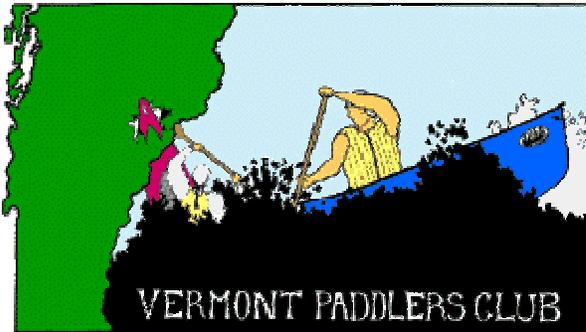


Bow and Stern

March 16, 2008

The Official Newsletter of the Vermont Paddlers Club
in partnership with the American Canoe Association

In partnership with the



Volume XXXIV, no. 1
March 14, 2008

<<< Go with the Flow >>>



Richard Larsen, Treasurer – VPC
11 Discovery Road
Essex Junction, VT 05452

Letter from the President:

Vermont is a great place to live with great outdoor activities. One of the nice things about paddling whitewater is that when everyone else is moaning about mud season with the ski season ending and the trails too muddy to hike the white water paddling season is at its best.

I paddled actively with the VPC in the 90s and then drifted away for a few years. After getting back to paddling in last year couple of years, Tony Shaw “invited” me to give a little back to the club. I’m happy to be involved with the club leadership and much more connected to the paddling community.

There are lots of ways to get involved in the club. There are still two more opportunities to dust off the cobwebs and tune up your roll on March 22 and 29. We have a great line up of spring trips that has just been posted on the website and included here in the Bow and Stern. I encourage everyone to join up on a trip and share the spirit of the group. May 31-June 1 is the Novice clinic with the Class II scheduled June 28 & 29. There has been talk of swift water rescue clinic which will be offered if there is interest.

The message board is another great place to connect with other paddlers. Don’t be hesitant to take advantage of the message board. Even if you don’t have a specific plan of what to paddle, go ahead and post and chances are you’ll find someone with a similar interest and availability.

Much of the focus of VPC has been on white water since the sport by its nature demands paddling in a group. Still, I think most paddlers are like me and enjoy any kind of paddling. I know we have many members who mostly enjoy the quiet solitude of our many lakes and calm stretches of water. Contrary to whitewater, I think quiet water paddlers tend to prefer paddling solo or in small groups. If anyone has ideas about the VPC can better address the needs of all paddlers we would like to hear from you.

Paul Carlile
VPC President

Who's Who in the VPC



Directors:

- Activities Dir: [Chris Weed](#) 863-2149
- Communication Dir: [Amos Audette](#) 356-1786
- Safety and Education Dir: [Mark Lienau](#) 822-5291
- Agent:

Officers:

- President: [Paul Carlile](#) 658-6657
- Vice President: [James Poulin](#) 434-2708
- Treasurer: [Richard Larsen](#) 878-6828
- Secretary: [Ryan McCall](#) 223-5986

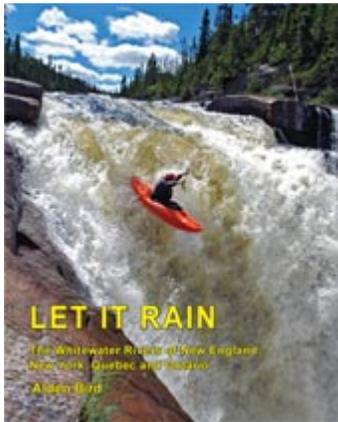
Appointed/Volunteers:

- Paddling School: [Mark Lienau](#) 822-5291
- Conservation Chair: Jack Daggitt 253-2524
- Webmaster: [Tony Shaw](#) 879-1655
- Publicity Chair: open

Resources:

- Website: <http://www.vtpaddlers.net>
- National Weather Service: 862-2475

LET IT RAIN!



