



# Central Iowa Paddlers

Volume 9 Issue 1

March 2005

*This newsletter is a publication of the Central Iowa Paddlers, an informal group of paddlesport enthusiasts. The mission of the club is to share information, promote recreation opportunities and paddlesport safety, and encourage care of our aquatic resources. The group includes new and experienced paddlers with canoes and kayaks of all kinds. Visit us on [www.paddleiowa.org](http://www.paddleiowa.org) and pass the word!*

## MEANDERINGS

Paddling in Iowa is no longer an oxymoron. We have a successful book on the subject; both the print and TV media cover our issues; we have Expos, clinics and lectures on local paddling; even the state legislature knows we're on the map. This has come about because of the hard work of paddling enthusiasts. My congratulations and kudos to the activists who have so tirelessly raised the issues and promoted the causes. We are all beneficiaries of your zealous efforts to clean our waters, obtain governmental support, and sponsor our sport. There are too many of you to list here, but you know who you are. 2005 will be a great year for paddling in Iowa because you care ... and you put that care into action!

- Steve Parrish, Editor

**P.S.: Dues are due.** If you haven't done so already, the \$10 annual dues may be paid to Lynn Aldridge... (see below for the address). Members receive this Newsletter, weekly updates on canoe and kayak opportunities, and a chance to connect with others who love to paddle.

*"There's a strange sense of pleasure being beat to hell by a storm when you're on a ship that is not going to sink." - Jimmy Buffet, A Salty Piece of Land, 2004*

## TRIP REPORTS

### **New Years Day Paddle by Steve Parrish**

Sitting in your boat with neoprene covered hands immobilized from freezing while water falls from your paddle's drip rings and turns into icicles. What better way is there to start the New Year? Or so thought 11 hearty paddlers in Des Moines this New Year's Day. Answering the call from Gerry Rowland to attend the third annual New Year's Day float, a tiny armada including ruddered kayaks, a tandem canoe, and a play boat paddled the only open waters of Des Moines.

Never an easy float, this year's endeavor was to be more of a challenge than usual. Not only was the parking lot in the Sycamore entrance a sheet of ice, but the boat ramp had become long ice slide. We would have to un-rack our boats, get them to the ramp, and get boat and paddler down to the river ... all in a frozen floor of ice.

Eventually though, the paddlers were on the water, with nothing worse than bruises, cramping feet and frozen hands. As a congratulatory note to the intrepid revelers, upon the last push off, two trumpeter swans flew low and slow directly over the group.

At the takeout, our water soaked boots made the glazing on the rocks even harder to negotiate. Still we all made it out without injuries. Gerry summarized well what many of us were feeling. Amazed that 11 people had shown up, paddled to the dam and back on a New Year's morning, Gerry commented, "this shows you can do anything; I'm just I little old guy with a white beard, and here I am!"

## New Years Day Paddle Version 2 – Skunk River Paddlers by Greg Vitale



**John Washburn suits up for New Years paddle**  
Picture by Gerry Rowland

Five Skunk River Paddlers, Rick, Dave, Scott, Carolyn and Greg, joined in Gerry's New Year's Day Paddle on the Des Moines, albeit a couple hours later. The roads were a lot safer than the still ice encrusted Sycamore Access parking area or the boat ramp. Being on the water was a whole lot smarter too. Really.

The highlight of our trip was melting marshmallows for s'mores on a toilet paper stove on a sandbar just upstream from Sycamore. The toilet paper, fortuitously, was unused.

## Winter paddling in the Ozarks by John Pearson

Stir-crazy with counting days until melt-out on Iowa lakes, I have discovered winter paddling in the Ozarks. Waters in southern Missouri and northern Arkansas are far enough south that they don't freeze in winter. (I'm sure there must be exceptions to this broad statement, but my trips there in 1999, 2004, and 2005 have found ice-free conditions in January, February, and early March- and local residents tell me this is typical.). I just returned from a trip on Bull Shoals Lake, an impoundment of the White River just east of Branson, Missouri that extends southeastward into northern Arkansas. During my 6-day, 75-mile loop in late February/early March, I enjoyed big natural landscapes of wooded hills, limestone bluffs, and picturesque waterways, having the place essentially to myself except for local sport fishermen.



