



FLOWlines



Finger Lakes-Ontario Watershed Paddlers' Club Newsletter
Rochester NY

Volume 5, Issue 7

July 2000

July Steering Committee Meeting

There has been way too much rain recently to have a steering committee meeting this month. See 'ya on the water!

Fourth Annual FLOW Summer Picnic

If you have not done so already, grab your calendar and a permanent marker and save the weekend of August 4 - 6 for FLOW's annual extravaganza and paddling picnic. It's a scheduled release on the Salmon River, and FLOW will convene after paddling at Stoney's Campground in Pineville for a picnic and bonfire on Saturday, August 5. Tom Congden will again preside over the picnic proceedings, and Dave Griffey has been persuaded to repeat his "Garbage Can Turkey" success of 1999. Food and refreshments are provided by FLOW, and reduced camping fees are available Friday and Saturday nights. Call Steve Kittelberger for more details.



Water Polo At Mendon Ponds

July General Meeting

Date: Thursday, July 13

Time: 5:00 PM

Place: Webster Park, Lake View Shelter 1
See Map Below

Playtime!

June's general meeting was filled with fun and food. Beautiful warm weather at Mendon Ponds Park was perfect for both open water boaters and white water kayakers. A spirited game of kayak soccer/polo/basketball/bumper boats was played and participants had a great opportunity to practice their boating skills.

So, we're going to do it again! Don't miss the date at Webster Park. Once again, FLOW will provide the soda, hot dogs, buns and charcoal. Bring your boats, Frisbees and a dish to pass. Invite your friends who have been thinking of trying kayaking - this is an excellent chance for newcomers to try out some boats.



106 9/93

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111 HUNDEWART AVE., ROCHESTER, NY 14620

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	Steve Kittelberger....	716 442-6138
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. Sponsored and coordinated by the flatwater paddlers, open to all. A great escape from the mid week blahs and for Canoe/WW/Sea Kayak paddler interaction. The evening coordinator will structure the paddle 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.

Note From The Editors: Open Water Boaters - send us your pictures and articles. We want to hear more about your paddling excursions!

Date	Time	Type/Class	Trip/Event	Coordinator	Phone	E-Mail
Jun-Sept	10:00 AM	Sea & WW Kayak	Sunday Surfers Durand Beach		Hot Line	
6-Jul	7:00 PM	All	Black Creek from Genesee River	Shelia Wagoner	436-7717	shelia.wagoner@kodak.com
13-Jul	5:00 PM	All	FLOW Paddle & General Meeting@Webster Park	Mike Shafer	227-9291	mshafer@rochester.rr.com
20-Jul	7:00 PM	Sea & WW Kayak	Paddle Strokes & Rolls Mendon	Ardie Shaffer	334-4487	ashafer@rochesterdandc.com
27-Jul	7:00 PM	TBD	TBD			
3-Aug	6:30 PM	All	Crazy Kayak Games @ Webster Pk	Harry Weidman	315-524-9295	seayaker@seayaker.com
10-Aug	6:30 PM	Sea & WW Kayak	Roll Clinic Mendon	Ardie Shaffer	334-4487	ashafer@rochesterdandc.com
17-Aug	6:30 PM	Sea Kayak	Surf or Rescue Clinic	Harry Weidman	315-524-9295	seayaker@seayaker.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

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
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 (Part of FLOW Picnic)	Ed Boggs 315-926-7890
August 26-27	Intermediate	Gatineau River Festival	Vaughn Skinner 315-638-5379
September 2	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III	
September 3	Intermediate	Beaver River, Taylorville section. Class III - IV	Ben Bramlage 518-251-5300
October 14	Intermediate	Lower Moose River. Class IV	Ben Bramlage 518-251-5300
November	Intermediate	Tohickon Creek, Pennsylvania. Class III	

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

Swiftwater Rescue Technician Class Review

Submitted By Mike Marini

"Thank god It Isn't October"

The last time I subjected myself to two full days of swimming in the Genesee it was October 1996 and my first go-round with Rescue 3's Swiftwater Rescue Technician – 1 certification course. Well, there I was again, in June this time, with 16 other local individuals getting drown-proofed by Bill Matney and Shane Strieby with down stream backup supplied by Adventure Calls.

SRT1 is a grueling three day course designed primarily for fire fighters and rescue personnel. The objective of the course is to train the students how to not drown themselves or their teammates, and finally, to complete a rescue **only if** it can be accomplished without putting the team in peril.

The first day is spent in a classroom. It began at 9 am and finished at 6 pm. We covered terminology, priorities, basic first aid, hydrology, and an introduction to technical rope gear (read: toys). On Saturday we started at 8 am on the river learning how to swim in current, how to use a throw bag and exactly how it felt to be caught on a strainer. We finished at 6 pm and repaired to the local tavern to assuage our bruises (there were many) and entertain each other. It is quite possible that we will never be allowed to eat there again.

