



FLOWlines



Finger Lakes-Ontario Watershed Paddlers' Club Newsletter
Rochester NY

Volume 6, Issue 5

May 2001

May General Meeting

Date: Thursday, May 10
Time: 7:00 P.M.
Place: Brighton Town Hall, 2300 Elmwood Ave.

Five speakers have been invited to each present a 15 to 20 minute talk on river safety topics. Ed McDonald will present a talk about the care and prevention of shoulder injuries related to kayaking. Mike Marini has been invited to do a presentation about leadership during emergency situations. Harry Marinakis has been invited to speak about shock and how it is related to heat and cold injuries. Jim Hopkins has been invited to give us an overview about stabilization and splinting of injuries in the wilderness setting. Melanie Wellington has been invited to give a presentation regarding non-potable water and resulting GI illnesses. Topics and speakers are subject to change depending on paddling trip schedules. Come and join us!

FLOW Day At Lock 32

May 11-12

The second annual FLOW members Lock 32 paddle days have been scheduled for May 11th and 12th. The Lock will be open from 4 pm till 9 pm on the 11th and from 9am to 9pm on the 12th. To test out the Lock, FLOW members need to sign a waiver and pay the one day (24 hour) insurance protection fee of \$5. Paddlers must have basic knowledge of proper river safety procedures. Helmets, PFDs and foot protection are required. Please direct your questions to Art Miller at 716-377-1994 or email: artmiller@worldnet.att.net.

Adirondack Paddlefest 2001

May 11-13, 2001

The Adirondak Paddlefest 2001 will take place May 11 - 13 in Inlet, New York. Over 75 canoe, kayak and accessory manufacturers will come to Inlet to demonstrate their products. For traveling directions, lodging, and the latest information, check out www.mountainmanoutdoors.com/paddlefest.html

Salmon River Cleanup

Volunteers Needed

Saturday May 19

Help represent FLOW at the CNYWW Club's second annual Salmon River Cleanup in Pulaski, NY. It is the perfect opportunity to take responsibility for maintaining the local resources that we frequent.

We will meet at 11:00 am at Firemen's Field and work until 4 pm. (Some people are planning to carpool from the park and ride located just south of the Canandagua thruway exit at 8:00 am.) The plan is to have one group start at the Rte 2A bridge put-in and end at Firemen's Field. A second group will start at Firemen's Field and end at the Black Hole take-out. We will be walking, wading and driving around to pickup the trash. Trash will be collected at Firemen's Field and at the Black Hole for final pickup from the DEC.

If you get the day free at the last minute, just show up. Bring canoes, gloves, knife, scissors, sun screen etc. For details, contact Mike Shafer at 716-227-9291 or mshafer@rochester.rr.com

Outdoor Expo

Volunteers Needed

Saturday, June 9

Do you have two hours free to help represent FLOW?

The Rochester chapter of the ADK and EMS are sponsoring this year's Outdoor Expo. This event started as 2 separate events: a "Members Day" for ADK and a canoe and kayak "Demo Day" sponsored by EMS.

The events are now combined and the goal has changed to making the public aware of what is available locally for outdoor activities.

There will be hour long talks and demos on different skills, a raffle in the afternoon, and free Frisbees as long as the supply lasts.

FLOW has been invited to have an informational table at this event. We would like some members to be available to answer questions and get people to join FLOW. Can you help...please?

Call Mike Shafer 716-227-9291 or e-mail mshafer@rochester.rr.com

FLOW Organization

President.....	Mike Shafer	227-9291
Vice Presidents.....	Cathy Rague . (315) 926-7890	
James Hopkins	621-2721
Secretary.....	Dorothy Caine.....	544-9725
Treasurer	Ed Boggs	(315) 926-7890
Facilities Development	Rick Williams.....	381-3418
Membership	James Hopkins	621-2721
Trips & Events	Ivan Rezanka	381-7475
Newsletter	Simon Barnett	899-6803
Education/Instruction	Ardie Shaffer.....	334-4487
Public Relations	Steve Kittelberger...	442-6138
Conservation/Access.	Jerry Hargrave.....	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 barnett@bluefrognet.net. If you do not have e-mail, send articles to:

Simon Barnett
72 Maple Park Heights
Rochester, NY 14625

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 621-2721 for more information.

