



# FLOWline



Finger Lakes-Ontario Watershed Paddlers'  
Club Newsletter, Rochester, NY



Volume 9, Issue 9

October 2004

## Mailing Costs to Skyrocket

The cost to produce and mail a hard copy of *FLOWlines* is about to increase by over 230%. The FLOW Steering Committee has discussed levying this charge as a separate fee to those members who choose to receive their newsletter by US mail.

The production staff has lost access to free duplication of the newsletter. Even with free duplication, a single copy of the newsletter costs 46 cents to seal and mail. With the new duplication cost of 60 to 65 cents, the total cost will rise to over a dollar a copy. There are approximately 100 FLOW members who still choose to receive the newsletter by post instead of by email. The 12 mailings per year will cost the club about \$1300 a year, up from \$460. The \$13 per year your US mail subscription costs the club is a large portion of your dues retained by FLOW.

If you still receive *FLOWlines* by US mail, you can help by changing your subscription to email. Contact the membership coordinator at [membership@flowpaddlers.org](mailto:membership@flowpaddlers.org) to change to an email subscription. Email distribution of the newsletter is in PDF format, so you'll need the (free) Adobe Acrobat reader. If you're not sure if you will be able to read the newsletter, try to download one of the old issues from the web site. Go to [www.flowpaddlers.org](http://www.flowpaddlers.org) and click on the "Newsletter Archive" link at the top of the page.

## Northern Forest Canoe Trail

The Northern Forest Canoe Trail (NFCT) is a 740-mile trail flowing through New York, Vermont, Québec, New Hampshire, and Maine. A member supported non-profit organization of the same name, NFCT, has worked to coordinate this project that follows the Native American travel routes through the rivers of the region. Mountaineers Books has just published the first 4 official maps of a planned series of 13. These first 4 maps coincide with the opening of the Western and Eastern gateways. If you would like to learn more about the maps you can visit the website at [www.northernforestcanoetrail.org](http://www.northernforestcanoetrail.org).

## MooseFest

This year's MooseFest is scheduled for October 15-17. The party will start on Friday at 7 pm. with the Class VI Whitewater Party at Whitewater Challengers, four miles south of Old Forge on Rt. 28. The night's schedule features videos, bands, bonfires, schwag and, of course, the Pond Gladiator Wars. If you couldn't tell by now, the event is intended for adults only. Please be advised that Friday night is BYOB. There will be a playboat tug-o'-war for a Werner 4 piece breakdown. Splitrock Video Productions will premier their *U.P.I.N.Y.A.* and anyone who has video is encouraged to bring it.

Ed Keidel will lead a FLOW trip on the Middle Moose on Saturday. That night is the Festival proper at the Old Forge "Convention Center." Manufacturers will be there with some of the newest gear. There will also be plenty of vendors, deals, bands, etc. For more information or links to fine lodging, go to [www.mooserverfestival.com](http://www.mooserverfestival.com).

## Hypothermia

A quick guide to hypothermia:

At 97 degrees body heat, shivering usually begins and extremities will feel cold as the body restricts circulation to conserve heat. Fingers lose dexterity. Shivering generally stops in the lower nineties and the victim may begin to feel warm. At this point the victim can lose mental alertness and coordination. The victim should be warmed slowly, applying mild heat to the core areas. Warming the extremities quickly can cause the increase of circulation in the extremities which will deliver cold blood to the core and worsen the condition. Dry, warm clothes, warm liquids (not alcohol or coffee) and body heat should be used to warm the victim.

A few tips for paddlers:

- Stay in your boat and for heaven's sake, don't swim.
- Wear earplugs (lessen brain-freeze).
- Stop at a gas station near put-in and fill your Nalgene with blistering hot water.
- Layer: Drysuit over wetsuit or other synthetic material.
- Pee often so your body has less biomass to warm
- Skewer gear with paddle and arrange it in a wind tunnel, then use car heater to blow hot air through the whole thing (your gear will dry in 30 minutes).
- Leave dry clothes in a car at the takeout. Make sure the car has a working heater.

### FLOW Organization

President.....	Don Shaw.....	223-5077
Vice Presidents.....	Steve Kittelberger.....	442-6138
	.....James Hopkins.....	330-5649
Secretary.....	Cathy Rague.....	(315) 926-7890
Treasurer.....	Joel Chastek.....	768-4651
Membership.....	Simon Barnett.....	899-6803
Corporate Liaison.....	Rose Conley	
	rosems@rochester.rr.com	
Trips & Events.....	Ivan Rezanka.....	381-7475
Newsletter.....	Andy Cook.....	461-9182

### Newsletter Submissions

Send trip reports, articles, letters to the editor, rants, photographs, additions, corrections, deletions or anything else that you would like to see in *FLOWlines* to newsletter@flowpaddlers.org or

Andy Cook  
515 Meigs St.  
Rochester, NY 14607

The newsletter deadline is the next-to-last Thursday of the month.

