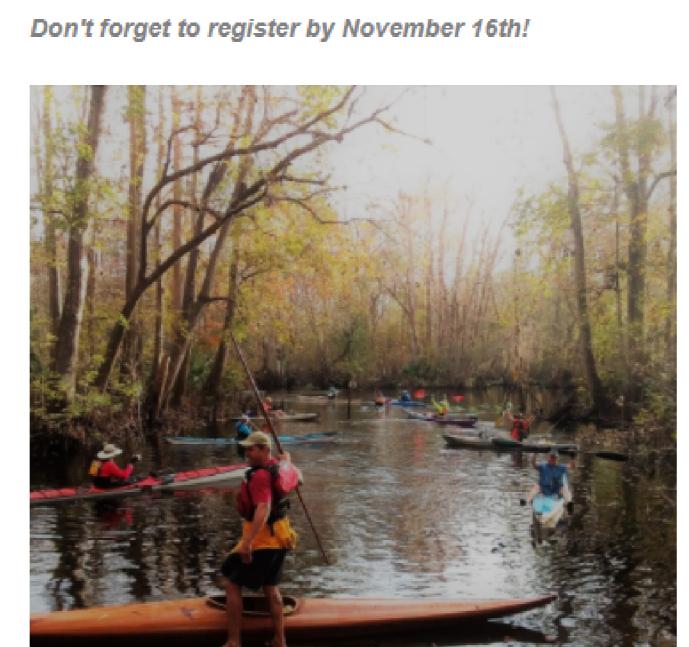
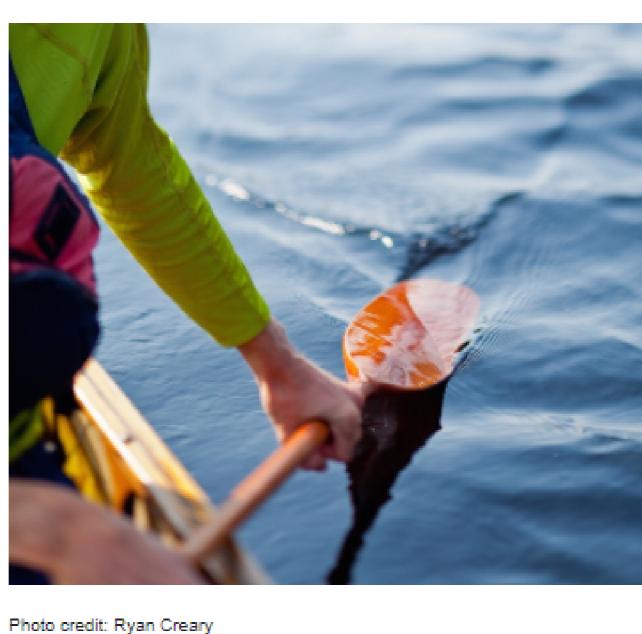
Our 3rd annual Ocklawaha Odyssey is November 30-December 4

November 2018 ~ Volume 114



The Ocklawaha Odyssey deadline is November 16, so please join us as we float over Florida's most famous first magnitude spring and see monkeys dangling from Cypress limbs, while we paddle through a spectacular diversity of birds. We explore scenic Old Florida land and waterscapes on this 48-mile paddle down the Silver and Ocklawaha Rivers. Evening programs include presentations from Florida Defenders of the Environment, the St. Johns Riverkeeper, and a stirring musical performance from Ocklawaha advocate, Whitey Markle, on our final night on the river. Click here to register for this trip.

Seven Reasons Why Paddling Makes You a Better Person By Kaydi Pyette, Canoeroots Magazine



You'll be happier Spending time in nature makes us feel more alive—and that's a

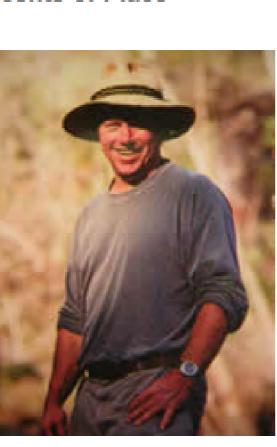
good thing. Numerous studies have linked exposure to nature with increased energy and a heightened sense of wellbeing. "Nature is fuel for the soul," reports University of Rochester psychology professor, Richard Ryan. "Often when we feel depleted we reach for a cup of coffee, but research suggests a better way to get energized is to connect with nature." You'll make do with less

When you have to carry your possessions with you, you're forced to

bring less. It's freeing to discover how little you need to survive and what can be achieved with the bare minimum. Leave digital distractions, consumerism and vanity at home—a PFD, canoe and paddle is the price of admission to adventure. Bring a backpack carrying shelter and food to extend your exploration for days. You'll discover the things that really matter—and I'll bet it's not watching HBO on a big screen. [Read more...]

