



FLOWlines



Finger Lakes-Ontario Watershed Paddlers' Club Newsletter
Rochester NY

Volume 8, Issue 4

April 2003

April General Meeting

Date: Thursday, April 10
Time: 7:00 PM
Place: Brighton Town Hall
2300 Elmwood Ave.

Open Water Paddling Workshop

We're going to try to expand our activity schedule for open water paddlers. The objective of this workshop is to identify activities that would be of interest to you, our open water paddling members. Once we have a good understanding of what you'd like to see and do, we'll set about putting together an expanded schedule of events and identify trip / activity coordinators.

Sea Kayaking In Italy

By Jim Welte, Submitted by Cathy Rague

The following interview was received from an old sea kayaking buddy, Barbara Kossy, from California. Barbara manages to do what so many of us wish we could do - that is combine love of paddling, travel and making a living all at the same time. The original article was published in the "Half Moon Bay Review".

Ever thought about taking a sea kayaking trip along the coast of Italy or one of its nearby islands? Didn't think so. But one of your fellow Coastsiders does all the time, so much so that she organizes regular sea kayaking trips to Italy.

Barbara Kossy, a resident of Moss Beach, started kayaking in 1989, and is married to John Dixon, a member of the extreme condition sea kayaking group the Tsunami Rangers and the 2001 winner of its annual Sea Gypsy race. Kossy developed a passion for the stunning beauty of the Mediterranean coast in 1995 and met some Italian kayakers in 1996. She tells the Review how she found a connection between her interest in kayaking and her love of Italy, and turned it into a profession.

Review: So you've now been to Italy 11 times. Tell me about your first trip there.

Barbara Kossy: The first time I went in 1983, I went because of art. I have an MFA from the Art Institute of Chicago, and I read a book called 'The Rare Art Traditions' by Joseph Alsop, and it focused a lot on Renaissance art. In 1983, I had the opportunity to

do some traveling and I designed a trip for myself throughout Europe that ended up in Italy with plenty of time to look at art.

R: How did you get involved in sea kayaking in Italy?

BK: I started kayaking in 1989, so when I went back to Italy in 1995, it was clear to me that it would be a great place to kayak. The Cinque Terre region has a lot of water in and around it, and I noticed lots of kayaks lying on the boat ramps around there, so I asked people in my broken Italian where I could rent a kayak. Once I found one, I thought how great it would be to set up a trip where you could just paddle from hotel to hotel.

So before I went back to Italy again in 1996, I wrote to the Italian Sea Kayaking Association, and at that time I was the president of the Bay Area Sea Kayaking Club here, so I wrote them and played up the fact that I was active in this organization with lots of members, and I proposed some exchange situations.

They wrote back and invited me to join them on the island of Elba. So I went there by myself in September of 1996 - it was sort of a leap of faith - and we just had a great time. It was so exciting. There you are in your kayak, which is a very familiar thing, but then there's the coast of Italy and the villas and town on the coastside, and you can have gelato or pasta and hear church bells ringing. It's amazing.

R: And how did you hook up with the folks at Sea Kayak Italy?

BK: I got along really well with the people on that first trip, and these same people were involved in a little kayaking school and tour operation. And they told me that they knew that there were more kayakers in the U.S. than in Europe, and asked if I'd be interested in bringing American kayakers to Italy.

Since I had some background in marketing and publicity and I knew lots of kayakers, I agreed, and we designed a two-week trip and I went to find people to come on the very first trip. The very first trip was in 1997. Ever since then, at least once a year, there has been a trip to Elba.

Continued on page 4

FLOW Organization

President Don Shaw..... 223-5077
 Vice Presidents Steve Kittelberger... 442-6138
 James Hopkins..... 621-2721
 Secretary Cathy Rague. (315) 926-7890
 Treasurer..... Joel Chastek..... 768-4651
 Membership..... Wade Bowman..... 394-3103
 Trips & Events Ivan Rezanka..... 381-7475
 Newsletter..... Simon Barnett..... 899-6803
 Education/Instruction Ardie Shaffer 334-4487
 Conservation/Access .Jerry Hargrave. k1c1c2@aol.com

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 Wade Bowman
 3298 Freshour Rd.
 Canandaigua, NY 14424

If you don't have access to the web, contact Wade at the above address or NewTest@Rochester.rr. Send address changes to Wade 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.h2oline.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

Karen Bader..... 377-4326

ACA certified flatwater instructor
 kmbader@aol.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.

