



# FLOWlines



Finger Lakes-Ontario Watershed Paddlers' Club Newsletter  
Rochester NY

Volume 8, Issue 8

August 2003

## August Roll Clinic

Date: Thursday, August 14  
Time: 6:15 pm until dusk  
Place: Widewaters on the Canal

Had any good swims lately? Is your C-to-C roll not reliable in your new planing hull boat? Is your new "EZ" not as easy to roll as the old RPM? Come to the Roll clinic to polish up your roll or learn a new one.

Special Feature: The Sweep/C-to-C hybrid roll, AKA Screw Roll, Combo Roll, and Kent Ford roll that will reliably roll your playboat.

Widewaters is located on the NorthWest Side of Lock 32 in Pittsford. You can park either adjacent to the Widewaters or at the WW park adjacent to the DOT and paddle across the canal and under the towpath bridge.

And this month we have an "in" with Kevin Williams who has guaranteed good weather (unlike our last two outdoor meetings!)

## Deerfield River Trip

*The Unofficial Report*

By Shifty - yeah, that's right - Shifty

Well, it wasn't quite like "Deliverance" and no one was sodomized (as far as I know, or want to know) but there were some nasty scrapes and mondo bruises.

The Fife Brook section was said to be delightful. If you enjoy a grandstand type view of beginners bailing out at Zoar Gap, I highly recommend the guard rail seating. Three holes in a row, and you can place your bets on the contenders with me. Hey, some of them actually made it. (All of our group did).

The Dryway disciplined a few people. Split Hair has been renamed shin basher and Dragon's Tooth is now know as hand masher. We now know what it *looks* like to be bitten by the Dragon. Some know how it *feels*. Nasty bite, no venom. Scott loved bear rapid, his favorite. And Simon continued to practice his shallow water flips.

Yep, that about wraps it up. Thanks to Steve K for organizing the trip, and thanks again to Rose for the helmet (made day 1 possible) and shuttle.

## August Steering Committee Meeting

Date: Tuesday, August 19  
Time: 7:00 pm  
Place: Pittsford Barnes & Noble Cafe  
3349 Monroe Avenue

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).

## New England Regional Kayak Polo Tournament

The event is going to be held in Natick, MA at Dug Pond which is next to the High School. The date is set for August 23rd & 24th. We are planning to start at 1pm till 7pm and 8 till 1 on Sunday, this depends on the number of teams entered. The venue is a local lake with docks and beach. All the event information will be on our web site [www.necanoe polo.org](http://www.necanoe polo.org) along with accommodation and entry info as well as directions.

If you're interested in participating on the Rochester team, contact [dweiss@bcs.rochester.edu](mailto:dweiss@bcs.rochester.edu).

## Row Your Boat Challenge

The Row Your Boat Challenge is a rowing event on August 24<sup>th</sup> at the Pine Beach Yacht Club in Pine Beach NJ. There will be two courses. One for the fun-at-heart, a triangular course in front of the club, and a three mile-more serious course from Pine Beach to Ocean Gate and back. We promise you it will be a great event! The shorter course will undoubtedly have rowers/paddlers of all ages, with and without water guns attached to their crafts. The longer course will be for the serious!

If you have any type of rowing craft you are welcome to participate. This includes canoe, kayak, rowboat, peddle boat, rowing scull or any other seaworthy means of floating that involves a paddle or an oar (sorry, no sails or motors allowed). For more information and an entry form, go to the Pine Beach Yacht Club's web site, <http://www.pbycnj.com>.



## Self-Reduction of Anterior Shoulder Dislocation

By Elizabeth A. Joy, MD

Found on the web at [http://www.physsportsmed.com/issues/2000/11\\_00/joy.htm](http://www.physsportsmed.com/issues/2000/11_00/joy.htm)

Anterior dislocations of the shoulder are relatively common, and many techniques in the literature report achieving safe and satisfactory reductions. One such technique is called the Boss-Holzach-Matter method (1,2)-- referred to in this article as the self-reduction technique. With physician guidance, this technique safely allows patients to assist and control relocation of the shoulder. It is atraumatic, simple, and quick; can be used by medical and nonmedical personnel; is possible without analgesics or general anesthesia; and can be done in any setting, including a medical facility. **It is ideal for use outdoors or in the backcountry where transport to a medical facility would be time-consuming and difficult.**

The self-reduction technique has been prospectively studied and found to lead to a successful anatomic reduction in at least 60% of cases (1-3). It has been reported successful and safe even when a displaced fracture of the greater tuberosity or depression fracture of the humeral head is present.

