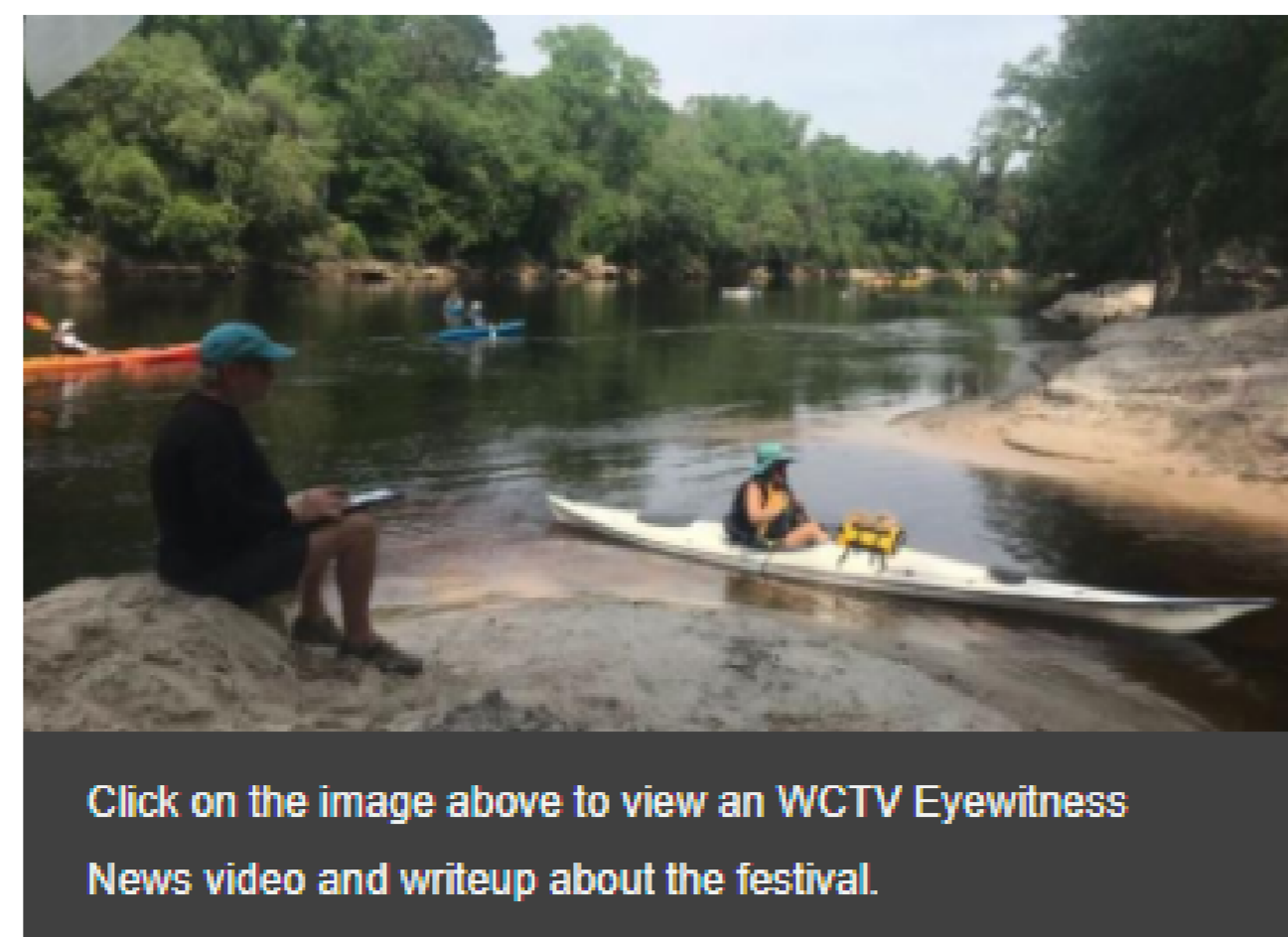


May 2019 ~ Volume 120 ~ Celebrating 10 years of The Happy Paddler! View this email in your browser



Trip Recap: Suwannee River Paddling Festival



Click on the image above to view an WCTV Eyewitness News video and writeup about the festival.

Nearly 100 paddlers attended our season-ending festival last month. Congratulations to Capt. Karen Chadwick as the recipient of our 2019 Environmental Leadership Award...



Inspiring Meaningful Adventure.

2019-20 Season Announcement

Suwannee River Wilderness Trail October 18-23, 2019 Celebrate Florida's version of autumn on its most famous river...

Flagler Coastal Wildlife Festival November 1-3, 2019 Paddle with dolphins, meet rescued sea turtles...

Wekiva/St. John's River Ramble December 5-8, 2019 Join us for a paddle down the iconic Rock Springs Run...

Florida Keys Challenge January 15-22, 2020 Paddle the azure coastal waters of the Middle Florida Keys...

