



Cruiser

Canoe Cruisers Association of Greater Washington, DC, Inc.

The Chair's Cockpit

By Jennifer Plyler, *CCA Chair*

This was a very productive year for CCA; one that was marked by growth and revitalization, and I have the CCA board and members to thank.

Here are some of the highlights from 2005:

- The Cruiser is back on track with Laura Breeden, newsletter editor, publishing six Cruisers, many complete with color photos.
- The CCA website is now up and running again with a new bulletin board feature. Check it out at www.ccadc.org.
- Ginny DeSeau spearheaded an effort to learn more about how we can improve CCA by sending 600 surveys to current and former members. There were 173 responses from which the results will appear in the January/February issue of the Cruiser.
- With the help of Paula Sorensen, membership co-chair and Jeff Fox, secretary, CCA sponsored 20 pool rolling sessions in Takoma Park. This winter's pool rolling sessions will start on January 3rd (see related article on page 4). *(Continued on page 2)*



You're Invited to the Annual CCA Holiday Party and Gear Swap!

Date: Friday, December 2, 2005

Time: 7 - 10pm

Place: Clara Barton Community Center, 75th and MacArthur Blvd.

What to Bring: Yourself, your family, your friends, and your old gear. Holiday bakers are invited to share their talents. (There will be lots of food and beverages for all to enjoy.)

Program: I nto the Tsangpo Gorge

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Canoe Cruisers Association
11301 Rockville Pike, PO Box 2523
Kensington, MD 20891
Web Site: ccadc.org

Chair: Jennifer Plyler, chairman@ccadc.org
Secretary: Jeff Fox, secretary@ccadc.org
Treasurer: Brinton Bohling/Sara Smiley, treasurer@ccadc.org
Membership: Ginny DeSeau/Paula Sorensen, membership@ccadc.org

Address Corrections: membership@ccadc.org
Newsletter: Laura Breeden, newsletter@ccadc.org
Web Site: Jennifer Plyler, webmaster@ccadc.org
Instruction: Bob Kimmel, instruction@ccadc.org
Safety: Tim Bromelkamp, safety@ccadc.org

Upcoming CCA Programs

By Ed Gertler
Program Chair

CCA meetings are normally held at the Clara Barton Community Center, 75th and MacArthur Blvd in Cabin John, MD, at 7:30pm.

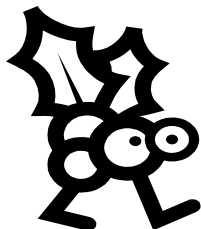
Holiday Party—Dec. 2nd

The entertainment at this year's holiday party is a special program about Tibet's Tsangpo River, an elusive whitewater prize often referred to as the "Everest of rivers." To present the history and a personal account of this quest, CCA's own Tom McEwan will be our distinguished speaker. Tom's expedition several years ago pioneered the exploration of the Tsangpo Gorge. The efforts of Tom's team laid the foundation for a subsequent expedition by Scott Lindgren, which he so spectacularly documented in a flick called *Into the Tsangpo Gorge*, which we will screen. You would pay almost \$20 for a comparable presentation at National Geographic. We offer it to you for free. Don't miss it.

February 22, 2006 (Wed.) 7:30pm

Don't know much about history? Well, we hope to fix that by having Mike High return, our distinguished local paddling historian and author. This is still tentative as is the precise subject of the talk. But stay tuned. Mike's previous visits have been most entertaining and informative.

If you have ideas for future programs or would like to host a program, please contact Ed Gertler at e_gertler@yahoo.com or 301-585-4381.



