

# FLOWlines

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

Volume 5, Issue 2

February 2000



## Kittelberger Resigns Nominations Open

At the FLOW Steering Committee meeting on January 6 President Steve Kittelberger resigned, effective in 60 to 90 days. Kittelberger has been president since February, 1997. The Committee agreed on a process for nominations of all officers and raised the following initial nominees:

President ..... Mike Shafer  
Vice President ..... Cathy Rague  
Secretary ..... Dorothy Sullivan  
Treasurer ..... Ed Boggs.

A nominee for the second Vice President is needed. Additional nominees for any of the elected positions may be made by contacting a member of the Nominating Committee by February 15. The nominating Committee consists of:

Mike Marini ..... 241-3623  
Harry Weidman ..... 315-524-9295  
Melanie Wellington... 235-7498  
Doc Pierson ..... 889-4174

A ballot will be mailed in the March FLOWLINES. Nominations or votes may be cast by any FLOW member in good standing.

When the new officers are in place, the Steering Committee will proceed to appoint chairs to the positions of Membership, Education, Hotline, Trip Coordinator, Webmaster, Facilities Development Conservation and Access Chair, and Public Relations.

FLOW was formed in the summer of 1996 as a spinoff of the Genesee Waterways Center.

## February Steering Committee Meeting

**Date:** Thursday, February 3, 2000

**Time:** 7:00 P.M.

**Place:** Mike Shafer's House  
89 Dorsetwood Drive

## February General Meeting Grand Canyon Slideshow

**Date:** Thursday, February 10, 2000

**Time:** 7:00 P.M.

**Place:** Brighton Town Hall  
2300 Elmwood Ave

Jerry Hargrave presents *Three Hard Boaters Take On The Colorado In A Commercial Maze Of Rafters From Oregon And Washington*. Although there are many whitewater shots, the intent is not just to show the rapids and whitewater, but also to expound on the solitude, wildlife, and natural settings within the canyon walls only accessible by river. Jerry's photographs are liberally supplemented with numerous slides contributed by Andy Cooper and Jol Shelton.

## Streamflow Conditions Are Just A Mouse Click Away

Streamflow conditions prepared by the U.S. Geology Survey are listed by state at <http://water.usgs.gov/realtime.html>

If you have info on other sites which may be of interest to our members, let us know at [wave@rochester.rr.com](mailto:wave@rochester.rr.com)

### FLOW Organization

<b>President</b> .....	Steve Kittelberger	716 442-6138
<b>Vice Presidents</b> .....	Cathy Rague .....	315 926-7890
	..... James Hopkins ....	716 621-2721
<b>Secretary</b> .....	Dorothy Sullivan .	716 544-9725
<b>Treasurer</b> .....	Ed Boggs .....	315 926-7890
<b>Facilities Development</b>	Rick Williams.....	716 381-3418
<b>Membership</b> .....	Mike Shafer.....	716 227-9291
<b>Trips &amp; Events</b> .....	Ivan Rezanka.....	716 381-7475
<b>Newsletter</b> .....	Karen Alexander .	716-461-1513
	..... Simon Barnett.....	716 244-3557
<b>Education/Instruction</b>	Ardie Shaffer.....	716 334-4487

### Newsletter Submissions

Send us trip reports, articles, letters to the editor, photographs, ads for our classified section, or anything else that you would like to see in FLOWlines.

If you have e-mail, send articles in the form of a text file to [wave@rochester.rr.com](mailto:wave@rochester.rr.com)

If you do not have e-mail, send articles to:

Karen Alexander  
220 Mt Vernon Ave.  
Rochester, NY 14620

For those of you still living in the dark ages (i.e. without typewriter or computer) hand-written submissions are acceptable, but they must be reasonably legible, or great editorial license may be invoked.

### Contacts

FLOW Paddlers' Club.....	(716) 442-6138
Seayaker Outfitters.....	(315) 524-9295
	..... <a href="http://www.seayaker.com">http://www.seayaker.com</a>
Pack, Paddle, and Ski .....	(716) 346-5597
Endless Adventures .....	(315) 536-0522
Adirondack MountainClub(ADK) ...	(716) 987-1717
Ardie Shaffer .....	(716) 334-4487
Oak Orchard Canoe.....	1-800-4-KAYAKS
BayCreek Paddling Center .....	(716) 288-2830
	..... <a href="mailto:baycreek@cwix.com">baycreek@cwix.com</a>

### FLOW Hot Line: 716 234-3893

To access the FLOW Hot Line:

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, telephone, paddling interests, and \$30 (\$35 family rate) membership papers and updated member lists will be sent to you. Call 716-227-9291 for more information.

Mike Shafer  
Re: FLOW Paddlers' Club  
89 Dorsetwood Dr  
Rochester, NY 14612

### Upcoming trips/events

Contact Ivan Rezanka (716) 381-7475 for Whitewater Trips. Contact Harry Weidman (315) 524-9295 for Flatwater Trips.

