

FLOWlines



Newsletter of the Finger Lakes-Ontario Watershed Paddlers Club

Volume 2 Issue 5

June, 1997

Appalachian Spring

by Steve Kittelberger

Brrrrr! I rolled up sputtering and blowing the cold water of the Youghiogheny from my nose and mustache. Some southern paddling trip! Mike Shafer and I had been dreaming of this week-long trip for three years, but those dreams always contained soft April sunshine, flowering dogwoods and WARM water, not this! But at least we were finally here (In each of the three previous springs the trip had to be canceled.) Brian Garnsey would join us tonight at Riversport's campground, and various others had hinted at paddling with us at the start or end of our trip. Using the Youghiogheny as a focal point in southern Pennsylvania, we planned to paddle for a couple days as whim and water dictated, then head south to the Nantahala Outdoor Center in the Smokies for several more days of paddling.

Brian arrived late Sunday night, as promised, but in a cold driving rain. In the morning our appetite for spring prevailed. We packed up and headed south, reasoning that this second cold, rainy day was better spent as a travel day.

At N.O.C. at last we found spring and warm water. Lots of warm water. Unlike the watersheds of Pennsylvania and West Virginia, the Smokies had been receiving lots of rain, and the rivers were in full spring spate. Here we found endless wave trains, glassy green surfing waves, and ledges and drops to stop the heart and start the adrenaline. Here the Nantahala, Chatooga and the French Broad sought out the little errors of timing and balance which had settled into our paddling techniques over the long

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Stick it in your ear!

by Jerry Hargrave

Disclaimer: This is not just another excuse not to roll.

Remember last winter in the pool? You wore your nose plugs religiously. You did this so that the chlorine wouldn't screw up your sinuses. When you didn't wear them, a day later your sinuses dried out like an old kitchen sponge, then your head felt like it was caving in as your nose drained large amounts of snot.

But even when you practiced rolling WITH the nose plugs, you still came up with a nose full of water, especially on your bad side. You actually had to remove the plugs to let the water drain out! How the heck could that have happened? And you exclaimed, "Those darn nose plugs, I gotta get a new pair!"

Or maybe you thought the nose plugs were a little loose because you had pizza nose. Pizza nose is when you chowed down on greasy pepperoni pizza the night before. At the put-in, you look like you put lots of greasy sunscreen on your nose, but actually

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Next Meeting - outfitting and fitting your boat

The next FLOW meeting will be held Thursday, June 12, 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 on outfitting your boat and fitting it properly, with tips for repairing worn boats and gear, by Ardie Shaffer.

The Steering Committee will meet on June 5, 1997 at 7 pm at Ann Watts' apartment, 150 Park Ave., Apt. 8. For directions call Ann Watts (716 442-8791). The Steering Committee will discuss upcoming membership cards, Lock 32 and any new gossip about Steve Kittelberger's latest travels, and be entertained by the antics of Ann's new kitten, Jasmine.

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
<i>Committee chairs</i>	
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 June 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!

The Upper Ganargua Creek

May 2, 1997: Farmington -- Palmyra Canal Park, 8 Miles

There was a light rain falling as I left the house at 7:30 am armed with my chainsaw to work on the Erie Canal pathways with the Macedon Trails Association. By 8 am, the phone rang and my wife assured the caller that the day's paddle was on, rain or shine. By 10 am the rain stopped as six other adventure seekers gathered after breakfast in Macedon. "Rain before 7, clear by 11," I remarked. The list of 11 interested FLOW Club paddlers was down to 7 as we departed for the put-in location.

In sea kayaks were Steve Chopan, Steve Heavey, Bill Lawton, Rod Thompson, Jim Wood and myself, while Bob Pierson worked as the sweep boat in his C-1. This was a first-time paddling run in moving water for Jim and Steve Heavey. As a matter of fact, it was Steve's one-week anniversary to sea kayaking.

The put-in is located on Allen Padgham Road in Farmington; the take-out at is the Palmyra Macedon Aqueduct County Park boat ramp in Palmyra near Erie Canal Lock #29. The water level and creek conditions were "OK" but more rain water would have made it "more OK"! It was ideal for the new-bees, and provided enough diversification for others to keep their interest up and hone their paddling skills. The world of playtime surfing behind rocks and a small falls was an untried experience for several.

While waiting for the group to put in, Bob Pierson exclaimed that a frog had jumped into his canoe. This I thought was strange, not seeing any frogs around myself. Bob said this is not the only time it's happened to him. His first encounter with a frog hitch-hiker ended in one of the best paddles he has ever had. Ask Bob to fill you in the next time you see him, and it'll change your opinion of frogs forever.

