

Keel-hauler's Ka-news

JANUARY, 2025



Happy New Year!

**Keel-hauler Christmas Party and
WBEZ Weather Segments
December 14, 2024
By Robin Shell**



Our holiday party and meeting were a success! The Hines Hill party center was festive, the food was delicious, and camaraderie was felt by all. The meeting was short and sweet. Michelle Crum won the child's kayak (donated by Falls Outdoor Company). And Mike Gillam's pheasant pot pie and Dodie's

cookies were two of the favorites of the evening. We would love it if even more friendly faces were able to be there, but the holiday season is a busy time of year. Here's a couple of pics from the party. Special thanks to our decoration committee - Jacki Gosselin Zevenbergen, Kristen Walters Maag, Loretta Mowry Given, Michelle "Meesh" Crum, Andrea Morgan and Wendy Hess.





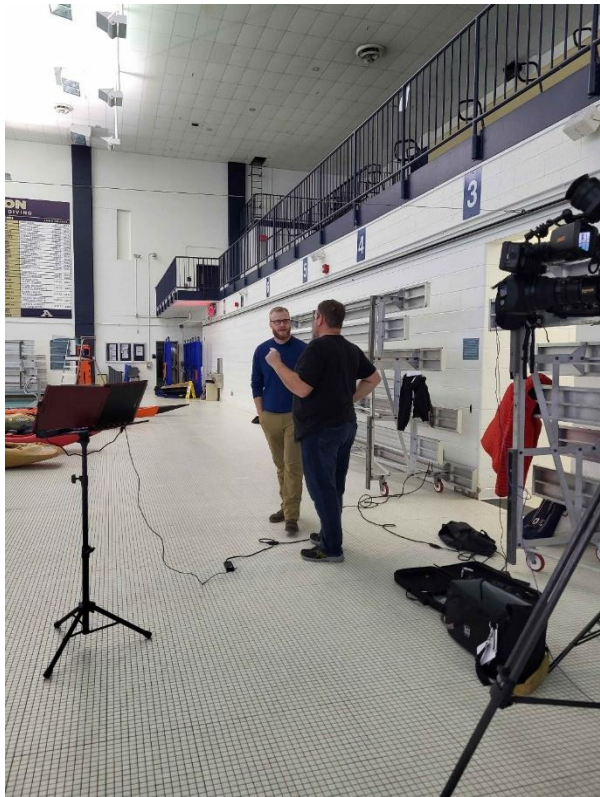
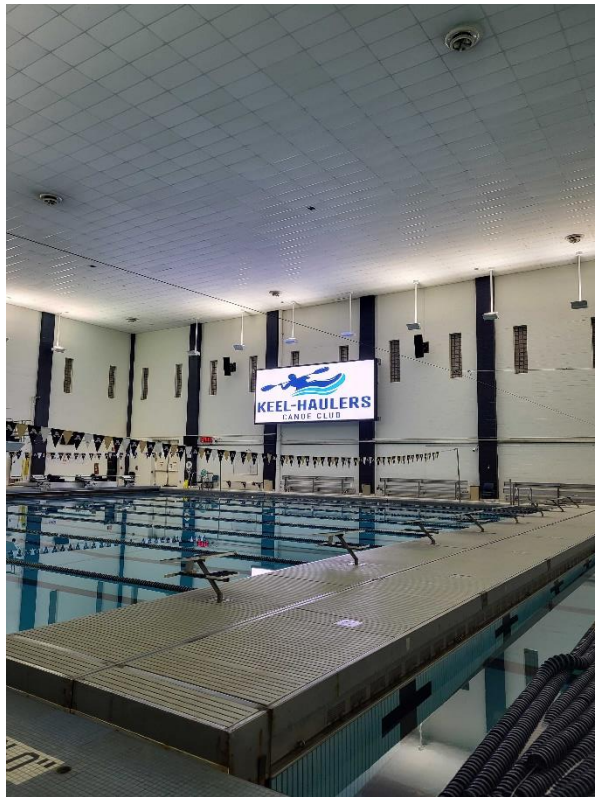


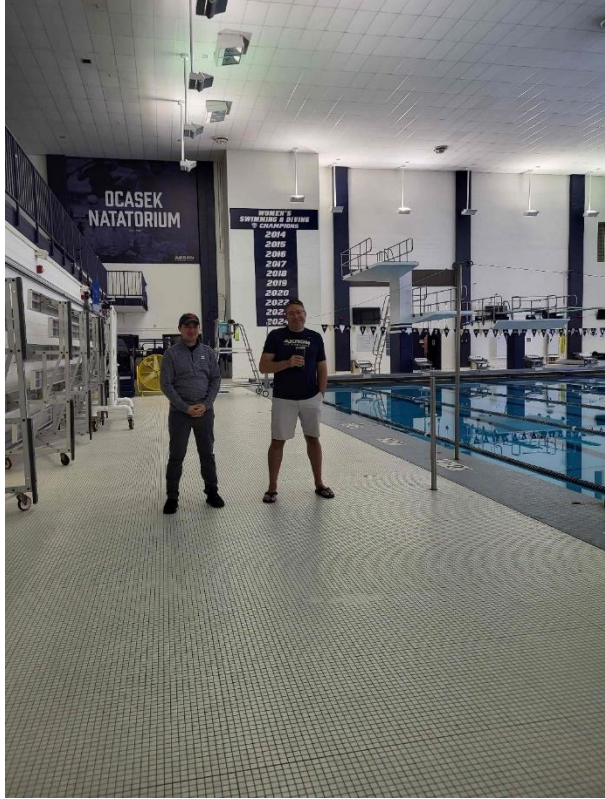
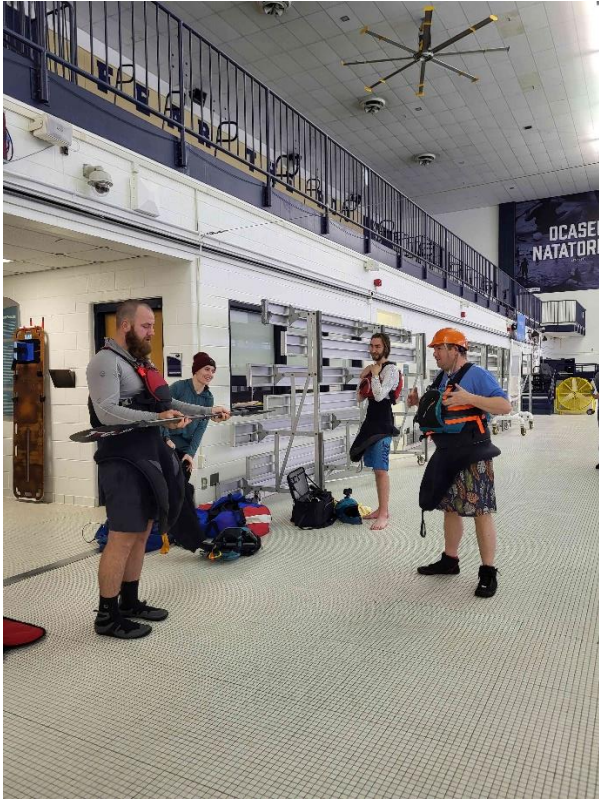


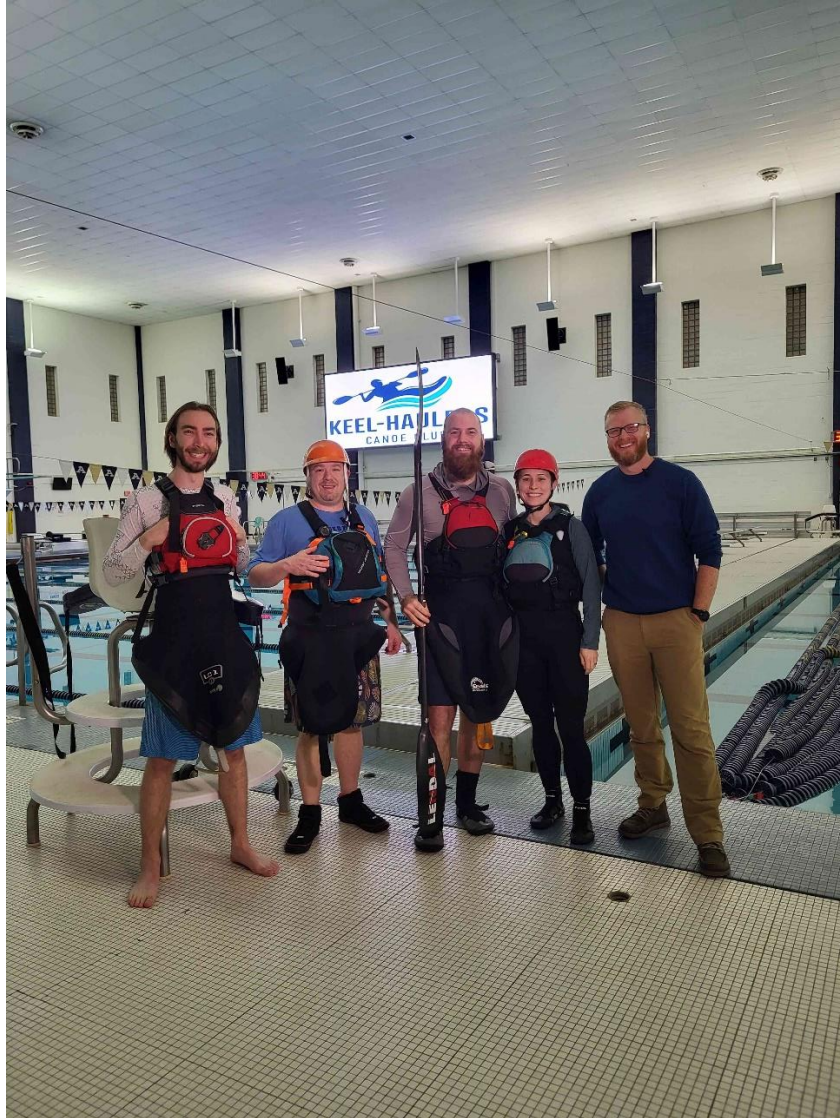
On Tuesday December 17, the Keel Haulers were featured during the morning weather segments. A 4:30 call time at the University of Akron didn't deter the Keel Haulers from performing majestic rolls, hand rolls, in water entry rolls, bracing, stern squirts, and bow rescues. They were in the water for almost 2 hours and really helped to promote the club. Thank you to Trent Magill - our weatherman - for setting this up (hopefully a future KH member), The University of Akron for letting us use their facilities so early, and our rollers - Josh Scott, Hannah Elizabeth, Stewart Hering and Brian Smart. They may have taken naps on the water during the breaks, but they were phenomenal! Here's a few pictures from the morning.

Links to the weather footage may be found

here: <https://youtu.be/YdaYHYPzuHg?si=XZ5hQ78UGeHdJVhz>







**Keel-hauler Meeting Minutes
Hines Hills Conference Center
December 14, 2024**

06:50 PM - Call to Order, President Robin Shell

1. [Approval of last minutes](#) - Approved.
2. Committee updates
 - a. Slip Fest - Brian Smart
 - i. Vendors and dates set

- ii. Looks like it has grown from previous years
 - iii. Swap Meet Director needed
- b. Training - Brian Smart
 - i. Wilderness First Aid in March at Breakneck
- c. Membership- Robin Shell
 - i. All membership is online and automated. You'll need to make an account. If you need to pay cash or check, reach out to the membership committee.
 - ii. Roll sessions are offered all winter long throughout the Ohio/PA region. If you come to a roll session, we ask that after 1 "trial" session you become a member as you are using our insurance and instructor resources. Pool sessions updated on calendar.
 - iii. Membership benefits increasing:
 1. Raffle 3-4 times per year is the goal, let us know if you have raffle connections. Members get 1 free entry each raffle but need to log on (or come in person) to enter via the website.
 2. Insurance benefits for all members for any KHCC events.
 3. See Robin if you have additional ideas for benefits the club could offer.
 4. Promote through Instagram - Contact leadership if you want to "borrow" the account for a day if you are planning a trip! Send photos and let's keep it active.
- d. Budget - Robin Shell
 - i. Budget is available in December Newsletter, which is posted to website.
 - ii. Club saved significantly through new insurance contract which lowered premiums and expanded coverage.
- e. Conservation - Kristin Walters-Maag
 - i. Mostly serving WV, PA, and OH. If you review our conservation contributions and see other organizations we could be supporting, please reach out.
- 3. Looking Ahead - Robin Shell
 - a. Open positions are listed in [November Newsletter](#)
 - b. Facebook chats are a great way to send out feelers for paddles and meet ups outside of paddling like climbing, skiing, etc. Consider joining a chat and then creating a formal event in FB. Thanks to Brian Smart for initiating.
 - c. World Kayak Competition is coming in 2028 in Pittsburg. More information to come.
 - d. Boat Show - No table this year but will have folks doing demonstrations including in the pool. To help, reach out to Robin.

4. New Business - None.
5. Raffle - Children's sit-on-top recreational kayak donated by Falls Outdoor Company - Winner Meesh Crum
6. Thank you to the decoration committee led by Jacki Gosselin Zevenbergen.

7:05 PM - Meeting Adjourned.

**Keel-hauler Treasurer's Report
December 30, 2024
From Anthony Lazzaro**

Checking	\$ 2,753.06
CD	\$ 2,323.59
CD	\$ 2,324.18
PayPal	<u>\$ 2,192.82</u>
Total	\$ 9,593.65

Membership/Dues Reminder

Membership and dues payment process are now automated. We are billing on a subscription basis, and you can pay with whatever means you prefer. You will be charged annually based on the day you first pay. This makes the process so much easier, for you and for us. The cost is staying at \$20.00/year. If you are already paid through 2025 or 2026, you can wait until October of that year to join. You can join here: <https://www.keelhauler.com/membership-application> and if you have questions, reach out to membershipkeelhauler@gmail.com.

**Keel-hauler Trip Planning 2024
[Calendar of Events on our website](#)**

Want to plan a trip? Please read the Organizer's Responsibilities then use the "Add Event" button to submit a new event! [Calendar of Events — Keel-Haulers Canoe Club \(keelhauler.com\)](#)

Pool Roll Sessions 2025

Check out the website for all the information on upcoming roll sessions. This winter, there are sessions in Akron, Cuyahoga Falls, Cincinnati, Lakewood, and Kent. For most of these, pre-registration is required, and they all have fees to cover the cost of pool rental, etc. For more information such as cost, rules, etc.:

[Roll Sessions, Clinics, and Practice — Keel-Haulers Canoe Club \(keelhauler.com\)](http://keelhauler.com)

2024-2025 Club Officers

President:	Robin Shell	Clevelandkeelhaulers@gmail.com
VP:	Brian Smart	VPkeelhaulers@gmail.com
Secretary:	Jennifer Hughes	Secy@keelhauler.org
Treasurer:	Anthony Lazzaro	Treasurer@keelhauler.org

Meetings: Approximately 4 meetings per year. Please check the website for the next meeting time and location.

Membership: \$20 per year. Membership Chairman: Rachel Faber

New memberships, renewals, change in address or phone, mail to the Treasurer: Keelhauler Canoe Club, 34555 Chagrin Blvd Suite 250, Moreland Hills, OH 44022

Any opinions, views or recommendations expressed in the articles in this Newsletter are those of the article's author. Printing these articles in no way implies approval or advocacy of any of the opinions, views or recommendations by the Keel-Haulers Canoe Club or any of its Officers, editor, or members. Water sports are a potentially dangerous activity. Keel-Haulers Canoe Club recommends and encourages all of its members and others to abide by all laws, regulations and recommended practices when engaging in such activity. Each member is responsible for assessing her/his own abilities and for not engaging in activities which are beyond those limits. Members assume any and all risk when choosing to participate in any activity and the Keel-Haulers Canoe Club is not responsible for any damage resulting from such participation.

KHCC WEB PAGE URL: www.keelhauler.com

Please consider writing a trip report, an article, or sending a photo for the next newsletter! The deadline for the **February 2025 issue of the newsletter is **1/23/2025**. Please send articles and/or pictures to: Kelly Miller at peetzaguy@aol.com.**

Keel-Hauler Kanews

January 2025

Kelly Miller, Editor



Keel-hauler's Ka-news

FEBRUARY, 2025



President's Message From Robin Shell

Happy winter boating family. The temps have been falling, but that hasn't stopped quite a few Keel-Haulers from getting on the rivers. Make sure that if you go you dress appropriately. And keep those hands toasty warm!!! (I'm going to be getting reviews on some water-resistant rechargeable hand warmers soon!)

As I write this, the boat show is this coming weekend. I want to thank our KHCC coordinator, Jacki, for wrangling up demo boaters and speakers: Brian Smart, Francis Hoven, and Mark Spang. We aren't having a table this year, but are putting on three 1/2 hour demonstrations. Thank you to T.J. Keenan (Water Safe Ohio) for letting us put Keel Haulers information at his table and Kelly Rudolph for organizing the event. Thank you also to Joe Frey, Buck Buxton, and Rachel Faber.

You all know that Slip Fest race registration has gone live. Spaces are filling up fast so grab them while you can! This is going to be a great year at McConnell's Mill State Park and Breakneck Campground.

I know we have a lot of roll sessions on the books and we are still trying to add more (or get more lined up for next winter). If you want a roll session in your neighborhood (I'm looking at you Cleveland West Siders) and want to be a point of contact, calling around to pools, please let me know. Alternatively, if there is a pool you want me to reach out to, let me know that as well.

With the help of Jacki Gosselin Zevenbergen, we have a consolidated (but not necessarily comprehensive) list of dam releases. These are not written in stone because they are water dependent, but it is a good starting point. If you know of other dam release schedules, please let me know. (I'm looking for the Yough schedule but haven't stumbled upon it yet.)

Lastly, thanks go out to Kristen Walters Maag, our conservation chair. The website is being updated with river cleanups and other conservation efforts. If you know of some cleanups, please reach out to her. (<https://www.keelhauler.com/conservation-news>).

As always, happy boating!

**Keel-hauler Treasurer's Report
January 23, 2025
From Anthony Lazzaro**

Checking	\$ 2,623.21
CD	\$ 2,323.65
CD	\$ 2,324.24
PayPal	\$ 2,292.74
Total	\$ 9,563.84

**Community Partner Roundtable
From Jacki Zevenbergen**

On February 4th, I will be representing KHCC at "a **Community Partner Roundtable** aimed at better understanding your goals and aspirations – and directly shaping Summit Metro Parks' vision, strategy, and investments.". They are seeking input as they put together their 100-year strategic plan. A lot of the access to the Cuyahoga River in Summit County is managed by SMP. Please let me know if there are any things related to paddling that you think they should consider as they plan for the future. Feel free to cover both whitewater and recreational issues, and access and services (parking, restrooms, rentals, etc.). Contact me via messenger or at jackizeven@gmail.com.

**SAVE THE DATE!
Slipping into Spring-Knock the Rust Off
Trip by Jacki Zevenbergen**

Save the Date - Slipping into Spring - Knock the rust off on Sunday, March 23. Cold weather gear and a minimum of lower slip skill experience required. The plan is to run sections of the slip from Kennedy to Harris. This plan may be altered based on weather and water levels, but we have other options in the area if the Slip is too high. Sunset will be after 7:30 by then so we have lots of flexibility on meet time. This will be determined closer to the date, but it will not be an early morning trip. If you are interested or have questions, please contact me via messenger or at jackizeven@gmail.com.

Conservation Committee News From Kristen Walters Magg

Conservation Committee webpage:

[Conservation News — Keel-Haulers Canoe Club](#)

This web page will be updated with cleanup opportunities as they come in.

Looking to partner with Summit Metro Parks for a River Cleanup. Please email any suggestions or ideas to clevelandkeelhaulers@gmail.com and they will be forward to me.

Slip Race Registration is now open!



Get ready to paddle hard, play harder, and celebrate the wild spirit of whitewater at Slip Fest 2025!

Join us this April 11-13th, 2025, at McConnells Mill State Park, Pennsylvania, for an action-packed weekend of whitewater racing, live music, camping, vendors, and gear raffles.

Whether you're a racer, paddler, or outdoor enthusiast, this festival is the perfect way to kick off the spring paddling season.

[For immediate updates follow our Facebook page here!](#)

Sign-up for the race below, spots are open to the first 100 racers.

[Slip Race 2025 Registration — Keel-Haulers Canoe Club](#)

Cleveland Boat Show Recap From Brian Smart

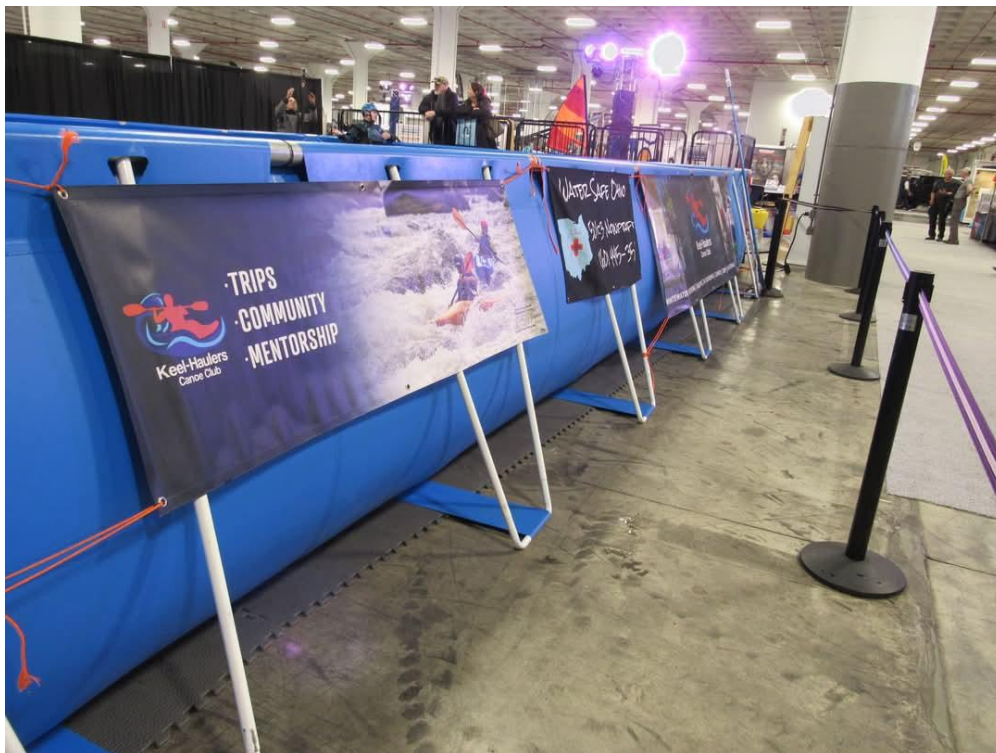
We want to thank everyone who helped out with the Cleveland boat show this year!

