



# crunser

Canoe Cruisers Association of Greater Washington, DC, Inc.

## The Chairman's Cockpit: Coronavirus

Throughout this life altering apocalypse, CCA is determined to remain active! Risa Shimoda is going to give a book reading from the just published "Photographic Memories, A story of Shinjitsu". We are working hard to create a working list of shuttle free, park and play river outings for small groups using Covid precautions.

There have been some complaints that we are not welcoming new or less experienced members. This is not true. But it has been an unsettling time. Please call me or another board member to set up an individualized small group trip at an agreed upon location.

My personal impressions of cautions in the modern age:

Covid Guidelines HAVE TO BE FOLLOWED. My biggest fears are that other people are not following them properly and putting everyone at risk. So no compromising. Paddling with someone (like me) who is in the "danger zone," either from age or underlying health conditions puts extra urgency into these precautions.

BE HONEST! If you're not feeling well, STAY HOME or if you have been around someone who is ill, STAY HOME.

#2 If I can't find uncrowded parking, I have to leave. So I try to plan my outings early in the morning or in iffy weather when the crowds are less.

#3 Wear a mask in all parking lots when people who are not family members are near. Keeping the mask on until I get home, I wash it immediately in soap and water.

#4 Do not let anyone touch your gear or help you with your boat. (This is hard but essential). Keep sanitizer ready if needed.

#5 Separate at least six feet at all times, including on the river.

#6 Paddle well below your skill level. Spills that require assistance put you and your companions at risk.

Injuries put the entire medical community under duress.

#7 Since I am a person at risk, I limit my outings to a maximum of four boats. For younger paddlers, the governor's limit is ten.

#8 DO NOT PADDLE ALONE. Paddling alone amplifies all risks. If you are tempted, call me. It would be my pleasure to paddle with you.

I hope you have been enjoying the new Roster. Endless thanks to Gus Anderson, Keith Edmundson and Marilyn Jones for their hours of work.

Try not to think too much of sacrifices,— the spring high-water, the mountains of West Virginia,— but of our healthy future when we will savor it all even more.

See you on the river. Barb

## Virtual Meeting Monday, May 18



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New C&O superintendent —P 9

**CCA Meetings 7:30 pm**  
**Clara Barton Community Center,**  
**7425 MacArthur Blvd.**

**Cabin John, MD**

**Directions:** <http://www.canoe cruisers.org/meetings.html>

**CCA Programs Coordinator:**

Ed Gertler: 301 585 4381 [e\\_gertler@yahoo.com](mailto:e_gertler@yahoo.com).

**CCA Meetings 7:30 pm**

**All In Person Meetings Cancelled until  
future notice.**

See more about the talk



## Virtual Meeting, Monday May 18, 2020.

**Monday, May 18th at 7 PM ET**

The authors will read passages and share their recollections about Midori and the process of researching and drafting the book.

**Join the meeting on your computer, tablet or mobile phone.**

**Zoom room:**

<https://zoom.us/j/8121709474>

**Taken by an Alien: An Immigrant Photographer's Story of Passion Undeterred by Injustice**

(Takoma Park, Maryland, USA) – Midori Shimoda would have been the last person to have described his life as anything other than ordinary. Yet, it included: a three-week long, trans-Pacific, ocean crossing without family or friends at the age of nine; a perilous evacuation from California in the immediate aftermath of the bombing of Pearl Harbor; refuge with a Mormon 'refugees' family in Utah; arrests for suspected espionage/treason; and federal internment he had so earnestly sought to avoid. That's not to mention that his life amazingly intersected with an extraordinary assortment of individuals including Grace Kelly, Fay Wray, J. Edgar Hoover, William Randolph Hearst and Betty Hutton.

"Photographic Memories: A Story of Shinjitsu tells a story of passion, resourcefulness and diligence for sharing beauty through the lens of a camera," shares co-author and Midori's daughter, Risa Shimoda. She continues, "It is the product of hundreds of hours of research about and visits with those with whom my dad lived and worked."

**Contact: Risa Shimoda**  
[risashimoda@msn.com](mailto:risashimoda@msn.com)

### Submissions to the Cruiser

Should be made via e-mail to [newsletter@canoe cruisers.org](mailto:newsletter@canoe cruisers.org), or directly to the editor at [jodyg13@hotmail.com](mailto:jodyg13@hotmail.com) or submitted on disk, or typed for scanning. No special formatting is required and is discouraged, also use plain easy to read text (fonts) such as arial or times new roman. Single spaced preferred. **Photos**—are strongly encouraged and can be e-mailed (preferred), or snail-mailed. Color photos are preferred.

**Advertisements: Classified Ads**—The first 5 lines are free. Each additional line is 75 cents per line. Send classified ads to [newsletter@canoe cruisers.org](mailto:newsletter@canoe cruisers.org); **Lost & Found**—No charge. **Give-Aways**—No charge. **Paddlers Flea Market**—on the web at [canoe cruisers.org](http://canoe cruisers.org)—No charge. **Display Ads**—Special Rates are available regular prices: Quarter page \$40, half page \$75, full page \$150, insert \$300-\$450. Display ads can be submitted via e-mail, 3.5" disk or CD-R. Hard copy ads will be scanned. Advertisers receive a link on our web site. For additional information, e-mail [newsletter@canoe cruisers.org](mailto:newsletter@canoe cruisers.org), or [advertising@canoe cruisers.org](mailto:advertising@canoe cruisers.org) or call Joan Goodbody, editor at 703-887-5013. **Payment**—must be received prior to publication. **Mailing Address**—Cruiser Editor, Canoe Cruisers Association, c/o Virginia DeSeau 1105 Highwood Rd., Rockville, MD 20851 or direct to editor at: 7829 Curtis Lane, Spotsylvania, VA 22551.