The local paddling community is abuzz, now that copies of Alden Bird's "LET IT RAIN, The Whitewater Rivers of New England, New York, Quebec, and Ontario" are on sale. Whether you are a bonafide creeker, an aspiring creeker, or someone who will get vicarious pleasure from getting inside the creek-runner's experience, you DESERVE to own Alden's new guidebook. A Middlebury college graduate, an aspiring US National Team competitor, and a certified whitewater fanatic, Alden knows the rivers of the Green Mountains as well as anyone. LET IT RAIN is a testament to this: 320 pages full of river lore, detailed descriptions of over 200 rivers, color shuttle maps, and hundreds of glossy color hair-boating photos.

If you can't find a copy in your local paddling store, you can go online and order right from the publisher: <http://neguidebook.com>

YIKES – “ROCK SNOT”

August 2007 - The invasive alga "Didymo" also known as "rock snot" has been found in the Connecticut River, in the White River and in the Batten Kill. Vermont and New Hampshire regional authorities are taking steps to inform the public how they can help minimize the spread of this invasive alga.

Didymosphenia geminata, as the alga is known scientifically, moves from river to river on the clothing and equipment of people who come in contact with even microscopic quantities. Look for this informative poster (see inset) along the state's rivers and streams, and **Visit the "Didymo" website for more information**

<http://www.des.state.nh.us/wmb/exoticspecies/didymo/index.html>

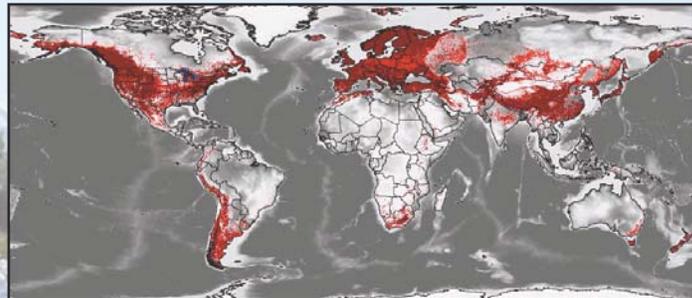
DIDYMO:

a nuisance and invasive freshwater alga

THE THREAT: Didymo is an invasive freshwater alga that can form massive blooms. Didymo can smother streambeds and adversely affect freshwater fish, plant and invertebrate species by depriving them of habitat, and also impact recreational opportunities. It is not considered a significant human health risk, but in recent years has been spreading to previously unaffected areas in North America, Europe and Asia, and has been detected in New Zealand. This species historically formed blooms in fast-flowing, cold, clean waters but now didymo is increasing its ecological range. Recent research shows that many countries across the globe provide suitable habitat for didymo to thrive.

DESCRIPTION: Didymo is a freshwater diatom (type of alga) that uses stalks to attach to streambed material. It forms a thick mat which smothers rocks, submerged plants and other materials. As the stalks lengthen, the beige/brown mats shred into the stream and are sometimes washed white at the ends, looking similar to tissue paper. Although they appear slimy, didymo mats feel like wet wool.

RISK OF SPREAD: Recreational equipment, including boats, kayaks, lifejackets and fishing gear (particularly waders) is the most likely way for didymo to spread. Didymo can remain viable for several days if kept moist, and can be transferred in microscopic form on equipment to new waterways. Infection may only need a single cell. This means fishermen travelling internationally contribute to the risk of spread. It is not possible to eliminate didymo from a waterway once it has become affected. Decontaminating equipment between use in different freshwater systems is the key to preventing further spread and leaving an environment for all to enjoy. **DON'T SPREAD DIDYMO:** Where possible, equipment should be restricted to use in a single waterway. If this is not feasible, we suggest the decontamination methods of CHECK, CLEAN, DRY.



Map of the world showing regions where suitable stream habitats for didymo are located. Results for Australia are preliminary (McNyset, US Environmental Protection Agency)

CHECK:

Before leaving a river's edge, look for clumps of algae and sediment, and remove them. Leave them at the site.