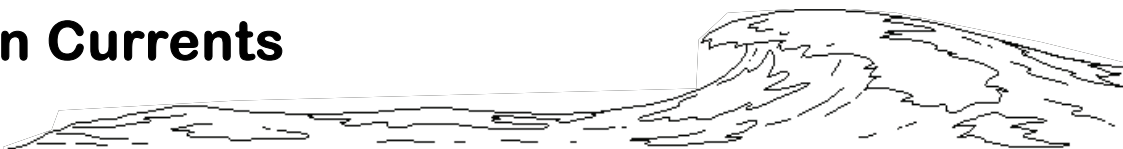
(Continued from page 1)

- As a result of a direct mail campaign led by Ginny and Paula, CCA membership increased from 178 in 2004 to 361 currently.
 - Bob Kimmel, instructor extraordinaire, single-handedly taught one kayak and one canoe instruction class.
 - The swiftwater safety program was galvanized by our esteemed safety chair, Tim Bromelkamp. He had great success with swiftwater rescue classes and other support functions including:
 - Two regular swiftwater rescue classes in June and July with a total of 41 participants;
 - Assisting Charlie Walbridge with ACA Swiftwater Rescue Instructor Development Workshop and exam that led to the certification of 11 participants (seven of which have agreed to assist CCA with swiftwater rescue classes over the next two years);
 - Becoming a Swiftwater Rescue Instructor Trainer, due to Charlie Walbridge's recommendation to the ACA Instruction Committee, so that the CCA can continue to certify swiftwater rescue instructors in house;
 - Provided safety boaters from the CCA safety program for the annual Potomac Downriver Race.
 - CCA had numerous whitewater trips throughout the year with the help of Gus Anderson, trip coordinator. In addition, Tom Prunier and Steve Ettinger hosted well-attended paddle trips on Wednesdays and Thursdays, respectively, during the summer.
 - CCA continued to support water conservation groups with the assistance of our co-treasurers Brinton Bohling and Sarah Smiley. They also recognized the need for coordination and use of special accounts, which has resulted in an effort for CCA to fund conservation grants. More information about this program will be available in 2006.
 - CCA also contributed in-kind contributions to "refurbish" the Cheat River take-out thanks to the efforts of steering committee member Susan Whitney.
 - On May 15th, the 50th running of the annual downriver race occurred thanks to the efforts of Star Mitchell, Don Besom, and 40 dedicated volunteers who made the race a huge success. Fifty-four boats finished the traditional Rocky Island to Sycamore Island course. Afterwards, Star dedicated the awards ceremony to area paddlers who have died and to some of the senior paddlers who have done so much for the sport.
 - Our CCA program guru, Ed Gertler, had CCAers sharing their travel experiences to such diverse locales such as Canada, the Galapagos Islands, and Ireland, but I don't think any of them would be insulted by the fact that a non-paddler by the name of Roy Sewell probably delighted us the most with his stunning photos of our local Potomac. We hope that no one will be too shy to entertain us in the future, especially if their subject is not "exotic." Hope to see you at the holiday party for the evening's program, *Into the Tsangpo Gorge*.
- On behalf of CCA, I would like to extend a heartfelt thanks to all the officers, board members, and volunteers for their continued support of and participation in CCA. If you want to join this winning team, let me know. We are always looking for volunteers to assist with events and projects. Send me an e-mail (pls98@verizon.net) or call (301) 445-4815. I look forward to hearing from you. Have a safe and prosperous New Year!

Jennifer Plyler, CCA Chair

Conservation Currents

By Courtney Caldwell
Conservation Chair



Take the Conservation Challenge!

OK, here's a challenge. Let's participate in the ENERGY STAR® Change a Light, Change the World Campaign by taking the pledge to change at least one light in your home to one that's earned the ENERGY STAR.

Did you know that:

- The average home is responsible for two times the greenhouse gas emissions of the average car;
- When we use less energy, we reduce the risks of global climate change;
- Nearly 20% of household electricity use goes to lighting;
- ENERGY STAR qualified light bulbs and fixtures use 1/3 the energy of traditional lighting and last 6-10 times longer;
- If every household in the U.S. changed out just one light to one that has earned the ENERGY STAR, it would prevent the equivalent in greenhouse gas emissions of 1 million cars;
- Every compact fluorescent light bulb (CFL) can prevent 500 pounds of greenhouse gases (as good for our environment as not driving for two weeks);

Lighting is a great starting point for other steps we can take at home to save energy.

