

FLOWlines

Newsletter of the Finger Lakes-Ontario
Watershed Paddlers' Club, Rochester NY



Volume 4 Issue 4

April 1999

April General Meeting

“A Paddle from Inuvik to Tuktoyuktuk”

by Deborah Percival

Time: Thursday, April 8, 7 p.m.

Place: Brighton Town Hall
2300 Elmwood Avenue

Last April we enjoyed tales of Deborah's Arctic paddling and experiences with the Inuit. This year she returns again to tell of a Paddle from Inuvik to Tuktoyuktuk. It was her first solo kayaking trip in the Arctic. Hear about her visits with the Inuvialuit, and adaptations to a radically changing weather, from heat wave to snow. She'll talk of dealing with bugs and with the machinations of the mind...the bears, the seals and the whales....she speaks of the seductive beauty of the great Northern tundra.

Letchworth Whitewater Update for '99

Good news from Letchworth for the new season! On March 18 a contingency of local paddlers, comprised of Don Cochran, Perry Vayo, Bill Kuipers, Marty Murphy, Mike Shafer, Ivan Rezanka and American Whitewater's Bob Glanville, met with Letchworth's new Park Manager, Rich Parker, and Chief of Park Police, Dave Page, for an open discussion of river access issues. The new park administration proved very receptive to the concerns presented. Well, the new "permit" is ready and the results are as follows:

Beginning April 1 there will be major modifications to the old Canoe Permit. It will now be called a "River Access Registration" and most of the previously mandatory regulations have been rewritten as "Safety Tips." These "tips" offer a set of suggestions that outline basic equipment and safety procedures that should be used on the water. They are based more closely on the AWA Safety Code than before and are suggestion only, not requirements! As before, a waiver must be signed and filed with the park office before your first run of the season, but, the \$5 dollar fee has been eliminated! Paddlers now pay only the daily park use fee, just like everyone else!

The sign-on/off procedure is unchanged for now, but be patient, as other options are being discussed. Access and take-out points remain the same, but the river has officially been opened up to the base of the lower falls. After putting in at Lee's Landing, paddling (and carrying) up to the base of the falls is finally permitted!

Now for the best part...the High Water cut off for paddling is now 14' (10,250 cfs) on the Portageville gauge. Not only is this a significant increase in flow (+3858cfs), but the park has agreed to raise the levels incrementally in the future, pending the results of "on the water" evaluations at higher flows.

Taken as a whole, these changes bring major improvements in access to Letchworth Gorge for area boaters. It should be noted that a higher burden of personal responsibility follows with us. Paddlers should make every effort to abide by the new guidelines and see that others do the same. That way this new permit could be the beginning of a greater process, leading to even more unfettered access to the river.

Thanks to Don, Ivan, Marty, Mike, Bill and Perry for their efforts, and especially Bob Glanville for all he has done. Also, when you see them at the park, be sure to thank Rich Parker and Dave Page for listening with open minds and willingness to build a more equitable system.



FLOW organization

Officers

President	Steve Kittelberger 716 442-6138
Vice President	open
Secretary	Dorothy Sullivan 716 359-4710
Treasurer	Mike Shafer 716 227-9291
<i>Committee chairs</i>	
Facilities Development Director	Rick Williams 716 381-3418
Membership	Art Miller 716 334-5810
Trips & Events	open
Communications	Dan Bogaard 716 442-6634 Helen Cherniack 716 461-3233
Education/Instruction	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:
Helen.Cherniack@usa.xerox.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:

Helen Cherniack
480 Benton St.
Rochester, NY 14620

Contacts

FLOW Paddlers' Club(716) 442-6138
Seayaker Outfitters(315) 524-9295
.<http://www.netacc.net/~seayaker>
Pack, Paddle, and Ski(716) 346-5597
Endless Adventures(315) 536-0522
Adirondack MountainClub(ADK)(716) 223-5023
Ardie Shaffer(716) 334-4487
Oak Orchard Canoe1-800-4-KAYAKS
BayCreek Paddling Center (716) 288-2830

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 Steve Kittelberger, 442-6138 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
Cattaraugus River716-532-5454
Salmon River1-800-452-1742 #365123
Keuka Outlet716-234-0090

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 River304-872-5809
Southern WV rivers304-529-5127

GRIP TIP: S.A.L.

Have you ever tried to get cleanly out of an eddy only to get trashed? Here's a G.R.I.P. Tip for this month that will almost always insure 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.

First is **SPEED**. If you don't have enough you will wobble helplessly in the eddy zone. Different forces are acting on each end of your boat. Without speed you will travel along this nebular zone with these quirky forces. Exit or enter the eddy 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. Current is often deflected around obstacles so take that into account. Twelve o'clock changes across the river and around obstacles. If your angle is close to the current direction, around 12 o'clock, you will exit in a conservative angle. The boat will travel upstream a bit (attaining). Now set your angle to turn down stream or ferry. If your angle is between 10/11 or 1/2 the current will help turn your bow downstream. This leads to a downstream peel out or s-turn ferry. If your angle is around 9 or 3 you can still get out but speed becomes important. The current will quickly turn your bow downstream.