Wild, Wonderful Withlacoochee February 12-18, 2020 Beginning at Lake Panasoffkee, paddlers will thread their way through hardwood swamps...

Choctawhatchee Challenge March 13-19, 2020 Get away from it all into the heart of the Panhandle as we paddle 86 miles of the mighty Choctawhatchee...

Suwannee River Paddling Festival April 3-5, 2020 With camping atop the bluff overlooking two beautiful rivers, our season-capping festival takes place at Suwannee River State Park...

Paddling can tell a story

By Eric Draper, Director, Florida State Parks



Photo: Kayaks at Durans Creek State Park, a stop on the Putnam County Bartram Trail.

I was happy that the recent Palatka Trail Town celebration had one of the largest turnouts I've seen. The Florida Park Service recognizes communities as Florida Trail Towns...

Florida Paddlesports Program Spring Training



The Florida Paddlesports Program trains people to be skilled leaders so paddling is safer and more enjoyable, and establishes more volunteer paddling trip leaders in Florida's state parks...

"Over my career, I've delivered and participated in many training sessions, and this one ranks as my best experience ever! I've already framed out changes to our St. Lucie County paddling program..."

The training involves 16 hours with expert American Canoe Association (ACA) instructors who coach attendees through the rigorous ACA Coastal Day Trip Leader course...

The next training will take place May 21-24, 2019, at Lake Louisa State Park. Class size is limited.

Contact doug.alderson@FloridaDEP.gov for more details.

Why Paddling Is Vital for Human Survival

By Scott MacGregor, Paddling Magazine



Photo: Scott MacGregor

For most of the last two million years, humans lived in a natural world. Living in a natural world one relies on nature for food and shelter...

Why Paddling Is Vital for Human Survival

Kuo isn't a paddler, but she walks to her office on the lush University of Illinois campus where for 30 years she has been studying the effects of nature on humans...

According to habitat selection theory, animals are wired for whatever habitat we evolved in. Humans, just like the rest of the animals on the planet, thrive in a natural habitat physically, psychologically and socially...



Silver springs, heal thyself!

By Dr. Robert Knight

Executive Director, Howard T. Odum Florida Springs Institute

"Medice, cura te ipsum!" (Physician, heal thyself!) is an applicable biblical quote depicting the current fate of Silver Springs. Attributed to Jesus in Luke 4:23, this passage can be interpreted to warn against the hypocrisy of claiming to have the ability to solve a problem in others while being unable to avoid the problem in ourselves...

In early 2018 the Florida Legislature ratified Senate Bill 670, codifying a "prevention strategy" for Silver Springs. The purpose of this addition to the St. Johns River Water Management District's consumptive use applicant's handbook was "to ensure that flows and levels within Silver Springs do not fall below the recently adopted minimum flows and levels (MFLs) during the next 20 years."

The minimum average flow the district had recently adopted for Silver Springs was 412 million gallons per day (MGD), which authorized an average flow reduction of 22% compared to the historic, pre-1990 average Silver Springs flow of 530 MGD...

