



FLOWlines



Finger Lakes-Ontario Watershed Paddlers' Club Newsletter
Rochester NY

Volume 5, Issue 12

December 2000

Kayak Polo in Rochester

Submitted by Dan Weiss

I recently moved to the Rochester area from Boston and am interested in starting a kayak polo group in our area. In Boston, we met once or twice a week throughout the year to play (we also won the US National tournament!). Polo is a great way to maintain and develop paddling skills during the winter months. It also happens to be a lot of fun, combining kayaking with skills and strategy from other sports such as basketball and water polo. Although it is a young sport in the US, it has been played in Europe and Australia for over 30 years!

An excerpt from the New England Canoe polo website explains the basics: "Canoe or Kayak Polo is a team game played in kayaks with a water polo ball in a swimming pool or lake. A team consists of 5 to 8 players. However only 5 players are allowed on the court at any given time, substitutions are allowed at any time during the match. The idea of the game is to outscore your opponent as in soccer or basketball. Canoe Polo games consist of two, ten- minute halves. Strategies such as zone defense, full court press, fast break and half court offense are typical in Canoe Polo. Goal nets are suspended 2 meters above each goal line. Paddlers move the ball by throwing (with their hands or paddles) dribbling it, passing it to a team member, or shooting it at the opposing team's goal. A goalkeeper is usually in place underneath the net to try and block shots by extending a paddle up in front of the goal frame. A player may have possession of the ball for only 5 seconds before he must dribble pass or shoot. Canoe Polo is a contact sport. When a player is in possession, an opposing player may hand tackle him with an open handed push on the upper body or kayak tackle their boat to upset balance. The object is to force the player in possession to lose control of the ball. The opposing player can also choose to block passes and shots with a paddle, as the ball is being passed or shot. A foul will be called on any player who strikes (with boat or paddle) an opposing player." For more information and some pictures, check out the Boston website:

http://www.gis.net/~nagel/NECP_Page/index.html and the official US website:

<http://www.kayakpolo.com/uscp/>.

I would like to get a sense of how much interest there is among the local paddling community in starting a group in this area. Ideally, it would be nice to find a larger pool to play in, but any pool of reasonable size will suffice to get things underway. Currently, I have been using the pool at U of R for Sunday night practices with students. If you would be interested in playing (or helping me start things up) please contact me over email at dweiss@bcs.rochester.edu or call 241-0156. I look forward to meeting the local paddlers!

December Steering Committee Meeting

Date: Thursday, December 7
Time: 7:00 P.M.
Place: Jim Hopkins' Paddling Paradise
43 Whelehan Drive

December General Meeting

There never is a December meeting - we're all too busy rushing around for the holidays. But get ready for the annual winter party on Thursday, January 11. Details will be in the January newsletter.



Steve Kittelberger, Lower Keeney, New River Gorge
Photo by Mike Shafer

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	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

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 simon.barnett@usa.xerox.com

If you do not have e-mail, send articles to:
Simon Barnett
835 Meigs St.
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.

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

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) 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
Black Creek at Churchville ...	800-452-1742#361131
Salmon River.....	800-452-1742#365123
Black River at Watertown.....	800-452-1742#361158

Web Pages

AWA	http://www.awa.org
Bay Creek	http://www.BayCreek.com
FLOW	http://flowpaddlers.org
Seayaker	http://www.seayaker.com
Waterline	http://h2oline.com

Return to Moose

A River Romance by Heather Mummery



A couple, standing on the curb.

"If you loved me, you wouldn't go."

Ridiculous statements deserved matching answers. "It's because I love you that I have to go."

She stood with a kayak on her shoulder, hoping for his help to lift it onto her truck.

He stood there, silent. He didn't know why she expected him to help her.

She sighed and heaved the forty-pound boat over her head with both hands, tossing it awkwardly onto the roof rack. She began to get the ropes out.

He finally spoke. "It's almost like you love that kayak more than you love me."