Steering Committee Meeting Minutes

March 4, 2003

- I. New Membership Chairperson - Wade Bowman has agreed to take over membership. Congratulations!
- II. New FLOWlines assistant editor - the search continues.
- III. Swap Meet - Logistics confirmed for Thurs Mar 13.
- IV. Guinness Book of World Records event - postponed until Sept.
- V. GWC/FLOW Partnership discussion continues.
- VI. New Trip Schedule - Proposed whitewater trips presented by Ivan. Coordinator responsibilities outlined. Don to submit proposed policy.
- VII. Treasury Report - Files passed from Ed Boggs to Joel Chastek. Brighton Town Hall and AW expenses discussed.
- VIII. Bay Creek sponsorship finalized.
- IX. Rt. 3 Wave - Steve reported that Watertown has received grants for feasibility studies and that proposals have been solicited from Gary Lacey, whitewater feature designer, and SU architectural students.
- X. Hudson River Release Meeting - Steve will forward Jerry's notes to the committee.
- XI. General Meeting Thurs, April 10, 7 pm, Brighton Town Hall. Open Water Paddling Discussion Panel proposed. Details forthcoming.
- XII. Next Committee Meeting - Tues, April 1, 7 pm, Barnes and Noble Starbucks, Pittsford Plaza.

Infections are the leading cause of river related injury among paddlers

Reprinted from American Whitewater Web Site

Oftentimes these are simply minor ear and sinus infections that are hard to trace to a specific river or source of pollution. Lately however, reports of dangerous Staphylococcus (Staph) infections have come in from paddlers in several parts of the country.

These infections were likely linked to specific rivers. In an attempt to find and stop the sources of the pollution causing these serious health problems, and to better understand the problem, American Whitewater is asking that all paddlers who have been diagnosed with a Staph infection in the last year that they feel could be linked to a river that they paddled send us responses to the following questions:

- When did you get a staph infection?
- What type of staph was it?
- What rivers had you paddled in the 8 weeks prior to the symptoms?
- Where do you think you got the infection?
- What symptoms did you have?
- What treatment was sought/received?
- Any additional information?

We will not use, nor do we need your name to respond to this issue. This is likely the first of a series of posts that we will make in response to this potential problem. As we narrow in on the geographic and biological parameters of the potential problem we will educate paddlers on what can be done and what the source of the problem is.

If you have had a potentially river-related staph infection in the last year, please email responses to the above questions to kevin@amwhitewater.org with the title "Staph Infections" in the subject box.

Thanks, and American Whitewater will continue our commitment to improving water quality across the county. As we once said in a public hearing, "We do not eat the fish from this river, we are the fish in this river."

Contact:

Kevin Colburn
EASTERN ASSOCIATE
20 Battery Park Ave, Suite 302
Asheville, NC 28801
E-mail: Kevin@amwhitewater.org
Phone: 828-252-6482
Fax: 828-254-4429



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2002 Open Water Trip Schedule

Trip Leaders Wanted. Contact Jim Hopkins

607-281-2337 work 607-330-5649 evenings hoppyski@yahoo.com

Day	2003 Date	Time	Type/Class	Where	Trip Coordinator	Contact
Any Day	April-Oct	Any Time	Sea & WW Kayak	When Surfs Up @ Durand Beach/ Irondequoit Bay Outlet/Long Pond	Whoever posts	Message Board
Thurs	6/5	7:30 PM	All		TBD	
Thurs	6/12	6:00PM-Sunset	All	June FLOW Meeting Mendon Ponds	See Flowlines	Message Board
Thurs	6/19	7:30 PM	All	Erie Canal west from Lock 32 park at WW Park (DOT road) GWC FW launch is on south side of Canal	Jim Hopkins	607-281-2337
Thurs	6/26	7:30 PM	All		TBD	
Thurs	7/10	6:30PM	Any boat you want to roll	Roll Clinic Mendon Ponds Boat Launch	Jim Hopkins	607-281-2337
Sat	7/12	10:00 AM	All		TBD	
Thurs	7/17	7:30 PM	All		TBD	
Thurs	7/24	7:30 PM	All		TBD	
Sat	7/26	10:00 AM	All		TBD	
Thurs	7/31	7:30 PM	All		TBD	
Thurs	8/7	7:30 PM	All	????? 2 days before picnic!!!	TBD	
Sat-Sun	8/10 & 8/11	All Weekend!	All	Open Water Paddle on Lake Ontario TBD FLOW Picnic Saturday Eve Stoney's Pulaski	See Flowlines	Events
Thurs	8/14	6:30 PM	Any boat you want to roll	Roll clinic #2 Erie Canal Widewaters Lock 32 park at end of Canal Park (north side) or at WW Park (DOT road south side)	Jim Hopkins	607-281-2337

