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1995 Glade and Mann's creek, WV On Holiday In Ontario Paddling, Aye? **BWA Roll Sessions, A Short History** Let's Party at the Ocoee! Off the Cuff: Comments from the Forum Worth Remembering **Eddy Lines of Interest**

In our own words



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Paddling, Aye?

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Here's the info on the party:



Looking Ahead

Coming BWA Meetings

Second Tuesday of the Month, 7:30 pm

BWA Monthly Meeting Meet & Eat Location can vary

For more information on Club Meetings

& Activities always check the online Calendar.

http://www.bluegrasswildwater.org/?f=calendar

Pool Canoe/Kayak Roll Sessions

For date updates check: http://bwa.shuttlepod.org/event-2379023

Learn to wet exit, bow rescue, and roll.

Meet BWA members and be involved.

Wash your boats, inside and out, before arrival.

ROLLING SESSIONS UPDATE!

(Schedule changes, please read.)

Thur., Aug. 2, 8:00 PM

Wed., Aug. 8, 8:00 PM

Thur., Aug. 16, 7:00 PM

Thur., Aug. 23, 7:00 PM

Thur., Aug. 30, 7:00 PM



Bowlines is the Newsletter of the Bluegrass Wildwater Association, POB 4231, Lexington Ky, 40504

Club Officers 2018-2019

President	Mike Daugherty	859-554-8489
Vice-President	James Welch	859-954-2025
Treasurer	Kyle Koeberlein	502-370-1289
Secretary	Dot Edwards	859-351-0132
Safety	Hanley Loller	859-806-9843
Program	Sam Árnold	859-983-4475
Newsletter	Don Spangler	859-277-7314
Cyber Communications	Joe Wheatly	859-361-0892
Conservation	Sandra Broadus	859-333-0208
Film Festival Coordinator		
Equipment Coordinator	Sarah Leach	262-751-4476
At-Large Member	Karen Payne Gill	812-221-5514
Membership Coordinator	Brian Storz	859-351-0132
Past President	Kyle Koeberlein	502-370-1289

Join in on the Fun!

Join the BWA! BWA Membership \$20/individual; \$25/Family year entitles you to receive the newsletter,10% discounts at many local and out of state outfitter shops, use of club equipment, discount at pool rolling sessions, a listing in the BWA Handbook, a stream gauge guide, and web site with a forum for member's messages & a parking pass for the Elkhorn.

Meetings are held at 7:30, the second Tuesday of each month at location announced on our website: http://www.bluegrasswildwater.org

BWA members want to read your story!
Short or long. Sad or Funny.
Tell us your paddling related story! Please!!

Files can be e-mailed to the Editor: DonSpang@aol.com



Enjoy this issue of Bowlines?

Check out Bowlines Online Archive with many great issues going back to 1998!

Issue Archive:

http://www.surfky-bwa.org/html/bowlines_arcN.html

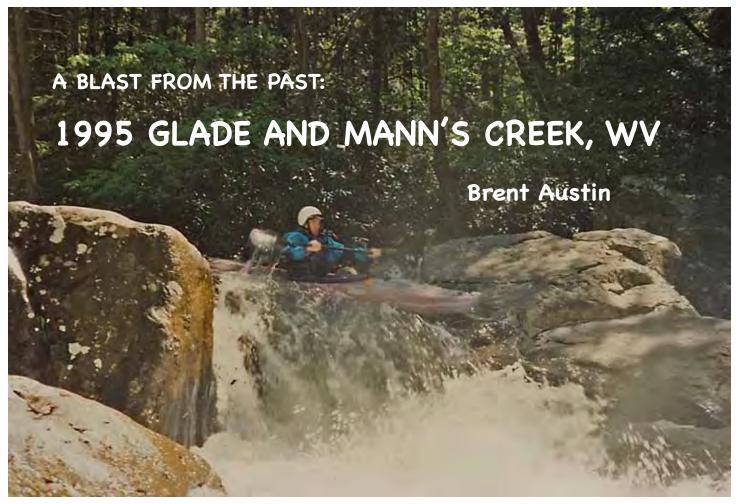
A must read for all members, our 30th Anniversary issue:

http://www.surfky-bwa.org/bowlines/BL30thAnnv_Aug06.pdf



http://www.canoekv.com/

The BWA wishes to thank Canoe Kentucky for it's support. We urge you to patronize them for your outdoor needs.



Mann Creek

In the past month, going through the attic of my house in Lexington, I stumbled upon a bunch of old pictures in frames that had been wrapped in newspaper and put up, signaling a change in my single status back in about 2005. In amongst them were some pictures of a run that Mike Clark and I did back in 1995 on Glade Creek into Mann's Creek in West Virginia. For whatever reason, that run never made it into my river log where my usual entries were made and although I knew we had taken pictures, I could locate none of them when I started looking at doing an article awhile back on the year 1995 and paddling trips that year.

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Rear View at Goliath on Mann's



Glade Creek down from Goliath



Glade Creek

my most common paddling partner. He was game for running all kinds of Class V so it was all about getting the stars to line up with enough water to paddle something "good" on weekends. We were both working stiffs then with full time jobs and the demands of those jobs during the week. Many of you, I am sure, can identify. When you get old like me and Mike are now, you will have more time to boat too. (Downside is that Class IV looks a lot better these days and I don't want to go boat a bunch of hard Class V!)

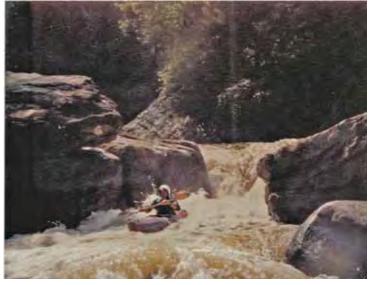
This particular day was in May 1995, and it was right before my trip to Colorado for the spring run-off getting ready to shake loose there. How do I know? I will tell you: that Colorado trip is where we first ran Homestake Creek. videoed it and named it, which carries the same names to this day and is now a site for a race. I recall asking my friends as we were getting ready to do a run on Gilman Gorge one day what was up with it. No one seemed to know if anyone had run it, although the



Mann's Creek



Liquid Draino-Mann's Creek



Lower Meadow at Double Undercut

rumor was that it had been. We scouted it and I declared, brimming with confidence: "This is not nearly as hard as Mann's Creek" which was true. We set up safety at key drops, along with video cameras on each side of the micro gorge and captured it all. It is now a staple.