She threw the ropes over the boat. "Of course I don't love this kayak more than you," she calmly replied, turning to look at him. She noticed that he hadn't asked about the other boat. "Besides, you know you could come if you wanted." She knew that was cruel, but couldn't help herself. She returned to tying down the boat, and missed the fleeting look of hope on his face.

His turn to sigh. "You don't really mean that." She didn't argue.



He watched as she pulled away from the curb. She never saw him enter the house, and she wouldn't have even if she had been looking.

At first he drove without direction, paying only enough attention to navigate his way through traffic. As the road stretched out emptier in front of him, his mind wandered more, lost in thought if not location. He was trying not to think about where he could be going. Someplace he wanted to be, but shouldn't. Then a truck with a bright plastic boat on top passed him, followed by another, and that made up his mind.

Grimly, he suppressed a flicker of guilt and turned the car around. He knew where he was going now. He made only one call from his cell phone along the way.



She drove a long time. Highways gave way to mountain roads, which became steeper and more tortuous. And more dangerous, she thought. The way to the river, and the way of it. Not without risk.

She suppressed a flicker of guilt. Not because she didn't deserve it, but because she refused to carry all the blame alone. It took two...

It was dark when she arrived at the campsite. She haphazardly emptied out the back of her truck to sleep in. Guilt made her think about calling him, but she didn't. What were the odds that she actually had service on her cell phone? Or that he would still be awake? She never imagined that he wouldn't even have been there. And she never looked at her phone: 1 call missed.



He found her asleep just as the sun was rising. She woke to his touch as he sat on the bed and gently brushed her tangled hair from her face.

"What are you doing here? I thought we talked about this."

"I had to come," he said simply. "I know I shouldn't have, but I had to see you."

She laughed, not unkindly. "You didn't come because of me."

He smiled and hopped off the bed of the truck, holding a package that was in his lap and wincing as he landed.

"Does it still hurt?" she asked.

"Of course it does! I only broke it two weeks ago."

He picked up one of his crutches and leaned on it as he hopped around to face her. "But that's not going to stop me from paddling this damn river again." He held up a plastic bag and duct tape. "That is...if you promise not to get stuck in the hole before I go over the falls again."

She pushed herself up from her sleeping bag and, with more speed than he was used to seeing from her in the morning, snatched the duct tape out of his hands. "Only if you promise not to break my boat again!"

He held up another roll of duct tape. "I came prepared."



As they sat surrounded by kayaking gear and snuggled against the side of the truck on the way back to the put-in, she raised the question that was still on her mind. "You know ..." She paused. "This is all so crazy. But I'm still not really sure why you came up here. Why would you drive all this way with a broken foot..."

She knew it wasn't crazy. He turned to her and held her eyes, so full of doubt and questions, with his gaze. Then he reached for her hand and held it just as intently, and answered the question she needed to ask but couldn't.

"Because," he said softly, "I love you."

She looked deep into his eyes, then couldn't hold it in anymore and laughed out loud. "No, really, why did you come?"

He smiled and held up the duct tape.



Whitewater Kayak Instruction

Rob Blake
716-734-3000

Rick Williams
716-381-3418

ACA Certified Instructors All Levels
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EXPERIENCE

GRAVITY RESEARCH INSTRUCTION PERFORMANCE

Everglades National Park

By Dan Zinn, danzinn@hotmail.com, reprinted with permission

Full article with pictures can be found at <http://www.paddling.net/places/showReport.html?31>

Report Type: Weekend Trip Report

Trip Dates: May 2000

Nearest City: Florida City, FL

Difficulty: Moderate

Description:

Carl Ross Key in Everglades National Park
When you think of the Everglades you think of swamps, alligators, and rivers of grass. You rarely think of the open waters of Florida Bay and the Gulf of Mexico. Florida Bay is the area between mainland Florida and the Florida Keys. The bay is generally very shallow and dotted with mangrove islands. Under the protection of the National Park Service the islands serve as bird rookeries for Pelican, Egret, Ibis, Roseate Spoonbill and dozens of other species of birds.