Scents of Place

River Guide's Journal



paddling guide for Adventure Outpost in High Springs, FL. He outfits and guides kayak and canoe tours on over 40 waterways throughout North Florida's "Springs Country."

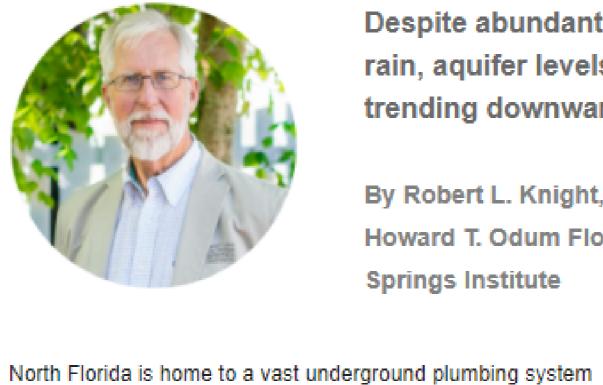
Lars Andersen is owner and

It was cold this morning, even for December. I was standing on the

Ocklawaha River. December 10, 2009

bank of Ocklawaha River listening to the waking reveille dominated by the piercing chips of a cardinal hidden in a nearby wax myrtle thicket. High overhead, a gang of honking crows worked the rafters of the forest cathedral.

A veil of mist drifted off the water and curled around my ankles as I knelt down and dipped my hand into the water. Slowly and with unintended reverence, I lifted my cupped hand to my nose and took a deep whiff. In that instant, I was transported back to a night thirty years earlier, when I crossed Santa Fe River on the I-75 Bridge in the bed of an old pickup truck. It was my last ride of a three year hitchhiking odyssey, a quest of sorts, on which I had hoped to find my place in the world. In that moment, thanks to a breath of musty river air, I knew that place had been here all along. [Read more...]



trending downward By Robert L. Knight, Howard T. Odum Florida

Springs Institute

Despite abundant

rain, aquifer levels

known as the Floridan Aquifer. Comprising more than 100,000 square miles and several thousand feet in thickness, the Floridan Aquifer is like a gigantic, rock-filled bucket. About 6 percent of the rain falling over this landscape percolates

downward through the soil and into the porous limerock to replenish this hidden reservoir. The water flowing into this bucket eventually flows out through natural holes, which are Florida's 1,000-plus artesian springs. Over the past 150 years the flow through these natural discharge points has diminished due to the installation and use of more than a million wells that extract groundwater from the same finite resource. [Read more...]

Selecting a paddleboard and discovering how you would like to use it By Todd Bishop, Bishop Boards



are either reluctant to start or intimidated by the search for a board. Once you start. It is easy to become quickly overwhelmed. Let's see if we can help you navigate this process and make it a little more manageable.

When someone asks me which SUP is right for them. I start by

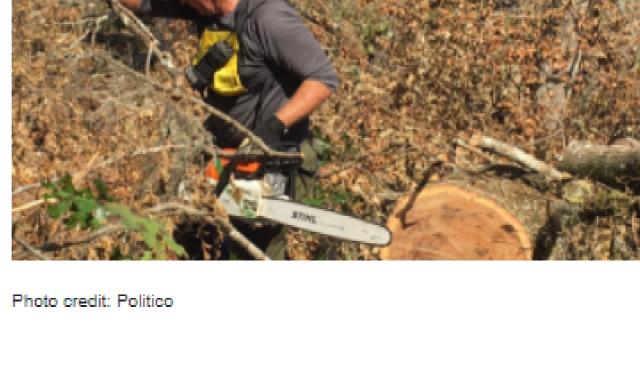
asking 3 questions.

What is your experience? Have you paddleboarded before, watched a lot of videos!, or never even seen one?

coastal, surf, camping, whitewater, etc.)? And the last one is, what is the paddlers size (height/weight) and fitness level. Let's break those down a bit more. [Read more...]

Where do you envision yourself paddling (rivers, lakes, calm water,

Hurricane leaves state parks with 'lifechanging' damage By Bruce Ritchie, Politico



Hurricane Michael's fierce winds seemed indiscriminate when the

storm arrived here last week, toppling thousands of trees across Florida Caverns State Park and leaving the 1,300-acre recreation area covered in a mess of twisted branches and logs. It's just one example of the destruction Michael brought to the

region. As people across storm-torn parts of the Panhandle try to pick up their lives, the damage done to a handful of state parks could deepen the economic losses.

