



FLOWlines



Finger Lakes-Ontario Watershed Paddlers' Club Newsletter
Rochester NY

Volume 5, Issue 5

May 2000

May Steering Committee Meeting

FLOW is on auto-pilot for the month of May - there will not be a steering committee meeting. See 'ya on the water!

May General Meeting

Date: Thursday, May 11
Time: 7:00 P.M.
Place: Brighton Town Hall
2300 Elmwood Avenue

The Lock 32 Project by Art Miller

Art will give a report on the current state of the lock 32 project. He will discuss the Junior National Kayaking Program, membership fee structures, work parties to and the formation of a lock patrol. Come to the meeting and find out what's going on right here in Rochester!

June and July General Meetings

The June and July general meetings will be held on the water and will be even more fun than usual. The June 8 meeting will be held at Mendon Ponds Park and the July 14 meeting will be held at Webster Park. Save the dates and check upcoming newsletters for more details!

Gatineau Trip Leader Needed

It turns out that Jerry can't lead the Gatineau River Festival Whitewater Trip planned for August 26-27. If you can take over for him, please contact Ivan Rezanka at 381-7475.

Salmon River Clean-Up Day

CNY Whitewater club is organizing a Salmon River Clean-up Day on Saturday, June 10.

It would be great for FLOW to join hands with them and participate. Their plans are to meet for breakfast at the Ponderosa at 10 am, or at 11 am at Firemen's Field. They will start at the Rt. 2A Bridge and end at the Black Hole.

Bring rubber gloves, garden gloves, plastic bags, scissors, wear good shoes, dress for the weather and poison ivy.

We all love to paddle and frequent the Pulaski area...it would be good to show the people there our appreciation. Remember when it comes to chance, "if you are not part of the solution, you are part of the problem!"

If you are available to participate or want more info, contact Mike Shafer at mshafer@rochester.rr.com or 716-227-9291.

Nancy Howells, co-founder of CNY Whitewater Club is organizing the event. She can be reached at 315-662-3121 or nancy@shazamny.com. Check out their web site at <http://www.shazamny.com/CNY/>

Swiftwater Rescue Course

Rescue 3 International is offering a Swiftwater Rescue Technician Unit 1 course June 9-11, 2000 in Letchworth State Park. Registration prior to May 19, 2000 is \$275.00. An advanced course is also available. For more information, call Bill Matney at 800-713-7194.

FLOW Organization

President	Mike Shafer.....	716 227-9291
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	James Hopkins	716 621-2721
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
Public Relations	Lucky Dog.....	716 422-6138
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) 621-2721 for more information.

James Hopkins
Re: FLOW Paddlers' Club
43 Whelehan Drive
Rochester, NY 14616

Upcoming trips/events

Contact Ivan Rezanka (716) 381-7475 for Whitewater Trips. Contact James Hopkins (716) 621-2721 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
Lock 32 Project (Art Miller)	377-1994
Oak Orchard Canoe.....	(800)-4-KAYAKS
Pack, Paddle, and Ski	(716) 346-5597
Seayaker Outfitters.....	(315) 524-9295

Web Pages

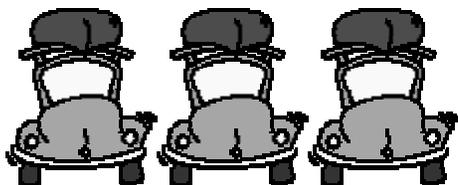
AWA	http://www.awa.org
Bay Creek	http://www.BayCreek.com
FLOW	http://www.rit.edu/~dsbpph/flow
Seayaker	http://www.seayaker.com
Waterline	http://h2oline.com

FLOW Flatwater Paddling Calendar

Weeknight Paddles will be on Thursdays in 2000. A great escape from the mid week blahs and for Canoe/WW/Sea Kayak paddler interaction. The evening will cater to the interests of the participants, and offer a shorter and longer paddle from the same starting point. Don't like Thursdays? Volunteer for another night...added trips are welcome. Contact Jim Hopkins 621-2721 (hoppyski@yahoo.com) with your trip or Evening Paddle Details. We would like to expand this list and offer a variety of trips this year. We're looking for weekend trips, extended trips, and paddling/camping trips. If you would like to add a trip, please contact Jim Hopkins with information. The trip list will be published monthly.