CLEAN:

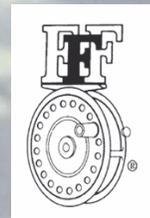
Soak all gear for at least one minute in a 2% (by volume) solution of household bleach, or a 5% (by volume) solution of dishwashing detergent or salt. All surfaces must be in contact with the cleaning solution for a full minute. Water-absorbent equipment (lifejackets, waders) should be soaked thoroughly to ensure complete contact.

DRY:

If cleaning is not practical, after the item is dry to the touch, leave it to dry for at least another 48 hours before using in another freshwater system.



Fish and Game New Zealand



MORE INFORMATION:

www.epa.gov/region8/water/monitoring/didymosphenia.html

www.fedflyfishers.org/conDidymo.php

VPC Novice Clinic

For: Beginning and first time whitewater canoers and kayakers.

When: 9:00 am May 31 and June 1, 2008.

Where: We will meet at Waterbury Reservoir, at the boat launch for the Saturday morning session. Saturday afternoon and all day Sunday will be on the Winooski River.

The Vermont Paddlers Club Novice Clinic will be held on Saturday and Sunday, May 31 and June 1, 2008.

This two day clinic will introduce beginning paddlers to the basics of boat handling, river reading, and techniques for driving a boat through moving water.

The clinic starts early Saturday morning at Waterbury reservoir, and moves to the Winooski River for the afternoon and all day Sunday.

The clinics will be led by American Canoe Association certified instructors and other experienced paddlers. Most volunteers are trained in swiftwater rescue as well.

Clinics for both Whitewater Kayak and Whitewater Canoe will be offered. The cost is \$75 for the weekend, and includes a riverside lunch on both days. Boats, skirts, paddles, PFDs (Life Jackets), helmets, and some river clothing will be available for loan to students.

For more information, email mlienau@ncuhs.org , or call 802-822-5291.



What to wear/What to bring: Although it is almost summer, expect Vermont to throw some weather at us and dress for it... We will be outside all day no matter what the weather. Neoprene is recommended. If you have some, or can beg, borrow or steal some, please do... but if not, we may have some wetsuits for loan. Neoprene booties or watershoes are also recommended. All participants will be required to wear helmets and PFDs

(Personal Flotation Device)(Life Jacket) -see adjacent VPC paddle model. Again, if you have one or can borrow one, that would be a help, otherwise, we will have some loaners.

Bike helmets are inadequate, and PFDs must be USCG Type III, mid to hi floatation. If you're not sure about it, bring it and we will let you know if it will work.

Also :

- Dry footwear for after your river day
- Warm, dry clothes for after your river day
- Towel
- Bathing Suit
- Sunglasses, Sunscreen
- Full Water Bottle

Novice Clinic Help

Teaching, it turns out, is a powerful way to reinforce your own paddling skills. We all started out as novices, grateful for any high-quality instruction we were able to receive. Here's a terrific opportunity to "pay it forward".

Help us make the 2007 kayak and canoe novice whitewater clinic another success. We will need volunteers to help with the dryland, lake, and river instruction, and to assist with vital support activities. It is especially gratifying when a few of our "new" VPC members join this important effort as volunteers.

Please give your name to the Mark Lienau (safety/education director), and discuss how you can help. If you are available, your help will be appreciated, and you'll have fun, too. Teaching

opportunities also may be available during the winter pool sessions. Club funds have been used in years past to subsidize members' ACA canoe/kayak instructor certifications. Be sure to let an officer know if you are thinking of becoming ACA certified to teach whitewater canoeing or kayaking.



Novice & Class II Clinics / Swiftwater Rescue



The novice clinic is scheduled for the May 31 and June 1. Mark Lienau (the club's safety director) is organizing the clinic this year. Many volunteers are in place but if you are interested in helping out, please contact Mark. Mark has generously volunteered to teach a swift water rescue class free of charge to the Novice Clinic teachers and trip leaders in early May. The Club's class II clinic will follow the novice clinic but a concrete date has yet to be determined.

