

# The Yakker

The Lowcountry Paddlers Club

## Things I Have Learned

February 2012

### Message From The President,



Since I am an instructor for CCPRC I got an opportunity to assist on 3 sea kayak surfing classes during the festival. I got to assist Ben Lawry, whom I think is one of the greatest kayak instructors of all time. He is an innovator and is always looking at improving teaching methods. The point of sea kayak surfing is to stay on top of the wave. I had been using a low brace to stay on the wave which on occasion, however, I learned the way to stay on the wave for the entire ride is to use a breaking stroke. So once you are on the wave you really don't want your boat moving any more in reference to the wave. The wave moves but your boat does not. I used it and it worked beautifully. I stayed on top of the wave just about every time. I can't wait to try it on some bigger waves and to teach this to other kayak surfers.

I learned a new technique to use to teach the roll. I am looking for a volunteer whom I can test it on. Some of you may remember the article I wrote a couple years back about teaching the roll to Bill Guiffre. If you volunteer you might also be a subject of my next "How To Teach the Roll" article.

I learned Stand Up Paddle Board is not for me. I tried one out. My knees shook the entire time I was on the board. I used a brace several times just to keep standing. I was jittery for hours afterwards.

I learned (though I really already knew this) we have an awesome group of members who are always willing to give their time and talent for the betterment of our club and I appreciate and thank all who volunteered, or baked and bought goodies or our tent.

Helon

## Upcoming Events

- Sat, 5 May Cooper River: Durham Creek to Bushy Park & return
- Sun, 12 May Bennett's Point to Brickyard Landing
- Sun, 20 May Paradise Island to Remley's Point Landing
- Sat, 27 May Circumnavigate Eagle Island
- Sat, 2 June Sol Legare Landing to Kiawah Island & return
- Sat, 9 June Cooper River Locks



**LOWCOUNTRY  
PADDLERS**

We are a socially and economically diverse organization with one common link...a love of paddling. Whether kayak or canoe, expert or beginner, we all enjoy the camaraderie and the beauty of South Carolina's waterways. Our meetings are held on the third Monday of each month (except December), with club paddles scheduled throughout the year. Please join us and share in the fun! Lowcountry Paddlers meet at: Providence Baptist Church 294 Seven Farms Drive Daniel Island

Join us at our next meeting  
February 15th at 7 p.m.

**LCP Club Officers**  
**President**  
Helon Everett  
**Vice-President**  
Michele Powell  
**Treasurer**  
David Bears  
**Secretary**  
Leslie Maple

**WELCOME**

**NEW MEMBER**

**Jesse Orr**

## LOW COUNTRY PADDLERS MEETING

April 16, 2012

President Helon Everett opened the meeting at 7:10p.m.

31 members and 2 non-members were in attendance

Helon introduced the vice president, Michele Powell, the secretary, Leslie Maple and treasurer, Dave Bearse.

Michele Powell introduced guest speaker Gregg Barton, a kayak racing world Champion. Gregg competed and won a Bronze medal in the 1984 Olympics, won Gold twice in the Sol, Korea, 1988 Olympics and won two Bronze medals in the 1992 Olympics in Barcelona. He brought video of his double wins in the 1988 Olympics, and though we knew how the races ended we all felt the tension of the photo-finish endings.

Gregg is also co-owner of Epic Kayaks. He talked about the different kayak designs, one for flat water racing, a sea kayak touring design and a recreational use kayak. Touring kayaks he said are the most versatile. All are designed to be light and efficient. Gregg is also known for his Swedish inspired "wing" paddle.

Gregg recounted his "long swim incident" when he capsized his surf ski in rough weather off of the Isle of Palms. He said he was lucky to be wearing a PFD but sorry to have not used his surf ski leash or brought a marine radio or cell phone. He had also neglected to tell someone where he was going. What should have been a 30 minute swim to Isle of Palms turned into a 2 hour and 45 minute swim that ended on Dewees Island, where he was assisted by passers-by. Greg never found his surf ski or paddle.

### OLD BUSINESS

Helon asked for a motion to approve the March 2012 minutes as they were published on the web site. A motion was recognized and the minutes approved as published.