Third is **LEAN**. This is similar to turning on a bicycle (boat). You temporarily lean to the inside of the turn. As you come out of the turn you center your balance back over the bicycle (boat). If you don't re-center your balance you'll tip over, road rash (or nasal enema)!!! Leaning the boat on edge can enhance your skills, performance and overall stability. Start by practicing your leans and balance in flatwater. Go right to the edge and use a hip snap and brace to right yourself. A boat on edge moving through water is stable and essential to getting in and out of eddies. You can never put a boat on too much inside edge entering or exiting an eddy. The faster the current the more lean, the lesser the current the less lean. But remember, lean none the less.

A great peel-out or peel-in has all three components to make it bomb proof. Often you can get away 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.

Rick Williams and Rob Blake

Stoneycreek Rendezvous

The 1999 Stoneycreek Rendezvous, sponsored by the Benscreek Canoe and Kayak Club, will be held April 9 – 11 in Hollsopple, PA. The Benscreek Club will provide trip leaders for each of the ten sections of the river, which include Beginner and Novice sections. Sites for tenting and campers are available; other accommodations are available by contacting the numbers below. A pavilion and a large tent will provide shelter from the weather. Food vendors will provide food on Saturday evening. Saturday festivities include live entertainment (a band), silent auctions (kayaks and other outdoor gear), raffles, gear vendors, environmental exhibits, whitewater videos, and a styling party. For more information, contact the Benscreek Canoe & Kayak Club at (814)266-9744; or: rickpb@aol.com or mantonik@surfshop.noet; or American Whitewater (Events Office) at (828)645-5299, or jhabbot@aol.com, or the Stoneycreek Rendezvous homepage www.surfshop.net/users/mantonik/rendez.html.

Jerry Hargrave will provide trip coordination for FLOW paddlers. He has full sets of maps of all ten stream sections, maps, and descriptions of the entire watershed. Reach Jerry at 663-3888.

Death on the Lower Moose: A Post-Mortem

by Michael Marini

On November 30, 1998, Martin Parkinson drowned at Roostertail rapid on the Lower Moose River, NY. He had wet exited, done everything right once he came out of his boat, but still managed to become entrapped and drown. What follows is my analysis of the accident and recovery, and some afterthoughts.

That Sunday eight paddlers, myself included, left Rochester hoping to catch the Moose at 4+ feet. The temperature was in the 40's with a partially cloudy sky. As we set off my intuition told me it was going to be a bad day... I just didn't know how bad. Chris swam twice before we reached the first real drop. He was worried that he wasn't in the "groove" and decided to walk out. At the top of Iron Ring a volunteer fire fighter trotted down to the river's edge and asked if we knew where the drowning was. We continued through another drop and a half to the second part of Roostertail, where we saw the river left bank lined with rescue personnel and state police with ropes running into the river to three paddlers. We pulled our boats out on the rocks and asked if we could help. The paddler in charge explained the situation. He had that "thousand-yard stare," his face flushed, his eyes unfocussed, and his speech garbled and broken.

His friend was dead. His spray skirt had snagged on a rock, and the the water velocity forced his body under the water just inches out reach. His friends were exhausted from shock and cold, so I took command of the recovery. I placed two downstream safeties, one close with a throw rope, and another a little way downstream in his boat. Our third member reconnoitered from shore. A fourth and fifth assisted the original team with an anchor line to the rescue position. The remaining two original rescuers along with myself and one of my party set up a tag line. The situation was a "classic foot entrapment". I a boat to an outcrop 15 ft from the other team and exited onto the rocks. Attempts to snag the body with a weighted throw rope were defeated by the water speed. Now the fire department passed over a gaff pole which was used it to snag the spray skirt and pull it close enough to cut it. As soon as the skirt was cut the body came loose and began floating down river. The downstream safety was unable to push the body into an eddy, but the current spun him and the body down stream. There was no one else near a boat or in a position to help. I jumped into my boat and headed off down stream, forgetting to fasten my spray skirt. My boat filled with water at the bottom of the drop, but I avoided the small hole and continued. Fifty yards farther downstream Charlie, a Lewis county rescue member and I finally got control of the body and brought it to shore, where the ambulance crew began resuscitation efforts. After warming up, we cleaned up the site, recovered the victim's boat and the rest of our gear. There was no question about it...we were all done boating for the day. Finally we began to worry about each other, making sure everyone had food and drink. The ride home was very long; I'm sure we all drank our suppers.