Sunday dawned much too soon for the tired and slightly hungover crew, but we were back at 8 am to learn basic rope and anchor systems and how to rig a z drag. Then we were back down to the river for more swimming in the rain and thunder, although we never did see any lightning. We also learned how to paddle a raft

alone, as well as how to right one. We finished the day hungry and exhausted with a written (multiple choice) exam.

The course is not designed for private boaters. Much of the material seems to have little or no application to our favorite pastime, at least at first glance. In this time of "Certification" many guides take the class in an effort to increase the safety of their clients. Unfortunately – it doesn't. It does teach a set of skills that if **trained, practiced, and thought about** will likely make rescues or recoveries that you are involved in safe for the rescuer and the support team.

That having been said, the instruction we received was first rate. Bill and Shane are outstanding instructors and the course is comprehensive and well laid out.

I've had to lead a body recovery. I applied what I learned the first time around to make it as safe as possible for those involved. I did what I had been trained and had practiced. An accident scene is no place to be improvising.

For the safety of ourselves, and our fellow boaters, I highly recommend taking this, or any of the other courses taught by Rescue 3.

PS Try to take the course some place warm.



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

Recanting a Great Time Down-South

Submitted By Mike Shafer

And there we were. Chatooga IV, Woodall Shoals. We had all read that this was a class six rapid. The guidebook said something about an innocuous class 3 appearance.... but who was paying attention to that? Ed Boggs saw a line, and went out and showed us how. And many followed. Ed had been a great probe the entire trip, so why doubt him now? One by one boaters made the move and cleared the hole. Then our friend Steve Baker made his move. Oops, his move was into the hole. Well let me tell you – Steve Baker can surf. With resilience. For a long time we did not see much of Steve. A helmet...pause. A paddle....pause. Was that a hand? Hey, I think he is out of his boat! You know how when you are scared, all seems to happen in slow motion? That was happening for me, for Steve. I clearly remember time to throw a rope, recoil, and throw again, three times. Steve was spending quality time here, and somehow seemed to be calmer than all of us throughout – like he had a choice?

Luckily, after a good two minutes of toil, he popped out. He told me he felt humbled here...I kind of think we all did along with him. For the rest of the trip, the river gods of Chatooga IV had our attention, for sure. Now this author can only pick on Steve for his reticent hole ownership just so much. At Corkscrew of the five falls, I got my own payback for even thinking of having fun with the pen here at Steve's expense. A couple of

great boating locals were showing us our way through the five falls section. This was great because we could boat scout and run without a lot of rock climbing (we think). Of course 12 boaters in a tight little 5 rapid ½ mile makes for some group break-up, and eddy staging. So I missed one little piece of direction, like “whatever you do stay away from that big hole on bottom right”. Oh well...quality time defined all over again. This used to be Steve Benedict's own personal hole, I'm told. At dinner he thanked me and relinquished his title.

The Chatooga IV was almost everybody's favorite river of this trip. Beautiful, remote, challenging. Many of us had long wanted to go there, and the group we had combined with finding the level at 1.4, made this the right run at the right day to be there. Not that every run was anything other than that. In one little road trip, we managed to paddle: Slippery Rock, Middle Fork of the Tygert, the Nolichucky,



Steve Benedict On The Middle Fork Of The Tygert

Nantahala, the Little, Lower and Upper Gauley, Cheat Narrows and Cheat Canyon, and the Lower Yough.

We had lots of side trips too. Cheat river fest was a great one. There were a few departures for a day at a time, as some visited family and friends when our voyage took us past familiar neighborhoods.

Doug Caine encountered previously made friends from his Appalachian thru-hike, as we spent a decent amount of time in AT territory.

Perhaps the best side trip was for meals. Bill Kuipers, I learned, is not one for cooking in camp. This is not without good reason though, as he is a connoisseur of every river's best-local-eatery. Besides the prominence of that big open boat on the water, his meal forte is well founded. Even for breakfast. On day six, he and part of the group went to breakfast before leaving for the Chatooga. Now some of us ate in camp daily, and some went out to eat. This morning Steve Baker decided to join Bill and company, figuring like usual they would return to camp after breakfast so we could shuttle as a group, en mass. Oh well so he missed one of the finer points of yet another small eddy conversation. His version of what happened here tells it best:

"This was about the third day of the trip. Every day Bill would take a few people out to a nearby restaurant for breakfast, return to camp, and tell how we missed



