



The Yakker

Lowcountry Paddlers Club Newsletter

March 2009

ROLLING: IT AIN'T SO HARD!

by Helon Everett
Safety and Training Coordinator for LCP

I have been teaching rolling for the Charleston County Parks for about three years. Rolling is a skill that I had difficulty learning but I have so much fun utilizing and teaching to others.

The essentials of learning to consistently roll your kayak are:

1. Don't use your head – either mentally or physically; and
2. Trust your roll instructor.

If you can do those simple things (or maybe just the last one!) you can learn to roll. In other words, anybody can learn to roll. You might have to take the class more than once—I did! We even had one very persistent person who took the class FIVE times before he got the roll, but in the end, his work paid off. In our last roll class, we had a person who did not like being under water at all, who only took the class to support her friend. Twenty minutes into the second night she was rolling like a champ. I figured she would be a hard one to teach but people always surprise you.

If you have taken the class in the past and you weren't successful, try again! It might be easier the next time around. If you have never taken the class, what better time than the present to learn a new skill? Rolling can be very useful even if you never plan on being in the surf. After all, what easier way is there to cool yourself off on a hot summer day than to gracefully dunk yourself (and NOT have to get out of your boat to do it...)? In all seriousness, though, rolling is a valuable safety skill—you never know when circumstances will put you in a situation where you find yourself swamped by a larger vessel's wake, caught in unexpected conditions, or just inexplicably upside-down. Knowing how to right yourself will keep you calm and allow you to be an active, positive force, able to help if other kayakers are in trouble.

LOWCOUNTRY PADDLERS
MEETING MINUTES
February 16, 2009

President Todd Beach called the meeting to order and welcomed the 32 club members and 8 guests, then introduced the speakers.

Guest Speakers:

Dr. Jackie McKool, Mckool Natural Medicine and Chiropractic Center

Dr. McKool spoke to us about her concept of wellness, what it is and what it isn't. She said that wellness isn't something your insurance company should pay for. Wellness is your insurance. Wellness is bringing the body back to good health and wellness is freedom.

Scott Szczepaniak, LCP member and owner of Sea Kayak Carolina

Scott gave us an interactive presentation on rules of the nautical road for kayakers. He talked about the rule of gross tonnage, which is: if it is bigger or uglier than your kayak, it has the right of way (i.e., it is better to give way than to be dead). Use common sense and remember it is easier for a kayaker to stop or change direction than it is for a container ship. Scott enlisted help from his audience to demonstrate how to tell if you are on a collision course with another vessel and what you can do to avoid it. He said most of the time boats pass port side to port side. He said if you see a boat coming directly toward you it is best to make your intentions clear by turning sharply away from the on-coming vessel. Leave no doubt which way your change in direction. He talked about crossing the harbor channel safely and recommended avoiding high traffic areas. He said that we should stay vigilant and remember that kayaks are hard to see. Glare on the water can obscure small boats and even small waves can hide a kayak. When crossing a channel stay in groups to increase visibility. When estimating the time to cross a channel, base the estimate on the slowest paddler in the group. Cross at a right angle because that will be your fastest way across. Pick out a buoy or marker and paddle directly toward it. Five short blasts from a ship's horn is a warning to get out of the way! Scott also showed a short ACA video on the subject.

Old Business: The minutes of the January 2009 meeting were accepted and approved as printed in the February 2009 newsletter.

Treasurer's Report: Michael Condon read the February Treasurer's report. Total receipts were \$441.00 and total disbursements \$450.00. The previous balance \$2,340.30. The new checkbook balance \$2,330.90. The report was accepted and approved as read.

New Business:

Trip leaders report: 3 trips are planned between February 16th and our March meeting.

- ⚓ Perrine* will lead an intermediate paddle on **Sunday, March 1st**. The trip is a circumnavigation of Headquarters Island by way of Pennies' Creek. Arrive at Wappoo Cut Landing at 8:30 and launch at 8:45. Perrine said that recreation boats less than 13 feet are not appropriate for this paddle. There will be time to stop for a lunch break before returning with the tide.
- ⚓ Todd* will lead a paddle on **Sunday, March 8th** from Quenby Bridge Landing to Huger Landing. This trip is suited for beginners. We will stop for lunch at Huger Landing and return. This trip is only 8 miles. Todd said if it is a warm day we might even see an alligator! Arrive at 9:30 and launch at 9:45.
- ⚓ Michael Condon* will lead a paddle on **Saturday, March 14th** from Paradise Landing down the Wando River to Remley's Point. This is a long trip therefore not appropriate for beginners. Meet at 10:00 am at the new Walmart on Porchers Bluff Road in Mt. Pleasant. Drive to landing, off-load boats, shuttle vehicles to Remley's Point and launch by 11:00am.
- ⚓* Check out the Lowcountry Paddlers website for more details about these and other upcoming paddles.

Announcements:

Todd announced that there are LCP stickers at the sign in table that are being given away. Door prizes were distributed and the meeting adjourned.