Presentations:

Brian Smart
Mark Spang
Francis Hoven
Joe Fray
T.J Keenan
Buck Buxton

Admin:

Robin Shell
Jackie Zevenbergen
Rachel Faber



Brian Smart, Vice President, vpkeelhaulers@gmail.com, 330-809-7409



STONYCREEK

<https://tinyurl.com/Stony25>

(1 hour ramp up, 4 h our full release, 1 hour ramp down)

- April 5-6, 19-20
- May 3-4, 17-18 (Rendezvous weekend), 24, 31-June 1
- June 14-15, 28-29
- July 12-13, 26-27
- August 9-10, 23-24
- September 6-7, 20-21
- October 4-5, 18-19

TOHICKON

<https://tinyurl.com/Tohickon25>

- March 14-15
- November 1-2

GAULEY

<https://tinyurl.com/Gauly25>

SAVAGE RIVER

<https://Tinyurl.com/NBranch25>

- June 7
- July 7
- September 27

NORTH BRANCH POTOMAC

<https://tinyurl.com/NBranch25>

- April 12-13, 26-27
- May 10-11, 24-25
- August 23-24 (call to confirm)
- September 20-21 (call to confirm)

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Keel-Hauler Kanews

February 2025

Kelly Miller, Editor



KEEL-HAULERS
CANOE CLUB

Keel-hauler's

Ka-news

MARCH, 2025



President's Message From Robin Shell

We are nearing the end of Daylight Savings Time, and it can't come soon enough! With February over and lighter evenings and warmer weather on the horizon, paddlers are starting to look for their Unicorns. (For those of you who are new - like me - those are the rivers that don't always come in, but you keep your eye out and go when it does). I'd love it if you would share what your unicorn is with KHCC.

Slip Fest planning is well underway, and everything seems to be on track. All of our permits are secured, and we are finishing up gathering donations for raffle prizes. If you haven't signed up to race yet, what are you waiting for?

Coming up very soon is Charles Duffy's Wilderness First Aid class in March followed by The Mark Hanna & Carl Schneider Memorial ACA Swift Water Rescue class in June. Full details of the swift water rescue class can be found at <https://tinyurl.com/SWF2025> (Sorry about the acronym....momentary lapse in brain functioning, but we're going with it).

Munroe Falls and Indigo Lake roll sessions have been calendared. Brian is taking charge of Munroe. If you would like to run a session at Indigo, we need people to step up. We are also going to be starting up Wednesdays on the Water again. This is a Lock 29 run that primarily focuses on beginner boaters (although all are welcome). Doug Waltman is going to be taking the lead on the Wednesday runs. In the summer, water level permitting, they typically shuttle at 5:30. If you can't make it by then, there will always be someone to get you back to the put in so don't let that stop you from coming.

Happy paddling.

Robin

**Keel-hauler Treasurer's Report
February 26, 2025
From Anthony Lazzaro**

Checking	\$ 2,939.12
CD	\$ 2,323.71
CD	\$ 2,324.30
PayPal	\$ 2,390.78
Total	\$ 9,977.91

**Kayaking Wilderness First Aid
Campaign Pay It Forward 2025**

Saturday, March 8, 2025, 9:00 AM through Sunday, March 9, 2025, 7:00 PM

Breakneck Campground 1757 Cheeseman Road, Portersville, PA, 16051 ([map](#))

<https://campaignpayitforward.enrollware.com/enroll?id=11013703>

Note: Camping is available pay in cash \$10 per person per night. Bathrooms will be open in the lodge but no showers.

We have the first-ever in the nation kayaking wilderness first aid geared toward kayakers that do not usually backpack. The course is taught by a certified WFR and also a long-time paddler. The course covers common injuries related to paddling and how to treat them until advanced medical personnel arrive.

Accidents happen. People get hurt, sick, or lost. The temperature drops, the wind picks up, and it starts to rain. Would you know what to do? Many backcountry emergencies are preventable, and even when bad things happen, sometimes the wrong care can make things worse. By learning a few basic skills, you can distinguish between a good outcome and a bad one and maybe even save a life. We immerse participants through lectures and hands-on scenarios. If you want to "talk" about Wilderness First Aid, this class is not for you. All scout wilderness first aid courses are taught by currently registered adult scout leaders with years of experience and are currently active-duty emergency medical providers themselves!

The Wilderness First Aid course is perfect for the outdoor enthusiast or trip leader who wants a basic level of first aid training for short trips with family, friends, and outdoor

groups. All scouting organizations approve our Wilderness First Aid course with a unique American Red Cross QR code that you can verify on the Red Cross website.

The Wilderness First Aid course is 16 hours long (two days). It focuses on the basic skills of Response and Assessment, Musculoskeletal Injuries, Environmental Emergencies, Survival Skills, Soft Tissue Injuries, and Medical Emergencies. We go into depth about stabilization and treatment for backcountry injuries.

Cancellation Policy

A student can cancel class enrollment 15 days before the start of the class without penalty; if a cancellation occurs after this, the following amounts are deducted from the original payment:

10% from 8 to 14 days before class starts;
25% from 3 to 7 days before class starts;
50% from 1 to 2 days before class starts;
100% from 0 to 0 days before class starts or 1 day after class starts

Any questions or concerns please email us at Clevelandkeelhaulers@gmail.com

SAVE THE DATE!
Slipping into Spring-Knock the Rust Off
Trip by Jacki Zevenbergen

Knock the rust off! Let's celebrate a new season with a fun spring trip on Sunday, March 23. Details are still up in the air as we await weather and water level forecasts, but we have lots of options to choose from on or near Slippery Rock Creek. We currently have about 40 interested members. **Newer paddlers** are welcome to join us, but you must have **some experience on moving water** in a **whitewater boat**, a **drysuit**, and you need to communicate your interest early so I know how many newer boaters we need to support. This is **not** a drop in event. If the weather is nice the shuttle organization for this trip can be challenging, so please be considerate. Everyone will meet at the same start area to plan and set shuttle, and the beginners will wait for support boaters to finish their run. Please let me know if you are willing to be a support boater for the lower slip section (or something of similar difficulty).

[Slipping In To Spring — Keel-Haulers Canoe Club](#)

Summit Metroparks Partner Meeting Trip by Jacki Zevenbergen

I attended a partner meeting on behalf of KHCC in February. The focus was getting a wide variety of partner input. Quite a few people expressed interest in water quality and water recreation in the park. There were about 20 interested parties at this meeting and another partner meeting scheduled later the same week. Both meetings were the same. I also found out that some partners had phone meetings instead of attending the group meetings. The same questions were to be discussed at both meetings and the phone meetings. The meeting was facilitated by a consulting firm. No park staff were present, but my session had two park commissioners. They were very interactive and receptive during the breaks. There were also several volunteers participating in the meeting I attended.

This meeting was a little more general than I had anticipated. They asked 14 questions. I have the list of questions they asked. Please let me know if you want to have the list. The consultants moved things along to make sure they could get answers to all of the questions. We switched back and forth between answering a question while the consultant wrote and dividing into two groups to write our answers on flip charts, so answers were summarized - not particularly specific. A few things that kept popping up: good environmental stewardship, public access to properties and facilities, serving a diverse audience (age, local vs regional, urban vs. rural, family status, recreation goals, etc.). There was a lot of praise for the SMP facilities. I mentioned that group permits seemed to be fairly easy to get. In my comments after the meeting I also expressed interest in our group being invited to more park organized cleanups, in partnering in training programs where they bring the watercraft, in more watercraft rentals in the park, in KHCC members assisting with woody debris removal (possibly for payment) and our suggestions that PFD and Onion bag stations be added and maintained at access points. I also sent your more specific comments to the consultants after the meeting.

Expedition Paddling in Madagascar: The Mangoro and Namorona Rivers From Jane Andraka

Recently club member Luke Andraka and some friends travelled to Madagascar to kayak. Here's the article. Click on the link to watch some great videos!

[Expedition Paddling in Madagascar: The Mangoro and Namorona Rivers - Jackson Kayak](#)

Madagascar, famed for its exotic wildlife and rugged landscapes, hides some of its greatest secrets in its wild rivers. Our team of seven—Brenton Petrillo, Cody Adams, Elsa Kelly, Luke Andraka, Nic Williams, Michael Charles, and myself—set out to explore the untamed whitewater of the Mangoro and Namorona rivers. This journey wasn't just about conquering rapids; it was about facing the unknown, learning from the land and its people, and pushing ourselves beyond our limits.

Conservation Donations

One of the great things Keel-hauler dues are used for are donations to deserving charities that support our love of the outdoors and rivers. Donations are currently being mailed for the year 2025 to our chosen charities. Please click on the links to visit an organization's website.

[American Rivers](#) \$300.

[American Whitewater](#) \$1500. All Keel-hauler Members can **get \$10 off** their yearly AW membership dues. AW's website and river stewardship projects are funded through memberships. Please join or renew today by clicking AW's link.

[Friends of the Cheat](#) \$1000.

[Friends of the Crooked River](#) \$100.

[Friends of the New River Gorge](#) \$100.

[Grand Canyon Private Boaters](#) \$150.

[Mountain Watershed Assoc.](#) - Yough Defense Fund \$500.

[Nature Conservancy](#) \$100.

[Portage Park District](#) \$100.

[River Network](#) \$100.

[Stonycreek](#) -Special Donation to sponsor a dam release this year \$600.

[WV Rivers Coalition](#) \$300.

Additional money set aside for possible Conservation Donations \$600.

Please watch out for scams!
Be alert!

Please watch out for fake emails from a club officer or other member requesting money or gift cards to pay a "vendor", etc. Club membership will never reach out like this. Please hover over and double check the email address that you're receiving it from. Also feel welcome to reach out to the person directly if you find yourself questioning the validity of the email.

**There is still time to sign up to compete
in Slip Race 2025!**



APRIL 11-13TH, 2025

BREAKNECK CAMPGROUND

MCCONNELLS MILL, PA

Get ready to paddle hard, play harder, and celebrate the wild spirit of whitewater at Slip Fest 2025!

Join us this April 11-13th, 2025, at McConnells Mill State Park, Pennsylvania, for an action-packed weekend of whitewater racing, live music, camping, vendors, and gear raffles.

Whether you're a racer, paddler, or outdoor enthusiast, this festival is the perfect way to kick off the spring paddling season.

[For immediate updates follow our Facebook page here!](#)

Sign-up for the race below, spots are open to the first 100 racers.

[Slip Race 2025 Registration — Keel-Haulers Canoe Club](#)

**Mark Hanna & Carl Schneider Memorial ACA Swift
Water Rescue with Charles Duffy 2025**

[Mark Hanna & Carl Schneider Memorial ACA Swift Water Rescue with Charles Duffy 2025 — Keel-Haulers Canoe Club](#)

Dates: Friday, June 13, 2025, 6:00 PM to Sunday, June 15, 2025, 6:00 PM

Location: Slippery Rock Creek, Breakneck Campground, 1757 Cheeseman Road, Portersville, PA, 16051 ([map](#))

Cost: \$150

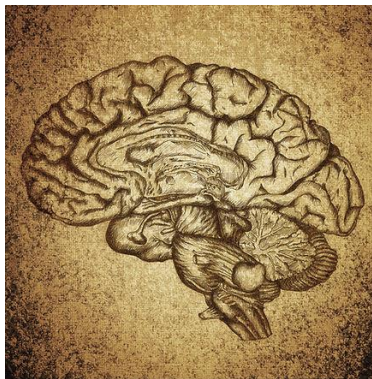
**Details:**

This event is open to anyone - Club membership is encouraged but not required. The first 20 [applications](#) submitted with payment will be officially be [registere](#)d. All remaining applicants will be waitlisted. Refunds will be issued for those not accepted into the class.

Registered Participants will be notified of their acceptance and will receive camping & course details. Campground fees and meals are not included.

Any questions or concerns please contact clevelandkeelhaulers@gmail.com

Psychological Side of Injury **By Nick Anderson**



As an outdoor athlete, pushing your limits is part of the thrill. Whether you're carving down a mountain, navigating whitewater rapids, or logging miles on the trail, your identity is intertwined with movement. But what happens when an injury sidelines you?

Physical recovery is only half the battle. The mental and emotional toll of injury can be just as

challenging—sometimes even more so. If you're a skier, kayaker, or runner, understanding the psychological aspects of injury can help you recover more effectively and come back stronger than ever.

The Emotional Rollercoaster of Injury

When injury strikes, athletes often go through a series of emotional stages similar to grief:

Denial – “This isn't that bad. I'll be back in no time.”

Anger – “Why did this happen to me? This is so unfair.”



Bargaining – “If I just rest for a couple of days, I can still race next weekend.”

Depression – “I feel lost without my sport. What if I never get back to where I was?”

Acceptance – “This is tough, but I can get through it. I'll take this one step at a time.”

Recognizing these emotions is the first step toward managing them. Just as you train your body, you can train your mind to cope with setbacks.

Common Psychological Challenges Athletes Face During Injury

1. Loss of Identity

For many athletes, their sport is more than just an activity—it's who they are. Being unable to run, ski, or paddle can make you feel disconnected from your community and even from yourself. This loss of identity can be one of the hardest aspects of injury to navigate.

What to Do: Find alternative ways to stay involved. Volunteer at races, coach others, or focus on other hobbies that bring you joy. Remember, being an athlete is about mindset, not just physical performance.

2. Fear of Reinjury

Even after physical recovery, many athletes struggle with confidence. The fear of getting hurt again can hold you back from performing at your full potential.

What to Do: Work with a sports physical therapist to gradually ease back into movement. Visualization techniques and controlled exposure to your sport can help rebuild confidence.

3. Anxiety About Losing Fitness

Athletes often worry that time off will set them back permanently. While some deconditioning is inevitable, the good news is that muscle memory and cross-training can help you maintain a strong foundation.

What to Do: Focus on what you can do rather than what you can't. If you can't run, maybe you can bike or swim. Staying active within safe limits will keep you mentally and physically engaged.

4. Frustration with the Recovery Process

Healing is rarely a straight path—it's full of ups and downs. Feeling impatient and frustrated is natural, but pushing too hard too soon can lead to setbacks.

What to Do: Set small, achievable goals and celebrate progress. Trust the process and remind yourself that recovery is an investment in your future performance.

Mindset Strategies for a Stronger Comeback



1. Shift Your Perspective

Instead of seeing injury as a setback, view it as an opportunity. This is your chance to correct imbalances, improve mobility, and come back even stronger than before.

2. Use Visualization Techniques

Mentally rehearsing your sport can help keep your skills sharp. Studies show that athletes who visualize themselves performing movements can maintain neural pathways, making the return to activity smoother.

3. Lean on Your Support System

You don't have to go through recovery alone. Talk to your coach, teammates, physical therapist, or even a sports psychologist. Surrounding yourself with a supportive community can make a huge difference.

4. Practice Patience and Self-Compassion

Give yourself the same grace you would give a teammate in your position. Recovery takes time, and it's okay to feel frustrated—just don't let those emotions dictate your actions.

Final Thoughts

Injury is one of the hardest challenges an athlete can face, but it doesn't have to define you. By addressing the psychological side of recovery, you can return to your sport with a renewed mindset, greater resilience, and an even deeper appreciation for movement.

If you're struggling with an injury and need guidance, don't hesitate to reach out for professional support. As a sports physical therapist specializing in outdoor athletes, I'm here to help you navigate both the physical and mental aspects of recovery so you can get back to doing what you love.

**Best,
Dr. Nick PT, DPT**

**Cheatfest 2025
May 2nd and 3rd, Albright, WV**

[Cheat River Festival – Friends of the Cheat's annual Fundraiser and Outreach event for river enthusiasts, families, musicians, and artists!](#)

The annual Cheat River Festival is a celebration of the rebirth of the Cheat River watershed. Cheat Fest is Friends of the Cheat's annual fundraiser which helps us advance our watershed projects and supports the organization's administrative costs. Rain or shine, Cheat Fest is always a good time!

From 5:30pm 'till 10:00pm on Friday, May 2nd, and 11:30am 'till 11:30pm on Saturday, May 3rd, the festival grounds in Albright, West Virginia will once again transform into a haven for boaters, music lovers, and families. Bands from all over Appalachia will entertain crowds with live music, while Fest goers browse the Art Market, learn about other non-profit organizations that share the FOC vision,

buy from a variety of food and merchandise vendors, and above all, help support Friends of the Cheat. Please consider bringing a nonperishable food item for our Cheat Fest Food Drive!

Another reason to love Cheat Fest: kids under twelve are free! Kids of all ages can congregate at the ever-growing Kid's Tent from noon 'till 5:00pm on Saturday for a host of hands-on activities.

The Cheat River Festival is the primary fundraiser of the year for Friends of the Cheat. All profits from Cheat Fest are used to support our projects and programs that experience shortfalls during the year.

Conservation Committee News From Kristen Walters Magg

Conservation Committee webpage:

[Conservation News — Keel-Haulers Canoe Club](#)

This web page will be updated with cleanup opportunities as they come in.

Looking to partner with Summit Metro Parks for a River Cleanup. Please email any suggestions or ideas to clevelandkeelhaulers@gmail.com and they will be forward to me.

Keel-hauler Trip Planning 2025 Calendar of Events on our website

Want to plan a trip? Please read the Organizer's Responsibilities then use the "Add Event" button to submit a new event! [Calendar of Events — Keel-Haulers Canoe Club \(keelhauler.com\)](#)

MAR 1, SAT

3 – 5pm Lakewood High School Pool Sessions, 14100 Franklin Blvd, Lakewood, OH 44107, USA

MAR 2, SUN

9 – 11am Lake Meyers YMCA Roll Session, 1333 N Park Ave NW, Canton, OH 44708-3081,
5:30 – 7:30pm Westerville Pool Session, 350 N. Cleveland Ave Westerville OH 43082

MAR 4, TUE

8 – 10pm Akron University Pool Session, 382 Carroll Street, Akron

MAR 8, SAT

9am WFA (Wilderness First Aid) Certification Class (Day 1/2)

1757 Cheeseman Rd, Portersville, PA 16051-4825, United States

[Kayaking Wilderness First Aid - Campaign Pay It Forward 2025 — Keel-Haulers Canoe Club](#)

MAR 9, SUN

WFA (Wilderness First Aid) Certification Class Until 5pm (Day 2/2)
1757 Cheeseman Rd, Portersville, PA 16051-4825, United States

9 – 11am Lake Meyers YMCA Roll Session, 1333 N Park Ave NW, Canton, OH 44708-3081

MAR 11, TUE

8 – 10pm Akron University Pool Session, 382 Carroll Street, Akron

MAR 12, WED

5:30 – 7pm Paddler Happy Hour, DVD Brew

MAR 16, SUN

9 – 11am Lake Meyers YMCA Roll Session, 1333 N Park Ave NW, Canton, OH 44708-3081
5:30 – 7:30pm, Westerville Pool Session, 350 N. Cleveland Ave Westerville OH 43082

MAR 18, TUE

8 – 10pm Akron University Pool Session, 382 Carroll Street, Akron

MAR 23, SUN

4 – 7am Slipping into Spring, Rose Point Park Cabins & Camping
9 – 11am Lake Meyers YMCA Roll Session, 1333 N Park Ave NW, Canton, OH 44708-3081

MAR 29, SAT

12 – 3pm Red Moshannon Down River Race, Grassflat Run, [ANNUAL RED MOSHANNON DOWN RIVER RACE - Clearfield County](#)

Roll Sessions are still going on!

Roll sessions are still going on at Lake Meyers YMCA Canton, Akron University, and Lebanon YMCA. Our website has also been updated to give information regarding our summer sessions at Munroe Falls Lake and Indigo Lake. For most of these, pre-registration is required, and they all have fees to cover the cost of pool rental, etc. For more information such as cost, rules, etc.:

[Roll Sessions, Clinics, and Practice — Keel-Haulers Canoe Club \(keelhauler.com\)](http://www.keelhauler.com)

2024-2025 Club Officers

President:	Robin Shell	Clevelandkeelhaulers@gmail.com
VP:	Brian Smart	VPkeelhaulers@gmail.com
Secretary:	Jennifer Hughes	Secy@keelhauler.org
Treasurer:	Anthony Lazzaro	Treasurer@keelhauler.org

Meetings: Approximately 4 meetings per year. Please check the website for the next meeting time and location.

Membership: \$20 per year. Membership Chairman: Rachel Faber

New memberships, renewals, change in address or phone, mail to the Treasurer: Keelhauler Canoe Club, 34555 Chagrin Blvd Suite 250, Moreland Hills, OH 44022

Any opinions, views or recommendations expressed in the articles in this Newsletter are those of the article's author. Printing these articles in no way implies approval or advocacy of any of the opinions, views or recommendations by the Keel-Haulers Canoe Club or any of its Officers, editor, or members. Water sports are a potentially dangerous activity. Keel-Haulers Canoe Club recommends and encourages all of its members and others to abide by all laws, regulations and recommended practices when engaging in such activity. Each member is responsible for assessing her/his own abilities and for not engaging in activities which are beyond those limits. Members assume any and all risk when choosing to participate in any activity and the Keel-Haulers Canoe Club is not responsible for any damage resulting from such participation.

KHCC WEB PAGE URL: www.keelhauler.com

Please consider writing a trip report, an article, or sending a photo for the next newsletter! The deadline for the **April 2025 issue of the newsletter is **3/23/2025**. Please send articles and/or pictures to:**

Kelly Miller at peetzaguy@aol.com.