Thurs	Type/Class	Trip/Event	Coordinator	Phone	E-Mail
18-May	Sea/WW/Canoe	Irondequiot Bay/Creek @ Bay Creek	Jim Hopkins	621-2721	hoppyski@yahoo.com
25-May	Sea/WW/Canoe	Erie Canal - Ayrault Rd	Frank Cabron	248-2093	fcabron@netacc.net
Jun-Sept	Sea & WW Kayak	Sunday Surfers Durand Beach @ 10:00		Hot Line	
1-Jun	Sea Kayak	Irondequiot Bay/Outlet @ Seabreeze	Frank Cabron	248-2093	fcabron@netacc.net
8-Jun	All	FLOW Paddle & Meeting @Mendon	Mike Shafer	227-9291	mshafer@rochester.rr.com
15-Jun	Sea/WW/Canoe	Irondequiot Bay/Outlet @ Seabreeze	Jim Hopkins	621-2721	hoppyski@yahoo.com
22-Jun	Sea Kayak/Canoe	Erie Canal- Fairport	Harry Weidman	315-524-9295	seayaker@seayaker.com
29-Jun	Sea Kayak	Greenland Paddle Clinic @ Perinton	Harry Weidman	315-524-9295	seayaker@seayaker.com
6-Jul	All	TBD			
13-Jul	All	FLOW Paddle & General Meeting	Mike Shafer	227-9291	mshafer@rochester.rr.com
20-Jul	Sea & WW Kayak	Paddle Strokes & Rolls Mendon	Ardie Shaffer	334-4487	ashafer@rochesterdandc.com
27-Jul	Sea Kayak	Surf or Rescue Clinic	Harry Weidman	315-524-9295	seayaker@seayaker.com
3-Aug	All	Crazy Kayak Games @ Webster Pk	Harry Weidman	315-524-9295	seayaker@seayaker.com
10-Aug	Sea & WW Kayak	Roll Clinic Mendon	Ardie Shaffer	334-4487	ashafer@rochesterdandc.com
TBD	Wilderness River	Churchill River 10-14 Day	Ed McDonald	544-3467	Early June or Late Aug-Sept

Coordinators/Trip Leaders are covered by ACA Insurance for Listed Trips



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 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 for impromptu trips and events.

Date	Skill Level	Trip Description	Coordinator
May 6	Intermediate	Cattaraugus Creek	Joel Chastek 768-4651
May 13	Beginner	Genesee River in Letchworth Park Class II	Bill Kuipers 322-7742
May 21	Beginner	Genesee River in Letchworth Park Class II	Harry Marinakis 244-9807
May 27	Intermediate	Cattaraugus Creek	Joel Chastek 768-4651
June 10	EVERYONE	Clean up the Salmon River (See article on Page 1)	Mike Shafer 227-9291
June 10-11	Beginner	Lehigh River, PA. Camp overnight nearby	Steve Kittelberger 442-6138
June 24	Intermediate	Salmon River, Pulaski NY. A scheduled 400 cfs release.	Vaughn Skinner 315-683-5379
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	Paul Houndt 342-3055
July 8	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III	Dan Bogaard 442- 6634
July 22	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III	Bill Kuipers 322-7742
August 5-6	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III	
August 26-27	Intermediate	Gatineau River Festival	
Sep. 2	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III	
November	Intermediate	Tohickon Creek, Pennsylvania. Class III	

Coordinators/Trip Leaders are covered by ACA Insurance for Listed Trips.

Letter To The Editor

Swiftwater Rescue Training For Amateurs - Teachers Wanted Submitted by Jerry Hargrave

I am jealous that I cannot take the Swiftwater Rescue course being offered at Letchworth this time. I am however thankful that people continue to offer it to our paddlers. I feel much safer on the water knowing there are paddlers out there with more technical rescue knowledge than me. Should I ever need help, I can only hope that one of them would be assisting.