This technique may be employed once anterior dislocation of the shoulder is detected. In the patient with a frank anterior dislocation, several physical examination findings can be apparent. The dislocated humeral head may be observed as a bulge anteriorly and should be palpable as well. The deltoid muscle often appears and feels flattened, and the patient often holds the involved arm slightly abducted and externally rotated. Range-of-motion testing will generally show restrictions in all planes because of pain. Patients with an anterior dislocation are unable to place the hand of the affected side on the opposite shoulder (positive Dugas test).

Although neurovascular injury is rare in an anterior shoulder dislocation, examination of sensory, motor, and vascular status is essential. Evidence of vascular injury constitutes a medical emergency (4).

As with many other methods of relocation, reduction will be most successful when done as soon as possible after injury. This should limit muscle spasm. It is important for physicians to understand that muscle relaxation is absolutely essential to successful shoulder reduction. Helping the patient to voluntarily relax the muscles about the shoulder will facilitate reduction.

To perform the self-reduction technique, the patient sits on the ground with the ipsilateral knee bent 90° and hands clasped around the knee and leans backward to reduce the injury. Although the literature is silent on the number of attempted reductions, it is probably reasonable to attempt this method up to three times, especially if the patient is

having difficulty relaxing or following instructions. After reduction, the arm is placed in a sling for comfort.

Patients and sometimes physicians have the idea that a violent maneuver is required to reduce a dislocated shoulder, but in fact the opposite is true. The shoulder wants to be in alignment. After overcoming some muscle spasm, it will usually spontaneously reduce as this maneuver allows. Counter to what might seem intuitive, pulling the anteriorly dislocated shoulder farther anterior actually permits disengagement of the Hill-Sachs lesion, which can lock on the anterior glenoid. Spontaneous reduction follows.

Finally, one should consider postreduction evaluation in either a physician's office or emergency department. This is especially important if it is the patient's first dislocation.

### References

1. Boss A, Holzach P, Matter P: Analgesic-free self-reduction of acute shoulder dislocation [in German]. *Z Unfallchir Versicherungsmed* 1993;suppl 1:215-220
2. Boss A, Holzach P, Matter P: A new self-repositioning technique for fresh, anterior-lower shoulder dislocation [in German]. *Helv Chir Acta* 1993;60(1-2):263-265
3. Ceroni D, Sadri H, Leuenberger A: Anteroinferior shoulder dislocation: an auto-reduction method without analgesia. *J Orthop Trauma* 1997;11(6):399-404
4. Feinberg E: Glenohumeral instability, in Souza E (ed): *Sports Injuries of the Shoulder: Conservative Management*. New York City, Churchill Livingstone, 1994, pp 344-345

Dr Joy is an associate professor in the department of family and preventive medicine and a team physician at the University of Utah in Salt Lake City.



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## AW meets with City about the Route 3 Wave

*From the AW Web Site*

The Route 3 Wave in Watertown New York is a popular play wave that has received attention lately after plans surfaced to alter this wave to make it a feature suitable for high-level competitive events.

In June, AW Eastern Conservation and Access Associate Kevin Colburn toured the Black River Corridor with AW Regional Coordinator Nancy Weal as well as regional paddlers Steve Kittleberger and Tom Vickory. The group looked carefully at the Route 3 Wave area as well as many other possible locations for the development of a play feature. The group also toured Cruncher Rapid where a recent canal collapse has impacted the river.

The tour lead to many obvious alternative locations for a new play feature other than Route 3. The Route 3 Wave is in a diversion reach of the River that is subject to dewatering and backwater flooding from the City operated adjacent hydro unit. It is also an existing popular feature. Other locations were viewed that have more flow, fewer issues with flow regulation, more gradient, more constriction, better access opportunities, and no current play feature. The vast majority of the River corridor has been heavily altered and is in an urban setting.

The group was admittedly not expert on whitewater feature design, but had the basic knowledge of the requirements of a constructed feature to recognize the potential opportunities. The group then went to meet with Watertown City Planners involved with the project. Based on the tour the group recommended that the City of Watertown hire an objective and qualified play park design specialist to analyze all of the potential play feature opportunities in the City, and to make recommendations back to the City and the paddling community.

