



# FLOWlines



Finger Lakes-Ontario Watershed Paddlers' Club Newsletter  
Rochester NY

Volume 8, Issue 3

March 2003

## March Steering Committee Meeting

Date: Tuesday, March 4  
Time: 7:00 pm  
Place: Barns & Noble Cafe  
Steering committee meetings are open to all members. Feel free to just show up - your input is welcome. If you are not available but have an idea, send email to [info@flowpaddlers.org](mailto:info@flowpaddlers.org).

## FLOW Swap Meet

Date	Thursday, March 13, 2003
Time	5 - 6 pm Set up and seller check in only 6 - 9 pm SWAP MEET / late seller check in 9-9:30pm Count your cash and clean up
Where	Carmen Clark Lodge, Brighton Town Park 777 Westfall Road (see map to left) Between E. Henrietta Rd. and S. Clinton Ave.

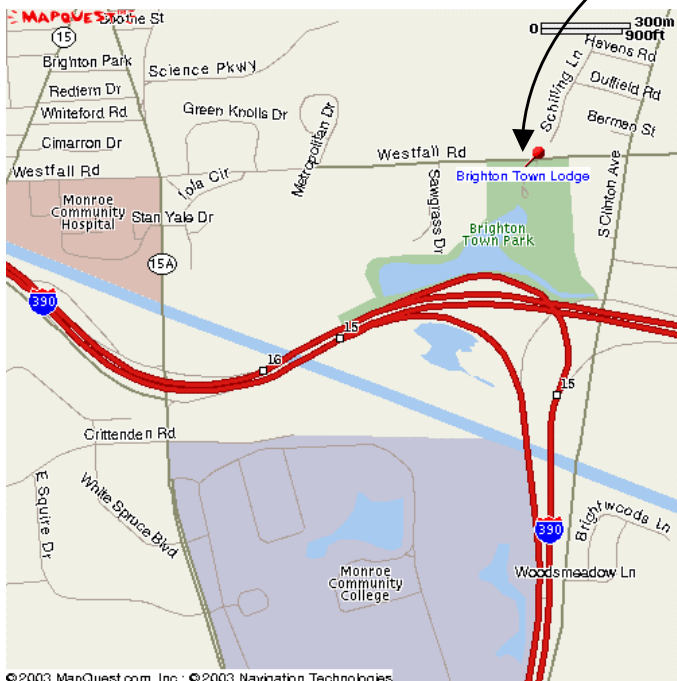
Go on out to the garage. Look down in the basement. Maybe you've stashed something in the old chicken coop at your mother's place. What are you looking for? **Boats and boating equipment** - canoes, kayaks, paddles, PFD's, spray skirts, hip pads, bilge pumps, rescue gear, helmets, wet suits, dry suits, dry tops, paddle pants, dry bags, flotation bags, cam straps, car racks, booties, books, videos, and camping gear - anything you no longer use - working or not! Just think about all that stuff that has shrunk, has holes in it, or is no longer fashionable. Someone will give you a reasonable price for it!

So, bring it all to sell at the FLOW swap meet. A small donation of \$10.00 to FLOW by sellers is required for registration. (OK, if you only have a couple of misc. items but no boat to sell, we'll let you slide for \$5.00.) You can sell your equipment yourself, or have FLOW sell it on consignment for you. (If you choose the consignment method, 10% of the selling price will be donated to FLOW, and all items must be clearly marked with a price and the seller's name.)

**Rumor has it that one or more of the local boat dealers will be present with lots and lots of super discounted stuff.**

Everyone is welcome: sellers, buyers, browsers, FLOW members, nonmembers. There will be a fire, good company, tall tales, and lots of new and slightly used equipment to buy! Come and start the season off right! Acceptable methods of registration payment are cash or good check with 2 forms of ID. Sorry, no credit cards. We'll have coffee and hot chocolate available at nominal cost during the SWAP Meet.

If you have any questions, please contact Ed Boggs at 585-721-5093(days) 315-926-7890(evenings) or [edncathy@rochester.rr.com](mailto:edncathy@rochester.rr.com).



## Oak Orchard Canoe & Kayak

1300 Empire Blvd. Rochester, NY 288-5550

Welcome

To Our New Store !

Save 10% Storewide  
in March with this Ad

1300 Empire Blvd. Rochester, NY 288-5550

Oak Orchard Canoe & Kayak

## FLOW Organization

President.....Mike Shafer ..... 227-9291  
 Vice Presidents.....Cathy Rague (315) 926-7890  
 .....James Hopkins ..... 621-2721  
 Secretary.....Position Empty  
 Treasurer .....Ed Boggs ..... (315) 926-7890  
 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. Send items to newsletter@flowpaddlers.org. If you do not have e-mail, send items to:  
 Simon Barnett  
 72 Maple Park Heights  
 Rochester, NY 14625  
 The newsletter deadline is the next-to-last Thursday of the month.