Sea Kayaking In Italy

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When I went there two years ago, a lot of the Italian kayakers I had met would talk about going to Sardinia, kind of like how we would talk about going to Baja or Costa Rica. So I said, 'Let's do a trip in Sardinia,' and we did the first Sardinia trip

in 2001. As it happens, Keith Miller and his wife, Tammy Borachevsky, who own California Canoe & Kayak in Oakland, came along and liked it so much that they decided that they wanted to do a collaboration between California Canoe and Kayak and Sea Kayak Italy. So in September we're doing two one-week trips plus another 11-day trip.

R: Compare life on the Coastside to life on Sardinia or Elba islands.

BK: There are similar issues. Elba, as an island, is a very large natural park with a ton of natural resources. There are 45 different species of wild orchids on Elba, and even though it has been occupied since at least 800 B.C., there are still a lot of environmental treasures there. To me, the contrast between here on the Coastside, which has only been occupied for a very short time, and Elba, where there is no stone that hasn't been affected by people, is very interesting.

Another interesting concept is urban planning. Human occupation at Elba is all concentrated in the middle of the island, with all open space around it for farming. There isn't this idea that everybody has to have a free-standing, single-family dwelling with an acre of property around it. In California, the idea is that density is bad,

but there are certain contradictions in that because dense areas can be very exciting, and they can also preserve the land around them.

R: What would people who know you be surprised to learn about you?

BK: I worked on the movie 'Nightmare Before Christmas' as a 'character fabricator.' I made the puppets, and I'm in the credits. I worked on the movie for four months, which was the minimum required to get on the credits.

R: Do you have a favorite Bay Area kayaking spot? How about in California?

BK: The nice thing about kayaking is that depending on the time of year the favorite spots tend to shift, depending on the conditions. I've enjoyed Tomales Bay and Mendocino, and paddling on San Francisco Bay is incredible. Going under the Golden Gate Bridge is always amazing. I've seen whales before while paddling in San Francisco Bay.

I even enjoy urban paddles. I'm going on a paddle from Isalais Creek in San Francisco at Third Street and Cesar Chavez to Pac Bell Park and back, through a little urban creek. A lot of people don't like the urban paddling, but I would paddle up a drainage ditch if I could.

R: Where haven't you yet kayaked that you would like to?

BK: I've heard that the north shore of Molokai is great, and I'd like to explore Norway and Scotland. With kayaking, though, once you know the weather, coast and water conditions are safe, you can paddle just about anywhere where there is two feet of water.

2003 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.** To add trips, or change existing trip listings for the monthly update, call Ivan Rezanka, 381-7475.