### New Business

**Treasurer's report** – Dave Bearse read the Treasures Report

Beginning Balance \$2,481.04

Total Receipts \$430.00

Total Disbursements \$547.43

Outstanding Checks \$63.77

Bank Balance \$2427.38

Helon asked for a motion to approve the Treasurer's Report. A motion was made and the report was approved as read.

Dave announced that we now have 136 paid up members. He expects to pick up more members at the Kayak Festival next weekend. We will be selling snacks and water at the festival that will bring in money to help pay for expenses like the annual picnic.

### Kayak Festival - Helon

Helon said that we have the booth manned for the upcoming festival weekend. We need for members to support the club by bringing baked goods to sell.

The LCP is leading two trips during the festival, one of Friday and one on Saturday morning.

**Trip Committee Report** – Ralph Earhart was not in attendance.

Ralph will be leading the Edisto River trip - April 29<sup>th</sup> from Marsoldfield to Messervey Landing. Meet at Givhans State Park at 9:00 am, leave for Marsoldfield at 9:15. A level 1 paddle.

Mike Struve will be leading the May 5<sup>th</sup> Cooper River trip. He will put in at Durham landing and take out at Bushy Park. A level 3 paddle

Suzette Urick will be leading the May 12<sup>th</sup> Ashepoo River Trip. She will put in at Bennett's point and paddle to Brickyard landing. A level 1 paddle.

Mike Struve will lead the May 20<sup>th</sup> Wando River trip. Put in at Paradise Landing and take out at Remely's Point. A level 3 paddle.

**Please check our web site for more detailed information about these trips.**

Social Committee – Bobbi Conner was not in attendance. Helon mentioned the annual club picnic. It will be held at the Navy recreation area known as Short Stay on June 23rd. There will be games and prizes.

### **Announcements**

Helon announced that she will be offering a forward stroke clinic next Wednesday evening and will set one up for the weekend as well.

Mike Struve reminded the membership that the Patriots Challenge is on April 28th and they need volunteers to help with the race. Mike said they could really use the assistance of someone with a power boat.

Michele Powell mentioned that Embroidme has the LCP logo and wicking t-shirts and will put our logo on the shirts. If you wish to have a shirt made just drop by the shop, and pick out your shirt. Embroidme is shopping center off of the IPO connector and 17. She will be wearing one of the logo shirts during the festival

Mike Struve reminded everyone about the next camping trip to Dreher Island- May 25 -28.

**Door Prizes were drawn**

**Meeting adjourned** at 8:30p.m.

Respectfully submitted,

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## **Cumberland Island Trip**

Back in January we all received an ACA Buyers Guide. Listed in that guide was an ACA excursion trip around Cumberland Island being put on by Geneva Kayak Center. I called and reserved a spot and emailed Leslie Maple to see if she was interested. She was and she reserved a spot as well. There are many outfitters that do coast of Georgia trips and trips around Cumberland Island but this one is the only one that I know of that caters. I figure this is my vacation I would rather have someone else preparing the meals, plus with only one other primitive kayak camping trip under my belt I figure there would be lots of things I could learn about cooking in the back country.

The trip was scheduled to be 4 nights of camping and 5 days of paddling. There were 5 participants (Leslie, Bernie, Martha, Lenore, and myself), 2 guides (Ryan and Pat), and 1 person (Kelsey) representing the ACA



We launched from Crooked River State Park and started our journey. There is a huge sub base in Kings Bay, and we could see that on our right as we paddled out to Cumberland Island. We also saw several stingray jumping out of the water. It seems to be the thing to do in the stingray world down there in Georgia because we saw them all along our trip on the back side of the island. We stopped for lunch at a place called Plum Orchard. The live oaks that surrounded this cottage, not a mansion, were just amazing. We saw evidence of the famous inhabitants of the island – horses. It was a beautiful place to share our first meal. Ryan and Pat prepared hummus wraps and fruit salad and we all split a can of Pringles.

