

Officers for 2003

President - Ken Oswald
Secretary – Susan Yates
Cruisemaster – Brian O’Cain
Webmaster - Parkin Hunter
Member at large – Dennis Catoe
Safety and Instruction - Charlene Thompson

Vice Pres. – Kate Whitaker
Treasurer – Rembert Milligan
Newsletter - Sandy Harris
Membership – Mike Boone
Member at large - Lesley Drucker

The **Palmetto Paddlers, Inc.** is a non-profit corporation. Its purposes are to

- (1) encourage exploration of recreational waterways,
- (2) encourage preservation of waterways, i.e., conservation of forests, parks, wildlife,
- (3) promote enjoyment and appreciation of wilderness cruising and whitewater sports,
- (4) promote safety/proficiency in rescue/self-rescue, and
- (5) publish and demonstrate developments in all aspects of paddling.

Meetings are generally on the last Tuesday of each month in the Gamecock Room of the Luther Lee Building, corner of Lincoln and Lady Streets in the Vista, Columbia, SC at 7:00 P.M.

Dues are (\$15 for individuals, \$20 for families). **** Annual fees are due – see Rembert at the monthly meeting or contact Mike Boone mike@boonedocks.net! **** You need a membership card to take advantage of the following discounts:

10% discounts on non-sale merchandise at **Adventure Carolina** (<http://www.adventurecarolina.com>), **The Backpacker**, **The Nantahala Outdoor Center** (<http://www.noc.com>), and **The River Runner**. **Bike to Nature** also gives a 10% discount on merchandise other than bikes.

PALMETTO PADDLERS ON THE INTERNET

To increase efficiency for communicating information to club members, Palmetto Paddlers has set up these internet resources. We need to be able to communicate meeting programs, trip plans, and schedule changes quickly and efficiently. Given the nature of what we do, plans are always changing because of the weather and the water. The Club web site is (<http://www.palmettopaddlers.org>) We will try to keep trip plans and schedules up to date on this site. For a more general means to communicate, please join Palmetto Paddlers at Yahoo Groups (http://groups.yahoo.com/group/Palmetto_Paddlers) . A calendar of trips is maintained here. However, the most valuable reason for joining is ease of communication. The Group will send out automatic reminders of trips scheduled and could be invaluable for communicating changes in plans. Any member may post a message. To subscribe, go to go to http://groups.yahoo.com/group/Palmetto_Paddlers.

EVENTS TO TAKE NOTE OF!!**Monthly Meetings**

January 28 meeting – 7:00 Gamecock Room (Luther Lee) – Jon Rood with the Heritage Trust, part of SCDNR, Wildlife Diversity Section. He will be talking to us about Congaree Creek, the new Heritage Trail off Old State Road and a huge area in the ACE Basin with lots of blueway that he is also involved in.

February 25 meeting – 7:00 Gamecock Room – Dry Safety Clinic presented by Charlene Thompson

March 25 meeting – 7:00 Gamecock Room.- TBD

Upcoming Events

April 11-13 - East Coast

May 6 – Pool Classes start **Beginning Whitewater Kayak 101** Contact Charlene Thompson at 254-3147 cheetahtrk@yahoo.com (details at end of newsletter)

May 10 - Canoeing for Kids

June - Spring Fling – This event was a big hit last year. Learn self rescue, assisted rescue and many tips for safety!

USED GEAR - For Sale or Wanted to buy

Garmin map 12 GPS for sale \$150.00. Contact Steve Kelsays
kelsays@mindspring.com (Steve) or call 749-9023.

LL Bean 3 person geodesic dome tent for sale.
Weighs about 8 pounds. Great for car camping or overnight river trips.
\$125. Contact Kyle Altman Fishesfortrout@webtv.net 803-772-1148

Looking to buy 2 sea kayaks at a great price. Contact Lee Olson if you have a deal for him!
798-0314 leeolson@sc.rr.com

*Have any old, stinky gear you don't use anymore, or need something but don't want to pay full price? Send it in to Sandy Harris to go in the next newsletter!!
Send a description and contact information to oceanpaddler@aol.com.

