

# RIVER LOG

December 2009

The Newsletter of the Missouri Whitewater Association

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

Happy Holidays from the MWA!



"Another kayak! I think it's time to rethink this chimney idea."

In This Issue

[MWA Officers](#)

[Upcoming Events](#)[Volunteers Needed](#)[National Paddling Film Festival](#)[Goodbye StreamTeach](#)[Treasurers Report](#)[Interested in taking a CPR course?](#)[Looking for a good book to read this winter?](#)

**Don't forget to renew your 2010 MWA membership!**

[Click here to renew.](#)

#### 2010 MWA Officers/ Committees

President  
[Ambre Tiggs](#)

Treasurer  
[Natalie Courson](#)

Secretary  
[Dan Hanson](#)

Float Director  
[Ted Otto](#)

Membership  
[Don DuFaux](#)

Newsletter Editor  
[John Foster](#)

Safety Director  
[Curtis Elwood](#)

## The Bluegrass Whitewater Association presents National Paddling Film Festival 2010



### It's Submission Time!

It's submission time! We've seen way too many great videos and still shots lately; get your goods together and send 'em in.....fame and fortune await.

The National Paddling Film Festival (NPFF) will be held in Frankfort, Kentucky on Febuary 26th & 27th, 2010. Tyler Bradt is the guest this year. We are working on premiering Dream Result.

Not planning on submitting anything? No problem. Come on down/over/up and watch lots of quality kayaking videos, drink good beer, and hopefully get on the local creeks.

Website and entry forms are updated; if you have any questions feel free to contact us directly. Submission deadline is January 15th.

Tickets will go on sale before Christmas.

[Click here for more details!](#)



### Goodbye and Thanks from StreamTeach Inc.

*StreamTeach Board of Directors*

For sixteen years StreamTeach, Inc. (originally the Midwest Foundation for Whitewater Excellence) has worked diligently to bring a world-class whitewater park to St Louis. It was a vision spawned in the minds of paddlers and outdoor enthusiasts who believed that such

Webmaster  
[Chris Amelung](#)

Race Director  
[Mark Wehking](#)

Clinic Directors  
[Scott Becker](#)  
[John Niebling](#)

Calendar/Photos  
[John Niebling](#)

### Support our MWA Sponsors!



[Alpine Shop](#)

[Appomattox River Company](#)

[Debra Sartori, Realtor](#)

[DragonFly-In Bed & Breakfast](#)

[Ginkgo Adventures](#)

[Pyranha](#)

[REI: Recreational Equipment](#)

[Team River Runner.org](#)

[The Kayakers Travelogue](#)

[Thomas Holdmeier Agency, Inc.](#)

a dream was not only possible but that it would thrive and in turn spur additional economic development here in the Midwest. [Click here to read more.](#)

## Treasurers Report



FY 2009 Summary

Deposits ..... Total = \$20,706.54

Membership \$4,815.00  
 GAF \$1,003.54  
 YMCA Pool Sessions \$1,000.00  
 Races \$6,855.00  
 Calendars \$1,273.00  
 Clinic \$5,125.00  
 Safety Clinic \$165.00  
 Donations/Misc \$470.00

Expenses ..... Total = \$21,023.56

Publishings \$1,986.33  
 Admin \$811.31  
 Races \$8,529.18  
 YMCA Pool Sessions \$1,000.00  
 GAF \$1,351.45  
 Calendars \$887.34  
 Safety Clinic \$45.00  
 Memberships (ACA/SEIC Fees) \$2,450.00  
 Clinic \$1,576.50  
 Picnic \$2,386.45

Net Loss of \$317.02

Although there was a net loss, there were additional expenses that normally would not appear. The club had a raffle kayak expense from 2008 FY, in addition to FY2009 canoe and kayak. It also contains picnic expenses from the 2008 picnic, which include supplies, food and float director awards. A third reason for the net loss, is that for the 2009 picnic, insulated polar water bottles were purchased as awards, with additional bottles being purchased as an additional sale item.

Projections for FY2010

There should be a significant net gain in 2010. First, by going green, we will be saving on publishing. There are additional sale items, including polar water bottles and Saint Francis posters.

