



In The Year 2012

Volume 30

YEAR IN REVIEW

We had a good year of paddling, eating and socializing with great people, starting in January. Or so we tried. Punderson State Park is the scene of The Great Sled Dog Classic of Northeast Ohio. We were going to get rooms and be spectators. However, it was canceled due to lack of snow. Even the rescheduled date in February was canceled.

March was next with a trip to Rio Grande, home of Bob Evans Farms. We camped at their campground on Raccoon Creek, in chilly March air. The water was high due to spring rains but we did get to paddle 10 miles from Vinton back to the campground. Sunday morning we awoke to snow on the ground. March weather is iffy.

April found us in the eastern part of the state on the Little Beaver Creek. On Friday, the ODNR paddled with Tom and Jock. The water was high but the weather was good. At least on Friday. Saturday when the rest of the club paddled, it rained the entire trip. Wet, cold and watching the water still rise, we whittled the afternoon away socializing.

May was a different story. Tom and I paddled the Big Darby Creek, from Plain City to Chillicothe, in beautiful sunny weather. Even the mosquitoes were enjoying our company. We canoe-camped along the river just as the pioneers did. We did secure permission first. Lance joined us half way through the trip. Staying at the Bill Moose Gun Club on Saturday, Ted and Connie popped in to visit. Ted's new knees were not up to paddling yet.

June was Wil's trip on the Blanchard River. Camp was along the river in the village of Gilboa. Just across the street was a winery. What more could a person ask for? You could see where the river floods quite frequently but everything was normal in June.

The Corp of Engineers owns Charles Mill Lake just east of Mansfield, but the ODNR is the caretaker. For July, we had a great campsite not far from the beach. A little paddling on the lake and canoe/sailing from Harold highlighted the trip. It was very hot so the beach was a fine place to be. Lots of good food made the evening potluck-summer outing very enjoyable.

August was still very hot and dry so the Little Muskingum River was low. 3 miles was the most we paddled there. The camping was fabulous. From our campsite in the 3 site Ring Mill primitive campground, you could not hear another human sound except for the very occasional car on the stone county road next to us. That area northeast of Marietta is steeped in history and as close to wilderness as you can get in Ohio.

September and the Little Miami River just seem to go together. Ted and Connie's annual Little Miami outing started muddy but finished with beautiful weather. Camping at Morgan's campground is always a pleasure and the river always has water to paddle.

October's outing was very, very windy. It was luck that the wind was to our backs when Tom, Wil and I paddled 13 miles down the Kokosing River. Water levels were low but with the three of us paddling solo, we made it without leaving a lot of paint on the rocks. The Kokosing is a beautiful river and one of Ohio's water trails. We decided to paddle it again next spring when there is more water.

It was a great year with a great variety of members out to see Ohio's streams. Check the website for the next season's outings and please join us. We'll See Ya, "Around the Bend"

Editor

OHCRA 2011 PLANNING MEETING NOTES

OHCRA Members Present:

Tony & Alice, Jock & Debbie, Harold & Laurie, Ted & Connie, Paul K, Wil & Gloria, Tom, Liz

Treasury Report:

Tom read and provided copies of the Treasury Report. OHCRA's balance as of 11/20/11 in the checking account is \$2011.53. This includes a \$1500.00 transfer from CD to cover expenses like internet, newsletter, etc. Discussion was held related to club funding (i.e. membership dues, etc.). These issues have been discussed before and it was concluded that dues are still not needed. As finances dictate, the issue will be discussed further.

Old Business:

Ted read the minutes from the 2010 Planning meeting. Following is the status of issues from that meeting:

- Still need a new screening vendor for new Tee shirts.
 - Wil & Gloria agreed to look into some options with a couple vendors
- The OHCRA brochure has been revised.
- Trip waivers and following trip leader direction is an ongoing issue. Leaders should try to ensure all participants have signed one.
- The State contact renewal has been completed.
- Tony has renewed the website domain name.
- 2 T-shirts and a leather canoe were sent to Morgan's on the L. Miami.
- The dog sledding outing planned for 2011 did not take place.

New Business:

- Paul K reported that Paul W had eye surgery. Someone mentioned we should send a card.
- Membership was discussed. Tony reported we have 72 names on our list in 2010 and now have 78 in 2011. The list was reviewed again and several names were removed.
- It was brought up that 2013 will be the 30th anniversary of the first Across Ohio Adventure. Some kind of special event should be planned (special trip, reunion, pontoon outing on Indian Lake, etc). Wil & Gloria volunteered to be chair persons for this. All members should suggest options for this event.
- Tony discussed website, names, etc. He also explained website names that may help people find our site better than ohcra.org (i.e. canoeohio.co, canoeohio.org, canoeohio.net). Tony has bought these names and made a link to the OHCRA site. He suggested OHCRA could pay for these names as they should help membership. It was agreed to reimburse Tony for these costs.
- The 2012 trip schedule was discussed. The resulting schedule for 2012 was approved and will be listed on the website and in the newsletter.