Spring was in the air as trees were budding out and wild flowers blooming. This trip provided a lot of wildlife sighting as it has in the past. Red-tail hawks, great blue herons, Canadian geese, ducks, song birds, squirrels, a bear (silhouette only), and an 8-foot long basking black racer snake (plastic hose) were noted. We saw the work of beavers and marveled at their abilities as well as the consequences they caused. Canadian geese stood by their nesting grounds as we floated by for great photo shots of their yellow fuzz-ball chicks. Giant sycamore trees dotted the banks, some supporting overhead trolley rigs crossing the creek. All the time Steve Chopan, aka Buck-Buck, kept a sharp eye and saw ready for anything out of the ordinary.

Two obstructions were found. The first, one hour into the trip, was formed by debris that found us easily walking around it. The second, near the Macedon mill race, was a downed tree spanning the creek. The fearless leader beached and jumped into action by proceeding to chainsaw the tree into passage submission. National River Cleanup Day therefore started one day early around here.

We stopped to play at a small 1.5 foot ledge drop that gently pulled us into its base and allowed the experience of surfing. Bob explained the finer points of paddling upstream back to the playground area as several got washed out of the action zone but wanted more.

The last half hour got much quieter but a bit faster paced as the blue skies turned gray. A 10 minute stretch of a little rain, a little distant thunder, started the party wondering how much further to the take-out. We took out at the Canal Park ramp in high spirits, ending a 3 hour and 45 minute Spring trip down a nifty stretch of Ganargua Creek. A few more boats and paddlers were broken in for the season, ready to partake in paddling tales and witness first-hand paddling adventures led by-

- Harry Weidman -



Appalachian Spring – continued from p. 1

winter. We surfed. We flipped. We rolled. And sometimes we swam. Brian's lips grew long reaching for air on an epic underwater swim at Frank Bell's Rapid. Steve tried surfing Dimple Rock on the Yough, to his own chagrin and the vast amusement of the onlookers. We were introduced to the glories of the Chatoga by a pair of Arkansas rednecks, who gave us good lines and bad Bill Clinton jokes.

After six days of continuous paddling, we'd had enough. Both our muscles and our concentration were suffering. But will we be back next spring? Does a paddler need water? Whoever wrote "April is the cruelest month" was not a whitewater paddler.

Stick it in your ear – continued from p. 1

you hadn't applied anything. You put the nose plugs on and they slide right off; the spring-loaded ones go "BOING," killing anyone within distance of the string.

Remember human anatomy 101? It was the course you took only as an elective because you wanted to study late with Barbie, that cute girl in the back of the class?

Dr. Hargrave Speaks: Lesson one – the hip bone is connected to the thigh bone. The thigh bone is connected to the cockpit rim. Etceteras. Well, remember there is a tube running from your nose to your throat. I remember it's called the Eustachian tube or something like that. It's only valuable use must be Eustachianasia. It's the tube that allows smokers to inhale a drag, plug their noses and exhale smoke through their ears! Yeah right, tell me that's disgusting. Like you never did any cheap bar tricks! But it proves the nose is connected to the ears.

When you roll over, the water goes in the ear, down the tube, and up the throat. Then when you roll back up – wallah! water in your nose! Well guess what? You could wear a welder's C-clamp on your nose and still get water in your nose. That's because you haven't plugged all the holes yet. At least the ones above the waterline.

Did ya ever have to roll in REALLY cold water? I'm talking COLD water, like Fish Creek in March when the main danger is ice falling from the canyon walls. I get real disoriented. Well, when the cold water gets in your ears, it freezes the cochlea (I hope Vet Pierson gets to correct this spelling before press time). (*He won't, but Editor Mummery will.*) That's the little hairy-looking snail-like doohickey way down inside your ear. Hot flash! (Barbie and I practiced anatomy to the *n*th degree.) And after you pull the skirt you are so dizzy you can't even find which way is up. Let's face it, when we are upside-down with cold water in our ears we revert to some animal survival instinct – we panic! To test this theory, simply squirt some cold water in your dog's ear to see if it's a natural mammal thing.

Or sometimes when you roll in really cold water, you get an "ice cream headache." That is when it feels like Godzilla is trying to crush your skull. What? You say you never had this happen on or off the river? Then tell some non-friend you will buy them a quart of ice cream if they eat it within 5 minutes. You will learn exactly what I am talking about. This phenomenon actually freezes the blood vessels in the back of the throat; they constrict and shut off the blood that was feeding the brain. The

brain, deprived of oxygen, turns your friend into a screaming idiot. He will start running around the ice cream parlor holding his head in both hands, running into tables, drooling semi-melted ice cream. Another neat trick for your repertoire!

Let's face it, you are gonna try this latest gadgetry soon, so let's talk about the equipment. You can be the first one on your local streams with this neat and stylish accessory.

Do not use the cheap foam plugs. They get full of water and float. If we all used them the eddy downstream of McCoys would look like the red tide had set in on the Ottawa.

Don't use the wax kind either. On a hot day in July, your ear will start weeping waxy fluid. This doesn't look at all cool, even when doing a shutter rudder at the Very Scary Ferry above Phil's. And to make matters worse, when you do hit the comparatively cold water, the semi-melted wax plugs will solidify. Then you have a semi-permanent plug.

