



Who am I? And what am I doing here?

by Ardie Shaffer

As chair of the FLOW Paddlers Club's education/instruction committee, I'd like to give you some background on myself and my qualifications for holding that office. Many of you know me, but for those who don't, here's my life story: I was born, lived for 38 years, then I discovered whitewater! But let's back up a bit...

When I was in high school trying to decide on a career, my advisors insisted I should be a teacher. Back then, if you were a "girl," few options existed which were acceptable in my little town. You could be a nurse (I was scared to death of needles), a secretary (yes, but can she type?), a homemaker (you took home economics courses and no more than two years of college—just enough time to meet your future husband), or you could teach elementary school (I was the son my father never had and hated babysitting!). I went to college, took one education course, decided I wasn't into creating kindergarten bulletin boards, and pursued a career in business administration.

Yet today, my passion in life is teaching students to paddle whitewater rivers! Maybe those advisors knew something it took me as long time to find out—that I did have an aptitude for teaching—just not elementary school!

I've been teaching paddling for about 8 years now. I started because I was frustrated. It took me 3 long years to learn to roll, not because my friends didn't try hard to teach me—they did. And they knew what I was doing wrong. They just didn't know how to fix it. I paddled my first Class III river without knowing how to do an eddy turn or a peelout, so when I found myself "running away" from our group on an unknown stretch of water, I was terrified—I didn't know how to stop! I could put my boat in the water, paddle straight through rapids, and hit an eddy if one happened to be in my path, but that was it.

Then my husband and I took a class at the Nantahala Outdoor Center in North Carolina. The first day we went to a warm lake and in about 20 minutes I was rolling my boat, using the newly

developed "C to C" method. They also taught us all the other essential skills for running beginner-level rivers: eddy turn, peelout, J-lean, ferrying, bracing, etc. We had a great time the rest of the season paddling at Letchworth and Cattaraugus Creek. Then winter came, and pool practice, and I watched as friends put friends in boats and literally threw them in and out of the water while trying to teach the roll. One night, after watching a young woman struggling, getting frustrated and waterlogged, I jumped in and asked if I could try. Using the techniques which worked with me, I taught her to roll in a very short time. I was excited; she was thrilled! When she went off to practice, I taught two more that evening.

That was the beginning of this adventure. I could teach the roll. So I asked Bill McElligott if I could help him with the classes he was teaching at Hobart College. At that time, Bill was the first and only ACA-certified kayak instructor in our area. Bill said yes, and helped me learn how to teach the rest of the basic skills. The rest, as they say, is history. I worked with Bill as sort of a certification course, again at NOC. He helped me prepare for that challenge, and has been my mentor and partner ever since.

I love teaching this sport, and most of what I know now, I've learned from my students. Yes, I knew the basics when I began, but all the finesse points, the refinements, have come through the teaching experience. I've learned the value of qualified instruction. I'm not saying you can't learn from a friend—you can. But after 3 sessions in a swimming

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Next Meeting - "more efficient paddling techniques"

The next FLOW meeting will be held at EMS at Irondequoit Mall. This month's program will be on more efficient paddling techniques, by Bob Pierson and Jan Whitaker.

The Steering Committee will meet on April 3, 1997 at 7 pm at Steve Kittelberger's house, 160 Penarrow Rd., Brighton (near Twelve Corners). For directions call Steve Kittelberger (716) 442-6138. Bring cookies.

FLOW organization

Officers

President	Steve Kittelberger
Vice President	Harry Weidman
Secretary	Ann Watts
Treasurer	Mike Shafer

Committee chairs

Facilities	Rick Williams
Membership	Art Miller
Programs and Trips	currently seeking
Communications	Heather Mummery
	Mike Marini

Education/Instruction Ardie Shaffer

Newsletter Submissions

Send us trip reports, articles, information about upcoming trips and releases, ads for our classified section, or anything else you'd like to see in FLOWlines.

If you have e-mail:

- Send articles in the form of a text file to:
heather.mummery.0506846@nt.com

Written submissions:

- Preferably typed in a 10-point font or larger, double-spaced.
- Hand-written submissions must be reasonably legible, or great editorial license may be invoked.