[Tiny Bubbles Laundromats](#)

## Upcoming Events:

### Pool Slalom:

(tentative) February 7, 2010

### National Paddling Film Festival

February 26-27, 2010

**Missouri Whitewater Championships :** March 20-21, 2010

**MWA Clinic:** April 24-25, 2010

## Volunteers Needed!

Volunteers needed for the 43rd annual Missouri Whitewater Championships.

Championship Races are scheduled for March 20th & 21st of 2010.

If you would like to volunteer or know someone else who would, please contact me. Volunteers do not have to be MWA members or even paddlers. It's a good way to get your spouse or relatives involved with the club. We make this event as laid back and enjoyable as possible and the more people involved the more fun can be had by all.

If you would like to volunteer, contact me at [mark.wehking@bisfei.com](mailto:mark.wehking@bisfei.com) or by phone at 636-391-4345.

Sincerely,

Mark Wehking

## Interested in taking a CPR course?



Curtis Elwood, Safety Director

### Ten Reasons to take CPR or First-Aid training

1. After someone stops breathing, or the heart stops beating, he or she can survive for only 4 to 6 minutes before lack of oxygen results in brain damage or death. CPR can buy extra time for your loved one, until professional help can arrive, by artificially circulating oxygen to the brain.
2. Over 70% of all cardiac and breathing emergencies occur in the home when a family member is present and available to help a victim.
3. Accidental injuries are the leading cause of death in children, and send over 16 million children a year to the emergency room.
4. Over 1.5 million heart attacks occur each year and approximately 350,000 of these victims die before ever reaching a hospital.
5. Statistics show that the earlier CPR is initiated, the greater the chance of survival. The American Heart Association estimates that 100,000 to 200,000 lives of adults and children could be saved each year if CPR was performed early enough.
6. Re-training and retention of CPR learning is a major requirement. Studies have shown that memory of CPR skills and knowledge tends to deteriorate as early as three months after training, among highly trained professionals, including: doctors, nurses, and others.
7. Approximately 7 million adults and children suffer from disabling injuries in their own homes and backyards each year, resulting from accidents that may require CPR, according to the American Heart Association. Some of the common causes of "sudden death" include: Electric Shock, Heart Attacks, Drowning, Severe Allergic Reactions, Choking, Drug Overdose, and Suffocation.
8. The country's #1 killers, a combination of heart attacks and accidents, claim a life every 34 seconds in the U.S.
9. One in 6 men and one in 8 women over the age of 45 have had a heart attack or stroke according to the American Heart Association.
10. Approximately 45% of all heart attacks occur in people under age 65.

The MWA would like to set up a CPR course exclusively for club members. A

...  
Race Director

mimumum of 10 participants are required for the course. Please contact me at [elwoodcg@yahoo.com](mailto:elwoodcg@yahoo.com) if you are interesting in attending. If there is sufficient interest, we will set a date for the course later this winter.

## Looking for a good book to read this winter?

by [Ambre Tiggs](#)

If you are actually reading this article then chances are you 1. really love to read every section of the newsletter, 2. are insanely bored at work, or 3. really are longing for a good book to read this winter. I wanted to suggest a few books that I recently finished reading and enjoyed enough to suggest people read them:



[My Stroke of Insight](#) by Jill Bolte Taylor, Ph. D.  
(Differences between right brain and left brain.)

[A Walk in the Woods](#) by Bill Bryson  
(A humorous tale of backpacking the Appalachian Trail.)

[Deep Survival](#) by Laurence Gonzales  
(Why some people survive and others do not.)

[The Day After Roswell](#) by Col. Philip Corso  
(Aliens, U.F.O.'s, what the government has not told us... yes I read it! I thought it was pretty interesting.)

✉ **SafeUnsubscribe®**

This email was sent to [amelungc@gmail.com](mailto:amelungc@gmail.com) by [ambre@ginkgoadventures.com](mailto:ambre@ginkgoadventures.com).  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Missouri Whitewater Association | PO Box 300099 | St. Louis | MO | 63130