

Jan. - Feb. Issue

# East Coast Paddlers

CLUB NEWSLETTER for Canoeists and Kayakers

**In This Issue...**

- \*Saginaw Launch Sites
- \*Tip of the Month
- \*Canoe Rescue
- \*Health - *Building A Fiery Diet*
- \*Meeting Dates & Times
- \*Backus Creek Floodwaters-
- \*Gear Swap
- \*Nature Conservancy -  
*Highlights of the Year*
- \*Recipe of the Month
- \*Upcoming Paddle Trips
- \*Pool Sessions
- \*Member Information

*YOU MIGHT BE A KAYAKER IF...*

*YOU OWE MORE MONEY ON*

*YOUR SEA KAYAK THAN YOU*

*DO ON YOUR CAR!*

## SAGINAW LAUNCH SITES

### FOR KAYAKERS

*Submitted by Kathy Lemmer*

Tittabawassee River (in order)  
Gordonville Road Launch  
(Gordonville & S. Saginaw Road)  
Paved, Free.

Freeland Park (Freeland Road &  
Midland Road), Free

Gamm Hardware - 7251 Midland  
Road, Freeland. \$3.00 Paved  
Imerman Memorial Park - 3495  
Midland Road. Seasonal  
attendant, \$ Gate. Park on St.  
Andrews Road (off Gratiot) After  
railroad tracks, Free.

Center Road Boat Launch, Free,  
Paved, Gate.

Shiawassee National Wildlife  
Refuge - Shiawassee River & Swan  
Creek South Miller Road, dead

end, Free.

Shiawassee River State Game  
Area - Bad River, M-52.

Located on North Side of  
bridge by the D.N.R. Office.  
Paved launch is across river  
from Lumberjack Park on E  
Water Street, Free.



Saginaw River

Wicks Park - 412 Wicks Park  
Drive, Free.

Rust Avenue Boat Launch -  
100 Lee Street, \$5.00,  
Attendant.

Ojibway Island - 121 Ezra Rust  
Drive, Free.

Zilwaukee City Park, One  
block South of Tittabawassee  
Road, W. Johnson Street,  
\$3.00.

1



[www.eastcoastpaddlers.org](http://www.eastcoastpaddlers.org)

# ...Just Add Water

## TIP OF THE MONTH

Use 303 on your hatches if they are hard to put on. It will make a BIG difference!

~Ray Denno

## CANOE RESCUE

Article complements of *Paddler*  
March/April 2004

Cleveland, Ohio, canoeist Carl Skalak Jr. might want to check his horoscope next time he heads off on a five-day canoe trip. The last time he did so, in November on New York's Oswegatchie River in Adirondack State Park, the result was something even soothsayers couldn't predict. Going down in history for becoming the first - and second - person in the contiguous United States to be rescued with a Personal Locator Beacon (PLB); getting arrested and thrown in jail for the honor; and losing his \$1,800 Kevlar canoe in the process. "I'm not in the business of getting rescued," says Skalak, 55. "While being the first one was never in my plans, doing it a second time never even crossed my mind."

It all started when Skalak, an avid outdoorsman taking his 12th trip into the park, set out Nov. 10 for a peaceful trip in the Adirondacks. Though forecasts gave no hint of pending weather, the trouble started day two when

a storm broke. By the end of day three temperatures dropped and the river froze, blocking his way out. After waiting out the three-day blizzard, still unable to get out due to the frozen river and heavy snowfall, he activated his PLB, which transmitted his location via satellite to the National Oceanic and Atmospheric Administration (NOAA), Virginia's Air Force Rescue Coordination Center (AFRCC), and finally emergency services in New York. Seven hours later, an Army helicopter picked him up.

## HEALTH - BUILDING A FIERY DIET

by Mike Kord  
*Canoe & Kayak* May 2003



If you like to get the most out of your performance on the water, you've probably also entered the riddling world of nutrition, where there are more mixed messages than you can shake a paddle at.

"Eat More Protein," "No, Wait! Eat Less Protein!" "Better Carb Up." No, Carbs'll Make You Fat."

It's enough to make you drop the whole-grain bread and just head for the Twinkies (not that any of us here at C & K have ever done that). So, how should you eat for optimal performance? There's good news. You can eat more than tofu and brussel sprouts and enjoy some good-ol' fat. Just don't go overboard.

