

FLOWlines



Newsletter of the Finger Lakes-Ontario Watershed Paddlers Club

Volume 2 Issue 6

July, 1997



Art Miller and Rick Williams making progress at Lock 32 on Saturday, June 21.

ACA Instructor Certification: What is it and why do I need it?

by Ardie Shaffer

Hi, everybody! I'm back after a month's absence from this space because I just didn't have time to put a column together. Too many people wanted to learn how to paddle and there just weren't enough instructors to spread around. But here's the good news, both for our club and all those prospective students out there: We just completed an ACA Instructor Certification Course and eight of our members received teaching certifications at the following levels:

Art Miller - IP, IRP, Flat Water (Kayak), Moving Water (delayed until 9/97 to allow time for recuperation from shoulder surgery)

Jeff Schoonover - IP, IRP, Flat Water (Canoe/Kayak)

Dave Bojanowski - Whitewater

Rick Williams - Whitewater

Rob Blake - Whitewater

Joel Chastek - Whitewater

Gary Smith - Whitewater (Recertification)

Ardie Shaffer - Whitewater (Recertification)

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Next Meeting - building a cardboard boat (really!)

The next FLOW meeting will be held Thursday, July 10, 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.

For this month's program, Harry Weidman is going to guide us through the intricacies of building a cardboard paddle-powered craft. As a finale, we will test it in the river before its launching at the Macedon Canal Days race.

The Steering Committee will next meet on August 7, 1997 at 7 pm. Location to be determined.

The Event of the Summer is here: FLOW SUMMER PARTY at Selkirk Shores

FLOW will sponsor a summer party in conjunction with the August 2 dam release and tube race on the Salmon River. The party will be held at Selkirk Shores State Park on Saturday evening, August 2, starting at 6 pm. FLOW will provide hots, hamburgers and liquid refreshments. You bring the rest! Plan to attend and camp overnight whether you're paddling the Salmon, the Black, canoeing or sea kayaking in the area.

Call Steve Kittelberger for details at (716) 442-6138.

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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
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Membership	Art Miller 716 334-5810
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Programs and Trips	Noreen Wiatrik 716 288-5839
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Communications	Heather Mummery Mike Marini 716 288-5232
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Education/Instruction	Ardie Shaffer 716 334-4487
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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:

Endless Adventures	1-800-YOU-TREK
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

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.

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

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

Exploring Irondequoit Bay

by Harry Weidman

May 17, 1997: Lake Ontario, 12 Miles

The morning started out gray and cool as I arrived at the Bayfront Restaurant on Empire Boulevard at the south end of Irondequoit Bay. I walked around behind the parking lot scouting vehicles for mounted canoes or sea kayaks. None yet. Here Canadian geese strutted about back on the creek-side lawn pecking for breakfast while keeping one eye on me and the other on their five yellow fuzz-balled chicks. Yes- it was Spring. The trees were just starting to bud out with small green leaves.

One-by-one, intrepid paddlers eager for adventure showed up—Jim Woods, Steve Healey, and Al Pietzold. The lot of us, all sea kayakers, put in at the southwest bay launch site on Bay Front South. There was plenty of room to park today, but during summer it may fill up with jet skiers. The plan was to cruise the Bay for two hours and meet others to do the portion of Irondequoit Creek for lunch. Since there were no others to meet, we were it.

The southwest shoreline was explored first. What was a cove just past the marina had an island formed due to the higher water level. A lot of the mountainous sand banks that surround the bay had eroded more over the winter, causing large sections to cave into the water. Sand swallows flirted about from their nesting sites burrowed out of the sand cliffs. Past the condos, we paddled onto the cattail point marking Densmore Creek. Here, two 50-foot long, 12-foot wide culverts exist. One has to navigate under a downed tree, over a vine-crossed creek and through the draped vegetation guarding the entrance before proceeding in. Downed trees at the other end prevent further exploits up the creek.

Many sailboats from the Rochester Canoe Club and Newport Yacht Club were enjoying the breezy day, but very few power boaters, mostly fishermen, were out. Instead of turning back at the Route 104 Bridge for the creek run, we decided to look for the house that slid into the bay recently near the Mohawk Club. What we found was a dwelling definitely beyond the fix 'er-up stage. Sight of the distant bay outlet and Lake Ontario beyond called to us as we cruised through Little Massaug Cove, Hides

Cove and German Village. Again, another “Why not?” resounded.

Once past the channel and into the lake, the wind picked up as two-foot waves diverted our attention. We practiced 180 degree turns using the wave peaks as pivot points. Steve, on his fourth time out in his new sea kayak, was soaking in the sights, sounds and actions the sport offered him. It was all new input to savor, and it was obvious he was enjoying his first lake ride. He was hooked. An easy east shore excursion sought out Heds Island and the two hidden coves towards the south end of the bay.

By the time we reached the cars again, six hours of fresh air, water, and yes, even sunny, blue skies were ours to enjoy. We never got into Irondequoit Creek. We're using that as an excuse to go back again, maybe a full-moon paddle, at another time.