## Photographic Memories: A Story of Shinjitsu

### An Immigrant Photographer's Story of Passion Undeterred by Injustice

Midori Shimoda would have been the last person to have described his life as anything other than ordinary. Yet, it included: a three-week long, trans-Pacific, ocean crossing without family or friends at the age of nine; a perilous evacuation from California in the immediate aftermath of the bombing of Pearl Harbor; refuge with a Mormon 'refugees' family in Utah; arrests for suspected espionage/treason; and federal internment he had so earnestly sought to avoid. That's not to mention that his life amazingly intersected with an extraordinary assortment of individuals including Grace Kelly, Fay Wray, J. Edgar Hoover, William Randolph Hearst and Betty Hutton.

The co-authors include CCA member Risa Shimoda, granddaughter of individuals who immigrated to the United States in the mid-1880s to pursue opportunity. One grandfather learned a trade after escaping servitude on a pineapple plantation in Hawaii; the other farmed in Utah after having been recruited to contribute to the completion of the First Transcontinental Railroad. Risa grew up in Dumont, NJ as her dad established a commercial photography business in New York City. serves as the Executive Director of the River Management Society, guided through a passion for supporting whitewater paddling and river stewardship.

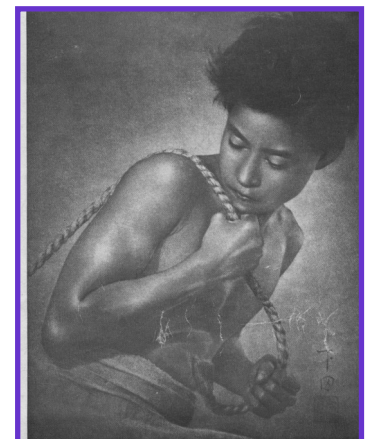
Risa's co-author Bob Fleshner from Potomac, MD is an executive career coach who has spent decades observing and attempting to understand human behavior. Bob spent the majority of the early part of his career as an attorney for Ringling Bros. and Barnum & Bailey Circus and Walt Disney's World on Ice. During his tenure there, Bob spent hours digesting the amazing stories of those with whom he came in contact and honed his own story telling skills, which he put to use both as CEO for a division of a Fortune 50 company and owner and operator of his own small business. Bob writes a regular business blog and he has been featured in *The Washington Post* and on WTOP radio in Washington, DC.



Photos from the book with permission of Author.

#### ~~Review by Barb Brown.~~

From crossing the Pacific alone at nine to come to America, to internment during WWII, to photographing Hollywood stars like Grace Kelly, this is the story of an extraordinary man. Beautifully written in a narrative style, I found myself rooting for Midori Shimoda from the first chapter when he was a boy growing up in Japan. The authors do not sermonize about a black mark in our nation's history, the internment of Japanese Americans during WWII. Rather, they simply tell Midori's story. It is inspirational. When faced with unfounded suspicion and outright racism, he showed strength and grace. Astonishingly, he answered each tribulation, each injustice, each heartbreaking setback with grace, fortitude, and forgiveness. Midori Shimoda, though small in stature, provides a great example. His is the quintessential American story. This is a wonderful read.



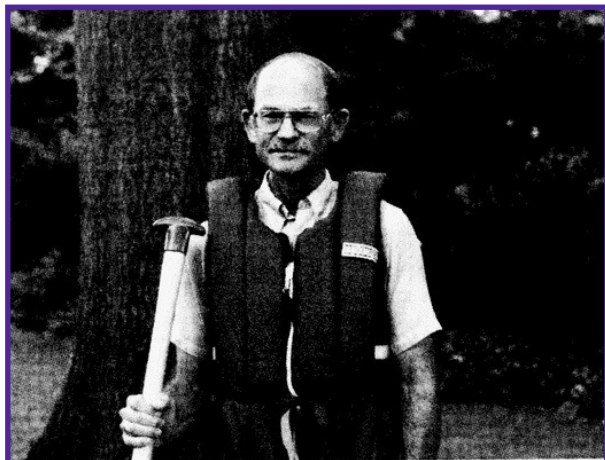
YAMATO  
M. A. Shimoda



## Ed Grove By Ginny DeSeau

CCA lost an icon of our paddling community on February 20, 2020. Ed Grove, author of Classic Virginia Rivers paddling guide and former President of CCA, passed quickly on that day from a heart attack. Ed had been living and staying busy with his brother, Jim, in California for the past three years. Ed chaired the CCA from 2010-2015 and wrote the Classic Virginia Rivers whitewater guide.

CCA will provide a greater tribute to Ed in our next Cruiser, but due to publication deadlines for this edition, we'll just say that Ed will be remembered for his kind heart, perpetual love of rivers, adventuresome spirit, and thoughtfulness to all who knew him.



*An American Gothic portrait of the author—Solo Canoeing Version.  
Photo by Grant Grove.*

Ed Grove Running First Falls by Steve Leatherly



Taken from Ed Grove's book

# CCA Potomac Downriver Race

Hosted by Sycamore Island and co-sponsored by  
Potomac Whitewater Racing Center.

**Saturday, September 26, 2020**

**Registration is Online Only.**

Advance registration is \$25,

day of race the registration fee will increase to \$30.

Tandem teams must register and pay as two individuals.

**Register at: <http://www.canoecruisers.org>**



Sign-in begins at 9:00 AM and ends at 10:30 AM. Hard cut-off.

A mandatory meeting for all racers starts at 10:30 AM.

The race start time is 12 noon for all racers. Plan accordingly.

Lunch and a T-shirt will be waiting for you at the island.

The Award Ceremony will be held at 3:00 PM.

Earlier if everyone paddles fast.