### Gauge numbers

Genesee River (Letchworth) .....	716-468-2303
Cattaraugus River.....	716-532-5454
Salmon River.....	1-800-452-1742 #365123
Keuka Outlet .....	716-234-0090

### Web Pages

FLOW	<a href="http://www.rit.edu/~dsbpph/flow">http://www.rit.edu/~dsbpph/flow</a>
Seayaker	<a href="http://www.seayaker.com">http://www.seayaker.com</a>
AWA	<a href="http://www.awa.org">http://www.awa.org</a>

## Wilderness First Responder Course Offered

BayCreek Paddling Center is sponsoring a Wilderness First Responder course this spring. Instructors from SOLO (Stonehearth Open Learning Opportunities) in Conway, New Hampshire will be traveling to Rochester to teach this 9 day, 80 hour wilderness medicine course.

For those of you that spend time in the outdoors, perhaps on extended paddling or backcountry trips where medical facilities are either a couple hours or days away, then consider taking WFR.

The Wilderness First Responder course covers medico-legal concerns, blood borne pathogens and infectious diseases and the Patient Assessment System (the foundation of the course) which trains students to determine what is going on with backcountry patients. Also covered in the course is instruction in traumatic situations, medical emergencies, hypothermia and heat related injuries. Practical simulations and labs provide practice in backcountry leadership and rescue skills. Certification is based on completion of the course and a final assessment of each students' skills via written and practical exams.

The course is set for March 11 - 19, 2000. The cost per person is approximately \$475.00 depending upon enrollment and instructor housing. Minimum enrollment is 15, maximum is 30 students. Please contact Karen Meininger at 288-2830 or via e-mail at woodswaters@hotmail.com for further information and/or to register. Registration deadline is February 15, 2000.

You may find SOLO on the web at [www.stonehearth.com](http://www.stonehearth.com) for more information.



## Greetings from the new FLOWlines Editors

At the FLOW Steering Committee meeting on January 6 Karen Alexander and Simon Barnett were appointed new co-editors of FLOWLINES, replacing retiring editors Helen Cherniack and Dan Bogaard. The appointments are effective immediately.

Karen has worked for the Democrat and Chronicle. She has been a FLOW member for 2 years, and enjoys whitewater paddling. Simon is employed by Xerox as a software engineer. He has been a FLOW member for 2 years and enjoys paddling flatwater with his wife and two sons and whitewater with anyone who will give him a ride to the water.

Karen will be coordinating the newsletter content and Simon will be coordinating the layout and production.

We look forward to hearing from you with any ideas and suggestions. See page 2 for how to get in touch with us.

Necky "Welcome to the BIGGEST LITTLE Canoe Shop In The World" Our 24<sup>th</sup> Year of Service

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## National River Cleanup Week June 3-10, 2000

### FLOW Coordinator Needed

Submitted by Jerry Hargrave

The ninth annual National River Cleanup Week will be held June 3-10, 2000. Every year, National River Cleanup Week promotes the importance of keeping rivers and streams clean and encourages cleanups of local waterways.

In 1999, more than 30,000 volunteers participated in the cleanup experience that helps communities focus attention on neglected waterways and stimulates cleanups of blighted areas. Civic clubs, businesses, paddle sport enthusiasts, fishing groups, outfitters, and conservation groups join together in many areas to organize and execute cleanups of their streams.

America Outdoors coordinates National River Cleanup Week by assisting local groups with information about how to conduct a successful cleanup. Groups that register their cleanups with America Outdoors are also eligible to receive free trash bags if their cleanups fall during the specified week. America Outdoors also provides educational materials and safety tips on waterway cleanups.

FLOW would like to sponsor one or more groups to clean up area waterways. Possible spots are Mendon Ponds, the Lake Ontario shoreline, and the Genesee River. If you are interested in leading a group, please contact Jerry Hargrave.

More information about the national campaign is available at 423-558-3595 or amoutdoors@aol.com.

*National Coordinator* - America Outdoors  
*Agency Support* - Bureau of Land Management and US Forest Service  
*Associate National Coordinators* - American Rivers, American Whitewater, Professional Paddlesports Association, American Canoe Association

## Flow Annual Party

You missed it - or you were already there! Jan. 20<sup>th</sup>'s annual party at McGinnity's was a great opportunity to catch up with your paddling buddies. Freezing temperatures and a few inches of snow did not deter a hearty contingency from enjoying beer and snacks while watching videos of Beaver and Moose River trips. Around the fireplace, stories were told of dislocated shoulders and broken noses from the whitewater paddlers. Seakayakers told of relaxing, pastoral outings. It's time to plan this season's trips. Who's going in the water first this spring?



Are you interested in a nimble and sleek all around kayak?

Come check out the NEW Velocity, by Sun (aka Riot) Kayak! We have a 'fresh off the mold' demo model at the shop.