On Saturday, I drove 400 miles (an easy 1-day car trip on 65-70 MPH highways) down to Forsyth, Missouri (a small town ten miles east of Branson) and stayed in a camping cabin at Shoals Bend Campground (a bargain at \$19/night). The proprietors were happy to let me park my car at their secure facility for the duration of my trip, removing the worry for leaving it unattended for a week at a public access. I spent a few hours on Sunday morning sorting and packing my gear, then launched fashionably late at 10:30AM for an easy, 5-mile paddle to Beaver Creek Park, a public campground owned and managed by the Army Corps of Engineers. (I camped at Corps campgrounds for my entire trip; there was no charge at this time of year because electricity and running water are not turned on until April 1.) The Ozark scenery started immediately with big limestone bluffs and extensive forest flanking the river. As expected, houses near town broke up the natural scenery along the first several miles, but then thinned out and later disappeared for miles at a time. It's not wilderness, but it is remote, rural, and scenic.

For the next five days, I made way along beautiful wooded hills and bluffs. Monday's paddle was 19 miles to Tucker Point, where I laid over on Tuesday to let a windy day pass; then 14 miles to Lead Hill on Wednesday; back to Tucker Point on Thursday; and finally a long, 24-mile paddle back to Forsyth on Friday (where I again stayed in the camping cabin at Bull Shoals Campground). I experienced lots neat stuff: post oak-cedar forest, bluebirds, dripping springs, vultures (two species: turkey and black), misty sunrises, a mockingbird, fog, yipping coyotes, a meteorite, placid water, whitecaps, distant lightning at night, the drone of wind through a forested landscape....

For four of my six days on the water, the weather was sunny, warm, and calm with temperatures climbing into the fifties and sixties. I did experience an unusual 2-day blast of cold, windy weather when the last Canadian air mass of the winter charged tardily across the region on February 28 and March 1, sending nighttime lows into the teens and daytime highs creeping anemically into the thirties, accompanied by winds gusting to over 30 MPH. Despite hearing the forecast for the approaching cold front, I set out in my kayak in early morning hoping to reach my next campsite before it arrived in the afternoon, but the wind was blowing hard by noon and the temperature was falling. I was able to avoid trouble with the cold wind and choppy waves for most of the route by hugging lee shorelines under protected bluffs, but the meandering course of the river valley eventually brought me to windblown reaches. Twice I was forced out into a severe tailwind with following seas along havenless cliffs, where I struggled to keep from capsizing with a fatiguing series of sweeps and stern draws. I finally emerged into a quiet bay leading to camp and was glad go ashore. The blustery weather continued into the next day, so I declared it a layover and read books, walked about, and relaxed in camp. Mild weather resumed the day after.

After getting off the water on Friday night, I drove home on Saturday and still had a rest day to spare on Sunday before going back to work. I have found the Ozarks to be a convenient and beautiful paddling destination, a great way to break out of the ice-bound inactivity of late winter in Iowa.

### **Skunk River Workday by Rick Dietz**

"People pining to get outdoors" wrote Story County Conservation Director Steve Lekwa in his weekly Outdoors column. The volunteer response to the first scheduled Skunk River Water Trail workday was very nearly overwhelming. But the plan had been to cut trees and brush while the river was in ice, and as temperatures warmed and the ice moved out, large groups of willing volunteers had to be turned away.

In the end, 24 participants logged over 45 volunteer hours cutting trees & brush, picking up litter & deadfall, and otherwise preparing access points for further development. The total includes eleven paddlers as well as members of the Roland and Story City Boy Scout troops and the Skunk River Navy.

With the work out of the way, several of us took advantage of the moderate temps & recently opened river and paddled from Soper's Mill to Sleepy Hollow. You would expect that a mid-February float would earn you the title of "first on the river". But it wasn't so, as another group had launched from Soper's just minutes ahead of us. And those guys know how to paddle. As we caught up we could smell brats grilling in their canoe!

It felt great to be on the water, and we continued in the volunteer spirit by picking up the few cans, bottles, and ... portable toilets we came across. Near the end of the trip Dave & Greg hauled a large piece of a Kybo out of the water & floated it down to the take-out. (And we WILL claim the first 2005 river clean-up)!



