

FLOWlines



Newsletter of the Finger Lakes-Ontario Watershed Paddlers Club

Volume 2 Issue 4

May, 1997

Greetings from the Stern

As I write this greeting, I'm suffering a severe case of late-winter cabin fever which can be cured only by paddling. But by the time you read this, I will be on some river in the Smokies, and well along with my therapy. How about you? If you haven't been out paddling yet this spring, let's see you out on the water! The Steering Committee has arranged a full slate of paddling events, something to suit every taste. FLOW now has full liability insurance, but it requires each trip member to sign a waiver form available from the trip leader. The Steering Committee is still working without a Program Chairperson, the critical position which coordinates these outings, as well as the monthly programs. If you are interested in helping in this capacity, please step forward.

Rick Williams has mobilized a great crew to clear brush and clean up the future FLOW whitewater site at Lock 32 on the Canal. Progress is good, but your help would be welcome: call Rick to find out when the next work party occurs. And Steve Chopan is active in developing canoe launch sites on the lower Genesee, and he would welcome your help in these endeavors.

Your membership and enthusiasm for FLOW have been impressive so far. Let's keep on stroking!

Steve Kittelberger
President

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Do you have what it takes to teach?

by Ardie Shaffer

For all those who have ever considered teaching their paddling specialty, by our Education and Instruction committee chairwoman.

Think for a moment of your favorite teachers throughout your life. Why did you like them? Did they share common characteristics? How did they teach? There are many who graduate from college with teaching degrees. They know their stuff in a clinical sense, but they can't teach. This is as true in sport as it is in academia. So how do you know if you have what it takes to be a teacher? What makes the crucial difference?

I've taught hundreds of kayaking students over the past few years, and I've also taken my share of classes. I think there are four essentials a teacher must possess to be successful. They are:

- a passion for the subject
- a desire to share that passion
- a genuine concern for their students

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Next Meeting - Brad Gillespie, "premier wooden paddle maker"

The next FLOW meeting will be held Thursday, May 8, 1997 at 7 p.m. in the Rochester Watersports Center in Genesee Valley Park, which is the home of our summer meetings. The Rochester Watersports Center is the green frame building next to the Canoe Livery.

This month's program is "De-mystifying the wooden paddle" by Brad Gillespie, a nationally-known builder of high-end wooden paddles who lives in Webster, NY. Brad was recently mentioned in Rochester's Democrat & Chronicle as "the premier wooden paddle maker in the world."

The Steering Committee will meet on May 8, 1997 at 7 pm at Mike's Place, where Heather does all the cooking. Come on out and see what they've cooked up at 221 McKinley!! (Call 288-5232 for menu.)

FLOW organization

Officers

| | |
|-----------------------|------------------------------------|
| President | Steve Kittelberger 716 442-6138 |
| Vice President | Harry Weidman 315 524-9295 |
| Secretary | Ann Watts 716 442-8791 |
| Treasurer | Mike Shafer 716 227-9291 |

Committee chairs

| | |
|-------------------|-------------------------------|
| Facilities | Rick Williams 716 381-3418 |
|-------------------|-------------------------------|

| | |
|-------------------|----------------------------|
| Membership | Art Miller 716 334-5810 |
|-------------------|----------------------------|

| | |
|---------------------------|--|
| Programs and Trips | <i>currently seeking</i> |
| Communications | Heather Mummery Mike Marini 716 288-5232 |

| | |
|------------------------------|-------------------------------|
| Education/Instruction | Ardie Shaffer 716 334-4487 |
|------------------------------|-------------------------------|

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

Upcoming trips/events

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

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 |

FLOW HotLine: 716 288-5127

The FLOW HotLine is now in service!

Call the FLOW HotLine at any time for information about.....

- recent changes or additions to the trip list
- local river gauge information
- spontaneously-generated trip or event information

To access the FLOW HotLine:

1. Dial 716 288-5127 from a touch-tone phone.
2. To listen to messages left by other paddlers, press the remote access code (50) any time during the greeting. After entering the remote access code, enter commands from the list below to access messages.

FLOW HotLine commands

| To | Enter |
|-------------------|-------|
| Play messages | 7 |
| Play new messages | 6 |
| Stop/Pause | # |
| Repeat a message | 2 |
| Skip a message | 5 |

3. To leave a message for other paddlers, listen to the greeting (or press * to skip the greeting) and leave a brief message after the tone.

The FLOW HotLine is sponsored by FLOW Paddlers Club for FLOW members. The FLOW HotLine is graciously hosted by the Bay Creek Paddling Center.

