



## The news from Lock 32

### USCKT event planned for July

*by Steve Kittelberger*

The U.S. Canoe and Kayak Team (USCKT) plans to sponsor a women's international slalom kayak event in late July at Lock 32, and the planning has gained momentum in the past month. Officials from the Monroe County Sports Development Commission, FLOW, and the Genesee Waterways Center will meet with the NYS Canal Authority in Albany on Monday, May 4 to finalize plans and funding for the event, according to Rick Williams, FLOW's Facilities Development Director. USCKT Executive Director Terry Kent expects to release official details of the women's event by mid-May.

Final sculpting of the Lock 32 course may occur as early as the week of May 18. Williams has located 80 large boulders and marked them for shipment to the site. John Anderson, Atlanta Olympic course designer, expects to be in Rochester to supervise rock placement and observation of their effect with water in the course. "The process is one of trial and error at different water levels," said Anderson in a phone interview.

"But there's lots more to do to get ready for the event," said Williams. "The banks need to be cleared of brush and graded. Slalom gates must be built and mounting wires installed. Docks for the put in and take out must be built." FLOW volunteers for these tasks will be organized at the

May 7 steering committee meeting and May 14 general meeting, and a work party is scheduled for Saturday, June 21. Call Williams at 381-3418 or Rob Blake at 734-3000 for more information.

### Next Lock 32 Work Day: Saturday June 21

Plan: The channel will be modified to deepen the pools, narrow drops, and modify features. The trails need fine tuning, such as pulling out brush stumps.

Bring: boots, gloves, trail tools (e.g. pry bar, saws). Or, bring your boat and play in the canal!

We now enter the site off the NYSDOT road. Park near the dirt pile on the north side. This is the west end of the channel, and the path leads from here to the put in

The vision is coming alive, check it out.  
Thanks and Peace,  
Rick

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### May general meeting

**Time:** Thursday, May 14, 7 p.m.

**Place:** Brighton Town Hall, 2300

Elmwood Ave. FLOW member Dr. Ed McDonald will present a slide show entitled "A Tale of Two Rivers," describing canoe camping trips in 1996 and 1997 to the Ujuctok River in Labrador and the Waterfound River in Saskatchewan.

### May steering committee

**Time:** Thursday, May 14, 7 p.m.

**Place:** Helen's: 5:30 p.m. for dinner, 7:00 p.m. for meeting, 480 Benton St. Call 461-3233 for directions and menu.

## FLOW organization

### Officers

<b>President</b>	Steve Kittelberger 716 442-6138
<b>Vice President</b>	Harry Weidman 315 524-9295
<b>Secretary (Interim)</b>	Dorothy Sullivan 716 359-4710
<b>Treasurer</b>	Mike Shafer 716 227-9291

### Committee chairs

<b>Facilities</b>	Rick Williams 716 381-3418
<b>Membership</b>	Art Miller 716 334-5810
<b>Programs and Trips</b>	Noreen Wiatrak 716 288-5839
<b>Communications</b>	Heather Mummery Mike Marini 716 288-5232
<b>Education/Instruction</b>	Ardie Shaffer 716 334-4487

## Newsletter submissions

Send us trip reports, articles, letters to the editor, 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@nortel.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

Contact Noreen Wiatrak (716 288-5839) with trips and events for 1998. Refer to the insert for the latest version of the trip list.

## Gauge numbers

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

## Reminder about the FLOW HotLine

Our friends at *BayCreek Paddling Center* on Empire Boulevard have agreed to sponsor the FLOW HotLine for another year, for which we enthusiastically thank them. Directions for accessing the HotLine permanently reside on page 2 of this newsletter.

### Notes about use:

The HotLine is for club members to use for paddling-related communication. Please do not distribute the passcode to non-members.

Messages are intended to be temporary, and will be deleted weekly on Monday mornings. As you'll notice when you listen to the voice mail instructions (you always listen to the instructions, don't you?), it is very easy to delete messages. If you must delete something, please delete only messages left by you which are no longer applicable.

Call the HotLine to find out about meeting notifications or changes, last minute trip updates, spontaneously forming groups of paddlers heading in convergent directions, or, who knows, and hey, you never know.

Because we have little control over confidentiality or security, we recommend that you do not use the HotLine as a substitute for on-line dating services. (But if you happen to meet someone wonderful paddling, we don't mind that.)

