



FLOWlines



Finger Lakes-Ontario Watershed Paddlers' Club Newsletter
Rochester NY

Volume 5, Issue 3

March 2000

March Steering Committee Meeting

Date: Thursday, March 2, 2000
Time: 7:00 P.M.
Place: Dorothy & Doug's House
232 Navarre Rd.
(Off St. Paul near the Iron. Border)

March General Meeting

Date: Thursday, March 9, 2000
Time: 7:00 P.M.
Place: Brighton Town Park
777 Westfall Road
Carmen Clark Lodge

Harry Wiedman from Seayaker Outfitters presents **Traditional Greenland Style Rolling Techniques & Paddle Building**. What is this traditional Greenland paddle style stuff all about? Hey- they've only been doing it for a thousand years or so. Come find out for yourself. We'll see a John Heath video of a Greenland National Champion demonstrating traditional Greenland kayaking skills and umpteen ways of kayak rolling using a Greenland style paddle.

What makes them so unique? Their lives depended on these skills and besides, not many knew how to swim. Discover the Greenland style paddle used for sea kayaking, sort of like a skinny little stick, and learn what makes it different from Euro-type paddles. What are the pros/cons? Want to make one of your own? We did it and you can too! Learn from our mistakes, gather up some info and give it a try.

Another Pool Practice Correction

We'll keep printing this until we get it right. All pool practices at Pittsford are on Wednesdays, and we had April 4 and 11 listed (both Tuesdays). We're going to have to stop paying the proofreaders so much. Here is the remaining 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

March 1, 8, 15, 22, 29

April 5

Wheatland-Chili

Tuesdays from 7:00-9:00

February 29

March 7, 14, 21, 28

April 4

FLOW Officer Elections

It's time to elect flow officers. Be sure to fill out the ballot on page 7 and get it to Dorothy Sullivan before March 23.

Stoney Creek Rendezvous

Even though there's still a foot of snow on the ground, plans are well underway for the Stoneycreek Rendezvous, April 7-9 in Hollsopple, PA. There will be an amateur rodeo, raft trips, flat water race, environmental exhibits, entertainment, food, and fun. For more info, contact: Benscreek Canoe & Kayak (814) 266-9744 www.surfshop.net/users/mantonik/rendez.html American Whitewater (828) 645-5299

FLOW Organization

President	Steve Kittelberger	716 442-6138
Vice Presidents	Cathy Rague	315 926-7890
 James Hopkins	716 621-2721
Secretary	Dorothy Sullivan .	716 544-9725
Treasurer	Ed Boggs	315 926-7890
Facilities Development .	Rick Williams.....	716 381-3418
Membership	Mike Shafer.....	716 227-9291
Trips & Events	Ivan Rezanka.....	716 381-7475
Newsletter	Karen Alexander .	716-461-1513
 Simon Barnett.....	716 244-3557
Education/Instruction	Ardie Shaffer.....	716 334-4487
Conservation/Access/AW .	Jerry Hargrave.....	716-663-3888

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.

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

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) handwritten submissions are acceptable, but they must be reasonably legible, or great editorial license may be invoked.

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

Paddling Contacts

Adirondack MountainClub(ADK) ...	(716) 987-1717
Adventure Calls.....	(888) 270-2410
Ardie Shaffer.....	(716) 334-4487
BayCreek Paddling Center	(716) 288-2830
G.R.I.P.....	(716) 381-3418
Oak Orchard Canoe.....	(800)-4-KAYAKS
Pack, Paddle, and Ski	(716) 346-5597
Seayaker Outfitters.....	(315) 524-9295

Web Pages

AWA	http://www.awa.org
Bay Creek	http://www.BayCreek.com
FLOW	http://www.rit.edu/~dsbpph/flow
Seayaker	http://www.seayaker.com
Waterline	http://h2oline.com

Second Annual FLOW Swap Meet

When: Saturday March 25, 2000

Schedule: 10:00 am till Noon Sellers only check in your equipment
 Noon till 5:00 PM SWAP MEET and ongoing equipment check-in
 5:00 PM till 6:00 PM Sellers pick up your cash and unsold equipment
 6:00 PM till 10:30 PM Kick back by the fire and listen to tall tales

Where: Mendon Ponds Park East Lodge - MAP on back (Same place as last year)

Go on out to the garage. Look down in the basement. Maybe you've stashed something in the old chicken coop at your mother's place. What are you looking for? BOATS and BOATING EQUIPMENT - paddles, spray skirts, vests, booties, helmets, old car racks - anything you no longer use - working or not! Just think about all that stuff that has shrunk, has holes in it, or is no longer fashionable. If last year was any indication, someone will give you a reasonable price for it!

