

FLOWlines



Newsletter of the Finger Lakes-Ontario Watershed Paddlers Club

Volume 2 Issue 10

November, 1997

Sea Kayaking in Georgian Bay - July 27-Aug 3, 1997

by Harry Weidman

FLOW Paddler members Frank Cabron, Steve Chopan, Bill Lawton, Greg Mosher and Harry Weidman loaded up their sea kayaks plus 300 pounds of gear and were on the road by 7:30 a.m. headed for the town of Snug Harbor in Parry Sound. Parry Sound is a three hour drive north of Toronto, Ontario, Canada on the east coast of Georgian Bay and 350 miles from Rochester, New York. Stopping at the White Squall Kayak Shop in Parry Sound, we got some good maps of the area. We were going to need them. The area we planned to paddle through, Thirty Thousand Islands, was named so with good reason. The great folks at the shop marked our maps with allowable islands to camp on. Frank had done all the trip setup planning, map checking, and shuttle arrangements. Thanks, Frank! Bill was the crew truck driver, only one vehicle was used. Harry provided the kayak trailer and harmonica tunes. Greg was our GPS navigator, while Steve, my bunkie, was a source of week-long group entertainment.

We all passed the basic Kayak Packing 101 course, some better than others, along with the initial boat gear float test. Next, the crew came aboard only to discover some of the gear just had go. The boats had plenty of ballast for stability but paddled like slugs with the extra weight. By 4:45 p.m. the flotilla was on the water starting a FLOW club eight-day sea kayaking adventure. We would journey north into the prevailing winds, through the Thirty Thousand Islands, camp off shore on various islands and end up

at Killarney some 80+ miles away.

A slight overcast 70° day with 15 MPH NW winds and 3 foot waves eased us on our way. We passed a loon, several cormorants, the Red Rock Lighthouse marking the safe boating channel, and 18 other sea kayakers that were returning from a weekend trip with White Squall. I spied a wide grin that appeared tattooed on Steve's face as we paddled west into the sunset.

Our first destination was Aloma Island, seven miles out in the Mink Island Chain and home of Warren & Margaret Edgar, its sole occupants. We met the most gracious couple that live here for six months each year in their lovely setting. The other six months find them in Hong Kong where Margaret teaches English. Two red and white mini A-frames (three if you count the outhouse complete with a flush toilet and a terrific working view from the throne) and a small kitchen house are the only buildings on the red granite rock island. They invited us in for coffee and conversation and we ended up camping the night.

Mon. 8:30 a.m.—Off into light winds with a island paddle break at 10:30. The winds, which seemed to pick up about mid-morning each day, were 12-15 MPH. There were whitecaps and rocky shoals

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Next Meeting - last of year

The November general meeting will be held Thursday, November 13, at 7 p.m. in the Rochester Watersports Center at Genesee Valley Park. (Remember, no heat.) As the last meeting of the year, and without a scheduled program, we'll talk about what we've done so far and where we'd like to go as a club. We'd really like to see everyone there!

Thinking ahead: The Steering Committee will meet on Thursday, December 4 (21 shopping days till Christmas!) at 7 p.m. at a location to be determined. As meeting dates approach, call the FLOW HotLine at (716) 234-3893 (pass code: *FLOW) for details.

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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
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Communications	Heather Mummery Mike Marini 716 288-5232
Education/Instruction	Ardie Shaffer 716 334-4487
Access	Steve Chopan 716 544-4527

Newsletter submissions

Send us news, poetry, trip reports, photos, articles, 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

Contacts

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
Letchworth Outfitters	(716) 237-6180

e-mail: letitout@wycol.com

FLOW HotLine: 716 234-3893

To access the FLOW HotLine:

1. Dial 716 234-3893 from a touch-tone phone.
2. To listen to messages left by other paddlers, press the remote access code any time **during the greeting**. After entering the remote access code, listen to instructions for how to access messages.
3. To leave a message for other paddlers, listen to 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 hosted by Bay Creek Paddling Center.