Keel-Hauler Kanews

March 2025

Kelly Miller, Editor



KEEL-HAULERS
CANOE CLUB

Keel-hauler's

Ka-news

APRIL, 2025



President's Message From Robin Shell

It's SLIP FEST SEASON!!!! We are just days away from Slip Fest 2025! Rachel and Andi have been HARD at work along with every volunteer who has been helping out. I'm not going to list you all now, but I am hoping to have a comprehensive list for the May newsletter. We've got great raffle prizes in the works and first place prizes for racers.

Speaking of racing, have you signed up? Are you going to come and gear swap? Have you signed up for the potluck? There's so much fun to be had! Let all your friends know. The potluck is going to double down as a quick KHCC meeting. But since we give all the information away in our newsletter, it should be a fast one!

Two weeks after the Slip Fest we have the Cuyahoga Falls Fest! Come down and run Sheraton Falls (if you have the skills). Check out the local scene and support Falls Outdoor Company. More information can be found at <https://www.cfallsfest.com/>

Memorial Day weekend is Ace Adventure's New River Gorge race. Come and volunteer to time on Sunday and you'll get to run a trip on both Saturday and Monday. I feel like that's a great deal! Let me or Seth Anderson know if you're able to volunteer. You can camp out at Ace Adventure and go to the after party for free.

Charles Duffy's Swift Water Rescue class is coming upon us on June 13-15 at Breakneck Campground. You can never learn enough about safety. The cost of the course is \$150, but the knowledge you'll gain is priceless.

Warmer weather is coming (and some has already been here - thank you fake spring) but just remember that early spring boating still has cold water, so please dress appropriately and always have a rescue plan in place.

Happy boating!

Robin

**Keel-hauler Treasurer's Report
March 26, 2025
From Anthony Lazzaro**

Checking	\$ 203.43
CD	\$ 2,323.76
CD	\$ 2,324.35
PayPal	\$ 0.00
Total	\$ 4,851.54

**Taking Nominations...
Any Interest in the Secretary Position?**

Per my above newsletter article, we will be having a KHCC meeting at the potluck at Slip Fest. One piece of business that we need to take care of is club secretary. We want to thank Jennifer Hughes for her years of dedicated service, but she has stepped down. We are currently taking nominations to fill out the remainder of her term. At this time, Meesh Crum has been nominated by Brian Smart. Please let me know if anyone else would like to be nominated.

Thank you. Robin

Slip Fest 2025
www.keelhauler.com/slipfest

↑ SLIP ↑
FEST

APRIL 11-13TH, 2025 BREAKNECK CAMPGROUND MCCONNELLS MILL, PA

Get ready to paddle hard, play harder, and celebrate the wild spirit of whitewater at Slip Fest 2025!

Join us this April 11-13th, 2025, at McConnells Mill State Park, Pennsylvania, for an action-packed weekend of whitewater racing, live music, camping, vendors, and gear raffles.

Whether you're a racer, paddler, or outdoor enthusiast, this festival is the perfect way to kick off the spring paddling season.

[For immediate updates follow our Facebook page here!](#)

Sign-up for the race below, spots are open to the first 100 racers. Online registration ends April 10th. After April 10th, registrations will be accepted in person only.

[Slip Race 2025 Registration — Keel-Haulers Canoe Club](#)

Schedule of events

FRIDAY 4/11

- **(Time TBD)** Race line scouting with Race Director (Andrea Morgan)
- **7:30 PM** Potluck: Main dishes Catered by Domenic Bentz: [Sign-up for sides here](#)
- **7:30 PM** Community Bonfire | The Lodge
- **8:30 PM** Live Music: Cash O' Riley | The Lodge

SATURDAY 4/12: RACE DAY

- **All Day** Vendors, MT's Gear Swap, Raffle tickets | The Lodge Lawn
- **10 am** Director Confirms Race Conditions | The Lodge
- **10 am - 12 pm** Race Day check-in/ grab your bibs | The Lodge
- **1:15 pm** Pre-race meeting 1:15 pm | Eckert Bridge
- **2 - 3 pm** Race start (in waves)
- **5 - 6 PM** Buffet Dinner at The Lodge (for purchase)
- **7 PM** Awards Ceremony & Raffles | The Lodge
- **8:30 - 10 PM** The Five 'N' Dime Poets - live music | The Lodge
- **8:30 - 10 PM** Community bonfire | The Lodge

SUNDAY 4/13

- **9AM** Join in on a river trip with your fellow campers!

Megan Thompson's Gear Swap at the Lodge

Bring any and all of your used outdoor gear! To trade, sell, or giveaway. Price/contact info stickers will be provided

Gear Raffles

Head into The Lodge to purchase raffle tickets and place them in the basket of your choosing. You can win PFD'S, Paddles, dry tops, stickers, drysuits and much more! The drawing will be on Saturday night.

The Friday Potluck

The Keel-Haulers Canoe Club, with the help of its very own Chef Domenic Bentz.

We're asking people to please sign in and bring a side or a dish! That will give us an accurate(ish) head count for a whole lot of spectacular food! **Sign up at the link below.**

<https://docs.google.com/spreadsheets/d/17njQlorG0P3M-fy7U6bTCzxDfxKaa5mLibXY-ZsR5ig/edit?usp=sharing>

WIN A LIQUIDLOGIC HOT WHIP 72

Details & entry purchase below!

<https://www.keelhauler.com/product-events/raffle10-tmjke>



The poster features a dark green background with a subtle topographic map pattern. At the top, there are two logos: a circular logo for 'SLIP FEST & RACE' with 'MCCONNELLS MILL, PA' and a diamond-shaped logo for 'ACE Adventure Gear'. A plus sign is between them. The main text 'WIN A LIQUIDLOGIC HOT WHIP 72' is in large, bold, yellow-green letters. Below this, it says '1 TICKET/ENTRY = \$20' and 'Purchase tickets at the link below or in person at Slip Fest.' Further down, it states 'Winner announced April 12th at Slip Fest'. At the bottom, there is a cartoon character with a green face and a yellow car, and two yellow kayakers. One kayak is shown from the top, and the other from the side, both with 'liquidlogic' branding.

SLIP FEST & RACE
MCCONNELLS MILL, PA

ACE
Adventure
Gear

**WIN A LIQUIDLOGIC
HOT WHIP 72**

1 TICKET/ENTRY = \$20
Purchase tickets at the link below
or in person at Slip Fest.

Winner announced April 12th at Slip Fest

HOT WHIP

liquidlogic

Mark Hanna & Carl Schneider Memorial ACA Swift Water Rescue with Charles Duffy 2025

[Mark Hanna & Carl Schneider Memorial ACA Swift Water Rescue with Charles Duffy 2025 —
Keel-Haulers Canoe Club](#)



**Mark Hanna & Carl Schneider Memorial ACA
SWIFT WATER RESCUE**
With Charles Duffy

Friday, June 13 (6:00 PM) THRU
Sunday, June 15 (6:00 PM)

Breakneck Campground
1757 Cheeseman Road
Portersville, PA, 16051

Class Price: \$150.00





KEEL-HAULERS
CANOE CLUB

Full Details at
<https://tinyurl.com/SWF2025>

Any questions or concerns please email us at Clevelandkeelhaulers@gmail.com

Conservation Committee News From Kristen Maag

The Conservation Committee has been working hard to create contacts with CVNP, Paddle the River, Trash Fish and many others. Here are some dates we can help. If you are aware of any other opportunities, please let us know. We look forward to the Keel Haulers Canoe Club participating

where we can. Contact Conservation Chair: Kristen Maag email: KM@8PSN.com or any member of the Conservation Committee: Robin Lockshine Shell, Jackie Gosselin Zevenbergen, Michelle Crum, Moneen McBride, or Brian Smart.

OHIO:



Dates to Save for Cuyahoga River Clean-up via Cuyahoga Valley Adventures

Sessions open to the public:

Fr, June 13, 5:30-8:30pm

Sat, Aug 23, timing TBD by Moneen

Sessions for group:

Wed, July 9, 10am

Sat, Sept 13 9am to 1pm by Moneen

Burning River Adventures

May 17th Northeast Ohio Adventure Fest

August TBD

September 29th with SSWCD 12 -5pm

Other Opportunities for River cleanup



Water Safe Ohio

<https://www.watersafeohio.org/river-clean-ups>

April 27th - Buck Creek River Clean Up



TRASHFISH_CLE

https://www.instagram.com/trashfish_cle/

Pennsylvania:



Mountain Watershed Association

<https://mtwatershed.com/cleanup-volunteer/>

West Virginia:



Friends of the Cheat

<https://cheat.org/support-the-cheat/>

Cheat Fest May 2nd and 3rd

Cheatfest 2025
May 2nd and 3rd, Albright, WV

[Cheat River Festival – Friends of the Cheat's annual Fundraiser and Outreach event for river enthusiasts, families, musicians, and artists!](#)

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The Cheat River Festival is the primary fundraiser of the year for Friends of the Cheat. All profits from Cheat Fest are used to support our projects and programs that experience shortfalls during the year.

The Carpool Contest



Here's how it works – You carpool to Cheat Fest (that means 4 passengers or more) – and our parking attendants will be paying attention. Friday night and Fest Saturday, attendants will select three full vehicles at random. Winning vehicles will be notified on the spot. You will revel in do-gooder glory all year.

1st Place: 1 car will be eligible for Free Fest Entrance for each passenger in the car

2nd Place: 1 car will be eligible for Free Cheat Fest T-Shirts for each passenger in the car

3rd Place: 1 car will be eligible for Free Cheat Fest stickers

Everyone Else: All carpoolers will receive endless love and appreciation from Friends of the Cheat. Seriously...brag about it.

**Spring Cleanups with
Friends of the Cheat
Both on Sunday, April 13th**

Sunday, April 13th, 10am to 3pm, Cheat River Narrows Clean Up Event

Join FOC Board Member, Dani Martin, for a trash pickup along Rt 72 bordering the Cheat River Narrows. [Please RSVP on her Facebook event page.](#) Participants will meet at the Cheat River Trailhead at 10:00am.

Dress appropriately (boots, pants, gloves). Wear a high-visibility vest if you have it. Trucks are helpful for driving trash around. So, if you own a truck please bring it.

Sunday, April 13th, 11am to 3pm, FOC Spring Adopt-A-Highway Litter Cleanup

Help FOC do some spring cleaning before Cheat Fest!

Join us for our [Adopt-a-Highway litter pickup](#) along Rt. 26 in Albright, WV. Meet at the Friends of the Cheat Campground at 11:00am. FOC will provide gloves, bags, and vests. We will divide into groups, each group driving to a different starting point, as to cover all 3 miles. We hope to see you there!



Pictures from the Wilderness First Aid Certification March 8th and March 9th







Conservation Donations Update

Fellow paddlers and friends of rivers. We don't know if you know this but our membership dollars go straight to conservation. We take the money you pay in membership (less those pesky fees) and send them to rivers like the Cheat River, The Stony River, Friends of the Crooked River and others. If you have a penchant for donating towards conservation, we have created a platform for you to be able to donate directly to conservation efforts, above and beyond your yearly membership fee. Please visit <https://www.keelhauler.com/our-impact> and your dollars will go directly to those efforts.

**Keel-hauler New River Gorge Race
May 25, 2025**

[\(20+\) New River Gorge KH Trip. | Facebook](#)

 VOLUNTEERS ARE NEEDED! 	
KEEL-HAULERS CANOE CLUB 6-10 VOLUNTEERS NEEDED SUNDAY MAY 25 NEW RIVER GORGE GAUNTLET RACE WORKING HOURS: 9:30 AM - 4 PM MEET AT ACE ADVENTURE STORE 239 N COURT ST. FAYETTEVILLE, WV 25840	START/FINISH TIMING VOLUNTEERS NEEDED VOLUNTEER SHIRT FREE PRIMITIVE CAMPING AVAILABLE AT ACE ADVENTURE RESORT ACCESS TO AFTER PARTY FREE SHUTTLE FOR RACE VOLUNTEERS TO START/FINISH
CONTACT US: FACEBOOK MESSENGER: ROBIN SHELL OR SETH ANDERSON EMAIL: CLEVELANDKEELHAULERS@GMAIL.COM OR SANDERSON@ACERAFT.COM	FREE SHUTTLE FOR RACE VOLUNTEERS FROM FAYETTE STATION TO CUNARD ON MEMORIAL DAY 5/26

Keel-hauler Trip Planning 2025
Calendar of Events on our website

Want to plan a trip? Please read the Organizer's Responsibilities then use the "Add Event" button to submit a new event! [Calendar of Events — Keel-Haulers Canoe Club \(keelhauler.com\)](#)

APR 1, TUE

8 – 10pm Akron University Pool Session, 382 Carroll Street, Akron

APR 6, SUN

5:30 – 7:30pm, Westerville Pool Session, 350 N. Cleveland Ave Westerville OH 43082

APR 8, TUE

8 – 10pm, Akron University Pool Session, 382 Carroll Street, Akron

APR 11-13, FRI-SUN

7pm Friday through 7pm Sunday, Slip Fest & Race 2025, Breakneck Campground

APR 15, TUE

8 – 10pm, Akron University Pool Session, 382 Carroll Street, Akron

APR 22, TUE

8 – 10pm, Akron University Pool Session, 382 Carroll Street, Akron

APR 26, SAT

12 – 9pm, Cuyahoga Falls Fest, Sheraton-Akron Cuyahoga Falls, 1989 Front St, Cuyahoga Falls, OH 44221, <https://facebook.com/events/s/cuyahoga-falls-fest-2025/1132503251934804/>

APR 29, TUE

8 – 10pm, Akron University Pool Session, 382 Carroll Street, Akron

MAY 2-4, FRI-SUN

12pm Friday through 1pm Sunday, cheat fest, Cheat River Canyon

Roll Sessions are still going on!

Roll sessions are still going on at **Akron University**, and **Lebanon YMCA**. Our website has also been updated to give information regarding our **summer** sessions at **Munroe Falls Lake** and **Indigo Lake**. For most of these, pre-registration is required, and they all have fees to cover the cost of pool rental, etc. For more information such as cost, rules, etc.:

[Roll Sessions, Clinics, and Practice — Keel-Haulers Canoe Club \(keelhauler.com\)](#)

2024-2025 Club Officers

President:	Robin Shell	Clevelandkeelhaulers@gmail.com
VP:	Brian Smart	VPkeelhaulers@gmail.com
Secretary:	Jennifer Hughes	Secy@keelhauler.org
Treasurer:	Anthony Lazzaro	Treasurer@keelhauler.org

Meetings: Approximately 4 meetings per year. Please check the website for the next meeting time and location.

Membership: \$20 per year. Membership Chairman: Rachel Faber

New memberships, renewals, change in address or phone, mail to the Treasurer: Keelhauler Canoe Club, 34555 Chagrin Blvd Suite 250, Moreland Hills, OH 44022

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KHCC WEB PAGE URL: www.keelhauler.com

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Kelly Miller at peetzaguy@aol.com.

Keel-Hauler Kanews

April 2025

Kelly Miller, Editor



KEEL-HAULERS
CANOE CLUB

Keel-hauler's Ka-news MAY, 2025



President's Message From Robin Shell

Hello All Boaters – Kayakers, SUPs, Canoes, Rafts, Shredders, and any other name I may have missed. What a success Slip Fest 2025 was! Relatively great weather (great to paddle, not so much for sleeping outside). The Five 'N' Dime Poets were lively and fun, the food was delicious, the Slip was at a wonderfully fun level, gear was swapped, racers raced, and the campfire was crackling! We raised money for the Club (which all goes back to the Club in one way or another) and people are already talking about racing next year. So many wonderful memories were made!

We had 52 racers of all different classes! What a turnout!

I'd like to thank the leadership team. The race and festival could not have happened without you.

Festival Director - Rachel Faber

Assistant Festival Director - Brian Smart

Race Director - Andrea Morgan

Assistant Race Director - Matt Pascal

Swap Meet Director - Todd Sledzik

Safety Director - Jason Rovira

Assistant Safety Director – Jacki Zevenbergen

Start and Timer Director - Mike Vogel

Registration Director - Kristen Walters Maag

Human Relations - Ted Moore

I'd like to thank all of our safety boaters:

Wood Removal Team: Paul Issac, Jeremiah Richard, Lisa Collums, Jason Rovira

S-Turn/Pillow Rapid: Chuck McDowell (Team Lead), Joyce Schrickel, Robert Koenig, Laura Vaughn, Grace Liston

Jane's Rapid: Matt Fredmonsky (Team Lead), Murdock Howard, Stefan Sandelin, Ben Mactavish

Penultimate Rapid: Mike Gillam (Team Lead), Jackie Zevenbergen, Lori Mumford, Jeremiah Richard, Francis Hoven

Hell Run Rapid: Seth Anderson (Team Lead), Brennan Steinback, Jennifer Lee, David Powell

Sweep Team: Sammie Bennett (Team Lead), Matt Bennett, Harlie Custer, Jeremy Koster, Jason Rovira

I'd like to thank all of our sponsors:

[Ace Adventure Gear](#) (Seth Anderson, thank you for donating your work hours)

[Breakneck Campground](#)

[Falls Outdoor Company](#)

[Float the River](#)

[Highwater Hobbies](#)

[Kayak Coffee](#)

[Neshannock Brewing Company](#)

[New Castle Union Station Craft Distillery](#)

[Pinpoint Physical Therapy](#)

[Positive Strategies Now](#)

[Pyranha](#)

[Rocky Mountain Rafts](#)

[The Lazzaro Law Firm](#)

[The Power of Water](#)

[Whitewater Warehouse](#)

Every year the festival and race get bigger and better. Next year's festival and race will be held on **April 17-19**, so mark your calendars now!

Now for a little bit of non-festival news.

I would like to thank Jennifer Hughes for her time as Secretary of the Club. Your work has been invaluable. Jennifer has stepped down from that position and the Club has elected Meesh Crum as our new Club secretary. Thank you for taking on those responsibilities, Meesh.

I would like to thank Kristen Walters Maag for her work on the conservation committee. We've got clean ups scheduled and rivers given donations (these donations come directly from Membership dollars). However, she has stepped down as her business is stepping up. Xavier Rivera has stepped up and will be taking over as chair of the conservation committee. If you feel strongly about dam releases, clean ups and giving back, let us know and you can join the committee.

I am still currently looking to fill the following positions:

Instagram/social media poster

Summer picnic raffle coordinator

And lastly, we are looking for trip coordinators for the big trips. Andi and Mike are currently organizing Stoney Fest, Jacki is organizing Week of Rivers, and Mike Bailey is coordinating a North Branch trip over Mother's Day weekend. It doesn't mean you have to go on every trip, but you help facilitate the festivals or dam release trips.

Happy boating! Robin

**Keel-hauler Treasurer's Report
April 29, 2025
From Anthony Lazzaro**

Checking Total \$ 5,929 .74

**Keel-hauler Meeting Minutes
Friday, April 11, 2025
From Meesh Crum**

Friday, April 11, 2025
Breakneck Campground Lodge
1757 Cheeseman Rd, Portersville, PA 16051

08:09 PM - Call to Order, President Robin Shell

- 1) Welcome and overview
 - a) Counted 33 members present
 - b) Invitation to join: \$20 annual membership fee mostly goes to conservation. Events like Slip Fest raise money for other benefits such as insurance at club events, free/reduced cost roll practices, clinics and safety courses.
- 2) New Business: Elections and open volunteer positions
 - a) Secretary- Former secretary Jennifer Hughes is stepping down. Thank you for your service!
 - i) Andrea Morgan nominates Meesh Crum, seconded by Rachel Faber. Confirmed with 33 votes.
 - b) Treasurer - Currently Anthony Lazzaro who is stepping down. Thank you for your service!
 - i) Please consider running. No current nominations.
 - c) Conservation chair Kristen Walters- Maag is stepping down, thank you for your service!
 - i) Duties include adding dates to club calendar for dam releases and clean ups, organizing clean ups, helping determine what organizations we will support with our conservation donations, and potentially writing newsletter articles related to conservation. This is an appointment, no election needed.
 - d) Instagram take over - If you paddle a cool event, please reach out to the admin team to take over the club Instagram account for the day. Also, if you post frequently, you are welcome to be the official Instagram poster for the club. Let's share all the great adventures our members are having!

3) Upcoming Opportunities

a) Summer roll sessions:

- i) Tuesdays 5:00 - 7:00 PM alternating at Indigo Lake (Peninsula) and Munroe Falls. For more information check out the Keel Haulers website or contact Robin (Indigo) or Brian Smart (Monroe Falls), particularly if you will need equipment or instruction. We ask that you become a member if you would like to participate in roll sessions.

b) Safety Courses:

- i) The club pays to off-set safety courses like Wilderness First Aid and Swift Water Rescue. There are two SWR courses coming up in June. Check the Facebook page or website/calendar for more information.

c) Volunteers needed

- i) Seth Anderson with Ace Adventures needs volunteer timers for the New River Gorge Gauntlet Race on Sunday, May 25. Contact him if you would like to get involved. Benefits include a volunteer shirt, free primitive camping at Ace Adventure Resort, access to the afterparty, and free shuttle for race volunteers to start and finish, and of course many opportunities to find crews and paddle the Saturday before and Monday after.

4) Slip Fest 2025

- i) Thank you to the Slip Fest leadership team for organizing this event, it was a labor of love!
 - (1) Festival Director - Rachel Faber
 - (2) Assistant Festival Director - Brian Smart
 - (3) Race Director - Andrea Morgan
 - (4) Assistant Race Director - Matt Pascal
 - (5) Swap Meet Director - Todd Sledzik
 - (6) Safety Director - Jason Rovira
 - (7) Start and Timer Director - Mike Vogel
 - (8) Registration Director - Kristen Walters Maag
 - (9) Human Relations - Ted Moore
- ii) Thank you to ALL of the volunteer safety crew, timers, vendors, and partners who made this possible. It's an incredible event and without the efforts of many people it would not happen.
- iii) Tomorrow - Raffle prizes including the brand-new Hot Whip, and several baskets! Continue buying tickets for your chance to win. Buffet dinner available for purchase from the Campground available 5:00-6:30 with raffle at 7:00PM tomorrow.

8:19 PM - Meeting Adjourned.

**Dry Fork Trip-May 10th/11th
By Cliff Wire**

May 10 & 11 is my annual Class II trip. The hope is for the Dry Fork of the Cheat to neither be too high or too low (which it typically is) for a Class II weekend. If the DF doesn't cooperate, we'll go to the North Branch of the Potomac which has a release the same weekend.