Speaking of last year, Greg Barnett sold enough to retire on. Doug Caine at some point went home to get more stuff to sell because he ran out, and then at some other point realized that he had sold all of his boats-oops! Ed Boggs and Cathy Rague sold almost 20 items - every single thing that they brought! Tony Hernandez and Don Cochran came away smiling! And most importantly, there were many extremely happy buyers showing off their new goods- like Jerry Hargrave who snagged yet another Invader for his collection!

So, bring it all to sell at the swap meet at Mendon Ponds East Lodge on Saturday, March 25, 2000. A small donation of \$10.00 to FLOW by sellers is required for registration. (OK, if you only have a couple of misc. items but no boat to sell, we'll let you slide for \$5.00.) You can sell your equipment yourself, or have FLOW sell it on consignment for you. (If you

choose the consignment method, 10% of the selling price will be donated to FLOW.)

Everyone is welcome; sellers, buyers, browsers, FLOW members, nonmembers. There will be a fire, good company, tall tales, and lots of used equipment to buy! Come and start the season off right! And if there is snow, there will be demonstrations on the latest snow kayaking techniques.

Acceptable methods of payment are cash or good check with 2 forms of ID Sorry, no credit cards. We'll have coffee and hot chocolate available at nominal cost during the SWAP Meet. Beer is allowed if you care to bring some, and there is a two burner stove for warming up food!

If you have any questions, please call Cathy Rague or Ed Boggs at 315-926-7890 or email them at edncathy@rochester.rr.com.

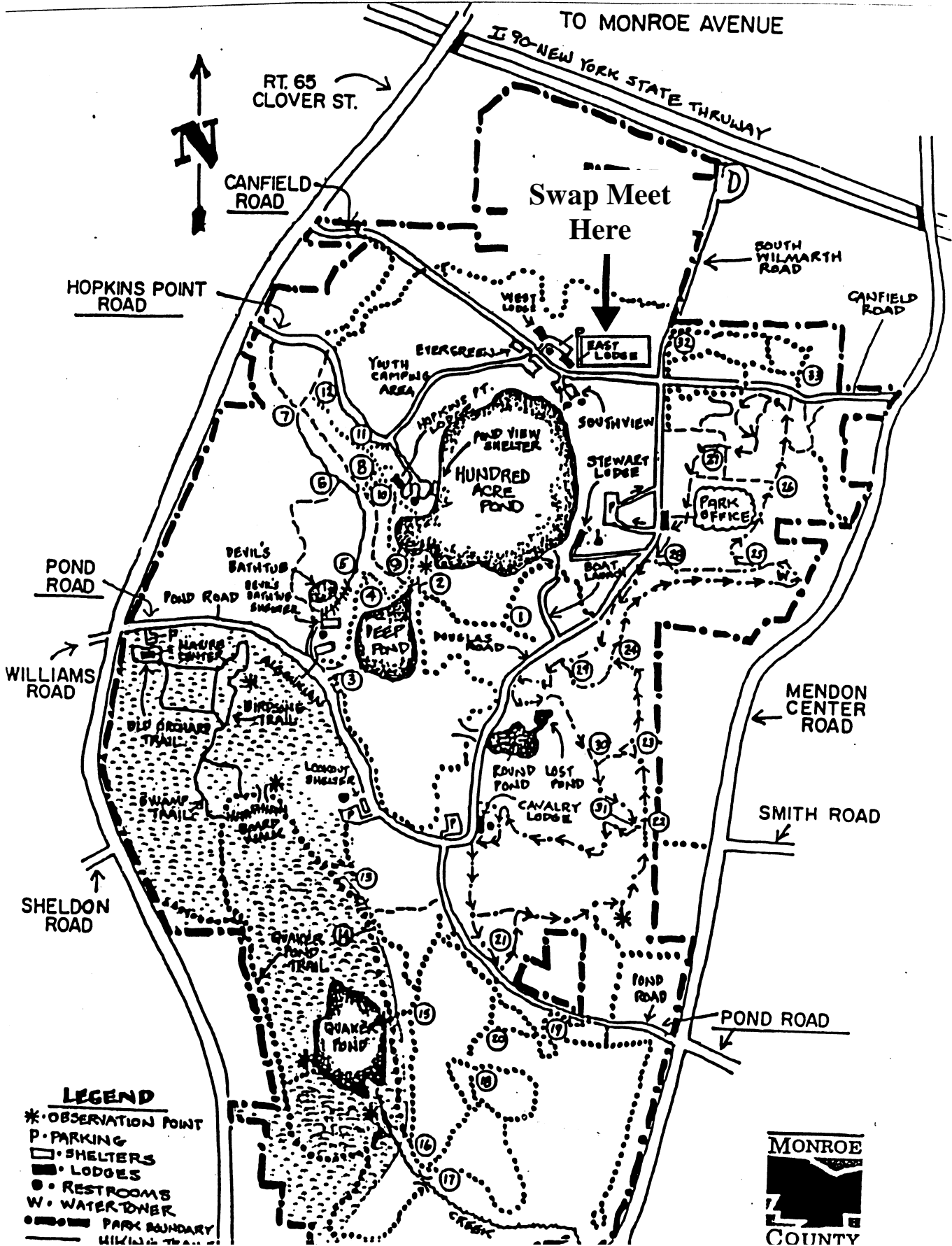


Are you interested in a nimble and sleek all around kayak?

