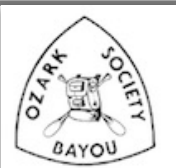




# BAYOU BYLINE



January 2020

## Calendar of Events

### January

- 18 Hike at Lakeshore Mountain Bike Trail. Cancelled due to excessive rain.
- 21 Monthly Meeting - Speakers: Kathy Kramer and Perry Hill speaking about their UK trip. They will cover the Lake District and Cotswolds Hikes.
- 25 Magazine Trail Hike at Caddo Lake National Wildlife Refuge in Karnack, Texas. Contact person TBA
- 31 Bonfire at Red River Marina. Hang out, roast hotdogs and have a bonfire. Show time at 5 or after. Bring a chair, food and a cooler. Contact Wayne Kiefer

### February

- 1 Orienteering/Hike at Eddie Jones Park. Contact for Orienteering is Gary Hackman and contact for Monkey Trail Hike is Sandy Roerig.
- 15 Caney Lake Hike in Minden. Contact is Sandy Roerig
- 18 Monthly Meeting - Speaker TBA
- 29 Post Mardi Gras Duck Pond Cleanup - contact is Roy O'Neal

### March

- 14 Discovery Day at Chimp Haven
- 17 Monthly Meeting - Speaker TBA
- 20-22 Athens-Big Fork Trail Maintenance - contact person is Roy O'Neal



Our monthly meetings are held at the Red River National Wildlife Refuge 150 Eagle Bend Point, Bossier City, LA 71112.

Meetings are held on the third Tuesday of each month. (except December) Program starts at 6:30 pm. Business meeting follows. Plan to join us after the meeting for pizza and socializing.



Kathy Kramer and Perry Hill will speak about their UK trip. They will cover the Lake District and Cotswolds Hikes.

## BCOS Winter/Spring Event Calendar – 2020

Date	Event	Location	Lead	Notes
Dec 30 – Jan 1	New Year's Camp	Bodcau	Tammy	Will send agenda
Jan 10 – 11 Canceled	Trail Maintenance and Camp	OWL Center, Dubach, LA	Wayne	Bunkhouse facilities
Jan 18 9:00am	Hike	Lakeshore Mountain Bike Trail	Dee Jaye	Formerly known as St Matthias trail
Jan 25	Magazine Trail Hike	Caddo Lake Nat'l Wildlife Refuge, Karnack, TX	John	Details to follow
Jan 31 5:00pm	Bonfire	Red River South Marina	Wayne	
Feb 1	Orienteering/Hike	Eddie Jones Monkey Trail	Gary/Sandy	
Feb 15	Sugar Cane Trail Hike	Caney Lakes in Minden	Sandy	
Feb 29 8:00am	Post Mardi Gras cleanup	Kings Hwy Duck Pond	Roy	
Mar 7	Hike	Lincoln Parish Park Trail	Sandy/Dee Jaye	Possible camp weekend as well
March 14	Discovery Day, Orienteering and Hike	Chimp Haven Eddie Jones Monkey Trail	Robyn, Gary and Sandy	
March 20-22	Trail Maintenance	Athens Big Fork	Roy	
March 27-29	Camp and Play	Chicot State Park	Tammy/Jack	Stay for Etoufee cookoff in Eunice
Apr 3-5	Cameron Refuge Hike	Hackberry/Holly Beach	Sara	
Apr 18 10:00am	Burn Run Paddle	Lake Bistineau State Park	Tammy	Explore paddle trail; public event
Apr 19	Wild Azalea Trail Hike	Woodworth, LA	Sara	
Apr 25	Earth Day Regatta	Shady Glade, Uncertain, TX	John	
Apr 24-25	All Society Meeting	Tyler Bend		All invited
May 2 10:00am	Crawfish Boil	Henry Ann's house	Henry Ann	
May 9 5:00pm	Paddle	Lake Bistineau State Park	Tammy	Moonlight paddle

Specific times will be published as event notifications are sent out. Expect additional popup events to be promoted including Mineola Big Foot paddle, Red River and bayou paddles, Bistineau paddle trail assessment and various weekday and weekend hikes. Thanks everyone for your input!

## **Bodcau New Year's Fun**

By: Tammy Jernigan

Camping at Bodcau Recreation Area is always a good choice. It's close by, has lots of fun outdoor opportunities and interesting folks are always bound to show up. We had a great campfire the first night with Barbie's bunch - daughter-in-law Rachel and four grandkids, Sara Coleman and David and myself. Sara entertained the kids with storytelling around the fire and everyone contributed to keeping it lit.