Mail to:

Heather Mummery
221 McKinley St.
Rochester, NY 14609

FLOW contact list

For general information, contact:

Steve Kittelberger 716-442-6138

For paying dues, contact:

Mike Shafer (Treasurer) 716-227-9291

For membership information and the FLOWlines mailing list, contact:

Art Miller 716-334-5810

For white water racing information, contact:

Art Miller 716-334-5810

For questions about instruction, contact:

Ardie Shaffer 716-334-4487

For information about marathon canoe racing, contact:

Bob Pierson 716-889-4174

For information about sea kayaking, contact:

Harry Weidman 315-524-9295

For information about white water paddling, contact:

Perry Vayo 716-256-3930

For information about the newsletter, contact:

Heather Mummery 716-288-5232

Upcoming trips/events

Pool Practices

Adirondack Mountain Club (ADK):

Tuesdays 7-9 pm, until April 8

Wheatland-Chili High School

Thursdays 7:30-9:30 pm, until April 10

Pittsford Sutherland High School

Contact Gretchen Schauss (716) 223-5023

Contacts

The trip, class, and clinic schedule contains events sponsored by the following groups:

FLOW Paddlers Club	(716) 442-6138
Seayaker Outfitters	(315) 524-9295
Pack, Paddle, and Ski	(716) 346-5597
Endless Adventures	(315) 536-0522
Adirondack Mountain Club (ADK)	(716) 223-5023
Ardie Shaffer	(716) 334-4487
Oak Orchard Canoe	1-800-4-KAYAKS

See insert for whitewater and flatwater trips, classes, and clinics scheduled for 1997



Gauge numbers

Genesee River (Letchworth).....716-468-2303

Cattaraugus River.....716-532-5454

Pennsylvania rivers:

Philadelphia (Lehigh and others).....1-800-431-4721

Harrisburg (Loyalsock, Susquehanna, Pine Creek)

.....1-800-362-0335

Pittsburgh (Yough, Slippery Rock Creek, and others)

.....412-262-5290

West Virginia rivers:

Gauley River.....304-872-5809

Southern WV rivers.....304-529-5127

IMPORTANT: If you have any additions or corrections, please let us know so that we can provide an up-to-date list to our members!

Who am I? - continued from p.1

pool or pond, I can take my students on Class II rivers and watch them perform the skills it took me 3 frustrating years to learn. Enough said.

In future columns, I'll address other aspects of teaching, such as characteristics of a good teacher, dealing with different learning styles, handling fear, tips on teaching specific strokes and maneuvers, boat and equipment repair/outfitting, where to go for instruction or a paddling vacation, etc. If you have questions, please send them to me or call me and I'll do my best to answer them, Happy paddling!

(Ardie Shaffer is an ACA-certified kayak instructor, New York State emergency medical technician, licensed guide for whitewater kayak, and swiftwater rescue technician. You can reach her by mail at 433 Middle Road, Henrietta, NY 14467; telephone (716) 344-4487 (home), (716) 258-2261 (office); e-mail ashaffer@rochesterdandc.com.



Upcoming event highlights...

22nd Annual Wild Water Derby
Sun April 6th, 11AM-3PM
Manchester/Shortsville NY (20 miles east of Rochester, off NYS Thruway exit)

The Wild Water Derby is a rite of spring that annually draws thousands of people to the neighboring villages of Manchester and Shortsville. The event, sponsored for charity by the Twin Cities Lions Club, draws boaters and spectators from throughout the area for what amounts to the biggest party in town each year. Here you will see boaters in canoes, kayaks, inflatable boats/tubes, and home-made barrel rafts of every description (100+ last year) dance down a two mile stretch of the Canandaigua Outlet. The start line is at Standpipe Road off Route 21 in Shortsville. Bring your cameras for all the *before* shots here. A lot of the action occurs at the rapids along Water Street in Manchester. Bring a bike to get around all the good spots. Come route for your favorite hometown heroes at this fun-filled action day that's free to the public. For details: Harry Weidman, (315) 524-9295