Cape Sable is the southwestern most point of the mainland of Florida. It has a long history of settlement, first by Calusa Indians for short periods of time. In the early 1800s, during the Seminole Wars, Fort Poinsett was established to protect Key West and the keys from Indian assault. The fort was later abandoned. In the late 1800s James Waddell planted a coconut plantation. In 1935 a hurricane damaged the plantation and erased Fort Poinsett from the coast. The area was returned to its natural state by 1960 when hurricane Donna cleared the land of all but two coconut trees. Carl Ross Key and its close neighbor Sandy Key were part of the rich history of fishing and hunting with the land being cleared of any evidence of man by storms and hurricanes.

Flamingo is located on the Southern Coast of Florida and is approximately 6 miles East of Cape Sable and 35 miles Southwest of the park entrance at the end of the only paved road in the park. Flamingo was originally a fishing camp with a long history of settlers trying to make a go of it in a very isolated spot. Flamingo has been protected from hurricane damage by the shallow waters and banks of Florida Bay. The area has a hotel, general store, docks, boat ramps, and a campground. Everglades National Park is a fee-supported park, which means you have a \$10.00 entrance fee as well as a \$3.00 per kayak fee and a \$10.00 camping permit fee. The fees go directly to the park and weather you spend a day or a week the park is a great value. More information is available on the Internet.

Carl Ross Key is approximately 10 miles Southwest of Flamingo. The trip across the Northwest portion of Florida Bay will cross open channels shallow mud and grass banks as well a shallow basins. The basins and channels can get choppy depending on

the wind and tide conditions. At low tide, many banks are out of water. This can make the trip much longer by having to paddle around these obstacles.

My trip began as a group trip. Six members of our club "Blazing Paddlers" were to paddle to Carl Ross but a breakdown in communications occurred when our leader caught the flu and a missed phone call left me at the docks all alone. I made a call to my wife who confirmed that I would be the only one making this trip. I made a quick assessment of the situation and made a trip to the general store to complete my food menu for the trip and I was off.

I put in on the bay side boat ramp and made the short paddle though the harbor and I was out to Florida Bay in minutes. Carl Ross is approximately 10 miles Southwest of Flamingo. I took up a course heading of 210' and headed out into the bay. Rather than paddle out the channel which was South I continued my 210 heading over a shallow bank paddling for about a half mile in 3" to 10" of clear water before I reached the East - West channel. There were many birds standing in water watching me paddle by.

As I reached the channel Carl Ross was still out of sight. I followed the channel West for four miles to avoid the shallow banks to the South and to use the wind to my advantage. As I reached channel marker *, Carl Ross Key was starting to appear on the horizon. I changed course to the Southwest. With a quartering breeze I paddled the remaining 4 miles over water from 3" to 6' in depth. The water was cloudy with mud generated by the falling tide and waves stirring up the fine silt bottom. Several times as I paddled over shallow areas I disturbed large stingrays that lifted my bow as they scurried out of my way.



The last mile of my paddle was across The First National Bank. The tide was now flooding in at an increasing rate. The bank would have been too shallow to cross at low tide but with the incoming tide I moved across the bank slowly as I paddled against the current. As I crossed Rocky Channel the current increased to over 2 knots making the crossing longer than expected. As I reached the shallow water on the South side of the channel the current speed was reduced, making my progress for the last 200 yards much quicker.

As I reached Carl Ross I found an island with a pristine beach surrounding a red mangrove island with many species of plant and animal life. A mother osprey chirped from her nest as I landed on the shore. Dozens of sandpipers moved down the beach as I made my way to the campsite. The park service designated the North end of the island. They proved a very nice picnic table surrounded by red mangrove and one palm tree. The South end of the island is mostly sea oat grass and prickly pear cactus. The beach is made up of coarsely ground seashells.