## Membership / Address Changes

To join FLOW, download the membership form from the "How To Join" page on www.flowpaddlers.org, fill it out and send it with \$30 (\$35 family rate) to:  
 FLOW Paddlers' Club C/O James "Hoppy" Hopkins  
 43 Whelehan Drive  
 Rochester, NY 14616  
 If you don't have access to the web, contact Hoppy at the above address, hoppyski@yahoo.com or 621-2721. Send address changes to Hoppy too.

## Upcoming trips/events

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

## Local River Gauges

Genesee River (Letchworth) ..... 468-2303  
 Catteragus Creek ..... 532-0626  
 Black Cr. at Churchville ..... (800) 452-1742 #361131  
 Salmon River ..... (800) 452-1742 #365123  
 Waterline Site Codes ..... www.h2ozone.com

## Paddling Contacts

### FLOW Corporate Sponsors

*BayCreek Paddling Center* ..... 288-2830  
 Boat/gear sales & rental, instruction, kids camp  
 8% off stocked accessories  
 www.BayCreek.com

*Oak Orchard Canoe & Kayak* ..... (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

### Businesses Offering FLOW Discounts

*Colorado Kayak Supply* (www.coloradokayak.com)  
 15% off accessories (Must Supply AWA Number)  
*Nantahala Outdoor Center* (www.noc.com)  
 10% off all goods

*Northern Outfitters* (www.noh20.com)  
 10% off all retail items

*Snow Country Sports* ..... 586-6460  
 10% off outdoor products (backpacking, camping, climbing)

*Zoar Outdoor* (www.zoaroutdoor.com)  
 10% off accessories and \$50 off boat prices

### Local Businesses & Instruction

*Adventure Calls* ..... (888) 270-2410  
 Whitewater rafting and boat shuttle in Letchworth State Park  
 www.adventure-calls.com

*Ardie Shaffer* ..... 334-4487  
 ACA certified whitewater instruction & instructor training  
 ardie@rochester.rr.com

*Art Miller* ..... 377-1994  
 ACA WW instruction & USACK certified WW slalom instruction  
 artm@rochester.rr.com

*Genesee Waterways Center & Lock 32* ..... 328-3960  
 Promoting the use of human powered watercraft  
 www.geneseewaterways.com

*George Scherer of Sea Kayak Rochester* .... 381-2104  
 ACA certified open water coastal kayak instructor  
 george.scherer@kodak.com

*Hemlock Canoe Works* ..... 367-3040  
 Hand crafted lightweight canoe manufacturer  
 www.hemlockcanoe.com

*Kayak Quests (Karen & Jody)* ..... 377-2416  
 ACA cert. flatwater instruction, training, tours, rentals & sales  
 www.kayakquests.com

*Pack, Paddle, Ski* ..... 346-5597  
 Flatwater, whitewater, canoe, kayak, & sea kayak instruction  
 www.packpaddleski.com

*Seayaker Outfitters* ..... (315) 524-9295  
 ACA certified Coastal Sea Kayak instructor / courses & tours  
 www.seayaker.com

*Talic Sport Hammocks* ..... 271-3150  
 Wooden canoe and kayak stand manufacturer  
 www.talic.com

### National Organizations

American Canoe Association ..... www.acanet.org  
 American Whitewater ..... www.americanwhitewater.org  
 Adirondack Mountain Club ..... www.adk.org

Please send any additions, corrections, or deletions to  
 newsletter@flowpaddlers.org



All phone numbers are in the 585 area code unless otherwise noted.