Mike and I had been eyeing Mann's Creek ever since the video came out called "Perpetual Motion". We bought the video. We knew and paddled with the paddlers in the video. They completely showed us, by video, how each major rapid/drop looked and saw how they ran it. That was enough for us as we headed to West Virginia that warm spring day.

To run Mann's Creek, back then, we put in at the Mill on Glade Creek, and ran down along with a hiking path. I recall dropping down one drop called Goliath, I think is what it was called, and completely startled a guy sitting down there. So, the first three pictures are on Glade Creek.

One enters Mann's Creek where Glade and Mann's come together (above this it is called "Real Mann's Creek). With more water, the creek continues to fall off of the mountain with classic class V and V+ features all the way down. The next three shots are on Mann's Creek, and I only remember the name of the big one at the bottom called "Liquid Drano". I had a really nice line there and Mike took a picture of me entering the final part of the main drop.

Finally, I also have a picture on the Lower Meadow at Double Undercut which we ran right after I came back from the trip to Colorado. I note that I am using a wood stick on the LM but used graphite on Mann's. That most likely reflects my view then of how much mank I would likely encounter on Mann's as I used my wood stick all the time back then on runs like the Green and the Russell Fork. Enough musings. I am going to boat the Pigeon this afternoon and need to get off this lap top to attend to things...

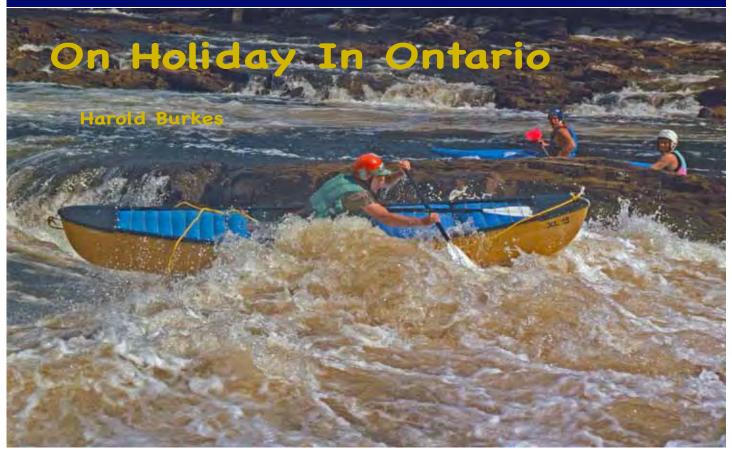
Always fun to see a blast from the past and I am glad to share. I thank Don Spangler immensely for digitizing these old photos and spurring me on to write something about them for my favorite rag: Bowlines!

See you on the river! Brent Austin

More Back-Paddling thru the Pages of Bowlines...

What to do when it is vacation & summer time?

Improve your paddling skills and get some instruction! Here are two stories of that from past Bowlines.



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On Monday morning we put in below put in below Bark Lake Dam for a morning of basic strokes. Over the next 3

1/2 grueling days we progressed through eddy catching, ferries, back ferries, more stroke adustment, gate running, surfing, "save your ass" brace, and rolls.

On the afternoon of day four we stood at the top of Staircase Rapid to take the test under Claudia's watchful eye. My stomach tightened when Claudia ordered a side surf. I didn't know this was on the test. Bravely, I urged the IL-13 into the bole. A brief side surf and an inappropriate move later I was In a state of hydraulic Inversion. I thought "Maybe I can impress her with my roll"... an extended low brace, a bit of torque, and you're up smiling. Not so! Ruled the inventor of Velcro... lucky for him he's dead. I was soon intimate with the rocks. The instructors got some practice with their rescue rope and as I limped from the river blooding at the knee, Claudia asked "Harold. would you like to try it again?" I was polite but honest.

I watched as Don worked his wonders in the ferry and eddy catching requirment. Then It was my turn. I had relaxed some and thought I might yet redeem myself. I was good through the first four points, came in too low on the next eddy, paid an unscheduled visit to a hole, and proceeded to blow the last eddy and ferry. Now convinced of failure, but totally relaxed, I attacked the last requirement, the gate run on Chalet Rapid. Sometimes things go better when you're almost past caring. I sucessfully engaged 24/25 gates and managed to squeak by on overall points and win my certificate. I was satisfied and I was glad I had not embarrased my classmate Don.

But hat's not the whole story of the week. There was thursday night at The "Wilno", Friday on the mighty Ottawa and matters probably under Investigation by the Provincial Police, concerning a number of events I will not relate because of mutually assured blackmail.

Thanks to Carole for winning the trip at the NPFF; Don for encouragement, food, & transport; Dr T for the loan of his boat; John Hill and Rugby Smith for excellent instruction and refreshing humor; and not the least, Claudia for running a great Outfit (and for the new scar on my left knee).

Harold Burks

MKC Canoe Class August 1999 on the Madawaska



About Harold Burks: Harold is now a retired judge and lives in Frankfort, Ky. His retirement home which sits on the bluff just below the dam overlooking the Elkhorn was built by another BWA member: Mike Weeks. He may holler down to say hello to you from his deck as you paddle by.



Members of the BWA have been going north to Canada to the Madawaska Kanu Kamp since MKC's earliest days when Claudia was a kid. Good times with the best of food along with the great instruction on warm waters has made it a popular vacation site for us.

From Bowlines Jan/Feb 1997

Paddling, Aye?

"This was a significant conversation because we had just been formally introduced to the Canadian National Word, aye!"

It was the June BWA meeting when Ellen Walker said "Hey dude let's go to Canada." I replied, "OK, I'm in.

Just where in Canada do you have in mind?" She was talking about The Madawaska Kanu Centre in Barry's Bay Ontario, the site of the oldest paddling school in North America. I had heard of this place from several boaters in the club and they all raved about it, so we made the phone calls and headed out on July 19.

Our first stop was Geneva on the lake (Erie that is). We camped in the last remaining site and endured gale force winds for our first night on the road. The following morning we checked out the lake. Wow... big lake. Let's move on. Next we tooled into Niagra Falls to scout the big drops. Upon our arrival the parking attendant asked if we were go and try anything silly with those things on top of my truck. We replied no because we were saving our energy for the big water further North. Ellen Gave the falls a rating of Class XVIII.



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The next morning we put-in at the park-and-surf and had a blast for a couple of hours until it was time for us to head on to M.K.C.. We took the scenic route through Algonquian Park and got to see a Moose and her baby. (Hey Rocky, watch me pull a rabbit out of my hat) We got out of the truck and checked these things out. Wow, that's a big animal. I wonder if they mind us standing here. Ellen informs me that they have been known to charge. I make note that it is getting late and we had better leave right now. So we head on in to M.K.C.