Unfortunately not every one of our paddlers can afford a \$275 course. Whether they are retirees, unemployed, raising a family, or simply financially challenged, we should not limit the instruction we offer all of our paddlers based on cost. I would rather we teach each other, rather than wait until each paddler can save up fees for a certified class.

I was impressed with the educational seminar on boats and equipment at the ADK meeting on April 12th. We too can offer inexpensive, even

free, clinics at FLOW meetings or included as a part of a scheduled outing. Each year I witness the number of paddlers increase. Many of the newer paddlers have really excelled in paddling prowess. While the best way to improve technique is spending time with your butt in your boat, some of these new paddlers seem to lack some basic skills that would benefit themselves and others. I call it river sense.

So, I encourage every one of you to reach deep within yourself. Come up with one forte you could teach other FLOW members. They can be simple 15 minute talks. They could be about paddling techniques, safety, rescue, boatmaking, navigation, lunch nutrition, or how to do without a port-a-potty on the river. I encourage more of you to step up and teach us something, and in some small way give back to the sport.

I will take the lead. Many paddlers have never witnessed a broaching or pinning. I will schedule an event that could be best described as an amateur rescue clinic to demonstrate some simple telfers, and maybe a Z-drag. I would like to rely on the advanced knowledge of those already trained and certified, so if that is you. please come forward.

In the mean time each of you owe it to yourselves and to your paddling partners to take first aid CPR. These courses are cheap, short, and readily available at Red Cross so there is no excuse for you not to have the basics. And here is some motivation: Anyone who "rescues" *me* is hereby promised a free six pack of their choice.

Flow members interested in teaching some swiftwater safety and rescue techniques should contact Jerry Hargrave at 663-3888.

Whitewater Kayak Instruction

Rob Blake
716-734-3000

Rick Williams
716-381-3418

EXPERIENCE

ACA Certified Instructors All Levels
Private and Group Lessons Custom Programs

GRAVITY RESEARCH INSTRUCTION PERFORMANCE

FLOW Day at Lock 32

Date: Friday, May 19

Time: 3 p.m. until dusk

Art Miller and Rick Williams have extended an invitation to all FLOW members to try paddling at the Lock 32 whitewater course.

Come on out and see what this new facility is all about! Art will preview this for us at the May 11 general meeting, and then host us on Friday May 19.

All active FLOW members are welcome to paddle the whitewater there for the day. The \$5 per person fee will satisfy NY State and Rochester Waterways insurance concerns (you will be their member-for-a-day). Snacks and cold beverage will be available, so even if you do not want to paddle that day, come spend a Friday happy hour with your friends. Access is available to the flatwater canal too, so enjoy a leisurely paddle in the area while you are there, if you like.

If you decide that you like what Rick has built and want to join for the season, the \$5 member-for-a-day fee will be credited to a season pass. So come on out and paddle with us for a day!



Northern Outfitters Opens Syracuse Store

Northern Outfitters has opened its doors at 2540 Erie Blvd East in Syracuse. They have over 100 kayaks plus all sorts of gear for hiking, backpacking, and other outdoor adventures. Check out their web site at <http://www.noh20.com>

Alaska Contact

A FLOW member has left the Rochester area for higher paddling aspirations. Ken Schaeffer has relocated to Sitka, Alaska and is now the owner-operator of Baidarka Boats. Baidarka is Sitka's sea kayaking center since 1977. He has rentals, tours, instruction, and a retail store.

See the website at <http://www.kayaksite.com>.

Mailing Address:

Baidarka Boats
Box 6001
Sitka, Ak 99835 USA

Fish Creek Update

Submitted by Dorothy Sullivan

On an outing coordinated by Ivan last Saturday, some new features were seen on the Fish. At the bend after the dam (the one with the tall sand bank on river right), some concrete like chunks/boulders fell into the channel since last year. Perry reported that this made for a fun boulder garden feature this spring, but now a couple of the boulders have logs broached between them, creating some not so fun pinning situations. Just below this, before town, there is a river wide strainer (full length tree). Fun and great surfing was had by all, so if anyone tells you that two feet is too low to run the Fish, don't believe them. Thanks Ivan!