Florida Flora & Fauna Spotlight

Cypress (Cupressus) Swamps

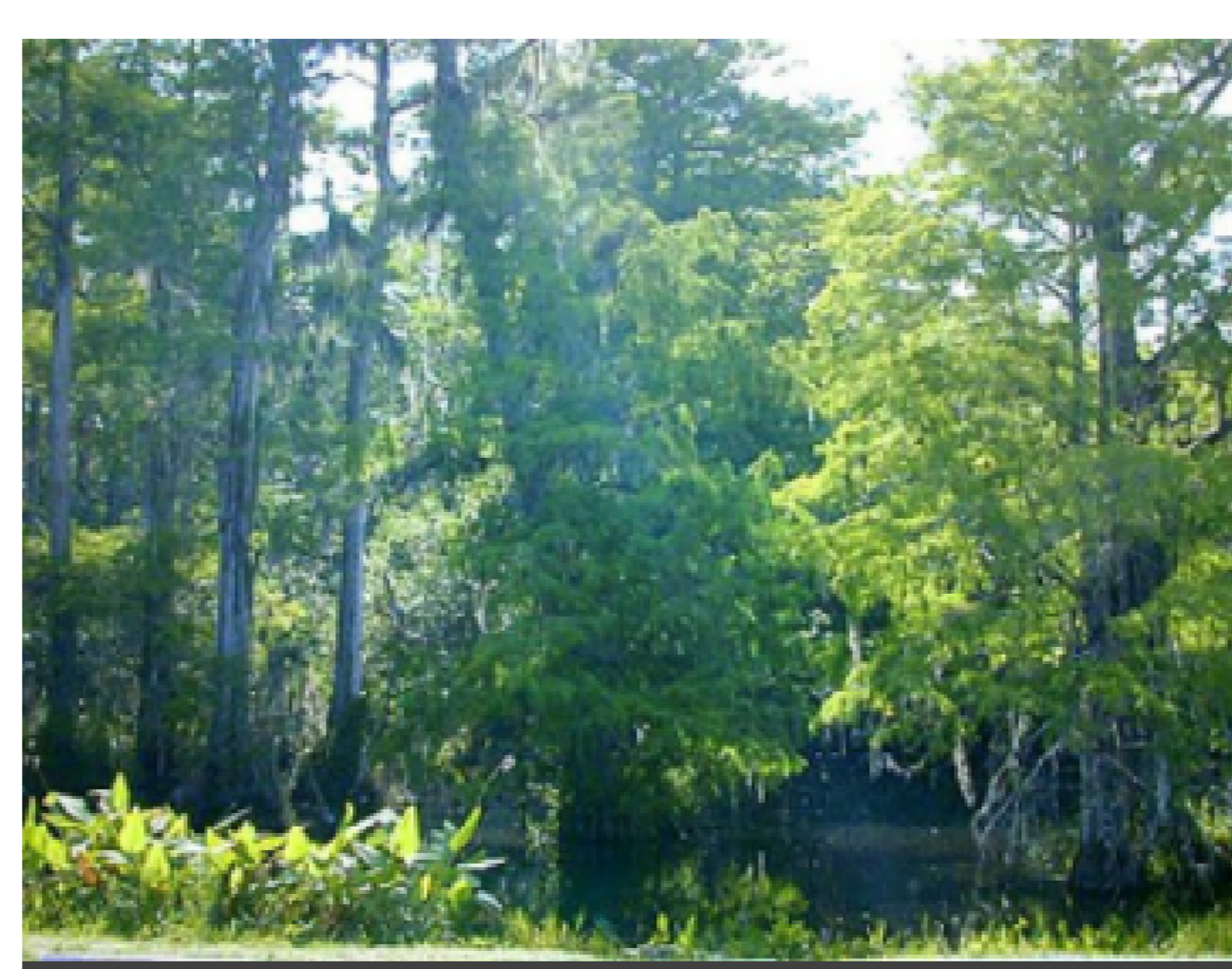
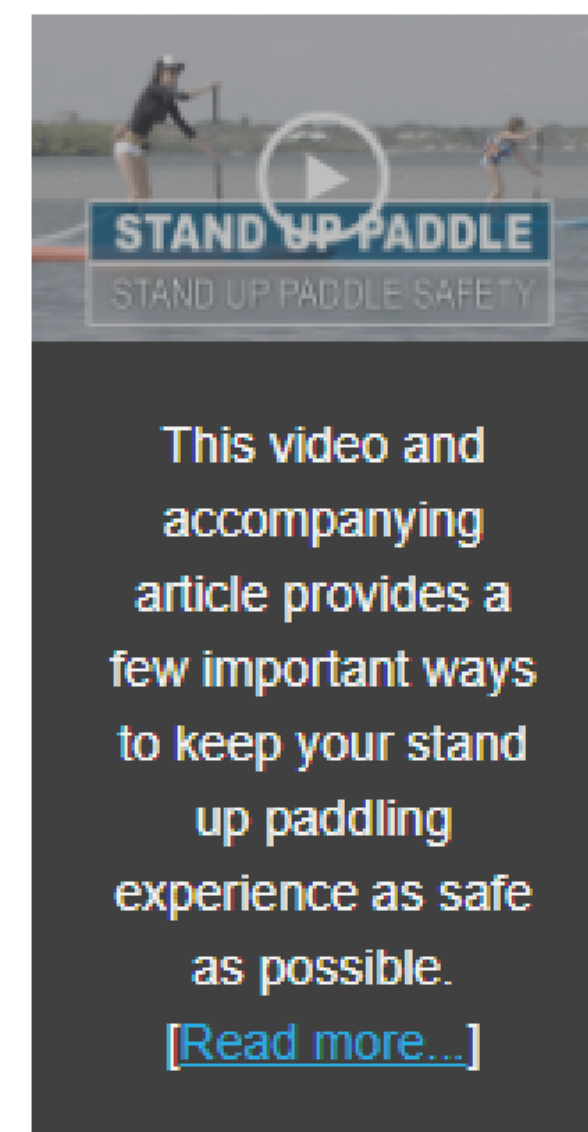


Photo: U.S. Geological Survey

Cypress trees, the most flood-tolerant of all Florida tree species, grow in areas that are covered in water for longer periods than the surrounding marshlands. Two species of cypress occur in the Everglades, the bald cypress (Taxodium distichum) and the pond cypress (Taxodium ascendens)...

How To: Staying Safe While Stand Up Paddling



This video and accompanying article provides a few important ways to keep your stand up paddling experience as safe as possible. [Read more...]

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