What a beautiful place this is. All the buildings are rough cut exposed wood. The Center is surrounded by mature trees and is right across the road from the Madawaska river. The place is kind of reminiscent of The Nantahala Outdoor Center on a much, much, smaller scale. This would be our paddling boot camp for the next week. We elected to "rough it" in our tents during our stay in order to save a few bucks. This was a good move because the sites were well maintained and spaced far enough apart that we had some privacy when we wanted it during our off hours.

Monday morning we were tested and split up into classes. My instructor's name would be Nico and Ellen's would be Jody. We headed off to our respective classes and would not see much of each other during the days for the rest of the week.

Nico was this little guy from France. He pronounced my name Beel. "Okay Beel, how you not going to do that again? Okay Beel you in the house. Beel can you do something beautiful like that?" He was a very cheerful guy and an outstanding instructor who could immediately spot any inconsistencies in a paddle stroke and tell you exactly how to fix them.

We began our class by discussing what we hoped to gain during the week and how we might go about it. All five of us said we would like to become more efficient paddlers and learn to make our boats work with the river instead of against it. We decided to work toward passing the intermediate test on Thursday that consisted of an eddy course and a slalom gate course, so that's how we proceeded.

We began our week reviewing basic strokes and bracing technique and working on tilting the boat while paddling. A video tape was shot of each of us doing forward strokes, sweeps, duffeks and rolls. What a cruel judge the camera can be. All of us realized how sloppy our paddling was and how much room we had to improve. The toughest part of the whole week was going to be unlearning bad habits.

Every day we would work out on some section of the Madawaska river. We worked on all the basic stuff: eddy turns, ferrying, boat angle, bracing, sculling, bowsurfing, and side surfing And what a work out it was. On Monday morning Nico explained to us what was going to happen: we would work hard Monday, real hard Tuesday, and be tired and pissed off Wednesday. So Wednesday, everyone will take the afternoon off and goes to the lake to chill out. Okay I thought, but I don't know about this time off thing. I'm here to paddle, not goof off on some lake! Well, I guess M.K.C. hasn't been around for 25 years for nothing. How prophetic this was. By ten o'clock Wednesday morning we all were very frustrated that our bodies would no longer do hat our minds were telling them. "The lake? Yeah cool, I could go for that aye.

Thursday was test day so we worked out in the morning and had a leisurely lunch before our afternoon test time. All of us were nervous about the eddy course. We weren't as concerned about the gates because we had spent considerable time working on them while practicing our skills.

The eddy test was a one shot deal with little room for error. It consisted of five eddies within Chalet Rapid. The hardest eddy to catch was this little bitty one by a stump, appropriately named Stump Eddy. It was kind of tucked in between a big eddy and a small ledge. If you turned into it too soon you would be sucked into the big eddy. If you were too late you would go over the ledge. The other eddies were a lot more demanding of our paddling skills but this one was all timing. Another part of the course involved a ferry from river right to an eddy in the center between upstream and downstream boulders. From here you had to peel out and immediately go between two holes to eddy out on river left. At one point during the week I didn't turn far enough with my peel out and landed in one of these holes sideways. This was the biggest, scariest side-surf I had ever done. There was this girl sitting on the boulder right above me doing nothing but snapping photos of me chanting "Oh sh_! Oh sh_! It worked out Okay though I was able to paddle out and still make the eddy.

All of us passed the eddy course except my classmate Don who flipped just after Stump Eddy, blew a roll and took a rough swim through the remainder of Chalet Rapid. We all did well on our gate course and the rest of the day was spent paddling downriver. We stopped to watch some of the instructors and a couple of guys from the advanced class try to surf Ender Bender hole in Gravel Pit Rapid. Big Hole! This Aussie named Drew from Ellen's class who had never been in a kayak until he came to M.K.C. that week gave it a shot too. He got munched but was able to roll up after it spit him out. This guy was a trip. He embodied No Fear. At one point during the week he was upside down headed through Staircase Rapid. His instructor rushed over to give him a bow rescue and Drew pushed his boat away and continued trying to roll while bouncing his head off rock after rock.

Thursday night saw the awards and a well-deserved trip into town to the Wilno Tavern, the oldest Polish drinking hole in the world or something. I was able to continue my quest to try all ten thousand two hundred and sixty three brands of Canadian beer.. (twice) Rickard's Red wound up being my favorite. Unfortunately the federally run liquor stores only sold it cold so I could only bring home a twelve pack. Ellen bested all the drinkers in bar arguments and we called it an early night because we had river trips planned for Friday.

My class and the advanced class went to the Ottawa river to run the middle channel. The main channel was washed out. This river's normal summer pool is minus three feet on the gauge. But it had rained a bit in previous weeks so we ran it at THIRTEEN FEET! Really, really, really big! The only reference I have to compare it to is the New River Gorge at four feet. This made the New look like Elkhorn Creek! It was kind of like rapids between lakes. The water was swirly and pulsating in the "lakes" and the rapids consisted of huge standing waves and holes. There really weren't a lot of rocks to dodge, you just had to make sure not to get in the house sized recirculating holes. There were lots of five and six foot waves to surf and plenty of monster, I don't even know how tall, waves too. What a fantastic river this is. I can't wait to go back and see what it is like at lower water.

The following day Ellen and I hooked up with one of my Canadian classmates, Scott, and his open boater friend Kaylan. We loaded up and headed for Palmer rapids on the lower Madawaska for a picnic lunch and an afternoon of surfing and relaxing. The area is filled with lots of nice flat boulders perfect for snoozing. Having had a restful day we decided to take in a blues festival in nearby Barry's Bay. Just as we are about to head out from M.K.C. Kaylan says: "Hey guys, I found out it's not a Blues Festival, aye. Its a local bluegrass festival and it costs ten bucks to get in." Ellen and I decide to blow it off commenting that attending a bluegrass festival there would be like them coming to Kentucky and us paying somebody to speak French for them. So we called it a night.

Sunday we headed back to Mindon for more surfing on the Gull. Then we headed on to Lindsey where Kaylan lives. We met his girlfriend and had a wonderful dinner at his favourite watering hole. Next it was on to Mississaga where Scott's family lives. He and his mother graciously put us up for the night in real beds!