We woke up to a crisp frosty New Year's Eve morning but it wasn't long before the hill thawed and kids were sledding – not a term you expect to hear in Louisiana! The Bodcau dam has long been known as the place to go when we have a little snow on the ground but the sledding is almost as good on a clear sunny day – as long as you have a piece of cardboard. After the kids finished sledding, we took a stroll over to the Ben Durden house and walked along the bayou - a healthy 9,630 steps according to my phone. In the afternoon, we met Dick, Sonya, Roy and the Schneider family to paddle the east side of the dam. David and Dick were fishing while the rest of us paddled among the Cypress trees. Wayne and Kay showed up later after doing some ATV riding and we enjoyed another campfire and lots of good food.

New Year's morning we had an inspired group show up at the campsite for the First Day of 2020 hike. Barbie's crew, Anna and her grandson, Matt, Kim, Chuck, Sonya, Becky, Ron and June Schneider and their kids, Wayne and Kay, and David all were in attendance. Not all hiked the approximate three mile dam, nature trail and bayou loop but all gathered afterward to eat ham, cabbage, peas, cornbread, and all the other traditional good luck foods. Thanks, Kim for the awesome photos. I certainly enjoyed pointing out some cool features of the area and learning new things from others. Camping, ATV'ing, sledding, hiking and paddling (and biking too!) – Bodcau has it all. Until next time.....



## **Kayaking Golden Rules**

The three golden rules are a set of rules that, when followed, will let you paddle the most efficiently and help keep you safe on the water:

- 1 You need to use the power of torso rotation for all your strokes.
- 2 You need to choose an appropriate paddling location.
- 3 You need to have a plan in case you capsize.

Using the power of torso rotation for all your strokes means engaging your whole upper body for your strokes and not just using the muscles in your arms. To do this, you need to twist at the waist when you take a stroke, rather than just reaching and pulling with your arms. For example, when taking a forward stroke to reach forward shouldn't just involve your arms. It should involve your whole upper body. What this means is that if I'm taking a stroke on the right side of my boat, I'm going to reach forward with not only my hands, but with my right shoulder, turning my body to the left. I then plant the blade fully in the water. And when I pull on that stroke, I'm pulling with my arms and my whole upper body.

The second golden rule is to choose an appropriate paddling location for your skill level. The ideal kayaking environment has protection from wind and waves, a good access point for launching and landing, lots of places to easily go ashore, and minimal motorized boat traffic. Look for calm bays, quiet lakes, and riverways without noticeable current. As a general rule, if you venture into water that isn't protected from wind and waves, and/or if you travel further from shore than you can comfortably swim, you're entering a new world. A world in which you'll need to protect yourself and the people you're paddling with by taking a sea kayaking course. Which, among other things, teaches you valuable exposed water rescue skills.

The third golden rule is to have a plan that you're confident being able to execute in the case that you capsize. And the first thing you need to know is whether or not you can reenter the kayak from the water. The only way to know this is by practicing it before heading out. If you find you're unable to reenter the kayak, or you just don't have any desire to try, it doesn't mean you can't enjoy the wonders of kayaking. It just means that you should always stay close enough to shore so that you can comfortably swim to land. One thing that I can tell you is that reentering a sit-on-top kayak is a lot easier than reentering a sit-inside kayak, because it won't swamp. And so sit-on-top kayaks are more versatile for the average recreational kayaker.

There you have it, the three golden rules of kayaking.





## Wayne's Corner

By: Wayne Kiefer



Happy 2020 BCOS,

I hope this finds everyone well and ready to begin another good year. Tammy and I are hoping to keep many events on the calendar so everyone has an opportunity to get involved. Mother Nature hampered us last year for many activities early in the year. Last weekend the OWL Center trail maintenance was cancelled after the deadly storms passed through our area.

We had a very productive planning meeting in December. The food and participation were excellent. Thanks to all that came out and worked at getting things organized for 2020.

The weekends of January 18 and 25 are projected to have some hikes going on. The 31st of January is a bonfire at the Red River south location again. So check your calendars for those and more events coming in February. We have been enjoying Thursday hikes also each week. Pop up events are welcomed at this time of year to get around bad weather, so be on the watch for unscheduled outings or plan one. Watch the scheduled events calendar! Get involved, come join us.



**St. Mathias Trail Thursday Hikers**

### Classy Ads and Other Important Stuff

If you have any **equipment** you want to sell or give away, get in touch with Roy O'Neal. 318-272-0259 or [royoneal2@gmail.com](mailto:royoneal2@gmail.com) or just bring it to the upcoming meeting.