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

FLOW Swap Meet Saturday March 25, 2000



Western River Permit Team Proposal

Submitted By Jerry Hargrave

We haven't had a locally organized Western River trip for several years. While we could plan a western trip any year, we wouldn't be able to paddle most of the good rivers because they require permits. In one recent River Magazine, there was a list of all US rivers that require permits. The article indicated that the waiting time for some permits is ten years!

I propose that we form a "Permit Team" with the following mission:

Secure at least one permit for all US rivers on an ongoing basis.

1) Organizing The Team

- a) The team decides on the list of rivers for which we will apply for permits.
- b) If we have more interested paddlers than rivers, we will apply for multiple permits for some rivers. Two permit applications are better than one!
- c) We will have a lottery to decide who will apply for the permit for each river. Even though you have a favorite river, there may be others who want to do the same river trip, so you may not get to be the permit person for your favorite river.
- d) After the lottery, individuals may trade rivers.

2) Maintaining Permits

- a) You are responsible for maintaining your permit application annually.
- b) Some permit systems have annual keeping fees.
- c) In most cases, if the renewal is late, you lose your place in the queue and must start over again.
- d) Loss of current application priority means you are immediately off the team.

3) Who Gets To Go On A Trip

- a) Permit rules usually dictate that the permit holder must be on the trip.
- b) If you are on the Permit Team you are guaranteed a spot on all other Permit Team trips.
- c) Since the number of participants is limited on some permits, the permit holder will choose the remaining participants. If you are not willing to be an active participant in the team, you might not be invited. (No pain no gain, no tickie no washie!).

- d) Permit fees are factored into shared trip costs when and if the trip happens.
- e) The trip fees will be split equally between each of the trip participants.

4) Planning Trips

- a) The permit holder does not have to be the trip leader.
- b) Trip leaders, especially on large wilderness expeditions, require respect.
- c) The permit holder should organize sub teams to plan meals, purchase food, pack gear, rent equipment, hire guides, and organize shuttles.
- d) The permit holder and trip leader are responsible for decisions concerning safety. They make the difficult decisions to cancel based on high water or draught.

Rick Harrington had a permit to The Middle Fork of the Salmon River in Idaho. It was very well organized trip. I'm sure Rick can give us some tips. For Rick's team there was a sub team who planned, bought, and packed all meals. Others organized the raft rentals, guides, and shuttle support.

Pulling off a trip requires a lot of work with various talents. Everyone can participate in some capacity.

How to get involved

- I will schedule a meeting leading to a permit party.
- We may even get two permits in one year! So start saving vacation time. Those with significant others should start saving brownie points.

This is only a proposal. Comments are welcome until we draw the names.

2000 FLOW Whitewater Trip/Event Schedule

Whitewater paddling, like all adventure sports, entails an element of risk. FLOW members assume this risk, and share the risk and responsibility for assisting others in need, as a condition of joining any of the listed trips below. Each participant will be asked to sign a release to this effect before putting onto the water. To add trips, or change existing trip listings for the monthly update, call Ivan Rezanka, 381-7475. And be sure to check FLOW's telephone Hotline, (716) 234-3893 for impromptu trips and events.