(Larry & Sophia will be going to the Adirondacks again in October. All are welcome to join them

- Please suggest any other rivers (in or out of Ohio) that anyone is interested in doing!
- November 4, 2012 Annual OHCRA Planning Meeting in Columbus at the Department of Natural Resources Complex on Morse Road.



2012 Trip Schedule

It's time to mark your calendars and gear up for another exciting canoeing season. If you have any questions about a planned trip or if you want to schedule a trip, call any number below. You can also send an e-mail to manager@ohcra.org and we will be happy to assist you in any way possible.

Let's get on the water and see what's "Around the Bend"

<u><i>Date</i></u>	<u><i>Location</i></u>	<u><i>Contact</i></u>
March 9/10/11	Canoeopia Madison, WI	Tony (419)845-2010 tbonecanoes@hotmail.com
March 23/24/25	Kokosing River	Tony (419)845-2010 tbonecanoes@hotmail.com
April 13/14/15	Ohio Brush Creek	Lance (513)289-3537 lancealot111@yahoo.com
May 18/19/20/21	Great Miami River	Tony (419)845-2010 tbonecanoes@hotmail.com
June 29/30 July 1	Symmes Creek	Jock (740)385-4346 jockklinger@msn.com
July 20/21/22	Tuscarawas River	Harold (330)328-7354 hscobie@aol.com
August 17/18/19	Mad River	Ted (812)577-0248 canoeted@comcast.net
September 14/15/16	Upper Little Miami River	Wil (419)695-0411 wib@wcoil.com
October 12/13/14	Greenville Creek or Little Miami River	Ted (812)577-0248 canoeted@comcast.net
November 4, 2012	Annual Trip Planning Meeting	ODNR, Morse Rd. Columbus, Ohio

after the last tree is gone from the forest

after the last fish has left the waters

after the last bird falls from the air

Only then will you find

that money cannot be eaten"

-Cree prophecy-

From the President:

I would like to thank all the members who participated in the outings last year. From two of us starting the Big Darby to 17 at the summer outing at Charles Mill, we had a great year. There are some new members who paid dues in 2011, but we have yet to meet you in person. Do not be a stranger, come on out and get to know us. Who knows, we may be the strange ones!

Alice and I are attending Canoecopia in Madison, WI in March, for the second time. Canoecopia is the world's largest paddle sport exposition, with canoeing items you can not find anywhere else. And we just love the city of Madison. If any one is interested, book hotel rooms early as they sell out close to the convention center real fast.

The Great Miami trip I'm leading in May will be a primitive, camp along the river, multiday outing. If that type of canoeing strikes your fancy then gear up and be ready. I have lots of scouting to do as I have never canoed on that river. Any one with experience in the upper sections please let me know.

Technically fall of 2012 marks 30 years that the club was organized by Jim French. For our purpose we are designating 2013 as the 30th anniversary. Wil and Gloria are chairing a committee to help all past and present members come back together to celebrate this special event. Any ideas you may have please pass them on.

We still have the email list group. If you would like to join just send an email to:

ohcra-join@ohcra.org.

I will need to verify that you are a member and not some spammer then you can join in the discussions we have. Some about canoeing and some not!

Our website address is www.ohcra.org. Kind of hard to tell someone and have them remember it. I took the liberty of acquiring three additional web addresses that I feel are easier to remember: www.canoeohio.org, www.canoeohio.net and www.canoeohio.co. The next time someone asks for the website name you can spout off any of the four.

Enough of my aimless ramblings. I do hope everyone has/had a joyful holiday season and I hope to see you on the rivers of Ohio this coming year.

Tony

A bad day canoeing beats a good day at work

The Talmud of Paddling Presenter: Max Finkelstein Canadian Heritage Rivers System

What Paddling Has Taught Me: (partial list)

This presentation was inspired by the writing of the ancient Hebrew prophets of the Old Testament, a life of travelling in the wilderness, and my teenaged nephews and nieces. For me, a canoe trip is really a metaphor for life's journey. Any lesson learned on a canoe trip can and should be applied to the vagaries of our journey through life.

Don't be afraid to quit your job and go paddling every now and then.

Better to be on shore wishing you were out there in the storm then to be out there in the storm wishing you were on shore.

Never criticize anyone's paddling technique without first criticizing your own.

You can't spend too much time on the water in a canoe... unless you are not sharing this time with family and friends.

Run rapids with humility, dump graciously.

No one ever conquers a river. The river may graciously allow you to descend its waters with the open side up...or not.