In recent years, stressed-out urbanites have been seeking refuge in green spaces, for which the proven positive impacts on physical and mental health are often cited in arguments for more inner-city parks and accessible woodlands. The benefits of "blue space" - the sea and coastline, but also rivers, lakes, canals, waterfalls, even fountains - are less well publicized, yet the science has been consistent for at least a decade: being by water is good for body and mind. So get those kayaks and canoes ready to go!

## **January “Special” Days**

Jan. 1 - Ken Miller's Birthday

Jo Ann Hardy's Birthday



Jan. 7 - Mark Norris's Birthday

Jan. 8 - The King's Birthday (No, not Arthur, or Martin Luther, it would have been ELVIS's)

Jan. 17 - Would have been Mojo O'Neal's (my dog) birthday.

Jan. 20 - MLK Jr. Day

Jan. 28 - Linda Trichel's Birthday

Jan. 29 - Grace Eyler's Birthday

Jan. 31 - Jerry Martin's Birthday



**Red River Refuge Sunday Hikers**

## **Bayou Chapter Officers - 2020**

### **Chairman**

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### **Vice-Chairman**

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### **Secretary**

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### **Webmaster**

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### **Local Streams Paddling**

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### **Conservation Activities**

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318-272-0259

### **Conservation Reports**

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318-686-9481

## **Ozark Society Officers**

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### **Louisiana State Director**

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318-343-7482

### **Ozark Society Secretary**

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318-686-9481



## The Ozark Society Membership Application/Renewal



**Join us, or renew now!** Dues are for one year, January-December, and they include a subscription to the Society's newsletter, *Pack & Paddle*. To join or renew, go online to the Ozark Society website at [www.ozarksociety.net](http://www.ozarksociety.net).

Or you can fill out this form and send it with a check written to "The Ozark Society." See below for our address.

Name(s): \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, and ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_

Email 1: \_\_\_\_\_ Old Email (if changed) \_\_\_\_\_

Email 2: \_\_\_\_\_ Old Email (if changed) \_\_\_\_\_

☐ I would like *Pack and Paddle* sent to my home address instead of by email. (Default is email.)

### Please check one:

- ☐ New Member Start at **Section A** for your OS and Chapter Membership
- ☐ Renewal Start at **Section A** to renew your OS and Chapter Membership
- ☐ LIFE Member Start at **Section B** to renew just your Chapter Membership

### **Section A:** Please specify both the Level of Membership and the Chapter you are joining:

#### Level: (choose one)

- ☐ Friend: \$30 = \$20 OS + \$10 Chapter
- ☐ Associate: \$50 = \$40 OS + \$10 Chapter
- ☐ Supporter: \$100 = \$90 OS + \$10 Chapter
- ☐ Sponsor: \$250 = \$240 OS + \$10 Chapter
- ☐ Patron: \$500 = \$490 OS + \$10 Chapter

#### Chapter: (choose one)

- ☐ Benefactor: \$1000+ = \$990+ OS + \$10 Chapter
- ☐ Bayou (Shreveport, LA)
- ☐ Buffalo River (Gilbert, AR)
- ☐ Highlands (Fayetteville, AR)
- ☐ Mississippi Valley (Missouri)
- ☒ Pulaski (Little Rock, AR)
- ☐ Sugar Creek (Bentonville, AR)
- ☐ No chapter, all to central Ozark Soc

### **Section B:** For Members who wish to join more than one Chapter or Life Members renewing their Chapter Membership only

(Choose as many as you wish and add \$10 for each chapter)

- ☐ \$10 Bayou (Shreveport, LA)
- ☐ \$10 Buffalo River (Gilbert, AR)
- ☐ \$10 Highlands (Fayetteville, AR)
- ☐ \$10 Mississippi Valley (Missouri)
- ☐ \$10 Pulaski (Little Rock, AR)
- ☐ \$10 Sugar Creek (Bentonville, AR)

### **Section C:** Donations to our Funds

(Choose any amount)

- ☐ \$\_\_\_\_\_ General Conservation Fund
- ☐ \$\_\_\_\_\_ Legal Fund
- ☐ \$\_\_\_\_\_ Compton Scholarship Fund
- ☐ \$\_\_\_\_\_ Hedges Scholarship Fund
- ☐ \$\_\_\_\_\_ OS Foundation

My Total is: \$\_\_\_\_\_