Monday we headed back to the Canadian side of Niagara Falls. It was early afternoon when we arrived so of course it was nap time. Where can we sleep for a while? Ellen suggests right over there by the lake. On the country club golf course! We nonchalantly walked across the first fairway and found a spot behind a bush. Now we're lying there and I'm thinking jail time for sure on this one. Every time I would start to fall asleep I would here a little knock. I would open my eyes and see this ball go bouncing several feet from my head down the fairway. Then the unsuspecting yuppie would come strolling by looking for his ball. "It's over there man." A few surprised looks came from the unsuspecting wearers of madras as they turned around to see two long hairs sacked out on their pristine turf. The vagabond gods were with us though. We sauntered back to my truck unharassed and took off.

Our next destination was the Lower Youghiogheny in Ohiopyle Pennsylvania. After a couple of missed turns and a nice tour of lovely downtown Pittsburgh we made it. It was pouring rain. Welcome home aye. Tuesday we decided to run the loop. The loop is the first two miles of the lower Yough that has a take-out just over the hill from the put-in. We hooked up with some off duty raft guides from the Lehigh River in northern Penn. The river was running four feet three inches which is on the high end of things according to the Appellation Whitewater Guide. This place is great. Virtually non-stop surfing and at this level the waves were pretty big. At one point we were watching this guy surf this big wave at Cucumber Falls when Ellen, fresh out of M.K.C., yells "Hey man! You could get a lot stronger stroke if you would move your hands further out on the paddle!" He just kind of looked over and smiled.

After the loop they had to head home, all of them except Tex. Tex was a chatty flight attendant/raft guide that had been showing us the river. He was staying the rest of the week so he asked if we wanted to run the remainder of the river with him. "Sure, sounds great. Lets do it." After eating lunch and some good old B.W.A. milling around, we decided to run the river. One problem. You see the take-out at the lower Yough is some kind of two part shuttle scam that you have to buy tokens for. When you take out, you get on a bus that drives you to the top of this huge hill where the parking lot is. Now why

they don't just take you back to the put-in is a mystery. But anyway, our fearless leader forgot that the token place closes at 4:00 so we were forced to try alternate methods namely bribery. We headed down to the take-out and asked the bus driver if we could just pay him when we got there. He said that would be great because he had to wait until 8:00 until he could quit anyway. So we're set. We left my truck and headed back to the put in. Now comes the thunderstorm. Seeing the concerned look in Ellen's eyes I went



The BWA contingent at MKC in 1996

to the Ranger's van to ask what was up with the weather. He said the forecast was for T-storms all evening, but we should be fine running the loop. As I was about to walk away, here comes larger than average mouth Tex. "Hey Ranger Bob. What's shakin' with the weather? We forgot to buy tokens but we talked the bus driver in to shuttling us if we pay him instead." I don't know who had the bigger contemptuous look, the ranger or me. The ranger informs us in no uncertain terms that what we are attempting to do is illegal so we had better just run the loop. Thanks stewardess Tex. Coffee, Tea, or dumbass.

The lightning was more than Ellen was comfortable with. However I agreed to run the loop again with Tex. You see I'm accustomed to boating with Butch Quire, the human thunderstorm magnet so lightning is inevitable. I've just learned to deal with it. After this run our boating for the trip was over. We spent our last night at Scarlet Knob Campground and made our way home the following day.

I can't say enough about what a fantastic time I had. The Madawaska Kanu Centre is a great place to go for instruction. I will be anxiously waiting to return next summer. The Canadian people were extremely friendly and hospitable.

Ellen and I had said before we left that after having spent this much time together, it was likely we would return hating each other or as lifetime boating pals. She turned out to be a wonderful travelling companion and we developed a truly great friendship. It was only ten days before we headed out on the next trip. But that's another story aye.

Bill Lynch

Ediitors Note: The BWA has had a long relationship with the Folks at Madawaska since its early days. Many a BWA paddler learned not just the basics of Whitewater Boating at MKC but how to boat with skill and style. Not only that it is also a great place to spend a week of vacation...good fun, good food, good people with good rivers! Almost every year we have a group that heads that way. Now is the time to contact them at: Madawaska

Kanu Centre 39 First Ave. Ottawa,

Bill Lynch was he BWA President from 1998-1999 (number 17). He now resides in Frankfort. He and several other BWA members would form a band that would play at many of our events, such as clinics, the reunion and the Film Festival. A lot of great music added to our great times!



The BWA started pool roll sessions early on, but it was a seasonal thing. We made sure that they did not interfere with any weekend paddling trips by having them on Tuesdays. They took place in the winter from sometime in November to about the first of March, when we believed spring paddling started. Tuesday became the evening you would repair you fiberglass boat.

From Jan/Feb 2005 Bowlines

BWA Roll Sessions:A Short History

Early members of the BWA quickly realized in the first year of the club that they needed a way to learn and practice how to roll their boats. The club was formed in late 1976 and the following winter BWA roll Sessions were first mentioned in the November ,1977 (Vol. 2, No. I issue of Bowlines. It announced:

<u>Roll Sessions</u>- in U.K. indoor pool, will begin sometime in November and will be held every Sunday morning 8am-12noon through the first of March...depending of course on outside environmental conditions. This is a great time to learn to roll a

decked boat or to sharpen up your abilities for the spring. Ask around SAGE for the exact dates.

Roll session continued there in the winter of 1978, but we never got very excited about the location. It was hard



The BWA used Memorial Coliseum pool for the first two years

to find a close place to park, you had to carry your boat through the men's changing room to get it to the pool and the pool water was always cold (for the racers). A start time of early Sunday morning was a downer for a club that liked to stay up late on Saturday night and party.

We finally made a move for the winter of 1979 to the Y at Crosskeys. The YWCA had bought the facility from the Aqua Club and our move to the Y meant no more early Sunday morning s in a cold pool. Members could drive up to the back and carry boats through the side door and drop them in the pool. Weeknight sessions also meant that the roll session no longer interfered with weekend parties or paddling trips.

From the December 1978 (Vol. III no. I) issue of Bowlines: *Rolling at the "Y" !!?*

As the temperatures outside decrease, so do the number of people who are calling up every Thursday night want to go on a weekend trip to some remote whitewater stream somewhere. It is really odd how personalities often change with the outside air temperature. When it is above about 50 degrees and the Big South Fork Gorge is at 3000 cfs, paddlers eyes sparkle and every one and his dog want to ride with you to the put-in at Burnt Mill bridge. Below that magic temperature however, these same conditions will only stimulate these same individuals into dreaming up reasons why they really can't go this time. How many sick aunts can there be at one time??? Cold weather paddling can be a lot of fun if you are prepared for it!!!