"I like to go kayak camping," says Heather Nakamura, a Seattle-area registered dietitian who also holds master's degrees in both nutrition and exercise

physiology. "So I look at building your diet like building a campfire. First, you've got the gas. That's like sugar (fruits, sports drinks, goo, candy). It gets the fire going, but it doesn't last very long. Next you might add newspaper. This would be carbs like bagels and crackers. Then you have to add the kindling. You could add some turkey to the bagel for protein. And last, you add the log. This could be fat, such as some cheese on the bagel."

While sugar is good for a quick burst of energy, Nakamura says protein hits the spot for the long haul. She recommends that about 55 to 65 percent of a long-distance paddler's calories be carbs. Bread and pasta are two good sources. Look for bread high in fiber and for the first ingredient in the Nutritional Information box to be whole wheat or other grain. High-protein diets are good for a small percentage of people, such as diabetics. However, Nakamura says that high-protein diets "usually don't result in long-term weight loss." But a little fat goes a long way toward making you feel satiated. Low-fat foods work well only if you avoid doubling your portions to achieve satiation.

Now here's some drink for thought... if your touring consists of a morning espresso shot, six hours of paddling, and an evening merlot (or two), you're probably chronically dehydrated.

"The best thing is to stay hydrated all the time," Nakamura says. A good 16 to 24 ounces of water per hour of paddling is recommended. And drink plenty of water on a regular basis. Eight cups a day is a good place to start, more if you're active.

**East Coast Paddlers...**

**Just Add Water  
Meeting Dates & Times, 2005**

Meetings are held at 6:30 pm  
the first Thursday of Every  
Month at Dive N' Glide, 4949  
Garfield Road, Auburn.  
Schedule for 2005 is as follows:

January 6	July 7
February 3	August ?
March 3	September 1
April 7	October 6
May 5	November 3
June 2	December 1

**BACKUS CREEK FLOODWATERS**

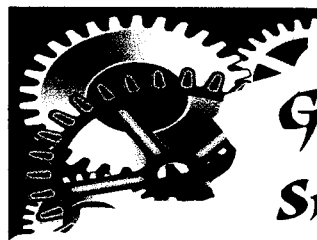
*submitted by Ray Denno*

Backus Creek consists of three dams along its route. I have seen deer, bear, ducks, ospreys, geese, swans, otters and turtles. The floodwaters are completely surrounded by forest and is a very quiet place to paddle. You can put in at Mud Lake Dam, about six miles north of Prudenville on M-18. Backus Creek crosses M-18 about one mile past Doyle Trail.

There is a public access on the right. Early Summer is the best time to paddle, before the plant growth gets too high. There are rye fields along the way and you can see deer feeding in them. There are several osprey nesting platforms along the route and if you get close enough you may be dive bombed. I was set up with my camera just below Backus Dam

when an otter surfaced right in front of me and swam around in circles. I happened to have a 500 mm lens on the camera and could not focus it at that close range. I didn't get any pictures but I enjoyed watching the otter play.

While walking the trails with my wife, she asked; "Is that what I think it is?" and I answered, "Yes, that's bear scat." We didn't walk much further!



**Gear  
Swap**

**Eddie Line 16' Carbon Lite Night Model Hawk** - Beautiful boat, in wonderful condition for a decent price. Paid \$2,200 new, asking \$1,300 or Best Offer. Harmony Paddles & Bilge Pump goes with it. Contact Ali at 989-781-1887 or cell at 989-326-0539.

**Women's NRS Neoprene Black Short/Tank Top Set** - size small but more like a medium. Can look on nrsweb.com site for pictures. \$25.00 for set, call Linda Schneider, 989-845-7309

**Carolina Kayak** - Comes With Rudder, 14 1/2 feet long, Color: Red, Good Condition - **\$600.00**  
E-mail Steve at:steveprince@chartermi.net

**Dagger Outburst -**

11 Foot Kayak, Unique Design,  
Good for Small Rivers  
PRICE REDUCED! **\$500.00**  
Call Chuck Wingard at  
989-692-0239

**HAPPY NEW YEAR!!!**

*by Linda Schneider*

I would like to wish everyone a happy, healthy, and active New Year! There are already several trips lined up for the early months of 2005 so don't put that paddle away!

A special thanks to everyone (all 25) who attended the December meeting. What a great turn out and it was great to see some new faces as well as old ones! Speaking of new faces, here's a great way to help the new members get to know us, and vice versa. I would like to profile a couple members in each issue of the newsletter. Thanks for the great idea Kathy Lemmer! Here are 4 questions I would like each member to answer and send back to me.