## DR. KAYAK

The good doctor will answer questions on all matters pertaining to canoeing and kayaking, including problems of health, safety, boat construction, literature and lore. Send questions to Dr. Kayak, c/o the CRUISER. Strict anonymity will be observed to protect the confidentiality of the questioner.

In this month's column, Dr. Kayak answers the charges that he has been "pussyfooting" around substantive issues, avoiding controversial questions, and giving only superficial answers to important problems. Dr. Kayak herewith makes it perfectly clear that he is more than willing to explore the unknown, probing areas where the hand of man has never set foot.

Q. How dare you justify canoeing on the Sabbath? Trips are blatantly scheduled on days of worship, luring the innocent from church. Holy Roller.

A. All I can say is "There are no atheists in suckholes." Maybe a few Unitarians, and here and there a Transcendental Meditation guy, but no atheists. But last time I was in one, I was pretty busy and didn't get a good look. Remember, it is written that God does not subtract from the allotted time of man those hours spent canoeing.

Q. You chickened out of answering my question about whether canoeists make great lovers. How about it, do they? Still Wondering.

A. Humility and modesty, two of my stronger character traits, forbade me to answer previously. But in this post-Watergate letting it all-hang-out period, I can't avoid a frank answer. Yes, they do. At the last National Championships I overheard one member of a C2M team yell to his partner after they hit a gate broadside, "If you could only

canoe like you make love!", to which she replied, "If you could only make love like you canoe!". So there you are. Pussyfooting, indeed.

Q. Is there anything for wives to do at the World Championships? Should I take my wife with me to Europe next year? A. Jenkins

A. Mathematically speaking, it's twice the cost and half the fun.

Q. My girl friend wants to learn canoeing. What are the best strokes to teach her? She's a newcomer. T. Yanosky.

A. Having taught many a newcomer everything they know about canoeing, I recommend - start with the basics. But as a general rule of thumb, don't forget the motto "Different folks for different strokes."

Q. With the cold water season upon us, what advice can you give concerning the selection of a set suit? J. Costeau.

A. Most important is that it should be readily and speedily removable. I have heard horror stories of the agony endured at the end of a long run when the zipper got stuck.

Q. Is there any truth to the rumor that you were involved in the Watergate break-in? Deep Throat.

A. Absolutely not! Can I help it if I like to canoe on the Potomac by the Watergate in the evening with a walkie talkie in the boat?

Q. Did Freud have anything to say about kayaking? Phineas T. Gertler.

A. Being a doctor from Vienna myself, I find no symbolism in the shape of the boats, the wearing of skirts, the rolling sessions. But we have no record of Freud belonging to any accredited canoe club.

Q. Whitewater kayakists are obviously pathologic mental cases compensating for something. Instead of coping with the crabgrass problem in suburbia or watching a good football game on TV with a six-pack by their side, they are out there attempting a return to their childhood. Admit it, ain't that correct? Glenn, the Shrink from the Drink.

A. 'Taking the waters' has long been known as a therapeutic cure for many ills, mental and physical. Aerosols and E.coli notwithstanding, a day on the river can make you forget family troubles, money and job problems, and health troubles, with the possible exception of dandruff or the embarrassment of psoriasis. The coughing up of the Potomac River water alone can give you enough aerobic points for a week.

Meyer Rubin

## Meyer Rubin By Ed Gertler

Meyer Rubin, one of the elder members of our local paddling tribe, passed away on May 2, at age of 96. Meyer was a CCA member at least as far back as 1962 and maintained membership up to 2015, well after his last paddle stroke. Back in a time when many of us had to build our own boats, on the water, you could always identify Meyer, standing out from a distance with his ugly, battleship-grey kayak (and C-1). He was an interesting fellow with a sharp wit which found a creative outlet with a series of Cruiser articles titled "**Doctor Kayak**" -- a spoof advice column (an example follows, and more may be posted on the CCA website). It was the first things many of us looked for when the newsletter arrived in the mail. It became a well-earned part of his identity, reflected on his license tags and later, on his email address.

Of course there was also Meyer the family man and distinguished professional. To best summarize that, we share the following notice composed by his son Ron:

Cont on page 7

"Dr. Kayak" pulled from December 1975 Cruiser.  
By Meyer Rubin

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## Meyer Rubin (1924-2020) Washington area Geochemist and Radiocarbon dating expert at the U.S. Geological Survey

Meyer Rubin died peacefully at his home in Manassas, Virginia on May 2, 2020 due to complications of COVID-19 virus. Meyer was born in Chicago, Illinois in 1924 to Russian Jewish emigrant parents Abraham and Esther (Fleischer) Rubin. Meyer grew up on the south side of Chicago where he attended Englewood High School and Wilson Junior College. In 1943 Meyer enlisted in the United States Army Air Corps. In the Army Meyer received training in meteorology at the University of Michigan achieved the rank of second lieutenant and served in the Pacific Theater as a field meteorologist. Prior to going overseas, Meyer married his life-long partner, Mary Louise Tucker also of Chicago, Illinois. Meyer and Mary were married for over 70 years until her death in December of 2015.

Following World War II Meyer studied Geology at the University of Chicago under the direction of Professors C. Leland Horberg and J Harlan Bretz. Dr. Rubin received his MA in 1949 and his PhD in 1956 both from the University of Chicago Department of Geology. In 1950 he joined the U.S. Geological Survey in Washington, D.C. where in 1955 he became the director of the Radiocarbon Dating Laboratory, a position which he held for over 40 years. During his tenure at the Geological Survey, Dr. Rubin made major contributions in the fields of Pleistocene Geology, Archeology, Volcanology, Climate Science and Water Resources among other areas. Dr. Rubin was also a pioneer in the application of Mass Spectrometry to the field of Radiocarbon Dating.