*Volunteer work days are scheduled for the second Saturday of each month, May - October, as part of the "match" for a Federal Trails Grant awarded to Story County Conservation.*

### **Kayaking the Everglades by Steve Parrish**

In January five seasoned Iowa kayakers challenged the outer reaches of the 10,000 Islands area in the Florida Everglades. The group included Steve Parrish, Scott Evans, Jim Umbel, Brian Lange and Jeff Holmes (the latter two serving as Guides) It wasn't long after putting in at Everglades City that we were treated to porpoises performing tricks, to an overload of egrets and heron, and to the sight of thousands of mangroves. Once we reached an outer key, we paddled 10 miles of open water; many of the miles involving 3 foot following winds. By the time we arrived at Pavilion Key hours later at dusk, we had to set up camp, eat and get some rest. The key had scores of aggressive raccoons and at one point a raccoon grabbed my food bag and went towards the mangroves. I had to pick up a paddle and chase the little bugger down.

The next day we made a minor change to our itinerary that would allow me (I had pulled my back during the putin) to take a day's rest while the rest of the group explored some of the rivers. Although no 'gators were spotted, the group was able to see more of the mangrove river scenes and less of the Gulf. It also gave the group a chance to appreciate that tides have a significant affect on paddling in the Everglades.

We saw incredible things and ended up having a fantastic adventure. I will highlight a few of the challenges and rewards. Let's first talk challenges. The raccoons were unrelenting. One of our group had an entire pound of beef jerky stolen by a raccoon. On Wednesday, we paddled to Mormon Kay and learned about an entirely new form of pestilence: rats! We had landed, set up camp, eaten and treated ourselves to a campfire when Jeff jumped up and yelled "a rat just ran across my foot!" We rushed back to our tents to spot a number of rats nosing around our tents and climbing the trees over us. We kept a vigilant watch all night and I'm pleased to report that, notwithstanding their persistence we bested the rats. No losses. I must also report, however, that our final night out, on Rabbit Key, a raccoon successfully raided Jeff's candy stash. Have these creatures no sense of honor??

There are rewards offsetting these challenges. While on Mormon Key, we were treated to a scene few people could ever hope to witness. An osprey had a nest that he obviously intended to defend. A bald eagle landed on the beach in front of us and the osprey flew in to challenge. This led to an unbelievable air ballet of attack and counter attack. As impressive as our national bird is, the osprey outperformed the eagle and chased the marauder off. There was plenty in the water to see as well. I've already mentioned the porpoises, but can anyone tire of seeing them

perform in front of the bow of your boat? Is it ever business-as-usual to watch sea turtles slowly work their way across vast expanses of open water? Or how about the never ending jumping of fish? One variety of fish frequently swims near shore and makes anywhere from 3 to 7 jumps approximating 2 feet each. And they do it all night!

Our last day, we went through open water for an hour, then into mangroves, and ultimately to a long bay near Everglades City. Both going out and coming into the Everglades we paddled near National Park Service tour boats where the guide would point us out and tell the passengers about how some kayakers would paddle and camp for days at a time! We obviously rode on inflated egos as well as kayaks.

If you're willing to tolerate sand everywhere, marauding rodents, and confusing tides, a kayak trip in the Everglades is the ultimate adventure.

## **PADDLING EXPO REPORTS**

### **Expo Report by Dave Kraemer**

Central Iowa Paddlers were well represented at the CanoeSport Outfitters Paddling Expo this year. Once again, CIP staffed a booth in the American Legion Hall during the Expo, held Feb. 11-13 in Indianola. Volunteers did a great job of representing the club throughout the three days and many attendees stopped by to renew their membership or to sign up new.

The information at the booth was helpful and the display adequate. But we decided after the fact that we can use a better sandwich board or poster (with a stand!) and that an album of photos or a slideshow would be helpful.

Several club members, wearing different hats (sometimes literally, vis a vis Gerry Rowland), made presentations at the Expo. Gerry Rowland talked about River Trails. Nate Hoogeveen presented paddling in Iowa. Greg Vitale led a presentation on a grant hunted down by the Skunk River Paddlers to improve and extend river access and the water trail on the Skunk from Story City to Cambridge. Steve Parrish staffed the Paddlers Film Festival. Robin Fortney, Bill Graham and Bob Johansen organized the first annual Camp Stove Cook-off to highlight the Iowa's Rivers Cookbook, and, to the delight of many, Rick Dietz showed off his toilet paper stove by roasting marshmallows for s'mores.