### Access:

Call the HotLine at (716) 234-3893, and enter the passcode  
DURING THE GREETING.

### The Editor's Advice Column – one month only!

I can't tell you how to get grass stains out of your wet suit or how to prevent that ring-around-the-dry-suit-collar, but if you promise not to compare me to Heloise, I'll share a strategy for keeping hands warm and almost dry during spring paddling season: don't laugh.....latex kitchen gloves. Buy them a size large (if you can) and try liner gloves or fleece gloves underneath. I'm sure many of you have figured out other wonderful systems for preserving your peripheral circulation when paddling in cold water, but this is the cheapest solution I've found (and the gloves come in at least two lovely colors!). I felt incredibly silly while packing kitchen gloves with my paddling gear, but no one laughed when my hands were still warm after two hours in the water. (Well, OK, no one laughed much. But really, the gloves worked.)

## Bay Creek Paddling Center

*Conveniently located on Empire Boulevard,  
next to Irondequoit Creek and the Bay*

## Kids Paddle Sport Kamp

# 288-2830

## Sea Kayaking Pool Classes

Offered through Palmyra-Macedon Central School Adult Ed., and taught by Harry Weidman.

All courses are limited to 6 students, with sea kayaks included in the price. All courses are 4 sessions long, starting at 7:00 p.m. with one hour in the classroom and 1.5 hours of warm pool time.

To enroll, contact Sara Weaver at the school's Continuing Education department by calling (315) 597-3401.

### Basic Sea Kayak Touring - \$89

"Get to feel at ease in a sea kayak and experiment a bit both above and in the water. Covers safety, basic concepts, and techniques of coastal sea kayak touring, including boat control, bracing, and exit/re-entry."

Two classes offered. Class 1: Monday and Wednesday evenings starting May 4. Class 2: Tuesday and Thursday evenings starting May 5.

### Intermediate Sea Kayak Touring - \$89

"Deals with more open water situations, including self and group rescue techniques, Eskimo rolling, trip planning, coastal kayak camping, and basic navigation."

Two classes offered. Class 1: Monday and Wednesday evenings starting May 18. Class 2: Tuesday and Thursday evenings starting May 26.

## Meeting for intermediate sea kayakers

**Plan:** To discuss potential lake trips and beyond

**When:** Wednesday, May 6, 7 p.m.

**Where:** Frank Cabron's house, 152 Park Rd. Pittsford. Call for directions (716) 248-2093.

## ***Our Friends Return to Georgian Bay***

*by Steve Chopa*

From July 27 to Aug 3, 1997, FLOW members Frank Cabron, Steve Chopan, Bill Lawton, Greg Mosher and Harry Weidman went sea kayaking in Georgian Bay, where they experienced the warmth and hospitality of two wonderful people, the Edgar family. The rest of us were introduced to their Northern hosts in Harry Weidman's original article:

“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.”

Steve Chopan brings us news from the Aloma Island inhabitants and honorary FLOW members.

Warren Edgar has e-mailed to inform us he has returned to Canada from Hong Kong the 13th of April. He will be preparing Aloma Island, where his camp is located in Georgian Bay (the Mink Island Chain), to receive visitors. Margaret Edgar, who is Warren's wife, is a professor at the University of Hong Kong in the English department and will return later in the summer.

Soon after his return, Warren hopes to get his solar panels set up. They charge the batteries that provide power for his water pump, flushable toilet, and give him limited electric power. These conveniences enable the Edgars to spend a comfortable six months on Aloma before returning to Hong Kong.

The Edgars for many years have been known to allow visitors, especially sea kayakers, to camp and visit with them. They are well known for their friendliness and hospitality. Several articles on the Web pertaining to sea kayaking in the Georgian Bay area mention them (check out Nick's Kayak Page at: <http://www.mindport.net/~schade/kayak.html>).

In 1975, according to a letter received from Margaret, one of the most eventful nights Aloma has ever had occurred while Warren and his dog Happy were there:

“Warren was out on Aloma Island the night the Edmond Fitzgerald went to the bottom of Lake Superior. None of the 29 bodies were ever found. Warren has never lived through such a night in his life, November 10, 1975. Just about the moment the Fitzgerald went to the bottom, Warren said to his dog, Happy, ‘Be prepared to meet your maker, Happy, because this has got to be it,’ when all the trees were knocked down and the seawater was lapping at the door of the little kitchen (the same kitchen you sat in this past summer). But he lived through it, to his own surprise and his friends’. The people at Snug Harbour thought that he had gone.”

