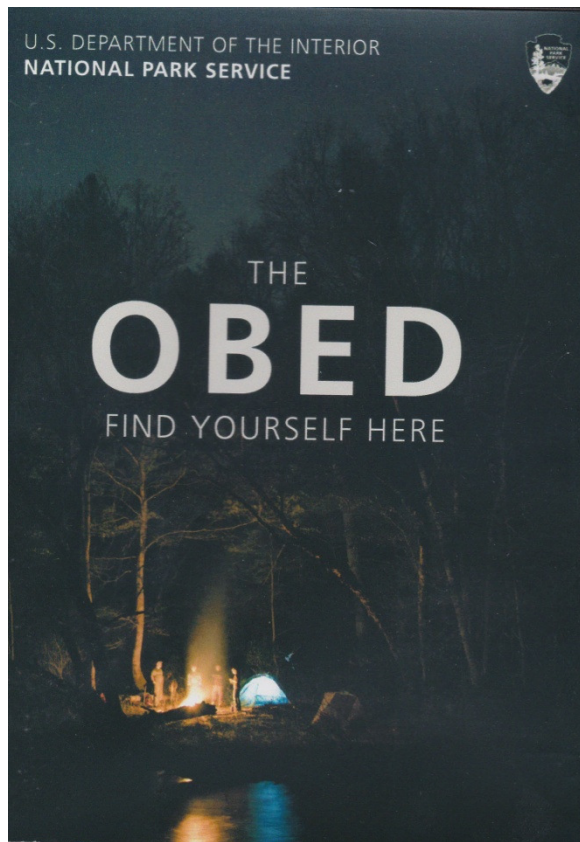
ETWC Tee Shirts

We still have club T-shirts that are available at a bargain price of \$15. They have a special design on the back. To reserve a shirt contact

Ian at: 865-382-5723 or nai.nosredna@gmail.com

and give them your shirt size. We will also have them at our meetings.

Obed River Promo Video



Over the years our club has enjoyed an excellent relationship with the rangers at the Obed Scenic River National Park headquartered in Wartburg, Tn. It's always fun to visit with the rangers when we meet up at the Ranger Station in Wartburg and go over the latest river gauge readings and news. We share a common interest in taking care of and enjoying this beautiful park and its resources. Over the years we have had the opportunity to assist with many activities related to the rivers in the park. Recently, several of our members assisted in the creation of a promo video for the park. In the trailer Matt Hudson, one of the Obed rangers that we've enjoyed working with narrates. In addition, we catch a quick glimpse of a yellow helmeted C1 paddler with initials BB. Click on link below to play the trailer and next time you're in Wartburg, stop off and see the whole video.

<http://www.nps.gov/obed/photosmultimedia/multimedia.htm>

Swimming (OH, yes you will!)

By Teresa Gryder

This is the first of a three-part series about basic river rescue after someone has taken a spill. In this first part, we cover preparation for whitewater swimming and summarize what to do and why. Future articles will cover the role of chase boaters in assisting swimmers and recovering equipment.

IN BETWEEN SWIMS

A word to the potential swimmer. This means YOU. Nobody plans to swim. We all have hopes of making it upright and smiling without even having to brace. Your certainty of success is a measure of your ignorance. It happens to everyone. Whitewater is Mama Nature at her most dynamic, the great equalizer. Sometimes the brace works, and sometimes the paddle snake takes it downwwwn. Sometimes the roll works, and sometimes a rock gets in the way, or a paddle snaps in half. Sometimes a buddy is right there to give us a T-rescue, and sometimes they are swimming, too. Sometimes we paddle a boat that we don't have a prayer of rolling,

and jump out before we even get our hair wet. There are lots of reasons we end up in the drink. The bottom line is that we all do. We could end up rescuing or being rescued at any time, and anywhere on the river.

One time when I was paddle raft guiding on the Chattooga, a water snake dropped out of an overhanging tree into my raft. You never saw five rafters jump out so fast. It was like skydiving, the way they deserted a perfectly good raft for the uncertainty of a whitewater swim.

PREPAREDNESS

Being perennially between swims, the smart paddler is always prepared for the possibility. Any boy scout can tell you that being prepared makes it easier to rescue you and increases the odds of getting your gear back.

The basics of whitewater-swim preparedness include practicing the wet exit, installing ample floatation in your boat, dressing for a swim, clipping everything into your boat, and marking your boat and equipment with your contact information. If you do these things, then when you swim you'll have less to worry about.