### **Camp Stove Cook-off by Robin Fortney**

The Paddling Expo hosted by Canoesport Outfitters in Indianola offered a new event in 2005. The Camp Stove Cook-off, sponsored by Central Iowa Paddlers, was held in the main store amongst canoes, PFDs and the paddling library. CIP had invited paddlers to dust off their camp stoves, pick out a favorite recipe and bring ingredients to the Expo on Saturday afternoon. The purpose of the event was to highlight the recently published *Iowa's Rivers Cookbook* and donate the entry fees to Iowa stream conservation efforts.

Chef Phyllis Goodman was the first to set up her stove, a Swedish Trangia alcohol-powered affair. Her recipe was a one-dish recipe that she called, Phyllis' Tuna Surprise. As she set up her kitchen, Des Moines Register photographer Bill Neibergall arrived to shoot photos. He was hoping for a crowd, but Phyllis distracted him with her wit and Julia Child-like ways. Chefs Bill Graham, Lyle Danielson and Dave Kraemer arrived next. Bill set about making Shrimp Tapas on his one-burner stove. Lyle pulled out a poaching pan to cook up trout with Italian parsley and Dave prepared fried northern pike and sweet potato chips, both using two-burner Coleman stoves. Last, Chef Rick Dietz lit his toilet paper stove and began to toast marshmallows for s'mores.

As the chefs completed their dishes, the judges stepped up to the table to taste each offering. We offer a big thanks to Julia Martinusen, food editor with Meredith Publishing, Sharon Van Verth, chef to two governors, and John Gaps III, columnist for The Des Moines Register, for taking their job very seriously. Fortunately for the crowd who gathered as stoves were lit and garlic began wafting through the store, there was enough food for many of us to get a taste.

Prizes donated by Canoesport Outfitters (including a Thermarest mattress, dry bag, canoe seat, quick-dry towel, biodegradable shampoo and water bottle) were given to the winners: Phyllis won 1<sup>st</sup> place and Bill won 2<sup>nd</sup> place in the 1-burner savory dish category; Lyle won 1<sup>st</sup> place and Dave won 2<sup>nd</sup> place in the 2-burner savory dish category; and Rick won 1<sup>st</sup> place in the 1-burner sweet dish category. The prize for best dish reflecting the quintessential campfire meal was given to Dave who served up his northern pike and sweet potato chips with fresh blueberries, cookies and white wine in plastic stemware. Congratulations to the chefs and judges for making this event a tasty and entertaining success!

Watch for a photo spread on this event in The Des Moines Register sometime in April and start thinking about the dish you will make for next year's Camp Stove Cook-off.

## NEWS REPORTS

### CIP Board Information by Dave Kraemer

Central Iowa Paddlers begins its second year under committee leadership. God help us. As noted at the annual meeting, it's now taking nine of us to do what Robin Fortney did all by herself for years. And that nine includes Robin!

The CIP Board of Directors has been meeting every month and a half through 2004 and will continue through 2005. Board members early on divided up tasks. Here's who's been doing the work for the past year:

- Lynn Aldridge, membership.
- Rick Dietz, Web site
- Robin Fortney, secretary
- Bill Graham, trip announcements, and weekly paddle update
- Nate Hoogeveen, advocacy
- Bob Johansen, at large member and host of most meetings
- Dave Kraemer, moderator

**[editors note: *Dave's modesty is impressive; he's been serving as de facto leader* SP]**

- Steve Parrish, newsletter
- Greg Vitale, treasurer

What we've found is that there's a lot of work to be done, but that it's a lot of fun, too. Moving to the board structure was a big step last year, and I hope we've actually helped Robin. It is time now for the club to evolve some more. We need to establish policies and procedures. And we need to establish a process for succession on the board. I think I can speak for everyone who's helped so far that we're committed to continue. But the health of the organization means that sooner or later, board members need to be replaced.

This past year, we've established a list of things that need to be done and best practices for how to do them. As this year progresses, that list can become a set of policies and procedures, which in turn can provide a framework for actual bylaws. The board members are now scheduling a retreat, of sorts, to talk about that topic.