Meyer and Mary have three sons Mark, Robert and Ron as well as five grand children and six great-grand children. In his spare time Meyer was an avid kayaker and a life-long member of the Canoe Cruisers Association and author of the whimsical Dr. Kayak adventure stories. Meyer and Mary and those of their generation have made innumerable contributions to this world and in these uncertain times their Love, their courage, and their guidance will be sorely missed.

### **REMEMBRANCE OF LARRY GLADIEUX**

By Gus Anederson

I don't remember when or how I met Larry, but he was Chair of the CCA in 1997, 98 and 99 so I must have known him by then. Over the years we became close friends, particularly after 2008 and 2009 when he helped drive me to doctor's appointment and treatments when I had cataracts from high doses of immune suppressant and could not see well enough to drive. He also took me to Great Falls Park in Virginia so I could look at the river from the overlooks to lift my spirits. I did the same for him when his health was deteriorating, and he could no longer drive.

Larry graduated from Oberlin College where he played football and sustained injuries to his back which bothered him for the rest of his life. His professional career was in college education policy, and he co-wrote the book "The College Aid Quandary." I believe he worked for the College Board and other college education policy organizations throughout his career.

I don't know how Larry took up kayaking, but by the time I met him he was already an accomplished kayaker. When I googled his name on the internet, one of the first things that popped up was a great photo of Larry running Pillow Rock on the upper Gauley River in 2000. This photo was from the BRV photo gallery, and I hope it can be published with this article.

He was a very good person who never complained about anything in spite of some tragedies he had in his life. He had a positive outlook on life and was always

in good spirits. I will include some of the comments about Larry that were posted on Paddle Prattle. Mikey B. said he was a "good man". Barbara Brown said he was "very special". Ed Evangelidi said he ran a technical rapid on a small stream that everyone else portaged. Mike A. said he paddled with Larry on the Middle Fork 10 years ago. Katherine said she served with him on a CCA committee and was impressed by "his leadership and legal knowledge which was a great asset to the board." Anyone else who wants to comment on their experience with Larry can post on Paddle Prattle or send me an email at gusanderson at aol.com and I will forward it to his daughter.





**Covid Trips – By Ron Canter**

Some More No-Car-Shuttle Trips Ron Canter 5-14-20

Here are a few more possibilities for paddling sans car-shuttle. Most are short, but not all. Bring a cable lock for those with walking shuttles. And be aware that individual State lock-down orders may limit access to a few of these. (Ed: Most of these have a map by Ron on the CCA Website. Go to members Only à Documents à Maps

**MARYLAND****South Branch of the Patapsco - a down-and back trip (R.C. MAP)**

From Marriottsville Road paddle down 0.8 mile of nearly-slack river to Cl. 4 **McKeldin Falls**. Run the shallow, sloping falls into a big pool. Take out on left below the next rapid, a Cl.2 ledge, and carry back uphill on a good park trail to the head of the falls. Round trip: 2 Mi.

**Sideling Hill Creek** - a long 8 mi. downriver run with a 3.5 mi. walking shuttle

I've done this one and it works well. Because of the big bends in the creek, paddling distance is over twice the walking path length. Start from High Germany Road at Belle Grove just N of I-68, not the usual put-in at Old US 40. Paddle 8 miles down the creek through its most remote and scenic part. Where the creek comes back to the road, take out at the ford.

Lock up your boat and walk 3 ½ miles back via low-traffic roads: Swain Hollow Road, Swain Road, a short piece of Old US 40, and High Germany Road (which allows you to safely cross

I-68). See Google Earth or Gertler's Maryland, p. 90 for details.

**WEST VIRGINIA****Little Falls of the Shenandoah – (Half Mile above Millville Dam) A short loop trip with a shorter carry (R.C. MAP)**

Start at Big Eddy Access Area, which is just upstream of Class 2-3 Little Falls, a wide rapid with multiple options. For a ledgy Class 3, run the left side; for Class 2 rock gardens and low ledges, run more to the right. On river left, drag your boat up the last Class 2 rapids to reach a good trail along an abandoned canal. Carry 500 feet back to the parking area. Try a couple of runs before moving on.

**Cacapon River - up and back from Forks to Caudys Castle (R.C. MAP)**

From the parking area just off Route 29/127 at Forks of Cacapon, paddle upstream for 2 1/2 miles. The river is slack at first, but there are several riffles and two easy Class 2 rapids to attain in the last mile. Caudys Castle Ledge is an easy carry on river left for one or more runs in the shadow of towering Caudys Castle.

**PENNSYLVANIA****Conewago Falls on the Susquehanna**

From Falmouth Landing on Route 441 (river left) paddle out to the foot of Conewago Falls to play the waves and eddies.

Or, cross the river, carry 1/4 mile around the hydro to the pool above **Safe Harbor Dam**, paddle upriver 3/4 mile (staying as far from the dam as possible) to the southern tip of Three Mile Island. Carry the dam and run all 3/4 miles of **Conewago Falls**. The falls change drastically as the water level changes: Class 3-4, Class 3, or dry. In the Spring they are one big, long wave train. In the

summer, when Safe Harbor Dam diverts all the water through the hydro, the "falls" are just a maze of giant, dry potholes.

**Holtwood Whitewater Park**

Various channels among the rock islands above Normanwood Bridge offer play spots from Class 2 to 4 when the water level is right. Access is from the right shore above the bridge. See the AW link. The 19th century name for the rapids was "Cullys Falls".