## You might be a kayaker if...

- You "pour over" streamflow readings the way a stockbroker scans the markets everyday.
- You practically salivate at the sound of rainfall.
- There's no room on your speed-dial for anything but gauge readings and the numbers of people with nicknames like Psycho.
- You paid more for a roof-rack for the boat than you spent for anniversary presents.
- You tie down the boat better than you seatbelt in the kids.
- Waterproof means *a little damp or might float*
- Your friends or relatives are shocked when you answer the phone at home on a weekend.
- House guests ask you why you replaced your living room sofa with a sea kayak...
- You can't drive over a bridge without looking for water under it.
- The smell of old polypro doesn't bother you.
- Your wife says you love your boat and your boat'n buddies more than her, and she sounds just like your first wife...and your second.
- Driving 1200 km for a weekend on the river doesn't seem strange to you.
- Your idea of a complete first aid kit is a roll of duct tape
- "Small craft advisories" make you praise the Ocean gods.
- Window shade means more than keeping the sun out.
- Pearl means more than a gem in a shell.
- You choose a new car based on whether or not your rack system will fit it
- A dress shirt and tie no longer bother you, because they're looser than a drysuit neck gasket
- You co-workers (and non-boating friends, family and your spouse) will not ride in your vehicle between March and October because of the ode de polypro.
- You call your buddies in order of shuttle ability
- Your boat is worth more than your car
- Even in the dead of winter, you never actually lose the PFD tan lines...
- You build your new house as close as possible to the flood plain.
- Your dog loves to roll in your pile of paddling clothes.
- You're all dressed up and don't notice that you're being rained on.
- You ask the clerk at Eaton's how well these dress shoes hold up to immersion.
- You measure major purchases relative to the cost of a new boat...(Hmmm, that new computer will cost me about 2 1/2 kayak units')
- You're the one with the Bright Sunny Smile on the Cold Rainy Day.
- Every once in a while you touch your paddle, just to touch it...every once in a while you let go of your paddle, just to eat something.
- When your non boating friends visit your home or your car they ask "Do you have dogs?"
- You have no trouble saying "Rotomolded Crosslink Polyethelyne" ten times fast.
- The idea of a 20,000 km per year car lease seems ridiculous.
- You have a bathing suit that's wet from March to October.
- You've never setup a tent when it's light out.
- You've tied up your mate using either a taught-line or trucker's hitch.
- You have friends that you don't recognize without their helmet, pfd, paddling jacket, and boat ensemble...
- You can ID make and model on a car topped kayak at a quarter mile...
- "Wet, sticky hole" and "blowing a ferry" in casual conversation don't give you pause...
- You always have sinus congestion on monday morning..
- You freely discuss how much you and others weigh, and don't feel self-conscious about it (or about asking others how much they weigh).
- You leave your glasses strap on at night
- Your only considerations when buying a car are ground clearance, and the size of the rain gutters.
- All career, personal and financial decisions are judged by the criteria of "How will this increase my paddling time?"
- You visit Niagara Falls and think "This may be runnable."
- You build a 2 car garage addition and you still can't park your car inside.
- You bug out on your wife and kids to go paddling for the weekend because you are SURE your priorities are right.
- You manoeuvre your car on five-lane streets by eddying out behind trucks and making S-moves in the left turn lane. And you lean into the turns.
- If you live in a town with a river running through it, you give street directions with descriptions like "upstream of the ..." or "two blocks down on river left ..."
- It takes longer and longer to get your "land legs" back. Solid ground "feels funny"
- You keep moving the car seat forward, so you can bend your knees and feel good and wedged in for pulling maneuvers on the freeway.
- You start driving around with your PFD and helmet on because you have noticed that other drivers tend to give you the right of way.
- After a car wreck, the first thing you check for is damage to your boat.

## Tired of Running Letchworth?

Shangri La River Expeditions is seeking kayakers and rafters for two first descent expeditions in August 2003: Salween in Tibet (Class 3-4, rafters and kayakers) and Rivers of the Gongga Shan Area west of Chengdu, Sichuan (Class 5, kayakers only). Previous expeditions have been the trip of a lifetime for participants.

Shangri La is a division of Earth Science Expeditions, a non-profit, tax exempt research organization which specializes in geological reconnaissance of river canyons in Tibet and western China. It has conducted numerous expeditions in China since its first one in 1994.

Go to [www.shangri-la-river-expeditions.com](http://www.shangri-la-river-expeditions.com) for cost and schedule info (click on 2003 Expeditions at the bottom of the page). This site also has links to descriptions of previous expeditions, the history of first descents in Tibet and western China, the geography and geology of river canyons we've explored, and a summary of cultural history and the probable future of this area.

## 2003 Pool Practice

*The last three Pittsford pool practice dates have been moved to Sutherland high school!*

Place	Pittsford Middle School 75 Barker Road, Pittsford
Time	Wednesdays, 7:30 to 9:30 PM
Dates	February 26; March 5, 12, 19

Place	Pittsford Sutherland High School 55 Sutherland St., Pittsford
Time	Wednesdays, 7:30 to 9:30 PM
Dates	March 26; April 2, 9

*The Wheatland-Chili pool practice has moved to Monday!*

Place	Wheatland-Chili High School Corner of North Rd. and Rt. 386, Scottsville
Time	<b>Mondays</b> , 7:00 - 9:00 PM
Dates	February 24; March 3, 10, 17, 24, 31

Fees are as follows:

\$4/FLOW member

\$4/family if you have a family membership

\$6/person for the general public

Boats must be clean. And please park in the school parking lot!