The victim died because he was unlucky. Was the fatality preventable? Maybe. I wasn't there, but if his party had been able to get to him faster, perhaps they could have held him above water until more help arrived. My estimate is this was unlikely and might have resulted in more fatalities. The Lewis County Rescue Department was not equipped or trained for rescue and recovery, and they knew it. They gave the paddlers whatever equipment they thought we might need and stood ready to help, but stayed out of the river. This was exactly the correct response. The group from Rochester cooperated and pitched in with out any arguing about who was in charge or what needed to be done. They were superb. I made several mistakes, the worst of which was becoming involved with the rescue once I had assumed command. The second was not placing a second downstream safety in a boat in the water. I didn't allow for the body getting loose. The third was not fastening my spray skirt when I went after Charlie and the body. The fourth was not bringing my rescue kit on the trip. In spite of my swiftwater rescue certification, my lifeguard training, ten years of experience as a platoon leader in the National Guard, I still got rattled.

"Battle is the ultimate to which the whole life's labor of an officer should be directed. He may live to the age of retirement without seeing a battle; still he must always be getting ready for it as if he knew the hour of the day it is to break upon him. And then, whether it come late or early, he must be willing to fight—he must fight."

Gen. Charles F Smith USA 1861.

Substitute paddler for officer, rescue for battle, and act for fight in this quote. Think about it for a long while. And then begin to live it. I think it will help you will increase the likelihood of surviving an accident.

Kan-umor Kolumn

Two Eskimos made a long voyage across icy waters in a two-seat kayak. After growing very cold, they built a small fire in the middle of the boat. It was either a bad idea, or it was badly executed, because the boat collapsed and sank. Which proves that you can't have your kayak and heat it too !

Jerry Hargrave

Banff Film Festival Returns to Rochester

The Banff Mountain Film Festival will return to Rochester on Thursday, April 29th, 7:30 PM at the Pittsford Plaza General Cinema. Six individual films shown during the two-hour seating will include white water kayaking and a variety of other extreme adventure sports. Snow Country of Pittsford will again serve as the local sponsor. The \$8 tickets must be purchased in advance and seating is limited. Call Don Cochran at 716 624-5980 for more details

Salmon River Icebreaker

The FLOW Paddlers' Club officially opens the 1999 paddling season on Good Friday, April 2, on the Salmon River, in Pulaski, NY. During the '90s, this trip has become the traditional season opener for Rochester paddlers. The water temperature is usually in the low 30s, and snow and ice often line the banks. Still, spirits are usually high for this first outing. Call Steve Kittelberger, 442-6138 or 422-4195 if you want to join this trip. No beginners, please.

Southern Week of Rivers

Tired of freezing your buns in ice-cold upstate New York waters in April? Is your wetsuit still too tight?

Why not leave all this behind for a week? Call your boss, and tell him you'll be gone from April 24 until May 2. Tell him you're going to a religious retreat....after all, it's true! Then call Mike Shafer at

716 227-9291 and make arrangements to join this pilgrimage to the holy whitewater rivers of the Smokey Mountains. Camp at Lost Mind Campground near Nantahala Outdoor Center for the week.

Take day trips to the wealth of nearby rivers such as the Ocoee, the Chatoga, the Nolichucky, the Tellico, the French Broad, the Oconolufski or Laurel Fork. Or to take a day off and practice at the gates on the Nanty at NOC. Cook in camp or enjoy nearby southern barbecue or smokehouse cooking. And catch the Cheat River Festival May 1-2 in West Virginia on the way home. This is FLOW's early season Southern Pilgrimage....Don't miss it.

ACA Instructor Training Course Offered

The ACA Instructor Certification Training Course will be offered in the Rochester area this year. Ardie Shaffer, FLOW's Instruction Chair, is offering the course in two segments. The first part, the Instructor Development Workshop, is offered May 13 through 15. The second part, the Certification Exam, will be offered in September at a mutually agreeable time. Call Ardie at 334-4487 for details.

Classified Ads

FOR SALE:

I know that you really want a Mango (dk yellow) Perception **Super Sport** for the Low-Low Price of \$350! Dan Bogaard (716)442-6634

Yellow and White **Dagger Crossfire** (W/Bags) \$450 - also for sale paddle and sprayskirt. Margit Brazda W: (716)274-8440 H: (716)624-4888

Blue & White **Dagger Crossfire** \$450 - Purple **Perception Pirouette** \$450. Dave Meyer (716)937-9652

Rick Harrington is selling a Purple & White **Cruise Control** for \$325. (716)346-0772



and



Rochester's Newest Paddling Partners!

BayCreek Paddling Center
1099 Empire Blvd.
Rochester, NY 14609
(716)288-2830
email: baycreek@cwx.com

Deadline for next newsletter

The deadline for submissions for the next newsletter is Tuesday, April 20th. Send submissions to Helen Cherniack

FLOW Paddlers' Club
264 Vollmer Pkwy
Rochester, NY 14623

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