### Membership / Address Changes

To join FLOW, download the membership form from www.flowpaddlers.org, fill it out and send it with \$35 (\$40 for family rate) to:

FLOW Paddlers' Club C/O Simon Barnett  
72 Maple Park Hts.  
Rochester, NY 14625

If you don't have access to the web, contact Simon at the above address. Please send any address changes to Simon as well.

### Upcoming Trips and Events

Whitewater trips.....	Ivan Rezanka.....	381-7475
Flatwater trips.....	James Hopkins.....	330-5649

### National Organizations

American Canoe Association.....	www.acanet.org
American Whitewater.....	www.americanwhitewater.org

### Local River Gauges

Genesee River (Letchworth).....	468-2303
Cattaraugus Creek.....	(716) 532-0626
Black Creek at Churchville... (800) 452-1742 #361131	
Salmon River..... (800) 452-1742 #365123	
Waterline Site Codes.....	www.h2oline.com

### Paddling Contacts

#### FLOW Corporate Sponsors

*Oak Orchard Canoe and Kayak*.....(800) 4-KAYAKS

Boats, car & truck racks, parts, repair, river tours  
10% off accessories; 22% off plastic WW boats in stock. www.oakorchard.com

*Whitewater Challengers*.....(315) 369-6699

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*Bay Creek Paddling Center*.....288-2830

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*Jack Ryan's Bar*.....288-2830

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*Braddock Bay Paddlesports*.....392-2628

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Located at 416 Manitou Rd. in Hilton and

www.paddlingny.com.

#### Businesses Offering FLOW Discounts

*Colorado Kayak Supply*.....www.coloradokayak.com

15% off accessories (must supply ACA number)

*Nantahala Outdoor Center*.....www.noc.com

10% off all goods

*Northern Outfitters*.....www.noh20.com

10% off all retail items

*Paddle Hut*.....www.paddlehut.com

10% off boats and equipment

*Zoar Outdoor*.....www.zoaroutdoor.com

#### Local Businesses & Instruction

*Adventure Calls*.....(888) 270-2410

Whitewater rafting and boat shuttle in Letchworth State Park. www.adventure-calls.com

*Art Miller*.....377-1994

ACA WW instruction & USACK WW slalom instruction. artm@rochester.rr.com or www.kayakracing.org

*Charles Feller*.....226-8505

ACA & ARC canoeing, small craft safety & Basic Water Rescue Instruction. ChasFeller@alum.rit.edu

*Genesee Waterways Center & Lock 32*.....328-3960

ACA WW Kayak and rowing instruction.

www.geneseewaterways.org

*George Scherer of Sea Kayak Rochester*...381-2104

ACA certified open water coastal kayak instructor

Georg.scherer@kodak.com

*Get Out & Stay Out*.....427-0960

10% off all hiking, camping and climbing gear

getoutstayout@hotmail.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 and Ski*.....346-5597

Flatwater, whitewater, canoe, kayak & sea kayak instruction.

*Seayaker Outfitters*.....(315) 524-9295

ACA certified Coastal Sea Kayak instructor— courses & tours.

### 2004 FLOW Whitewater Trips

Date	Level	Trip Description	Class	Coordinator	Contact #
Oct. 9	Beginner	Genesee River in Letchworth	II	Jerry Koehler	(315) 986-4526
Oct. 9-10	Intermed/Adv	Hudson River Gorge. This is a 2-day trip with camping out of the boat. Terry will support the trip by carrying the gear on the raft.	III-IV	Terry Mcnamarra	(315) 339-1447
Oct. 16	Intermediate	Moose River from Singing Waters to McKeever (Moose Fest)	III	Ed Keidel	(716) 741-3914
Nov. 6 -7	Intermediate	Tohickon Creek, PA-camp nearby	III-III+	Steve Kittelberger	(585) 442-6138

### Whitewater Challengers

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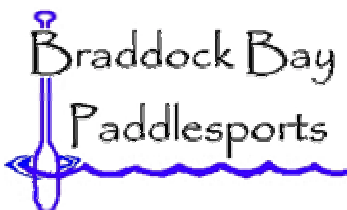
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### Clearance SALE !

[see website for details]

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## A Paddler's Guide to the Election

### A Backdoor Change to the Clean Water Act

More than thirty years ago, Congress enacted the Clean Water Act to protect our nation's waterways from pollution. The Clean Water Act applied to every waterway that came under federal control by being navigable or involved in interstate commerce. The goal of Congress was to stop pollution at its source, in our country's small streams, wetlands and lakes, before it reached large rivers. By this logic, any waterway that fed a river used in interstate commerce fell under federal jurisdiction.