Paddle alone whenever you can, paddle a long ways alone sometimes.

Anything that keeps you away from your canoe and water should be used in moderation.

Long canoe trips are completed one paddle stroke at a time.

Remember, if it doesn't kill you, it will make a good story!

Continents have been crossed and criss-crossed by ordinary people in fragile canoes.

Beware of obsessions about possessions. Having too much stuff can keep you from paddling.

Each year, paddle somewhere you haven't been before.

Listen to the burbling of running water, it's a sure cure for sadness

Have you ever seen a depressed person on a canoe trip?

Be polite to the rivers, lakes, land, people, and critters you meet, and always say "Thank you".

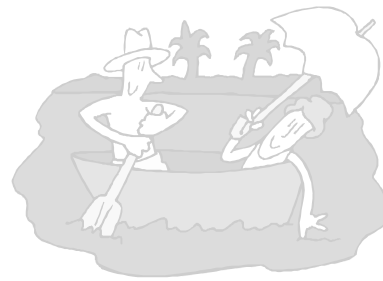


Shoulder Safety

Protecting our most important asset

Shoulders are the paddler's Achilles heel. Most of us know a talented boater who paddles any ocean condition or river level, who has the ability to rip a wave or run a waterfall, but can't keep a problematic shoulder in place. "People make the assumption that if they have big biceps, traps and deltoids that their shoulders are strong" says Boise, Idaho, doctor and paddler Waj Nasser. "But as we age the tendons in the rotator cuff become brittle and can tear easily. You've got to protect the rotator cuff by strengthening four muscles you've probably never heard of. And you don't need bands or weights." Here's how to strengthen your infraspinatus, supraspinatus, teres minor and subscapularis muscles. Keep these four strong and supple and they'll keep you on the water. – JC

1. With your palms up, extend your arms straight out from your sides, parallel to the floor. Make small circles in one direction. Do that for three sets of 10 and then make small circles in the other direction, three sets of 10. Now turn your palms down and repeat the exercise.
2. Again with your palms facing up, arms straight out from your sides, raise and lower your arms in a flapping motion, bringing your arms, slowly, as if you had dumbbells in your hand, from shoulder level all the way down to your legs and back. After three sets of 10, do three more sets with your palms down.
3. Back to the starting position, arms extended, palms up. This time, bring the arms together, keeping your elbows straight. As the arms come together, palms rotate down. Then as you bring the arms back, palms rotate back up. Three sets of 10. When your hands come together, both palms should face the floor. These can all be done in your home or during a break at the office. You should be burning when you're done.



THE WORST CASE

Even with fitness and good paddling technique, shoulders sometimes dislocate. If you're anywhere near a hospital, go straight there. Take a Wilderness First Responder or First Aid course to deal with the scenario in a remote setting, applying Dr. Wasser's recommendations for resetting the joint if absolutely necessary (meaning multiple days from help – remember, worst case):

Get the victim as comfortable as possible, try Tylenol or another pain reliever from your first aid kit. Have the victim lie down on a flat surface and keep them warm.

I try to start with the elbow bent at a 90-degree angle and the arm (bicep) pointing straight out, away from the body (that's the only way the victim will be able to hold his or her arm). If the elbow is bent at 90 degrees, that means your forearm is parallel to your body. I grip on the forearm and bicep and draw the elbow forward slowly across the chest, with someone putting pressure on their chest area so that their body doesn't move toward the arm. You'll feel the shoulder joint move back into place and see relief on the victim's face.

The reality is, even in emergency rooms with trained medical personnel, you often can't get shoulders back into location until the victim has taken drugs that relax the body. If you can't reset the shoulder in the field, load the victim on a raft if one is available, preferably lying flat. If there's no raft and no way to hike out, send people paddling for help, look for open space and prepare the victim for a helicopter ride.



OHCRA

11071 STATE RT 109
DELTA, OH 43515

WWW.OHCRA.ORG



OHCRA Membership

Return to OHCRA, c/o Tom Burger, 11071 STATE RT 109 , DELTA, OH 43515

Name: _____ Date: _____
 Name of spouse, children: _____
 Address: _____
 _____ Zip: _____
 County: _____
 Phone: _____
 E-mail: _____

One-time initiation fee (includes entire family)	\$20.00
OHCRA T-shirt (Adult sizes)	\$10.00
Tax deductible donation	_____
Total enclosed	_____

My Interests Are:

<input type="checkbox"/> History	<input type="checkbox"/> Re-enactment's
<input type="checkbox"/> Natural History	<input type="checkbox"/> Hunting, Fishing
<input type="checkbox"/> All Day Trips	<input type="checkbox"/> Historic Tours
<input type="checkbox"/> Extended Trips	<input type="checkbox"/> Canoeing Skills