Gauge numbers

| | |
|---------------------------------|---------------------------|
| Genesee River (Letchworth)..... | 716-468-2303 |
| Cattaraugus River..... | 716-532-5454 |
| Salmon River..... | 1-900-726-4243 #365123 |

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!

Lock 32 project moving forward

Due in great part to the initial effort and vision of Rick Williams and the support of FLOW, the Lock 32 Whitewater Project is well under way. The purpose of this project is to collectively develop, coordinate, and operate a recreational paddling facility at Lock 32 under the FLOW Paddlers Club banner. The project was recently approved for Phase I by the New York State Thruway Authority.

Volunteers needed

The project is entering the phase where both coordinators and work force are needed in order to make the project a true club effort. The needs range from administration to cutting and clearing wood. All time and effort is voluntary, but the rewards from such a successful project are many, including community awareness, program development, and providing a paddling home for FLOW. Lock 32 will become a place where FLOW paddlers can throw their boats in the water for an hour or two on a summer day and play around or hone up on skills.

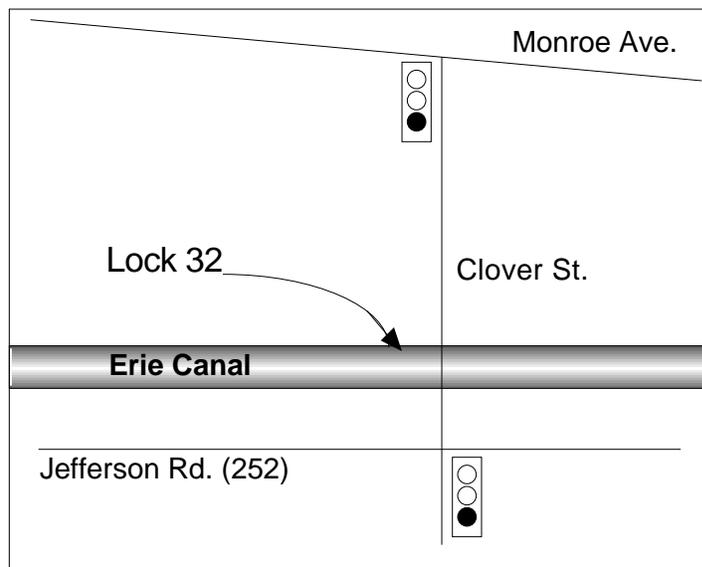
The project coordinators are Rick Williams and Rob Blake. Volunteers are active in the areas of Fundraising, Environmental (monitoring water quality and water flow impact), Programs (community education, events), Operations (determining access rules, hours of operation, fees), Communication (community awareness, publicity), and Work Force.

Wednesday night Work Force

Work began on the project on Wednesday evening, April 16, with a group of nine volunteers who put in a hard night's work of cutting, clearing paths, and dragging brush. Work nights are scheduled every Wednesday from 6 p.m. to 8 p.m. from now until May 14.

Come prepared with gloves and waterproof work boots. The project also needs help in developing put ins and take outs by constructing steps and ramps; if you have ideas, materials, or extra energy, your help and input is welcome.

Call the FLOW HotLine (716 288-5127) for information about unscheduled work nights or weekend times, or call Rick Williams (716 381-3418).§



Access points and water trails

by Steve Chopan

Steve Chopan reports his viewpoints on FLOW's involvement in developing access points and water trails in our watershed

Needless to say, much of our focus will be trips and other club activities. But I personally believe some of our club energies should be directed toward developing access points to get into the water. As more land is developed, many access areas now available will no longer exist. As a club, we should actually address the issue of public right to access. Not only do we not want to lose areas we can now access, but there are thousands of miles where access is either difficult or almost impossible. A brochure by the Washington Water Trails Association describes the importance of access points as "providing ample access for human-powered and beachable wind-powered water craft so that the opportunity to anyone with a sense of adventure for small boat travel or exploration can be fulfilled."

By developing these access points every 5 to 7 miles, we will enable paddlers in any area to do routine or daily work-outs like bikers and joggers now enjoy. Those access points could later be connected into water trails, which could provide overnight camping trips. The development of these water trails could provide certain regional and local economic benefits. But even more important than those economic benefits is the long-overdue clean up of all our waterways and the development of a public consciousness to keep them clean and protect them. There are now several dozen water trails in operation in the U.S. and Canada. Some examples of those are

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Access points – continued from p. 3

the Maine Island Trail (325 miles long, access to 80 islands, 3,000 members), Cascadia Marine Trail (140 miles long, 1,500 members), South Carolina River Trail, Chesapeake Tidewater Trail, Hudson River Trail, Lake Champlain Paddlers Trail, and Boundary Waters Canoe Area Wilderness (200,000 visitors per year). Many others exist.