TREASURERS REPORT - CALENDAR YEAR 2007

INCOME AND EXPENSES	YEAR 2005	YEAR 2006	YEAR 2007
INITIAL BALANCE	\$1,428.95	\$1,324.18	\$2,012.38
DUES	\$1,056.00	\$1,253.00	\$1009.00
EVENTS SPONSORSHIP	(\$100.00)	(\$200.00)	(\$200.00)
SCHOLARSHIPS	\$0.00	\$0.00	(\$200.00)
WEBSITE	(\$327.95)	(\$300.00)	(\$327.95)
INTEREST / BANK FEES	(\$47.75)	(\$36.25)	(\$28.95)
MEETINGS / MAILINGS	(\$815.76)	(\$847.39)	(\$276.63)
ROLLING SESSIONS	(\$150.00)	\$275.67	\$204.39
SAFETY GEAR	(\$103.52)	(\$35.06)	(\$142.98)
RESCUE CLINIC	\$180.00	\$0.00	\$0.00
NOVICE CLINIC	\$534.21	\$678.00	\$255.00
CLASS 2 CLINIC	\$0.00	\$125.00	\$17.00
T-SHIRTS	\$30.00	\$0.00	\$0.00
BANNER	\$0.00	(\$180.20)	\$0.00
NET ACA COST	(\$110.00)	\$0.00	\$0.00
BROCHURES	\$0.00	(\$44.57)	\$0.00
LITTLE RIVER WEIR	(\$250.00)	\$0.00	\$0.00
FINAL BALANCE	\$1,324.18	\$2,012.38	\$2,321.26

The above does not reflect payments made in late December 2007 for 2008 events - \$200 dues paid to ACA, and \$625 paid to UVM for pool 'front money'.

ACA net cost for 2008 might be \$100 - \$200, instead of \$0.

We do not have financial problems. I view our year-end need as \$1500 to avoid cash flow issues.

Our biggest issue is declining membership – down 20 - 30% in 2007 compared to 2005 and 2006. (In 2005 our dues were \$8 per address – now \$10 or \$12)

Spring 2008 Trip Schedule (Subject to Change - Chk website)

Date	Trip	comments	class	planned		Leader	Phone
				ACA			
Weekends							
March							
		Annual "warm					
29	Huntington	up" trip	II	N		Jamie Dolan	453-4658
30	Ompompanoosuc		III	n		Tony Shaw	879-1655
April							
5	Lower New Haven		III	N		Jamie Dolan	453-4658
6	Lower Lamoille		II	Y		Rich Larsen	878-6828
12	White		II	Y		Rich Larsen	878-6829
13	N. Branch Lamoille		IV	n		Tony Shaw	879-1655
19	TBD		II			Eric Bishop	899-1865
20	Joe's Brook		IV	n		Tony Shaw	879-1655
26-27	West		II-III	N		Dan Beideck	655-3980
May							
3	Ammonoosuc (NH)		III/IV	Y		Rich Larsen	878-6829
4	TBD		IV	N		Dave Packie	371-9339
10	Instructor's clinic			y		Mark Lienau	822-5291
11	Hudson Gorge - Newcomb (NY)		IV	n		Eric Bishop	899-1865
17	Lower Hudson (NY)		III	Y		Rich Larsen	878-6829
18	TBD		II	n		Eric Bishop	899-1865
		Memorial Day					
24-25	Maine	weekend	IV			Dave Stanley	849-2949
31-1	Novice clinic		II	y		Mark	822-5291
Midweek							
April 2	TBD		III	n		Ryan McCall	223-5986
9	Upper Mad		III	n		Tony Shaw	879-1655
16	TBD		III	n		Jim Poulin	434-2708
23	TBD		III	n		Ryan McCall	223-5986
30	TBD		III	n		Jim Poulin	434-2708
May 7	Lower Lamoille		II	n		Kristy Hart	999-8188
14	TBD		III	n		Ryan McCall	223-5986
21	TBD		III	n		Jim Poulin	434-2708
Clinics							
5/10/2008	Instructor's clinic			y		Mark Lienau	822-5291
5/31-6/1	Novice clinic		2	y		Mark Lienau	822-5292
June 28-29	Class II clinic		2	y		Mark Lienau	822-5293