The winds picked up as forecast to about 20 mph during our lunch break. Our destination for our camping spot was Brickyard Bluff which was about 5 miles away. We used what we could of the marsh grass to get out of the wind as much as possible. One of the participants did struggle in the wind and had to be towed. Bernie was right behind me and Leslie most of the time. At one rest break he paddled up to us and said he was doing all he could to keep up with us and that us Charleston girls sure could paddle. That put a big smile on both of our faces. We landed at Brickyard Bluff and set up camp. Due to the weather forecast for the previous day Ryan told us there was a 90% chance we would be spending 2 nights here. This is exactly what we ended up doing. Our tents were on a bluff right along the water. The first night Leslie and I both awoke to what sounded waves hitting the beach hard beneath us. Neither of us bothered to get out of our tents. The second night we heard the same thing but also heard a dolphin blowing. This got us both scrambling out of our tents to witness a dolphin strand feeding right below our bluff. Too cool!

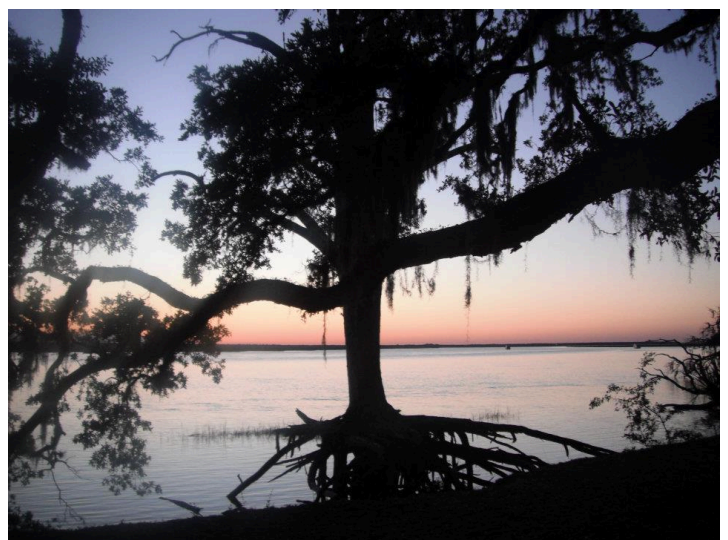
One the second day we hiked 3 miles to a little church that John Kennedy Jr. got married at. We saw lots of horses along the way. We also saw a dung beetle trying to move a huge peace of horse dung. We also discovered that at least this part of Cumberland Island was full of long leaf pine. Lone leaf pine use to dominate the forest in the south. Due to fire suppression and other man made reasons most long leaf pine trees are gone from the coastal plain.

The next morning we were treated to excellent omelets for breakfast. The winds abated so it was time to leave our home for the past 2 nights. No showers and no bathrooms for 2 days and I survived. Though for some strange reason I did get the nickname, “The Queen” during our time at Brickyard Bluff.

This day was to be our longest paddle – 18 miles with 12 on the ocean. We paddled along the back side and north end of Cumberland Island. We saw two stallions greet each other in not a very nice way on the beach. We found Christmas Creek which cuts between Little Cumberland Island and Cumberland Island and followed that out to the ocean. Several of our group had never surf so everybody gave it a try. We had already gone about 6 miles in our journey but Ryan wanted to go another 3 or 4 before we stopped for lunch. We were good with that and headed down Cumberland Island. At this point, Lenore who was the person that had to be towed 2 days prior, had a hard time staying up with us and Kelsey was starting to feel seasick. So we stopped early for lunch. Leslie and I exchanged notes about Lenore’s stroke. She is a classic lily dipper. We both told her earlier in the day what she needed to do to improve her speed but she seemed incapable or unwilling to do a minor fix to her stroke. We stopped for about 30 minutes in hopes that Kelsey’s stomach would feel better and Lenore would get some energy. Neither of which happened. Shortly after launching Lenore was way back of the pack. I knew we needed to keep Kelsey paddling and not keep stopping to let Lenore catch up so Kelsey and I continued on. Eventually, Kelsey started feeling bad again and had to land. Ryan and Bernie went to shore with her.