PADDLING TIPS & HINTS

“When canoeing or kayaking tandem always paddle the stern. This way you hardly have to paddle at all except for when you see your partner turning their head.” *Dave Mullis*



Upcoming Trips – *Be sure and talk to the trip leader before the trip!*

2003 River– Black River. *We will paddle a different section of the Black each month on the second weekend of the month(when possible) led by Kate Whittaker. Flat water trips. Novice to Intermediate depending on section paddled.*

February 2 Saluda River – Dave and Dianne Mullis djm@sc.rr.com 803-359-4002

Intermediate. Mill race will be optional for advanced/intermediate+ paddlers. Times and sections paddled will be dependant upon flow rate, level and skill levels present. We'll likely meet up late Sunday Morning. Weather, of course, will also be a factor. Beginners who are interested should call Dave at 359-4002 and discuss the possibilities.

February 8 Sparkleberry Swamp – Rembert Milligan rembert.milligan@worldnet.att.net 803-787-7999

Novice smooth water

February 22 Black River – Kate Whittaker kwhittaker@agfirst.com 803-787-0926

March 1 Cedar Creek – Brian O’Cain ocainb@msn.com 803-782-1654 **Novice smooth water**

March 8 Black River – Kate Whittaker kwhittaker@agfirst.com 803-787-0926

March 22-23 Low Country Paddle – Sandy Harris oceanpaddler@aol.com 803-408-8676 (co-led by Kate Whittaker) **Novice** Details on routes provided later. Meet at the put in and spend Sat. night at Fripp Island at Sandy’s house and paddle again on Sunday. House can accommodate a good number and there is camping at Hunting Island.

March 29-30 Nantahala – Ken Oswald kennethoswald@msn.com 803-779-8933

Whitewater

April 5 Upper Saluda River – Joe and Sherry Whittaker IRIJW@aol.com 803-604-1577 (co-led by Kate Whittaker) **Novice moving smooth water.**

April 26 Wateree River – Dennie Catoe riverrunnersc@aol.com 803-731-2999

Advanced novice to Intermediate Smooth water trip with some fast water with rocks at first and one drop off.

April 27 Camden Goodall State Park – Kate Whittaker kwhittaker@agfirst.com 803-787-0926

Novice. An easy flat water paddle.

May 3 Rocky Shoals at Landsford Canal on the Catawba – Kyle Altman Fishesfortrout@webtv.net 803-772-1148. **Novice.** An easy paddle to see the **Spider Lilies!**

May 11 Rice Fields at Monks Corner – Kate Whittaker kwhittaker@agfirst.com 803-787-0926

Novice Flat water. See lots of Osprey and wildflowers along the way!

May 17 Black River – Kate Whittaker kwhittaker@agfirst.com 803-787-0926

PALMETTO PADDLERS

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Reports

December 7, 2002 *Wateree River*

The paddle was from Lake Wateree dam near Camden to the take-out at U.S. 1 –601 bridge. Approximately 7.4 miles. The day started with very cold weather (30's). Lee Olson tested the water and found it was 48 degrees. Luckily, it was very comfortable and no wind when we began our paddle about 11:30 am. 10 people were in the group : Dennis and Nicole Catoe, Dave and Diane Mullis, Brian O'Cain , Lee and Ann Olson, Roy Tryon , Joe and Sherry Whittaker. Nicole had her new kayak, an inflatable purple Aire Force. After the trip, she said it the best kayak she ever had. The paddle lasted about 2 ½ hours. During most of the trip we were treated to a large display of blue herons and egrets that flew in front of our path down the river. It was very scenic and there were numerous types of birds along river. The river was running at a high level. The first 3 miles was fast flat water. There was one pleasant surprise when we encountered a nice rapid and drop over a ledge near an island. Everyone made it through, but the heart rates increased. The last 4 miles slowed to flat water but still a nice flow. Near the end of the trip, we discovered that the water level was high enough that we could paddle up a creek that was not normally navigable. In one trip, we had some whitewater action, large river flat water, and creek water to paddle. All in all, everyone had a good time.

Dennis



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Sunday, January 5, 2003 - Cedar Creek to the Congaree River and down to the 601 Bridge

For me, starting the New Year off right always includes a rather adventurous paddle trip. So, we planned a paddle to take advantage of the relatively high water in Cedar Creek in the Congaree National Monument to try and make it through to the Congaree River and down to the 601 Bridge. Due to low water this year, it had been some time since we had run the creek so far down and we were all anxious to get back into the swamp we love. After talking to John Torrence, a paddler who also works in the Monument, we determined that river level was optimum (high enough to float over many snags but not so high as to get lost in all that water!) and that the way had been cleared just last summer, making it seem likely that there would not be too many pullovers (a real bummer when the water and air are winter-cold). We met at dawn 0830 in order to unload, run the shuttle and get on the water as soon as possible as we wanted to be sure to reach the takeout in daylight (these winter days are SHORT!).