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

FLOW Hot Line: 234-3893

To access the FLOW Hot Line:

1. Dial 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.

Upcoming trips/events

Whitewater Trips: Contact Ivan Rezanka 381-7475.
Flatwater Trips: Contact James Hopkins 621-2721.

Gauge numbers

Genesee River (Letchworth).....	468-2303
Catteragus Creek.....	532-0626
Black Cr. at Churchville...(800) 452-1742 # 361131	
Salmon River	(800) 452-1742 # 365123

Web Pages

AWA.....	http://americanwhitewater.org
Bay Creek.....	http://www.BayCreek.com
FLOW.....	http://www.flowpaddlers.org
Pack, Paddle, Ski.....	http://www.packpaddleski.com
Seayaker	http://www.seayaker.com
Waterline.....	http://h2oline.com

Paddling Contacts

Adirondack Mountain Club (ADK)	987-1717
Adventure Calls	(888) 270-2410
Ardie Shaffer	334-4487
BayCreek Paddling Center	288-2830
G.R.I.P.	381-3418
Lock 32 Project (Art Miller).....	377-1994
Oak Orchard Canoe	(800)-4-KAYAKS
Pack, Paddle, Ski.....	346-5597
Seayaker Outfitters.....	(315) 524-9295

Swiftwater Rescue Training Class

June 8-10 & 22-24

Adventure Calls will again be hosting swiftwater rescue courses at Letchworth State Park. SRT-I and SRT-II will be offered on June 8 - 10 and June 22-24 respectively. SRT-I is generally considered the standard for river and swiftwater rescue situations and encompasses situations which may be encountered in daily life, not just on the river.

For more information contact Adventure Calls at (888) 270-2410.

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All phone numbers are in the 716 area code unless otherwise noted.

A Midwinter Trip To The Sunny North

By George Mermagen

February twenty third marked the beginning of a trip to Ottawa, Ontario for Jerry, George and Dave. The purpose of the visit was the sixth biennial *Waterwalker* Film Festival. The festival is dedicated to the memory of Bill Mason and the many wild rivers that are lost forever. Its goal is to raise awareness and support for wilderness preservation. Films showcasing canoeing and kayaking in places around the world created two nights of interesting viewing. Some of the filmmakers also addressed the audience regarding the purpose and the making of their films.

Fourteen films from five minutes to fifty-seven minutes shown on Friday and Saturday evenings challenged, amused and sometimes bored these three viewers. Robert Perkins presented the film of his seventy-two day epic solo journey down the Back River, one of Arctic Canada's toughest and most remote waterways. After viewing the movie, *Into the Great Solitude*, Mr. Perkins spoke to the audience about the movie and the journey which tested his resilience and perspectives on life and death.



*George & Jerry with Parliament Buildings
And Ottawa River in background*

In *Wilderness Journey*, Ian and Sally Wilson filmed their attempt at recreating a year in the life of voyageurs two centuries ago. They travel by birch bark canoe, dog team and cariole toboggan. Another couple who attempted to recreate life in the wilderness before the first Europeans arrived on the continent was Les Stroud and Sue Jamison. In *Snowshoes and Solitude* they related the story of their year in the Wabini Wilderness surviving on what the bush provided.

Becky Mason (Bill Mason's daughter) spoke to the audience about the making of her new instructional video, *Classic Solo Canoeing*. Filmed amid the natural scenery and wildlife of Quebec's Gatineau Hills by Paul Wing with music by Ian Tamblyn, Ms. Mason created a teaching video to delight the eye and mind.

One of the most interesting voyages captured on film was the seemingly endless story of Cathal McCosker and Leon Harris circumnavigating Ireland in sea kayaks. If ever a film suffered from a lack of editing, this one cries out loudly for help. With a few exceptions the films were great to see. And Ottawa, the capital of Canada, has much to offer.

Visits to the Museum of Civilization and the Canadian National Art Museum stimulated the minds of the travelers from New York. Other attractions to delight the eye and the other senses were the great food and attractive ladies on Elgin Street. The temperatures in February chilled us through to the bone on our long walks through the city. And with the favorable exchange rate, they practically paid us to come to the festival.

In two years we can once again make the trip to the great WATERWALKER Film Festival — by that time you could make a film and present it yourself to an appreciative audience of fellow paddlers and outdoor enthusiasts.