The City of Watertown shared many interests with AW and the other paddlers present. All agreed that the creation of one or more high quality play features in altered areas of the Black River Corridor would benefit the paddling community, draw people to Watertown, and be a good addition to other plans to revitalize the riverfront. The paddlers shared a survey with the City that showed a majority of paddlers that answered the online survey were in opposition to or were concerned about the alteration of the Route 3 Wave. American Whitewater recommended that the City strongly consider other locations, and asked that they maintain an open line of communication with American Whitewater and the paddling community and make no alterations without input from the paddling community.

American Whitewater would like to thank the City of Watertown for being open minded and taking time to listen to our concerns.

## FLOW Steering Committee Minutes

July 15, 2003

### Web Page for corporate sponsor advertising

Briefly discussed the concept of creating a web page for the use of our corporate sponsors. This would allow advertising, product testimonials, etc that would not be mixed with General Posts or Stuff for Sale by individual club members. If it proves to be an attractive feature for our sponsors, they may be willing to support FLOW with a higher sponsorship fee (currently \$150.00 / yr). Interest by all present noted. More discussion and decision the next time we have a quorum.

### FLOW Picnic

The following have volunteered their support

- Dave Griffey – 3 garbage can turkeys, 2 pasta salads, salt potatoes (bring single burner propane stove and propane to cook potatoes)
- Joel Chastek – paper plates, napkins, utensils, kielbasa, hotdogs, hamburgers, salad, ice, coolers, 2 propane grills, cover in case of rain
- Melanie Wellington – salad, chili
- Steve Kittelberger – corn
- Jim Hopkins – Tommy's coolers, double burner propane stove and propane, 7 oz cups
- Mike Shafer – beer, wine, soda

Food ready for 06:00 – 06:30 PM Saturday afternoon  
Discussed lack of response from OW paddlers to Norm Roof's request for input regarding the OW paddle on the Saturday of the picnic. Norm is trying to put together lunch for the OW participants. If there is no response, lunch is off.

ACTION: Don to remind everyone of his or her picnic commitment the Monday before the picnic via email

### Adjusted Budget

Joel review revised budget outlook. We're a little short of the previous forecast, but generally in good shape.

ACTION: Joel to distribute electronic file with budget adjustments

### Membership

Wade, Joel and Hoppy exchanged checks and membership forms

ACTION: Joel to invoice Bay Creek for remainder of sponsorship (\$100.00 balance), net 30 – appropriate action to follow if funds not received

ACTION: Don will pursue check returned for insufficient funds

### Walk-ons:

Hoppy talked about Paddle Hut offering discount to FLOW, may be a potential sponsor

August General Meeting on Thursday, 8/14 at pond on North side of Lock 32 – Roll Clinic – Hoppy Steve would like to expand leadership base and responsibilities (Commercial Sponsor Chair, Program Development Chair)

ACTION: Steve to get with Rose Conley

ACTION: Steve to set up meeting / discussion with Dennis Money for September timeframe

## 2002 Open Water Trip Schedule

Trip Leaders Wanted. Contact Jim Hopkins and fill in the blanks!  
607-281-2337 work 585-330-5649 evenings hoppyski@yahoo.com

Day	Date	Time	Where	Trip Coordinator	Contact
Th	8/7	6:30 PM	Canandaigua Lake (North end)	Tricia Schank	triciaschank@hotmail.com 585-317-7914
Sat.	8/9	11:00 AM	Chimney Bluffs	Tricia Schank	triciaschank@hotmail.com 585-317-7914
Th	8/14	6:15 PM	Erie Canal, Widewaters Lock 32	Jim Hopkins	hoppyski@yahoo.com 607-281-2337
Th	8/21	6:15 PM	Canidice Lake	Jim Hopkins & Valerie Atherton	hoppyski@yahoo.com 607-281-2337

## 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 must 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, call Ivan Rezanka, 381-7475.

