



FLOWlines



Finger Lakes-Ontario Watershed Paddlers' Club Newsletter
Rochester NY

Volume 6, Issue 10

October 2001

October General Meeting

Date: Thurs, Oct 18
Time: 7:00 pm
Place: Brighton Town Lodge
777 Westfall Road, just west of S. Clinton
Note: This Is Not Brighton Town Hall

The Churchill River Slide Show

Ed McDonald's passion and determination to let the paddling and adventure community know about the beauty and challenge of the Churchill River resulted in six kayakers and canoeists taking a trip of a lifetime in the Labrador wilderness. Come and hear the stories and see the pictures and get inspired to plan your next paddling adventure. See article on page 7.

Upcoming Presentations

The Clearwater River Slide Show

Bob Pierson continues our Canadian adventure with a slide show of his 12 day canoe trip down the Clearwater River in Saskatchewan with a group of family and friends.

The Southern Trip

Veterans of this annual adventure share their pictures and stories.

Only Three More Trips in 2001

(Get Ready For Pool Practice)

Date	Trip Description	Coordinator
10/13	Lower Moose River, Class IV (Moose Fest weekend). (Intermediate/Advanced)	Ben Bramlage 518-792-3277 518-745-1489
10/21	Genesee River in Letchworth Class II (Beginner)	Ivan Rezanka 716-381-7475
11/3-4	Tohickon Creek, PA Class III to III+. Camp nearby. (Intermediate)	Steve Kittelberger 716-442-6138

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 **CANNOT** take non ACA/FLOW members on the trips. The one-day membership which we used for pool practices does not work for trips.

Steering Committee Minutes

Thursday, September 13, 2001

Present: Pam Porter, Ivan Rezanka, Simon Barnett, Bob Cox, Jim Hopkins, Margit Brazda, Cathy Rague

- I) Reminder about the Genesee River/Lake Ontario Clean – Margit Brazda
 - 1) Sponsored by the Rochester Museum and Science Center
 - 2) To take place Sat Sept 15.
 - 3) The most prevalent item of trash around the water is the cigarette butt.
- II) General Meetings – Cathy Rague
 - 1) Discussion about having more slide shows of members' trips to the general meetings.
 - 2) Increase publicity by distributing flyers at area outdoor stores. Pam agreed to help with this project.
- III) Newsletter delivery to ARC – Simon Barnett
 - 1) Simon and Cathy will coordinate to get the newsletters from the city to Wayne County ARC for mailing.
- IV) Discussion about the Constitution deferred to the next meeting.
- V) Photo Contest
 - 1) Splashy action shots were submitted by Jim Hopkins.
 - 2) A boat boofing off the bathroom at Stoney's was one of the shots submitted by Simon.
 - 3) After a critical viewing of all the photos, a secret ballot took place with Simon emerging as the winner of a bottle of fine New York State wine.
- VI) After coffee and dessert, the meeting was adjourned.
- VII) McGinity's

FLOW Party At Lock 32

On Sunday, October 28, there will be a FLOW party at the Lock 32 Whitewater course. FLOW members paddle free all day (10 am – dusk). Hot dogs and hamburgers will be provided. Bring your own beverage and a dish to pass.

Pictures Pictures Pictures

Thanks to everyone who sent in paddling pictures for this issue!

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 / Address Changes

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. Forms are also available on www.flowpaddlers.org. Call 621-2721 for more info.

FLOW Paddlers' Club C/O James Hopkins
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.snowcountriesports.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>Art Miller</i>	377-1994
ACA WW instruction & USACK certified WW slalom instruction ArtMiller@worldnet.att.net	
<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

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



Joel Chastek, Dragon's Tooth, Deerfield Dryway, Submitted by Richard Mauser



Stoney's **PINEVILLE** Seasonals Welcome

Next to the Salmon River KAYAKERS & RAFTERS WELCOME

CAMPGROUND

Camping & Trailer Rentals

- Water & Electric•Lodging
- Hot Shower•Guide Service
- Laundry•Full Hook-ups
- Convenience Store•Tackle
- Dump Station•Gameroom
- Fish Cleaning Station•

2904 Route 13•Pulaski•NY•13142
1-315-298-2325

Email: mstone7659@aol.com
web site: www.salmonriver.net

Valerio Villa, Onde River, Submitted by Mike Shafer



Ken Goodman on the Churchill River. Santtu Ollila and Ed McDonald on the Ice
Submitted by Frank Carbon



Beaver River, Eagle Falls, Submitted by Andy Ball



Unidentified Paddler on the Salmon River. Photo by Steve Graley



Dianne Krusen and Cherry Lewis



PADDLING CENTER

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

The NEW 2002 Wave Sport boats are here.
See the Ace Series, the Siren, the Super EZ and the Mutant.
All have the new F.A.T. 2.0 Outfitting.