Bill Kuipers Layin' The Smack Down At Soc-'em-Dob Chatooga IV

out on such good food. Wanting in on one of these events, the next morning I asked if I could follow. They said yes. The first stop was by a charming cabin-like place, right in the middle of nowhere. Maybe I was unusually hungry, but that place looked like it offered some best down-home food I'd had in a while (man, did these people know their way around here or what!). Unfortunately the place was closed. Oh, well I was sure that if they knew of this little place, they had another, probably just over the next hill....., well maybe the next.....around this turn.....ah, here we go, it's gotta be down this road. All this time I was thinking, 'You know these guys are being kinda inconsiderate, everyone else back at camp is probably getting a little pissed waiting for these guys to finish eating' and we hadn't even started! After about 45 minutes more of this 'over the next hill crap' we finally came upon a town. Man, this town must have one hell of a good breakfast place and am I hungry!what the hell is this!!... no it can't be..... they

are...., no, they wouldn'tyes damn it!.... I can't believe this; they really are pulling into a friggin' MacDonalds! What sort of seriously disturbed road food junkies have I gotten myself in with, I simply can't believe anyone is sick enough to drive thru 45 min of hairpin turns, 30 degree hills, and backwoods road for this. I've got to let them know I think their road food addiction is no

excuse. 'Don't you boys think that maybe some of the people back at camp are wondering for us to come back from breakfast'. 'What?' they replied, pretending to deny their despicable road food addiction. They all started laughing hysterically!

I'm thinkin', 'these guys don't care about anyone/anything else when it comes to road food'. As it turns out, they claim they were laughing because I thought they drove all this way just to eat at a MacDonalds, when in actuality, (they claimed) they had planned on meeting up with everyone at the put-in, just down the road.

Ha! Ha! very funny, so they really aren't addicted to road food. Or maybe all their hysterical laughter was just a cover up? I just know that before I get involved in any shuttles with these guys, I am going to know exactly how far it is to the nearest junk food fix and I'm gonna look around their shuttle vehicle for wrappers and other signs of sequestered road food."



Harry Marinakus Running Chatooga IV

So again this year's trip was a great time. All in all we had 15 travelers with us. 2500 miles, nine days, and eleven rivers in all. Jim and Harry have a video, and there are lots of pics and tales out there. Far more than can be recanted in one little trip report...stay tuned. When dryer times come, I am sure others will have their own versions to write about and submit. I am hoping so...gotta hold on to something until we go back again next year!

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Rob Blake
716-734-3000

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716-381-3418

Medical Proof that Paddlers are Bone-Headed

Submitted By Heather Mummary, aka
The Long-Lost North Carolina Correspondent

In the course of my medical studies, I occasionally find time to explore important research issues of interest to paddlers. For instance, what is the potential energy of a spinning kayaker 270 degrees into a flat-spin, and does the Coriolus effect make a difference? Is there more ambient light available for paddling on the cloudy night of a full moon, or on a clear night with a new moon? You can tell by the nature of these scientific questions (which currently remain unanswered) that I have not contributed much of value to the wealth of human knowledge.

But I have come across some obscure, paddling-related facts, such as the following: paddling in extremely cold water can cause bone-headedness. (And you thought it went the other way around!) Specifically, it causes *external auditory canal exostoses*, or the growth of bony prominences in the outer ear canal. This condition has been known for years to occur in ocean swimmers and surfers, but it has also been observed in paddlers who spend a lot of time on cold rivers, such as the Nantahala.

How much is a lot of time? It is believed that a minimum of five years of "frequent cold water exposure," generally below 65 degrees, is required before these growths begin to appear. When they do, they often develop in both ears and can occlude so much of the external canal that hearing is impaired. They also obstruct the clearance of debris, and infections become common. Usually they go unnoticed for years (unless bone-headed actions persist, such as paddling frequently in cold water), but if they start to cause problems, surgery is indicated. I don't know much more, except the procedure involves a "specialized mallet" and a "thin chisel." Ugh.

In the interest of preventive medicine, please do your part to stop bone-headed paddling. Ear muffs, helmet warmers, hot cocoa, whatever it takes. Please don't let the fruits of my medical education go to waste!

(Reference: Nichols, "Nonorthopaedic problems in the aquatic athlete." *Clinics in Sports Medicine - Aquatic sports injuries and rehabilitation*, Vol 18(2), Apr 99.)

Salmon River Festival July 8-9

FLOW will be having a booth at the Salmon fest and we need volunteers to help staff the booth. If you can take a 1 or 2 hour shift, please contact Mike Shafer at 227-9291 or mshafer@rochester.rr.com.

For details about the festival, read the article in last month's FLOWlines, or check out the web site www.kbswebs.com/salmonfest.

Don't forget that the Salmon fest Canned Food Drive is taking place on Saturday, July 9th and will benefit the Pulaski Food Pantry. Please remember to pack an extra box of mac & cheese or can of soup with your gear and show Pulaski that you care! The Festival's goal is 500 items--please help them reach their goal! There will be barrels for contributions at the 2A Put-In and the Festival Booth. Give as much as you can!