Membership and Mailing List

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

Art Miller
Re: FLOW Paddlers Club
264 Vollmer Pkwy
Rochester, NY 14623

Upcoming trips/events

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
Salmon River.....	1-900-726-4243 #365123
Keuka Outlet.....	716-234-0090
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

G.R.I.P. Tip of the Month

by Rick Williams

Have you ever tried to get cleanly out of an eddy only to get trashed? Here's the G.R.I.P. Tip for this month that will almost always ensure a clean exit or entry. The simple thing to remember is S.A.L., which stands for Speed, Angle and Lean. If you have these three components your success will be mind-blowing. Let us break it down. First is SPEED: if you don't have enough you will wobble helplessly in the eddy zone with different forces acting on the ends of your boat. Paddle with enough speed to get your boat clear across this eddy zone. Second is ANGLE: think of the direction of the current that you want to enter as 12 o'clock, remember current is often deflected around obstacles so take that into account. If your angle is close to the current direction, between 11 and 12 or 1 and 12, you will exit in a conservative angle with the boat traveling upstream a bit (attaining) then start your turn or ferry. If your angle is between 10 and 11 or 1 and 2, the current will turn your bow in a down stream direction leading to a downstream peel out or S-turn ferry. If your angle is around 9 or 3, you can still get out but speed is more important since the current will quickly turn your bow downstream. Third is LEAN: similar to turning on a bicycle (boat), you temporarily lean to the inside of the turn, and as you come out of the turn, you center your balance back over the bicycle (boat). If you didn't you would tip over—ouch!!! Once your boat is going the same speed or faster than the water, you center your balance again. You can never lean too much downstream leaving an eddy: the faster the current the more lean, the lesser the current the less lean is needed but lean none the less.

A great peel out has all three components to make it bombproof. You can get away sometimes with one of the three components being weak, but your fish counts will still be higher than needed. So remember S.A.L. on the water and always smile.

Georgian Bay—continued from p. 1

but the water was a warm 70°. An open stretch from the end of the McCoy chain of islands was rougher. After a 1:30 p.m. lunch, we looked for and took an inside channel passage in calmer waters that ended at another red & white lighthouse; they're all red & white. By 4 p.m. the hot sun was getting to us. The 13.9 mile paddle day ended when we got permission to camp on a protected island and setup camp at 5:30 p.m. The wind had died down some by now. It was a tiring day as we were adjusting to the rigors of extended paddling with our loaded boats. Sleep came easily as a million stars slowly appeared during the warm, clear night.

Tues.—We wanted to get a good start to get past the rough, tricky shoal area before the winds picked up by 10 a.m. Greg had the lead, starting us at a brisk pace along the buoy line that lies a few miles offshore in the open waters of the bay. Nine miles later we stopped for lunch on a nifty smooth rock inlet inside Head Island. All of the islands are rock-based, with many of them having smooth waterlines on their open exposed side. Steve took a bath in the



waters of a shallow rock basin found carved into the rocks. Wild blueberries were to be had for the picking. A large rock piling sat on top of a bald granite dome. All of us laid spread-eagle on the hot rocks warmed by the sun. It felt so-o-o good. We paddled back into the 20-40 km head winds all day in 3-5 foot waves stopping to camp on Canadian Provincial land. It was an island with a small bay that had a pile of large cube-shaped rocks 4-6 feet high. They were scattered in the shape of a protected ring that provided ideal cooking and dining tables. Frank and Bill set out in their now unladen speed boats and caught a few bass to show us how it was done. It was a tiring paddle

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Georgian Bay—continued from p. 3

day due to the conditions, but we were getting the hang of it.

Wen.—No wind, calm waters. Flat Rock Island was our break point. It was bare of any vegetation, but had plenty of birds. Experience taught us that the white islands are where the birds frequent. Stopping at them, like this one was, often proved to be smelly, short visits. Lunch stop at One Tree Island found a good sized island with many trees on it, unlike its namesake. It looked like a nice spot to camp for future trips. We met Susan, a sea kayaker from Toronto there. By mid-afternoon we reached the Bustard islands where many pleasure boaters and sailboats were anchored in protected inlets of the larger islands. The water temperature in the heel of the bay was cooler; in the low 60's. Steve put on an impressive sprint approaching the islands and I went for the bait by chasing him down. A race was on to a distant buoy while the others followed at a more conservative pace. Steve's price of fun turned into a set of tired arms that night. By 4:30 p.m. we had completed an 18 mile paddle day that ended on North Shore Island in the Bustards. It was nothing more than a small rocky island hill that one could cover in a five minute walk. That evening, I figured out how to tame my stove and started turning out fresh brownies, sweet bread or cake mixes on a daily basis by omitting the use of the reflective base on my Outback Oven. The day ended with a few harmonica tunes and a display of Northern Lights.