<https://www.americanwhitewater.org/content/River/detail/id/3566/>

**Pequea Falls (left side of the Susquehanna) (R.C. MAP)**

Pequea Creek has only one noteworthy rapid, but it is a good one. Half a mile upstream from Fox Hollow Road is seven foot high Pequea Falls, a Class 3 double drop, followed by a couple of Class 2s. All are within a narrow, hemlock-lined gorge. Carry up from Fox Hollow Road on a good, level trail above the left shore, and then run back down.

**VIRGINIA****Rappahannock Fall Line (Fredericksburg) – Backside Channel (R.C. MAP)**

(You need 2,000 cfs to get into this.) Start at Normandy Ave, but paddle **upriver** for half a mile. It is flowing flatwater with a few riffles. Turn right, behind Laucks Island, into the Backside Channel. Run two good Class 2-3s, "Backside" and "Bobs Glasses," before rejoining the main river. Continue downriver to Old Mill Park. Total paddling distance 1 3/4 miles.

**Additional by Ed Gertler:**

In mountainous areas, railroads follow rivers. So their conversion to rail trails has created an opportunity for paddlers. They are safe and relatively level. Great for non-serious bikers.

**North Central Rail Trail:** This is good for running Gunpowder Falls and its Little Falls tributary in MD. Also good for S. Br. Codorus Cr. in PA, though few would care to do this creek.

**Great Allegheny Passage (GAP):** The GAP follows the **Casselman** from near Meyersdale to its mouth, and the **Yough** from Confluence to its mouth. I have used it for shuttles for segments from Garrett to Confluence, and I recommend all of these segments for paddling. This is an easy shuttle for the **Middle Yough**. As for **Lower Yough**, it depends on whether paddlers are allowed to drive in to Bruner Run. The road is usually open to private drivers from early fall to late spring. Perhaps this summer, if commercial rafting is suspended, they will keep it open. I have used the GAP for all lower reaches of the Yough, and all are worthwhile, especially Bruner to Connellsville.

### **Trips Committee Report May 4, 2020**

In mid March CCA began canceling scheduled trips in response to Covid-19. Scheduling of new trips has ceased. At this time members cannot organize trips through CCA.

Over the weekend I contacted the trips chairperson for six paddling clubs in the region for a survey on how their clubs were responding to the coronavirus. I received replies from five clubs, summarized below.

#### **Coastal Canoeists**

Canceled all trips as long as the Virginia stay at home order is in place.

#### **Keel Haulers Canoe Club**

Cancelled all club trips from March-End of May. Will make a determination on the rest of the paddling season as they get closer to the end of May. Working to stay within guidelines for PA, VA, MD. Some members doing individual trips on local waters. Inexperienced member at a disadvantage, last year started a progression program that introduced and led about 15 newer paddlers to whitewater kayaking throughout the year.

#### **Carolina Canoe Club**

Canceled all trips and will not be posting any trips at least thru phase 1 of the NC Governor's plan. The CCC board does not have a recommendation for boating going forward. Will have this worked out on May 20th. WOR looking unlikely to occur, with final decision on May 20th.

#### **BRV**

Suspended trips and meetings until stay-at-home orders are lifted. Some members are participating in informal, shuttle-free river excursions or couples shuttles.

#### **BCKC**

All events are on hold. Not sanctioning club trips or gatherings. Have not disallowed people from posting on their Facebook page to bring informal groups together, but are monitoring conversations. Have refrained from making club recommendations to others on how to proceed with private groups. Hoping to have an abbreviated Beginners Sessions but will depend on easing of restrictions.

### **CCA Board Meeting, Monday May 4<sup>th</sup> 2020**

#### **Virtual via Zoom**

**Attending** – Barb Brown, Jen Sass, Gordy Lang, Ginny Quam, Gary Quam, Susan Sherrod, Kathleen Sengstock, Miki Komlos, Ginny DeSeau, Mark Wray, Ron Ray, Jim Landfield, Lisa Fallon, Daniel Mullins, Gary Steinberg, Risa Shimoda, Marilyn Jones

**Treasurers report** - Jim

**Conservation** – Kathleen, Kay

Spring clean up was cancelled for COVID. Hoping to do it later in the year. Nothing else to report.

### **River Access – Gordy, Alf, John Snitzer**

**Pennyfield** – Alf spoke with the park service to get water into the canal at Pennyfield, and the canal was subsequently watered (by the rain-fed river rising); the Violettes loop is now navigable.

**Parking lots at Carderock, Anglers and Great Falls** – Jen will communicate with Alf to see what the reasoning is to keep the lots blocked off, and if a letter from CCA to the park service to open the lots may be useful.

**Tridelpia** also has its river access parking closed off – Gary Steinberg offered to investigate and see if a CCA letter(s) to Montgomery County, Howard County or the Washington Suburban Sanitary Commission (WSSC) would be useful.

### **Trips – Ginny and Gary Quam**

In mid-March CCA began canceling scheduled trips in response to Covid-19. Scheduling of new trips has ceased. At this time members cannot organize trips through CCA. Gary contacted the trips chairpersons for six paddling clubs in the region for a survey on how their clubs were responding to the coronavirus. He received replies from five clubs, summarized below.

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**Blue Ridge Voygeurs** - Suspended trips and meetings until stay-at-home orders are lifted. Some members are participating in informal, shuttle-free river excursions or family shuttles.



Baltimore Canoe and Kayak Club - All events are on hold. Not sanctioning club trips or gatherings. Have not disallowed people from posting on their Facebook page to bring informal groups together but are monitoring conversations. Have refrained from making club recommendations to others on how to proceed with private groups. Hoping to have an abbreviated Beginners Sessions but will depend on easing of restrictions.