Date	Skill Level	Trip Description	Coordinator
Feb. 16		Pool practice at Pittsford Middle School, 7:30 – 9:30 PM	Ivan Rezanka 381-7475
Feb. 29		Pool practice at Wheatland-Chili, 7:00 – 9:00 PM	Mike Shafer 227-9291
March 1		Pool practice at Pittsford Middle School, 7:30 – 9:30 PM	Ivan Rezanka 381-7475
March 7		Pool practice at Wheatland-Chili, 7:00 – 9:00 PM	Mike Shafer 227-9291
March 8		Pool practice at Pittsford Middle School, 7:30 – 9:30 PM	Ivan Rezanka 381-7475
March 14		Pool practice at Wheatland-Chili, 7:00 – 9:00 PM	Mike Shafer 227-9291
March 15		Pool practice at Pittsford Middle School, 7:30 – 9:30 PM	Ivan Rezanka 381-7475
March 21		Pool practice at Wheatland-Chili, 7:00 – 9:00 PM	Mike Shafer 227-9291
March 22		Pool practice at Pittsford Middle School, 7:30 – 9:30 PM	Ivan Rezanka 381-7475
March 28		Pool practice at Wheatland-Chili, 7:00 – 9:00 PM	Mike Shafer 227-9291
March 29		Pool practice at Pittsford Middle School, 7:30 – 9:30 PM	Ivan Rezanka 381-7475
April 4		Pool practice at Wheatland-Chili, 7:00 – 9:00 PM	Mike Shafer 227-9291
April 5		Pool practice at Pittsford Middle School, 7:30 – 9:30 PM	Ivan Rezanka 381-7475
April 29-May 7	Advanced	Week long trip to Southern US	Mike Shafer 227-9291
June 3 - 10		National River Clean Up Week	
June 24	Intermediate	Salmon River, Pulaski, NY. A scheduled 400 cfs release.	
July 1-4	Intermediate	Ottawa River, Beachburg, Ontario. The annual gathering of FLOW paddlers to celebrate July 4 and Canada day. The river and paddlers are warm, wet, and wild. Class III - IV	
July 8	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III	
July 22	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III	
August 5-6	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III	
August 26-27	Intermediate	Gatineau River Festival Jerry will make camping and food reservations, but he needs a solid commitment from paddlers by Aug. 1. Check out the web site for more information: http://www.gatineau.org	Jerry Hargrave 663-3888
Sep. 2	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III	
November	Intermediate	Tohickon Creek, Pennsylvania. Class III	

Whitewater Kayak Instruction

Rob Blake
716-734-3000

Rick Williams
716-381-3418

ACA Certified Instructors All Levels
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GRIP
EXPERIENCE

GRAVITY RESEARCH INSTRUCTION PERFORMANCE

FLOW Membership Categories and Ad Rates

Until now there has been no written policy documenting the membership policy and advertising rates. This has led to some confusion. Therefore, the steering committee came up with the following policies.

There are three FLOW membership categories:

1. Individual Membership
2. Family Membership
3. Commercial Membership

All memberships are based on a calendar year.

Individual Membership

- Cost: \$30
- Includes ACA membership
- Receive FLOWlines (monthly newsletter) including regularly updated paddler lists
- Listing on club members' list
- May place a short (45 words max.), free ad in the "Classified Ads" section to sell personal paddling equipment.

Family Membership

- Cost: \$35
- Includes ACA family membership

- Receive FLOWlines (monthly newsletter) including regularly updated paddler lists
- Each family member is listed on the club members' list
- May place a short (45 words max.), free ad in the "Classified Ads" section to sell personal paddling equipment.

Commercial Membership

- Cost: \$150
- Receive FLOWlines (monthly newsletter) including regularly updated paddler lists
- Free 1/8 page ad in each issue of FLOWlines
- Listing in "Contacts" section on page 2 of FLOWlines

Advertising Rates

Anyone may take out an ad in the FLOWlines. The advertiser will receive a copy of FLOWlines which contains their ads, without the paddler list.

	1/8 Page 3.5x2.32	1/4 Page 3.5x4.75 7.5x2.32	1/2 Page 7.5x4.75 3.5x9.5	Full Page 7.5x9.5
Single Issue	\$20	\$40	\$80	\$160
Six Issues (Consecutive)	\$85	\$170	\$340	\$680

FLOW Officer Elections

The nominating committee only came up with one person per position, so you have the choice of voting for the nominating committee's recommendation (check the box to the left of the printed name) or selecting someone else (check the box to the left of the blank line and write in a name). If you decide to write in a name,

that person must be a FLOW member and must be willing to take the position.

In order for your vote to count, you must:

1. Be a FLOW member in good standing.
2. Sign your ballot.
3. Return ballot to Dorothy Sullivan,
232 Navarre Rd, Rochester NY 14621
Ballot must be received before 3/23

✂

President Mike Shafer _____

White Water Vice President Cathy Rague _____

Flat Water Vice President [No Candidate Identified].... _____

Secretary Dorothy Sullivan..... _____

Treasurer..... Ed Boggs _____

Your Signature _____

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

Dagger Crossfire for Sale with backband, \$275 Call Rick @ 775-3525 or write rick_johnston@iimak.com

Used whitewater and touring **kayaks, paddles, skirts, wetsuits, floatbags, helmets, jackets, bilge pumps, paddle floats, PFDs, kayak/canoe Trailer, hip pads, rescue/safety gear**, etc. Call Gary for specifics and prices. Great deals. I know you're all cheapskates so call me! 315-536-8304 or 800-968-8735

Next newsletter deadline is March 23

FLOW Paddlers Club
89 Dorsetwood Drive
Rochester, NY 14612