The bright morning sun piercing my tent brought me to life. I slid my kayak into the deep channel that surrounds the island and quickly entered very shallow water heading in the same direction that I came from the previous day. After about a mile I found a new challenge. The 3" of water I had yesterday was now 1" or less. I ended up paddling over 200 yards of mud flat that was too soft to walk. My trainer would call it strength training. After making it to the deeper water of Sandy Key Basin I headed Northeast to the channel and then East toward Flamingo. I heard the sounds of fishermen and birds feeding over a mile away. The lack of wind and smooth bay was a wonderfully quiet experience. I paddled east for another hour when I came upon a pod of dolphins at play. They were jumping and chirping to each other as they played. They played all around me going west then east keeping a distance of about 10-30 yards. The sound they made while breathing as they swam by my kayak was unforgettable.

I passed the familiar channel markers during the next hour of paddling. I noticed that the tide was still going out and an Easterly headwind wind was starting to build. Over the next hour the wind picked up to about 10 knots and moved to a Southerly direction. I paddled east to the Flamingo Channel entrance rather than take a chance by paddling over the shallows. As I paddled up the channel thousands of mullet swam by. The wind was at my back and after over four hours of continuous paddling my trip was ending with an effortless paddle toward the harbor. I got my two best birdshots just as I turned into the harbor. The end of a picture perfect overnight solo trip.

Accommodations:

Flamngo has a general store, showers (\$3.00) restaurants and a lodge.

Fees:

\$10.00 entrance fee and you must file a float plan and reserve the camp site.

Directions:

Take the Florida Turnpike to the end. The turnpike merges into US1 you will go south on US1 for about a half mile. Turn left at State Road 9336 and follow it to the end, you will be in Flamingo.

Contact:

Everglades National Park
4000l State Road 9336
Homestead, FL 33034-6733
Phone: (305) 242-7700

Resources:

Everglades National Park has a rich history; Charlton Tebeau has a wonderful book title Man in the Everglades, published by the University of Miami Press ISBN 0-87024-073-0.

Still Need FLOWlines Co-Editor

This is the last month that Karen will be Co-Editor and Simon is desperately seeking someone who can help each month to get the newsletter together. If you can help out, please give Simon a call at 244-3557.



PADDLING CENTER

BayCreek Paddling Center
1099 Empire Blvd
Rochester NY
(716) 288-2830
<http://www.baycreek.com>

Match The Catalog Prices On Accessories Sale

If we have it in stock and you find it in a catalog, we will match the catalog price and then apply the 8% FLOW discount. You must bring in the catalog • Sale runs through December 23

**The new Wave Sport boats are here.
Come in and check out the Score, EZ, and Big EZ!**

Steering Committee Meeting Minutes

Thursday, November 2, 200

Newsletter

- Co-Editor position remains open.
- Advertising is increasing in newsletter.
- Simon's and Karen's excellent work needs to be recognized.
- Newsletter stories are needed from the membership.

Website

- F.L.O.W. is on the NE Paddlers' Club message board. (NPMB)
- Link to ACA and AWA from FLOW web page.

Hotline

- Need new person to update Hotline weekly.

Programs

- Cathy to contact Rick French to confirm Nov 9 program. (done)
- Brighton Town Hall approved for requested dates: Sept thru May except Dec and Jan.
- Holiday party Jan 11 or 18. Same menu.
- Boat Repair guy may present a program.
- Hoppy will send info re: boat modification.
- It has been noted that meeting attendance increases when meeting is announced in D&C.
- New Program ideas welcome.

Secretary

- Need to define secretary position responsibilities.

Treasury

- Purchase of decals has commenced. Order will be placed after proof approved. Order total: 750. This includes 500 decals that adhere from the front and 250 that adhere from the back. Decals will be available ten days to two weeks after order.