Thurs.—Clear skies, 5 MPH wind, 1-2 foot waves. Paddling started with a four mile open crossing taking us 1.5 miles from shore to Temple Rocks for a relief break. We're heading west now at 280 degrees, taking us out of the NE heel of the bay. The island turned out to be a rookery for ring billed gulls where several nests, eggs, and fuzz-balled chicks were found. The next 5.8 mile leg to the lighthouse on Grondine Rock was a tougher stretch when we met 12-15 MPH head winds and three foot plus waves. Our paddling routine changed to meet the conditions by paddling for an hour then taking a 2-3 minute float break to rest, stretch, drink and eat something before continuing on. It does wonders for your disposition. The wind picked up 20-25 MPH along with 3-4 foot waves when we were less than a mile from the lighthouse. The water temperature also dropped to the low 50s. We discovered the wind had shifted more offshore and was blowing us away from the island and further out into open waters. The lighthouse never got any closer as we approached; always just out of our reach after spending considerable energy to close the gap. Plan B: head towards shore, though further away, and hope for some wind relief by heading directly into the wind. That worked. We concluded the lighthouse was a mirage, always taunting and luring us but always just out of reach.

We settled, exhausted, three miles from the light house on Hen Island located in the Chicken Islands. It's a two acre island with good flat camping areas, a frog pond with tadpoles, and blueberries. This is where we lost Frank. He disappeared for an hour without his gear and boat leaving us puzzled. He later emerged from under a clump of cedar trees where he had taken a nap in the cool shade. The sun was now hot—80°, with a high UV rating. You had better cover up or burn up. Greg perched up on a large rock dome with a clear view of the open waters and waves. Frank also chose a rocky, windy location free of any bugs. The others opted for softer padding on the sod inside the island. Bill fished without much success; Steve found another rock basin bath tub to jump into, I picked fresh blueberries for date-nut bread while Greg crashed in his tent after our 12 mile paddle day. The wind continued to pickup in the late afternoon, and we were glad to be off the water. Three fellow kayakers from Green Bay, Wisconsin visited us from a neighboring island where they were doing a loop trip out of Killarney.

Fri.—Overcast, waters calmed down. A 7:45 a.m. start ran into light rain along the way to Pompom Point located at the end of the Chicken Islands. The 8.4 mile day trip ended on a large island with no map name, near Lowe Island. The nice campsite was on a smooth-rocked site located on the ESE end of the island under a large pine tree with a great view. It's a great hiking island with 200 ft. high rock hills, thick woods and bushes in the valleys with the best blueberries yet. Steve left a pen-pal message in a film canister for future paddlers to find. The water was very cold, in the mid 40's now. We put up two tarps just in case of more rain, which of course prevented future occurrences of that from happening. It cleared up for a perfect afternoon hike providing

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The Chimney Bluffs crew

Sept 28 Sea Kayak Day Paddle & Picnic
Trip Organizer: Harry Weidman

Lake Ontario: Sodus Bay & Chimney Bluffs
 12 paddlers, all in sea kayaks

A beautiful sea kayaking day was on hand as we gathered at the Coast Guard Station ramp by the Sodus Bay Outlet. The wind was off shore at 10-15 MPH allowing a quick exit from the channel and around the east pier. We split up into two groups and hugged the leeward shoreline to ease the paddle. The small waves were no problem but the wind made you earn your lunch until you got nearer to the beach. The lake was very clear and a warmish 64°.

We headed east past the cottages located on the sand strip separating the Lake and the bay towards the first set of bluffs. A house with its shutters closed up for the approaching winter season is located on the top of the hill. It was still there from last years trip but more of the property seemed to be eroding away into the awaiting Lake below. Each passing year we wonder just when it will be its last to enjoy the view. As a teen, I recall scuba diving nearby and finding golf balls that were teed off from their yard.

Chimney Bluffs State Park, located four miles east of the Sodus lighthouse, is undeveloped and rustic. Its chiseled peaks are carved and shaped by the erosion of the high bluffs. It always surprises me to see how much it changes from year to year, thus making it a favorite place to revisit. On the gravel beach below the small parking lot we met Dick Kehoe and Karen Caldicott. These canoeists were kind enough to drive in from Sodus with our picnic food and supplies so we didn't have to pack them in our boats. By the time we got there an hour later, two tables were set up and the grill ready for hot dogs and hamburgers. After lunch, all paddled back down the beach and got out for a hike up the bluffs. Those that chose not to hoof about found small pebbles come hailing mysteriously from the skies above them. The trip back was even better with less wind and more sun. We passed through black schools of bait fish on several occasions, easily seen in the clear waters. By 4 p.m. we were packing up for home. Several stopped at McDonald's for coffee and talked about future trips. Most agreed we should make the bluffs picnic an annual event.