For the third year in a row, many of the cold weather refugees from the BWA are find our weekly indoor pool sessions a great place to learn to roll a kayak or a C-1, work out on slalom gates, or just keep those delicate muscles from turning soft. The pool sessions are being held every Tuesday evening form9pm-11pm at the YWCA at 1060 Cross Keys Road. After Christmas, we will probably switching to another night, so check to be sure. It costs us \$2 a head to rent the pool, so don't forget to pay and sign-up at the desk.

We are going to be conducting an organized pool slalom one Sunday in February, which should prove to be a lot of fun for everyone. As soon as we get an exact date and a confirmation form the YWCA, there will be a flyer going out with all the info.

Even if you don't have any of your own equipment, there is always enough gear around for everyone to share, so come on out with your kids, spouse, etc, (sorry no dogs!) and learn to roll at the "Y"....which we have dubbed the Young Women's <u>Canoe</u> Association!!!

Now that the YWCA at Gardenside is closing it doors at the end of January the hope is to find a place that has been as good for us for the future.



The BWA has taught hundreds of paddlers how to roll canoes and kayaks at the Gardenside YWCA pool over a period of almost 28 years.

Roll sessions are just one thing the BWA has done to promote river safety and water skills. In the early eighties it held the first non-government River Safety Symposium.

Soon after it started winter roll sessions the BWA started an annual weekend Paddling Clinic for teaching whitewater skills. The club has also co-sponsored members in safety classes, had river safety poster contest via the NPFF, and has a member who job is safety chairman for the club.

All of these things have been possible because members pass on knowlege they have learned from earlier members of the BWA. This tradition and spirit of volun-



teerism has made the club a success for many years and you might say it began with the winter roll sessions.

Don Spangler







Kayakers Getting Ready to Roll 'Em

By Sharon M. Reynolds Of The Herald Staff

A fisherman of the icy Arctic might have found the scene amusing. But the two dozen men and women thrashing about in kayaks in a warm swimming pool Wednesday night were going overboard for their sport - lit-

were members of the Blue

grass Wild Water Association. Since November, they've spent Wednesday evenings at the YWCA on Cross Keys Road learning how to save face - and possibly their lives - when a kayak

There's even a name for the tricky flip that takes a kayaker under the water and back around again, still sitting upright in the kayak. "the water Eskimo roll."

"If an Eskimo flips over in his kayak in icy water, he'll die before he can swim to shore," explained Sam Moore, president of the association. When you fall, you have to learn how to bring yourself back up in the

Sticking with your boat in tricky currents, when the water is 38 to 45 degrees — as it is in Kentucky around this time of year - is a crift every

kayaker should master, Moore said.

"Our goal in these classes is to keep those who already know how to do a white water Eskimo roll in shape and to introduce those who know nothing about kayaking to the sport."

Mastering the roll usually takes around four or five two-hour sessions in the pool, he said. Agility, rather than strength, is a prerequisite. "Gymnasts usually pick it up in one

The "hardest part" for some peo-ple, Moore said, is fighting the panic when you're hanging upside down in the boat. With a little finesse, you'll be underwater only a split second before righting your boat

Initially, you'll probably have to ball out several times.

A spray skirt of heavy, black, rubber-like material attaches the kayaker to his vessel. One pull of the cord on the skirt releases it; and the kayaker can unstrap himself, lean forward and somersault into the water.

But just capsizing their kayaks was difficult for many beginners.

"It's hard at first to turn upside down," Moore said. "It's just unnatu-

The idea, he explained, is to hold your paddle parallel with the boat, keep your center of gravity low and use your body to snap the kayak over.

use your body to snap the kayak over.
Beginners tried to find other ways
to dunk themselves. One man held
onto the side of the pool, nose clips
firmly in place, and tried to shove
himself over. Another braced himself
against an instructor's hand. The loud
slap of a paddle accompanied the futhe efforts of still another.
The more skilled kayakers —
many of them instructors — executed
multiple rolls. As the evening drew to

multiple rolls. As the evening drew to a close, things got a little slap-happy, with one sportsman trying to do a roll while straddling an upside-down kayak. Others simulated fighting the rapids, battling a partner who tried to capsize them.

"They're getting a little bored," Moore said. "Everybody's realiy ready to get out and hit the water."

Members of the club have already been out into the countryside and are looking forward to a race April 4 and 5 on Elkhorn Creek near Frankfort.

The Bluegrass Wild Water Asso-ciation's classes are open to the public and cost \$4 per session for non-mem-bers. The last class will be held

March 4.
Moore cautioned against un-trained persons heading for a stream

"Kayaking can be dangerous if it isn't approached in the right way. We try to make it safe. When you have drownings, it's usually people getting into a cance or kayak with no life jacket and knowing nothing about the stream. The worst factor is the cold water."









Going overboard is part of the fun: Clockwise, starting at above left, John Christopher demonstrates the "white water Eskimo roll," the maneuver by which a kayaker rights himself and his craft after a capsize.



Kayakers have spent the winter practicing capsizing in a swimming pool.

Off the Cuff

Comments from the Forum Worth Remembering

Whitewater Fatalities Jan-June 2018

Just got this from Charlie Walbridge re: Accidents so far this year. Notable is the number of rec boats and inexperienced paddlers. Bad year for our community with some solid paddlers passing. Here is the list: Brent

Please send any additions or corrections to ccwalbridge@cs.com

Date State Name Age Boat River/Section Class Cause

1 2018-06-24 OH Unidentified Man 22 Raft Licking 1. Newark to Rock Haven Park

I Flush Drowning,

One Boat Trip

2 2018-06-22 ID Travis Berguist 37 Raft Snake River Lower Salmon Falls Dam to Bliss Reservoir

N/A Flush Drowning,

One Boat Trip

3 2018-06-19 AK Unidentified Man 72 Raft American Creek N/A No PFD.