While in Ottawa we stayed at the Best Western Victoria Park Suites on O'Conner St.. They provide kitchenette suites complete with cook and dinner ware. It was comfortable and affordable. Ottawa has many delightful attractions for all visitors in all seasons. Go outdoors — have fun.



*Jerry and David Moore looking very cold outside the
National Museum of Art in Ottawa*

A Good Day on the River

Submitted by Ian Komorowski

The Bottom Moose. If you are a New York whitewater kayaker, that phrase has meaning. A beautiful and difficult river. A milestone which someday, if one is skillful enough, may be passed.

I decided to not paddle the Bottom Moose in late September. I was up there for a release with Marty Murphy, and I did want to paddle it. When the morning dawned and I walked to the put in however, all I could recall was last years Moose Fest. I had stood at Fowlersville Falls for many hours, watching the boaters, and the image that kept coming to mind was that of the open canoers, disappearing for more than 3 seconds. Even though I knew that the level that September day was lower, and my skills had improved over the past year, I couldn't run it.



Ben Bramlage Running Agers' Falls, Photo By Mike Shafer

A few weeks later was Moose Fest 2000. I still had a goal to reach, but that Saturday I ran the Lower instead. I paddled it with a new boat, and I made all my lines. But at the end of the day, my soul wasn't satisfied. That night the festival was fun and the beer was good, so I went to bed.

The next morning at breakfast, a group of trusted friends were planning to run the bottom. Dave Meyer, Harry Marinakis, Jim Albano, Steve Baker, and Marty Murphy were going. I was too.

At the put in, besides being nervous and getting dressed, I had to outfit the creek boat that I had borrowed from BayCreek. That, combined with the fact that my sprayskirt was a touch too small for the cockpit, made me the last one on the water. Whew. Everyone's here, tense but ready to go. There were lots of people on the river, of course so the set up for the first drop took a bit of finagling.

At the top of Fowlersville Falls, I told myself that if I made it I would keep going, but if things didn't feel quite kosher at the bottom of the drop, this was an easy place to bail. People started disappearing. I don't think I was the last of the group to go, but I couldn't quite tell you for sure. Into the eddy...here goes noooottthiiiiinnnnggg!!!!

The bow's downhill. I'm bouncing but I'm straight. There's the bottom. Place the paddle sideways. Bam! I made it. I'm alive! Wow, that hit was harder than I expected. I made it! Time to do the Bottom Moose.

A bit of flatwater, and a little boat scouted drop, totally trusting those in front. I didn't quite go where I wanted, but that was due to the after affects of adrenaline more than anything. Around

the corner and boats are on shore for scouting. Okay, paddle over. But wait, why are Marty and Harry still in their boats in an odd spot? Something's wrong. Oh s***, Harry's hurt. A dislocated shoulder fer chrissakes! How did he do that?! We've all gotta help. 10 or 15 minutes onshore and his shoulder is back in place, but people are itching to move. Harry and Jim are

walking out, Steve and I are scouting Diamond Splitter. We see the line; lots of people have run it. We both think we can do it but need each other's confidence to say "yes".

Into the boat. Damn, this skirt is tight. First eddy: caught! Adrenaline pumping. Gotta go before someone else comes. Paddle for the wall, damn it! I'm through! Made my line. Ended up where I wanted to. "Nice line!" someone shouted. Hey, maybe I can do this.

A little more flatwater. Time to calm down. Relax in the boat. It is a beautiful day, and the Adirondacks are one of my favorite places in this country.

Out of the boat for the scout of Knife's Edge. It's not an easy walk to get to the rapid, as one has to balance on a thin crack of rock. Looking at it closely, both Steve and I decide to pass and run the sneak route. We see the line, and think that

we probably could do it, but the fact that Marty got stuffed into a pothole at the bottom a couple of weeks ago makes us very conservative.

The skirt gives me problems again, and it takes me forever to get on the water. As I'm lining up to shoot the sneak, whistles start blowing. What's going on? I eddy out just before the sneak, and find out that a rodeo canoe got pinned vertically at the top of Knife's Edge. Good thing I didn't go that way! He would have been just in front of me. Through the sneak, and regroup at the bottom. The canoer is ok.