Paddlefest 20000

Things to look forward to at Adirondack Paddlefest 2000 which will be held on May 12-May 14 in Inlet NY

- Over 500 boats and thousands of accessories on sale.
- All the latest designs will be there!
- In the heart of the Northland's Largest Paddling Destination, over 30,000 miles of rivers & streams and 3,000 lakes and ponds!
- Test the best canoes, kayaks, paddles, PFD's, and everything else in paddlesports.
- Held in Arrowhead Park in downtown Inlet, easy walking distance to motels, shops, and restaurants.
- Speakers, clinics, races, sunset tours, chances to win boats, paddling gear, and more!
- Music, food, fun for the entire family.
- Continuous paddling film fest all weekend.

All the details are on their web site at <http://www.mountainmanoutdoors.com/>



Quote of the Month

Submitted by Harry Marinakis

“Perry Vayo has a tight little butt!”
-- Jim Albano

This was said while attempting to squeeze into the cockpit of Perry's Riot Glide.

Medical Alert

Submitted by Mike Shafer

Subject: Newly Discovered Medical Disorder

1. It has recently been discovered that excessive rainfall may cause outbreaks of reckless, carefree whitewater kayaking in certain individuals. The most acutely affected, in extreme cases, may even expose themselves to three- and four-day excursions on whitewater rivers.
2. Symptoms include, but are not limited to, heightened sensations of restlessness, an exaggerated giddiness about the prospect of rain, praying for rain, and/or searching the sky for rain clouds whenever outdoors.
3. Rational, work related thought may become blurred in these individuals. Because this is a medical condition beyond their ability to control, these individuals cannot be held accountable for any neglect of household duties, estrangement of family and/or friends, or missed days of work that result after periods of excessive rainfall.
4. It is imperative that these individuals do not attempt to operate ANY equipment during these rare but serious outbreaks other than motor vehicles and non-motorized, decked water crafts.
5. Should you notice any of these symptoms in one of your employees, you must immediately place said employee in a "leave of absence" status until such time as all rivers within a 400 mile radius of your place of employment recede to normal seasonal levels.

CAUTION: Expect any employee exhibiting any of the above symptoms to display signs of extreme frustration and aggravation toward their employer if forced to work while area free-flowing whitewater rivers are at unseasonably high levels!

Your cooperation in this serious medical emergency is greatly appreciated.

Respectfully,
Dr. Iwannago Paddling
Surgeon General

FLOW Medical Corner - Advice from Dr. Jerry Hargrave

Four Exercises to Strengthen the Muscles of Your Rotator Cuff

Found on the web at <http://www.aafp.org/patientinfo/rotcuff.html>

Remember that the exercises described on this page, which help strengthen the muscles of your shoulder (especially the rotator cuff), should not cause you pain. If the exercise hurts, use a smaller weight and stop exercising when the pain begins.

Look at the pictures with each exercise so you can follow the right position. Warm up before adding weights: stretch your arms and shoulders and do pendulum exercises (bend from the waist, arms hanging down; keeping arm and shoulder muscles relaxed, move arms slowly back and forth).

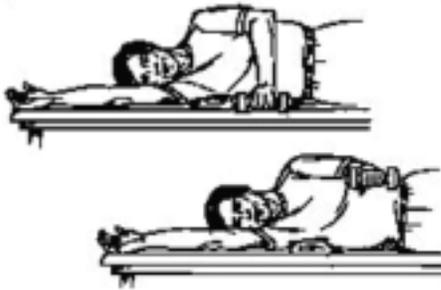
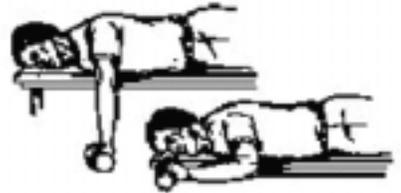
Keep repeating each exercise until your arm is tired. Use a light enough weight that you don't get

tired until you've done the exercise about 20 to 30 times. Increase the weight a little each week (but never so much that the weight causes pain): start with 2 ounces the first week, move up to 4 ounces the second week, 8 ounces the next week, and so on.