This is an excellent opportunity for those working their way up or those wanting to enjoy some great surf waves and otherwise sharpen your skills.

I'll most likely be making the decision on Wednesday, May 07 based on river levels and weather forecast.

Feel free to contact me at 440-669-7177 or cwire64@sbcglobal.net for details

**North Branch of the Potomac Trip-May 10th/11th
From Mike Bailey**

Ready, Set, Paddle! We're talkin' NORTH BRANCH POTOMAC River Trip, class 2/3, May 10/11. Mike Bailey's your coordinator extraordinaire - 412-736-7880 or <https://www.facebook.com/share/p/15JsNLdWBK/>. Meet at G&S Coal Company parking lot, 21557 Maryland Highway, Bloomington, MD 21523.

Don't be late - 11:00am's the time! If you're lookin' for some R&R, Barnum cabin rentals has got you covered - 304 788 5732. Rustic cabins, bunk beds, and space heaters - just don't forget your toilet paper! All are welcome! RSVP on Facebook if coming, and bring a friend - or two, or three!

**Stonycreek Rendezvous-May 16th -18th
From Andrea Morgan**

This year we have pavilion 1. We will have club lead trips on Friday and Saturday, times TBD. Follow the Facebook event for more details <https://fb.me/e/2hpxzQ0fM>. If you are interested in joining on Friday/Saturday, please respond below so we know to keep you updated on the plans. It is also helpful to ensure we have enough experienced boaters to support the newer ones.

<https://forms.gle/fXg7xGwpzFxRgVFt6> We are happy to have people who want to run just the lower section (Class II) meet up with us.

Saturday after the river we plan to have a potluck in the pavilion. This year we are creating a walking taco bar. Mike and I are bringing the meat (traditional and vegetarian). Please sign up with what you are bringing. [StonyPotLuck](#) Some ideas include tomatoes, cheese, lettuce, salsa, guac, and we definitely need someone (or more than one) to bring the individual bags of chips - Doritos, Fritos, corn chips. Anything you like on tacos is a go!! Other sides, dishes, and desserts are very welcome also!! The club will provide silverware and plates.

Sunday, we plan to sleep in and then hit the waves. All are welcome to join us and try out any of the boats we have with us!! If anyone wants to lead/organize a trip on Sunday, I encourage you to do so!!! Please feel free to reach out with any questions. Andrea Morgan on Facebook or 740-705-3017.

Mark Hanna & Carl Schneider Memorial ACA Swift Water Rescue with Charles Duffy 2025

[Mark Hanna & Carl Schneider Memorial ACA Swift Water Rescue with Charles Duffy 2025 — Keel-Haulers Canoe Club](#)



**Mark Hanna & Carl Schneider Memorial ACA
SWIFT WATER RESCUE**
With Charles Duffy

Friday, June 13 (6:00 PM) THRU
Sunday, June 15 (6:00 PM)

Breakneck Campground
1757 Cheeseman Road
Portersville, PA, 16051

Class Price: \$150.00

Full Details at
<https://tinyurl.com/SWF2025>

KEEL-HAULERS
CANOE CLUB
Any questions or concerns please email us at Clevelandkeelhaulers@gmail.com

KHCC Presence at the CCC Week of Rivers From Jacki Zevenbergen

About 50 KHCC members attend all or part of WOR in Bryson City each year. This year the event will be held from June 27th through July 6th. Each day begins in the pavilion at the Smoky Mountain Meadows Campground with a morning meeting. Trips will be announced for all paddler levels. It's a wonderful way to

meet new paddle buddies and mentors, reconnect with old friends, or spend time with your current paddle group.

You must be a member of CCC to participate. Go to <https://www.carolinacanoclub.org/content/membership/>

If you haven't already joined or renewed CCC, you should do so to get on the lists for discounts at the local retailers! You'll also want access to member only sections of the website, the latest WOR news and to be eligible to register for clinics. Read here for an article about clinic organization. <https://www.carolinacanoclub.org/content/category/paddler/cpaddler/>

Primitive camping is available at Smoky Mountain Meadows. It is generally hot and humid during July and I've never seen a WOR that didn't include at least one major storm. If you think you'll prefer a roof over your head for the week, I suggest you reserve something now. It can be difficult to find something reasonably priced if you wait much longer. If you are staying anywhere other than SMM you will need to by a parking pass (\$15 for the week) to attend the meetings and other events held at the campground.

I will be "organizing" the KHCC members - basically just taking pictures, answering questions, connecting our members with CCC members who can help them and helping to translate the local lingo. (What the heck is concrete beach?) Let me know if you're new to WOR and you have any questions. I'll be sharing more details next month but please get your CCC membership in order so you receive the most current updates and notices from them.

Jacki Zevenbergen

**Jacki, Our New WOR Clinics Coordinator
a *Carolina Paddler* Article
By Alton Chewning**

With the 2025 Week of Rivers only a few short months away, our thoughts turn to what rivers to run, what old friends to see and what new ones to make. Maybe our curious side considers new pursuits to try.

Throughout Week of Rivers all sorts of experiences are available. Is it finally time to make the long drive to Chattooga and try 3.5 or 4? What about Hiwassee, another long drive but very pretty? Hey, will the Tellico finally be accessible? Baby Falls, anyone?

Closer to the home base at Smoky Mountain Meadows, we have lots of opportunities to flex unused muscles. Battle it out with the Pirates of the Tuck. Go costume-crazy at the Bad Idea Theater. Dominate the Great Not A Race. Or finally suck it up and try slalom.



Clinics are another way to improve your skill base and right-size your ego. Clinics can help a newcomer refine the fundamentals of paddling life: Car-Topping, Rope Toss and Combat Rolls. For accomplished boaters, new challenges await. Try hand paddles, new lines at Nantahala Falls or boat-based rescues. Maybe a class on slicey boats or slalom. Are you curious about pack rafts or OC1's? Clinics for all these pursuits were offered at past WORs.



Jacki Zevenbergen

This year we are fortunate to have a new WOR Clinics Coordinator, Jacki Zevenbergen. Jacki is building on the experiences of past coordinators, including the multi-year run of Donna Murphy. Jacki is very enthusiastic about the possibilities for this year, but she needs your help and participation.



A bit about Jacki

Jacki has been coming to Week of Rivers for five years. In addition to the CCC, Jacki is a member of the Three Rivers Paddle Club in Pennsylvania and the Keel Haulers in Ohio. She's a trustee with KH. As you may have gathered, Jacki is one of the caravans of people who come from beyond North Carolina to be a part of the fun and variety of WOR.

Jacki is retired from managing a conservation education program in Ohio. She lives in Cleveland, when she's not on the road skiing out West or paddling the rivers of the Mid-Atlantic.

Friends in the KH and TRPC told Jacki about WOR and insisted she go. One trip and she was hooked. Jacki shares, "I really loved WOR from the beginning and it gets even better as my abilities improve and I can join my friends on more rivers. I love the way CCC does so much more than just plan trips at WOR. Out of area members can make new friends and begin to offer trips at the morning meetings as they learn the rivers. The opportunity to meet new paddle buddies from a different region is wonderful. It's always great to see someone from WOR at a festival in PA or WV."



Soil & Water Conservation District Conservation Tour 2024. Jacki won the Educator of the Year award.

In Jacki's previous career, she organized events to educate teachers, students, public officials, and the public about watershed health. Sounds like a perfect training ground for involvement with the WOR. In addition to skills clinics, Jacki hopes to have one or two conservation minded events during the week, in addition to Tom Womble's traditional Tuckasegee Clean-Up.



Photo courtesy of Mountain True.

A speaker from the Mountain True organization is scheduled for the night of Monday, June 30th. Mountain True is leading many of the clean-up efforts on rivers damaged by Hurricane Helene. They hire out-of-work raft guides to lead volunteer groups in half day and full day clean-ups. The MT representative will focus the talk on the French Broad and how our club members can help as individuals and as organized groups after WOR is over.



Jacki at a Nantahala clinic.

Why was Jacki drawn to the Clinics Coordinator job? She explains, “I have attended clinics and really liked them. I found clinics especially helpful when I was new and could only paddle a few rivers in the area. I have a lot of experience coordinating events that involve many different instructors or exhibitors. I just retired in October of 2024 and thought I would have plenty of time. I have since realized that time seems to disappear when you are retired, lol.”

Jacki will need our help to make the clinics a big success. We need to participate by attending the courses, but we can also help in organizing clinics. Jacki admitted, “I’m a little nervous because I don’t have the extensive contacts in the Carolinas that I have back home. That said, I’m looking forward to establishing those new friendships.” She’s off to a good start. Past coordinators have provided information and contacts. Donna Murphy shared “an amazing spreadsheet” of past clinics, instructors and contacts. Tom Womble, aka Mr. WOR, and Rick Steeves, our very capable Cruise Chair, are there to help with the scheduling and administrative tasks. Jacki is confident, “I definitely think that my experience organizing workshops and student events that rely on a variety of professionals will translate into success in recruiting instructors and coordinating clinics.”



Carolina Paddler sat in on Jacki's initial conversation with Jack Henderson, leader of Mountain True. Jacki was impressive—cordial and a good listener. Very organized in her approach, going directly to what was needed and what wasn't. Jacki was careful in considering the many other events and activities of WOR. She helped Jack fine tune the scope of MT's presentation and keeping the time allowed and agenda in a realistic framework. She also considered both the short- and long-term objectives of the talk and the impact on individuals and the clubs. She's going to be good at this organizational and educational job.



The clinics will be fun. Several popular programs are under consideration. The favorites seem to be Combat Rolls, the Nantahala Falls Clinic, Boat-Based Rescues and Slicey Boats. Do you have a topic in mind? Pack Rafting/Inflatables, Hand Paddling, Ferry-Edging-Eddy fundamentals. Can you or someone you know lead these clinics? The clinics are traditionally led by qualified teachers, some of whom are

certified, some who have demonstrated clear competence in a discipline. We'd also like to include businesses who would like to offer an appropriate clinic.

We can help Jacki by registering for clinics ahead of time and then showing up. Sometimes people sign up but skip the clinic when another opportunity arises. Organizers and instructors are devoting their time to provide these clinics, and we should be reliable in participating.



Jacki is excited about this year's Week of Rivers. She feels the clinics will be a win if people make new friends and wonderful memories and they have a safe and healthy experience. "Participation in club events is what makes you a member. The supportive friendships are priceless."

Cheatfest 2025
May 2nd and 3rd, Albright, WV

[Cheat River Festival – Friends of the Cheat's annual Fundraiser and Outreach event for river enthusiasts, families, musicians, and artists!](#)

The annual Cheat River Festival is a celebration of the rebirth of the Cheat River watershed. Cheat Fest is Friends of the Cheat's annual fundraiser which helps us advance our watershed projects and supports the organization's administrative costs. Rain or shine, Cheat Fest is always a good time!

From 5:30pm 'till 10:00pm on Friday, May 2nd, and 11:30am 'till 11:30pm on Saturday, May 3rd, the festival grounds in Albright, West Virginia will once again transform into a haven for boaters, music lovers, and families. Bands from all over Appalachia will entertain crowds with live music, while Fest goers browse the Art Market, learn about other non-profit organizations that share the FOC vision, buy from a variety of food and merchandise vendors, and above all, help support Friends of the Cheat. **Please consider bringing a nonperishable food item for our Cheat Fest Food Drive!** All items can be dropped off at the Info Booth during the Fest.



Food for Preston
Helping the hungry in
Preston County

Food for Preston
P.O. Box 1175
Kingwood, WV 26537
304-379-3519
coordinator@foodforpreston.org
foodforpreston.org

Director
Tammy Laney

President
Kim Liston

Vice President
Barb Thorn

Treasurer
Karen Bright

Assistant Treasurer
Kristy Ash

Secretary
Marsha Wolfe

Food Pantries
Community Action
Kingwood Apostolic
Maple Spring
North Preston
Raymond Wolfe
Salvation Army
Shepherd's Tent
South Preston
Starting Points
Terra Alta
Valley

Backpack Program

School Store Program

Food for Preston **Suggested Donation List**

Nonperishable

Food Items

Baby Food
Baby Formula
Beans, Dried/Canned
Biscuit Mix
Cake Mix
Cereal
Cereal Bars
Corn Bread Mix
Crackers
Fruits, Canned
Granola Bars
Macaroni & Cheese
Milk, Canned/Boxed
Pasta
Peanut Butter
Potato Mix Boxes
Ramen
Rice
Salmon, Canned
Saltines
Soup
Spaghetti Sauce
Stuffing Mix
Tuna
Vegetables, Canned

Hygiene/Cleaning

Items

Bleach Wipes
Dental Floss
Deodorant
Dish Soap
Feminine Hygiene Products
Household Cleaners
Lotion
Mouthwash
Paper Towels
Sanitizer
Shampoo/Conditioner
Soap
Tissues
Toilet Paper
Toothbrushes
Toothpaste
Trash Bags

Another reason to love Cheat Fest: kids under twelve are free! Kids of all ages can congregate at the ever-growing Kid's Tent from noon 'till 5:00pm on Saturday for a host of hands-on activities.

The Cheat River Festival is the primary fundraiser of the year for Friends of the Cheat. All profits from Cheat Fest are used to support our projects and programs that experience shortfalls during the year.

The Carpool Contest

Here's how it works – You carpool to Cheat Fest (that means 4 passengers or more) – and our parking attendants will be paying attention. Friday night and Fest Saturday, attendants will select three full vehicles at random. Winning vehicles will be notified on the spot. You will revel in do-gooder glory all year.

1st Place: 1 car will be eligible for Free Fest Entrance for each passenger in the car

2nd Place: 1 car will be eligible for Free Cheat Fest T-Shirts for each passenger in the car

3rd Place: 1car will be eligible for Free Cheat Fest stickers

Everyone Else: All carpools will receive endless love and appreciation from Friends of the Cheat. Seriously...brag about it.

**Keel-haulers Sponsored
Common Sense Swiftwater Rescue-H2O Dreams
Friday-Sunday, June 20th – 22nd**

2025 Date: June 20th-22nd

fCost: \$150

Location: Slippery Rock Creek at Cheeseman Farm Breakneck Campground

1757 Cheeseman Rd, Portersville, PA 16051 : [Google Map](#)

Details:

Must be a Keel-hauler Member for at least 1 year.

The first 10 applications submitted with payment will officially be registered. All remaining applicants will be waitlisted. Refunds will be issued for those not accepted into the class.

Register here: [Common Sense Swift Water Rescue with H2O Dreams 2025 — Keel-Haulers Canoe Club](#)

Registered Participants will be notified of their acceptance and will receive camping & course details. Campground fees and meals are not included.

About the course:

Whitewater diligence is as much about preventing accidents as it is knowing what to do when rescue becomes necessary. Our Common Sense Rescue class will put you through the paces of not only fundamental rescue and safety skills, but how to prevent these scenarios from popping up while on the river. Safety is just as much

about proactivity and prevention through common sense as it is technical knowledge and clarity under pressure.

Familiarize yourself with in-water comfort, gear and equipment, boat-based rescue, quick and easy rope systems, and more as every Swiftwater skill will fall into context for the common paddler. Gain comfort moving in and around the riverbed and begin to think preemptively regarding risk and consequence, and a whole new world of whitewater will unfold.

This class will uncover the power and gravity of the river and just how large a part you can play as a boater and leader while on the water.

Any questions or concerns please contact clevelandkeelhaulers@gmail.com

Keel-hauler New River Gorge Race May 25, 2025

[\(20+\) New River Gorge KH Trip. | Facebook](#)

 VOLUNTEERS ARE NEEDED! 	
KEEL-HAULERS CANOE CLUB 6-10 VOLUNTEERS NEEDED SUNDAY MAY 25 NEW RIVER GORGE GAUNTLET RACE WORKING HOURS: 9:30 AM - 4 PM MEET AT ACE ADVENTURE STORE 239 N COURT ST. FAYETTEVILLE, WV 25840	START/FINISH TIMING VOLUNTEERS NEEDED - VOLUNTEER SHIRT - FREE PRIMITIVE CAMPING AVAILABLE AT ACE ADVENTURE RESORT - ACCESS TO AFTER PARTY - FREE SHUTTLE FOR RACE VOLUNTEERS TO START/FINISH
CONTACT US: FACEBOOK MESSENGER: ROBIN SHELL OR SETH ANDERSON EMAIL: CLEVELANDKEELHAULERS@GMAIL.COM OR SANDERSON@ACERAFT.COM	FREE SHUTTLE FOR RACE VOLUNTEERS FROM FAYETTE STATION TO CUNARD ON MEMORIAL DAY 5/26

Keel-hauler Trip Planning 2025 **Calendar of Events on our website**

Want to plan a trip? Please read the Organizer's Responsibilities then use the "Add Event" button to submit a new event! [Calendar of Events — Keel-Haulers Canoe Club \(keelhauler.com\)](https://www.keelhauler.com/Calendar-of-Events)

MAY 2, FRI

12pm Cheat fest (Day 1/3) Cheat River Canyon

MAY 3, SAT

All day, Cheat fest (Day 2/3), Cheat River Canyon

All day, Stonycreek - Scheduled Release (Day 1/2)

8 – 11am 2025 COWAN LAKE PADDLESPORT RACE
1021 Yankee Rd, Wilmington, OH 45177, United States

9am – 12pm
36th Annual RiverSweep with Canalway Partners, Hart Crane Park

MAY4, SUN

Until 1pm. Cheat fest (Day 3/3), Cheat River Canyon

All day, Stonycreek - Scheduled Release (Day 2/2)

MAY 7, WED

5 – 8pm Slip and Slice, Eckert Bridge

6:30 – 7:30pm
Akron University ODNR Grant Meeting
<https://us02web.zoom.us/j/82236172194?pwd=eBnJ83XL2pduUnEE1vTqsjdX8tjmYV.1>

MAY 10, SAT

All day, North Branch with Mike Bailey (Day 1/2)

All day, North Branch Potomac Release (Day 1/2), Dry with a North Branch fallback

MAY 11, SUN

All day, North Branch with Mike Bailey (Day 2/2)

All day, North Branch Potomac Release (Day 2/2), Dry Fork with a North Branch Fall back (Day 2/2)

MAY 14, WED

5 – 8pm, Slip and Slice, Eckert Bridge

MAY 16, FRI

8am Stonycreek Rendezvous! (Day 1/3)

MAY 17, SAT

All day, Stonycreek Rendezvous! (Day 2/3)

8:30am – 1pm, Mountain Watershed Association (Yough River Watershed) West Newton Cleanup
140 Goehring Pond Rd, West Newton, 15089

11am – 2pm Third Annual Bill Conrad Float on the Mohican

3 – 5pm

Stonycreek Rendezvous

MAY 18, SUN

Until 9am, Stonycreek Rendezvous! (Day 3/3)

MAY 20, TUE

7 – 10pm Merwin's Wharf evening paddle w/ a hint of Teddy Swims, Merwin's Wharf

MAY 21, WED

5 – 8pm, Jackson Kayak Demo Night, Whitewater Warehouse

5 – 8pm, Slip and Slice, Eckert Bridge

MAY 24, SAT

All day, North Branch Potomac Release (Day 1/2)

All day, Stoney Special Release (one day only) Memorial Day weekend

9:30am – 12:30pm, New River Gorge KH Trip. ACE Adventure Gear

MAY 25, SUN

All day, North Branch Potomac Release (Day 2/2)

10 – 10:30am, (TIMING VOLUNTEERS) New River Gorge Gauntlet Kayak & Raft Race
Fayetteville, WV, USA

2 – 5pm, New River Gorge Gauntlet Kayak & Raft Race

239 North Court Street, Fayetteville, WV, United States, West Virginia 25840

MAY 27, TUE

5 – 7pm, Munroe Falls Lake Sessions

521 S River Rd, Munroe Falls, OH 44262, USA

MAY 28, WED

5 – 6am, Dayton Playboating Clinic

5 – 8pm, Slip and Slice, Eckert Bridge

MAY 31, SAT

All day, Stonycreek - Scheduled Release (Day 1/2)

11am – 2pm

Dayton Freestyle Kayaking Competition, RiverScape MetroPark

Summer Roll Sessions!
Roll Sessions, Clinics, and Practice — Keel-Haulers Canoe Club



**MUNROE FALLS LAKE
ROLL SESSIONS**

521 S River Rd, Munroe Falls, Ohio

ROLL PRACTICE
Tuesdays, 5pm to 7pm

May 27
June 10, 24
July 8, 22
August 5

SCOUTS ON THE WATER
Maple Shelter
TIME??

July 27
(Contingency Date:
July 26)
(Volunteers needed)

KAYAK SOCCER
Sundays, 1pm to 3pm

June 1, 29
July 13
August 5

**PUBLIC TRAINING
DAY**
Maple Shelter
TIME??

August 10
(Contingency Date:
Aug. 9)
(Volunteers needed)



KEEL-HAULERS
CANOE CLUB



**INDIGO LAKE
ROLL SESSIONS**

4300 Riverview Road, Peninsula, Ohio

ROLL PRACTICE
Tuesdays, 5pm to 7pm

June 3, 17
July 1, 15, 29
August 12, 26



KEEL-HAULERS
CANOE CLUB

2024-2025 Club Officers

President:	Robin Shell	Clevelandkeelhaulers@gmail.com
VP:	Brian Smart	VPkeelhaulers@gmail.com
Secretary:	Meesh Crum	Secy@keelhauler.org
Treasurer:	Anthony Lazzaro	Treasurer@keelhauler.org

Meetings: Approximately 4 meetings per year. Please check the website for the next meeting time and location.

Membership: \$20 per year. Membership Chairman: Rachel Faber

New memberships, renewals, change in address or phone, mail to the Treasurer: Keelhauler Canoe Club, 34555 Chagrin Blvd Suite 250, Moreland Hills, OH 44022

Any opinions, views or recommendations expressed in the articles in this Newsletter are those of the article's author. Printing these articles in no way implies approval or advocacy of any of the opinions, views or recommendations by the Keel-Haulers Canoe Club or any of its Officers, editor, or members. Water sports are a potentially dangerous activity. Keel-Haulers Canoe Club recommends and encourages all of its members and others to abide by all laws, regulations and recommended practices when engaging in such activity. Each member is responsible for assessing her/his own abilities and for not engaging in activities which are beyond those limits. Members assume any and all risk when choosing to participate in any activity and the Keel-Haulers Canoe Club is not responsible for any damage resulting from such participation.