BayCreek Paddling Center  
 1099 Empire Blvd.  
 (716)288-2830

## Thanks Steve, A Kittelberger Retrospective

Steve Kittelberger's presidency of the FLOW Club will be remembered as a time of growth and vision. Steve's organization and dedication to the club provided the momentum to expand the options for Rochester area paddlers. Bravo!

### Steve's Class III Runs With Class V Consequences

Submitted by Jerry Hargrave

Steve never lets a good swim get him down. In fact, I think he actually expects it! At least he acts very relieved when the first swim of the day is over. Here are classic examples.

Steve has always run the first rapid on the Ottawa - "Phil's Hole." Yet, even after many tries, he has never made it through unscathed. Every year, Steve proves true the law that states "The amount of time you spend scouting a rapid is directly proportional to the time you will spend getting trashed in it." Here's a typical scenario: Steve stands on the island by the "very scary ferry" watching numerous boaters successfully run "thread the needle" route. He must know from watching that you have to paddle furiously and never stop; this is not a good place to take in the scenery! As a result of standing there for at least an hour, he is usually the last person in his boat. By then, the rescuers are down by the whirlpool anxiously awaiting the typical result. I can usually hear Helen screaming, "He's coming! He's coming!" From below he appears to be right on line. Then, suddenly, as if hypnotized, he just stops paddling. Then he smiles as if to say "Oh well" and floats sideways into oblivion. I almost expect him to give a little parade wave just before disappearing into Phil's. Watching is painful!

Steve has lost at least two pairs of glasses in Phil's Hole in the past several years. Maybe the fish are getting smarter. I caught a large Catfish in the large pool below Phil's. It's not

uncommon to catch a fish with remnants of a rusted hook in their lip or even wearing a six-pack ring for a necklace. But this fish had some wire device with glass pieces attached to it's head. It was a lure unlike any I have ever seen. I was removing it when I noticed one thin metal section had "Lens Crafters" imprinted on it. I realized it was a pair of glasses - the fish were wearing Steve's glasses! With tender skin like ours, the catfish don't frequent the dangerous rapids and rocks. (Isn't it odd that a cold blooded animal with a brain the size of a pea recognizes the danger of the rapids, yet a large intelligent mammal with a fifteen pound brain can't seem to realize the danger?)

Steve's second favorite masochistic run is Cattaraugus Creek, particularly Tannery Rapid. This is a fast but shallow rapid usually containing a log and a few car-sized boulders. The route is generally well defined and Steve typically scouts it for about an hour, maintaining old habits. For most paddlers this is the highlight of the canyon - Le Grand Finale. For Steve it is usually more like Le Coupe de Grace! Steve's epic swims here can't really be classified as a swim. The maneuver goes more like this: hang halfway out of your boat while gasping for air, slide down the flint covered rocks (don't forget to drag your face), then exit the rapid looking more like hamburger than a Xerox manager. Oh, and try not to lose your glasses! As outgoing President of FLOW, Steve has given us much. For that reason I have always been of the opinion that his yearly trashing in Phil's was some form of self-sacrifice to the River Gods. We will miss your leadership, Steve.

Note from the editors: Steve hasn't left yet, so if anyone out there has some good stories or photographs, please send them in so we can print them next month.

## Classified Ads

**Perception Pirouette** for sale. Purple. Original owner, used for 2 seasons. \$375. Call Harry at 244-9807 or write Harry\_Marinakis@urmc.rochester.edu

Hey Big Guy! You need a **Dagger Vortex** for \$350. Also selling a **medium spray skirt** for \$40. Call Rick Mauser @ 473-2162

15-1/2 ft **Blue Hole Whitewater canoe**, 70 lbs. Roylex, \$300. In Avon until May 15th. **X Par Missile** 23' stern rudder racing boat, used twice \$1800. In Denville NJ. Contact Ben Jones @ (973) 361-2785.

Two 15 ft. **Coleman flatwater canoes** with paddles. At the University of Rochester. Used twice by U of R Outing Club in past year. \$180 each. Call Eric at 271-2036 or write to es009g@mail.rochester.edu

## Pool Practice Correction

There was an error in the pool practice schedule printed in last months newsletter. There is no pool practice at Wheatland-Chili on 4/11. Here is the complete schedule.

\$2.00/night - FLOW Members

\$5.00/night - Non Members

ALL BOATS MUST BE 100% CLEAN!

### Pittsford Middle School (Barker Road)

Wednesdays from 7:30-9:30

February 9, 16

March 1, 8, 15, 22, 29

April 4, 11

### Wheatland-Chili

Tuesdays from 7:00-9:00

February 29

March 7, 14, 21, 28

April 4

**Next newsletter deadline is February 17**

**FLOW Paddlers Club**  
**89 Dorsetwood Drive**  
**Rochester, NY 14612**