Now for a challenge and a potential reward:

Replace at least one (hopefully more) light bulb in your home with an ENERGY STAR® light bulb by **January 31, 2006**. Send me an e-mail at cccaldwell@LNC.com indicating how many bulbs you've replaced. I'll put your name in a hat for a drawing to win a devastating chocolate fudge pie baked by yours truly. You get as many chances to win as bulbs you replace. The winner will be announced in the March/April 2006 newsletter.

If you have ideas or conservation issues that you feel CCA should address, please contact Courtney Caldwell at conservation@ccadc.org.

In Memoriam

We mourn the passing of a fellow paddler RC Forney, and extend our deepest sympathies to his family and friends. RC will be greatly missed.

International Whitewater Hall of Fame Awards

Bill Endicott was recently awarded the Life Time Achievement Award as part of the inductees ceremonies to the inaugural class of the Whitewater Hall of Fame based in McHenry, Maryland. Bill has been a major influence in whitewater slalom, both nationally and internationally, for 30 years as well as the author of five books about whitewater, racing and racing history. In addition, other members of the paddling community inducted into the Whitewater Hall of Fame include: Davey Hearn, Jon Lugbill, Bob McNair, Rob Lesser, Payson Kennedy, and Charlie Walbridge.

You can read more about their achievements at: www.bce-racing.com/news.htm, and learn more about the IW Hof at www.adventuresportscenter.com/hofame.htm.

Congratulations to all of the new Hall of Famers!

Walk on Water

with the best kayaks & canoes at Hudson Trail Outfitters!



Dagger
Blackwater 11.5
Recreation/Touring Boat












Whether you are new to paddling or a seasoned expert, our experienced staff will get you fitted with the perfect boat, gear and accessories to insure very adventure is a success! We carry only the best brands and have *Guaranteed Low Prices* we stand behind. Come in and visit Washington's oldest and most complete Active Outdoor Sports Outfitter. You'll be glad you did!

• Ask about our Demo Program! • Visit us at: www.hudsontrail.com •

 <p>HTO Hudson Trail Outfitters, LTD. Wilderness Outfitting Specialists</p>	Rockville, MD	(301) 881-4955
	Gaitthersburg, MD	(301) 948-2474
	Annapolis Mall, MD	(410) 266-8390
	Towson, MD	(410) 583-0494
	Fairfax Circle, VA	(703) 591-2950
	Arlington, VA - Pentagon Row	(703) 415-4861
Tenley Circle, D.C.	(202) 363-9810	

2006 CCA Pool Rolling in Takoma Park

What: 2006 Open Pool Rolling

When: Tuesday evenings, 7:30 to 9:30 PM

The 2006 pool rolling schedule is as follows:

January 3, 10, 17, 24, 31

February 7, 14, 21 and 28

March 7, 14, 21, and 28

April 4, 11, 18, and 25

May 2 and 9

Where: YMCA leased pool at 7510 Maple Ave in Takoma Park, Maryland.

Cost: Sessions are \$10 per person. All proceeds go to CCA.

Prior to showing up, please call Jennifer Plyler (301) 445-4815 **BEFORE 8PM** or e-mail: pls98@verizon.net

Directions: From the I-495 beltway, take University Ave. exit toward Langley Park, turn right on Piney Branch Road (MD-320), Go 1.68 miles and turn left on Philadelphia Ave. (MD-410) and go .3 miles then turn left on Maple Ave. The pool is located on the left in the Piney Branch Elementary School next to the Takoma Park Police Station, which is under construction. Please park in the front of the school and enter on the left side of the building.

Tricky Whitewater Haiku Riddles

By Tim Bromelkamp

Guess the rapid for each Haiku!

1.