We had two tandem canoes and three kayaks – eight paddlers in all. Everyone was well-padded in layers, gloves and hats to cope with the cold. And all were rarin' to go. As advertised, the creek was up past the first steps of the landing and we all loaded without incident. I'm happy to report that we had only one portage the entire distance – but it was a doozy. We made it our lunch spot and had a pleasant lunch together. Re-launching the boats turned into more adventure than one would hope – one might even say misadventure as Brian O'Cain learned more about balancing a boat on its tail than he might want to remember. It all happened so fast (it always does) including the changing of clothes. He was prepared and was ready to paddle again in record time (I think the cold on wet skin helped his speed change!)

The creek was beautiful and quiet. A couple of us had the new John Cely map available at the ranger station and Tim, Carol, Lee and Ed were able to locate some record trees indicated on our new, cool maps. It was fun to follow along with as it has lots of notations and place names we hadn't known previously. We recommend the map. While they went in search of, Sherry and Joe Whittaker and I had a quick class on the draw stroke – an excellent method of dodging strainers as it keeps the boat parallel to the current. That was fun to practice and we had no more tree-hugging incidents.

But even with maps, GPS, compass, posted trail signs and experienced water-readers, there was still some confusion about Maxyck's Cut (the way to the big river). We were expecting it too soon and were almost fooled by some earlier appearing creeks. But group discussion and some scouting kept us on the right trail. This was the only really tricky part of the trip. I was less than helpful with the GPS because I had forgotten to load the map and therefore had a beautiful triangle (us) on a blank screen! What is that term for operator dimness?? It was helpful in giving us a rate of speed and indicating mileage. I was frustrated with it and have vowed to do better with it in the future.

Though the creek was beautiful, we were all glad to see the river but weren't counting on the wind that came up in the more open water. Joe's new sea kayak did fine but the rec boat Sherry was driving was more of an effort with the wind and open water. She hung in there though and was a good sport about it. It was warmer in the sun out in the open which was a treat. The trip is about 7 miles on the creek and about 10 on the river. We had some current that day and managed about 4-5 mph the rest of the day. We did take some floating breaks and we had one more stop at the Heritage Trust landing. There was lots of mud to cope with but it was good to stand up, especially for the kayakers, and to have some "private time" with a tree or two and to have some energy food. Lots of sharing went with both food and talk on this last stop of the day.

We reached the take-out about 5:15 and so met our goal of being off the water before dark but not any too soon. A full day, lots of exercise, good company, a little adventure and being out in the "wilds". Doesn't get any better. Happy Trail, Kate Whitaker

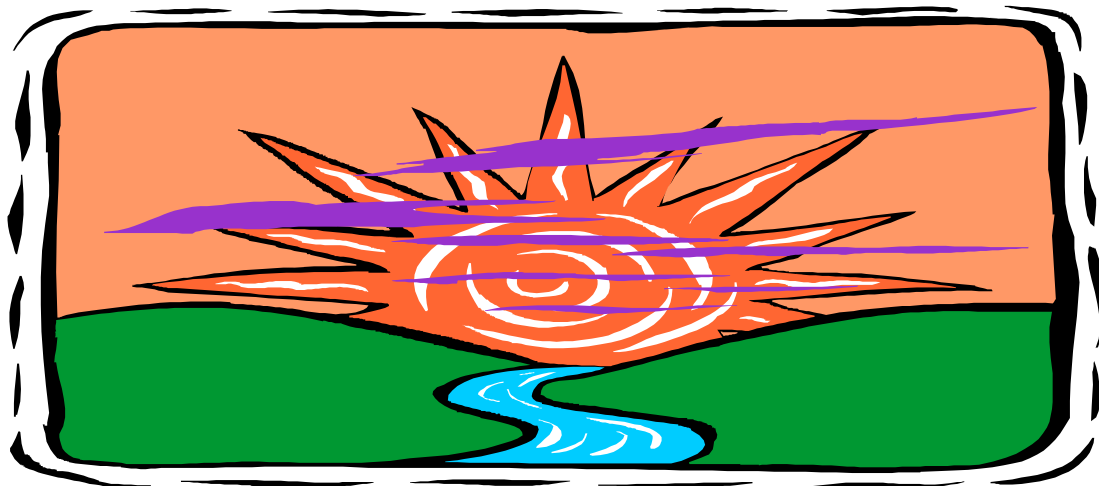
Trip Planners

When planning a trip, please use the following to determine the level of proficiency needed for your trip.