Part of that will mean setting terms for board members, and establishing a process for selecting new board members. At the same time, we'll be working to recruit active club members for a more direct role. To help keep club members in the loop, the agendas, minutes and financial reports will be posted to the Web site.

These are good steps for the club. They mean that Central Iowa Paddlers can live on without dependence on any one individual. But of course, individuals are what make it work. If you're interested in helping out, please contact us. We'll be more than willing to share.

### 2005 Paddle Iowa Calendar, the Second Edition by Greg Vitale

As many of you may know from your own experience, committee work can lead to unexpected outcomes. As the working group grew, we decided the focus would be on paddling in Iowa. This decision effectively ruled out pictures we had pictures John Pearson sent pictures for each month with least in that season. We ran pictures, but were able to

Have a picture perfect possibility for the Calendar? Please snail mail or email your picture Greg Vitale OR to the editor and he'll make sure the Calendar folks "get the picture"!

a number of exceptional accumulated, and in particular, in to us. We also tried to match paddling in that month, or at into a lack of off-season work with what we had.

125 calendars were printed which was the first issue of calendars were printed. Pre- and up-front outright purchases from JAX, the outdoor sports store in Ames, and Canoe Sport Outfitters in Indianola provided key support for this production level.

this year. In contrast, last year, the Paddling Iowa Calendar, 50

Printing was done at a very low cost by Algona Publishing as their way of supporting our efforts. As a result, we will net approximately \$800 from our second annual calendar fund raiser. Net proceeds will go to support paddling improvements in Iowa, including the on-going work on the Skunk River Water Trail.

Besides raising funds, our hope is that the calendars will inspire you to get out more, to check out other creeks, rivers and lakes, and to enjoy and support paddling events in Iowa. And of course, take more pictures and send them to us for next year when you are out paddling. We are looking for seasonal pictures of boats and paddlers in Iowa, especially in off-seasons.

It takes many hands to pull off a successful fund raiser. Thanks to the volunteers on the committee, Scott, Rick, Dave and Carolyn, our corporate sponsors, those that sent pictures, paddling event dates, and helped sell calendars as well as all those that supported paddling by buying a calendar. Expect next years Paddle Iowa Calendar to be available around Thanksgiving.

### Central Iowa Paddlers 2005 Schedule of Events

- Feb 12 Jill's "Open House, Open Hearts" Party, 2pm  
Jill Watrous, [jillcwatrous@juno.com](mailto:jillcwatrous@juno.com) 515-279-6505
- Feb 18-19 Bald Eagle Watching, Red Rock  
[http://www.iowadnr.com/wildlife/pdfs/WDnews1\\_2005.pdf](http://www.iowadnr.com/wildlife/pdfs/WDnews1_2005.pdf)
- Feb 20 Armchair Paddling, Project AWARE 2005  
Robin Fortney, [rbfortney@msn.com](mailto:rbfortney@msn.com) 515-277-1763
- Feb 20-22 Symposium on Wildness, Wilderness and the Creative Imagination  
ISU Memorial Union, Ames <http://www.inhf.org/upcomingevents.htm>
- Feb 25-27 X-C skiing, Chippewa County, Wisconsin  
Dave Kraemer, [davek27@isunet.net](mailto:davek27@isunet.net) 515-292-5918
- March 19 Pancake Paddle, Meet for pancakes at the Iowa Arboretum, then paddle  
Greg Vitale, [vitol\\_g@yahoo.com](mailto:vitol_g@yahoo.com) 515-663-9251

