



FLOWlines



Finger Lakes-Ontario Watershed Paddlers' Club Newsletter
Rochester NY

Volume 6, Issue 6

June 2001

June Steering Committee Meeting

Date: Thursday, June 7
Time: 7:00 P.M.
Place: Daily Perks Coffee House, 389 Gregory
Right across from MacGregor's
For more info, Contact Mike Shafer at
277-9291 or mshafer@rochester.rr.com

June General Meeting & Picnic Stroke & Roll Clinic

Date: Thursday, June 14
Time: 5:30 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.

Lock 32 Friday Night Paddles

Due to the overwhelming positive response, the Friday night \$5 paddle fee will be extended until the end of June. The lock will be open for paddling from 4 pm until 9 pm. Paddlers must sign a waiver and adhere to the Park Safety rules. If you have any questions, contact Art Miller at 377-1994 or artmiller@worldnet.att.net.

Outdoor Expo

Saturday, June 9

We're still looking for a few volunteers who can spend a few hours at the FLOW info table at this year's Outdoor Expo at Mendon Ponds Park. If you can help out, please contact Mike Shafer at 227-9291 or mshafer@rochester.rr.com.

183 Days Until It Snows Again...

Overview of the 2000–01 General Meeting Programs
by Cathy Rague

We would like to thank all of our presenters who provided us with entertaining and informative programs during our indoor General Meetings this past year.

In November, Rick French of Pack Paddle and Ski presented a slide show entitled *Oatka to Thailand: 25 Years of Paddling*. Rick had some great stories to tell. He and his company have created the opportunity for many adventurers to create their own stories to tell about paddling the world's waterways.

In January, there were numerous storytellers at our annual Party at McGinity's...

February found us mentally melting the snow outside while we enjoyed Chris Koll's presentation on Adirondack Region whitewater kayaking. Chris let us in on some of the Adirondack's best kept secrets — rivers we hadn't run before and some we hadn't even known about.

In March, we had the pleasure of hearing the history of the lobbying effort it took to get us the releases we have today on the Salmon River in Pulaski. It has taken hours of research, legal arguing and passion to bring about the opportunity we have to paddle the Salmon — an opportunity we can not take for granted. We thank Jerry Hargrave and Bill Kuipers for their work and their presentation.

April found us paddling around San Francisco Bay — thanks to the generosity of the Bay Area Seakayakers (BASK) and their president Mike Higgins, who offered the use of their slides. The presentation was edited and presented by Cathy Rague.

In May, we had a medley of superb speakers presenting health and safety issues related to our favorite pastime of paddling. Thank you to Harry Marinakis who spoke about shock and its prevention and first aid treatment in the wilderness. Jim Hopkins presented us with

Continued on page 6

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, rants, 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

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.

Paddling Contacts

FLOW Corporate Sponsors

<i>BayCreek Paddling Center</i>	288-2830
Boat/gear sales & rental, instruction, kids camp 8% off stocked accessories www.BayCreek.com	
<i>G.R.I.P.</i>	381-3418
ACA Certified whitewater instruction	
<i>Oak Orchard Canoe & Kayak</i>	(800)-4-KAYAKS
1000 Boats, car & truck racks, parts, repair, ½ day river tours 10% off accessories; 22% off plastic WW boats (in stock only) www.oakorchardcanoe.com	
<i>Snow Country</i>	586-6460
10% off paddling gear and accessories www.snowcountrysports.com	

Businesses Offering FLOW Discounts

<i>Colorado Kayak Supply</i> (www.coloradokayak.com)
15% off accessories (Must Supply AWA Number)
<i>Nantahala Outdoor Center</i> (www.noc.com)
10% off all goods
<i>Northern Outfitters</i> (www.noh20.com)
10% off all retail items
<i>Zoar Outdoor</i> (www.zoaroutdoor.com)
10% off accessories and \$50 off boat prices