Pillow on island

Cutting utensil on right

Left side not too hard

2.

Weee high-ho Silver!

Ride the wave train like a bronc

Lunch at Cindy's place

3.

Huge boulders block view

Where does the river go now?

Beware of tooth rock!

4.

Sliding down high speed

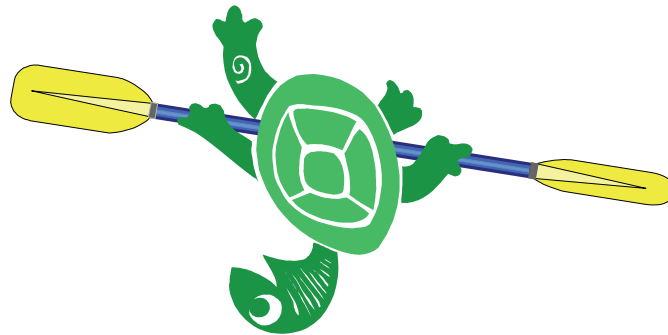
Don't flip here, might lose your head

Sip first, do this next

5.

Canoes sans air bags

Summer they flip in wave train



Answers: 1. Little Falls on the Potomac 2. Whitehorse on the Potomac at Harper's Ferry 3. Rivers End on the Lower Yough 4. Swallow Falls on the Top Yough 5. Stubblefield on the Potomac.

Submissions to the Cruiser

Should be made via e-mail to newsletter@ccadc.org. No special formatting is required, but plain, block style is preferred.

Photos—are strongly encouraged and can be e-mailed. Color photos are preferred.

Advertisements

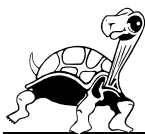
Classified Ads—The first 3 lines are free. Each additional line is 75 cents per line. Send classified ads to newsletter@ccadc.org.

Lost & Found—No charge. **Give-Always**—No charge. **Paddlers Flea Market**—on the web at ccadc.org—No charge.

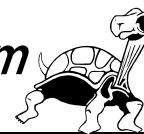
Display Ads—\$5 per column inch, Quarter page \$40, half page \$75, full page \$150, insert \$300-\$450. Display ads can be submitted via e-mail to chairman@ccadc.org.

Payment—must be received prior to publication.

Mailing Address—Jennifer Plyler, Chair, 11301 Rockville Pike, PO Box 2523, Kensington, MD 20891, chairman@ccadc.org



Canoe Cruisers Association Membership Form



Visit our Web Site! www.ccadc.org

Please print legibly. Check If Renewal Check if New Member *Note: Your age will not be printed in the roster. It is for demographic purposes.*

Name: _____ Age: _____ Other Adult: _____
 Address: _____ Work Phone: _____
 City: _____ E-Mail: _____
 State: _____ Zip Code: _____ — _____
 Home Phone: _____ Work Phone: _____ Children: Please sign waiver for minors who paddle with CCA.
 E-Mail: _____ Name: _____ Name: _____ Name: _____
 Age: _____ Age: _____ Age: _____

Occasionally, CCA allows a few carefully selected outfitters to use our mailing list in exchange for a discount for club members. If you wish to be removed from this distribution list please check one or more of the following: No Mail No E-Mail

If you do not wish to be listed in the club roster, which is available only to club members, please check one or more of the following: No Roster No Web Roster

1. The boats I paddle are:

Please indicate priority: 1 = most often

- K1 (Kayak) _____
- C1 (Decked canoe-1 person) _____
- C2 (Decked canoe-2 person) _____
- OC1 (Open canoe-1 person) _____
- OC2 (Open canoe-2 person) _____
- SK (Sea kayak) _____
- IKR (Inflatable kayak or raft) _____

2. I prefer to paddle class ____ - ____ water.

Enter A, 1, 2, 3, 4, 5 (A = easiest flatwater; 5 = most difficult)