The wet exit is just a fancy name for getting out of the boat. Some boats are easier to get out of; others are more tricky. Whatever kind of boat you use, make sure you know the proper way to get out of it when upside down, and practice that skill wearing all the same stuff you would wear on a river. Especially make sure your shoes are streamlined enough to pull out of the craft in a moment of desperation. Floatation is only necessary in boats that are hollow shells. Rafts and inflatable kayaks have floatation built in. Sea kayaks may have water tight holds that keep the boat afloat. Whitewater canoes and kayaks need floatation. They hardly float when full of water. Floatation comes in the form of air bags that we lash in the boat with cord. Air bags cost serious money and wear out, but they are indispensable in a swim. If you wipe out in whitewater with a canoe without floatation, you can probably kiss that canoe goodbye. Even if you get it back, it isn't likely to be in very good shape. If you put air bags in the back of your kayak (the stern), but not in the front (the bow), then the boat will fill halfway with water and be harder to rescue. So put air bags in any empty space of any hollow craft that you paddle. For small bow spaces an empty wine bag works great. If your boat is full of floatation, you can grab it during a swim to get your head up high and get a good breath of air! Nothing wrong with that.

Dressing for a swim seems obvious but most of us have made the mistake of not doing it. On a very hot day, on an easy river, it is tempting to base your attire on getting a suntan instead of thinking about being in that cold water. But if the water temperature is bracing and you go in, it will take very short minutes for you to be hypothermic, at which time you won't be able to do much for yourself. A drysuit is the very best option for cold water temperatures. If the air temp is hot, you can roll or jump into the water to cool off. What's more, and the reason you're wearing it, if you go in for a swim in a drysuit, you'll be just fine – just be sure you burped enough air out of it (a future article will talk a lot more about drysuits), The next best option for dealing with cold water is a wetsuit. Even just a shortie wetsuit or neoprene vest that keeps your core warm will buy you several minutes of function in cold water that you wouldn't have if you were wearing a swimsuit. Of course, on top of whatever you use to keep from getting hypothermic, you'll be wearing your life jacket and helmet, and maybe a sprayskirt, elbow pads, or other protective gear. There is one more important aspect to dressing for a swim that people don't realize until they've dealt with losing them: SHOES. It is important to come up with shoes that will stay on your feet in a whitewater swim. Folks are told to wear sneakers, but unless they are high tops, sneakers will sneak

right off your feet leaving you unable to get around on the bank, not to mention the danger of walking shoeless on the river bottom. Neoprene booties are great, but some of them will slip right off. Many “water shoes” don’t stay on at all. Old climbing shoes can be great river shoes, as long as it isn’t too cold. Several companies make “creek booties” that are quite secure, and these are hard to beat for whitewater applications. Whatever kind of footwear you settle on, test them, and do what you can to keep them 100% secure on your feet. Clipping in your stuff may seem like a no-brainer, but for the person who hasn’t swum before, it may not be obvious. There’s nothing like a 10-piece equipment yard sale floating down the river to get everybody racing around, picking up what they can. Aside from rank beginners, the other group of people most like to hold river yard sales with unclipped equipment are experts who hardly ever swim. Because they can’t remember the last time they swam, there may be several items in their boats that aren’t actually attached. It is possible to clip in everything. If your water bottle doesn’t have a loop, wrap some duct tape around it to attach one. Air bags should also be clipped in, because they can come out if the boat gets chundered hard in a keeper hole. Get some carabiners and a short piece of cord, and make sure all that junk will stay with the boat even if you are separated. If you’re paddling a canoe, attach the gear low in the boat to keep it from hanging out in the water and potentially snagging on rocks. Putting your name and phone number on your boat, paddle and other gear is simple insurance. If you go for a swim and your boat gets away, you are far more likely to see it again if you have stuff well marked. A permanent marker will do the job, and it just needs to be refreshed once a year. Having done all this stuff to get ready, and having worked on your paddling technique so that you can balance, brace and roll, you may think you’ve paid adequate tribute to the River gods and you won’t swim. Wrong again. You are still going to swim unless you quit boating whitewater. Which is an option, albeit a bad one.

GOOD SWIMMER/BAD SWIMMER

When swimming whitewater, we all worry about the same things. Getting oxygen in and keeping water out of our lungs is our #1 concern. Avoiding beatings on rocks is usually next. When you are low on air and pummeled by rocks, nothing else really matters. As mentioned before, having a boat that is packed full of floatation gives us something to grab that can help us get air. Sometimes it is possible to climb onto the end of a boat in order to get above the rocks. If other boaters are around, they may yell advice, or offer the end of a boat. Or they may If you’re swimming, folks who are on shore, or sitting higher up in a boat, have a good view of what is about to happen to you. You may have no idea. The correct or Good Swimmer approach is to listen carefully to what they tell you and to DO it. Being the one in the water and barely breathing, you are not in position to make your best executive decisions. Paddlers aren’t the most obedient sort, but there are times when compliance is the best policy. Keep a little perspective and humor about your situation, even while getting thrashed by the river. If someone throws you a rope from shore, flip onto your back with the rope over your outside shoulder. You will get bonus points if you can bring in your boat and paddle with you. If you had to let go of one or the other or both to avoid being squashed between your boat and a rock, people will forgive you. If your padding partners say swim left, swim left. If they say “swim hard,” flip onto your belly and swim as fast as you can. While swimming, you can use a canoe paddle like a pole, or a kayak paddle’s blades, to help you move through the water. If a fellow paddler sticks the end of a boat in your face and says “Grab this”, grab it tightly, and swim with your legs while they pull. Nobody can pull a person who just hangs down in the river. If they tell you to stand up in the river, then stand