Membership

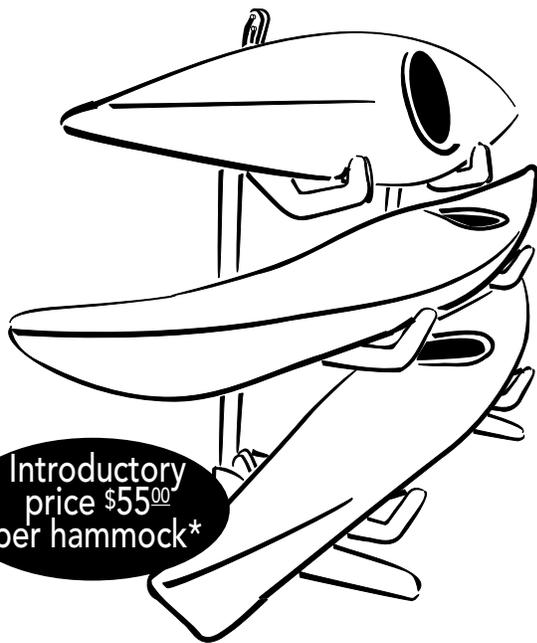
- Renewal form approved.
- Hoppy to continue as liaison with ACA.
- Book offer with ACA membership discussed.
- We now have the ability to personalize bottom left hand corner of address label with Excel.
- Hoppy to send current membership list.

Swap Meet

- Discussion re: time - stay with a Sat early in March or hold during a meeting night?

Access/Environmental

- Stream Keepers program with American Whitewater discussed re: the possibility of F.L.O.W. assigning a Stream Keeper for the Salmon River.
<http://www.americanwhitewater.org/streamkeepers/10/9/00>
- Rushford Festival releases: Get decision makers/others who are directly involved to a meeting.
- Canaseraga - OK.



Shown above: Free-standing rack with three hammocks.
Hammocks can also attach to standard studs.
Slanted hammock (top model) currently available;
Flat hammock available early 2001.

*Regularly \$85.00
Introductory offer good through 12/31/00

It's going to be a long winter — boats love to hibernate in sport hammocks.

- Hammock-style storage distributes weight evenly
- Convenient: just toss your boat in, grab it out
 - Easy to install and adjust

Be good to your toys!

Talic

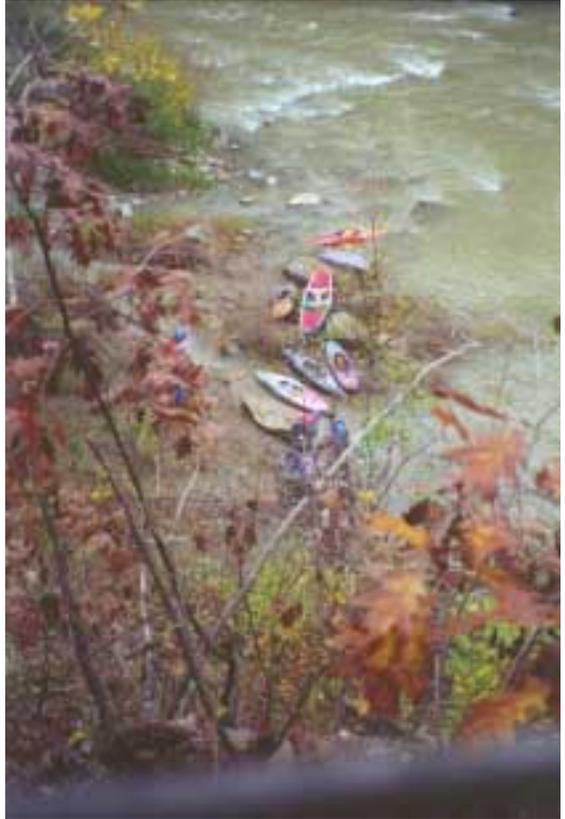
SPORT HAMMOCKS

Village Gate Square • 274 N. Goodman St.
Rochester, NY 14607 • 241-9000

Paddling the Rushford Outlet

It is not too many rivers where the put-in is more exciting than the paddling, but I have found one. Canadea Creek (a.k.a. Rushford Outlet) sets in a little gorge where Rushford Lake empties to the Genesee River. The creek is about 2.5 miles long, and is at the bottom of a 150-foot ravine. The river does reach a more level piece of land as you go, but if you want to have the good paddling you have to climb down the most fun and exciting spot. And it's not just 150 feet down.... It's steep too.