Solo Paddling

4 2018-06-18 IL Maci Chavez 5 Open Canoe Rock River N/A Dam Hydraulic,

One Boat Trip

5 2018-06-17 MT Unidentified Man Raft Rock Creek

(Lake Fork to Red Lodge

N/A Flush Drowning,

High Water

6 2018-06-15 NC Damien Jamal Mayes 25 Rental Open Canoe Yadkin River N/A No PFD,

One Boat Trip

8 2018-06-10 OH Benjamin Gipson 29 Rec Kayak Great Miami River I No PFD

9 2018-06-10 VA Gary Allen Price 61 Rec Kayak Shenandoah River I No PFD,

High Water

10 2018-06-09 ID David J. Glenn 53 Raft Middle Fork Salmon IV Flush Drowning

11 2018-06-09 AR Donald Wright 64 IK-1 Spring River Fulton County N/A Swim into Rock or Sieve, Head Injury

12 2018-06-08 MT David Hall 70 "boat" Clark Fork N/A Flush Drowning, One Boat Trip, high water

13 2018-06-04 MD 3 Unidentfied Men Other Potomac River

Little Falls N/A Flush Drowning,

High water

14 2018-06-04 CO Christian Sheetz 46 Rec Kayak Arkansas Granite to Numbers Launch

IV No PFD,

Cold Water

15 2018-06-03 CO Unidentified Man Raft - Comm Clear Creek Green Bay Rock to Rigor Mortis IV Flush drowning, Cold Water

16 2018-06-02 OR Grady and Cash Troyer 9 Raft Grande Ronde Troy (OR) to Snake River III NO PFD;

One Boat Trip

17 2018-06-02 GA Alvin Lino 46 Raft - Comm Chattahoochee River Columbus Whitewater Park IV Health Problem

18 2018-06-01 MI Robin Early 36 Rec Kayak Huron River

Near Huron Lake Dam N/A No PFD

19 2018-06-01 VA Edward Piccola 61 IK-1 South Fork Shenandoah, Bixler's Bridge to Bentonville I Flush Drowning,

High Water

20 2018-05-31 IA Alex Denclau 26 Rec Kayak Des Moines River N/A Dam Hydraulic,

Solo Paddling

21 2018-05-28 OR Sharlene Wright Raft Rogue River Gold Hill Boat Ramp to Grants Pass II Swim into Strainer

22 2018-05-27 MT Edward Conning 65 K-1 Rock Creek (Carbon County) Carbon County) (Lake Fork to Red Lodge

IV Pinned in Boat Against Strainer

23 2018-05-26 OR Unidentified Man 78 Raft John Day 3. Clarno to Cottonwood

III Heart Attack,

PFD Came Off

24 2018-05-25 NJ Unidentified Man 39 Open Canoe Delaware River I No PFD,

One Boat Trip

25 2018-05-21 MT Chad Newbreast 44 Smith River

Camp Baker to Eden Bridge

II No PFD.

Cold Water

26 2018-05-15 NC Delmer Melvin "Dale" Garratt 56 K-1 French Broad

NC Route 251 to Route 1634 II+ Pinned in Boat against Rock or Sieve, Solo Paddling

27 2018-05-06 KY Anthony Brown 28 Rec Kayak Rolling Fork River I Dam Hydraulic,

No PFD

28 2018-05-06 TN Anthony Cooper 31 Rec Kayak Elk River I No PFD,

High Water

29 2018-05-05 NC Matthew Ray 20 K-1 Green River Narrows V Pinned in Boat against Rock or Sieve

30 2018-04-28 NC Burton Greer 34 K-1 Linville River Linville Falls to Lake James V Pinned in Boat against Rock or Sieve

31 2018-04-25 NC Unidentified Man Rec Kayak South Fork of the Catawba River High Swim into Strainer,

Solo Paddling

32 2018-04-21 China 17 Unknown Paddlers Dragon Boat Taohua river N/A Dam Hydraulic,

Bad Equipment

33 2018-04-06 IN Keygan Matlock Rec Kayak Driftwood River I No PFD.

High Water

34 2018-04-05 NY Unidentified Man 37 K-1 Ellicott Creek Glen Falls - Williamsville

IV Impact/Trauma

35 2018-03-28 NZ Keith "Chief" Haare 62 Raft Comm Shotover River IV Health Problem

36 2018-03-03 NC Maria Noakes 50 K-1 Cheoah Santeetlah Dam to Calderwood Boat Launch

IV Unknown

37 2018-02-27 MI Devon Chrismas 24 IK Grand River NA Dam Hydraulic,

Solo Paddling

38 2018-02-27 IN Cory Wright 35 Rec Kayak Paw Paw River I High Water,

Swim into Strainer

39 2018-02-13 NY Unidentified Man Rec Kayak Wallkill River

Walden to Sturgeon Pool

II Flush Drowning,

High Water

40 2018-02-12 VA Christian Wood 17 K-1 James River

through Richmond

IV High Water,

Swim into Strainer

41 2018-02-10 WA Sam Grafton 25 K-1 Snoqualmie, N. Fork Spur

10 Bridge to 428th St. Bridge V Swim into Strainer

42 2018-01-29 BC CAN Unidentified Man 49 K-1 Capilano River III Pinned in Boat Against Strainer,

43 2018-01-20 Ecuador Adam Vaughn 22 K-1 Abanico River V+ High Water,

Flush Drowning

44 2018-01-11 CA

Seth Smith 27 K-1 Kern River Mouth of Canyon to Rancheria Road IV Pinned in boat against rock or sieve

Kayak 22 (11 Rec Kayak), 3 canoe (1 rental), 12 Raft (3 commercial), 2IK-1, 1 Drift Boat, 2 "other" 10 No PFDs; 9 Flush drowning (Many combining solo paddling and/or high water) 6 Strainers, 5 Sieves; 4 Dam Hydraulic; 10 high water; 9 solo or 1 boat trips

Although the paddling community has been rocked by the deaths of several well-known paddlers, most fatalities thus far have been the result of inexperience combined with widespread high water. A long, wet spring has kept rivers high throughout the East and Midwest. There were 40 recreational whitewater deaths in the U.S. so far this year. Of these, 22 were kayaking deaths, and half (11) involved "recreational" boats not designed for whitewater. These boats have become extremely cheap and widely available, and it was inevitable that some would find trouble in moving water. There were 3 canoe and 12 rafting deaths, including 4 among professional outfitters and liveries. The top cause (10) was no PFD's; there were 9 flush drownings, 6 involving downed trees, 5 rock pins or sieves, and 4 caused by dam hydraulics. High water was a factor in 10 fatalities; 9 occured on solo or one boat trips.

Please share with anyone you think might be interested. Charlie Duffy's has prepared useful graphs of this material which are attached.

Best wishes,

Charlie Walbridge

http://www.bluegrasswildwater.org/bwaforum/read.php?5,33403,33403#msg-33403

July 10, 2018

Wow, thanks for posting that Brent. I'm overwhelmed by the size of the list and the commonality of so many of the determining factors. Paddling without a helmet, paddling without a PDF, rec boats on high water creeks. It's amazing and heartbreaking at the same time.