-Harry Weidman -

Paddling at Letchworth

by Steve Kittelberger

If you are a whitewater enthusiast as I am, you enjoy paddling at Letchworth. It's close, it's convenient, and you can almost always find someone at the Park Administration Building to complete a minimum party of three boats. In a real sense, Letchworth is FLOW's "home course." If you are a seasoned paddler, you can remember back when it was less convenient to paddle at Letchworth. At one time, you needed to register each day you wanted to put on: not too early and not too late. That rule has gone by the boards with the implementation of the \$5 seasonal pass. At one time the Park was closed to paddling from mid-November until April. Now you can paddle any time of year, provided the roads into the Park are open. Under Jayne McLaughlin's Park Administration, paddlers have seen a number of changes for the better. One regulation which has not changed is the high-water limit of 4000 cfs (11.4

feet on the gauge), above which paddlers are forbidden to put on. The origins of this rule are almost lost in ancient history: a group of OC2 paddlers from Buffalo determined in a high-water test almost 20 years ago that 4000 cfs was the limit of safe navigability.

Equipment and paddling skills have changed in 20 years, and FLOW is working with Letchworth Park to revisit and revise this high water regulation. A FLOW group including Ardie Shaffer, Dave Bojanowski and Art Miller met with Jayne McLaughlin and other Park officials on October 20 to discuss changes to the high water limit. It was agreed to conduct a new test, using ACA-certified instructors, paddlers trained in swift water rescue, and paddlers with many years of whitewater experience. The test will be conducted at a river level between 11.5 and 15 feet, preferably around 12.5 to 13 feet. The group will recommend whether a new high-water limit is needed, and where it should be set. The test will be conducted as soon as feasible.

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panoramic island views. An easy day with lots of time to play.

Sat.—No wind, overcast. A great 65° day to paddle through a maze of red rock granite islands. The trees grow taller here. When paddling through the cold waters, one can notice the air getting warmer as you get nearer to land. The sun heats the larger coastal rock masses which radiate the stored energy back into the air. A short 4.4 mile paddle day stopped near Pinch Island. Another island joins this one with a 5 foot gap between them that varies with the lake level. There were several nice camping areas here. Some took an afternoon paddle of Thomas Bay where visiting sailboats were anchored, surrounded by red and white granite outcroppings. Bill, Steve and I went onto Killarney for a beverage run (beer), returning in a heavy, warm rainstorm five minutes from camp. Within 10 minutes all was dried out by the sun. We almost got blown off the island around 7 p.m. when a strong storm front hit us from behind the island with gusty 30 MPH winds. It spun Frank's boat around like a weathervane sitting on the rocky shore then scattered camping gear and clothes in all directions. A neoprene hatch cover blew into the water. It ended just as quickly as it appeared while we scampered to fetch the unanchored belongings. Another lesson: watch for these fast hitting storms, especially if you're out on the water.

Sun.—Calm waters. A 7:30 a.m. start put us into Killarney by 8:45 with a nice tail wind assist. A red and white Coast Guard radio tower marks the harbor entrance. The small tourist town supports a church, a general store, liquor store, marinas with showers, lodging, restaurants and a sea-plane ramp. Killarney Outfitters, three miles out of town, rents/sells kayaks and canoes and carries a good selection of camping supplies. They provided us transportation back to our truck at Parry Sound, 2 and a half hours away. There, a quick transfer loading job put us on our way back home. All was fine until we noticed a bent trailer frame while stopping at a rest stop along the NYS Thruway. The boats were rearranged to favor the bad side and all went well thereafter.