Next up: Double drop. There are many lines to choose from. I take the most conservative, and don't scout, relying on last year's memory. Paddle hard. Don't get sucked into the seams. I'm through! Another step done.

Here comes the take out for the portage over the dam. Wendy's here! I say hi and talk a little, but my mind is still on the river and I cannot afford to break the rhythm or concentration.

Down the rock wall and boulders. Find a place among all the boats. Almost all the group is in the water again, and I'm still struggling with the skirt. On the water, and here comes Agers' Falls. I see the horizon. I know it's a big drop, but I also know I can do it. Have known it, in fact, since last year. Over the dam and into the eddy at the top of the falls. Once again, I'm last into the eddy, which sets me up perfectly to be the first out. A couple of guys from another group sprint past. Marty's yelling GO! GO! GO! So I go. Over the edge. Yup, that's freefall! I hit, hard and on my edge, in a high brace. Good thing my tongue's not between my teeth! I miss all the eddies, knowing that I'd have more fun if I caught them. It's a nice view from down below though, and there's Wendy again. Harry and Jim are there too, taking pictures.

Next comes Sure Form, carefully scouted, aggressively run. I make it, on my line, although not quite as confident as I would have liked.



Crystal Falls — Bottom Moose, Photo by Mike Shafer

Power line is next, and I catch all of the eddies on the way down. Damn, I think I like this river!

And finally comes Crystal, the granddaddy of them all. Every picture that I have seen makes it look ominous and the stories don't help either. But I will scout it, and then decide if I will run it or not. Out of the boat with shaky legs, scrambling over the rock. I see the line. As a matter of fact, I see all of the lines. Can I do it though? Steve and I confer again. We both see the skill in each other, and, to a lesser extent, ourselves. It's a go.

Into the boat again, and the shaky arms make the skirt even more difficult. Out behind the rock, the way is clear. Here I go. There's Marty, waving me river left. I know I have to go river left, but the shallow water and adrenaline shakes won't allow it. Over the horseshoe, and it's the deep nemo. I'm down deep, in a big boat. Will I come up? Into the air, and over I go. I have to roll. I have the time, but I have to make the roll, more than any other time of my life. Up I come, in the eddy. Okay. I'm not calm, but I know what I have to do. Paddle hard, go left. S***! I'm not left of the rock. I don't want to get hung up. Go right of the rock! I hope I make it. A couple of bounces and here I am, in the eddy, looking up at Crystal. I did it! I ran the Bottom Moose. I'm glad that no one I knew was in the eddy at the bottom to see my miserable line, the only one that I didn't really feel good about of the day.

At the take out, as the energy drains, I feel happy. It was a good day on the river.

FLOW Steering Committee Meeting Minutes, April 5, 2001

Present: Mike Shafer, Ed Boggs, Simon Barnett, Helen Cherniack, Ed McDonald, Art Miller, Marty Murphy, Steve Kittelberger, Cathy Rague, Christopher Barnett.

Next Steering Committee Meeting – May 3 on the Down South Trip, wherever that finds you all.

- I) General Meeting attendance
 - a) How do we improve upon the number of people who show up?
 - b) Ask people on the river about attendance at General Meetings.
 - c) General Meeting ideas discussed for next Fall.
- II) Treasury/Membership Report
 - a) After Chris Kohl spoke, we sent a check to AW for \$200 that was acknowledged by AW only after numerous inquires were made. In the future, FLOW will send \$100 for an affiliate membership. Steve will draft a letter explaining our decision and Ed will write the check. Rich Bower is moving to the West Coast. Rise Hallway will be new AW Director.
 - b) FLOW Donations to other organizations
A list of donations given over the past several years was presented by Ed.
 - c) Swap Meet made \$65.00.
 - d) ACA update. Hoppy and Ed will continue to coordinate payment/member update schedule with ACA. In future years, the FLOW Membership Director will send letter to instructors telling them what the process is for ACA coverage.
 - e) We have increased memberships due to free sticker and separate mailings. 10% returned before the end of the year.
 - f) Insurance process for events. \$15 for each Additional Insured (The schools required additional insurance for pool practice.)
 - g) Pool practices are over and the net was \$5. Several people joined FLOW at the pool. AW needs copy of signed release for "members for a day" and \$5 each. Mike will count non-member releases for both schools. Pool sessions are good for roll practice and new members. Pool and Swap Meet paid for themselves this year.
 - h) NYRU Raffle Tickets were received late again. Ed will ask them to give us more notice in the future.
- III) Trip List
 - a) We can only have FLOW members on trips until we clarify ACA requirements.
 - b) We still need commitments from trip organizers.
 - c) Flat water trips will be every Thursday evening starting mid-May.