KHCC WEB PAGE URL: www.keelhauler.com

Please consider writing a trip report, an article, or sending a photo for the next newsletter! The deadline for the **June 2025 issue of the newsletter is **5/23/2025**. Please send articles and/or pictures to:**

Kelly Miller at peetzaguy@aol.com.

Keel-Hauler Kanews

May 2025

Kelly Miller, Editor



KEEL-HAULERS
CANOE CLUB

Keel-hauler's Ka-news

JUNE, 2025



President's Message From Robin Shell

Happy June everyone!

Slip fest is over. Cheat fest is over. Stony Rendezvous is over. (Thank you, Andi and Mike, for organizing KHCC at this event, for coordinating everything and planning a great potluck.) It's a good thing we have Week of Rivers to look forward to. Week of Rivers is through the Carolina Canoe Club and for 2025 it is June 27 – July 6. You need to be a member of CCC to participate. You can find more information here: <https://www.carolinacanoecub.org/content/week-rivers/>. Our very own Jacki Zevenbergen is the clinic coordinator! Thank you Jacki, for all that you do!!!!

Outdoor weekly roll practices (at Indigo Lake and Munroe Falls Lake) will be starting up soon, along with Sunday outdoor soccer and Wednesdays on the Water (beginner friendly paddles). Doug Waltman has volunteered to head up Wednesdays on the Water, so if you have any questions, reach out to him.

We have volunteer opportunities coming up as well. Blazing Paddles Paddlefest (Saturday July 19) will need safety boaters (hit up Tim Eberling for details) and Scouts on the Water on July 27 and Public Training Day on August 10 (hit up Brian Smart for details).

If you or someone you know needs instructions on rolling, please give us as much time as possible to let the appropriate people know.

Lastly for this month, don't forget about our two swift water rescue classes. We are all responsible for everyone's safety. One way to do this is by making sure all parties in your group are accounted for. If you're in a large group, find a buddy and always keep your eye on them. Another way to do this is by taking one of the SWR classes. (www.tinyurl.com/swf2025 or www.tinyurl.com/h2odreams) They are both filling up but we do still have spots available. If you were to take either of these classes elsewhere, the cost would be much higher. The Keel Haulers are subsidizing these classes.

I hope to see you all at TRPC's slip clinic!

Robin Shell, President

**Keel-hauler Treasurer's Report
May 28, 2025
From Anthony Lazzaro**

Checking Total \$ 7473.70

Gorge Dam Removal Project Update

We're excited to share that the Gorge Dam removal project, also known as Free the Falls, will continue into the next phase.

Summit Metro Parks expects to close the Highbridge Trail Area of Gorge Metro Park (1270 Front St., Akron) beginning June 2, 2025, while a U.S. EPA contractor prepares to remove the built-up sediment behind the dam. Other remaining areas of Gorge Metro Park are expected to close later this summer and will remain closed for several years during the project.

For more information, visit <https://ow.ly/sA9H50VJMfW>

[City of Akron, Ohio - Mayor's Office](#) [Mayor Don Walters](#) [Ohio Lake Erie Commission](#) [Ohio EPA](#) [Summit County Executive Ilene Shapiro](#) [Summit County Council](#) [The University of Akron](#) [U.S. Environmental Protection Agency](#)
[#FreetheFalls](#)



SUMMITMETROPARKS.ORG **Gorge Dam removal project continues - Summit Metro Parks**
[Gorge Dam removal project continues - Summit Metro Parks](#)

CCC Week of Rivers Update From Jacki Zevenbergen

The dates are Friday, June 27 - Sunday, July 6. Smokey Mountain Meadows Campground in Bryson City, NC is the hub of the event. There will be a great lineup of clinics, activities and presentations this year at WOR. Be sure to join or renew your CCC membership ASAP so you stay updated on the latest info as it's released. The clinic schedule will be out next week, and you will need to be a CCC member to participate. Clinic spots will go quick. This will also get you on the membership lists for CCC discounts at local retailers.

Get your lodging now to maximize your choices.

Here is a tentative release schedule for June 27-July 6 (the last time I checked - be sure to confirm)
Middle Ocoee (MO)# hours, Upper Ocoee (UO)# hours, Tuckasegee (T), Pigeon (P), Upper Nantahala (UN), West Fork Tuckasegee (WFT)

Friday 27th

MO6

Saturday 28th

UO6

MO10

T

P

Sunday 29th

UO5

MO10

Monday

MO6

Tuesday

T

P

Wednesday

UN 250 cfs, 4-7 pm

P

Thursday

MO8

T

P

Friday

MO8

Saturday 5th

WFT

UO8

MO10

T

P

Sunday 6th

UO5

MO10

P

SAVE THE DATES!

Summer Picnic (and KHCC Meeting) August 8-10
Fall Colors October 3-5



**Mark Hanna & Carl Schneider Memorial ACA Swift
Water Rescue with Charles Duffy 2025**

[Mark Hanna & Carl Schneider Memorial ACA Swift Water Rescue with Charles Duffy 2025 — Keel-Haulers Canoe Club](#)



**Mark Hanna & Carl Schneider Memorial ACA
SWIFT WATER RESCUE**
With Charles Duffy

Friday, June 13 (6:00 PM) THRU
Sunday, June 15 (6:00 PM)

Breakneck Campground
1757 Cheeseman Road
Portersville, PA, 16051

Class Price: \$150.00





Full Details at
<https://tinyurl.com/SWF2025>

Any questions or concerns please email us at Clevelandkeelhaulers@gmail.com

**Keel-haulers Sponsored
Common Sense Swiftwater Rescue-H2O Dreams
Friday-Sunday, June 20th – 22nd**





**COMMON SENSE SWIFT WATER
RESCUE**

Friday, June 20(6:00 PM) THRU
Sunday, June 22 (6:00 PM)

Breakneck Campground
1757 Cheeseman Road
Portersville, PA, 16051

Class Price: \$150.00





KEEL-HAULERS
CANOE CLUB

Full Details at

<https://tinyurl.com/H2ODreams>

Any questions or concerns please email us at Clevelandkeelhaulers@gmail.com

**Summer Roll Sessions!
Roll Sessions, Clinics, and Practice — Keel-
Haulers Canoe Club**



**MUNROE FALLS LAKE
ROLL SESSIONS**

521 S River Rd, Munroe Falls, Ohio

ROLL PRACTICE
Tuesdays, 5pm to 7pm

May 27
June 10, 24
July 8, 22
August 5

SCOUTS ON THE WATER
Maple Shelter
TIME??

July 27
(Contingency Date:
July 26)
(Volunteers needed)

KAYAK SOCCER
Sundays, 1pm to 3pm

June 1, 29
July 13
August 5

**PUBLIC TRAINING
DAY**
Maple Shelter
TIME??

August 10
(Contingency Date:
Aug. 9)
(Volunteers needed)





INDIGO LAKE ROLL SESSIONS

4300 Riverview Road, Peninsula, Ohio

ROLL PRACTICE Tuesdays, 5pm to 7pm

June 3, 17
July 1, 15, 29
August 12, 26



June Trips Calendar of Events — Keel-Haulers Canoe Club

Sun Jun 1, 2025

All day Stonycreek - Scheduled Release

1pm - 3pm Kayak Soccer at Munroe Falls Lake

Where: 521 S River Rd, Munroe Falls, OH 44262, USA

Tue Jun 3, 2025

5pm - 7pm Indigo Lake Roll Sessions

Where: Indigo Lake

Wed Jun 4, 2025

5pm - 8pm Slip and Slice

Where: Eckert Bridge

Sat Jun 7, 2025

All day Savage Release

Sat Jun 7, 2025

Tue Jun 10, 2025

5pm - 7pm Munroe Falls Lake Sessions

Where: 521 S River Rd, Munroe Falls, OH 44262, USA

Wed Jun 11, 2025

5pm - 8pm Slip and Slice

Where: Eckert Bridge

Fri Jun 13, 2025

9am - 12pm Paddle the River and Summit Metro Parks River Cleanup-Cuyahoga River Valley
Section

Fri Jun 13, 2025 - Sun Jun 15, 2025

Where: Breakneck Campground

All day Swift Water Rescue-Must Register and pay online

All day Stonycreek - Scheduled Release

Sat Jun 14, 2025 - Sun Jun 15, 2025

Tue Jun 17, 2025

5pm - 7pm Indigo Lake Roll Sessions

Where: Indigo Lake

Wed Jun 18, 2025

5pm - 8pm Slip and Slice

Where: Eckert Bridge

Fri Jun 20, 2025-Sun Jun 22, 2025

All day H2O Swiftwater Rescue Class

Where: Breakneck Campground, 1757 Cheeseman Rd, Portersville, PA 16051,

Must have preregistered and paid online

Tue Jun 24, 2025

5pm - 7pm Munroe Falls Lake Sessions

Where: 521 S River Rd, Munroe Falls, OH 44262, USA

Wed Jun 25, 2025

5pm - 8pm Slip and Slice

Where: Eckert Bridge

Fri Jun 27, 2025 - Sun Jul 6, 2025

All day KHCC at CCC Week of Rivers

Where: Smoky Mountain Meadows Campground

All day Stonycreek - Scheduled Release

Sat Jun 28, 2025 - Sun Jun 29, 2025

9am - 3pm Mountain Watershed Association (Yough River Watershed) Family Field Day Cleanup,

Where: Laurel Hill State Park Beach, Copper Kettle Trail, Somerset, Pennsylvania, United States,
15501

1pm - 3pm Kayak Soccer at Munroe Falls Lake

Where: 521 S River Rd, Munroe Falls, OH 44262, USA

2024-2025 Club Officers

President:	Robin Shell	Clevelandkeelhaulers@gmail.com
VP:	Brian Smart	VPkeelhaulers@gmail.com
Secretary:	Meesh Crum	Secy@keelhauler.org
Treasurer:	Anthony Lazzaro	Treasurer@keelhauler.org

Meetings: Approximately 4 meetings per year. Please check the website for the next meeting time and location.

Membership: \$20 per year. Membership Chairman: Rachel Faber

New memberships, renewals, change in address or phone, mail to the Treasurer: Keelhauler Canoe Club, 34555 Chagrin Blvd Suite 250, Moreland Hills, OH 44022

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Please consider writing a trip report, an article, or sending a photo for the next newsletter! The deadline for the **July 2025 issue of the newsletter is **6/23/2025**. Please send articles and/or pictures to: Kelly Miller at peetzaguy@aol.com.**

Keel-Hauler Kanews

June 2025

Kelly Miller, Editor



Keel-hauler's Ka-news

JULY, 2025



President's Message From Robin Shell

Happy July!

We're in the heart of summer, and I hope everyone is enjoying favorable water levels—neither drought nor flood conditions.

A big thank you to everyone who participated in TRPC's Slip Clinic! The weather was ideal (aside from a bit of rain on Friday night for the campers), and I hope you found the experience valuable. I certainly learned a lot myself—though I know I still have a long way to go! Looking ahead, TRPC's Turkey Bash on the Lower Youghiogheny is scheduled for August 2-3. It's a fantastic opportunity to build skills, with something available for paddlers of all experience levels.

Roll sessions have seen strong attendance, even with last-minute changes in venue. In addition to flatwater roll practice, we're working on incorporating sessions in moving water—because as we all know, combat rolls are a different beast from lake rolls.

We're currently looking for someone to manage our Instagram account. If you're interested, please reach out! With so much happening, it would be great to capture and share more of our adventures. Got an idea for a KHCC viral video? Let's make it happen!

There are also several volunteer opportunities coming up. For cleanups and conservation efforts, contact Xavier Rivera. If you're interested in helping out with Burning Paddles Paddlefest, connect with Tim Eberling.

Finally, be sure to mark your calendars for two key events:

- **Summer Picnic & Meeting:** August 9–10
- **Fall Colors Weekend:** October 4–5

See you on the river.

Robin Shell, President

**Keel-hauler Treasurer's Report
June 2025
From Anthony Lazzaro**

No report

**In the Works!
Zaclon River Landing**

In the works: Zaclon River Landing!!!

[The Zaclon River Landing Access Plan](#)

Zaclon River Landing (ZRL) was formed in 2021 as a joint project between CIVIC, West Creek Conservancy and Zaclon LLC.

ZRL is a 2.76-acre park in the heart of Cleveland's Industrial Valley on the east bank of the Cuyahoga River. This urban oasis offers river users access to the upper reaches of the Cuyahoga, bypassing the heavily used sections of the river, for boating, kayaking, fishing, etc.

On the site there are a number of industrial buildings that are repurposed or slated for updates to enable safe storage of rowing and kayaking equipment along with lockers and restroom facilities. Our long-term mission is to open as many of these amenities as

possible to the public along with a water stop and facilities for bicycle path users once funds are secured.

CVNP Cutting Wood out of the Cuyahoga, Lock 29



Shoulder Strength for Kayakers From Dr. Nick Anderson

This is Dr. Nick PT, DPT with Pin-Point Physical Therapy in Cleveland Ohio. I hope you enjoy this free shoulder workout routine! This is an intermediate workout circuit. I try to incorporate these exercises throughout my week to improve strength, stability and mobility.

<https://mailchi.mp/b909553ceae7/kayaking-shoulder-program>

**Swift Water Rescue Clinic at the Slip
June 2025**





Summer Roll Sessions!
Roll Sessions, Clinics, and Practice — Keel-Haulers Canoe Club



**MUNROE FALLS LAKE
ROLL SESSIONS**

521 S River Rd, Munroe Falls, Ohio

ROLL PRACTICE
Tuesdays, 5pm to 7pm

May 27
June 10, 24
July 8, 22
August 5

SCOUTS ON THE WATER
Maple Shelter
TIME??

July 27
(Contingency Date:
July 26)
(Volunteers needed)

KAYAK SOCCER
Sundays, 1pm to 3pm

June 1, 29
July 13
August 5

**PUBLIC TRAINING
DAY**
Maple Shelter
TIME??

August 10
(Contingency Date:
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INDIGO LAKE ROLL SESSIONS

4300 Riverview Road, Peninsula, Ohio

ROLL PRACTICE Tuesdays, 5pm to 7pm

June 3, 17
July 1, 15, 29
August 12, 26



July Trips Calendar of Events — Keel-Haulers Canoe Club

Want to plan a trip? Please read the Organizer's Responsibilities then use the "Add Event" button to submit a new event!

JUL1, TUE

KHCC at CCC Week of Rivers, Smoky Mountain Meadows Campground

5 – 7pm, Indigo Lake Roll Sessions, Indigo Lake

JUL2, WED

KHCC at CCC Week of Rivers, Smoky Mountain Meadows Campground

5 – 8pm, Slip and Slice, Eckert Bridge

JUL 3, THU

KHCC at CCC Week of Rivers, Smoky Mountain Meadows Campground

JUL 4, FRI

KHCC at CCC Week of Rivers, Smoky Mountain Meadows Campground

JUL 5, SAT

KHCC at CCC Week of Rivers, Smoky Mountain Meadows Campground

10am – 1pm

All American River Bash (Rec Boat), Game Day Coffee

JUL 6, SUN

KHCC at CCC Week of Rivers, Smoky Mountain Meadows Campground

JUL 7, MON

Savage Release

JUL 8, TUE

5 – 7pm, Munroe Falls Lake Sessions, 521 S River Rd, Munroe Falls, OH 44262, USA

JUL 12, SAT

Stonycreek - Scheduled Release

JUL 13, SUN

Stonycreek - Scheduled Release

1 – 3pm, Kayak Soccer at Munroe Falls Lake, 521 S River Rd, Munroe Falls, OH 44262, USA

JUL 15, TUE

5 – 7pm, Indigo Lake Roll Sessions, Indigo Lake

JUL 19, SAT

6 – 9am, HOLD - Blazing Paddles Paddlefest

JUL 22, TUE

5 – 7pm, Munroe Falls Lake Sessions, 521 S River Rd, Munroe Falls, OH 44262, USA

JUL 26, SAT

Stonycreek - Scheduled Release

8 – 11am, 16th Annual - Ohio State Canoe, Kayak and Paddleboard Championships, Grand River Landing

JUL 27, SUN

Stonycreek - Scheduled Release

Scouts on the water, 521 S River Rd, Munroe Falls, OH 44262, USA

JUL 29, TUE

5 – 7pm, Indigo Lake Roll Sessions, Indigo Lake

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Keel-Hauler Kanews

July 2025

Kelly Miller, Editor



Keel-hauler's Ka-news AUGUST, 2025



President's Message From Robin Shell

Happy August! Can you believe we're almost back to school?!?! Where did the summer go?

Carolina Canoe Club's Week of Rivers was "roaring" success! We had so much rain so there were quite a few unicorns to be had. The Keel Haulers and TRPC had quite a few members make the pilgrimage for this wonderful event. Personally (even though I have a long way to go) I learned SO much and gained some necessary skills – not the least of which was playing "follow the leader" in one boat eddys on the Cheoah (at ELF) and learning more about scouting rivers when you don't have a guide. I would do without miles in the hot sun on railroad tracks, but Kristina McCrone and Domenic Bentz took the brunt of that trek for the team effort.

On July 19 Tim Eberling led the KHCC team to be ambassadors for rec boaters at this year's Blazing Paddles Paddlefest. We'd love to have you volunteer for this event next year. It's great to be a presence whether in white water or calmer waters.

Xavier Rivera has been doing a great job leading our conservation efforts. He manifested a cleanup of Lock 29 on July 12 and we hope to have more of these clean ups in the future. If you would like to volunteer your efforts, please contact either Xavier or myself.

TRPC's Turkey Bash is the first weekend in August and our club picnic is the second weekend in August. Two weekends in a row at Ohiopyle! The club meeting will be held at our potluck on Saturday where, among other things, we will be voting for a new Treasurer. (If you have any nominations, please let me know. Currently, Mike Duval is on the ballot) and a new Mission Statement for the Club.

While cleaning up our website, we noticed that the mission statement could use a bit of revamping. Up for vote is the following:

“Keel-Haulers Canoe Club, Inc. is an organization of some 300 families from NE Ohio and surrounding states, with a shared interest in the outdoors and all kinds of boating, including white water, sea kayaking, canoeing, recreational kayaking, wilderness camping, rafting, and racing. Our purpose is to provide the framework to enjoy these activities together.”

If you love social media and would like to take over our Instagram account, please reach out to me. Also, October is just around the corner. We have LOTS of volunteer positions that will need to be filled. If there is something that you are passionate about and would like to give back to the community that has given you so much, please reach out to me.

I look forward to seeing you on the water!

Robin Shell, President

**Keel-hauler Treasurer's Report
July 22, 2025
From Anthony Lazzaro**

Checking balance: \$7,628.59

PayPal balance: \$ 714.54

Total balance: \$8,343.13

**Summer Picnic Weekend
August 8th – 10th
From Brianna Wiser**

It's that time again for The Keel-Hauler's Summer Club Picnic!!!! August 8-10 at Tall Oaks Campground and Ohiopyle State Park. There will be paddling, camping, food, friends, and more. For questions, please contact Brianna Wiser on Facebook or by emailing briannawiser@gmail.com.

Group Camping Info

- **Cost:** \$17.50 per person per night (\$35 for the weekend)
- **Location:** Group Tent Sites 50, 51, 52 + Pavilion 3 at **Tall Oaks Campground**
- **Details:** Primitive tent camping with pavilion access all weekend

- No need to call the campground, we've reserved the space for you!
- But: Camping **MUST** be paid **BELOW**.

Saturday Night Meeting and Potluck – 7:00 PM

Dom is firing up the grill with his **famous smash burgers!** We ask everyone to bring a **side dish or dessert** to share.

Group Paddling Trips

We'll have organized paddling trips throughout the weekend with **safety boaters and guides** for newer paddlers.

If you're willing to **lead a trip, safety boat, or need a trip lead**, let us know!

TO PAY FOR CAMPING, SIGN UP FOR THE POTLOCK DISH, OR SIGN UP TO TRIP LEAD FOLLOW THIS LINK:

https://www.keelhauler.com/events-calendar/2025/summer-picnic-25?fbclid=IwY2xjawLaMA1leHRuA2FlbQlzMABicmlkETFQNjdNMUFtUUxORWUwdHB CAR5az1ERfgu3Ayk6lx5QEldxmLoUgV88ZiyNNzRLQkSEp5z8ir0vqC0gWvb0mQ_aem_xkLReE8XEp8d5Q9scveWZQ

Two Items being voted on at the August Summer Picnic Weekend Meeting

We will be voting for a new Treasurer at this meeting. Currently, Mike Duvall has volunteered to take over the position. If anyone else is interested, please contact Robin Shell.

We will also be voting on a new mission statement as stated in Robin Shell's President's Message.

"Keel-Haulers Canoe Club, Inc. is an organization of some 300 families from NE Ohio and surrounding states, with a shared interest in the outdoors and all kinds of boating, including white water, sea kayaking, canoeing, recreational kayaking, wilderness camping, rafting, and racing. Our purpose is to provide the framework to enjoy these activities together."

**Chest Compressions-The First Line of Defense
From Suzanne Michaels, Pacific Medical Training**

We've published an article titled: "Chest Compressions — The First-Line Response"

<https://www.acls.net/chest-compressions>

The article focuses on the essential role of chest compressions in cardiac arrest, especially in scenarios where hypoxia or cold-water immersion may be factors. Given the maritime context of your site, this could be a valuable resource for your members who may need to act quickly in an emergency before help arrives.

**Week of Rivers 2025
From Jacki Zevenbergen**

Quite a few KHCC members participated in WOR 2025. It was great to see so many familiar faces at the morning meetings. Several elusive runs were available this year including Tellico Ledges, Middle Tellico, Greenbrier and Laurel Run. Upper Nanty, Cascades, Upper Ocoee and the West Branch of the Tuck had releases and the Nantahala, French Broad, Tuckasegee, and Pigeon provided the expected class 2/3 fun. Members partook of the Bad Idea Theater, joined in the family fun with Pirates of the Tuck, helped with the local stream cleanup, did some deep creek tubing and listened to some guest speakers and music.