So on a fine weather October Tuesday, seven of us set out to find out what this was all about. When we got to the put-in, we could not see the river – just a line of trees. I was told where to go, through the trees, and start down the hill. Not too bad, I thought, as I looked and followed. First drop was about six feet, kind of a slide. OK...about 15 feet further ahead is another drop, about 15 feet. Not too difficult – just bounce from tree trunk to tree trunk, with my boat leashed to my throw rope, extending about twenty feet ahead of me. Go across a little level land and, uh-oh, I think I get it now. The hill changed. Nope, it's not a hill anymore. Vertical is a closer analogy. Reality really...the topography gets kinda serious here. Seven of us set up a relay, roping our boats ahead, from person to person strategically positioned along the ravine. Lots of interesting



things were said along the way as we worked our boats down towards the water, but I can't put too many of them into this article. Set aside a few age jokes (I think only one of us in the group was less than 40, okay?), this put-in was being joked about as we climbed down, but being taken very seriously now too! But we got down there. A couple of pins and broaches along the way. I felt like I rolled three times and swam once before getting into my boat, but it was really all



Mike Shafer Going Over The Ledge

worth it. Once down to the water, this little ravine had a pretty falls to view – not enough water to run, but quite nice to look at. A little gorge run, it had high reaching walls, and untouched woodland along the way. Some fun class 2 and 3 rapids, a six foot ledge, tight little eddies, and one rodeo hole that only one of us dared go into...the rest just goaded each other towards it. And yes, it was the one young kid amongst us who did jump in. "Kinda sticky" he said, and the rest of us just watched. Huh. So was it a good run? Certainly! In the end, we made the 2 ½ miles last a full 2 hours, and felt like we had a good days paddle. Ask any who were out there, and they are still talking about the start (the hill) – at least as good an adventure as any paddling I did that day, but only good fun if ya get to paddle!



Paul Houndt Surfin'

Classified Ads

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

Wave Sport Kinetic, New in Sept. 99, Great beginner kayak for a small paddler, \$400. **Rhode Gear Super Shuttle** Trunk Mount Bicycle rack. Holds 2 bikes very securely, \$55. Call Doug 716-734-9026 or droode@ulbi.com

Perception Spark Whitewater Kayak \$400. Rail-mount **Yakima rack** with kayak loop \$60. Call Lee 586-5677 (home) or 781-5428 (work)

Wave Sport Godzilla in good condition. Has a PD Deluxe backband installed. The boat is stored indoors when not in use. Located in western NY. Asking \$475 or best offer. email jferrerio@aol.com or call 716-283-0263

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.

Next newsletter deadline is Dec. 21

Midwinter Ottawa Road Trip

Waterwalker Film Festival

Ottawa, ON Canada

Feb-23-2001 - Feb-24-2001

Tel: 1-888-252-6292

Email: staff@crca.ca

Web Site: <http://www.crca.ca/waterwalker.html>

Show Description:

The Sixth biannual Waterwalker Film Festival - the largest festival of its kind in the world will be opening in Ottawa, Ontario, Canada on February 23 & 24, 2001 at the Canadian Museum of Nature.

The festival will feature over 45 films from around the world in 10 different categories including:

Adventure/Action, Environment, Heritage,

Instruction/Safety, Just for Fun, Traditional

Paddling, Music Video, Amateur Home Video,

Nature/Interpretation, People's Choice and the

Best of the Festival.

The Waterwalker Film Festival was created in 1989

to pay tribute to the late Bill Mason of Chelsea,

Quebec - an internationally renowned canoeist,

author, filmmaker, artist and conservationist.

Mason's many films and books, which continue to

be best sellers, helped to symbolize the canoe as a

Canadian icon.

FLOW Paddlers Club
43 Whelehan Drive
Rochester, NY 14616