Canandaigua Outlet Trip
Sat. April 12th, 10 am start (9:30 am breakfast)
Rte 96 Manchester to Rte 14 - 22 mile moving flatwater, Beginner/Intermediate

This is the season's kickoff moving-water trip for sea kayak and canoe paddlers. It's for beginners, who have had previous instruction or experiences, and intermediate-skilled paddlers. The trip starts in Manchester and ends along Route 14 south of Galloway. The moderate current does most of the work to cover the distance. Meet at the Manchester McDonald's by Route 21 & 96 at 10 am (9:30 am optional breakfast). For sign-up and further details: Harry Weidman, (315) 524-9295

Garnagua Creek Trip
Sat. May 3rd, 10 am start (9 am breakfast)
Farmington to Palmyra - 8 mile moving flatwater, Beginner/Intermediate

This nifty creek is close by and offers fun in moving water, for beginners and beyond. We might find one or two climb-overs before ending at the Palmyra Canal Park for lunch. Check out the Palmyra Erie Aqueduct up close for a great photo opportunity. For sign-up and further details: Harry Weidman, (315) 524-9295

Erie Canal	7PM starts	
May 7th	To Fairport	4.8 miles
May 14th	To Pittsford	3.2 miles
Beginner flat-water Sea kayak & Canoe		

Try out the first of our local evening paddle series. A great way to ease into a new paddling season. Contact trip leader Steve Chopan at (716) 544-4527 for further details.

SNOW COUNTRY NIGHT
at
BURGUNDY BASIN INN
Tuesday, April 22, 5 pm to 10 pm
20% discount to FLOW members
 on all equipment from Snow Country's equipment representatives. Most equipment will have to be ordered on 2 to 4 weeks delivery.

EMS Club Day - Discounts for club members

EMS invites FLOW members (and members of any other outdoors club) to a one day sale on **Thursday, May 1**. Club members receive a **20%** discount off **every sale**.

EMS stores all around the country offer discounts to members of any outdoors club, so if you happen to be out of town on May 1, don't hesitate to walk into the nearest EMS and identify yourself as a proud member of the Finger Lakes-Ontario Watershed Paddlers Club.

Deadline for next newsletter

The deadline for submissions for the next newsletter is Monday, April 21, 1997. Submit articles, trip announcements, news of recent or upcoming activities that may be of interest to FLOW members, or anything else that you want to share with our readers. Send submissions to Heather Mummery or Mike Marini (addresses on page 2).

Membership and Mailing List

To join FLOW, send name, address, paddling interests, and \$20 per individual membership to:

Mike Shaffer
Re: FLOW Paddlers Club
89 Dorstwood Drive
Rochester, NY 14612

Next month....

Next month's newsletter will include a continuation of the story of our Education/Instruction Committee Chair, **Ardie Shaffer**. Look forward to hearing the latest update on the **Lock 32** project, which is approved for Phase I and will be entering the ground-breaking phase soon (Contact **Rick Williams**, (716) 381-3418 H / (716) 381-7010 W, or **Rob Blake**, (716) 734-3000 if you are interested in volunteering.) Find out what **Steve Chopan** and **Steve Kittelberger** have been doing about access points and water trails in our watershed, and get the latest trip and event list.

Classified ads

WANTED:

Canoe, wilderness tripper. Prefer Mad River Explorer or Dagger Legend. Call Steve Kittelberger (716-442-6138 or 716-422-4195)

FOR SALE:

Seal Sprayskirt, Medium.....\$50
Mike Marini (716 288-5232)

Contact Rick Williams (716 381-3418) for:

Aquaterra Prism sit-on-top touring kayak w/
thigh braces\$350
Dagger Vortex w/ bulkhead (used 8 times)
.....\$450
SnapDragon Spray Skirt (L) for Medium
cockpit (NEW)\$65
Black Diamond graphite kayak paddle (NEW)
.....\$75

To submit advertisements contact Mike Marini at 288-5232.

FLOW Paddlers Club
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Rochester, NY 14612

stamp