- March 19 Black River, Hatfield Dam release, Wisconsin  
Nate Hooegeveen, [paddlingiowa@yahoo.com](mailto:paddlingiowa@yahoo.com) 515-256-7026
- March 20 Armchair Paddling, Paddling the Big Muddy  
Robin Fortney, [rfortney@msn.com](mailto:rfortney@msn.com) 515-277-1763
- April 8-10 Missouri Whitewater Association Clinic  
Nate Hooegeveen, [paddlingiowa@yahoo.com](mailto:paddlingiowa@yahoo.com) 515-256-7026
- April 15-17 Wapsipinicon River, Red Oak Cabin, Matsell Bridge Natural Area  
Rick Dietz, [rsdietz@yahoo.com](mailto:rsdietz@yahoo.com) 515-232-1484  
Lynn Aldridge, [laldridg@uhl.uiowa.edu](mailto:laldridg@uhl.uiowa.edu) 641-363-4451
- April 23 Sleepy Hollow clean-up, Ames  
<http://www.skunkriverpaddlers.org/>
- April 30-May 1 Upper Iowa River  
Bill Graham, [wsgraham3@mchsi.com](mailto:wsgraham3@mchsi.com) 515-274-4319
- May 3 Gray's Lake Nights (CIP) and CanoeSport's Free Kayak Safety Clinic  
(6pm Tuesdays, May through Sept) [www.canoesportoutfitters.com](http://www.canoesportoutfitters.com)
- May 5 IWC Swiftwater Thursdays, Commerce Ledges, Raccoon River  
(6pm Thursdays, May through August) <http://www.iowawhitewater.org/>
- May 7 South Skunk River, Story County  
Rick Dietz, [rsdietz@yahoo.com](mailto:rsdietz@yahoo.com) 515-232-1484  
Greg Vitale, [vitol\\_g@yahoo.com](mailto:vitol_g@yahoo.com) 515-663-9251
- May 14 Winnebago River, Lizard Creek, North Central Iowa (details TBA)  
Nate Hooegeveen, [paddlingiowa@yahoo.com](mailto:paddlingiowa@yahoo.com) 515-256-7026
- May 15 Harriet Street Boat Ramp, Des Moines River (cleanup access area, then  
paddle)  
Gerry Rowland, [gerryr@netins.net](mailto:gerryr@netins.net) 515-277-3092
- May 18 Paddlin' at the Pits, Ames (Peterson Park through June, then Ada  
Hayden) 7pm Wednesdays, May 18-Sept 7  
<http://www.skunkriverpaddlers.org/>
- May 27-30 Jump River, Wisconsin  
Dave Kraemer, [davek27@isunet.net](mailto:davek27@isunet.net) 515-292-5918
- June 4 Boone River  
Robin Fortney, [rfortney@msn.com](mailto:rfortney@msn.com) 515-277-1763
- June 11-12 Volga River  
Dick Howard, [rhow@dwx.com](mailto:rhow@dwx.com) 515-996-2579
- June 16 Evening on the Raccoon River  
Bob Johansen, [johansen.bob@principal.com](mailto:johansen.bob@principal.com) 515-964-7671
- June 18 Des Moines River, Mahaska County Conservation  
<http://www.mahaskaconservation.com/> [pete@mahaskacounty.org](mailto:pete@mahaskacounty.org)
- June 18-25 Project AWARE, Little Sioux River  
<http://www.iowaprojectaware.com/>
- June 25 Timber City Adventure Race - Canoe, Bike, Run, Maquoketa  
[www.maquoketachamber.com/](http://www.maquoketachamber.com/) [maqchamberassist@qwest.net](mailto:maqchamberassist@qwest.net)
- July 4 Winnebago River, State Preserves tour  
John Pearson, [JoPears5@aol.com](mailto:JoPears5@aol.com) 515-961-3053
- July 9 Canoe Van Buren, Des Moines River July  
<http://www.800-tourvbc.com/> 1-800-868-7822

### Boundary Water Trip

The plan is to leave central Iowa early Saturday July 2 and return no later than Saturday July 9.

The entry point is not finalized yet, but will be in the western regions. This trip will cover lots of miles with no more than one layover day.

The trip is limited to four experienced canoeists. If you are interested, contact John at [jholzmueller@att.net](mailto:jholzmueller@att.net).