3. I paddle about _____ days per year.

4. I have been paddling for _____ years.

5. I am interested in: (check all that apply)

- (C) Canoe camping/extended trips
- (W) Weekday paddling (9-5)
- (R) Racing *(See note below.)
- (F) Flatwater paddling
- (P) Poling
- (X) Cross-country skiing
- (S) Sea kayaking
- (M) Family paddling
- (K) Cold-weather paddling

6. I volunteer to help:

- (T) Coordinate a CCA trip
- (E) Teach a CCA class
- (C) Conservation
- (S) Safety
- (A) Social activities
- (P) Publications (newsletter/roster)
- (M) Membership
- (R) Racing H(See note below.)
- (I) Certified Instructor:

Canoe Kayak Safety

Volunteering is a great way to make new friends!

Canoe Cruisers Association of Greater Washington, DC

Member's Release and Waiver of Liability

1. I declare that I fully understand and voluntarily **assume the following risks**. Boating on whitewater rivers exposes me to various life threatening dangers, known and unknown, for example: boulders or other obstacles, strainers, ledges, undercut or entrapping formations, holes and hydraulics, high water, cold conditions, and changing conditions, mostly in remote locations.
2. Intending to be legally bound for all time, I hereby **release and waive**, for myself, family and heirs, **any right to sue or claim against the Canoe Cruisers Association** (the "Club"), its members, officers, trip coordinators, or any of my fellow paddlers, for any injuries to myself or my equipment which may occur during a club trip or activity. **The release and waiver applies to any negligent act or omission and to any intentional act or omission intended to promote my safety or well-being.** I understand that, generally speaking, negligence means a failure to do an act which a reasonably careful person would do, or the doing of an act which a reasonably careful person would not do, under the same or similar circumstances, to protect himself or herself, or others, from accident, injury or death.
3. **I agree to be solely responsible for my own safety** and to take every reasonable precaution to provide for my own safety and well-being while participating in a trip or activity sponsored or conducted by the Club. This **release and waiver** is given in the interest of permitting the Club to exist and to serve the paddling community, and to enable myself and my fellow paddlers to feel free to donate our services and help each other without fear of liability. My **release** is given in exchange for similar **wavers** to be granted on my behalf by

Signature _____ Date _____

Signature of other adult paddler(s) in the family _____ Date _____

Parents or Guardians of Minors: I am the parent or guardian of _____, and I consent to the terms of this **release and waiver** on behalf of the named minor participants, and I further agree to **indemnify the Club**, its members, officers and trip coordinators for any claims arising from the participation of the named minor participant.

Signature of Parent or Guardian: _____ Date _____

Make your check payable to CCA

CCA dues: \$25 newsletter by mail: \$ _____
 \$15 newsletter via e-mail: \$ _____
 Optional contributions: \$ _____
 Total enclosed: \$ _____

Allocation of optional contributions:

Skills Instruction: \$ _____
 Safety: \$ _____
 Conservation: \$ _____
 US Whitewater Team: \$ _____
 CCA General Fund: \$ _____

Mail to: CCA Membership

11301 Rockville Pike
 P.O. Box 2523
 Kensington, MD 20891

* CCA Members interested in racing may also wish to join the Bethesda Center of Excellence. Write to: BCE, PO Box 54, Cabin John, MD 20818

Optional Family-Members Survey

If your family members paddle different kinds of boats or run different types of rivers, we'd like to know. We've provided these additional "paddler-profile" spaces so that families with diverse paddling interests can, if they choose, give us a better picture of themselves. Of course, we'll never release information about individuals to any outside parties.

Paddler's Name: _____

1. The boats I paddle are:

Please indicate priority: 1 = most often

- K1 (Kayak)_____
- C1 (Decked canoe-1 person)_____
- C2 (Decked canoe-2 person)_____
- OC1 (Open canoe-1 person)_____
- OC2 (Open canoe-2 person)_____
- SK (Sea kayak)_____
- IKR (Inflatable kayak or raft)_____

2. I prefer to paddle class ___ - ___ water.

Enter A, 1, 2, 3, 4, 5 (A = easiest flatwater; 5 = most difficult.)