Other July Festivals

July 15, Clayton, NY 3rd Annual Festival of Oar, Paddle and Sail Contact: T.I. Adventures 315-686-4104
July 15 & 16, Hadley, NY Sacanadaga River Festival Contact: John Duncan 518-686-5710
July 22 & 23, Watertown, NY Black River Festival, The Black River Race will be on Sunday, July 23. Contact: Chris Koll, ckoll1234@aol.com
July 23, Watertown, NY Black River Festival Rodeo Contact: Nancy Weal 315-592-4576, fishinsp@hotmail.com

Beginners On The Lehigh Trip Report from 6/10-11

Submitted by Karen Alexander

85 degrees, sunny weather and 900 cfs was ideal for the recent class II Lehigh trip. Our group of 12 got together for a great weekend of camping and kayaking.. Mountain laurel was in bloom throughout Hickory Run State Park, about 1 hour from Scranton, Pa. The Lehigh River runs through this 15,500 acre park at the western foothills of the Pocono Mountains. Saturday we kayaked 8 1/2 miles from Whitehaven to Rockport and Sunday's trip on the Top Lehigh from Francis E. Walter Dam to Whitehaven was about 5 miles. This section could be called "The Secret Lehigh"...we saw only two other paddlers! This well supervised trip was led by Steve Kittelberger, and no one floated upside down for long at all before being rescued. Ardie Shaffer and Jim Hopkins taught and gave assistance on rolls, river reading and basic safety. All the beginners did very well and there were even some first-time river rolls performed by people like Fred Beer in Ardie's group and it was his first day on a river!. This was a beautiful weekend to be outdoors and a 2-day trip is great to help beginners get accustomed to the water. FLOW has trips geared to every level so there's no reason not to get in the water!

Strainers in Keuka Outlet

Jerry Hargrave, Gary Smith, and Steve Benedict have reported that there are several bad strainers in Keuka Outlet. Most of them have room to squeak by, but one is a must get out and walk. It is somewhere below Seneca mills but well upstream of the big falls. Watch for it around a left hand bend in the outlet. Please be careful out there!

ACA Instructor Certification Course Offered Locally

Submitted by Ardie Shaffer

Ardie Shaffer, FLOW Education / Instruction Chair and ACA Instructor Trainer, and David Su, ACA Instructor Examiner, will conduct a full ACA (American Canoe Association) Instructor Certification course here in Rochester on August 23-27, 2000. The course will cover all certification levels from Introduction to Paddling (IP) through and including Whitewater. Cost will be approximately \$450 per person for the full 4 1/2 day course, which will begin Wednesday evening, 8/23 and continue through Sunday, 8/27. We hope to conduct the entire class at the Lock 32 Whitewater Park in Pittsford.

There may be some tuition subsidy dollars available through the BSA/USOC grant being administered by the Genesee Waterways Center. We're looking into this option and should have an answer soon. If you are currently certified and need instructor update/methods workshop credit, you can probably just take the last two days of the course.

We're still working out some details, but if you're interested and would like additional information, please call Ardie Shaffer at (716) 334-4487.

Classified Ads

Perception medium spray skirt for \$40. **Norse Paddle** for \$40. Call Rick Mauser @ 473-2162

Like new 1999 **Dagger Blast** (great for a small paddler) \$500. Large **BodyGlove Wet Suit** \$30. Call Gary at 800-968-8735 or write gsmith@mail.keuka.edu.

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

Do you have extra gear sitting in your basement, garage, or under you deck? Someone may want it and just think what you can do with the extra cash! Send your adds to the newsletter editors. See page 2 for contact information.

Did You Lose Your Sneakers? Found at the last General Meeting at Mendon Ponds Park were one pair of men's, white, **Voit sneakers - size 11**. If these are yours you may contact Karen Alexander at 461-1513 or e-mail wave@rochester.rr.com

Next newsletter deadline is July 20

The Zen of Water Travel Thoughts for Reflection

(Excerpt)

Submitted by Jere B.Fletcher

The capacity for and exercise of infinite patience yields results in the present.

Can we push the river - upstream? downstream? across? It flows and when we step into it and flow with it we let go, go with the flow, and manage our own path in it by stroking only a little faster than the flow; and so we manage our direction, as even we relax and do not work against it.

When we grab the water, yearning and exerting to make it ours, squeezing our fist hard, we open our hand to find only less.

We are as a drop of water, connected to the whole, and with greater potential when connected and when we realize our integral connection and common integrity, when we merge and flow.

FLOW Paddlers Club
43 Whelehan Drive
Rochester, NY 14616