Local Businesses & Instruction

<i>Adventure Calls</i>	(888) 270-2410
Whitewater rafting and boat shuttle in Letchworth State Park www.adventure-calls.com	
<i>Ardie Shaffer</i>	334-4487
ACA certified whitewater instruction & instructor training ardie@rochester.rr.com	
<i>Hemlock Canoe Works</i>	367-3040
Hand crafted lightweight canoe manufacturer www.hemlockcanoe.com	
<i>Lock 32 Whitewater Park</i>	328-3960
Flat and moving water ACA certified instruction	
<i>Pack, Paddle, Ski</i>	346-5597
Flatwater, whitewater, canoe, kayak, & sea kayak instruction www.packpaddleski.com	
<i>Seayaker Outfitters</i>	(315) 524-9295
ACA certified Coastal Sea Kayak instructor / courses & tours www.seayaker.com	
<i>Talic Sport Hammocks</i>	271-3150
Wooden canoe and kayak stand manufacturer www.talic.com	

Regional & National Organizations

<i>American Canoe Association</i>	www.acanet.org
<i>American Whitewater</i>	www.americanwhitewater.org
<i>Adirondack Mountain Club</i>	www.adk.org
<i>Genesee Waterways Center</i> .	www.geneseewaterways.com

River Gauges

<i>Genesee River (Letchworth)</i>	468-2303
<i>Catteragus Creek</i>	532-0626
<i>Black Cr. at Churchville</i>	(800) 452-1742 #361131
<i>Salmon River</i>	(800) 452-1742 #365123
<i>Waterline Site Codes</i>	www.h2oline.com

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These cuts supposedly return the agency to 1999 funding levels. Yet at 1999 levels the streamgaging program was already dangerously under funded and was only an eighth of requested funding levels for the program.

If this proposed budget bothers you, write your congressmen and let them know about your concern. Remind them that in the overall federal budget, the \$5 Million cut in funding for the USGS streamgaging network amounts to peanuts. The proposed cuts are pure political posturing and will amount to essentially no effect on the overall budget. However, the proposed cuts come at increased risk to public safety, while also impacting opportunities for river recreation.

Streamgaging & the Economy: When was the last time you went to your favorite river without knowing the level beforehand? Probably sometime in the 1990's. Right? How much do you normally spend on a trip to the river for gas, food, & drinks? Probably \$10 to \$50. Right? Multiply that times 800,000 to 1,000,000 whitewater boaters who boat at least 15 days each year. If you spend a minimum of \$10 per trip, then that amounts to a conservative estimate of \$120 Million that whitewater boaters contribute to the economy solely on travel expenses as the result of knowledge about river levels. When you add in paddling gear purchases, vehicle maintenance, and other lifestyle purchases, the sum measures in the billions. When you measure the savings from flood prediction and monitoring, reduced insurance claims, as well as provisions for safe drinking water, the number soars into the tens of billions. That is the real value of the streamgaging network to America's domestic economy, and that revenue, largely spent in rural America, is at risk from the Bush administration's proposed cuts.

You can find out how to contact your Congressmen by linking to www.congress.org. Simply enter your zip code and find the names and addresses of your elected representatives.

Bush Hacks Streamgage Funding

Jason Robertson, American Whitwater Access Director

President Bush is proposing a 40% cut in the USGS streamgaging budget for fiscal year 2002. This is twice as bad as even the most pessimistic predictions.

The Bush administration's claim that the proposed budget "focuses resources on core USGS programs, such as mapping and hazards, and those that directly support better land and natural resource management by the Department of Interior (DOI)" is disingenuous at best and intentionally misleading at worst.

The streamgaging program has been one of the most effective government programs in promoting public health and safety. Gauges are used to predict and monitor flooding, predict and monitor safe drinking water supplies, predict and monitor instream flows and temperatures for fishery protection, and provide real-time flow information for river recreationists including fishermen and boaters.

The fact that the Bush administration argues these cuts in streamgage funding somehow improve hazard assessment is simply bogus. These cuts do nothing to improve public health or safety, and actually increase potential hazards.

As the on-going spring flooding in the Midwest has shown, failure to adequately fund the USGS streamgaging program is foolhardy and ineffective. Hazard mitigation and reduction begins with the distribution and collection of good and reliable data. By reducing the sensory capacity of the streamgage network through these cuts, the President has effectively buried the government's head in the sand like the proverbial ostrich that was afraid of the view.

The cuts in the streamgaging network are part of a Bush administration package of budget cuts for the USGS totaling nearly \$70 Million, including a \$44 Million cut in water related programs.