Thankfully, there was an option for Kelsey to walk the rest of the way and have her boat towed. Which we figured was about 7 or 8 miles. But, better that than back on the water. So with Ryan towing the empty boat we set back out. Lenore may have been paddling at a 1 to 2 mph pace. This was just not going to get us where we needed to get before sundown. So I offered to tow. I towed for about 2 to 3 miles. Leslie offered to hook in. So Leslie and I towed her for another 3 miles. We were both beyond exhausted at this point and had to let Lenore go on her own. Eventually Pat, Ryan's assistant, towed Lenore the rest of the way. When we finally landed I knew our work was not done. I could not lift my arms. My shoulders were so sore. My legs barely held me upright. We had been on the water from 9:30 in the morning to 6:30 at night with about a 30 minute break. I had never been so exhausted in my life. But we had to move our boats above the high tide mark and grab our gear and head to Stafford Beach Campground. Ryan said it was about a 10 minute walk. What he failed to tell us about was the Dune of Death which protected the campground from the unwelcome. The Dune of Death was a 30 foot high sand dune that we had to walk up in order to get to the campground. When I came across it I almost cried. As I was walking up the soft sand Dune of Death barely making any progress, Leslie passed me on the right and yelled at me "Next time you want to go on a trip how about lose my number. Don't think we were crazy for wanting to do this trip and he was right."

We all set up our tents and took our first shower in 2 days – cold though it was it felt good to get the grime off. Ryan and Pat went about preparing our dinner. How, after that long day, anybody would have the energy to cook food I don't know. But they treated us to Chicken and Pesto Pasta which was yummy. We were scheduled to paddle in the morning to Sea Camp on the back side of the island. Considering our condition, Ryan thought better of this and decided that it would be better for us to rest a day before continuing our paddle.



On the next day I rested. My left knee and leg were swollen to about twice their size. I needed a break from walking and kayaking. I got out my Kindle and read most of the day. Others in the party took a surf lesson from Ryan in the morning and then they went on an 8 mile hike to the Dungeness ruins in the afternoon. That night we had pizza and smores. Then we had a talk. The total length of the next day's paddle would be 16 miles but we needed to paddle the first 6 miles in 2 hours without any assistance from the current. We could then catch the flood and ride into St Mary's on a nice tidal push. Which should not be a problem on this level trip but Lenore was holding us back. Birnie and Martha wanted us to leave at 6:30 given us 3 hours rather than the 2 so we would only have to make 2 mph. Ryan said if we averaged 2 mph tomorrow he would shoot himself in the eye with the flare gun. I laid the law down to Lenore and said "All we need for you to do is paddle hard for 2 hours and stick your paddle in the water all the way to the throat before you start your stroke. That was it."

The following day Lenore was able to keep up with us for the 2 hours we need her to. There is a jetty on the south side of Cumberland Island. While we paddled out to the jetty we did get to see a submarine along with two tenders coming into port. We paddled through a little break in the jetty to get on the inside and then rode the strong flood into St Mary's.

This was an amazing experience. It was hard at times. The Dune of Death really did almost break me. We did have a lot of fun both on the paddles and at night in camp. I learned a lot about kayaking and about myself. I was sad it was over but glad to be back.



# Upcoming CCPRC Events!



## Folly Beach Bird Walks

This walk focuses on the northeast end of Folly Island. We hope to see songbirds as well as a variety of shorebirds and seabirds such as Piping Plovers and Northern Gannets!

May 11<sup>th</sup> Fri 8:30am-10:30am Course # 27003

Meets at: Lighthouse Inlet Heritage Preserve Fee: Free

## Local Sea Kayak Trips

### Folly River After Work

May 16<sup>th</sup> 5:30pm – 8:00pm Course #27009

Fee: \$36/\$30CCR Discount Age: 16 & up

## Instructional Courses

### Introduction To Kayak Rolling

May 7,9,11 Mon, Wed, Fri Course # 27011 Fee: \$48/\$40 CCR Discount

### Intro to Kayaking

May 5<sup>th</sup>, 9:00-1:00 Fee: \$42/35 CCR Course # 27021

### Essentials of Kayak Touring

May 20<sup>th</sup> Fee \$60/\$50 CCR Discount Course # 27018

## Sea Kayak Rescues

May 22 and 24<sup>th</sup> Fee \$48/\$40 CCR Discount Course # 27269

## Introduction to Stand Up Paddleboard

Because of its simplicity and the fun factor it creates, SUPing is the fastest growing paddle sport in the country.

Apr 6 Fee \$24/\$20 CCR Discount Course 27030

Apr 10 Fee \$24/\$20 CCR Discount Course 27031

Apr 13 Fee \$24/\$20 CCR Discount Course 27032

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LCP members receive a 20% discount on all water-based programs when registering by phone with CCPRC Park and Program Services.



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