

Sierra Nevada Canoe & Kayak Club Newsletter August 2019



NEXT MEETING INFO

Date: Thursday, August 22nd

Place: Greenhorn ramp at

Rollins Lake

<u>Time:</u> 4:45 on the water

Program: Rescue Clinic

INSIDE THIS ISSUE

<u>Upcoming Programs</u> Page 1,2

Trip Schedule Page 4

<u>Trip Reports</u> Page 6-9

Honoring Dick Lyon Page 3

August 22 Rescue Clinic!!!

Please join us for our annual SNCKC Rescue Clinic. As always, Thomas Schuebel, certified Kayak Instructor and honorary SNCKC member, will lead us in assisted and self-rescue techniques, demonstrations and practice. Last year we practiced the Heel Hook assisted rescue. Plan on getting wet, so bring a towel and change of clothes!

Every kayak and canoe paddler needs to know and practice these methods. Participation in this clinic is highly recommended at least once every year and may be a prerequisite for some SNCKC paddles.

Please mark your calendars and join us there. Plan to arrive at the Greenhorn Gate on Rollins Lake by 4 pm so we can be on the water a bit before 5:00 to paddle over to Greenhorn Creek bay for the rescue practice with Thomas.

The gate fee for this event has been waived. Call or e-mail Chris Crain to get your name on the list at the gate for free entry: cgcrain@gmail.com 530-477-0616 or 530-263-0942

Those interested in a Pre Session to improve your 'maneuvering strokes' with Chris Crain, plan to be on-the-water close to 4:30.

Continued on page 2





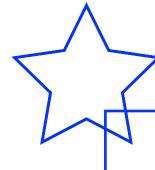
We recommend that you click on our website link below for most helpful additional links to self and assisted rescue videos:

https://sites.google.com/site/snckckayak/coach-s-corner

All Members are

Welcome and Encouraged

to join in the fun!



Upcoming Lake Wildwood Paddle ~ Tuesday, August 6!

Peter Johnson will lead a LWW paddle from Vista Park on August 6th. Plan to arrive in the parking area by 10:00 to be ON the lake by 10:30 am.

He has planned a different LWW paddle by dividing the lake into two paddle circles. First option is to paddle 3 miles RT CounterClockWise to Deer Creek Bridge, lunch back at Vista, and then 3 miles RT ClockWise around Pine Island to cover different sections of the lake. Feel free to do only one loop.

This is short notice, but please contact Peter if attending as Security needs a list by Monday pm to enter the LWWGate. There is a \$2 parking fee for Vista Park. He will confirm directions to Vista Park.

Contact Leader: Peter Johnson cell: 312 720-2677

HONORING DICK LYON

This July we were all stunned by the sudden passing of Dick Lyon. In his time with our club, Dick was not only our fastest paddler, but was also one of our most active and generous members. He served on the board in many roles (president, programs, trips



coordinator, and secretary), took countless photos (also curating those on our website), led trips, and exhibited many other talents (remember the talent show bird calls?).

Combining all that with his friendly manner and all around competence made him a a key member of our community. He'll be truly missed!

Celebration Paddle: A paddle celebrating Dick's life will be held at Rollins Lake, his training site, on Saturday, September 7th, the day which would have been his 80th birthday. Please join us, bringing your memories and stories of our friend Dick. ~Submitted by Chris Crain







Aug. 6 (Tu) Lake Wildwood Day Paddle - Peter Johnson

Aug. 14-18 (Th-Su) Caples and Silver Lakes (Camping) - Wendy Thibeault

Aug. 22 (Th) Rescue Clinic, Rollins Lake

Sept. 9-11 (M-W) Lake Tahoe Get Away ~ Lodge at King's Beach -Lucinda Beatty

Oct. 7-11 (M-F) Ft. Bragg/MacKerricker SP (Camping) - Carol Bader/Brenda Gillarde

Dec 12 (Th) Holiday Party - Seaman's Lodge

Suggestions for local day outings: Engelbright, Collins, Sacramento River, Donner, Natomas, Tahoe, Rollins, Scotts Flat, Jackson Meadows, Sly Creek, Clementine....

We need more day and camping trip leaders. See the link to the Trip Leader Guidelines Doc on the SNCKC website: https://sites.google.com/site/snckckayak/download-forms

We are more than happy to help out anyone who is willing to lead. If you can help, please send ideas to: lbappling@yahoo.com

Howdy to our Newest Members!!

- * Michael and Vivian Tipton (returning)
- * Nancy Van Horn



We Welcome You!!

2019-2020 Officers

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FOLSOM LAKE PADDLE REPORT - July 13th!

~ Trip Report Submitted by Chris Crain and photos by Carol Yoder

In early July, seven paddlers launched from Rattlesnake Bar, heading east along a quiet section of Folsom Lake. High water levels allowed us to paddle through groves of trees and to reach well up the north fork of the American River, nearly to the the location of the proposed Auburn dam site. Along the way we were treated to interesting shorelines, a bald eagle, successful fishermen, and beautiful weather.



After a pleasant lunch stop, which included fresh picked blackberries, we reversed course and got in a short term bit of wind paddling practice.

Nearing the takeout, we paddled into a few coves, encountering anchored boats loaded with families enjoying water-based picnic/party outings. Fun to experience, differing from the more common high speed and loud power boating which we more often experience. Back on shore, parking lots were jammed and we felt fortunate to have gotten off to an uncrowded start and to have turned left up the lake, rather than turning right into craziness of the main portion of the lake. See more photos on the next page.

Post paddle, an age 21+ refreshment stop completed yet another good day of paddling.



More Photos and Map for the Folsom Paddle!



Gold Lake Paddle ~ July 18 - 21 ***Trip Report Submitted by Colleon Wirth

Seventeen SNCKC members gathered at Chapman Creek Campground on Thursday, July 18th for happy hour. After dinner and some lively conversation around the campfire, we turned in for a good night's rest. The car caravan left camp Friday morning at 8:00 a.m. for Gold Lake, and we were pleased to be greeted by calm waters on the lake.

After a few minutes of paddling, however, we encountered strong winds and rough water. Believing this was an indication that this would be a challenging paddle on Gold Lake, four cautious paddlers returned to the boat ramp. Eleven intrepid paddlers forged on, and were happy to report that the rest of the paddle was relatively calm. After leaving Gold Lake, two members hiked, some went exploring, and others returned to camp to enjoy a good book, play games or to enjoy a nap.

Two additional members joined us for happy hour on Friday, and teams were formed for a game of Petanque. SNCKC potlucks are always extraordinary, and we were not disappointed. After dinner, a circle was formed around the campfire, and we enjoyed a rowdy game of "Catch Phrase." One of our neighbors heard our laughter and our members shouting out clues, and wanted to join our fun.

Chris joined seven members at the lake Saturday morning, and enjoyed one of our calmest paddles ever on Gold Lake. Eight members hiked the lovely trail out of Chapman Creek, and returned to camp for lunch and more games. We enjoyed happy hour and another exceptional potluck, followed by Chris Crain's homemade blueberry cheesecake, which is beyond compare. (Do you share your recipes, Chris?)

Our campfire ended early Saturday evening as members had enjoyed two days filled with activities in the Lakes Basin area and Chapman Creek Campground. After breaking camp Sunday morning, Laurie and Dennis hiked up to Long Lake, and Marlee, Wendy and I did an easy hike out of the Lakes Basin Campground to the top of a magnificent waterfall, enjoying the lovely profusion of wildflowers along the trail.





Getting Ready for our Rescue Clinic, Take heed!!