3. I paddle about _____ days per year.

4. I have been paddling for _____ years.

5. I am interested in: (check all that apply)

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 - (P) Publications (newsletter/roster)
 - (M) Membership
 - (R) Racing H(See note below.)
 - (I) Certified Instructor:
- Canoe Kayak Safety

Volunteering is a great way to make new friends!

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- IKR (Inflatable kayak or raft)_____

2. I prefer to paddle class ___ - ___ water.

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 - (R) Racing H(See note below.)
 - (I) Certified Instructor:
- Canoe Kayak Safety

Volunteering is a great way to make new friends!

How Buying a Kayak May Have Saved My Life, or Not

By Gus Anderson

Early in the year I was offered a great buy on a new playboat. My wife had threatened me with serious bodily harm if I bought another boat, but since I have around fifteen stashed in the garage, under the porch and under the deck, I figured she would never notice, so I bought it. Unfortunately the boat was red and none of my other boats are red. I was careless taking it out of the garage one day, and my wife noticed this boat was different from all the others, but that's another story.

I took the boat out for a few test runs in the early spring and noticed that the seat had a raised ridge in the middle that made it somewhat uncomfortable. After the third time in the boat, I was really sore in the prostate area because of the pressure of that ridge in the middle of the seat. I have really skinny buns, so I guess my weight was not resting where it should have been for that seat design. Anyway, this soreness persisted for a few days and I was concerned that maybe I had injured something, or was developing something in that area that I didn't want. In the shower I was feeling around to see if there were other indications of an injury other than the soreness when I felt a pea sized lump on the inside of my left thigh. This caused me some concern so I went directly to my general practitioner whose office is only a few blocks away from my home. He sent me for an MRI to see if this was a lymph node. When he discovered it was, he sent me to a pathologist for a biopsy to determine what was causing this swelling of the lymph node. It turned out to be follicular lymphoma, one of many types of cancer of the lymph system. A subsequent PET scan showed two other affected lymph nodes, one close to my liver. Most lymphomas are not detected or diagnosed until they are at a fairly advanced stage, but I had found this one at a relatively early stage, thanks to that new kayak.

After overcoming the initial shock and panic of the diagnosis, I have had six cycles of chemotherapy at three week intervals. Each treatment involving six hours of chemical drips into my veins to kill the cancer cells, and all the other fast growing cells in the body, like the ones in hair, nerves and the digestive tract. After three cycles I had another PET scan which showed the cancer had been dramatically reduced by the treatments. I am now a week past my last and final treatment and thinking how glad I am that I bought that kayak. If only my wife would understand. When in doubt, buy the kayak, but don't ignore any unusual lumps on your body.

Tis the Season for Giving

WVRC River Raffle—if you haven't been contacted yet, but would like to buy raffle tickets for a chance to win some great prizes and support WVRC's river efforts, then you can purchase raffle tickets online at:

<http://www.wvrivers.org/news2005/raffle06.html>.

The drawing is May 6, 2006 at the Cheat River Festival.

You do not have to be present to win.

Workplace giving, CFC, and AW—Federal employees will be pleased to know that you can donate to AW through the Combined Federal Campaign (CFC). AW has been very fortunate over the years to benefit from paddlers who are federal employees and designate us as the recipient of their philanthropy. AW's CFC number is 2302. Other workplace campaigns may allow for you to designate to American Whitewater. There are many unique circumstances. Larger companies doing their campaigns internally typically allow the employee to direct their giving with few to no restrictions. If your company is working with United Way, each United Way is different in what type of non-profit may register with it, or if there are registration requirements at all. If you are donating to your workplace giving campaign, check with your campaign manager (at your work or with United Way) to see if you are allowed to direct your giving to American Whitewater. Read more at <http://www.americanwhitewater.org/archive/article/1434/>.