FLOW presently has available several publications from other groups that give some insight into modern water trail development. "Modern Water Trails as a Guide to Establishing and Maintaining Recreational Waterways on Fresh and Salt Water" was provided to us by the Maine Island Trail Association. "Water Trail Opportunities", which is a case study for the Monterey Bay National Marine Sanctuary, was given to us by the California Coastal Commission. I would also encourage FLOW members to read related material about access and water trails in publications such as Sea Kayaker magazine and other paddlers publications.

Recently in the Adirondack Mountain Club's (ADK) Waterways committee, chaired by Gretchen Schauss, we set up an access committee. Only two of five members belong to FLOW (Steve Chopan and Steve Kittelberger). As you can see, we could use some more FLOW members for this committee.

On Tuesday, April 1, 1997, we met at the Seneca Park Zoo to inspect a site at a staircase leading to a dock for possible canoe/kayak access. We have also inspected under the west side of the Stutson Street bridge for a possible access point there also. To date, we have had some informal meetings with city and county officials about access issues, which at this point seem to be quite positive and encouraging.

I believe that through an access program we can develop ethics and stewardship toward our waterways. And the philosophy of "leaving the shoreline and aquatic environment in a better condition than found" can be integral to our code ("Linking people to places of nature and history by travel in small boats," Washington Water Trails

Do you have what it takes? – continued from p. 1

These qualifications, plus the requisite knowledge of your subject matter, add up to a good teacher. Since my subject is paddling, let's talk about these traits as they relate to teaching paddling:

Passion for the sport

I was addicted after my first day on the river. Kayaking changed my life! I can't remember what I used to do before I discovered it. It made me fit, made me quit smoking, made me care about the environment. Most of all, it focused my attention on the moment and was at once the scariest, most stressful, and yet the most exhilarating and relaxing thing I'd ever done. So it's easy for me to be enthusiastic about this sport. You can't fake this enthusiasm—your students see through you in a second and you lose your credibility immediately.

Desire to share the passion

I have as much fun teaching others as I do just play-paddling myself. If I didn't, I wouldn't do it. An instructor's greatest reward is seeing students not only succeed, but surpass you in their abilities. A quote from one of my instructor classes: "I must hurry to catch the others, for I am their leader."

Concern for your students

You absolutely must like working with people to help them succeed. Most of these folks have paid money for the pleasure of your company and the benefit of your expertise, and they deserve your full attention and genuine concern.

You must also reassure your students that they will be as safe as possible with you. Professional certifications are important here. In addition to American Canoe Association (ACA) instructor certification, I am also a New York State licensed guide, emergency medical technician, and swiftwater rescue technician. These credentials tell my class that I know what I'm doing and have "paid my dues" for the privilege of teaching them.

fear of competition, fear of others' opinions, fear of personal inability to master a skill, etc. After all, whitewater kayaking is usually portrayed as a life-threatening adventure when we see it on TV.

This is where your sense of humor is invaluable. Nothing evaporates fear, or makes it manageable, like laughter. I do things like wear my sequined life jacket and spray skirt in my classes (the river gods like it when you dress up!). My other PFD sports a purple bow tie. I

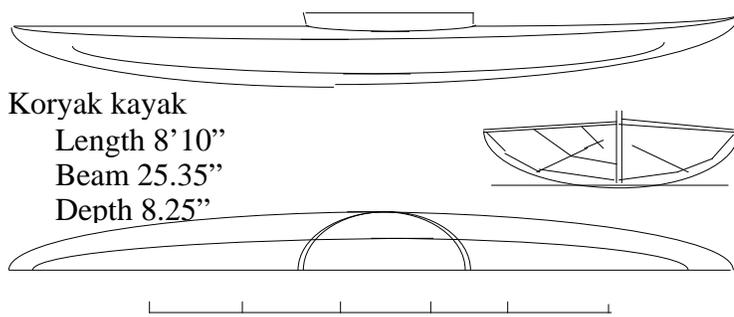
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Koryak kayak

Length 8' 10"

Beam 25.35"

Depth 8.25"