As the CCC clinic coordinator, I was excited to see KHCC (CCC) members participate in the clinics that were offered including hand paddling, SUP, falls, combat rolling, and Intro to Middle Ocoee. More than a few members left WOR with more boats than they had when they arrived. As always KHCC and TRPC members made new memories and friends along the way.

It was great to see those who came and I hope to see more of you at WOR 2026!

SYOTR, Jacki

Here is the link to photos - <https://photos.app.goo.gl/9XsScrcVMzAULWS28>



Summer Roll Sessions!
Roll Sessions, Clinics, and Practice — Keel-Haulers Canoe Club



**MUNROE FALLS LAKE
ROLL SESSIONS**

521 S River Rd, Munroe Falls, Ohio

ROLL PRACTICE
Tuesdays, 5pm to 7pm

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SCOUTS ON THE WATER
Maple Shelter
TIME??

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Sundays, 1pm to 3pm

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Maple Shelter
TIME??

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KEEL-HAULERS
CANOE CLUB



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ROLL SESSIONS**

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June 3, 17
July 1, 15, 29
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KEEL-HAULERS
CANOE CLUB

August Trips
Calendar of Events — Keel-Haulers Canoe Club

Want to plan a trip? Please read the Organizer's Responsibilities then use the "Add Event" button to submit a new event!

5 AUG, TUE, 5 – 7pm, Munroe Falls Lake Sessions, 521 S River Rd, Munroe Falls, OH 44262, USA

9 AUG, SAT Stonycreek - Scheduled Release (Day 1/2),

Club Picnic weekend (Day 1/2)

10 AUG, SUN All day Stonycreek - Scheduled Release (Day 2/2)

Club Picnic weekend (Day 2/2)

Public Training Day
521 S River Rd, Munroe Falls, OH 44262, USA

12 AUG, TUE 5 – 7pm, Indigo Lake Roll Sessions, Indigo Lake

17, AUG, SUN, 10 – 10:30am
HOLD (TIMING VOLUNTEERS) Kanawha Falls Huckfest (Slalom Race at Falls)

23 AUG, SAT, All day
Stonycreek - Scheduled Release (Day 1/2)

24 AUG, SUN All day
Stonycreek - Scheduled Release (Day 2/2)

26 AUG, TUE, 5 – 7pm, Indigo Lake Roll Sessions, Indigo Lake



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Keel-Hauler Kanews

August 2025

Kelly Miller, Editor



Keel-hauler's Ka-news

SEPTEMBER, 2025



President's Message From Robin Shell

Happy September Boaters!

I just got back from a few fun weekends! Our summer picnic was a huge success! Thank you to Seth Anderson and Brianna Wiser for organizing the trip. Thank you to Dom Bentz for making the best smash burgers and pancakes (or shall I say breakfast bacon tacos). We had over 30 boaters between all the trips, camping and potluck. We had PFDs, great water and great camaraderie. And more recently I just got back from Valley Falls waterfall clinic. Thank you to Jeff Prycl and every single person who took a turn doing safety, catching swimmers, showing lines and cheering us on. It is so great to be able to try and do hard things knowing that we have a team to keep us safe. Accidents still occur but mitigating those accidents is key.

Brian Smart and Water Safe Ohio, T.J. Keenan had a presence with a booth. Next year, just like Blazing Paddles, it would be lovely to have a greater Keel Hauler presence. Thank you for being our ambassadors.

While I know it is summer, October is just around the corner. Make sure to calendar October 10-12 as our Ohiopyle Fall Colors picnic. We are going to try and be more judicious, asking people what to bring for potluck. For camping you will pay Tall Oaks directly. Here is the reservation link. Leave the number and last name as is, press enter and follow the prompts.

https://wvonline.adventureres.com/responsive/lookup_reservation.php?locationId=10&overrideRefresh=1&ReservationId=157439&GroupLeaderLastName=Anderson

One other big event we have in October is our annual meeting. This is where we elect officers. Up for grabs is:

President (nominated - Robin Shell)
Vice President (nominated - Jacki Zevenbergen)
Secretary (nominated - Meesh Crum)
Treasurer (nominated - Mike Duvall)
One Trustee position (nominated - Brian Smart)

Please let me know if you would like to run for one of these positions. Just because there's someone nominated, doesn't mean you can't step up if you would like.

We have LOTS of other positions to fill as well. Please reach out to me if something sounds like a way you would like to give back: pool session, trip scheduling, raffles, social media, summer picnic, fall colors, Stony fest, Falls fest, Cheat fest, Week of Rivers, Gauley fest. Also are many positions we need to fill for the Slip Fest. I'll hopefully have a more solid list of what is needed by the September newsletter, but in the meantime if something speaks to you, why don't you speak to me.

Happy boating everyone and I hope to see you on the river!

Robin Shell, President

**Keel-hauler Treasurer's Report
August 29, 2025
From Anthony Lazzaro**

Checking balance: \$6,589.71
PayPal balance: \$ 754.20
Total balance: \$7,343.91

**Summer Club Picnic Meeting Minutes and Pictures
August 8th-10th
From Robin Shell**

August 9 - Summer Picnic Meeting at Tall Oaks
7:45 pm

Robin's report:
Summer picnic had 6 people on the middle
Loyo had over 20 and one pfd (Added after the meeting - Sunday brought 2 PFDs)

Anthony is stepping down as Treasurer. Michael Duvall put his name to be interim Treasurer. No one else wanted to put their name in the hat. Mike Gillam made a motion to elect Michael Duvall and Brian Smart seconded it.

25 yea
0 nay
0 abstain

The annual meeting will be held October 23 at the Cuyahoga Falls Library. Doors open at 5:30. meeting is at 6. This will also be by zoom. HiHo for dinner (self pay) after the meeting. We have lots of club positions to vote on, including social media, trip leading, pool session coordination, SlipFest positions, summer & fall picnic coordinators.

Vote for new mission statement on the table.

"Keel-Haulers Canoe Club, Inc. is an organization of some 300 families from NE Ohio and surrounding states, with a shared interest in the outdoors and all kinds of boating, including white water, sea kayaking, canoeing, recreational kayaking, wilderness camping, rafting, and racing. Our purpose is to provide the framework to enjoy these activities together."

No one had questions or needed further discussion.

Mike Gillam made a motion to accept the new mission statement.
Brian Smart seconded

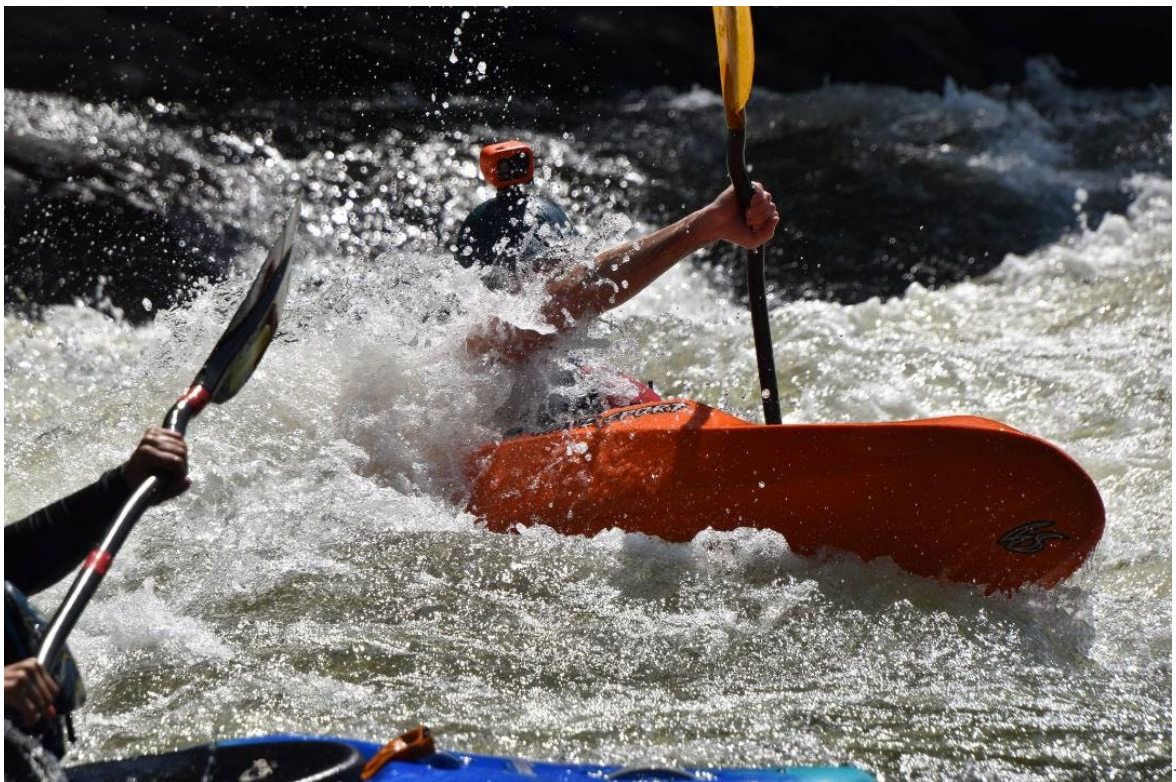
22 yea
0 nay
0 abstain

Our bank account has \$8,343.13

Lock 29 cleanup has been rescheduled. Xavier has more information on that.

Brian's report - Training Committee
H2O dreams may be out for 2026
Rescue Rodeo may be back in jointly with TRPC (Jeff Wilson and Jeff Englert). More information to come.

7:58 Linda Kuhajda made a motion to end the meeting.



**Valley Falls Pictures
August 2025
From Robin Shell**





Hold the Date!
October Keel-hauler's Meeting
Thursday, October 23rd

The meeting room has been reserved at the Cuyahoga Falls Library for Thursday, October 23 from 5:30 - 7:30. Doors open at 5:30. meeting is at 6. This will also be by zoom. HiHo for dinner (self-pay) after the meeting. We have lots of club positions to vote on, including social media, trip leading, pool session coordination, SlipFest positions, summer & fall picnic coordinators.

October Fall Colors Paddle and Picnic October 10th-12th

Rachel Faber and Annaleigh Koch are our event coordinators.

The date has changed so we will hopefully get leaves changing colors.

We will be supplying hot dogs and hamburgers and will be requesting items for the potluck [or you can donate].

Camping is \$17.50/night. YOU WILL PAY TALL OAKS DIRECTLY if you are camping on our sites.

Tall Oaks Campground

This event is based on water level/release, and nothing is set in stone, but we wanted it on your radar.

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DO NOT CHANGE THE RESERVATION NUMBER OR LAST NAME. After you press enter, you will fill in your information. In the Reservation comment section - PLEASE indicate how many nights and if you have any guests add their names here. **Example:** Jackie 1 night - Sat

Gauley Releases and Gauley Fest 2025

September 5-8
September 12-15
September 19-22
September 26-29

October 3-5
October 11-12
October 18-19



Gauley Fest, September 18th - 21st 2025

American Whitewater's Biggest Public Outreach Event is on the schedule for 2025!

All proceeds from the festival support American Whitewater's river conservation and access work throughout the nation. Started in 1983 to celebrate the derailment of a hydro-electric project that would have disrupted the flows on the Gauley River, Gauley Fest has grown to become the largest paddling festival in the world.

The festival is a showcase for American Whitewater and the top whitewater vendors in the boating community. The festival will feature live entertainment, a whitewater marketplace, raffle, and a silent auction where you can pick up some awesome outdoor gear. Come out and join us for a weekend of great paddling, exciting camaraderie, live entertainment, killer boat raffles, and the infamous silent auction.

This year we are excited to announce that we will showcase a Bridal Party Theme. Attendees will have a chance to renew their vows to American Whitewater with membership support and receive a commemorative token. Whether you choose to dress up as a bride, groom, wedding officiant, flower girl/boy, or a bridesmaid/groomsman, you'll be in the running to win our costume party on Saturday night. We're excited to see you all show up rocking those 70s tuxedos and wedding dresses!

Interested in volunteering at Gauley Fest? Sign up here <https://www.tfaforms.com/5146426>
Interested in a Vendor Booth at Gauley Fest? Register
here: <https://store.americanwhitewater.org/products/gauley-festival-booth-spaces-registration>

Nicholas County Veterans Memorial Park, Summersville, WV

Thursday, September 18, 2025

- 10:00 AM Vendor & Volunteer Registration Opens
- 12:00 PM Festival Campground Opens
- 12:00 AM Quiet Hours Begin (family campsites located behind cabins near main entrance)

Friday, September 19, 2025

- 6:00 AM Gauley River Release
- 8:00 AM Vendor & Volunteer Registration Opens
- 5:00 PM Festival Marketplace Opens
- 7:00 PM No more vehicle access to the inner festival grounds permitted for the night (visitors and campers must walk from parking area)
- 9:00 PM - 11:30 PM Dance Party
- 12:00 AM Quiet Hours Begin (family campsites located behind cabins near main entrance)

Saturday, September 20, 2025

- 6:00 AM Gauley River Release
- 8:00 AM Volunteer Registration Opens

- 8:00 AM 4-H Breakfast at the Dining Hall Opens
- 2:00 PM Festival Marketplace Opens
- 5:00 PM AW Silent Auction Opens
- 7:00 PM No more vehicle access to the inner festival grounds permitted for the night (visitors and campers must walk from parking area)
- 7:00 PM to 10 PM Live Music
- 10:00 PM AW Membership Drive Closes
- 10:00 PM Silent Auction Closes
- 10:15 PM Raffle Drawings
- 11:00 PM to Midnight Live Music
- 12:00 AM Quiet Hours Begin (family campsites located behind cabins near main entrance)

Sunday September 21, 2025

- 6:00 AM Gauley River Release
- 8:00 AM 4-H Breakfast at Dining Hall Opens
- 9:00 AM Festival Breakdown and Cleanup Begin (please pitch in and fill a trash bag to help show the community we care)
- 11:00 AM Camping and Vehicle Parking On Site Ends

[Online tickets are available for 2025!](#)

Tickets are:

\$60 for Thursday Entrance (for Th/Fr/Sat camping and admission)

\$50 for Friday Entrance (for Fr/Sat camping and admission)

\$40 for Saturday Entrance (for Th/Fr/Sat camping and admission)

Dogs are discouraged from attending but if they choose to go anyway, pet entrance is \$20

Ticket sales will go up in early September by \$5, so grab your tickets early!

September Trips
Calendar of Events — Keel-Haulers Canoe Club

2 SEP, TUE

8 – 10pm, Akron Roll Session, Ocasek Natatorium, [Open Kayaking : The University of Akron, Ohio](#)

6 SEP, SAT

All day Stonycreek - Scheduled Release (Day 1/2), 9am

Cliff wire's lower Gauley trip (Day 1/2) Event: <https://facebook.com/events/s/cliff-wires-lower-gauley-trip/4102175906777333/>, Battle Run Campground

7 SEP, SUN

All day Stonycreek - Scheduled Release (Day 2/2), Until 6pm

Cliff Wire's Lower Gauley trip (Day 2/2) Event: <https://facebook.com/events/s/cliff-wires-lower-gauley-trip/4102175906777333/>, Battle Run Campground

18 SEP, THU

9am – 12pm, Cliff wire's upper Yough trip, Upper Youghiogheny Event:

<https://facebook.com/events/s/cliff-wires-upper-yough-trip/1122823693123528/>

7 – 9pm, Kent State Pool Session, Ted Boyd Dr, Kent, OH 44240, United States

19 SEP, FRI

9am cliff wire's lower Gauley and upper Yough trip Event: <https://facebook.com/events/s/cliff-wires-lower-gauley-and-u/1323822969160022/>, Battle Run Campground

20 SEP, SAT

Cliff Wire's lower Gauley and upper Yough trip Event: <https://facebook.com/events/s/cliff-wires-lower-gauley-and-u/1323822969160022/>, Battle Run Campground

Stonycreek - Scheduled Release (Day 1/2)

21 SEP, SUN

Until 6pm, Cliff Wire's Lower Gauley and Upper Yough trip (Day 3/3) Event:

<https://facebook.com/events/s/cliff-wires-lower-gauley-and-u/1323822969160022/>, Battle Run Campground

Stonycreek - Scheduled Release (Day 2/2)

22, SEP, MON

10 – 10:30am, HOLD (TIMING VOLUNTEERS) Gauley Animal Race

23, SEP, TUE

8 – 10pm, Akron Roll Session, Ocasek Natatorium, [Open Kayaking : The University of Akron, Ohio](#)

25 SEP, THU

7 – 9pm, Kent State Pool Session, Ted Boyd Dr, Kent, OH 44240, United States

27, SEP, SAT

All day, Savage Release

30 SEP, TUE

8 – 10pm, Akron Roll Session, Ocasek Natatorium, [Open Kayaking : The University of Akron, Ohio](#)

2024-2025 Club Officers

President:	Robin Shell	Clevelandkeelhaulers@gmail.com
VP:	Brian Smart	VPkeelhaulers@gmail.com
Secretary:	Meesh Crum	
Treasurer:	Anthony Lazzaro	

Meetings: Approximately 4 meetings per year. Please check the website for the next meeting time and location.

Membership: \$20 per year. Membership Chairman: Rachel Faber

New memberships, renewals, change in address or phone, mail to the Treasurer: Keel-hauler Canoe Club, 34555 Chagrin Blvd Suite 250, Moreland Hills, OH 44022

Any opinions, views or recommendations expressed in the articles in this Newsletter are those of the article's author. Printing these articles in no way implies approval or advocacy of any of the opinions, views or recommendations by the Keel-Haulers Canoe Club or any of its Officers, editor, or members. Water sports are a potentially dangerous activity. Keel-Haulers Canoe Club recommends and encourages all of its members and others to abide by all laws, regulations and recommended practices when engaging in such activity. Each member is responsible for assessing her/his own abilities and for not engaging in activities which are beyond those limits. Members assume any and all risk when choosing to participate in any activity and the Keel-Haulers Canoe Club is not responsible for any damage resulting from such participation.

KHCC WEB PAGE URL: www.keelhauler.com

Please consider writing a trip report, an article, or sending a photo for the next newsletter! The deadline for the **October 2025 issue of the newsletter is **9/23/2025**. Please send articles and/or pictures to: Kelly Miller at peetzaguy@aol.com.**

Keel-Hauler Ka-news

September 2025

Kelly Miller, Editor



Keel-hauler's Ka-news OCTOBER, 2025



President's Message From Robin Shell

Happy Fall Boaters!!!

Our fall colors trip is just a week(ish) away. October 10-12. Once again, it's at Tall Oaks and we'll be looking at the Yough and nearby rivers. If you are a newer boater and would like to run the Middle Yough, please reach out to Rachel Faber or Annaleigh Koch (our fall color picnic coordinators). Also, make sure to sign up for a potluck. Rachel and Annaleigh will be bringing burgers and dogs, but we also don't want a million bags of chips.

You'll be paying Tall Oaks directly (this saves us on our service fee and also cuts out the middle man) so be sure to check out the event page on Facebook for the link. (Or send me an email.) Rachel has created an amazing graphic for the Fall Colors picnic!

Did you go to Gauley Fest? Do you have some amazing pictures? Send them in and we'll get them posted in the next newsletter.

Speaking of social media - did you know that **Hamza Akber** is our new social media manager?!?! If you have anything you want posted on IG on the KHCC page, just send it over to him! Have ideas for a viral video? He's our go to guy! He'll help you out and get KHCC noticed!!!

Please hold the date of October 22 for our annual meeting. It will be taking place at the Cuyahoga Falls library with buy your own dinner at HiHo Brewery following the meeting. Doors open at 5:30 and the meeting starts at 6.

We currently have the following up for election. Please let me know if you would like to put in a nomination.

President - Robin Shell
Vice President - Jacki Zevenbergen
Secretary - Meesh Crum
Treasurer - Michael Duvall
Trustee - Brian Smart

Our currently sitting Trustees (who still have remaining time on their terms) are:

Kelly Miller
Seth Anderson

DO YOU WANT TO GIVE BACK TO THE COMMUNITY THAT HAS GIVEN YOU SO MUCH??

We have lots of volunteer positions. Let's get you matched up!!!!

Just some of what we have:

Summer picnic coordinator

Trip coordinator: Loyo runs, New River runs, North Branch Potomac

Festival coordinator: Stoney, Cheat, Gauley, Cuyahoga Falls, Week of Rivers

We also have some committees. Are you looking to pay it forward?

Pool session, meeting coordinator, sea paddling, rec boating, raffles (holiday party - picnics), conservation. Reach out and we will connect you!!!

Robin Shell, President
216-482-6100

**A Run for VP
From Jacki Zevenbergen**

Elections are coming soon and I'm running for Vice President as Brian steps down to run for the open Trustee position. I'm excited to assist Robin as she continues to put programs in place to continue to add value to your membership.

I also want to work to revive a more robust trip schedule. Although Facebook users have benefited from the many meetups that are posted on our group page, I realize many members don't use Facebook or they need to plan months in advance to be able to join trips and attend events. The old schedule never really recovered after the pandemic, and we'll need both trip organizer mentors and new trip organizers if we want to bring a preplanned schedule back.

To all of our new members - please consider volunteering. It's a great way to get to know paddle buddies. We need both one day event volunteers and committee chairs and members to make the club the best it can be. Many hands make the workload lighter.

Please reach out to me if you have any questions.

Jacki

**Keel-hauler Treasurer's Report
September 29, 2025
From Anthony Lazzaro**

No report

**Summer Club Picnic Pictures
August 8th-10th**

A belated thank you and credit to Kristen Walters Maag for the picnic pics posted in September's newsletter!

**October Fall Colors Paddle and Picnic
October 10th-12th**

Rachel Faber and Annaleigh Koch are our event coordinators.

The date has changed so we will hopefully get leaves changing colors.

We will be supplying hot dogs and hamburgers and will be requesting items for the potluck [or you can donate].

Camping is \$17.50/night. YOU WILL PAY TALL OAKS DIRECTLY if you are camping on our sites.

[Tall Oaks Campground](#)

This event is based on water level/release, and nothing is set in stone, but we wanted it on your radar.

TO PAY FOR CAMPING: https://wvonline.adventureres.com/.../lookup_reservation...