Don't wear shooting-style ear muffs either, lest you are mistaken for some radical militant. The very best ear plugs are the ones that have a rubber band between them. All OSHA manufacturing sites are required to have them around equipment. Assuming you are a non-employed paddling dude or student, ask your buddy to steal a pair for you from the job he or she currently has.

Correctly worn, they are worn just like when your mom used to sew your mittens together. Remember, she ran one mitten out each jacket sleeve attached to the string over the shoulder. Come on guys, I can't be the only one who had to do this! No, silly, you don't actually put them down your paddling jacket sleeves, unless, of course, you want to drift downstream looking like you have a finger stuck in each nostril! To wear them stylishly, you just drape them around your neck like a fine silk scarf. When you see any rapid over class 3, sing the Glade song – "Plug it in, plug it in." The rafters you didn't see behind you will think you are a pervert! I sometimes even wear them inside my wet suit hood.

So go ahead. Get some and try them! It's the best experience when ya do roll over with ear plugs. It is real quiet and almost calm down there. That is because there is no water rushing into your head. You can appreciate fish, maybe a few bubbles. But there is no animal panic. I imagine it feels just like they say it feels just before ya croak! Of course, you were too deaf with your ears all plugged up to hear your pals screaming at you above that horizon line!

-Jerry

Waterways Stewardship

by Harry Weidman

While visiting the Maritime Museum in Beaufort, North Carolina, recently, I came across an interesting exhibit that made me think of the upcoming National Rivers Cleanup [May 18]. It showed a biodegradation time line depicting how long it takes the sea to break down common, everyday objects. I don't know if fresh water would shorten or extend these periods. These are the same waste objects we've all seen on paddles at various places both near and far. It made me realize the long paddle that lies ahead of being a good steward, to maintain and preserve our nation's waterways, the jewels of our sport. The time needed to degrade many of modern mankind's incredible products, many invented just within my own lifetime, staggered me. What was haphazardly discarded today would likely remain not only beyond my life span, but for many future generations before nature could take care of it.

Apple core	2 months
Waxed milk carton	3 months
Tin can	50 years
Styrofoam cup	50 years
Aluminum can	200 years
Plastic 6 pack holder	400 years
Plastic bottle	450 years
Monofilament fish line	600 years

The plastic products are also killers of marine and wildlife creatures as they entangle, strangle, drown and fail to make it through digestive systems of their victims. It happens not just once, but repeatedly because of their long decay cycle. I've taken a new outlook on monofilament line and carry a knife to root it out of my playgrounds. If God made it, fine. If man made it, take it home! It's a good day when you return home with more than you started with.

FLOW river cleanup postponed... but not forgotten!

Due to forces beyond our control, the FLOW river cleanup and picnic scheduled for May 18 has been postponed. The river cleanup day is a wonderful opportunity for paddlers to make a visible, immediate difference in the quality of our own local waterways. Call the FLOW HotLine for updates, or watch for notification by mail or by FLOWlines.

25 signs that you've been paddling too long

1. You forget the name of the river you're on.
2. You think you recognize someone on the street and you ask what paddling club he belongs to.
3. You describe your house as being on road right.
4. You kneel while watching TV.
5. You can't associate the word "strainer" with cooking utensils.
6. "Roll" is not a type of bread.
7. A "brace" is not a piece of medical equipment.
8. Your paddle has a name.
9. You're late for your wedding and find yourself in dress clothes sliding down a river bank checking the gauge.
10. You go paddling on New Years Day for the ice cream.
11. You get a great deal on a new car, but you don't buy it because the color clashes with your boat.
12. You think of garbage bags as something warm and dry to wear.
13. Someone compliments you on your new suit and you wonder whether they're referring to the wet one or the dry one.
14. You never worry about getting your feet wet in a rainstorm.
15. You realize that you have just traded a vehicle that runs for a boat.
16. You actually like the smell of neoprene.
17. You want to try on clothes at the mall and you strip down beside the clothes rack.
18. You have no doubt that anything can be fixed with duct tape.
19. Your doormat says "Put in Here."
20. You carefully arrange your garage to fit more boats.
21. A "painter" is a type of line.
22. Calling your answering machine gives the water levels.
23. You think "heavy rain" is a good weather report.
24. You can't understand why anyone would want an air bag in a car - or how it would fit.
25. You see nothing strange about carrying a boat over a mile on a trail that you wouldn't even consider hiking on.

Deadline for next newsletter

The deadline for submissions for the next newsletter is Monday, June 23, 1997. Submit articles, trip announcements, news of recent or upcoming activities that June 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).

Dagger Weamer Stollquist
Old Town Wilderness Systems Reception
Mt. Surf Electro Sport New Wave

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

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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)
- Dagger Response, w/spray skirt.....\$300
Perry Vayo

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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