All 2001 and older boats 25% and more off
(Flat and White Water)



Beaver Falls

SNOWCOUNTRY
 Try before you buy at our Canandaigua Store!
 Whitewater and Touring Kayaks & Accessories. We're More Than Just Skiing!







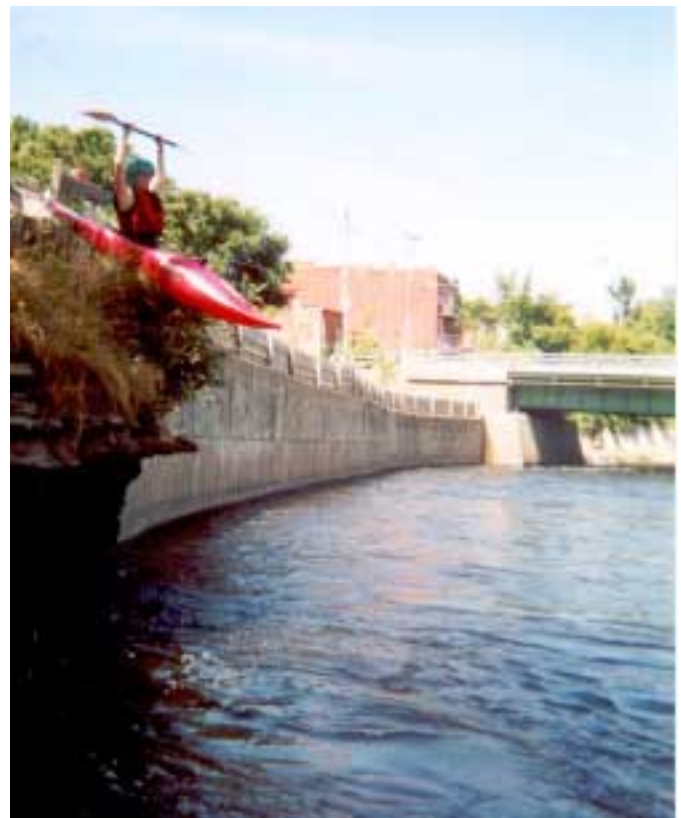

Canandaigua 716-398-2300 Pittsford 716-586-6460
www.SnowCountrySports.com



Genesee River, Letchworth



Nathan LaFratta looking for his car keys



Dianne Krusen Junping In

Churchill River Trip Report

Churchill Falls, Labrador to Goose Bay, Labrador

Submitted by Sheila Wagoner

Participants: Ed McDonald, Ken Goodman, Bill Lawton, Frank Cabron, Sheila Wagoner and Santtu Ollila (foreign exchange student from Finland)

This trip can be broken down into three adventures: the trip to the put in, the river paddle and the ride home. Drive time from Rochester was 28 hours to Churchill Falls and 31 hours returning from Goose Bay. Side trips included a tour of the Churchill Falls Hydro dam, Hudson Bay Museum and Labrador Museum of Inuit history. We traveled so far to the north and east that we ventured into the next time zone. Being so far north, although still not as far north as Finland, the days were extremely long. Morning light came by 4:30am and sunset arrived about 10pm. The average high temperature was 65 degrees and the low was 40 degrees without the wind chill. The water temperature was just close to 40 degrees. There were many windy nights.

Four of us traveled in Ed's van and we met Frank and Bill in Churchill Falls. The drive up was long and over half the distance was on gravel roads once we were north of Quebec. There was nothing but nature, trees, rocks, water and very little wildlife along the way. We only passed a few cars and semi's. We were getting into some remote territory. In Churchill Falls we saw a triple rainbow. Ed had been in communication with the town hall and the police and we were able to get a person to shuttle the van to our destination. Santtu took advantage of the town library's internet to do a final weather check and email that we had made it safely to Churchill Falls. We found out there was a bear in town that had just awoken from hibernation and thus decided to camp down by the river.

This was a true wilderness trip. At points we were at least 100 miles from any outside emergency support. There were essentially no roads down to the river and a bushwhack out would have been next to impossible. We were very cautious in our actions to be sure that we were safe. Two of our biggest unknowns were bears and bugs for which we stocked up heavily on bear spray, bug repellent, and bug jacket. But we never thought to check out the dam release on a predominantly flat water trip. We arrived in Churchill Falls only to find out there was to be a rare event, dam maintenance on the trail race, which was to completely stop the water flow for 48 hours, half way through our planned adventure. Plan B, quickly get on the river and head downstream.

Most days our routine consisted of arising, breakfast, camp breakdown, repacking, paddling thru awesome scenery, lunch, paddling, finding a

campsite, unpacking, setting up camp, eating dinner and sleeping. The weather was not as punishing as we thought it might be. Only occasionally did we have to dry out our belongings.