Seneca-Cayuga Canal trip

by Bryan Schoeffler

June 1, 1997

Despite heavy rain the night before and early on the trip morning, seven of the anticipated 12 boats showed up at the meeting place in Waterloo. Ten paddlers came from Rochester, Syracuse, Binghamton, and Bath. Clubs represented included Ka-Na-Wa-Ke canoe club (Syracuse), Ahwaga Canoe Club (Binghamton), FLOW Paddlers Club (Rochester), Genesee Valley ADK (Rochester), and Onondaga ADK (Syracuse). Steve Healey, Steve Chopan, and trip leader Bryan Schoeffler represented FLOW. Boats included four kayaks of various sorts and three canoes. The only glitch in the trip was the result of a squirrel. We were told a squirrel was the cause of a power outage to all of Seneca Falls, including the two 25-foot deep locks we had to go through there. After checking out possible portage routes, the decision was made to extend our lunch stop and to wait for the arrival of a back-up generator to power the locks. The power came back on in town as they were working to hook up the back-up generator. Wildlife spotted included ducks, herons, and even a hand-carved alligator. We made the take-out on Cayuga Lake before the evening rain settled in.

A PADDLER'S PRAYER

Paddling in Georgia last month with a pair of Arkansas canoeists, I was surprised and charmed when one of them asked us all to gather for a short blessing before launching on the river. As nearly as I can recall it, this was his prayer:

Lord, we thank You for the opportunity to partake of Your beautiful outdoors today. Give us the wisdom to enjoy it, and not to despoil it. May we take only joy and memories. May we leave only footprints in the sand and little whirlpools in the river. Grant us the discretion to increase our paddling skills without exceeding the limits of common sense and safety. And return us at the end of the day to those we love.

Isn't this what we all hope for on any river trip?

Steve Kittelberger

Whitewater Turkey Bashing with Three Rivers Paddling Club, PA

Many whitewater paddlers travel great distances in search of different paddling experiences. While the Genesee at Letchworth, the Salmon River and other local streams are fun, we often look for greater variety and challenge out of New York and even out of the U.S. Wouldn't it be nice to know local paddlers in these distant places? I can think of practical reasons, too – paddling with someone who knows the river, the best campsites, where to find good food and beer...

We have a great opportunity to get to know paddlers in western Pennsylvania through the Three Rivers Paddling Club (TRPC). TRPC is based in Pittsburgh, and its members paddle everything from the Ottawa River in Canada to the countless waterways in Pennsylvania, West Virginia, and beyond. TRPC also runs two whitewater boating clinics each summer. A handful of FLOW paddlers joined me at their Slippery Rock Creek Clinic in early June. I have been going to this clinic every year for four years now, and I still learn something

new every time. I also meet and get to know different paddlers every time. I am looking forward to my third Turkey Bash Clinic this coming August 16 and 17 – all by itself, the turkey dinner Saturday night is worth the drive! If you go, depending on your skill and the water levels, you may paddle the Casselman, the Middle or the Lower Yough Rivers. You are also guaranteed to meet the paddlers who consider these rivers their own playgrounds.

These two clinics are run entirely on the volunteer power of the TRPC, and you must join the club to attend. Membership has its benefits– you will have access to their trip list and other information published in “The Paddler’s Gauge,” the TRPC newsletter. For example, one of their members is currently organizing a series of week-long trips to Mexico, and is looking for paddlers to join him (see insert below).

If you are interested in attending the Turkey Bash, give me a call at (716) 442-8791 by July 22 so I can get the registration materials to you on time, and so I can fill you in on the details. Registration materials are due NO LATER than August 1, and TRPC is earnestly serious about enforcing this deadline. If you just want more information about TRPC in general, call anytime (before 10:30 pm, please!). Hope to hear from you soon!

-Ann Watts

Editor's note: The following is an abbreviated announcement of commercially-operated paddling trips by a member of Pittsburgh's TRPC.

MEXICO 1998 with Calleva Outdoors

We would like to invite club paddlers and other river diehards to our next Mexican adventure in the winter of '98. We do the waterfall rivers of the central highlands of the Sierra Madre Oriental, as well as the deep canyons in the southern state of Veracruz. Our trips have three levels of difficulty: Expert, Advanced, and Intermediate.

We have an illustrated brochure that describes the trips in detail; it can be mailed or e-mailed to you by contacting us at the addresses below.

- Tom McEwan, Bruce Berman, and Alex Markof

Bruce Berman
1151 King Ave.
Pittsburgh, PA 15206
(412) 661-3872
e-mail:
ybberman@usaor.net

Tom McEwan
15101 Seneca Rd.
Darnestown, MD 20874
(301) 417-2994
e-mail:
tom.mcewan@BUS.COM

ACA certification—continued from p.1

Hearty congratulations to these folks! ACA certification is not easy to achieve. The organization has very high standards for teaching and paddling skills. Our Instructor Trainers commented on the high quality of the applicants in this course, which is a tribute to the skill levels and commitment to safe and fun paddling we have in our club members.

In the past few years, many of you have mentioned to me your interest in instructional certification. While the subject is fresh in my mind, let's look at the certification process, what it means, and why it's important.