**While the local states have stay-at-home orders, CCA should not defy the spirit of those orders by organizing trips; individual members are encouraged to consider our Tips and Trips lists when making their own plans.**

We will develop a list of Pandemic-Appropriate Tips and Trips, to share on our website and through the Cruiser, to help inform CCA members and paddlers about how to engage in safe, healthy, socially-distanced outdoor exercise:

- Keep it small – avoid over-inviting to keep groups in the single-digit size

- Stay in the comfort zone of you and your paddling pals to avoid any incidents to avoid rescue situations that make social-distancing difficult to maintain, or – worse – impose on park or other stretched resources

- Plan a paddle that doesn't require any shuttle (see our Trips list for ideas)

- Share some information about local shuttle-free padding options (for example, Seneca Creek attainment is a lovely no-shuttle, no/contact couple of hours.)

- Remind people of skills-building options: attainments for boat control, hole surfing, flat water padding for stroke perfection, rolling practice. (Always throwing in the disclaimers to obey the law and AWA safe paddling guidelines.)

- send out some links to (carefully selected) YouTube videos... just for fun

- Send other links related to paddling with a fun intro such as "you've got plenty of time now to repair your gear", so consider these: like how to replace gaskets, repair a dry suit rip, refinish your thwarts

- CCA can host a webinar yoga for paddlers

- CCA monthly meeting could be a webinar, starting with a book reading from Risa of her recently published book (Jen will work with Ed and Risa)

**Winter pool sessions – Ron**

Overall, the pool sessions broke even. The last sessions were cancelled due to Covid-19 restrictions.

## **65<sup>th</sup> Annual Down River Race – Rescheduled to Saturday Sept 26<sup>th</sup> – Jen**

We have an NPS permit number 20-0375 and been assigned to permit specialist Marisa Richardson. Jen will contact folks that are part of the organizing team, to make sure everything is on track. Miki will email Team River Runner (Lisa Weed) to see if we can get our volunteers SSL hours through Team River Runners' certificate. Kay will find out whether it may be worth it for CCA to become certified for future events.

### **Other business –**

- Congratulations to Risa Shimoda on the publication of her biographical book, Photographic Memories.

- Barb informed us of the sad passing of Larry Gladieux - CCA Chair 1996 to 1998. He was very popular and very active with CCA, including being involved with many clean-ups and leading trips. We are very saddened, and send our condolences to his family and loved ones.

**Next Board meeting – Monday, June 8<sup>th</sup> 7 PM, webinar**



Mike Aronoff, ITE, Canoe, Kayak, IT Rescue  
CKAPCO.com

Since, obviously, what we need is more bad news, AW just released its 2020 list of most endangered rivers, and the Lower Yough made the list:

<https://endangeredrivers.americanrivers.org/lower-youghiogheny/>

## CCA Tips and Trips for pandemics

Alf Cooley – May 2020

**While the local states have stay-at-home orders, CCA should not defy the spirit of those orders by organizing trips; individual members are encouraged to consider our Tips and Trips lists when making their own plans.**

### TIPS

Stay in small groups, keep recommended social distancing, and avoid shuttling and carpooling except with pandemic- fellows like family members etc. Below are some tips for doing that on a paddling outing:

If you are feeling ill, stay home.

Seek areas with uncrowded parking.

Set trips early or late in the day if possible, to avoid mid-day crowding in parking areas and on rivers.

Wear a face mask that effectively covers mouth and nose in all parking lots when unknown people are near. When you get home, wash your hands and the mask immediately in soap and water. Proper fitting and functioning face masks are the new reality.

Do not let anyone touch your gear or help you with your boat. (This is hard but essential). Keep sanitizer ready if needed.

Separate at least six feet at all times, including on the river.

Paddle well below your skill level. Spills that require assistance put you and your companions at risk. Injuries put the entire medical community under duress.

Stay in everyone's comfort zone to reduce rescue needs - work harder on easier water.

More attainments and loops to avoid having to carpool and shuttle

Routes with shuttles that can be done by bicycle, on foot, or with roller carts

More local runs to avoid long drives

Do not paddle alone. Call or email CCA friends to join you.

### TRIPS

This is but a list to remind paddlers of streams where shuttle-less trips might be run. It does not purport to describe them. For this we have the excellent local guide books: Gertler's Maryland and Pennsylvania; Corbett's and Grove's Virginia; and Ettinger's regional whitewater book.

Other resources include:

American Whitewater online, and the CCA web-site, with downloadable maps by Ron Canter, and CCA's on-line Stream-Finder to ascertain current and minimum volumes.

Recent Trip Reports on a few of these streams are on the CCA Trip Reports pages. If you want to drill down, go to the search function on the top right of the Trip Reports page. Put in your stream to collect every Trip Report written on it in the last four years.

CCA's online Maps page (members only) are 40-odd detailed maps of nearby streams that can be copied and given to your trip participants.

Useful tables in the CCA's 2017 Handbook: Gauge Levels, 68 whitewater rivers, by difficulty, Potomac River, AW Safety Code and Water Levels and Weather.

Be safe, and have fun!

### **The Lower Potomac – Attains and Back – Careful on the water level –**

/ Little Falls Loop / Lock 8 / Lock 10 / Carderock (when reopened) / Offut Rapid / Anglers / Chutes / Mather / Sandy Beach / Swains / Pennyfield / Seneca Breaks / Violettes-GWC Loop

OR – Canoes take Roller Carts and return upstream along the C&O towpath.

### **VIRGINIA**

Accotink Fall Line [Cl. 2+] – bike Rolling Rd, St Albans Rd

Goose Creek Upper (Golf Course Rapid) - [Cl. 2+] Put-in at Keep Loudoun Beautiful Park (43055 Golf Club Rd)

Goose Creek Lower. Class I. Put-in at Kephart Bridge Landing (43942 River Point Rd) Paddle to mouth at Potomac and cross to Edwards Ferry.