- d) Need new flat water trip organizer for next year. Mike will contact possible candidates.
- IV) Newsletter Update
 - a) We are participating in a newsletter exchange with Philadelphia club.
 - b) Snow Country Sports is now a FLOW corporate sponsor.
 - c) Simon revised page two. Send him feedback.
- V) Access
 - a) Cattaraugus Creek access discussed
Access parameters have been agreed upon.
- VI) Hotline
 - a) Block out password for hotline on website.
 - b) Don Vallerio – will start upkeep of gauge info for Flint Creek.
- VII) Lock 32
 - a) New person being sought to help with setting up classes/doing paperwork.
 - b) Art has been working with representatives from the Chamber of Commerce in Penn Yan and Friends of the (Keuka) Outlet regarding races and releases.
 - c) An Olympic Grant has provided for kayak racing in four schools.
 - d) Two dates are set on Keuka Outlet for races for the NY State Cup.
 - e) There are now five races within 2 hrs of Roch: Lock 32, Rushford Lake Outlet, Houghton, Fall Creek.
 - f) Creek Clean-up. Two races in Penn Yan are fundraisers. This could be the work force for the clean-up. Schedule them and put in newsletter.
 - g) Negotiations for two or three four hour releases to replace the practice of turning the water on Fri pm and turning it off Sun pm are going well. Dates only need to be agreed upon.
- VIII) Banner/Decals
 - a) Banner will be available soon.
 - b) Sold 50 decals. Let Steve know if you need a bunch for an event.
- IX) Constitution

This will be discussed at a future meeting. We took the Three Rivers constitution and made some changes. If you have any comments or want to see the constitution, email Steve K.
- X) August Picnic

It's a go and Tom will cook meat. We need to ask Dave about the turkey. We need a vegetarian menu also. Keep Stoney apprised of plans.

2001 FLOW Flatwater Trip Schedule

Trip Leaders Wanted — Contact Jim Hopkins
 work: 607-324-4595 x3923 james.hopkins@transport.alstom.com
 home: 607-545-6286 hoppyski@yahoo.com

Day	Date	Time	Type/Class	Where	Trip Coordinator	Phone	Email
Any	April-Oct	Hot Line/ Message Board	Sea & WW Kayak	When Surfs Up @ Durand Beach/Irond. Bay Outlet/Long Pond	Whoever calls/posts	FLOW Hotline 716-234-3893	www.flowpaddlers.org
Thurs	5/17	7:00 PM	All	Pittsford Below Lock 32 East to Pittsford	Jim Hopkins	607-324-4595 x3923	hoppyski@yahoo.com
Thurs	5/24	7:00 PM	All	Long Pond/Lake Ontario	Mike Shafer	716-227-9291	mshafer@rochester.rr.com
Thurs	5/31	7:00 PM		TBD			
Thurs	6/7	7:30 PM		TBD			
Thurs	6/14	6:00PM-Sunset	All	June FLOW Meeting Mendon Ponds	See Flowlines	FLOW hotline	www.flowpaddlers.org
Thurs	6/21	7:30 PM	All	Braddocks Bay	Mike Shafer	716-227-9291	mshafer@rochester.rr.com
Thurs	6/28	7:30 PM		TBD			
Thurs	7/5	7:30 PM		TBD			
Thurs	7/12	6:00PM-Sunset	All	July FLOW Meeting TBA	See Flowlines	FLOW hotline	www.flowpaddlers.org
Thurs	7/19	7:30 PM		TBD			
Thurs	7/26	7:30 PM		TBD			
Sat-Sun	8/4	All Weekend!	All	FLOW Picnic, Pulaski	See Flowlines	FLOW hotline	www.flowpaddlers.org
Thurs	8/9	7:30 PM		TBD			
Thurs	8/16	7:00 PM		TBD			
Thurs	8/23	7:00 PM		TBD			
Thurs	8/30	7:00 PM		TBD			
Thurs	9/6	7:00 PM		TBD			
Thurs	9/13	7:00 PM	All	Sept. FLOW Meeting	See Flowlines	FLOW hotline	www.flowpaddlers.org
Thurs	9/20	7:00 PM	All	Farewell to Summer Surf Classic@Durand Beach	TBA		

2001 FLOW Whitewater Trip 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.

We can not take non ACA/FLOW members on the trips. The one-day membership which we used for pool practices does not work in case of trips

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, 234-3893 for impromptu trips and events.