We returned a happy group, each gaining a bit more experience and skills in open water paddling, navigation, packing, camping and cooking from one another. 🍷

Swiftwater Rescue weekend

by Michael Marini

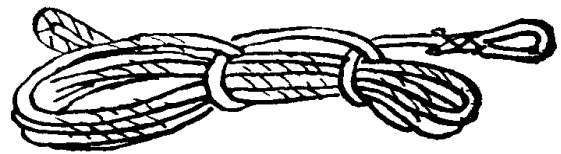
FLOW has five newly-certified Swiftwater Rescue Technicians: Rob Blake, Rick Williams, Ardie Shaffer, Michael Marini and Dave Bojanowski. They received their certification after three grueling days of classes and practical exercises. The Swiftwater Rescue Technicians course—taught by Rescue 3—is a 30-hour intensive course aimed at rescue personnel and First Responders, not necessarily recreational paddlers. As I sat in the class and shivered in the Genesee I kept wondering first, why I was doing this and second, if any of the stuff I was learning was going to be applicable to a river situation. That was until I returned home to hear about what had happened on the Bottom Moose river during the festival: two boaters got themselves in trouble at Fowlerville Falls. One did a survival side surf for several minutes as a consequence of missing his line on a class IV drop; the other came out of his boat and could have easily drowned if luck was not with him. As I sat listening to the account of the situation, I realized that I knew exactly what should have been done ahead of time to allow boaters at the bottom of the drop to react to the incident. I also realized that if I knew that, then I also knew how to prevent other situations, because of this course, that do apply to recreational boaters.

For instance, low head dams are deathtraps, and they are dangerous regardless of water level. Yet with a little inexpensive preparation by the local municipality, fire department, or paddling club, rescue anchor points can be installed as a proactive measure to make a dangerous rescue location safer. It is impossible to swim or float when the water has been aerated 60%, as it is just below the pourover of a low head dam.

Speaking of swimming, that's something the class did a lot of this weekend. It is impossible to get yourself unstuck from a strainer once you are pinned. I know this from experience: one of the practical exercises was negotiating a strainer. If the obstacle had not been "safe" (it was rigged to be lifted out of the water) all of the class would have drowned.

So what did I get out of the certification as a private boater and not part of a rescue organization? I realized that water is an awesome and unstoppable force that you can't beat; you have to make it work for you. Always be prepared for the worst. That means everyone should be carrying throw bags and a couple of carabiners, at the least, and know how to use them. Don't get yourself into anything that you or your party can't get you out of. Because the people that are going to come in after you for the most part know little about fast-moving water, and by the time they get there it is usually only for a body recovery.

Yes the course was worth the time and the money. It was investing in the best piece of safety gear we all have access to: knowledge and preparation.

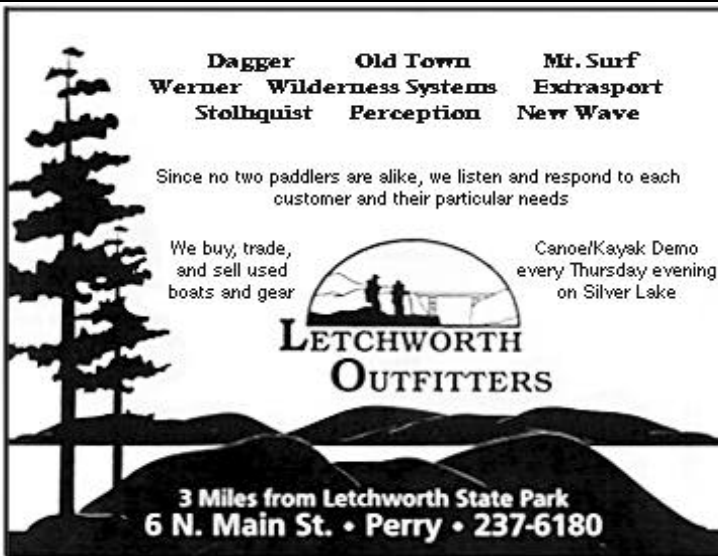


Letchworth—continued from p. 6

The group also discussed the possibility of improving the St. Helena take out. Park officials have already initiated dialog with the Army Corps of Engineers on what is required to survive the winter floods, and FLOW members will become involved in this discussion.

I am impressed with what has been achieved in Letchworth for the benefit of the paddling community under the new Park administration. I look forward to a modern-day update to the high-water limit. I support efforts to work with the Park Administration toward mutual goals, and I encourage all of you to do the same.

Steve Kittelberger



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Older covered C2 (fiberglass, end hole), \$75 or best offer. Ed McDonald (716 544 3467).

To submit advertisements contact Mike Marini at 288-5232. Please notify us if your ad is no longer needed.

Deadline for next newsletter

The deadline for submissions for the next newsletter is Monday, November 24, 1997. Submit articles, 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). Please send trip list updates to Noreen Wiatrak.

FLOW Paddlers Club
264 Vollmer Pkwy
Rochester, NY 14623

stamp