Bob

Herald Post about the Forks June 26, 2018

A friend at work pointed me to this article. Probably old news for people in the know about the Russell Fork. [www.kentucky.com]

Jeff K

Great article from the lex Herald! I do find it ironic that the mayor of Elkhorn City has to ask for "suggestions" on how to make that town more prosperous and a mecca for boaters and tourist!!!!! That shows how out of touch their leadership - if you call it that - is with their own community and the great natural resources they have available!

B. J. - kayak bum and river guide

Yeah here's the quote of what the Mayor said: "If any citizen has suggestions on how to boost tourism further, Taylor asked them to contact the city or come to a public meeting." I LOL after reading that. What an idiot.

Wes

I thought that was pretty funny also. I have a suggestion for him that would be sure to boost tourism, find a new line of work.

Bob

Heck yeah Jeff its exciting times for all this. Last Monday I met with the Sen Majority Leader himself Mitch McConnell, Hal Rogers and Appalachian Regional Commission Chair Tim Thomas. Mr. Thomas was quite interested in how we can improve tourism in KY, VA and West VA, He wanted to know more about how this whitewater initiative will improve east KY and SW VA and I had a great opportunity to explain exactly how in good detail.

In my past two years working with the congress and USACE and now hopefully the ARC we hope have located some funding for our study instead of having to go out and find it. Id share the picture they asked us to take but I don't want this conversation turning into politics. This should be proof you can work what your constituency of a all political persuasions and get things accomplished.

EC mayor is right it takes the citizens to make things happen but it can also be read in a different context about outsiders too. Steve Ruth is right too, removing the tourism liaison to the city council is a suspect approach but I don't judge because I am not in their shoes. I believe I am right too in that they can still consider the history of alcohol and its effects in that town and approach it in a modern responsible way to benefit the city and its citizenry but I am not one. They are there 365, a non-local kayaker if very successful will be there 30 days in a year. But (hopefully more in the future!) When the highway is finished is too late so now seems to be the time for them to move on taking advantage of traffic and recreational opportunities increasing in their back yard

EC and boaters need to come back together not further apart I said once and I believe it. Keeping a positive attitude and outlook and not killing the conversation for both would reap great rewards. Just my 02

Jason

Great work Jason and a big, HUGE thanks for the years of effort that you and some others have put into getting scheduled releases on the Russell Fork. Although we're not there yet, thanks to your efforts we are finally getting close. As far as Elkhorn City is concerned, I've been a welcomed guest there for many years and as such have always tried to give back to the community. Over the years I've developed many friends who I've found to be people that I trust, people I know I can count on and who have been a selfless source of help and advice for a long time. Elkhorn City is made up of these people, and for that matter so is the town of Haysi. Good solid people that deserve to reap the benefits of any prosperity that will come from this. My feeling is that once these releases become a reality, it will be a life changer for many that call Elkhorn City home and given time, I hope this makes as big a difference to the region as it has in other communities such as those that surround the Nantahala river.

With that said, I am also someone that has direct experience in dealing with the Government of Elkhorn City and am all too familiar with the change that has occurred there over the past couple of years. When they talk about being open to ideas, when they talk about all the work they've done to bring tourism to the area and when they talk about their work with "people planning races, festivals and other events that could attract people from out of town.", being one of those people, I know exactly what that means too. I know from personal experience how hard they've made it for the people that actually can bring these events to town to pick Elkhorn City as a destination.

Thanks to the work of you and others, the stage is set. Events like the Russell Fork Rendezvous and the Cloud-Splitter Race have already made our choice. In the case of the Rendezvous, thanks to the actions of the Elkhorn City government, we were given little choice other than to move this festival to a town that welcomed us, a town that does see the future, has worked hard at embracing it and one that I know will benefit from this, Haysi, Va. My guess is that if things do not change in Elkhorn City then Haysi will be the

big winner here. In fact, without change, Haysi could end up being the only winner here. Events like Rendezvous want to know that they are welcome by the communities that act as our hosts. They want to know that our guests are welcome and they want to be seen for what they are, a benefit to the community. Unfortunately without change, events like the Russell Fork Rendezvous will know exactly where the bypass around Elkhorn City leads, which is straight to Haysi, Va.

Although the road that bypasses it is almost complete, the people of Elkhorn City really do have a choice as to its impact. Given my friends that call it home, given the friendly nature of its citizens and remembering the many years that Elkhorn City was such a boater friendly community, I truly hope the people of Elkhorn City realize just how important their choice will be in the next election. Regardless of the bypass, the issue there is not its location. If the right choices are made Elkhorn City will be the next Kentucky boomtown. The issue there is not the citizens, the people of Elkhorn City are friendly, welcoming and extremely helpful. The issue there is very simple. The issue in Elkhorn City, the issue that could and probably will decide rather Elkhorn City's future is one of prosperity or bust will be decided in the next election and as someone that cares about the people there, I truly hope the citizens of Elkhorn City elect a government of forward thinking individuals that reflect the welcoming nature of the people that call Elkhorn City their home.

Bob

I agree to the sentiment that EC could be a boomtown after initially disagreeing. I was confused at first but understand. Thanks guys.

Jason

I reckon I will weigh in on this because I have a thirty year experience in Elkhorn City and on the Russell Fork River and I am livid with this Mayor and the current administration and have been for awhile now. I have a number of very good friends in Elkhorn City. But, I am "leaving" until someone there gives a durn about us. I am done with Carson Island. I will hang at the Breaks and Ratliff Hole still. I will eat at Time Out Deli still, but I note the Mayor of EC apparently hates the owner. That must be why I like the restaurant. The days when Elkhorn City wanted to grow and embrace a healthy future with outdoor recreation, with plans for river parks, the Trail Town, Heritage Council and other positives, sadly, seem by the wayside now. My understanding is that the Mayor has been quoted as asking what good the paddlers do for Elkhorn City. I have heard it said that he does not support eco-tourism for the same reason. He says he is big on coal, even though it is unlikely there will ever be many coal jobs there ever again. I think it is just a ruse for votes. He reportedly is big on spending time with folks in rest homes who are unable to get out and then even helps them go vote. Wonder who they vote for? The local machine seems to be with Taylor and his rabid police force and if they B. J. - kayak bum and river guide don't want "outsiders" (a laughable term) like the rest of us