Date	Level	Trip Description	Coordinator	Phone
5/6	Intermediate	Fish Creek. Class III	Paul Houndt	716-342-3055
5/12	Beginner	Genesee River in Letchworth. Class II Opportunity to try out the paddle skills on FLOW's "home" course.	Cathy Rague	315-926-7890
5/18-19	Advanced	Hudson River gorge, lower Moose River Class III – IV (If water level suitable, other river may be selected)	Vaughn Skinner	315-683-5379
5/26/01	Beginner	Genesee River in Letchworth. Class II	Bill Kuipers	716-322-7742
6/2/01	Beginner	Genesee River in Letchworth. Class II	Helen Cherniack	716-461-3233
6/7/01	Intermediate/ Advanced	Hudson River Gorge. Class IV	Ben Bramlage	518-792-3277 518-745-1489
6/9-10	Beginner	Lehigh River, PA; with camping in nearby state park.	Steve Kittelberger	716-442-6138
6/16	Beginner	Genesee River in Letchworth. Class II	Harry Marinakis	716-415-5683
6/23	Intermediate	Salmon River, Pulaski, NY. A scheduled 450 cfs release. Class III	Richard Mauser	716-473-2162
7/28-29	Intermediate/ Advanced	Deerfield River, MA Dryway section Class III - IV	Steve Kittelberger	716-442-6138
6/30-7/2	Intermediate/ Advanced	Ottawa River, Beachburg, Ontario. Class III - IV The annual gathering of FLOW paddlers to celebrate July 4 and Canada day. The river and paddlers are warm, wet, and wild.	Steve Benedict	315-331-5198
7/7	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III		
7/8	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III	Simon Barnett	716-899-6803
7/14	Intermediate/ Advanced	Black River, Watertown, NY. Class III - IV	Paul Houndt	716-342-3055
7/21	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III	Cathy Rague	315-926-7890
7/22	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III	Cathy Rague	315-926-7890
8/4	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III		
8/5	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III		
8/24-26	Advanced	Gatineau River Festival, Maniwaki, Quebec. Class IV. Pre-registration is required.	Vaughn Skinner	315-683-5379
9/1	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III	Bill Kuipers	716-322-7742
9/2	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III	Richard Mauser	716-473-2162
9/8-9	Advanced	Beaver River, Taylorvill and Moshier Sections. Class IV	Ben Bramlage	518-792-3277 518-745-1489
11/3-4	Intermediate	Tohickon Creek, PA Class III to III+. Camp nearby.	Steve Kittelberger	716-442-6138
10/13	Intermediate/ Advanced	Lower Moose River (Moose Fest weekend). Class IV	Ben Bramlage	518-792-3277 518-745-1489

April Fools on Flint Creek

Submitted By Jim Hopkins

A party of seven — Steve Benedict, his daughter Jody, Hoppy, and U of R students/alumni Nathan LaFratta, Eric, Randy, & Sarah ran Flint Creek April Fools Day without seeing any trout fishermen. Although some fish counting was done, swims were at a minimum. The Eagle Street bridge gauge was 3.4' and the water and air were about 35 degrees — which was a lot warmer than the snow covered brush piles on the banks that we waded through while scouting and portaging around a river wide strainer just after the Griffith Road put in. We were all very happy to see Cathy Rague who came to scout and shuttle bunny.

Steve was our guide and he showed us the lines, sweet surf waves, and friendly holes. Steve's displacement hull Pirouette surfs very well, Nathan looked good his first time in a Rip, and Hoppy had fun in his Forplay while staying out of the uglier holes. Sara is an aggressive paddler and awesome in an RPM.