Good Friday on the Salmon

by Ann Watts

It was an absolutely gorgeous day – mid 60's and bright sunshine honored our first FLOW-sponsored whitewater trip of 1997. The weather and the promised water level of 500 cfs on the Salmon River brought out thirteen paddlers - myself, Jim Low, Doug, Carolyn, Bill Kipers and his son Leslie, Jerry Hargrave, Marty, Perry Vayo, Andy Cooper, Rick Coleman, Steve Kittleberger, and...one other. We met at the McDonald's in Pulaski at 10:30 in the morning. Some of our early birds had already checked out the put-in, and concluded that there was actually only 350 cfs being released. So the gauge isn't as reliable as we would like. The news was disappointing, but 350 is still a nice level. Personally, I felt almost relieved, as this would be my first outing this season, and my first ever in such cold water (thanks for the drysuit loan, Helen!). Because of the low level, two paddlers defected to the Black River - Marty and Perry decided to surf their brains out at a wave near Route 3. So FLOW put on at the Trash Compactor with eleven boaters.

For those of you who may not know of the Salmon, here is a brief description: It is located near Pulaski, which is between Syracuse and Watertown and about a two hour drive from Rochester. It drains the southwestern Adirondacks and empties into Lake Ontario at Selkirk Shores State Park. Most paddlers that I know do this as a day trip, but if you go for the weekend, Selkirk Shores is a nice place to camp. Water levels are controlled by a dam, and the phone number for the gauge is on page 2 in this newsletter. There are three possible put-ins - Pineville is the farthest upstream, then comes the Trash Compactor and finally the Fairgrounds. Pineville to Trash Compactor is a class I-II run, a great warm-up for beginning kayakers. Yes, the "Trash Compactor" is just that - one of the Town of Pulaski's refuse-handling "facilities." It's better than the take-out. From Trash Compactor, the rapids start out class II, work their way up to class III, culminating in Town Rapid and then the famous Titanic Hole. There is one rapid below Titanic, and then the take-out. On hot days, you can spot the take-out by the smell – it is at a sewage treatment plant known as Black Hole (actually, look for a sharp right bend in the river. There is a small beach on river right with a fairly steep but short walk up to pavement. River left spreads out in a large pool before it rounds the corner). The Fairgrounds put-in is a short ways upstream of Town Rapid, and is generally only used at very low water levels or by paddlers who have the energy to re-run the last few rapids.

There are two serious hazards to watch for on this river – strainers and fishermen. We had both to contend with on Friday, but luckily not too much of either! With eleven boaters, it was impossible to keep together in one group, but we managed to hold together two or three smaller groups at a time within the span of any two rapids. Spreading out allowed us all to make the most of the many surfing opportunities. We were also blessed by many tiny streams of water (i.e. snowmelt) running into the river. They boosted the level to something comparable to a release of about 400 to 450 cfs. Play was only limited by water temperature – at 37 degrees, no one wanted to side-surf Titanic for very long!

In all, it was a beautiful day with fun water, great company, and lots of sun. What a great icebreaker!



Do you have what it takes? – continued from p.4

looks totally ridiculous. I'd love to find a bicycle horn which would mount on my boat or paddle. I'll pull into an eddy and say, "Pardon me, but do you have any Grey Poupon?" or some other totally inane thing. Anything that breaks the tension and makes people laugh will work.

So, am I describing you? If so, let me know. There are lots of students out there—and I could use some help! And by the way, do you have any Grey Poupon? §

Dagger Old Town Mt. Surf
 Wenzel Wilderness Systems Electro Sport
 Stollquist Perception New Wave

Since no two paddlers are alike, we listen and respond to each customer and their particular needs.

We buy, trade, and sell used boats and gear.

Concoct Rafting Demos every Thursday evening on Silver Lake.

LETCHWORTH OUTFITTERS

3 Miles from Letchworth State Park
 6 N. Main St. • Perry • 237-6180

Deadline for next newsletter

The deadline for submissions for the next newsletter is Monday, May 19, 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 (address on page 2).

Outrigger canoe racing...in Rochester?

What: The Rochester River Challenge
Where: Genesee River in Rochester's South Wedge
When: Saturday June 7 and Sunday June 8
Who: Anyone who wants to try outrigger canoe racing

Teams of 5 paddlers will be allowed to enter the novice races on Saturday; each team will be supplied with an experienced steersman.

Local participants include Jan Whitaker, and Marc and Brad Gillespie.

The event will also feature a **flotilla of boats**. To enter your craft of choice in the flotilla, contact Jan Whitaker for submission information.

Classified ads

Due to lack of apparent need or interest, classified ads will be officially de-classified next month and reinstated only if sufficient need requires. Monthly listings will no longer be displayed; please feel free still to call in any items you have for sale or are looking for!

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)

To submit advertisements contact Mike Marini at 288-5232.

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

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