If you do all four exercises three to five times a week, your rotator cuff muscles will become stronger and you'll regain normal strength in your shoulder. Each time you finish doing all four exercises, put an ice pack on your shoulder for 20 minutes. It's best to use a plastic bag with ice cubes in it, or a bag of frozen peas, not gel packs.

Exercise 1

Start by lying on your stomach on a table or a bed. Put your left arm out at shoulder level with your elbow bent to 90 degrees and your hand down. Keep your elbow bent and slowly raise your left hand. Stop when your hand is level with your shoulder. Lower the hand slowly. Repeat the exercise until your arm is tired. Then repeat the whole exercise again with your right arm.

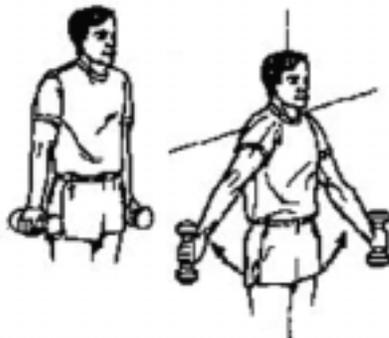
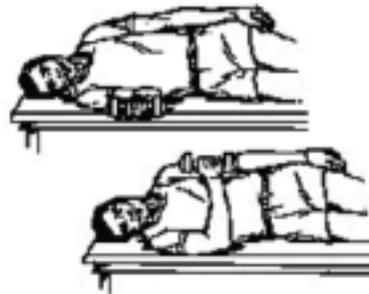


Exercise 2

Lie on your right side with a rolled-up towel under your right armpit. Stretch your right arm above your head. Keep your left arm at your side with your elbow bent to 90 degrees and the forearm resting against your chest, palm down. Roll your left shoulder out, raising the left forearm until it's level with your shoulder. (Hint: this is like the backhand swing in tennis.) Lower the arm slowly. Repeat the exercise until your arm is tired. Then repeat the whole exercise again with your right arm.

Exercise 3

Lie on your right side. Keep your left arm along the upper side of your body. Bend your right elbow to 90 degrees. Keep the right forearm resting on the table. Now roll your right shoulder in, raising your right forearm up to your chest. (Hint: this is like the forehand swing in tennis.) Lower the forearm slowly. Repeat the exercise until your arm is tired. Then repeat the whole exercise again with your other arm.



Exercise 4

In a standing position, start with your right arm halfway between the front and the side of your body, thumb down. Raise your right arm until almost level (about a 45 degree angle). (Hint: this is like emptying a can.) Don't lift beyond the point of pain. Slowly lower your arm. Repeat the exercise until your arm is tired. Then repeat the whole exercise again with your other arm.

This information provides a general overview on strengthening the rotator cuff muscles and may not apply to everyone. Talk to your family doctor to find out if this information applies to you and to get more information on this subject.

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Classified Ads

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

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

Dagger Response (for a big person) for sale, \$200. Call Art Miller at 377-1994 or write artmiller@worldnet.att.net.

Dagger Crossfire, 2 paddles, helmet, floatation, drain plug and pfd. Make me an offer! **Dagger seeker** exp touring kayak, with **paddle, bilge pump** and **spray skirt**. Best price over \$300.00. Both boats are 5 years old in Excellent condition. Call Joe at 243-0285 or JOAnCrowl@aol.com

Notes from the Editors

We want to print your pictures! Try bringing a waterproof single use camera on your next trip, and submit them to the newsletter. We have a scanner at our disposal and we will return all original photographs. What better way to share some of life's more interesting moments. Forward your pictures to Simon Barnett.

We were informed by the US Postal Service that our newsletter was not in compliance with the USPS regulations. In order to make sure that the newsletter goes through their high speed sorting equipment without being shredded, it must be taped (not stapled) on all 3 sides. Please let us know if you don't get a newsletter or if it gets mangled. We want to keep track of this stuff.

Next newsletter deadline is May 18.

FLOW Paddlers Club
89 Dorsetwood Drive
Rochester, NY 14612