The Flint is a Class III small volume ledge drop creek at the 3.4' level (excluding the Class IV falls in Phelps which we walked.) Ledges are two to five feet and three of the seven drops have a combination of two to four successive ledges. Triple Drop and the "Tubes" got a little technical while the rest had more open lines. Strainers are definitely an issue on the Flint anytime. The "Tubes" is a triple-arch stone railway bridge in Phelps. The center tube is plugged with brush and a really ugly strainer/sieve. Scout by walking West on RR track behind Agway.

Check the Hotline for Flint levels. Our thanks to Don Valerio for posting levels when it is runnable.

Flint Redoux - April 7, 2001

By James Hopkins

A party of five — Steve Benedict, his daughter Jody, Hoppy, John, and U of R student Sarah ran Flint Creek Saturday April 7th. The Eagle Street bridge gauge was 5.0' and what a difference 1.7' makes — there was definitely a lot more fish counting! We were warmer than the previous week because the snow banks were gone, but that was where most of the extra water came from. The water was probably colder than the 35 degrees the previous Sunday.

We put in at the Orleans water tower for the five mile run after Nathan shuttled us. The first ledge, which comes up quickly after the put in was a little (*make that a lot*) beefier than we anticipated. Maybe we should have scouted! This was followed by two uneventful miles till the just after Griffith Road when we portaged around a river wide strainer and Double Drop. The water was so high that there was only 12"-18" clearance under the old low RR Bridge.

We left the boats at the RR Bridge while we scouted Triple Drop. Making the river left eddy looked improbable. As we headed back upstream for the boats we felt the ground shaking like Godzilla was coming! Then we saw why: a tree stump, slightly

larger than a 55-gallon drum, was thudding along the ledges as the current pushed it rapidly downstream! Paddling a 56 gallon Rip (*not R.I.P., I hoped*) which is considerably lighter than the stump made me wish that my Necky Blunt creek boat had arrived, but glad that my Forplay, which I paddled six days earlier, was on top of the car.

As the gradient increased, side streams kicked in volume, and Flint Creek narrowed. As we approached Phelps, we experienced the visceral Volume X Gradient equation. The lines at Toxic Drop and Cement Factory were a lot more technical than at the 3.4' level and significant holes were developing.

When we got to the Tubes, the Flint was ripping! A large log strainer was lodged in the center tube, pointing straight upstream. Fortunately, we spotted this hazard while scouting. Steve and John made the ferry from the river right eddy and ran the left tube. Hoppy and Sarah blew a back ferry and ran the right tube. Hoppy's Rip got stern squirted out of the edge of the hole above the tube but he stayed upright. Sarah got flipped by some overhanging branches and vines, lost her paddle, and swam in the eddy above the hole. She stayed in the eddy but her boat and paddle flushed down stream. Jody, John, and Steve recovered her boat but the paddle escaped.

Then it got even more interesting! John was surfing a wave above the Notch. He got blown off and his boat went under an upstream pointing, subsurface log hiding in the wave train. John did the back deck limbo to stay in the boat but his paddle was gone and he swam for the first time in five years. Steve chased the Hammer and paddle to the brink of the falls.

Hoppy and Steve carried the falls and survived the wild rodeo put in and the chaotic wave train below the ledge. They searched in vain for boat and paddle through strainers to the confluence with the Outlet.

Fortunately, Nathan picked up John and car-chased the boat to the Outlet where John dove in and wrestled the Hammer to shore. So we only lost two paddles and a little pride. Lets face it — the Flint at 5' is pushing flood stage and Class IV. It deserves a lot of respect.

The next day the Flint surged to over 6' and deposited a 15" diameter, 25' log diagonally blocking the center and right "Tubes" and funneling most of the flow through the Left "Tube". In my book that makes the "Tubes" a Class IV till the log is gone.

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Where Did You Say That Canoe Was Made?

Story and Photos By George Mermagen

Do you know you can buy a fiberglass or Kevlar canoe hand made in Hemlock, New York? You can even have it made to order. David Curtis and his wife, Carol, have been creating canoes from these space age materials, native ash and black walnut trees for about 20 years.



Preparing The Mold

Currently known as *The Hemlock Canoe Works* and previously known as *Curtis Canoe*, the business has moved south of Hemlock, NY about two miles on east side of Route 15A. You may recall those days when Mad River, Swift, and Curtis Canoe brought informed paddlers to beautiful downtown Hemlock.