DO NOT CHANGE THE RESERVATION NUMBER OR LAST NAME. After you press enter, you will fill in your information. In the Reservation comment section - PLEASE indicate how many nights and if you have any guests add their names here. **Example:** Jackie 1 night – Sat

Register today for a chance to win this brand-new set of 15-foot NRS straps. The first 20 people to register and pay online for a place on the group sites for Fall Colors will be entered in the drawing. Those are some nice odds!



Register and pay online at:

https://wvonline.adventureres.com/responsive/lookup_reservation.php?locationId=10&overrideRefresh=1&ReservationId=157439&GroupLeaderLastName=Anderson

DO NOT CHANGE THE RESERVATION NUMBER OR LAST NAME.

After you press enter, you will fill in your information.

In the Reservation comment section - PLEASE indicate how many/which nights and if you have any guests add their names here. You are paying per person, per night.

**Hold the Date!
October Keel-hauler's Meeting
Thursday, October 23rd**

The meeting room has been reserved at the Cuyahoga Falls Library for Thursday, October 23 from 5:30 - 7:30. Doors open at 5:30. meeting is at 6. This will also be by zoom. HiHo for dinner (self-pay) after the meeting. We have lots of club positions to vote on, including social media, trip leading, pool session coordination, SlipFest positions, summer & fall picnic coordinators.

Remaining Gauley Releases 2025

October 3-5
October 11-12
October 18-19

September 19th Lower Gauley Pictures From: Jacki Zevenbergen

Cliff's Friday Lower Gauley Group. Cliff Wire, Michael Duvall, Paul Isaac, Cody Kowalski, and one "unnamed paddler".





**Ladies Day Paddle-Friday, October 10th
From Jacki Zevenbergen**

KHCC will have the fall Ladies Day paddle on Friday, October 10th. We'll meet in the boaters' lot at 11am to drop boats and set shuttle for a Lower Yough run. Please contact Jacki Zevenbergen via Facebook or at jackizeven@gmail.com if you want to join us.

Jacki

**Upper New River Trip-Gauley Fest Weekend
September 19-21
From Jacki Zevenbergen**

It was a beautiful day on the wide and majestic upper New River, Glade to Grandview Sandbar section. Pictured: Jacki Z., Brogan Evans, Mya, Hannah, Roland Millington, Dave Poole, Kevin Mewhinney, and Alden Henrie.





AS USUAL, PLEASE WATCH OUT FOR SPAM

I RECEIVED THIS FAKE EMAIL LAST WEEK. DON'T FALL FOR THIS, PLEASE.

Hello Kelly

*Are you available to assist? I am quite unavailable now and I've got credence in you to take care of this. I would have called your phone but I presently do not have access to my mobile phone
Keel-Haulers Canoe Club needs some gift cards for donation to Less Fortunate Veterans. I have decided to make it a personal duty. I will be responsible for the reimbursement. Need more info?*

Robin Shell

President

Keel-Haulers Canoe Club

<https://keelhauler.com>

**Update Your Boating First Aid Kit
From Charlie Duffy**

Introduction

A key part of a First Aid Kit is OTC (Over the Counter) medicines. Many medications:

- Greatly reduce symptoms
- Buy time until you can take them to a hospital
- Keep issues manageable and occasionally fix them

One challenge in carrying medications is the need to inspect your First Aid Kit annually and replace them due to expiration or usage. Suitable First Aid Training is strongly recommended. Knowledge is key, knowing which medication is helpful and any significant side effects. As always, the decision on whether to take any medications needs to be solely made by the person you are assisting. We can provide them the medication packets and water, but they choose whether to use or not.

I strongly advise clearly labeled single dose packets (like those sold in vending machines). These packets:

- Clearly explain recommended usage
- Contain the Expiration Date
- Also, the appropriate dosage and dosage limitations

Classes of FAK Medications

For our purposes, we are not generally interested in chronic issues – that is the responsibility of the individual and generally requires prescriptions. Our OTC medications deal with the following types of illnesses/injuries:

- Pain Relief
- Inflammation
- Gastrointestinal Issues

- Anaphylaxis Mitigation
- Cardiac Issues
- Fevers (Longer Term Care)
- Trauma
- Severe Itching
- Hypothermia & Hyperthermia

Some medications handle multiple issues. Medications can be ingested or applied to the skin. As always, perform an assessment to determine if they have any specific allergies to medications and they take oral medications themselves. Past Pertinent Medical History along with any Medications they be taking is also quite valuable. This is covered in your Secondary Assessment [SAMPLE](#) inquiries.

Pain Relief Medications

For pain relief, we have two major classes of drugs:

- NSAIDS - Nonsteroidal anti-inflammatory drugs which are also anti-inflammatory
- Analgesics – Which may also be antipyretics (fever reducers)

NSAIDS:

A general word of caution many don't think about. NSAIDs can inhibit the production of prostaglandins, which are important for maintaining blood flow to the kidneys. When you are dehydrated, blood flow to the kidneys is already reduced, and NSAIDs can exacerbate this, leading to decreased kidney function or even acute renal failure. Drinking a full glass of water helps the medication move from your esophagus to your stomach, where it can be absorbed properly by your body. Also, taking an NSAID with water and/or food helps prevent irritation of the esophagus and stomach lining, which is a common side effect.

- Ibuprofen (Advil/Motrin):
 - Top choice for inflammation reduction
 - Often used for Trauma Injuries for pain relief & to reduce inflammation
 - Our most pressing side effect it increases the risk of bleeding – never give NSAIDS when a person has a head injury.
- Aspirin (Acetylsalicylic Acid)
 - Recommended as part of the treatment for a heart attack but ONLY in a Wilderness setting. The patient should chew the aspirin to hasten the effect.
 - Aspirin is a blood thinner
 - NEVER give to a STROKE victim – you can't tell if the stroke was caused by a blockage or arterial rupture. It won't dissolve an existing clot either.
 - Reduces both inflammation and fever.
- Naproxen (Aleve)
 - Often used for chronic conditions like arthritis, severe migraines, etc.
 - Both pain reliever and reduce inflammation.
 - Pain relief generally lasts 12 hours as opposed to 4 hours for Ibuprofen or Aspirin.
 - Not for long term use.
 - The patient will let you know their preference based on their history.
 - This is an optional OTC in First Aid Kits; I personally carry in my FAK as it does have its uses.

Analgesics

- Acetaminophen (Tylenol)
 - Pain relief without bleeding issues
 - Excellent fever reduction
 - Doesn't treat inflammation

Ice

- I generally carry a frozen bottle of water on day trips
- No serious side effects
- Externally applied
- Great for inflammation and pain relief

Antihistamines

I don't really concern myself with ongoing issues like seasonal allergies. I expect those with those issues probably have a prescription or carry their drugs of choice. My number one concern is anaphylaxis which can be a life-threatening condition. Many changes have taken place with antihistamines to alleviate drowsiness (a notable side effect – they used to be used for sleeping pills).

Diphenhydramine (Benadryl)

This is my preferred antihistamine for a FAK. It is a first-generation drug but in many produces the strongest effect – exactly what we want as part of anaphylaxis treatment. If given early, the results are very dramatic and fast, often avoiding later stages affecting the airway and requiring the need for Epinephrine (Adrenaline). Diphenhydramine blocks the H1 receptors and crosses the blood-brain barrier (which causes drowsiness). It also eases airway constriction (bronchodilation) and widens blood vessels (vasodilation).

Diphenhydramine is also approved to treat:

- Allergies
- Insomnia
- Motion Sickness (although there are more targeted OTC medications for this)
- Itching from plants or insects

Loratadine (Claritin), Cetirizine (Zyrtec), Fexofenadine (Allegra)

These are second (Loratadine) & third generation H1 antihistamines. They are not as strong as Diphenhydramine but greatly reduce drowsiness. They are a great option for those with seasonal allergies. They don't pass the blood-brain barrier. I don't personally carry any of these in my FAK.

H2 Antihistamines

These are used to reduce stomach acid production and treat conditions like heartburn, ulcers, and gastroesophageal reflux disease (GERD). This reduces the amount of acid in the stomach and promotes the healing of ulcers and inflammation. A common OTC is Famotidine (Pepsid). If traveling outside the U.S. and prone to these issues, it may be advisable to add to your FAK as it may be very difficult to come by.

Famotidine (Pepsid) – an H2 Blocker can be combined with an H1 Blocker when the patient has a severe case of Hives (itchy, raised rash of red or flesh-colored welts that can appear on the skin due to an allergic reaction). They work well together as they target mutually exclusive receptors.

Antidiarrheal Agents

Loose bowel movements are common unfortunately. Diarrhea can lead to dehydration, sanitation issues and is very uncomfortable. Prevention is the best way to avoid strict protocols for hand washing and meal cleanup. There are many triggers like some foods and of course nerves. Be cautious with water purification.

Bismuth Subsalicylate (Pepto-Bismol)

This is a combination drug:

- Antisecretory - Decreases the flow of fluids and electrolytes into the bowel, which helps reduce the watery consistency of diarrhea
- Salicylate – Same properties and issues as Aspirin – anti-inflammatory
- Adsorbent - Adsorb water and toxins in the large intestine and form a protective coating over the stomach and intestinal lining
- Antiulcer
- Antacid

It's basically a jack of all trades for the gastrointestinal tract. I carry this valuable drug in my FAK.

Loperamide (Imodium)

Loperamide is a synthetic opioid medication used to treat diarrhea by slowing the movement of the intestines. This drug is far better at treating diarrhea than Bismuth – much more targeted. It works by binding to opioid receptors in the gut wall. This action inhibits the release of acetylcholine and prostaglandins, which in turn reduces the speed of intestinal movement (peristalsis). By increasing the time it takes for contents to pass through the intestines, the body can absorb more water and electrolytes, which helps to solidify stool and reduce the frequency of bowel movements. I also carry Loperamide in my FAK.

Sugars (Glucose, Cake Icing, Honey, etc.)

Sugar in various forms is used to treat low blood sugar brought on by diabetes. It can also be helpful for hypothermia by quickly increasing energy and internal heat production. I personally use honey packets as they are easy to carry (store in a separate plastic zip lock bag in case they leak). I find people are more willing to take honey and it has other uses as well.

Electrolytes

When hyperthermia takes place, the body sweats causing the loss of water and various salts in the body. If only water is ingested, an electrolyte imbalance takes place that often leads to severe cramping. It's best to add electrolytes to the water to avoid this issue. Pedialyte is an OTC product that adds salt like Sodium, Potassium, and some Zinc to the water you mix it in. Besides Hyperthermia, Diarrhea and vomiting can also lead to electrolyte losses. Salty foods like nuts and fruits can also help replace electrolytes if available. There are many other Electrolyte supplements available on the market, choice is pretty much a preference – avoid those high in sugar.

Common table Mustard can also be used in tandem with electrolyte replenishment. Mustard for many rapidly relieves muscle cramping. It is commonly used for dialysis patients and football teams in the South. I carry several mustard packets in my FAK and have often used them with great success.

Hemostatic Agents

These come in two basic forms:

- A bottle used to sprinkle powder on wounds (dangerous)
- Integrated in gauze

I strongly advise against separate powder. A Hemostatic agent is a substance that stops bleeding either physically or biologically creating a blood clot at the site of injury. Because this clotting agent could enter the blood stream, it may cause a small clot well away from the wound that can block an artery or vein.

Quick Clot is one brand of a hemostatic agent bandage used for difficulty stopping bleeding (where firm pressure isn't working). There are generic alternatives available for greatly reduced prices that work equally well.

Hydrocortisone

Hydrocortisone cream is readily available in packets that can be applied to the skin. This can be very helpful for various skin irritations from bug bites and poison ivy. Carry a special wash like Technu to remove as much of the urushiol oil.

AAA Antibiotic Ointment

Triple Antibiotic are antibiotics that kill bacteria on your skin. Triple Antibiotic (for the skin) is a combination medicine used as a first aid antibiotic to prevent infections in minor cuts, scrapes, or burns on your skin. Infections from dirty water are common from scrapes and cuts. I carry several packets and store them with my Band-Aids for ready usage.

Saline Eye Wash

If you wear soft contact lenses, you probably carry this in your gear. Saline acts as a lubricant and is great for flushing out debris resting on the eye.

Conclusion

Sadly, many paddlers don't carry a First Aid Kit – especially on day trips. Those that do often carry only a boo-boo kit, an assortment of bandages and some gauze. A well-stocked First Aid Kit should have various OTC medications to prevent small issues (initially) from becoming very serious issues as time rolls on. A solid Wilderness First Aid class every couple of years is a sound investment in preparation for various mishaps that can take place on paddling trips.

October Trips and Events **Calendar of Events — Keel-Haulers Canoe Club**

2^{OCT}, THU

7 – 9pm, Kent State Pool Session, Ted Boyd Dr, Kent, OH 44240

4 & 5^{OCT}, SAT

Stonycreek - Scheduled Release-2 days

7 OCT, TUE

8 – 10pm, Akron Roll Session, Ocasek Natatorium

9 OCT, THU

7 – 9pm, Kent State Pool Session, Ted Boyd Dr, Kent, OH 44240

10 OCT, FRI

5pm, Fall Colors (Day 1/3), Tall Oaks Campground,

6 – 8pm, Friday Night Kayak Pool Class, Cincinnati, OH

11 OCT, SAT

Fall Colors (Day 2/3), Tall Oaks Campground

12 OCT, SUN

Until 6pm, Fall Colors (Day 3/3), Tall Oaks Campground

14 OCT, TUE

8 – 10pm, Akron Roll Session, Ocasek Natatorium

16, OCT, THU

7 – 9pm, Kent State Pool Session. Ted Boyd Dr, Kent, OH 44240

18 & 19 OCT, SAT

Stonycreek - Scheduled Release -2 Days

21 OCT, TUE

8 – 10pm, Akron Roll Session, Ocasek Natatorium

23, OCT, THU

5:30 – 7:30pm, ANNUAL MEETING, Cuyahoga Falls Library,

7 – 9pm, Kent State Pool Session, Ted Boyd Dr, Kent, OH 44240

28 OCT, TUE

8 – 10pm, Akron Roll Session, Ocasek Natatorium

30 OCT, THU

7 – 9pm, Kent State Pool Session, Ted Boyd Dr, Kent, OH 44240

31 OCT, FRI

6 – 8pm, Friday Night Kayak Pool Class, Cincinnati, OH

2024-2025 Club Officers

President:	Robin Shell	Clevelandkeelhaulers@gmail.com
VP:	Brian Smart	VPkeelhaulers@gmail.com
Secretary:	Meesh Crum	
Treasurer:	Anthony Lazzaro	

Meetings: Approximately 4 meetings per year. Please check the website for the next meeting time and location.

Membership: \$20 per year. Membership Chairman: Rachel Faber

New memberships, renewals, change in address or phone, mail to the Treasurer: Keel-hauler Canoe Club, 34555 Chagrin Blvd Suite 250, Moreland Hills, OH 44022

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Please consider writing a trip report, an article, or sending a photo for the next newsletter! The deadline for the **NOVEMBER 2025 issue of the newsletter is **10/23/2025**. Please send articles and/or pictures to: Kelly Miller at peetzaguy@aol.com.**

Keel-Hauler Ka-news

OCTOBER 2025

Kelly Miller, Editor



Keel-hauler's Ka-news



NOVEMBER, 2025



President's Message From Robin Shell

Happy Fall Y'all. I hope you had a great Halloween and got more treats than tricks. Rain is starting to fall, but temperatures are starting to drop. Make sure that you have inspected your cold-water gear so that you don't miss a day on the water.

The fall colors picnic was a success. Everyone had a great time on and off the water. It was wonderful that we went during the Buckwheat festival and were able to help the Ohiopyle volunteer fire department.

We had our annual meeting and elections on Thursday, October 23. Congratulations to our new Board: We thank everyone that attended the meeting and voted on important topics.

President - Robin Shell

Vice President - Jacki Zevenbergen

Secretary - Meesh Crum

Treasurer - Michael Duvall

Trustees - Kelly Miller, Seth Anderson, Brian Smart

We also voted for the budget for the year.

One of the topics we discussed was volunteer positions. We are attaching the volunteer sheet in the newsletter. If there's a spot you would like to assist with, or even co-assist with, please reach out and let us know.

Next up will be our holiday party. Be on the lookout for details.

Looking forward to seeing everyone on and off the water.

Robin

Volunteer Positions for 2026

Please reach out If there is a position you can assist with, or even co-assist with.

Position:	2026
President	Robin Shell
Vice President	Jacki Zevenbergen
Secretary	Meesh Crum
Treasurer	Michael Duvall
Trustee 1	Seth Anderson (2025-2027)
Trustee 2	Brian Smart (2026-2028)
Trustee 3	Kelly Miller (2024-2026)
Membership	Rachel Faber, Kristen Walters Maag, Michael Duvall (??), John McGoldrick (??)
Conservation	Xavier Rivera (Chair), Meesh Crum, Moneen McBride
Training / Safety	Brian Smart, John Zevenbergen, Josh Scott, Mark Spang, Moneen McBride, Ted Moore, Charles Duffy, Ashley Rossetti
Pool Session	Robin Shell
Recreation Paddling	Tim Eberling
Newsletter	Kelly Miller
Librarian	Cliff Wire
Meeting Coordinators	Robin Shell, Jacki Zevenbergen
Sea Paddling	
Trip Scheduling	Cliff Wire
Website	Domenic Bentz (Chair), Brian Smart, Chloe Shepherd, John Kobak, Kelly Miller, and Rachel Faber
Raffle - Summer Picnic	
Raffle - Slip Fest	Rachel Faber (confirmed - but stepping down for 2027)
Raffle - Holiday Party	Jacki Zevenbergen(confirmed)
Women's Committee	Meesh Crum (Chair), Andrea Morgen, Rachel Faber
Social Media	Hamza Akbar

Slip Fest	
Festival Director	Rachel Faber
Assistant Festival Director	Annaleigh Koch
Race Director	Matt Pascal
Assistant Race Director	
Registration Director	Kristina McCrone
Assistant Registration Director	
Safety Director	Jason Rovira
Safety Assistant	
Timing Director	Joe Lupica, Autumn Frist and Paul Kronk ASSISTING
Swap Meet Director	Brian Smart, Tim Eberling
Human Resources	
Off Water Help	Meesh Crum, Tim Eberling
Slip Into Spring (around March 20)	Jacki Zevenbergen
Summer Picnic	Chuck? Sonja? Steve?
Fall Colors	Harlie Custer / Seth Anderson (West Virginia)
Stony Fest	Kristina McCrone
Cuyahoga Falls Fest	
Cheat Fest	Larua Vaughn
Week of Rivers	Jacki Zevenbergen
Blazing Paddles Paddlefest Fest	Tim Eberling
Cleveland Boat Show	Tim Eberling
Trips/Releases	
Gauley Fest	Phil and Jen Raber, Cliff Wire
Potomac	Mike Bailey, Mark Spang
Upper Yough	
Spring Ne America	Michael Duvall
New River Dries	Domenic Bentz, JP, Dave Powell
Savage	
Stonycreek	Mary Smith, Lynn Kalife, Michael Duvall
LOYO, Middle (Seasonal weekly Releases)	

New River	Mike Bailey, Brianna
Grand	Mark Spang
General trip organizer interest (Slip, Connie, Middle Fork, Tygart, Cheat Narrows, Cheat Canyon, Casselman)	Matt Fredmonsky
Beginner Lock 29 weekly	
Club photographers, video	Jeff Macklin, Jeremiah Richards, Doug Waltman, Kristen Walters, Wendy Hess, Dave Harris, Jeff Wilson, Stew and Bailey, Hamza, Kristina McCrone

**Time to Renew Your Membership for 2026
By Rachel Faber**

If you don't have an online account, please follow the link below to sign-up for our online system. It makes it easy to manage your own membership. if you already have an online account with us, nothing is needed.

RENEW OR SIGN-UP AT THE LINK BELOW

<https://www.keelhauler.com/members>

Only \$20 a year but it helps us provide you with pool sessions, dam releases, conservation efforts, discounted training courses, events and more!

Email me below for questions: membershipkeelhauler@gmail.com

**Keel-hauler Treasurer's Report
October 29, 2025
From Michael Duvall**

Checking \$6768.20

**Keel-hauler Treasurer's Report
October 29, 2025
From Michael Duvall**

Following are the 2025 Budget, 2025 Actuals, and the 2026 Budget that was voted on at the October 2025 meeting and approved.

2025 Budget	FY2025 Actuals	2026 Budget	
			ASSETS
\$7,186.20	\$6,468.91	\$6,676.31	CHECKING balance at start of FY
\$4,647.42	\$4,547.47	\$0.00	CD (2) balance at start of FY
			INCOME
\$150.00	\$0.00	\$0.00	Conservation
\$5,000.00	\$4,719.63	\$5,800.00	Dues
			Reserv./C.F.Cleanup/Cruise
			Vermilion Race
\$100.00	\$0.00	\$50.00	TeeSpring, Inc.
\$2,000.00	\$3,182.84	\$3,000.00	SlipFest
			NEO Paddlers' Network Income
\$0.00	\$58.58	\$30.00	Raffles (Not Slip Fest)
\$7,250.00	\$7,961.05	\$8,880.00	TOTAL INCOME
\$19,083.62	\$18,977.43	\$15,556.31	TOTAL ASSETS
			LIABILITIES
			EXPENSE
\$4,850.00	\$3,800.00	\$2,750.00	Conservation Donations
\$600.00	\$600.00	\$850.00	Access Donations*
			Internet Access
\$50.00	\$20.00	\$80.00	Internet Domain
\$300.00	\$655.80	\$450.00	Webpage Development
\$2,000.00	\$2,206.05	\$100.00	Marketing
\$1,000.00	\$2,716.97	\$1,000.00	Education/Training/Outreach
\$1,335.00	\$862.50	\$950.00	Insurance
\$1,500.00	\$246.20	\$200.00	Meeting Hall
\$50.00	\$53.88	\$50.00	Postage and Supply
\$600.00	\$137.42	\$600.00	Refreshments
\$1,500.00	\$1,002.30	\$260.00	Pool Sessions

\$13,785.00	\$12,301.12	\$7,290.00	TOTAL LIABILITIES
\$5,298.62	\$6,676.31	\$8,266.31	OVERALL TOTAL
2025 Budget	2025 Actuals	2026 Budget	
			DONATIONS:
\$1,500.00	\$1,500.00	\$800.00	American Whitewater
\$0.00	\$0.00	\$200.00	Rose Point*
\$1,000.00	\$1,000.00	\$500.00	Friends of the Cheat
\$100.00	\$100.00	\$100.00	Friends of the Crooked River
\$150.00	\$0.00	\$150.00	Grand Canyon Private Boaters Association
\$300.00	\$300.00	\$300.00	American Rivers
\$300.00	\$300.00	\$300.00	West Virginia Rivers Coalition
\$100.00	\$100.00	\$100.00	River Network
\$100.00	\$100.00	\$100.00	Nature Conservancy
\$500.00	\$300.00	\$300.00	Mountain Watershed Assoc.-Yough Defense Fund
\$100.00	\$0.00	\$0.00	Portage Park Dist.
\$600.00	\$600.00	\$650.00	Special Donation/Benscreek-Stonycreek *
\$100.00	\$100.00	\$100.00	Friends of the New River Gorge
\$0.00	\$0.00	\$0.00	Kent Tannery Park
\$0.00	\$0.00	\$0.00	Save Slippery Rock Defense Fund (SSRC)
\$600.00	\$0.00	\$0.00	Additional Conservation
\$5,450.00	\$4,400.00	\$3,600.00	TOTAL

Support Mountain Watershed Association

[Hazy Hydraulic Beer Release Party](#)

November 6 @ 5:00 pm, Yough River Brewing Company

Join us at Yough River Brewing Company this fall to kick off an exciting fundraising partnership! YRBC is brewing Hazy Hydraulic Pale Ale, a brand-new beer in their lineup to benefit Mountain Watershed Association!