- 1) How long have you been paddling?
- 2) What kind of boat/boats do you have?
- 3) What has been your most memorable experience?
- 4) Where is your favorite place to paddle?

I would also like to thank our sponsors at Dive N' Glide for allowing us to take over their shop for a few hours each month. Their support is greatly appreciated!!!





## **Paddling Activities for 2005**

The following is our Paddling Schedule as it is currently being developed for 2005. Be ready to take part in our usual impromptu trips also. If you are interested in taking part in a trip listed below, be sure to contact the person listed. If you would like to suggest a trip please e-mail the plan and dates to Linda Schneider at: [lindalou82@centurytel.net](mailto:lindalou82@centurytel.net).

### **January 1, 2005 - Ausable River - South Branch**

Trip Leader: George Granlund. Meet at 10:00 A.M. on New Year's Day at Paddle Brave Campground for a 4-5 hour paddle down the serpentine South Branch of the Au Sable River through the magnificent Mason Tract. Any size boat will do. The Au Sable in winter is spectacular and you can be the first on your block to go paddling in 2005. The campground has a new owner and will pick us up at Smith Bridge and shuttle us back for \$10.00/boat. They have a heated restroom/changing area and, if you are interested in a New Year's Eve party, they have three cabins. The price for the cabins is \$37.10 for the two-person cabin and \$47.70 for each of the 4 person cabins. They also have electrical hookups for camping at \$20.00 night and for the really hardy they have primitive camping for \$12.00. They would like reservations for the cabins and their phone is 1 800 681-7092. If you'd like to caravan from Saginaw, call George. Pack a change of warm clothes and a lunch to eat at the castle.

### **January 15, 2005 - Pere Marquette River**

Trip Leader: Kim Burgess. Car camp overnight at Gleason's Landing.

### **January 29, 2005 - Boardman River**

Trip Leader: Jim Ledtke. Contact the trip leader for further information.

### **February 12, 2005 - Manistee River**

Trip Leaders: Barb Decker & Brenda Battin. Contact the trip leader for further information.

### **February 26, 2005 - Jordan River**

Trip Leader: Jim Ledtke. Contact the trip leader for further information.

### **March 12, 2005 - Tittabawassee River**

Trip Leader: George Granlund. Gordonville Road to Center Road.

### **March 26, 2005 - Little Manistee River**

Trip Leader: Jeff Diffenderfer. Contact the trip leader for further information.

### **July 25-August 7, 2005 - Pukaskwa National Park Trip**

Trip Leader: George Granlund. If you want to explore the most beautiful and remote shoreline in all of the Great Lakes, this trip is for you. For safety, the group needs 4 - 8 people who should have at least intermediate paddling skills. 15 - 16 foot long boat recommended. While we'll try to sit out all the bad weather that Superior throws our way, you should be able to comfortably paddle in waves. Since the water is still cold at this time of year, you need either a wet or dry suit, along with self-rescue skills. The route follows the Superior coastline from the mouth of the Michipicoten River near Wawa to Hattie Cove in the Pukaskwa (puck-a-saw) National Park. This section of wilderness coast is the most remote section of coastline on Lake Superior and has recently been designated by Ontario as a signature destination, part of the Great Lakes Heritage Coast. Paddling the entire Pukaskwa coastline, we'll have the opportunity to cover over 117 miles of pure wilderness. Accessible by road only at Hattie Cove and Michipicoten Harbor, this ribbon of coastline is a sea kayaker's paradise.

We'll paddle a spectacular coastline of clear waters, rocky headlands, sandy beaches and landscape

carved from 10,000 years of wind, water and time. Along with a wide variety of wildlife including moose, fox, beaver, and bear, this coast is home to Ontario's most southerly natural herd of woodland caribou. It's a great place to spot loons, bald eagles, osprey and hawks. Human history includes native Pukaskwa Pits and weathering evidence of a vibrant voyageur fur trade and an era of logging, now long gone. Especially inviting sights include hiking up to spectacular Denison Falls on the Dog River, taking a shower in Cascade Falls, rounding Point Isacor, exploring Otter Island Lighthouse, and hiking to the thundering gorge on the White River. On this trip, be prepared to cover some longer distances (up to 18 miles per day), paddle in moderate wind and waves and be able to negotiate some possibly difficult landings. The lake is mostly calm in summer, but when it gets really rough we will enjoy the view from shore. Any experience paddling in surf and swells may come in handy but is not necessary. We will tend to spend 6-8 hours per day on the water, leaving lots of time for "covering the distance" and exploring the coast. The plans right now are to drive to Naturally Superior near Wawa and camp at their place on July 25th. They will shuttle our vehicles up to Hattie Cove. Since our daily distances will be weather dependent, we'll plan on 12 days on the water, but it may be more or less. I've made it in as few as 8 days, but if we hurry, we won't see as many waterfalls and natural wonders. Once off the water, we'll drive to Marathon and enjoy a meal and motel before heading home the next day. The cost of the shuttles and gas will be divided among us and we'll each need to pay for a Crown Land permit and the camping fee at Naturally Superior. **This trip is currently filled to capacity.**

