



The
Haw River
Canoe & Kayak Co.

Reconnect with nature, have fun paddling.

THE HAW RIVER PADDLER

June 2009

"The earth and myself are of one mind. The measure of the land and the measure of our bodies are the same."

Chief Joseph

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Alamance County Commissioners' Vote Supports Trail

Alamance County Commissioners have voted to add the Upper Haw River Trail Coordinator position to the county budget. For two years, the position was funded through the efforts of public and private funding sources with no guarantee for the future. When voting, four of the five commissioners commented on the importance of the Haw River Trail to the county's future; thus, providing secure funding for the position.

The Haw River Trail has come a long, long way since it was first envisioned. During the last three years, the people most influential in gaining political and financial support for the Trail in Alamance County are, in alphabetical order by last name, Robert Cox, Bryan Haygood, Darrell McBane, Janet MacFall, Kelly May, Tony Laws and Melody Wiggins. They took the chance and came up with the dollars to not only pay for the initial Upper Haw River Trails Coordinator position, but to also acquire property and build river access points.

One name has not been mentioned so far and that is Brian Baker, the Upper Haw River Trails Coordinator. Brian has done a fantastic job. He wakes up every day focused on how to make the Haw River Trail a reality. Many folks provided the political and moral support for the Trail, but it has been the excellent work of Brian's day-to-day efforts that the Commissioners' saw when they voted to make his position part of the county staff.

Dedication of Two Parks: Red Slide & Altamahaw

Two Haw River riverside parks and paddle access sites will be dedicated in the next two weeks. On Saturday, May 30, 2009 starting at 10:00 a.m., there will be a grand opening ceremony at the new Red Slide Park in the Town of Haw River. On Saturday, June 6, 2009 there will be a second dedication ceremony in the Town of Altamahaw where Highway 87 crosses the Haw River north of Burlington, NC.

Both of these new parks and paddles access sites represent the work of a lot of individuals from both the public and private sectors. Funding from the North Carolina State Trails Program and support from the Alamance County Recreation & Parks Program have been critical. Of course, the Upper Haw River Trails Coordinator has been right in the middle of all of the day-to-day work.

Schedule of Courses & Trips – June & July

If you are interested in a paddle course or a guided trip, you can find a schedule of activities on our website www.hawrivercanoe.com on both the Instruction and Guided Trips pages. **Don't forget, you can rent a canoe or kayak and do a self-guided trip.** A brief listing of activities for June & July follows:

June

- 5 Full Moon Paddle
- 6 Paddle Dinner – Grove Winery
- 7 Town of Haw River to Swepsonville
- 12 Sunset Paddle
- 13 Saxapahaw Whitewater
- 14 River Clean Up (canoes provided for free)
- 20 Canoe & Kayak Classes
- 20 Stargazing Float
- 27 Paddle & Potluck
- 27 Paddle Dinner – Pittsboro General Store Cafe

July

- 4 Full Moon Paddle
- 5 Picnic & Paddle
- 10 Sunset Paddle
- 11 Owl Prowl
- 18 Canoe & Kayak Classes
- 18 Paddle Dinner/Brewery Style – Carolina Brewery
- 18 Stargazing Float
- 25 Paddle & Potluck

Classes include Quick Start for Canoe & Kayak (3 hrs.), Introduction to Canoeing & Kayaking (8 hrs.), Basic Whitewater Canoeing (16 hrs.) and Sea Kayaking Fundamentals (16 hrs.).

The Psychology Behind Why People Paddle

To make up for some classes missed during the Whitewater Canoeing course taught at Elon University this spring, a student conducted an online search of the psychology behind why people paddle. Not surprisingly, he found that the main reason people paddle is to relieve stress by getting closer to nature. Other reasons for paddling include getting aerobic exercise, socializing with friends and meeting others with an interest in the outdoors.

So, why do you paddle? We have found that the very thing people will give up if life gets too hectic is the very thing that will help to relieve their stress. Don't give in to that temptation to work a little harder or a little longer to catch up. Catching up is an illusion. We psychologically need that contact with nature to get our heads screwed on correctly. Take care of yourself. Go paddle, if not on the Haw River, then someplace else. Just get out onto the water and take care of your psychological needs.

Ecotourism Certificate Offered by Community College

The Pittsboro Campus of Central Carolina Community College is offering an Ecotourism Certificate for courses completed during 2009. The new curriculum, and one not being offered anywhere else in North Carolina, was recently developed through the combined efforts of college staff, local entrepreneurs and the Chatham County Travel & Tourism Department.

The first course, Introduction to Ecotourism, will be offered on Tuesdays from 6:00 p.m. till 8:00 p.m., May 26th through July 28th. Natural & Cultural Resources will be offered on Thursdays from 6:00 p.m. till 9:00 p.m., May 28th through July 30th. The Safety & CPR course times and dates will be announced.

For more information about the Ecotourism Certificate and a complete list of courses being offered, go to www.cccc.edu/green/ecotourism/courses.php or contact Katherine McDonald at ksmcdo15@ccc.edu.

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