## Steering Committee Meeting Minutes

February 5, 2003

- I. Reviewed the outcome of the vote at the Winter Party  
Slate of officers up for vote did pass
- II. Budget  
Ed reported
- III. Electronic newsletter
  - A. The newsletter is available to members who request it.
  - B. Simon reported 12 members have requested an electronic newsletter.
  - C. Traded newsletters/free newsletters will be sent electronically.
- IV. Roles and responsibilities of club officers
  - A. To be discussed at future meeting.
  - B. Plans are in the works for old officers to transfer duties to new officers.
- V. New members' participation in FLOW  
To be discussed at future meeting.
- VI. February General Meeting.  
Feb 20 at 7:00 p.m.  
MacGregor's on Jefferson Road, Henrietta
- VII. March General Meeting - Swap Meet  
Ed reported.  
March 13, 2003 from 5:30 - 9:00 pm  
Brighton Town Lodge reserved.  
E-mail to be sent to membership regarding event.
- VIII. Selection of new chairpersons  
Candidates to be contacted by steering committee.
- IX. Proposal from GWC  
Steering Committee to comment.  
To be discussed at next meeting.



**BAY CREEK**  
PADDLING CENTER

**BayCreek Paddling Center**  
1099 Empire Blvd  
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[www.baycreek.com](http://www.baycreek.com)

Your Full Service Paddling Center  
On the edge of Rochester's Secret Wilderness



LOTUS DESIGNS







Flatwater - Openwater - Whitewater  
Sales - Rentals - Tours - Instruction - Kids Camp

**What do FLOW paddlers do before the water gets to the river? The best they can, with it.  
A few FLOW members were recently found atop Gore mountain, scouting this spring's run-off.**



Notable Horizon Line Lurks Behind The Unwary.



Nice Gradient



Inside The Shuttle Vehicle

## Classified Ads

*To have your boat or equipment listed, send email to [newsletter@flowpaddlers.org](mailto:newsletter@flowpaddlers.org).  
Items will be removed after 6 months. Feel free to re-list items that have not sold.*

Brand new never paddled New Zealand "Evolution Classic" kevlar kayak, 20 ft. long, 17 " beam, foam adjustable seat, kick up rudder, Wt. 28 lbs. Beautiful custom paint job, white hull and orange deck. Neoprene spray skirt and deck cover. This boat is for the experienced paddler. Asking \$1500.00 Call Bill 440-286-8241, e-mail [wsalmon@aol.com](mailto:wsalmon@aol.com). Pictures e-mailed upon request.

For sale: NRS "Steamer" full-body wetsuit, XXXL. Fits approx. 6'3", 200-220 lb. Black w/blue. As new condition - hardly used and well cared for. New:\$150+. Your cost \$120. Rich Joki, [jokird@flcc.edu](mailto:jokird@flcc.edu), 585-367-3673.

Prozone 225 - like new - floated fewer than 10 times, with foot bumps, full outfitting, yellow, \$450 OBO. Contact Ben Bramlage, [barkeater1@adelphia.net](mailto:barkeater1@adelphia.net), (518) 792-3277. Located in Lake George.

For Sale: Pat Moore Reverie II canoe. Pedestal seat, beautiful wood trim, light gray color. 13 ft., 30 lbs, fiberglass. Here's a chance to own a classic. For the freestyle enthusiast. This canoe is in mint condition. Asking \$1200. Contact Donn at (585)242-0846 or [dwells8014@AOL.com](mailto:dwells8014@AOL.com).

Used Canoes for Sale. Discovery 158's. Red with roto-molded seats. Good condition. \$225.00 each. Call Adventure Calls Outfitters (585)-343-4710.

Sea Kayaks- 2 Wilderness System Sealutions- 16.5 ft., 22" beam, Expedition equipped, \$550 & \$600. Harry at (315) 524-9295 or [seayaker@seayaker.com](mailto:seayaker@seayaker.com).

## Save FLOW's Money

Get The Newsletter By Email

At the February steering committee meeting we decided to give members the option of receiving the newsletter by email.

So far 23 people have signed up for email distribution - that's a savings of over \$100 per year!

If you are interested in getting your newsletter electronically, send your request to [newsletter@flowpaddlers.org](mailto:newsletter@flowpaddlers.org).

## This may be your last newsletter...

...if you have not renewed your membership. Renewal packets were sent out with the January newsletter, but if you tossed your newsletter and need another form, you can download one from the FLOW web site ([www.flowpaddlers.org](http://www.flowpaddlers.org)).

Can't remember if you renewed? If you have not, there will be a message printed in the bottom left hand corner of this page. The last mailing list update was done at the beginning of February, so if you renewed after that, ignore the message!

**FLOW Paddlers Club**  
43 Whelehan Drive  
Rochester, NY 14616