Check out the latest Animated Wave Forecast at:  
<http://www.crh.noaa.gov/grr/marine/waveForecast.php>

Preseason practice sessions in Essexville at Garber High School: Cost is \$20.00 per person for each session to cover the expense of renting the pool and paying the lifeguard (required by the school). All sessions are on Sundays from 1:00 PM to 4:00 PM; please come a little early to help carry boats inside.

**Note: All boats must be thoroughly cleaned before you bring them or they will not be allowed in the pool!**

Ray Denno will be coordinating the training, which is planned as follows:

- January 16 - Entries
- January 30 - Bracing
- February 13 - Rescues
- February 27 Paddle strokes
- March 6 - Paddle float rescue
- March 20 - Towing, misc. rescues and first aid



*Note: Marge Black is a certified Red Cross First Aid instructor and has offered to teach a class in CPR. If you are interested, please contact Theron Brayman or Ray Denno.*

You may have noticed some new names appearing in the member list, or maybe you haven't? So, check out our "Welcome New Members" section where you'll be sure to never miss adding new members to your email/phone list. We would like to take this opportunity to welcome these new members to our club.

## Welcome New Members

Tom Ogden  
1547 Dowling  
Westland, MI 48186  
734-721-0077  
togden@comcast.net

Louise Wilkins  
109 Hartford Ct.  
Midland, MI 48642  
989-832-7841  
weeziemi@hotmail.com

Nicholas Mehl  
307 Thompson St.  
Essexville, MI 48732  
989-894-5428  
njmehl@chartermi.net

Jacob Sinacola  
1562 N. Dublin  
Midland, MI 48649  
989-835-5513

Jim Sinacola  
5805 Snowberry Ct.  
Midland, MI 48640  
989-631-8902

SYOTR, (see ya on the river)  
EAST COAST PADDLERS

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### EXPEDITION ERRORS

By Cliff Jacobson

*Canoe & Kayak, May 2003*

In his 40 years of expedition canoeing, Cliff has witnessed more errors than he cares to admit. Looking back, some were humorous, some resulted in minor injuries, and others were nearly catastrophic. Read on so you don't have to learn the hard way.

#### \*Inexperience at Lining

Shoreline vegetation thins out dramatically with each mile you go north. On tundra routes, you can literally run along the barren rocks that line the riverbanks. The rule up north is "don't portage any rapid you can line!"

Canoeing texts make lining rapids sound easy. It isn't! Controlling the path of a heavily loaded canoe in the powerful sidewash of a rock-studded passage requires practice, agility,

and an understanding of "current problems".

Every wilderness paddler has horror stories about canoes that were damaged or destroyed while lining. Practice lining your (loaded!) canoe around some tough rapids.

#### \*Inappropriate Attire

In their classic text, *The Complete Wilderness Paddler*, Ruge and Davidson poke fun at a friend who shows up with a cheap plastic rain suit. Requiring the man to bring a more reliable one would have been a better plan. We're all family on a canoe trip, and one miserable paddler is enough to spoil the stew.

That's why everyone on my trips gets a detailed equipment list. Reasonable substitutions are allowed. Proper footwear is critical. Here's why.

Ten years ago, I led a canoe trip down Manitoba's Caribou River. Everyone was told to bring knee-high rubber boots. One

woman abandoned the plan and wore Gore-Tex socks inside sneakers. By day three she had stopped smiling. The Gore-Tex socks were torn and her feet were freezing.

Fortunately, my wife, Susie, had brought a pair of lightweight Tingley rubber boots to wear in camp. Reluctantly, she gave the Tingleys to the frigid-footed woman, who completed the trip in comfort. Still, Susie was mad because she no longer had a change of shoes for camp. Should we have allowed the woman to suffer? Perhaps. But all of us would have shared her misery. Moral? Stick by your equipment list and have a full field inspection before the wheels roll north!

*-Watch for this article to be continued in future newsletters.*