The storm, which may have brought tornadoes to this small North Florida city 70 miles from Mexico Beach, ripped roofs off of homes and the facades of downtown buildings. And in the park, the winds snapped tree trunks like twigs and uprooted others, blocking the main park drive and access to the caverns. [Read more...]



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Upcoming Trips

Flagler Coastal Wildlife Experience November 1-4, 2018

Paddle with dolphins, meet rescued sea turtles, and float by historic forts as you immerse yourself in the rich cultural history and natural beauty of Florida's northeast

The registration deadline for this trip has passed.

Ocklawaha Odyssey Nov 30-Dec 4, 2018 Float over Florida's most famed first magnitude spring and see monkeys dangling from cypress branches, a rich diversity of birds, while exploring an Old Florida landand waterscape on this 48mile paddle down the Silver

and Ocklawaha Rivers.

Register by: November 16

Wild, Wonderful Withlacoochee January 17-22, 2019 Beginning at Lake Panasoffkee, paddlers will

thread their way through hardwood swamps and tannic streams on a 60-mile journey to the Gulf of Mexico. The adventure includes a side trip to the colorful Rainbow River and its world class first magnitude spring. Register by: January 4 Florida Keys Challenge

Paddle the azure coastal waters of the Middle Florida Keys, including the length of the famed 7-Mile Bridge, explore mangrove tunnels, and watch sea turtle surface beside your kayak, and enjoy a snorkeling trip out to Looe Key. Register by: January 26

February 9-15, 2019

Flori-Bama Expedition on the Perdido River March 10-15, 2019

Paddling the Florida/Alabama

border, enjoy beach camping

along a cozy meandering river

to the more open waters of Perdido Bay as we explore the most diverse set of ecosystems of the season. Register by: February 24 Suwannee River Paddling <u>Festival</u> April 5-7, 2019 With camping atop the bluff overlooking two beautiful rivers, our season-capping festival takes place at

Suwannee River State Park near Live Oak. The weekend will offer supported 8-12 mile paddling options on both the Suwannee and Withlacoochee Rivers, a concert featuring Paddle Florida's favorite musicians, and educational presentations from regional waterway experts. Register by: March 22

November 1st - 4th in Ocala FLORIDA SPRINGS

RESTORATION SUMMIT

2018 Florida Springs

Restoration Summit

Ocklawaha Odyssey trip? Consider attending the Florida Springs Restoration Summit from November 1-4.

Please visit the Summit

website for details:

purchase at the door.

Can't make Paddle Florida's

https://www.springsrestoration summit.org/. Tickets will be available for

Learn More About: Red Tide



Click here to learn more about this very important issue.

impacts of red tide.

26,400 fans and counting!

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page. Our daily feeds provide updates on the news impacting Florida's waterways and wildlife as well as our upcoming trips. Send us your favorite photo depicting paddling in Florida and it might be selected as our 'Picture of the Day!'

Florida with **AmazonSmile**

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Support Paddle

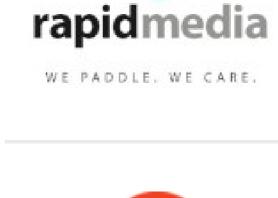
As a 501(c)(3) non-profit organization, Paddle Florida is dedicated to promoting water conservation, wildlife preservation, springs restoration, and waterways protection across Florida. You can help us meet our water conservation missions by (1) joining us on one or more paddling adventures scheduled annually on Florida's wild and scenic rivers and coastlines, or (2) donating to Paddle Florida via our secure PayPal connection or through AmazonSmile.

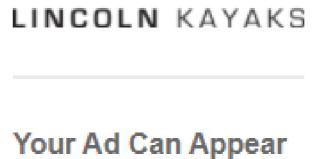
If you're an Amazon shopper, you can sign up for AmazonSmile at this link and confirm your desire to support us. Amazon will then donate 0.5% of the price of eligible purchases to Paddle Florida.

the donation rate on all eligible AmazonSmile purchases.

From October 29 - November

2, AmazonSmile will increase





Here!

Do you provide a paddling oriented product or service?

Consider placing an ad in our monthly newsletter. You can reach over 6,250 (and growing) monthly subscribers for \$75/month, or get two months free by promoting your product or business over 12 months for \$750! Contact Bill Richards at (352) 377-8342 or bill@paddleflorida.org for details.





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