TRIP REPORTS

Stoney Brook (VT) Sunday Mar 9, 2008

Character: int-adv WW

Water Level: medium

Organizer: JD (Dave) Packie

Participants: (K1): JD (Dave) Packie

Stoney Brook is a roadside, but somewhat secluded, stream that flows out of the Northfield Mountains south of town into the Dog. The wife dropped me off below the last Ice bridge that cut off about a half mile of the run that contains at least 1 good drop, and what I thought was prolly the biggest drop of the run. The other drops of note that I could see from the road were class III ledges and one dam that is very runnable and a great, but not easy to get, clean boof off a really nice green tongue, into a deep pool. (this would make great boof practice). So I slide in off the snowy bank and am enjoying a truly beautiful stream that is a mix of small ledges and boulders, hidden down in a shallow wooded gorge with the occasional slate wall marking a bend here and there. Gradient wasn't steep, but the rapids were continuous and fluid, class II creekie boogie with a III here and there. Fun for a solo run. Then the run crosses under the road and the character changed to some very interesting ledge drops that were III- at a low boatable level, but could be nice class III hole punching with more flow...then the dam rapid, a nice ledge boof, vertical 3-4 feet into a small backwater, then a nice 5 foot vertical boof off the old dam. Then run crosses under a covered bridge and calmed a bit. A few class II ledges and some very scenic quick water and around a bend a horizon line.

"Bonus!", I thought. A great drop that is about 6 feet high, boof onto a pillow, melt down into deep pool, similar to horseshoe in size, I would call it a 3+ as the right side looked like it had some piton/pin potential, left side went very cleanly. "Sweet", I thought. By this point I was pretty stoked on my little home town micro. So the run out to the dog was just around the corner and then the takeout at Norwich and a quick hike accross the street to the house..."Whoa....eddy." A big horizon line confronted me where the old granite block abutments from a bridge-long-gone behind a house on river left. The last rapid ended up being a 20+ foot multi tiered drop with a few lines, the easiest being down the left the whole way, with a 5 foot boof, followed by a super fun slide with a perfect lip that sends you over the last hole, Which was sizable for a run of this volume. It wen super clean, even though I missed the boof and plugged a bit. Very stoked. Laughed out loud. This last drop puts this run into the "quality" cataogory and i would encourage anyone looking for a creekie class 2-4 experience on the next high water day. NO WOOD, and the ussual put in would be at the end of chamberlain rd, off of stoney brook road, off of 12A south of Northfield. I haven't run the very top yet, and put in at the bridge below chamberlain, but there is at least one more nice drop visable from the road on the upper section. Put in n your list, and call me when you're headed that way.

Bueatiful day with light snow falling on a new creek. Nothing better the exploring a run for the first time, unbelievably no portages and some nice sizable drops. Ryan, you are gonna LOVE this run.

- JD (Dave) Packie

Lower Moose River, VT Saturday Oct 13, 2007

Character: int-adv WW

Water Level: medium

Organizer: Dave Coyne

Participants: (K1): Mike Baseler

Dave Coyne

Gauge Info: USGS Gauge Height: 6 ft.; USGS Flow: 450 cfs; USGS Station: Victory, VT.

Dave Coyne and I ran the lower moose (East St. Johnsbury- Passumpsic river) at a level of 6 feet on the Victory gauge. The run is about 4 miles, the run starts off with a bang with a big wave train under the first (car bridge) with good surf. Right around the bend is the biggest drop on this section, so scout carefully on river left right after the first bridge. There is a sneak line to the left side of train bridge pillar, but it's a little scrappy at 6'. The main line has a monster hole dead center that spans 80-90% of the river, not a place I would really like to be. Dave says it's a bit more tame at around 5 ft, (min suggested). The line of choice at this level was to start off in the eddy just above the bridge and boof the far left side and skirt the big hole directly under the bridge. The move was intimidating, but luckily no one got munched today.