Warren hereby quotes the first few lines from the Canadian singer and song writer, Gordon Lightfoot's, “The Wreck of the Edmond Fitzgerald”:

“The legend lives on,  
From the Chippawa down  
Of the big lake they call ‘Gitchee Gumee’  
Superior it is said,  
Never gives up her dead  
When the gales of November come early”

Aloma Island in the Mink Island Chain has been a listening point in the North for Warren Edgar for more than 30 years. And like Signard Olson said in his book *Listening Point*, “All that is worth listening for is there.”

A return trip is being planned for this summer to visit with the Edgars on Aloma Island and explore this voyageur route to the North of long ago. If interested, contact Steve Chopan at 544-4527 ([ripp@frontiernet.net](mailto:ripp@frontiernet.net)) or Frank Cabron at 248-2093 ([fcabron@netacc.net](mailto:fcabron@netacc.net)).

## A challenge to sea kayakers on the Erie Canal

The New York State Canal Corporation is sponsoring a core group of boaters and bicyclists, June 10-20, to travel along the Erie Canal and adjacent Canalway Trail sections for the first NYS Canal Cruise and Trail Trek. The 350 mile trip from Tonawanda to Waterford will celebrate the broad tourism and recreational appeal of the 524-mile NYS Canal system. The core group, led by an historic vessel as flagship, will be met along their route by boaters and bicyclists to join in the celebration of the renaissance of the NYS Canal System.

To help draw attention to the canal as a paddlers haven, I've been in touch with the director of the operation and arranged for a canal leg to be devoted to PADDLE POWER. Their 11 day trip covers 25 to 45 miles a day. That's easy on a comfy flagship, but challenging to paddle. We agreed to set up a 27 mile stretch to paddle with them along one of the prettiest areas—from Lyons to Seneca Falls. There are five nifty locks to go through and the historic aqueducts at the junction of the Seneca Canal add to the beauty.

So how do you feel? Ever wonder what it would be like to go on a longer trip? Here's your chance to find out. Try it out on protected waters with friends first to build up your confidence and abilities needed for open waters. Averaging 4 MPH, you'll cover a straight distance in 7 hours, then add on 1.5 hours more for the time spend resting through the locks. Shoot for 8.5 hours and see how you do. This is not a race—you get there when you get there. A nice smooth easy rhythm gets the job done.

Your participation will give you a chance to sort things out—nutrition, hydration, stamina, the elements, equipment—to help determine what works best for you. Yes—another one of those learning experiences for the bold and daring. There are bail-out ramps at the 9.1 and 20.5 mile points for those who need help.

Sunday, June 14th, is the tentative date. I'll keep you posted as things unfold or call me at (315) 524-9295 for their schedule or any questions.

-Harry Weidman

**What:** Joining with the NYS Canal Corporation to celebrate the first NYS Canal Cruise and Trail Trek.

**Where:** Lyons to Seneca Falls, a distance of 27 miles

**When:** Sunday, June 14

**Who:** Open to all interested sea kayakers. Contact Harry at (315) 524-9295



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*To Flow WW Hotdogs, from Bob Pierson:*

This flatwater paddler wants to get his digs applied. I heard about a slalom race in Ithaca and decided to give it a try and compete against my fellow FLOW members in their sport. So Sue Bell of Pack, Paddle and Ski and I entered the Fall Creek Slalom Race in C-2 open rec. novice class with a Blue Hole tandem canoe (wrong boat). For 200+ yards we twisted and turned downstream, upstream, across and back in class II water bumping every gate and missing a couple completely. What fun! And we ended the day with a first place ribbon in our class – even made the local paper. However, not a FLOW member to be seen. Where were the WW paddlers?

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**Classified ads**

**FOR SALE:**

DAGGER VORTEX, EXCELLENT CONDITION. With float bags, back band, hip pads. James Lockwood. (716 786 2825).

THULE RACK, FULL SIZE WITH EXTENSION ARMS. Used on Honda Accord for 1 season. U bars for kayak carry. Locking towers. \$300 or reasonable offer. John Romano (716 346-6057).

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

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, May 25, 1998. Submit articles, news of 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). Send trip announcements to Noreen Wiatrak (see p. 2).

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