N = Novice	Beginning paddler who is proficient in flat water, knows basic strokes and can maneuver the boat in Class 1-2 moving water.
I = Intermediate	Experienced paddler who is comfortable in the water as well as on it, is proficient in class 2-3 moving water and heavy water, knows eddy turns, and can help in rescues. A decked boater who has learned to roll in current.
A = Advanced	A paddler who has been paddling several years and frequently enough to maneuver in all types of rapids, including technical or heavy water in class 4-5. Someone who has a bomb-proof self-rescue or roll in heavy water, but who rarely has to use it because of excellent boat control and judgement. Good at performing rescues in difficult water.
E = Expert	The ultimate level of skill, knowledge and judgement. This level is acquired by years of paddling highly challenging and diverse rivers. Makes class 4 look easy, rarely makes mistakes in class 5 and above. Can tell the difference between impossible runs and those which are merely extremely difficult.

TRIP PARTICIPATION POLICY

Trip participation requires a signed release. Participants must contact the trip leader or sign up at a regularly scheduled meeting (the sign up sheet will include a copy of the release which is agreed to upon sign up). Participants are required to know their abilities and make their own decisions with regard to the trips taken. These are not “guided” or “outfitted” trips. Participants must be properly equipped for the trip chosen. PFD’s must be worn on all trips. On whitewater trips, participants must furnish properly outfitted (with flotation) whitewater craft and helmets must be worn. Children under 18 must be accompanied by a parent at all times unless the trip leader makes an exception in the leader’s sole discretion.



HAPPY PADDLING!!

Beginning Whitewater Kayak 101

Gear List

PFD (personal floatation device-life jacket)

Helmet

Skirt

Paddle

Boat

River worthy shoes (not Flip-Flops)

*spray jacket

*polypro thermal underwear shirt

*optional

Boats and paddles etc available at Adventure Carolina--\$15 special offer for this class.

Pool Classes

May –6th & 13th 8-10 PM—Columbia College Pool

Be at the pool at 7:30—clean boats only

Intro to the gear

Wet exits

Eskimo rescues

Basic strokes

Rolling

Basic boat control

River safety

River Classes May 20, 27-- June 3,10,17,24 –

July 1,10,17,24

6:00 PM at the Saluda River right side of Zoo parking lot.

River safety—swimming

River features

Buddy system rescues

Boat control and strokes

Roll practice

Eddies and Ferries

Basic boat skills
Paddle down the river

River Trips

Chattooga River- Section II --May 24

—Hwy 76—Bull Sluice Parking lot 10 AM both days.

Friday & Sat camping available with notice. Local Restaurant/Saloon grand opening that same weekend.

Nanatahala River- June 14

--Meet at Put in at 10:30. Camping TBA

Chattooga River- Section III --July12

—Hwy 76—Bull Sluice Parking lot 10 AM.

Friday & Sat camping available with notice

Pigeon River --August 2

—11 AM at Waterville Powerhouse Put in off of I-40.

French Broad --August 3

Meet at Hot Springs Camp ground at 10 AM

Plan to camp or you can rent a cabin at Hot Springs Campground

Hot Tubs are also available Sat evening—call ahead for reservations or contact me if you'd like to join the group tub.

Kayaking---

This is an individual sport that will develop self-confidence and a love for the river. In as much as it is, an individual sport, it is very much a team sport.

You will learn the relationship and responsibility of being a part of a group of fellow boaters. This sport is only as dangerous as the least skilled person in your party on a given river. It is your responsibility to learn what it takes to be a strong member of your paddling group.

The instructors and support boaters are all prepared to protect you while you take this class, but we also expect you to use good judgment, and express any concerns you have about your abilities at anytime. We can assess the validity of the concern and help you work through it or agree and get you out of the situation.

You are expected to make all classes or attempt to make them up by arranging another time with the instructors. We are on the river at least 2 days a week and are more than happy to accommodate any reasonable requests. Cancellations on all trips must be reported by Tuesday of that week to Instructor.

When you finish this course, and you have applied yourself, you should have the skills to be a solid Intermediate Level Class III boater.

Suggested reading—Kayak by William Neally, Performance Kayaker, River Rescue—Bechdel and Ray, The Bombproof Roll

Charlene Thompson- 254-3147 cheetahtk@yahoo.com