Spraying The Gelcoat

Now Dave is concentrating on his own brand of canoes, each one layed up by hand in molds he built himself. The boats cover needs of all

discriminating paddlers whether they are searching for a superior white water boat perfected in the Grand Canyon's Colorado River, the Shaman, or a diminutive fifteen pound ten foot six inch long Nessmuk solo featherweight pack canoe. Other models in the full line of canoes include the Eagle, a tandem tripping canoe and two new solo boats. My personal favorite is a solo downriver tripping or expedition boat, the SRT, fifteen feet long weighing just forty-two pounds made of Kevlar. The design came from world class white water paddler Harold Deal, and has seen service on the Winsk River and remote lakes in Temagami. The *Canoe Works* has two new solo boats for 2001, the Kestral and the Peregrin, a hers and his set.



Rolling In The Resin

I have bought three or four canoes from Dave and Carol, and hung out at the store watching them fabricate these beautiful boats from rolls of cloth, barrels of resin and boards. I am always amazed and pleased by the aesthetics, attention to detail, and the fact they are created by hand right before my eyes. Even more amazing to me is the fact that Dave also builds each mold into which the gelcoat is sprayed and then covered with layers of cloth and resin. I like to see the stack of ash boards air drying out behind the shop which will in time become the rails, seat supports and thwarts of the boats.



Installing Layer One Of Glass

The other insight I have to share with the readers is the amazing depth of knowledge that Dave has regarding types of boats, their design and construction. Without getting into all the specifics of LOA, LAW, weight, flare, rocker or types of materials, I have to say I do not know anyone locally who has so much information at his/her fingertips and is so willing to share it with the customer to guide their canoe purchase. In addition to knowing the technology of canoe construction, Dave and Carol have years of experience paddling canoes all over North America. Dave facilitated several of my own lengthy journeys into the interior of Algonquin Provincial Park in Canada by sharing his experiences and pointing out good, bad and better routes.



Fitting The Gunnels

If I were planning to add another boat to my already foolishly large collection of paddle craft, I would go straight to Hemlock, N.Y. and check out the boats made by hand in the shop of Dave and Carol Curtis. They should be open for the season pretty soon and you can call (716)367-3040 for info

or check out the website: www.hemlockcanoe.com.
Happy paddling, everyone!



Finishing Touches on NESSMUK

June General Meeting & Picnic Stroke & Roll Clinic

Date: Thursday, June 14
Time: 7:00 P.M.
Place: Mendon Ponds, Pond View Lodge

As all went well last year, we will be taking our summer meetings outdoors — on the water, where we all belong! Come join us Thursday evening, June 14 for a combo *Roll & Stroke Clinic* at Mendon Ponds, put on by our own Ardie Shaffer (and friends). And yeah, we can paddle and play a bunch too.

FLOW will provide hot dogs, hamburgers, and cold soda....if everybody brings a creative dish to pass, the night can include a great feast! You can bring beverages if you want (we have a beer permit). Please bring cans only — glass containers are not allowed.



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Purple and white **New Wave Cruise Control** for \$300. Contact Simon at 899-6803 or barnett@bluefrognet.net.

I need four Y-30 clips to attach a Yakima rack to a gutterless, aero-style roof on a 4-door 1992 Honda Accord LX. If you have some, please call Emily at 346-5597 or email her at epleger@hotmail.com

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



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Next newsletter deadline is May 24.

Tips for the Traveling Paddler

Submitted by George Schnabel

Anybody going paddling in Canada? Here is the latest scoop: All canoes and kayaks are required to have the following gear which must be shown to any inquiring Provincial Police or Parques Canada Ranger:

- PFD for each person on board
- Whistle
- Bilge pump
- 360° white light
- 15 meters of *floating* rope

Fines are levied on any item missing.

Anybody going to the Boundary Waters Canoe Area? All canoes and kayaks must be registered in the state of Minnesota. Write to:

Minnesota Dept. of Natural Resources
Licensing Bureau
500 Lafayette Road
St. Paul, MN 55155-4026

It costs \$14 for canoes and kayaks (\$7 fee, \$5 surcharge, \$2 filing fee). This is a lot cheaper than the \$200 fine for an unregistered boat. You can also check them out on the web at www.dnr.state.mn.us/boating.html.

FLOW Paddlers Club
43 Whelehan Drive
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