Occoquan Rapid [Cl. 3 (4)] – Ettinger, p. 401

Pohick Creek – [Cl. 2+] bike-way (upper part only)

Staircase – B2B – bike (when park reopens access)

### **MARYLAND / DC**

Anacostia [A] – Gertler, p. 135 – subway & 2 hrs walk Antietam – several sections - attain, or bike, or ask Greg Mallet-Provost (inquiry under way)

Cabin John Ck – [Cl. 2+] - River Rd to MacArthur Blvd - one [Cl. 3] – bike 7 Locks Rd

Monocacy River - Greenfield Rapid - [Cl. I] - park and play. From MD 28, drive north on Greenfield Rd, park adjacent to the river. This was a favorite playspot for Glen Percy.



Mouth of Monocacy - [Cl. 1] - attain up Monocacy or up Potomac  
 Little Patuxent [2, (3)] – bike up former RR  
 Malloys Bay [A]  
 Patapsco - North Branch – Ron Canter Map, CCA Website – up + back or walk back up active RR  
 Patapsco - South Branch - [Cl. 2+] Gertler – p.164, Ron Canter Map – walk back up active RR  
 Patapsco – Main Stem – Hollofield Gauge to Ellicott City – walk back up active RR  
 Patapsco: Ellicott City – [2+] – bike or walk  
 Patapsco - Ilchester Road to Avalon, bike or hike back along the Grist-Mill Trail (includes the new rapid created with the removal of Bloede Dam)  
 Paw Paw Bends: Meet near Paw Paw tunnel on C&O Canal, leave boats & have someone watch the boats for the next 4 hours. Drop off cars at Little Orleans, MD. Ride bikes on towpath back to put-in. Paddle to Little Orleans on Potomac River. Drive back to pick up bikes.  
 Rock Ck – [Cl. 2+] Military Rd to Peirce Mill [3] / to Potomac [1+] – bike  
 Seneca Creek – Rileys Lock to Berryville Ldg / Rte 28: Dawsonville / Black Rock Mill – bike/walk

### Far Away – 2, 3 hours

#### MARYLAND / PENNSYLVANIA

Baltimore Harbor – Gertler, p. 164  
 Codorus Creek – Penna. [Cl. 2+] walk up old RR grade?? - Ron Canter map -  
 Little Falls R – Gertler, p. 175 – bike up RR trail  
 Little Gunpowder Falls – [Cl. 2+] Gertler, Ron Canter map – CCA Website – Bicycle  
 Lower Yough – Penna. - [Cl 3+] loop, take out at railroad bridge – walk shuttle  
 Muddy Ck – Penna. – [2+ (3)] – walk  
 Upper Gunpowder Falls – [Cl. 2+] – walk back up from Falls Rd Bridge  
 Upper Monocacy/Marsh Ck Circuit – Ron Canter Map – CCA Website – 1988 edn.

#### VIRGINIA

Rappahannock - Kellys Ford – attain, or bicycle  
 Shenandoah So Fk – Bentonville – attain  
 Rappahannock - Fredericksburg Fall Line [Cl 2-3] – park on Normandy Ave (room for 5-6 cars) for the launch, take out at Old Mill Park, and walk up to launch using paved bike trail (about 1 mile) - roller carts possible.



Little Falls. Stock photo



Paw Paw Bends map, stock from internet



Antietam Creek, paddling, stock photo.



## More Covid Trips by Ed Gertler.

**Lehigh:** The Lehigh Gorge begs a bike shuttle. The trail goes from Jim Thorpe to White Haven.

**Ghost Town Trail:** This runs along **Blacklick Creek**, in western PA. This is a superb whitewater run from Heshbon to Josephine.

**Frankstown Branch Juniata R.:** Located just this side of Altoona, this is a lovely Class 1 route. There is a rail trail from above Williamsburg to Alexandria.

Farther afield:

**PA's Pine Creek** (Grand Canyon of PA): An excellent and scenic rail trail runs through the canyon and for many miles below. This is a classic PA run.

**Greenbrier R. Trail:** This 80-mile trail in WV is good for segments of this beautiful river between Cass and near Lewisburg. Some of it is pretty primitive, but still passable in street bike.

**Redbank Creek:** This is pretty far away, in NW PA, but it is a scenic Class 1 river with a good, fairly new rail trail between Brookville to its mouth.

**Hudson River Walkway:** I know I getting absurd now, but I cannot recommend highly enough a trip to the Big Apple to paddle the Hudson past scenery like nowhere else. Just time the tides right, and you will travel faster than on many whitewater rivers. The walkway follows the New Jersey shore from Statue of Liberty to George Washington Bridge. Try it.

Finally, for easy biking through flat country with roads that usually have nice shoulders, use this as an excuse to try to some of **Maryland's and Delaware's eastern shore swamp rivers** like Tuckahoe Creek, Choptank R., Marshyhope Cr., and Pocomoke R.

And finally, Ed writes: On Sunday I resorted to using the old bike for a run on **Toms Creek** and the **Monocacy**. Not a bad deal -- 11-mile shuttle on fairly flat terrain got me 21 miles of river. The best deal though is using US Rte 11 for the **N. Fk. Shenandoah**, where the river to road ratio is about 3:1. Still, whenever I road bike, especially on shoulderless roads, I feel like I am playing Russian roulette. That is why I like rail trails.

*(ed. For the uninitiated, Ed has written fine guidebooks for Penna and Maryland, replete with detailed maps for these streams.)*

## L'Ouveze

By Ed Gertler.

With virus strainers significantly impeding our favorite paths of navigation, what better time to reminisce about good time past? So I am finally reporting on an unusual run that I took back in May, 2016.