Respectfully submitted,
Leslie Maple

New Member

WELCOME
Marlena S. Franklin

Saturday
10-4

PET FEST 2009

Sunday
12-4

As a result of the popularity of this annual event, we have expanded it to a TWO-DAY PET FESTIVAL. On March 28th and 29th, Palmetto Islands County Park in Mt. Pleasant will be packed full of pet exhibits, demonstrations, experts, and entertainment. Dock diving will be featured, along with festival favorites including *Lowcountry Dog Magazine* Cover Model Contest, pet contests, dog show, Frisbee dogs, microchipping clinic, and children's activities. Leashed pets are welcome to join in the fun and festivities! For more information, visit www.ccprc.com/petfest or call 795-4FUN. The fee is \$5 per person, per day, or you can use 3Greenbax for adult admission (children 12 and under & CCPRC Gold Pass Holders are FREE).

Submit your contributions for the
April 'Yakker to Jenelle
by March 25th via email at

lowcountrypaddlers@yahoo.com

NOTE: Copyright law will be upheld, and no
anonymous submissions will be considered.



Lowcountry Paddlers from near and far, in canoes and kayaks of all shapes and sizes, at all skill levels, share the enjoyment found in getting together to appreciate all the abundant natural beauty that surrounds us in South Carolina.

Our meetings, usually held on the third Monday of each month, are informal, open to non-members and guests, and provide a great way to learn about the club and to meet our members. Meetings normally include a guest speaker from 7:00 to 8:00 followed by a short session of club business. Meetings generally conclude by 8:30 p.m.

LCP meetings are held at:
Providence Baptist Church
294 Seven Farms Drive
Daniel Island

Join us at our next meeting:
March 16th at 7 p.m.

Contact us by mail:
Lowcountry Paddlers
P.O. Box 13242
Charleston, S.C. 29422

or visit our website:
www.lowcountrypaddlers.net



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Caw Caw Self Guided Canoe Tour*

Fee: \$10/per canoe

Relax and enjoy a day paddling historic rice fields. Our knowledgeable staff will update you on wildlife activity and share the unique history of the site. For more information call Caw Caw Interpretive Center at (843) 889-8898.

Course # 20302	Sat	Mar 7	10:00am-4:00pm
Course # 20303	Sun	Mar 8	10:00am-4:00pm
Course # 20304	Sat	Mar 14	10:00am-4:00pm
Course # 20305	Sun	Mar 15	10:00am-4:00pm
Course # 20306	Sat	Mar 21	10:00am-4:00pm
Course # 20307	Sun	Mar 22	10:00am-4:00pm
Course # 20308	Sat	Mar 28	10:00am-4:00pm
Course # 20309	Sun	Mar 29	10:00am-4:00pm

East Coast Canoe & Kayak Festival Q & A Session

Fee: FREE

The East Coast Canoe & Kayak Festival is one of the largest events of its kind. The festival has on-water and classroom presentations for the novice to advanced paddlers. Come meet with our staff to learn more about what the festival has to offer and which courses may be suitable for you.

Course # 19996	Thu	Mar 12	7:00pm-9:00pm
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Introduction to Kayaking

Fee: \$42/\$35 CCR Discount

Let our ACA certified instructors help you learn a new skill comfortably and enjoyably. Using a variety of boats, this entry-level course teaches you basic strokes and skills to have fun on the water!

Course # 19989	Sun	Mar 15	9:00am-1:00pm
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Parent & Child Canoe & Kayak Sampler

Fee: \$15/\$12 CCR Discount

Learn how fun and easy canoeing and kayaking is for the whole family. This hands-on class introduces basic strokes and equipment before giving families a chance to paddle a variety of kayaks and canoes. This program is for children ages 8-16 and their parents.

Course # 20186	Sat	Mar 28	9:00am-12:00pm
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Little Oak Circumnavigation

Fee: \$42/\$35 CCR Disc

This is your opportunity to circumnavigate an island via kayak! Perfect for beginners, this short trip is one of our favorites as we are likely to see dolphins.

Course # 19968	Sun	Mar 29	9:00am-12:00pm
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Doggy and Me Day Hike

Fee: \$12/\$10 CCR Discount

We welcome friendly, social dogs and their owners to come explore trails in Francis Marion National Forest with us. Owners and dogs should each have their own water and snacks. Transportation is not included; meet us at the trailhead. Dogs must be on a leash.

Course # 20086	Sun	Mar 29	1:00pm-4:00pm
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Introduction to Kayak Rolling Class

Fee: \$48/\$40 CCR Discount

The greatest self-rescue tool a kayaker has, rolling also sharpens other boating skills. Small pool classes ensure your comfort throughout the process. Participants ages 13-15 can register for this course, but must be accompanied by an adult chaperone.

Course # 19964	MWF	Mar 30-Apr 3	7:00pm-9:00pm (MW) 6:00pm-8:00pm (F)
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**Participants in most classes 16 years old and under must be accompanied by a registered chaperone.*



Pre-registration is required for all programs and some special events. Please call (843) 795-4FUN or visit www.ccprc.com for more information on these and other great classes and programs offered by CCPRC!