Reception for the Blackwater Canyon—Friends of Blackwater Canyon and this Host Committee invite you to a Reception at the home of:

Rafe and Lenore Pomerance,

2026 Allen Place NW, Washington, DC

Wednesday, November 30, 2005 from 5pm to 8pm.

West Virginia Mountain Music

Suggested donation: \$50 individuals, \$75 couples

RSVP appreciated - 1-877-WVA-LAND

Host Committee: Rafe and Lenore Pomerance, Co-Chairs, Brent Blackwelder, Donna and Carroll Cook, Brock Evans, Frank and Nancy Fitzpatrick, Eric Glitzenstein, Jason Halbert, Jessie M. Harris, Bob Hurley and Heather Wicke, Destry Jarvis, Charles and Montague Kern, Florence Kate Millar and Emma Shelton, Patricia Munoz and Dorcas Adkins, Karin and Phillip Nelson, Jim Norton, Bill and Claudia Schechter, Emily Schoenbaum, Samuel Stokes, and Mac Thornton.

Directions: Take the Metro or taxi as parking is limited. From the Woodley Park-Zoo Metro Stop (red line), walk south on Connecticut Avenue for one-half block. Turn left and cross the Calvert Street Bridge. At the traffic light at the end of the bridge, turn right onto 20th Street. Go straight on 20th Street. Take the first right onto Allen Place. The Pomerance residence is the first house on the left, 2026 Allen Place. For details call 1-877-WVA-LAND.

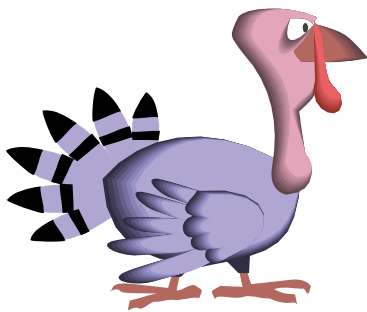
2005 Fall and Winter Trip Schedule

N=Novice PN= Practiced Novice LI=Low Intermediate
I=Intermediate HI= High Intermediate AI=Advanced Inter-
mediate A=Advanced E=Expert

Check the **Online Calendar** for schedule changes and the **Message Board** for last minute trips at ccadc.org. To coordinate a Trip contact Gus Anderson at (703) 903-9738 or Boatngus@aol.com.

There are no scheduled trips at this time. If you would like to coordinate a trip for CCA, please contact Gus Anderson at 703-903-9738 or boatingus@aol.com.

For Sale: 18 ft. Grumman Aluminum canoe with thigh straps- \$250; 9 ft. 9 in. Samoa "rubber duck" heavy duty fiber reinforced hypolon 3 main chambers, only used a few times-\$299. Call Chuck at 703-759-2584.



Happy Thanksgiving!

Membership Renewal

Please check your mailing address label to see if your membership needs to be renewed. Dues are \$25 if you want to receive the Cruiser by US mail or \$15 if you want to receive the newsletter by e-mail as an attached PDF file. A membership form can be found on pages 5/6 of this newsletter.

Update Your Membership Information

Please take a few moments to verify that your membership information is current. Work will begin on the 2006 roster in January for distribution in February. If you need to make changes to your membership information, send an e-mail to membership@ccadc.org or mail to the address on the front cover of this newsletter.

Found on the Web

<http://www.oregonkayaking.net/> - a great site for paddling in the NW.

<http://steepness.blogspot.com/> - Journal of Appalachian River Running

<http://www.liquidlogicladieslounge.blogspot.com/> - Liquid Logic Ladies Lounge

<http://3girlsrbetterthan1.blogspot.com/> - 3 ladies from Tasmania.

<http://biodieselblog.com/> - all things biodiesel.

Canoe Cruisers Association



Canoe Cruisers Association of Greater Washington, DC
11301 Rockville Pike
P.O. Box 2523
Kensington, MD 20891

First Class Time Limit