The Ouveze is a small tributary to the Rhone River in southeast France, just inside Provence. Provence is a good place to be in early May. Blooming poppies carpet the meadows. Vineyards are greening up. Ancient towns of white houses with tile roofs dot the hills and mountainsides. If the sun shines anywhere in France on a given day, it will be in Provence. And don't even get me going on the supreme cuisine, or this trip report will go on for several pages. So I am always looking for an excuse to explore a new stream in Provence.

The Ouveze starts in the Prealps, which are some impressive foothills of the Alps. Every time I have come by, this creek has been too low to run. This day in 2016 was the exception. I chose a section from Entrechaux to Violes (like you really know where those places are). The guidebook said it was Class 1 to 2, and had no other comments. Fine -- that is what makes exploring fun. There can always be surprises. And that is why I am writing this up.

Not far below the town of Roaix --a point where the stream had pretty much emerged from mountains to the flatlands -- there was a orange sandstone wall on the left and a nice rocky rapid. Nice until a horizon line appeared. A scout revealed but a three-foot drop, but it was through a notch in an extremely undercut rock shelf. The outflow of the drop surged into the sharp undercut. Seeing no way to run this without being decapitated, I made the easy lift-over.

Shortly downstream, the surrounding sandstone abruptly changed to gray clay. The walls converged as the stream cut an amazing, twisting, narrow flume through all this goo, sometimes as narrow as five feet. There were round clay boulders on bottom, and as one might expect, when pinballing, it felt like hitting rubber. There were no eddys. The slippery clay made grabbing onto handholds difficult, and it would have been challenging to climb out. So I just resigned myself to my new status of unguided missile, and blissfully enjoyed the ride. Obviously, I survived this unique streamscape. If Class 1 could ever be a rush, it was so here.

Please do not let this account scare you. Go paddle the south of France in the spring. Nothing could be finer.  
Photo Below sent by Ed Gertler for this article

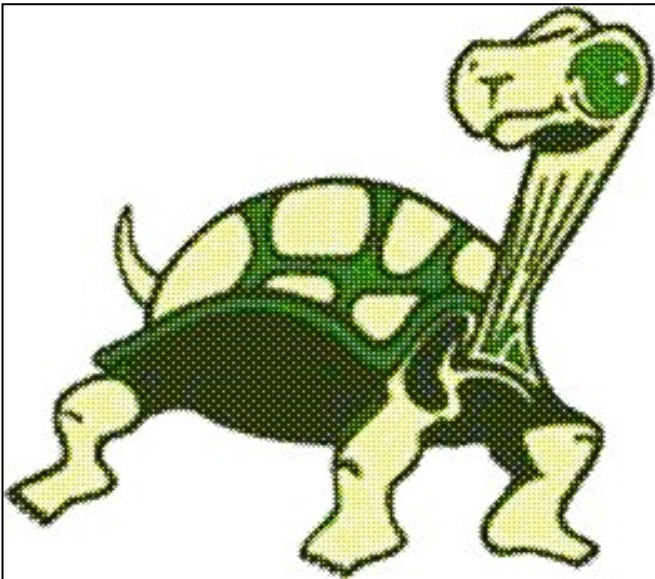


# CCA Event Schedule and Calendar

## All Trips cancelled

To check on Changes  
please check at:

<http://www.canoecruisers.org>



## COVID-19 & RESPONSIBLE PADDLING

WE ALL WANT TO PADDLE AND WE ALL WANT TO STAY HEALTHY. IN THE CURRENT CRISIS, IT MAY BE DIFFICULT TO DO BOTH. IF YOU CHOOSE TO GO PADDLING, HERE ARE SOME HELPFUL TIPS:

### BE SMART

If the activities associated with paddling make it impossible for you to respect local orders and national guidelines it's smarter to stay home and stay healthy.

If you feel sick, or have recently been near someone who is sick - stay home! Contact your doctor for care.

Avoid groups of more than ten people.

### MAINTAIN 6 FT OF DISTANCE

Social distancing applies to paddling as well as shuttling. Walk or bike your shuttle route, or consider alternative paddling options that do not require a shuttle, such as park & play or attaining upstream.

### MAINTAIN STRICT HYGIENE

Wash your hands often, frequently disinfect gear and other surfaces you touch, and do not share equipment, food, water, or other supplies.

### BE CAREFUL

Paddle well below your skill level to reduce risk of injury and potential to find yourself in the hospital and in the proximity of others who are sick.

Don't press your limits - if you need outside assistance, you can put undue strain on local first responders, medical personnel, and increase the risk of exposure for all involved in the rescue.

The ACA logo is located in the bottom right corner of the infographic. It features the letters 'ACA' in a stylized font, with the text 'Canoe Cruisers Association' underneath it.

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## Canoe Cruisers Association



Canoe Cruisers Association of Greater Washington, DC  
c/o Virginia DeSeau  
1105 Highwood Rd.,  
Rockville, MD 20851

## First Class Time Limit

**Attention**  
**Deadline for**  
**Summer 2020**  
**Friday July 10**



Thank you CCA, for all you do to  
support our paddlesports community!

### 2020 Schedule of Events:

August 14-15: Great Falls Race & AWP North  
American Extreme Kayak Championship  
August 15: Potomac Festival  
October 24: Lord of the (Russell) Fork Race  
October 31: Attainment Race #2\*

Join us!

[www.greatfallsfoundation.org](http://www.greatfallsfoundation.org)  
[www.potomacfestival.org](http://www.potomacfestival.org)  
[facebook.com/greatfallsfoundation](https://facebook.com/greatfallsfoundation)  
[facebook.com/presidentofthepotomac](https://facebook.com/presidentofthepotomac)  
[president@greatfallsfoundation.org](mailto:president@greatfallsfoundation.org)

*\*President of the Potomac scoring event*