up. If they say “Let go of my boat”, or of yours, let go. If they say “Let Go of the Rope” then LET GO! Don’t make them beat on you with a paddle. Whatever they say, you should Do It. If you are afraid to do it, just remember that they are trying to protect you from something worse that you cannot see. Yet, A Bad Swimmer is that fear-crazed victim who does not help himself and who cannot and will not follow instructions. The Bad Swimmer cannot see what is about to happen and is paralyzed by not knowing. Rescue boats are seen as a problem because they block the view. Instructions given are dismissed for reasons only known to the remaining shreds of a panicked mind. Nobody really wants to get too close to a Bad Swimmer, because the swimmer might do something unpredictable, like pull your canoe over, or yank your paddle out of your hands. When you throw a rope to a Bad Swimmer, he/she holds it in front of the body and gets dragged to the bottom of the river. Or, worse, the Bad Swimmer rejects the rope and insists on going it alone – even though the Bad Swimmer is in a poor position to see and evaluate downstream dangers. When the Bad Swimmer finally gets to shore, he/she is spewing water and usually angry. One swim can ruin the day of a Bad Swimmer. When you are a Bad Swimmer, people don’t want to run anything challenging with you, because they don’t want to deal with what happens when you wipe out. Everyone wipes out. But not everyone is a Bad Swimmer.

The Good Swimmer, on the other hand, is prepared, aware and cooperative. The Good Swimmer makes every effort to self-rescue, and to recover his/her own equipment. The Good Swimmer knows that sometimes situations demand that he must let go of his boat, but most of The time he can swim it to shore. Sometimes a Good Swimmer will shove the boat into an eddy, and then use his/her paddle to pull their body into the same eddy. The Good Swimmer has practiced both defensive (on the back, feet first) and aggressive (on the belly, going for it) whitewater swimming. The Good Swimmer has practiced wading and is ready to put feet down when someone says “Stand up and wade to shore!” The Good Swimmer sometimes ends up a in perfect position to help rescue someone else, even though the Good Swimmer’s boat may have gone downstream. The Good Swimmer takes care in the water and on shore, and is ready to continue the adventure in good humor. We would all rather be a Good Swimmer and avoid the Bad and Ugly when possible. All of us have made at least one or two of the mistakes listed here as Bad. The swimmer who does it all wrong is not really Bad, just ignorant, and ignorance is correctable. All whitewater veterans are tasked with the project of educating those who are less experienced. We cannot assume responsibility for other people’s choices, but we can help to assure that those choices are well informed.

ETWC Forum

Check out the discussions on our forum:

<http://etwcweb.com/discuss/>

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

| DATE | NAME | PHONE NO. | COMMENT |
|------------|------------------|-----------|-------------------|
| 11/14/2014 | Mark Bevelhimer | 679-9242 | |
| 11/21/2014 | Rick Zingg | 312-2623 | |
| 11/28/2014 | | | No roll practice. |
| 12/5/2014 | Jason Darby | 482-7357 | |
| 12/12/2014 | | | No roll practice. |
| 12/19/2014 | | | No roll practice. |
| 12/26/2014 | | | No roll practice. |
| 1/2/2015 | | | No roll practice. |
| 1/9/2015 | Sam Suffern | 850-8321 | |
| 1/16/2015 | Rick Zingg | 312-2623 | |
| 1/23/2015 | Donna Price | 406-1058 | |
| 1/30/2015 | Ian Anderson | 382-1400 | |
| 2/6/2015 | Mark Bevelhimer | 679-9242 | |
| 2/13/2015 | Rick Zingg | 312-2623 | |
| 2/20/2015 | Donna Price | 406-1058 | |
| 2/27/2015 | Ian Anderson | 382-1400 | |
| 3/6/2015 | Donna Price | 406-1058 | |
| 3/13/2015 | Kayla Hutchinson | 694-7827 | |
| 3/20/2015 | | | No roll practice. |
| 3/27/2015 | Rick Zingg | 312-2623 | |
| 4/3/2015 | | | No roll practice. |
| 4/10/2015 | | | |
| 4/17/2015 | | | |
| 4/24/2015 | Kary Scarborough | 483-7525 | |

Trip Reports!

Summer is over and we want to tell everyone about our adventures. Send trip reports to Bill, including videos if you have them!

Please send reports to Yours Truly at 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.

**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)