- July 16 Iowa Games Canoe & Kayak Competitions, Grays Lake  
<http://www.iowagames.org/>
- July 22 Raccoon River Full Moon Float  
Lynn Aldridge, [laldrigd@uhl.uiowa.edu](mailto:laldrigd@uhl.uiowa.edu) 641-363-4451
- July 30 Middle Raccoon cleanup, Whiterock Conservancy, Garst cabin  
Nate Hoogeveen, [paddlingiowa@yahoo.com](mailto:paddlingiowa@yahoo.com) 515-256-7026
- July 30- Aug 6 Great River Rumble, Mississippi River, St. Cloud to Red Wing, MN  
<http://riverrumble.org/> 708-747-1969
- August 6-7 Upper Iowa River (with Wisconsin Sierra Club RTS)  
Rick Dietz, [rsdietz@yahoo.com](mailto:rsdietz@yahoo.com) 515-232-1484,  
Doug Robinson, [dougknu@charter.net](mailto:dougknu@charter.net)
- August 18-21 Apostle Islands National Lakeshore  
Bob Johansen, [johansen.bob@principal.com](mailto:johansen.bob@principal.com) 515-964-7671  
Rick Dietz, [rsdietz@yahoo.com](mailto:rsdietz@yahoo.com) 515-232-1484
- August 20 Full Moon Float, Des Moines River  
Julia Martinusen, [julia.martinusen@earthlink.net](mailto:julia.martinusen@earthlink.net) 515 282 4301
- Sept 9-11 Wolf River (Section 4), Wisconsin  
Nate Hoogeveen, [paddlingiowa@yahoo.com](mailto:paddlingiowa@yahoo.com) 515-256-7026
- Sept 9-11 Root River, Minnesota  
Bill Graham, [wsgraham3@mchsi.com](mailto:wsgraham3@mchsi.com) 515-274-4319
- Sept 12 IWC Swiftwater Mondays, 6pm at Commerce Ledges, Raccoon River  
(September) <http://www.iowawhitewater.org/>
- Sept 17-18 Iowa River, Eagle City Winery Float  
Lynn Aldridge, [laldrigd@uhl.uiowa.edu](mailto:laldrigd@uhl.uiowa.edu) 641-363-4451
- Sept 24 Rowing regatta from Prospect Park to the Botanical Center on Des  
Moines River Julia.Martinusen@meredith.com
- Sept 25 Brushy Creek Fall Cruise & Boat Show, Brushy Creek Lake  
Jim Dodd, [jdodd50@hotmail.com](mailto:jdodd50@hotmail.com) 515-332-2069
- Oct 8 Des Moines River, Robin's Birthday Float  
Fortney, [rbfortney@msn.com](mailto:rbfortney@msn.com) 515-277-1763
- Oct 27-30 Missouri River, paddle and bike, Herman, Missouri  
Bob Johansen, [johansen.bob@principal.com](mailto:johansen.bob@principal.com) 515-964-7671
- Nov 12 Des Moines River, Randall's Birthday Float  
Randall Wilson, [rwilson@radiks.net](mailto:rwilson@radiks.net) 515-243-4032
- Dec 3 Waffle Float, Meet for waffles at the Iowa Arboretum, then paddle  
Greg Vitale, [vitol\\_g@yahoo.com](mailto:vitol_g@yahoo.com) 515-663-9251

**AND THE YEAR BEGINS ANEW! .....**

Jan 1 2006    New Years Day Paddle, Des Moines River  
Gerry Rowland, [gerryr@netins.net](mailto:gerryr@netins.net) 515-277-3092

**Central Iowa Paddlers Membership**

**DUES: \$10 per year**  
Includes emails, Newsletters ...  
*And Fellowship!*

**Membership, Dues, Emails for CIP list**

**Lynn Aldridge**  
[laldridg@uhl.uiowa.edu](mailto:laldridg@uhl.uiowa.edu)  
(641) 363-4451  
Central Iowa Paddlers  
P.O Box 17  
Des Moines, IA 50301-0017

**Send: Dues, email announcements**

**Newsletter, Information, Questions**

**Steve Parrish**  
[sbparrish@mchsi.com](mailto:sbparrish@mchsi.com)  
1500 Crown Colony Ct. Unit 620  
Des Moines, IA 50315  
515-284-6910

**Send: Articles, pictures**

**Not Receiving CIP emails and would like to Contact Lynn Aldridge?:** [laldridg@uhl.uiowa.edu](mailto:laldridg@uhl.uiowa.edu)  
(all lower case)

*For more information, visit our website at:*

[www.paddleiowa.org](http://www.paddleiowa.org)

*Participants are responsible for their own preparedness and safety.  
Bring rain gear, extra clothes, drinking water and snacks, hat, sunscreen, PFD, extra paddle, and  
anything else you may need to be comfortable in unexpected weather conditions.*

**For more information and paddling events, see** <http://www.paddleiowa.org>