Date	Level	Trip Description	Coordinator	Phone
August 7	Intermediate	3-Wave or other feature on Black River. Class III	Mike Shafer	585-227-9291
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

## Volunteers are needed to help clean up streams and shorelines along the Genesee River and Lake Ontario

By Margit Brazda Poirier, Water Education Collaborative

What is there to do on a sunny, crisp, Saturday morning in September? You can participate in the Annual International Coastal Clean Up event held this year on September 20, 2003 from 9 am - noon! Every year (for 16 years now) volunteers clean up riverbanks, beaches, and shorelines all over the world. Last year, over 460 volunteers picked up litter along area streams and the shorelines of the Genesee River and Lake Ontario.

Together the volunteers collected and disposed of over 2 tons of trash (4000 lbs.!) from area streams and four locations along the Genesee River and Lake Ontario: Durand Eastman Beach, Genesee Valley Park, Seth Green fishing site, and Turning Point Park. Volunteers worked in teams to pick up litter and also record the types and amount of trash found. This data is entered into a national database that you can access at: [www.alsnyc.org](http://www.alsnyc.org).

Come be a part of this international event on Saturday, September 20th. The locations will be the same as last year, with the addition of several streams monitored by Community Water Watch program volunteers. Clean up begins at 9 a.m. at all locations (except Durand Beach where it begins at 10 a.m.) and is followed by a free "trash bash" at the Sunset Shelter at Durand Eastman Park. Enjoy a picnic lunch, games, prizes, and entertainment to celebrate your efforts.

This event is sponsored by the Water Education Collaborative (which includes the Rochester Museum and Science Center, City of Rochester, Monroe County, Cornell

Cooperative Extension), the 4H Earth Girls, the Town of Irondequoit, Montana Mills, and Wegmans.

To register on-line, visit the "Calendar of Events" at [www.thewec.org](http://www.thewec.org). You may also register by contacting staff at the Water Education Collaborative, Noreen Mazurowski at 271-4552, ext. 324 [noreen\\_mazurowski@rmsc.org](mailto:noreen_mazurowski@rmsc.org) or Margit Brazda Poirier at [margit\\_brazda@rmsc.org](mailto:margit_brazda@rmsc.org). Please note these email addresses have an underscore, not a space between the first and last names. Community Water Watch volunteers interested in cleaning up area stream banks may contact Kimie Romeo at 703-4690 to arrange the acquisition of supplies.

### Oak Orchard Canoe & Kayak

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[www.oakorchardcanoe.com](http://www.oakorchardcanoe.com)

## 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.*

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.

Virtually new Folbot Greenland II and most of the accessories Folbot advertises for this boat. The boat has been wet only four times and shows new. It is assembled and located in Penn Yan and is available for close inspection. -Ken Williams at 315.536.8470 or [williams@usadatanet.net](mailto:williams@usadatanet.net).

For Sale: Dagger Animas (Blue color) - A whitewater kayak, 10.5ft. long, 24.5in. wide. Great kayak suitable for a larger kayaker. Good condition, asking \$500/BO. Custom-made Kayak Trailer - Holds up to 8 kayaks. Comes with a spare tire. Registered and in good condition. Asking \$450/BO. Call 585-342-7240 or e-mail [rthom188@frontiernet.net](mailto:rthom188@frontiernet.net).

Complete Whitewater Kayak Package: Blue / Yellow Perception Method used once; comes with harmony spray skirt (s), 197 cm whetstone paddle, yellow helmet (s), short sleeved amphi top (s), dry top (m), long john wet suit (m), dry socks (s), neoprene gloves (s). Whole package \$895.00. Call Ron 585-721-4090 (Cell), 585-624-1699 (Home, after 9:00pm)

Brand new 14' Rob Roy, handcrafted solo canoe. Ted Moore's design, cedar strips with poplar, walnut and mahogany accents. This canoe is beautiful - it is valued @ 2,500 to 3,000. I am trying to get best offer. Kate 315.789.9262. (Geneva)

For sale: Wavesport Siren, the kayak designed specifically for women. Yellow, 1 year old, like new condition. Paddled primarily in pool classes and a few times at the Lock 32 whitewater course in instructional classes. Asking \$550. Dagger Animas, blue/purple swirl, very good condition. Great river-running boat for novice paddlers. Bulkhead foot rests, asking \$350. Contact Ardie or Gary Shaffer 334-4487 or email [ardie@rochester.rr.com](mailto:ardie@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 email [dwells8014@AOL.com](mailto:dwells8014@AOL.com).

**FLOW Paddlers Club**  
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