Date	Level	Trip Description	Coordinator	Phone
April 6	Intermediate	Flint Creek. Class III	Paul Houndt	585-342-3055
April 12	Intermediate	Salmon River, Pulaski, NY. Class III	Doug Caine	585-544-9725
April 13	Beginner	Genesee River in Letchworth. Class II	Tom Congdon	607-698-4091
April 19	Intermediate	Fish Creek. Class III <i>Check Flow Message Board If The Trip Is On!</i>	Doug Caine	585-544-9725
April 19	Beginner	Oatka Creek. Class II.	Wade Bowman	585-394-3103
April 26	Beginner	Oatka Creek. Class II	Eric Smith	585-576-1421
May 3	Beginner	Genesee River in Letchworth. Class II	Richard Mauser	585-473-2162
May 10	Beginner	Genesee River in Letchworth. Class II	Jerry Koehler	315-986-4526
May 17	Advanced	Hudson River. Class IV.	Ben Bramlage	518-792-3277
May 31	Beginner	Genesee River in Letchworth. Class II	Eric Smith	585-576-1421
June 5	Intermediate	3-Wave or other feature on Black River. Class III	Mike Shafer	585-227-9291
June 7	Beginner	Genesee River in Letchworth. Class II	Jerry Koehler	315-986-4526
June 14	Beginner	Genesee River in Letchworth. Class II	Richard Mauser	585-473-2162
June 12	Intermediate	3-Wave or other feature on Black River. Class III	Mike Shafer	585-227-9291
June 19	Intermediate	3-Wave or other feature on Black River. Class III	Mike Shafer	585-227-9291
June 21	Beginner	Genesee River in Letchworth. Class II	Don Shaw	585-223-5077
June 21-22	Beginner	Lehigh River, PA; with camping in nearby state park.	Steve Kittelberger	585-442-6138
June 20-22	Advanced	Kipawa River Festival in Quebec. Add 1 day each for travel to and from. Class III-IV	Vaughn Skinner	315-683-5379
June 26	Intermediate	3-Wave or other feature on Black River. Class III	Mike Shafer	585-227-9291
June 28	Intermediate	Salmon River, Pulaski, NY. A scheduled 400 cfs release. Class III	Jerry Koehler	315-986-4526
July 4 - 6	Intermediate/ Advanced	Ottawa River, Beachburg, Ontario. The annual gathering of FLOW paddlers to celebrate July 4 and Canada day. Class III - IV	Paul Houndt	585-342-3055
July 10	Intermediate	3-Wave or other feature on Black River. Class III	Mike Shafer	585-227-9291
July 12	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III	Bill Kuipers	585-322-7742
July 17	Intermediate	3-Wave or other feature on Black River. Class III	Mike Shafer	585-227-9291
July 19	Beginner	Genesee River in Letchworth. Class II	Cathy Rague	315-926-7890
July 20	Advanced	Black River, Watertown and gorge. Class IV	Paul Houndt	585-342-3055
July 24	Intermediate	3-Wave or other feature on Black River. Class III	Mike Shafer	585-227-9291
July 26-27	Int / Adv	Deerfield River, MA Dryway section Class III - IV	Steve Kittelberger	585-442-6138
July 26	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III	Don Shaw	585-223-5077
July 31	Intermediate	3-Wave or other feature on Black River. Class III	Mike Shafer	585-227-9291
August 2	Beginner	Genesee River in Letchworth. Class II	Don Shaw	585-223-5077
August 2-3	Advanced	Gatineau River, Maniwaki, Quebec on Friday and Saturday. Class IV	Vaughn Skinner	315-683-5379
August 7	Intermediate	3-Wave or other feature on Black River. Class III	Mike Shafer	585-227-9291
Aug.9	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. FLOW picnic Saturday Evening. Class III	Richard Mauser	585-473-2162
August 14	Intermediate	3-Wave or other feature on Black River. Class III	Mike Shafer	585-227-9291
August 16-17	Advanced	Ottawa River, Beachburg, Ontario. Class III - IV	Steve Benedict	315-331-5198
August 21	Intermediate	3-Wave or other feature on Black River. Class III	Mike Shafer	585-227-9291
August 23	Beginner	Genesee River in Letchworth. Class II	Cathy Rague	315-926-7890
August 30	Intermediate	Salmon River, Pulaski, NY. A scheduled 750 cfs release. Class III	Bill Kuipers	585-322-7742
August 30	Advanced	Beaver River, Taylorville section. Class IV	Ben Bramlage	518-792-3277
Sept. 20	Beginner	Genesee River in Letchworth. Class II	Don Shaw	585-223-5077
Sept. 20	Intermediate	West River, Vermont, Class III+	Ben Bramlage	518-792-3277
Sept. 27	Beginner	Genesee River in Letchworth. Class II	Don Shaw	585-223-5077
Oct. 25	Beginner	Genesee River in Letchworth. Class II	Don Shaw	585-223-5077
Nov. 1-2	Intermediate	Tohickon Creek, PA Class III to III+. Camp nearby.	Steve Kittelberger	585-442-6138

Classified Ads

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

Liquidlogic Session+ used but not abused...ie great condition. Blue. \$500or swap. (wavesport Ace 5.1)?? The right Creek Boat?? Call Steve 315-331-5198 or email whimsy@rochester.rr.com.

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.

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

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.

It's Oak Orchard EXPO Time!

Be sure to mark May 31st and June 1st on your calendar. The Expo is a great event for both experienced boaters and those who are thinking about getting involved in canoeing or kayaking. There will be new and used boats, paddles, racks, PFD's clothes, footwear, and other paddling accessories.

All of the major manufactures will be there with all the new boats for you to try! You can get advice directly from the factory representatives and the Oak Orchard sales staff.

There will be two places to paddle: at our Waterport store and at Lake Alice, which is ½ mile north of our Waterport store.

For more information, please call 585-682-4849.

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www.oakorchardcanoe.com

Creek Week 2003

Creek Week is scheduled April 24-27 in Old Forge, NY. Choose from over 30 different whitewater runs. Free Saturday night Paddler Party at McCauley Mt. Ski Area. For more information, contact:
Chris Koll, (315) 652-8397, ckoll1234@aol.com

FLOW Paddlers Club
3298 Freshour Rd.
Canandaigua, NY 14424