After the railroad bridge there is about 2 miles of quick class I water until you hit the next section. The next rapid is a series of 3 ledges all about 3-4 feet high. Once you get to the ledges the run picks up and the rapids are close together.

Right around the next bend the river runs directly into the Maple Grove Farm factory and makes a definitive S-turn under another bridge. Once you get behind Maple Grove there is a fun class III, that consists of a big bouncy wave train, run right down the middle, watch for wood on the left side. From there to the next significant drop is pretty straight forward class II+.

Once you go under Rt. 2 again the river makes a definitive sharp left turn. Be careful here. The next drop is a big rocky ledge about 8 feet tall, the biggest single drop on the river. Stay left and scout. A cliff that juts out blocks your vision and if you miss the eddy right behind the rock you are committed to the drop. There is a simple line far left side if you follow the green tongue of water along the left bank. After this there are 2 more little ledges before you hit the confluence of the Passumpsic.

This is a really fun section, I think I would prefer it to the upper section from Victory down. Overall I would rate this as a class II-IV run to be in agreement with the guide book. Once you get down by the mills, past Maple Grove, there was unfortunately a lot of dumping that had been done and the river banks are riddled with tires and metal pieces.

The river runs directly along Rt. 2 the entire way so there's lots of opportunity for road scouting. To get to the take out take Concord Ave. across the bridge. Make a left onto Elm St and park back near the baseball fields. To get to the put in take Rt. 2 east for about 4 miles until you see a gravel pull off just past East St. Johnsbury on the right side of the

road. If you want to skip the first big drop and the quick water section you can park and put in at Petty Co. Junction off of Rt. 2.

- Mike Baseler

Hudson River Sunday Sep 30, 2007

Character: intermediate WW

Water Level: low boatable

Organizer: JimP

Participants: (K1): Richard, DaveH, DaveC, Tyler, Mike, Keta, Brennan, Shawn and Jim

Gauge Info: USGS Gauge Height: 3.75 ft.; USGS Flow: 1100 cfs; USGS Station: North Creek

Nine adventurers headed off to do the Hudson Gorge on Sunday September, 30 2007. Given that it had not rained for the better part of the last decade the river was quite low. With the bubble from the Indian River it was about 3.75 ft on the North Creek gauge.

In this motley crew we had seven first timers for this run. This made the two wily veterans a bit concerned but that proved completely unfounded – everybody did great. Well the rookies got to see it at a low level for their first time – maybe not such a bad thing.

It was a beautiful day. It was only 44 degrees at the put in as we were getting ready but the sun came out in force and we enjoyed temperatures in the 60's while we were in the gorge. I've got to mention, if I haven't already, that it was really low! But we scraped by.

The Indian was fun and bouncy as usual. A quick stretch stop at the confluence of the Hudson and we were off on the low, low river level.

There was some surf to be had just above the Narrows and everyone nailed the Narrows. In fact there were no swims all day. Could that be because it was sooooo low???

We kept on until Soup Strainer to keep with the bubble. After everyone cleaned that one we lunched in the sun and watch the low, slow Hudson roll past.

From there the group meandered down the remaining few miles. The last couple of miles were very relaxed with many of us paddling with our feet out of the boats while dodging the rocks that were everywhere since there was so little water.

Once at the takeout we ran shuttle, said goodbyes and hit the road. All the first timers want to come back when the Hudson has a bit more bite. A fun time was had by all anyway but the group consensus was **THE LEVEL WAS LOW.**

- Jim Poulin

For Sale

Cleaning out the garage!

16' Jensen Designed C-1

Flatwater Canoe. Too heavy to be competitive, but good for training or just a playboat.
\$100

14'7 Mad River Kevlar Slipper

37' lbs solo cruising or day tripper. Lightly used and in excellent condition. \$250

Jack Daggitt

802-253-2524

Perception Pirouette kayak with airbags and neoprene sprayskirt. Excellent condition.
\$500

Dick Trudell

18 Sunrise Lane

Grand Isle, VT 05458

(802) 372-6442

dick.trudell@verizon.net



See you on the River!!!