"lifetime Kentuckians", then I will visit my close friends in EC, but will support Haysi because they actually do want us. I don't believe Mike Taylor is candid, credible or reliable as any kind of friend to the paddling community. I feel personally insulted by Elkhorn City's recent tone and specifically the city's actions last Rendezvous. I like who I like at EC, but I am not cool with the Mayor or his government. I am a Kentuckian with many generations in my family on both my mothers and fathers side from this the east and west sides of this state and they can take or leave it as far as I am concerned with EC. I will respond accordingly with my tourist dollars going to those I feel are worthy. But, that dude needs to go. There is no middle ground with that guy. And, perhaps a lack of economic interest by paddlers will get someone's attention that will then recognize the need to change the administration there. Get that goof ball out of there and with all the changes going on, I suspect one will then see in Elkhorn City an increase in the traffic that now just stops at the Red River gorge to eat pizza after a day of climbing, hiking or paddling. You add water to the Russell Fork River, things will boom there. No doubt. But, EC will get left behind if it does not care to embrace a future different than what they knew before in the coal mining days of yore. Them days are gone buddy. And yeah, Whitesburg may be the coolest small town in all of Kentucky if not all of Appalachia! Too bad Elkhorn City can't get any of that. Haysi is sure trying though. Good people that deserve our support!

So thanks Bob for moving the Rendezvous to Haysi. It ain't going to be easy and you got your work cut out for you.

Thanks also to you, Jason, for meeting with Mitch. I sure hope we get some traction finally. It has been a long a frustrating one for me and I am grateful for your zeal in staying on it and meeting with these people that could make a difference. Such a no brainer to quit wasting water from the ACOE and provide recreational releases with it. No one loses and everyone gains. Maybe folks in power are getting it. There will be good economies coming from it. I promise. Just add water!

Brent

Great job Jason to at least getting the politicians to discuss the recreation potential of the Russell Fork area. Seems that just a short one trip to the nantahala, pigeon, Gauley, or Ocoee should be enough for anyone to realize the recreational value of promoting the natural resource in East Kentucky and western Virginia! It should be a NO BRAINER!!! However, I trust politicians about as much as a weatherman, but the weatherman is just a little more honest about it!!!!! According to America's favorite (places), you'll need a spruced up water front, some craft beer, and a commitment to recreation!!!

B. J. - kayak bum and river guide

Guess I should add: 48 days from memorial day to labor day and 12 days (Friday, Saturday, Sunday) in October.

Here's the info on the party:

xsubdude99



Location: For those that came to the Summer Party last year, it's at the same place at the campground for Ocoee Outdoors and we'll have the whole place to ourselves. Ocoee Outdoors Rafting which owns the campground is located at 1985 US-64, Benton, TN 37307 and the campground is on the left, just before you get to the rafting company. Look for the BWA or Viking banners.

Cost: As members of the BWA or Vikings there is no charge for this event.

Camping: The campground will be open and camping will be available starting on Thursday night and go through Sunday (No camping Sunday night) The campground is fairly primitive but there are restrooms and showers.

What to do there: This place has something for everyone. For beginners or for those looking for a relaxing time on the water, the Hiwassee River is only a short drive away. For the more advanced, the Ocoee is just down the road. Feel like really tearing it up and seeing who's the fastest on the water, we got you covered on that too -----> On Saturday August 11th will be the 6th annual "Dick" Bradfield Downriver Race. Open to all participants, this race, honoring the memory of one of our fellow BWA boaters and a hell of a nice guy, Scott "Dick" Bradfield has become a Summer Party tradition and I encourage everyone that's up for the challenge to join in.

Food: On Saturday, we'll be having a potluck dinner. The main course i.e. the "Meats" will be provided so everyone else is encouraged to bring a side dish or a desert worthy of sharing with your fellow boaters. Other than the Saturday night dinner, all other meals will be up to you. There are several locale restaurants in the area so finding grub shouldn't be an issue.

Eddylines of Interest

BWA Steering Committee Meeting July 10, 2018 7:30PM Rock House Brewery

Non-Committee Members in Attendance 15

Positions	Members	In Attendance
President	Mike Daugherty	Y
Vice-President	James Welch	Y
Secretary	Dot Edwards	Y
Treasurer	Kyle Koeberlein	N
NPFF Director	Dan Durick	n/a
Program Director	Sam Arnold	Y
Safety Officer	Hanley Loller	Y
Conservation Officer	Sandra Broadus	N
Newsletter Editor	Don Spangler	Y
Membership Coordinator	Brian Stortz	Y
Web Meister	Joe Wheatley	N
Gear Meister	Sarah Leach	N
Member At Large	Karen Payne Gill	Y

President Mike Daughtery

-KRS154.34 -0.7, House Bill 487 was a new state tax 7/10/2018 bill that was passed in April and came into effect on July 1st and costs \$600 per year. This new bill taxes membership dues, silent auctions, admission tickets, any tangible personal property and any services performed. This year's dues will cover the cost of membership with the taxes. Mike Daugherty is researching to see if/how this tax pertains to the club. Since the bill is so new, Mike requested for clarification on the new bill via 3 separate emails sent to Tim Bennett. Director of the Division of Sales & Use Tax Office of Sales and Excise Taxes in the Kentucky Department of Revenue in the Finance and Administration Cabinet. Mike has not received a reply yet on how it effects the BWA, a non-profit corporation. Hanley has suggested for later discussion to see if we could get members to voluntarily pay for the new tax, preferably cash payment to avoid PayPal surcharges.

Vice-President James Welch
Secretary Dot Edwards
Treasurer Kyle Koeberlein
NPFF Director Dan Durick n/a

Program Director Sam Arnold

Sam requested for future program suggestions from members. Sam gave a presentation about overnight camping trips on whitewater rivers via kayak and/or raft.

Safety Officer Hanley Loller

Roll session fees will be raised from \$5 to \$6 for members and \$10 to \$11 for non-members to cover the new taxes beginning on July 19th. Hanley will post the fee change on the forum. Hanley made a motion to secure up to \$400 to secure four more roll sessions, seconded by Brian Stortz. Motion passed. Conservation Officer Sandra Broadus

Newsletter Editor Don Spangler

Don requested for river trip write-ups for Bowlines.

Membership Coordinator Brian Storz

Web Meister Joe Wheatley

Gear Meister Sarah Leach

Member At Large Karen Payne Gill

Members gave trip reports.

Announcements

Adjournment

Hanley Loller made a motion to adjourn the meeting at 7/10/2018 at PM and it was seconded by Karen Payne Gill.

Signature of Minutes Approval: Dorothy Edwards 7/10/2018