

FLOWLINES

THE NEWSLETTER OF THE F.L.O.W. PADDLERS' CLUB

Volume 1, Number 1

September, 1996

Greetings from the Steering Committee

Welcome to the Finger Lakes-Ontario Watershed (F.L.O.W.) Paddlers' Club. We're new on the paddling scene here in Western New York, and we need your help to make FLOW into the club YOU want it to be. So far, we have about 40 members, with individuals interested in sea kayaking, canoe camping, whitewater recreation and racing. For now, the club will meet the second Thursday of each month at the Rochester Watersports Center, the green frame building next to the canoe livery in Genesee Valley Park in Rochester. The steering committee is working to set up an infrastructure for the club and chart its course. Who are the members of this committee? Anyone who wants to attend and help organize the club is welcome! Call or come on out for the next meeting, September 4th at 7 pm at the Rochester Watersports Center.

Steve Kittelberger (716) 442-6138

SEPTEMBER CLUB MEETING

Our next meeting is Thursday, September 12, at 7 pm at the Rochester Watersports Center in Genesee Valley Park, next to the canoe livery. The featured speaker is Gary Smith, president of Endless Adventures. Gary will describe the exciting activities of the Friends of the Keuka Outlet and the developments for sea kayaking and whitewater in the Penn Yan area. Everyone, member or not, is welcome.

PADDLING INSTRUCTION

Introduction to Whitewater Kayaking. Four two-hour instruction sessions in the swimming pool provide a thorough grounding in equipment, safety, strokes, self-rescue and the eskimo roll. 7:30 to 9:30 pm at the Pittsford Middle School on 10/17, 10/24, 11/7 and 11/14. \$75 fee includes all equipment. Call 716 248-6280 to apply. Instructor: Ardie Shaffer 716 334-4487.

Supervised Kayak Pool Practice. Four two-hour instruction sessions in the swimming pool provide supervised practice in kayak strokes and the eskimo roll. 7:30 to 9:30 pm at the Pittsford Middle School on 10/29, 11/5 and 11/12 and 11/19. \$32 fee includes no equipment. Call 716 248-6280 to apply. Instructor: Ardie Shaffer 716 334-4487.

Sea Kayak Rescue Clinic. One three-hour session in self- and assisted rescue techniques for sea kayakers. Meet at Sodus Point Coast Guard Station beach 2 pm, Saturday, October 5. No charge. Instructor: Harry Weidman 315 524-9295.

ACA Kayak Instruction Methods. Learn to instruct others in kayak paddling techniques using the universally accepted ACA protocols. Leads to ACA certification. Time and place TBD. Call Instructor: Ardie Shaffer 716 334-4487 to express interest.

Swiftwater Rescue Techniques. Learn to rescue others involved in swiftwater accidents. 1997 course offering, time and place TBD. Call Instructor: Ardie Shaffer 716 334-4487 to express interest.

F.L.O.W. PADDLERS' FALL TRIPS

Lower Youghiogheny River. Intermediate whitewater kayakers love this classic, Class III-IV southern Pennsylvania water. September 14-15. Steve Kittelberger 716 442-6138

Lehigh River Gorge. Dam release provides whitewater paddling fun on this beautiful eastern Pennsylvania river. Class II water suitable for beginners with some whitewater experience. September 21-22. Ann Watts 716 442-8791.

Thousand Islands. Sea kayak tour and camping on Sugar Island. Depart 1pm Sept. 27; return by 5 pm Sept. 29. Test your windy open water navigation skills! Intermediate paddlers only! Harry Weidman 315 524-9295.

Erie Canal and Clyde River. October 6 sea kayak tour of Creiger Island. Meet at 10 am at McDonald's in Lyons. Harry Weidman 315 524-9295.

Chimney Bluffs. Sea kayak tour on Lake Ontario. Start October 5 at 10 am at Sodus Point Coast Guard Station, paddle east to Chimney Bluffs and return by 2 pm. Harry Weidman 315 524-9295.

MEMBERSHIP AND MAILING LIST

To receive a complementary, 3-month subscription to **FLOWLINES**, call Art Miller at 716 334-5810. To join **F.L.O.W.** complete the application enclosed and return to Mike Shaffer at the address shown.

***F.L.O.W. Paddlers' Club
89 Dorstwood Drive
Rochester, NY, 14612***