The American Canoe Association (ACA) is currently the oldest and only organization certifying instructors in paddlesports. For those who want to teach paddling courses, ACA instructor certification entitles you to purchase liability insurance for you and your students at very reasonable prices. But the most important reason to get the certification, in my view, is this: ACA instructor certification is your professional credentials; it attests to your ability as a teacher and a paddler. It tells your peers and students that you know what you are doing and have proved it; you've paid your dues—in both time and money—in advancing a sport you love, and you are qualified to share your expertise and enthusiasm with others.

The least expensive and most convenient way to take the course is to get a group together and have the instructor trainers come to you. You can stay at home and paddle your home waters, thereby easing the stress levels which are always part of these courses. If you want to take the course as a vacation somewhere else, it will cost a lot more, but you'll have a chance to meet new people and paddle new rivers.

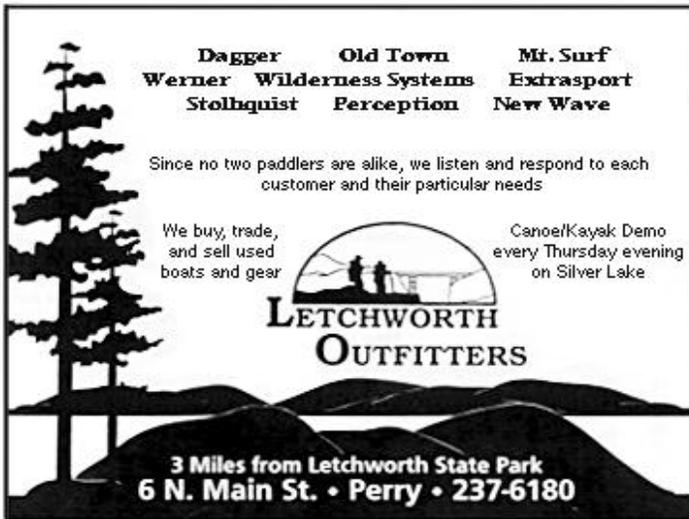
The instructor certification course is a rewarding experience whether or not certification is achieved. You learn a great deal about the sport, about others, and most of all, about yourself. It's one of those rare win-win deals, so if you're interested, go for it! What have you got to lose?

So you think you'd like to pursue this instructor certification? Here's a checklist of suggestions:

1. **Join the ACA.** Instructors must be members of the association as a whole, and the SEIC as well. Annual dues are \$50, which entitles you to newsletters, special prices on books and videos from the bookstore, special pricing on Extrasport PFDs, and a subscription to Paddler magazine.
2. **Buy the Red Book.** The Canoe and Kayak Instruction Manual by Laurie Guillion is still the bible for instruction. Read it and understand it. Start thinking about how you would teach the concepts presented.
3. **Find yourself a mentor.** You are expected to know how to paddle AND how to teach prior to taking a certification course. Find an instructor and ask him/me (yes, folks, I'm still the only female 'round these parts teaching whitewater kayak, and yes, I'd be happy to be your mentor!) if you could safety boat, observe, and try teaching segments of the course.
4. **Pick a skill or topic and teach it your way.** Work on presenting your topic with as few words and as much action as possible. Try teaching it using a game, with eyes closed, etc. Make it short and memorable.
5. **Ask for feedback.** When you feel you're ready, teach your topic to real students and ask your class and your mentor for feedback. Did the students understand? Did they do it? Did they do it well? Will they remember it next week?
6. **Expand what you teach.** Using the course outlines in the instructor's manual, expand the areas you teach until you and your mentor are truly co-teaching the course and you feel comfortable teaching all of it.
7. **Evaluate your skills.** Have your mentor videotape your modeling skills on strokes and maneuvers and give you feedback. Videotape several different times after you've had time to practice and improve.
8. **Take the course.** When you are ready, look in the ACA newsletter and paddling school catalogs for instructor certification courses. These courses are offered each year all across the country. Costs vary greatly, as can the quality of the course, so it pays to find out who the instructor trainers are and what costs are involved in addition to course tuition. Overall the quality is high.
9. **Get first aid training.** Either before or after your certification course, take a swiftwater rescue course and get some advanced first aid or EMT training, both for the benefit of your students and your own peace of mind. You will also need to a New York State guide's license if you intend to take classes on many of our local rivers. Information is available from the DEC office in Albany.

Deadline for next newsletter

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



Dagger **Old Town** **Mt. Surf**
Werner **Wilderness Systems** **Extrasport**
Stolquist **Perception** **New Wave**

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Rochester, NY 14612



Classified ads

WANTED:

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

FOR SALE:

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

Dagger Response, w/sprayskirt, \$300. Perry Vayo (716 256-3930)

Canoe - Old Town Discovery, 16' 9", Red, \$375. Bryan Schoeffler (607 776-6705)

Touring paddle, like new, Werner SanJuan, 240 cm., \$150. Al Pietzold (716 388-1279)

LOST:

Wet suit and sprayskirt, at the Lehigh on June 15. Contact Roger Vanderlaan (716 887-3587)

To submit advertisements contact Mike Marini at 288-5232.