Trip summary starting from Churchill Falls:

Date	Paddled	Stopped	Day summary
6/19/2001	30km	30km	noon start, getting out the kinks
6/20/2001	40km	70km	extremely windy, choppy water
6/21/2001	40km	110km	Lake Winokapau, crosswinds
6/22/2001	33km	143km	Mouni Rapids, paddled
6/23/2001	27km	170km	River, boils, some current
6/24/2001	48km	218km	Minipi Rapids, lined, one flipped
6/25/2001	25km	243km	Gull Rapids, mostly portaged
6/26/2001	28km	271km	Leisure sunny day
6/27/2001	19km	290km	easy finish, view Muskrat Falls

Each day presented some breathtaking scenery. Along the way we saw wildlife (moose, bears, bear cubs, eagles, osprey, fish, wolf cubs, coyote and other birds), most weather conditions (sun, rain, clouds, wind, no snow in the air, snow in the ravines, and ice at one end of Gull Lake, colorful sunrises and colorful sunsets). Most days were easy leisurely paddles, although we had challenges to overcome. The river was quite wide, sometimes windy, sometimes choppy and sometimes like a mirror. We scouted three sets of rapids, ran one, lined one and mostly portaged one. We only lost one person unintentionally into the river and we had a successful rescue without any lasting injury. There were many good conversations, but solitude was easy to find when it was needed. There was fishing and minimal hiking along the shore as there were no trails into the woods. The terrain was varied, including rock outcroppings, tree covered hills, fire burns, sandy hills, sandy beaches, rocky beaches, shoals, water boils, ravines and the spectacular Muskrat Falls. Ed was our expert river reader as he had the advantage to stand in the canoe to scout. My advice is to be sure to always take a canoe along on your trip (or Harry and his blue barge). We went past areas where the rocks had been drilled as initial surveys to build two more dams on the river.

We were all sorry to see the trip end but looked forward to the bed and breakfast at the takeout. After showers we all felt much better. Everyone we met was friendly and treated us well.

Bill and Frank extended their trip. The 32 hour ferry ride out of Goose Bay was one of the high points. The crossing was rough, but we saw many icebergs - some very large and close to the boat. We also paddled the 40+ foot tides in the Bay of Fundy. Prevailing high winds kept us from paddling along the coast at Gros Morne in Newfoundland, so we left there early. Good lobster dinners were hard to find since lobster season seemed to be just over everywhere we went. We did finally get one on Prince Edward Island.

Classified Ads / Lost & Found

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

Need a large Float Bag? - will trade an EPIÖ 21"x37" for a smaller bag (but not bow bag), or I'll even sell it to you. Call Richard 473-2162

Wanted: Large spray skirt. Willing to pay squat. Call me, we'll do business. Richard 473-2162

Sunburst orange **Riot Glide** for sale - \$400. Email Dan Bogaard at dsbpph@rit.edu for more info. If you live around Rochester, I will gladly let you try it before you buy it!

Purple and white **New Wave Cruise Control** for \$250. 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.

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

Orange **Wavesport Forplay** \$550. Well outfitted and bumped out for big feet and comfort. Call Rick Williams at (716) 381-341

Violet **Perception Dancer-XS** for persons 120 lbs. or less. Great for kids! Includes airbags and sprayskirt \$350. Yellow **Perception Dancer**, includes airbags, sprayskirt and paddle \$350. Call Pam 785-0515.

White Perception mirage with flotation, medium ExtraSport pfd., skirt, and Mohawk paddle. Very retro. \$300 Don Valerio donval@frontiernet.net (716) 526-5561

800 CANOES - KAYAKS!

A Unique Shopping Experience - Knowledgeable Staff!

MEMBERSHIP HAS IT'S REWARDS!

WeNoNah - the finest canoe in the world

Old Town - #1 seller in world

Dagger - Canoe and Kayak

Necky - Our best selling Kayak

Hobie & Ocean Kayak - Sit on tops

Nova Craft, Radisson - Bell

22% FLOW DISCOUNT on any in stock
DAGGER - PERCEPTION-PYRANA-NECKY POLY

10% on any reg. accessory, etc.

TRY BEFORE YOU BUY!



RIVER FLOAT TRIPS
Large & small groups - All summer, clean, moving water in Orleans Co.)

DO-IT-YOURSELF \$20.
with SHUTTLE \$39.
Reservations Necessary


www.oakorchardcanoe.com - or - 682-4849

Oak Orchard Canoe Kayak Experts

PICKUP TRUCK REAR RACKS
3 Styles, Tonnes Comparable, also a 2' Receiver **139^U**

PITTSFORD
586-5990

10% On Complete Rack System



EXPERIENCE

Whitewater
Kayak
Instruction

ACA Certified
Instructors
All Levels

Private and
Group Lessons
Custom Programs

GRAVITY RESEARCH INSTRUCTION PERFORMANCE

Rob Blake
716-315-3000

Rick Williams
716-381-3418

FLOW Paddlers Club
43 Whelehan Drive
Rochester, NY 14616