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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	6/7	7:30 PM	All	Call Hotline / Check FLOW Message Board	TBD	716-234-3893	www.flowpaddlers.org
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
Sat.	6/23	10:00 AM	Sea kayak 16' or longer. No short touring boats please.	Rochester Canoe Club (Irond. Bay) to Webster park, 12 mile loop. Paddle hard, no games, short lunch break.	Al Pietzold	716-388-1279	APietzol@harris.com
Thurs	6/28	7:30 PM	All	Call Hotline / Check FLOW Message Board	TBD	716-234-3893	www.flowpaddlers.org
Thurs	7/5	7:30 PM	All	Genesee River, from Sommerville Parking lot North end of St. Paul Blvd	Shelia Wagoner	716-436-7717	sheila.wagoner@kodak.com
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		

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.

Rob Blake
716-315-3000

Rick Williams
716-381-3418

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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
6/2	Beginner	Genesee River in Letchworth. Class II	Helen Cherniack	716-461-3233
6/7	Advanced	Hudson River Gorge, lower Moose River. Class IV If water levels are not suitable, another river will be substituted.	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	Ivan Rezanka	716-381-7475
6/23	Intermediate	Salmon River, Pulaski, NY. A scheduled 450 cfs release. Class III	Richard Mauser	716-473-2162
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
7/8	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
7/21-22	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III	Cathy Rague	315-926-7890
7/28-29	Intermediate/ Advanced	Deerfield River, MA Dryway section Class III - IV	Steve Kittelberger	716-442-6138
8/4-5	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
10/13	Intermediate/ Advanced	Lower Moose River (Moose Fest weekend). 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

183 Days Until It Snows Again...

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practical ways to use our paddling and camping equipment or what ever we have in the vicinity to splint, stabilize and package the injured person for transport to help. Melanie Wellington gave us an excellent overview on the "bugs" we may encounter on the river both here and out of the country, with several suggestions on prevention and treatment.

Ed McDonald shared with us the cause and first aid treatment of shoulder injuries, especially related to paddling.

Mike Marini gave us a most important talk about leadership in emergency situation, and how to use the skills of the available rescuers in a safe and common sense manner for the best outcome of the situation.

Thank you to all of our speakers for this past winter. We look forward to another fun and educational series next year. The following ideas

are being explored for next year:

Southern Trip overview

Boat repair

Ed McDonald's Trip Report/Slide Show

Trip Reports

Access issues

Boat rescues/use of ropes

Skills: knot tying; equip review; camp stove operation; first aid kits

In preparation for next year, let us know if you have any presentations you would like to have us do, or if you have a trip or area of expertise you would like to present. We can offer any help you might need to get a presentation ready. Never underestimate your knowledge on any topic, or overestimate everyone else's knowledge on that topic. We all have many things to share and many more things to learn! E-mail your ideas to edncathy@rochester.rr.com or send them to Cathy Rague, 3218 Goosen Rd., Marion, NY 14505.

Classified Ads / Lost & Found

Perception Mr. Clean play boat and **RIOT KIX** creek boat 450.00 each. Contact Jim at (716) 436-9902 or 370-9585 cell.

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

SEDA, Vagabond touring kayak, 1998, Mint Condition. \$800.00. It's lightweight (43 lbs.) stable and friendly providing beginners with multitude of different choices. Equipped with a large comfortable molded seat with adjustable foot and backrest. Flootation and spray skirt included. For the specs, check out <http://www.sedakayak.com>. Email mphenry@eznet.net.

Sticks & Stones may break your bones but 'tis my **Medieval** that will really excite you! Made for the vertical dimensions and to Spin, Spin, Spin! \$400 FIRM. Not to tease, but less than an advanced beginner could get spanked. (Great 'transition' boat from paddling a RPM.) For a good time call S. M. Baker (716) 334-5947, bakersm@frontiernet.net

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

Found at the Salmon River cleanup: left hand **Glacier Glove**, large size. Contact Richard Mauser at rmauser@sprintmail.com if it is yours.

Next newsletter deadline is June 19

Scholarships Available for Camp Darrow

Camp Darrow, the Genesee Waterways Center and the FLOW Paddlers' Club have announced the availability of a limited number of scholarships to attend Camp Darrow this summer. Darrow, located in Grand Lake Stream, Maine, offers canoe tripping and personal growth experiences in a wilderness setting. For more information about Camp Darrow see www.darrowcamp.com. For scholarship information and application materials, call Steve Kittelberger at (716) 442-6138 or write him at stevekit@frontiernet.net.



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43 Whelehan Drive
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