Fall Roadside Cleanup

November 8 @ 9:00 am, MWA Office

Join us for a community clean-up adventure along beautiful Indian Creek Valley Road! We'll be sprucing up about 2 miles of roadside — from Melcroft Market to Champion — and we'd love your help!

Yough Defense Party

November 20 @ Falls City Pub

Live music, free snacks, door prizes, gear raffle, a silent auction, and merch deals all night. Please consider bringing a potluck food item to contribute to the snack table!

Roll Sessions **Roll Sessions, Clinics, and Practice — Keel-Haulers** **Canoe Club**

Preregistration is required at most of these sessions. Go to the above link to sign up.

Akron University

UPDATED
8/5/25



POOL SESSIONS **AKRON UNIVERSITY**

Ocasek Natatorium
382 Carroll Street, Akron

Tuesdays, 8-10pm

August 26*(6-8pm)
September 2, 9, 16, 23, 30
October 7, 14, 21, 28
November 4, 11, 18, 25
December 2

Equipment and Logistics:

- *Boats, PFDs (life jackets) and paddles are provided as needed.
- *Personal kayaks are permitted so long as they are clean and free of debris. Boats may be transported through the side entrance of the ONAT pool (**door #14**). Do not prop open doors.
- *Participants may arrive by 7:45 but may not be on the water before 8pm.
- *All participants must be out of the ONAT facility by 10pm. This means planning ahead to exit the water as early as necessary to ensure you are out of the building on time, including kayak transport and locker room use.

Need help?

The club will be more than happy to work with any paddler who requests help.
The Keel Haulers club has a roll instructor that will work with students on learning the kayak roll if you are interested. With this service you must email us at clevelandkeelhaulers@gmail.com and we will work to get him there to work with you. If you take advantage of this service, we request that you are or become a Keel Hauler club member.

Registration:

\$10 for single use; \$80 for a semester pass;
waiver

Upon arrival every participant must sign in with our staff and receive a wrist band to wear for the duration of the session. Staff are available in the leisure pool area and ONAT pool deck for sign-in



Cuyahoga Falls Natatorium



UPDATED 10/9/25

POOL SESSIONS

Cuyahoga Falls Natatorium
2345 4th St., Cuyahoga Falls

Sundays, 7pm to 9pm

January 11, 2026

January 25, 2026

Equipment and Logistics:

All incoming kayaks must be very clean. Please remove airbags or anything else that may hold debris when cleaning the boat. We reserve the right to turn a dirty kayak away. We will enter via the maintenance area.

Need Equipment?

The club has some equipment and can help outfit anyone who needs gear, but you must ask in advance. (Use the note option when registering.)

Need Help?

Are you interested in learning basic kayaking skills? The club will have a presence at every session and will be more than happy to work with any paddler who requests help. The Keel Haulers club has a roll instructor that will work with students on learning the kayak roll. You must request this service in advance (use the note option when registering). It is not guaranteed that the roll instructor will be available. If you take advantage of this service, we request that you are or become an active paid club member.



Price:

This pool is limited to 12 kayaks in the pool at once. The cost for each pool session is **\$12 per person (members); \$15 per person (non-members)**. Family is welcome to come watch for free if they are not getting in the pool.



Lake Meyers YMCA



UPDATED 9/19/25

POOL SESSIONS

MEYERS LAKE YMCA

1333 North Park Ave NW
Canton, OH 44708

Sundays, 9-11am

November 9, 23

December 7, 21

January 4, 18

February 1, 15

Equipment and Logistics:

All incoming kayaks must be very clean. Please remove airbags or anything else that may hold debris when cleaning the boat. We reserve the right to turn a dirty kayak away. We will enter via the maintenance area.

Need Equipment?

The club MAY have some equipment and can help outfit anyone who needs gear, but you must ask in advance. (Use the note option when registering.)

Need Help?

Are you interested in learning basic kayaking skills? The club will have a presence at every session and will be more than happy to work with any paddler who requests help.



Price:

The cost for each pool session is

\$12 per person (members)

\$15 per person (non-members)

Family is welcome to come watch for free if they are not getting in the pool



Kent State University



UPDATED 8/26/25

POOL SESSIONS
KENT STATE UNIVERSITY
1550 Ted Boyd Dr., Kent, OH

Thursday, 7pm to 9pm

August 28
September 4, 11, 18, 25
October 2, 16, 23, 30
November 6, 13, 20
December 4

Equipment and Logistics:

New kayakers can come learn kayaking skills. Participants may bring their own boats via the loading dock stairs and back entrance as long as the boats are FULLY CLEANED before entering the pool. If you don't own a boat, one can be provided for you to use. Contact Kennedy at actrips@kent.edu with any questions. Pre-registration IS REQUIRED by the Wednesday before each program. Difficulty: Level 1. No experience necessary, mild physical exertion.

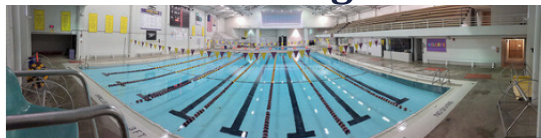
Price:

The cost for each pool session is \$7 per person

For more information, Phone: 330-672-4732 recwell@kent.edu



Lakewood High School



UPDATED 8/5/25

POOL SESSIONS
LAKEWOOD HIGH SCHOOL
14100 Franklin Blvd, Lakewood

Saturdays, 3pm to 5pm

December 6
January 3
January 10
February 21
February 28

Equipment and Logistics:

Kayakers cannot enter the building until 2:50 PM. All participants must shower and be completely out of the building by 5:15pm. All kayaks and gear must be completely clean, inside & out. Please remember helmets are required. Please use Door #15.

Price:

This pool is limited to 20 kayaks. The cost for each pool session is \$8 (pre-registered). \$10 (exact change) at the door. recreation.lakewoodcityschools.org

For more information, Phone: (216) 529-4081 recreation@lakewoodcityschools.org



COMMUNITY RECREATION &
EDUCATION DEPARTMENT
Online Registration Portal



November Trips and Events
Calendar of Events — Keel-Haulers Canoe Club

1 NOV, SAT

All day, Tohickon Release (Day 1/2)

[Lake Nockamixon dam release dates set, and whitewater enthusiasts will reap the benefits - lehighvalleylive.com](http://lehighvalleylive.com)

2 NOV, SUN

All day, Tohickon Release (Day 2/2)

4 NOV, TUE

8 – 10pm, Akron Roll Session, Ocasek Natatorium

6 NOV, THU

7 – 9pm, Kent State Pool Session, Ted Boyd Dr, Kent, OH 44240

7 NOV, FRI

6 – 8pm, Friday Night Kayak Pool Class, Cincinnati, OH

9 NOV, SUN

9 – 11am, Meyers Lake YMCA Pool Sessions, 1333 N Park Ave NW, Canton, OH 44708-3081

11 NOV, TUE

8 – 10pm, Akron Roll Session, Ocasek Natatorium

13 NOV, THU

7 – 9pm, Kent State Pool Session, Ted Boyd Dr, Kent, OH 44240

14 NOV, FRI

6 – 8pm, Friday Night Kayak Pool Class, Cincinnati, OH

18 NOV, TUE

8 – 10pm, Akron Roll Session, Ocasek Natatorium

20 NOV, THU

7 – 9pm, Kent State Pool Session, Ted Boyd Dr, Kent, OH 44240

21 NOV, FRI

6 – 8pm, Friday Night Kayak Pool Class, Cincinnati, OH

23 NOV, SUN

9 – 11am, Meyers Lake YMCA Pool Sessions, 1333 N Park Ave NW, Canton, OH 44708-3081

25 NOV, TUE

8 – 10pm, Akron Roll Session, Ocasek Natatorium

2025-2026 Club Officers

President:	Robin Shell	Clevelandkeelhaulers@gmail.com
VP:	Jacki Zevenbergen	VPkeelhaulers@gmail.com
Secretary:	Meesh Crum	
Treasurer:	Michael Duvall	

Meetings: Approximately 4 meetings per year. Please check the website for the next meeting time and location.

Membership: \$20 per year. Membership Chairman: Rachel Faber

New memberships, renewals, change in address or phone, mail to the Treasurer: Keel-hauler Canoe Club, 34555 Chagrin Blvd Suite 250, Moreland Hills, OH 44022

Any opinions, views or recommendations expressed in the articles in this Newsletter are those of the article's author. Printing these articles in no way implies approval or advocacy of any of the opinions, views or recommendations by the Keel-Haulers Canoe Club or any of its Officers, editor, or members. Water sports are a potentially dangerous activity. Keel-Haulers Canoe Club recommends and encourages all of its members and others to abide by all laws, regulations and recommended practices when engaging in such activity. Each member is responsible for assessing her/his own abilities and for not engaging in activities which are beyond those limits. Members assume any and all risk when choosing to participate in any activity and the Keel-Haulers Canoe Club is not responsible for any damage resulting from such participation.

KHCC WEB PAGE URL: www.keelhauler.com

Please consider writing a trip report, an article, or sending a photo for the next newsletter! The deadline for the **DECEMBER 2025 issue of the newsletter is **11/23/2025**. Please send articles and/or pictures to:**

Kelly Miller at peetzaguy@aol.com.

Keel-Hauler Ka-news

November 2025

Kelly Miller, Editor



Keel-hauler's Ka-news

DECEMBER, 2025



President's Message From Robin Shell

Can you believe 2025 is almost over!

The October meeting was attended half in person and half by zoom, but it was nice to have a small showing. Your 2026 Board is as follows:

President - Robin Shell
Vice President - Jacki Zevenbergen
Secretary - Meesh Crum
Treasurer - Michael Duvall
Trustees - Seth Anderson, Brian Smart, Kelly Miller

We have quite a few volunteer positions filled, but we are always looking for help. If you're able to lead a trip, gather raffle prizes or be a coordinator for a festival, let us know. If you would like to help with Slip Fest, please let Rachel Faber know.

Pool sessions are in full swing. This is where you can work on your flat water roll, learn new strokes, pay it forward and teach a new boater some skills! Using the pool to keep from getting rusty gets you back into the season with less hiccups.

Our holiday party is Thursday, December 18, from 6-9pm at the Galt Lodge in Cuyahoga Falls (2000 Oneida Avenue). This is a potluck, raffle, 50/50, and silent auction. You can buy raffle tickets here: <https://www.keelhauler.com/events-calendar/2025/12/18/holidayparty2025>

Members who request can get 1 ticket for free. After that (and for non-members) tickets are 1/\$5 or 3/\$10. This is for a child's sit on top kayak. If you have kids or grandkids, it's a great way to get them started loving the water. Thank you, Falls Company, for donating the kayak. Thank you, Brian Smart, for being our local contact for the Lodge.

I hope to see everyone there and I hope 2026 brings you dry clothes in your dry suit!!!!

Robin Shell, President, 216-482-6100

**Veep's Views
By Jacki Zevenbergen**

I want to thank everyone who attended the election meeting either virtually or online. I'm honored to be your new vice president. In this position I hope to support Robin's great work as president and to help the committees, organizers and other volunteers. I personally want to focus on getting more of the trips and events organized early so people can get them on their calendars.

Robin and the board have several great things planned for the coming year. I especially enjoy the pool sessions and kayak soccer at Meyers Lake YMCA. We are renting it for 2 Sundays each in the months of November, December, January, and February. As is our tradition, we finished the first session with a rousing game of kayak soccer. We have plenty of space in this pool (20 spots) so I hope to see many old and new friends joining us. Be sure to register online. You can register for one at a time or multiple sessions.

The next important event will be our holiday party on December 18th. We would love to get a lot of participation, including families with children, at this event.

We are raffling off a kids kayak that was donated to us by Falls Outdoor Company. You can buy your tickets on our website - one for \$5 or three for \$10. Members get one free ticket per household, but you must sign up for it online, in advance. This sit on top would make a great gift for some lucky child in your life.

In addition to the kids kayak that's being raffled off we will have a cash 50/50 raffle at the party. We will also have a silent auction at the event for three sets of picture panels that are water related.

I want to thank all of our members for paying their dues. Those funds allow us to donate to organizations that help keep the waters we paddle clean and access available. Please encourage paddling buddies who are not members to support our efforts by becoming dues paying members.

If you have any questions or comments, please reach out to me at VPkeelhaulers@gmail.com.

Jacki

**Keel-hauler Treasurer's Report
November 30, 2025
From Michael Duvall**

Checking \$7278.21

**A Possible Holiday Gift?
From Dean Norman**

There may be one or two members who remember my daughter Susan Norman who was a Keel-Haulers member in 1972-75. She has written a book titled "Risk: A Life Saved by the River" about her whitewater kayaking and rafting adventures. Says a lot of nice things about the Keel-Haulers. The book is available from Amazon and the Cleveland Public Library. [Amazon.com : risk a life saved by the river](https://www.amazon.com/dp/B08YJYJYJY)

Keel-hauler Annual Holiday Party

<https://www.keelhauler.com/events-calendar/2025/12/18/holidayparty2025>



Roll Sessions

Roll Sessions, Clinics, and Practice — Keel-Haulers Canoe Club

Preregistration is required at most of these sessions. Go to the above link to sign up.

UPDATED
8/5/25

Akron University



POOL SESSIONS
AKRON UNIVERSITY
Ocusek Natatorium
382 Carroll Street, Akron

Tuesdays, 8-10pm

August 26*(6-8pm)
September 2, 9, 16, 23, 30
October 7, 14, 21, 28
November 4, 11, 18, 25
December 2

Equipment and Logistics:

*Boats, PFDs (life jackets) and paddles are provided as needed.
*Personal kayaks are permitted so long as they are clean and free of debris. Boats may be transported through the side entrance of the ONAT pool (**door #14**). Do not prop open doors.
*Participants may arrive by 7:45 but may not be on the water before 8pm.
*All participants must be out of the ONAT facility by 10pm. This means planning ahead to exit the water as early as necessary to ensure you are out of the building on time, including kayak transport and locker room use.

Need help?

The club will be more than happy to work with any paddler who requests help.
The Keel Haulers club has a roll instructor that will work with students on learning the kayak roll if you are interested. With this service you must email us at clevelandkeelhaulers@gmail.com and we will work to get him there to work with you. If you take advantage of this service, we request that you are or become a Keel Hauler club member.

Registration:

\$10 for single use; \$80 for a semester pass; waiver



Upon arrival every participant must sign in with our staff and receive a wrist band to wear for the duration of the session. Staff are available in the leisure pool area and ONAT pool deck for sign-in



Cuyahoga Falls Natatorium



UPDATED 10/9/25

POOL SESSIONS
Cuyahoga Falls Natatorium
2345 4th St., Cuyahoga Falls

Sundays, 7pm to 9pm
January 11, 2026
January 25, 2026

Equipment and Logistics:

All incoming kayaks must be very clean. Please remove airbags or anything else that may hold debris when cleaning the boat. We reserve the right to turn a dirty kayak away. We will enter via the maintenance area.

Need Equipment?

The club has some equipment and can help outfit anyone who needs gear, but you must ask in advance. (Use the note option when registering.)

Need Help?

Are you interested in learning basic kayaking skills? The club will have a presence at every session and will be more than happy to work with any paddler who requests help. The Keel Haulers club has a roll instructor that will work with students on learning the kayak roll. You must request this service in advance (use the note option when registering). It is not guaranteed that the roll instructor will be available. If you take advantage of this service, we request that you are or become an active paid club member.

Price:

This pool is limited to 12 kayakers in the pool at once. The cost for each pool session is **\$12 per person (members); \$15 per person (non-members)**. Family is welcome to come watch for free if they are not getting in the pool.



Lake Meyers YMCA



UPDATED 9/19/25

POOL SESSIONS
MEYERS LAKE YMCA
1333 North Park Ave NW
Canton, OH 44708

Sundays, 9-11am

November 9, 23
December 7, 21
January 4, 18
February 1, 15

Equipment and Logistics:

All incoming kayaks must be very clean. Please remove airbags or anything else that may hold debris when cleaning the boat. We reserve the right to turn a dirty kayak away. We will enter via the maintenance area.

Need Equipment?

The club MAY have some equipment and can help outfit anyone who needs gear, but you must ask in advance. (Use the note option when registering.)

Need Help?

Are you interested in learning basic kayaking skills? The club will have a presence at every session and will be more than happy to work with any paddler who requests help.



Price:
The cost for each pool session is
\$12 per person (members)
\$15 per person (non-members)
Family is welcome to come watch for free
if they are not getting in the pool



Kent State University



UPDATED 8/26/25

POOL SESSIONS
KENT STATE UNIVERSITY
1550 Ted Boyd Dr., Kent, OH

Thursday, 7pm to 9pm

August 28
September 4, 11, 18, 25
October 2, 16, 23, 30
November 6, 13, 20
December 4

Equipment and Logistics:

New kayakers can come learn kayaking skills. Participants may bring their own boats via the loading dock stairs and back entrance as long as the boats are FULLY CLEANED before entering the pool. If you don't own a boat, one can be provided for you to use. Contact Kennedy at actrips@kent.edu with any questions. Pre-registration IS REQUIRED by the Wednesday before each program. Difficulty: Level 1. No experience necessary, mild physical exertion.

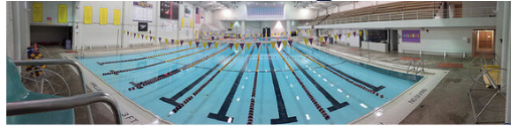
Price:

The cost for each pool session is \$7 per person

For more information, Phone: 330-672-4732 recwell@kent.edu



Lakewood High School



UPDATED 8/5/25

Saturdays, 3pm to 5pm

POOL SESSIONS
LAKEWOOD HIGH SCHOOL
14100 Franklin Blvd, Lakewood

December 6
January 3
January 10
February 21
February 28

Equipment and Logistics:

Kayakers cannot enter the building until 2:50 PM. All participants must shower and be completely out of the building by 5:15pm. All kayaks and gear must be completely clean, inside & out. Please remember helmets are required. Please use Door #15.

Price:

This pool is limited to 20 kayaks. The cost for each pool session is \$8 (pre-registered), \$10 (exact change) at the door. recreation.lakewoodcityschools.org

For more information, Phone: (216) 529-4081 recreation@lakewoodcityschools.org



December Trips and Events **Calendar of Events — Keel-Haulers Canoe Club**

2 DEC, TUE

8 – 10pm, Akron Roll Session, Ocasek Natatorium

4 DEC, THU

7 – 9pm, Kent State Pool Session, Ted Boyd Dr, Kent, OH 44240, United States

6 DEC, SAT

3 – 5pm, Lakewood Roll Session, Lakewood High School

7 DEC, SUN

9 – 11am, Meyers Lake YMCA Pool Sessions, 1333 N Park Ave NW, Canton, OH 44708-3081

18 DEC, THU

6 – 9pm, Holiday Party, Galt Park

21 DEC, SUN

9 – 11am, Meyers Lake YMCA Pool Sessions, 1333 N Park Ave NW, Canton, OH 44708-3081

2025-2026 Club Officers

President:	Robin Shell	Clevelandkeelhaulers@gmail.com
VP:	Jacki Zevenbergen	VPkeelhaulers@gmail.com
Secretary:	Meesh Crum	
Treasurer:	Michael Duvall	

Meetings: Approximately 4 meetings per year. Please check the website for the next meeting time and location.

Membership: \$20 per year. Membership Chairman: Rachel Faber

New memberships, renewals, change in address or phone, mail to the Treasurer: Keel-hauler Canoe Club, 34555 Chagrin Blvd Suite 250, Moreland Hills, OH 44022

Any opinions, views or recommendations expressed in the articles in this Newsletter are those of the article's author. Printing these articles in no way implies approval or advocacy of any of the opinions, views or recommendations by the Keel-Haulers Canoe Club or any of its Officers, editor, or members. Water sports are a potentially dangerous activity. Keel-Haulers Canoe Club recommends and encourages all of its members and others to abide by all laws, regulations and recommended practices when engaging in such activity. Each member is responsible for assessing her/his own abilities and for not engaging in activities which are beyond those limits. Members assume any and all risk when choosing to participate in any activity and the Keel-Haulers Canoe Club is not responsible for any damage resulting from such participation.

KHCC WEB PAGE URL: www.keelhauler.com

Please consider writing a trip report, an article, or sending a photo for the next newsletter! The deadline for the **JANUARY2026 issue of the newsletter is **12/23/2025**. Please send articles and/or pictures to:**

Kelly Miller at peetzaguy@aol.com.

Keel-Hauler Ka-news

DECEMBER 2025

Kelly Miller, Editor