*FROM THE EDITOR:* In this issue, *FLOWlines* takes a non-partisan look at issues of concern to paddlers and outdoor enthusiasts. The editor would like to remind you that this is your newsletter and if you'd like to respond, comment or add anything, please send relevant submissions to [newsletter@flowlines.org](mailto:newsletter@flowlines.org).

Early in 2001, the Supreme Court ruled by a 5 to 4 majority that the Clean Water Act does not apply to certain waterways that are intrastate, non-navigable and hydrologically isolated even if the waterway in question is used by birds who migrate between states.

Following this ruling, the Bush administration attempted to formally change the rules of the EPA to restrict the definition of federal waterways. The EPA and Army Corps of Engineers received 135,000 comments and over 98 percent of them were negative. Thirty-two states negatively commented on the proposal. 218 US Representatives and 26 Senators jointly urged the president to abandon the effort. Faced with this intense public outcry, the Bush administration withdrew from the formal process. However, the administration issued a policy directive that instructed regulators not to protect waterways that could be defined as "isolated". It also demanded that regulators receive permission from the executive branch before protecting a certain waterway. According to *Reckless Abandon*, a report compiled by Earthjustice, National Wildlife Federation, Natural Resources Defense Council and the Sierra Club, the directive has left many waterways without the protection of the Clean Water Act. The following is a summary of their case studies. The full text is available online at [www.cwn.org/cwn/files/Clean%20Water%20Report.pdf](http://www.cwn.org/cwn/files/Clean%20Water%20Report.pdf).

In February 2003, the EPA and the Corps authorized Beech Fork Processing, Inc., a coal mining company, to bury 6 miles of stream with waste from its operations. These streams drain into the Big Sandy River in Kentucky. The Big Sandy forms the border between Kentucky and West Virginia and contains Class I-II whitewater.

In March 2003, the EPA and the Corps gave permission to the Potash Company of Saskatchewan to destroy 3,997 acres of Wetlands adjacent to the Suwannee River. The Suwannee drains the Okefenokee Swamp in Georgia and flows 235 miles to the Gulf of Mexico. The area in question plays host to bird-watchers, hikers, boaters and endangered species including the wood stork, indigo snake and bald eagle. The justification for this action is that the slurry ponds that would be created by the mine's expansion would "replace" the natural wetlands.

The Corps also declined to protect most of the Lost River Basin in Idaho because the streams in question flow underground through a highly-fractured basalt formation. This drainage is a tributary to the Snake River, which features 142 miles of Class I-V+ whitewater.

*Love many, trust few and always paddle your own canoe*

Cool is, Not Cool Water

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825 Atlantic Ave.  
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## **Proposed Hydro Regulations**

A new Department of the Interior rule, released for public comment in early September, would grant electric companies the exclusive right to appeal environmental and recreational provisions at hydroelectric dams. This would give power companies access to political appointees in the Interior Dept. without giving other interested parties the same access. Hydroelectric operators would thereby gain a negotiating advantage over individuals and organizations such as American Whitewater, Trout Unlimited and American Rivers. Under the current rules, each of these organizations have access to the decision making process equal to that of the power company. The new rules would also allow electric companies to bypass the agency field staffs that assess environmental, cultural and recreational impacts of dams and ensure that public access to the river is maintained. Conservationists fear that this will intimidate field officers who would otherwise insist upon fish ladders, recreational releases, improvement of access trails and restoration of the natural landscape. *Editor's note: this is a summary of an article available at [www.americanwhitewater.org/archive/article/1206/](http://www.americanwhitewater.org/archive/article/1206/).*

## **President Bush to End Roadless Rule?**

In mid-July, the Bush administration proposed to repeal the Roadless Area Conservation Rule, putting 58.5 million acres of federal land at risk from road-building, logging and drilling. The Rule states that if there is no road to an area, no new road can be built and therefore, harvesting of lumber, mining and drilling are not permitted. Over the 60 days following the announcement, over 1 million Americans objected to this proposal. The administration has since extended the comment period until November 15, 2004 and has not scheduled any public hearings on the issue ([www.sierraclub.org/forests/](http://www.sierraclub.org/forests/)). American Whitewater urges that you comment on this proposed rule at [www.americanwhitewater.org/archive/article/1186/](http://www.americanwhitewater.org/archive/article/1186/).

The change in the Roadless Rule would require states to conduct a study and propose a specific "management plan" in order to salvage all or part of the roadless area. This plan would be submitted as a petition to the Secretary of Agriculture and could be accepted or denied by the Secretary. If the state fails to get a petition accepted within eighteen months, the Roadless Rule would be eliminated in that state. The complete proposal is available at [http://roadless.fs.fed.us/documents/id\\_07/2004\\_07\\_12\\_state\\_petition\\_proposed\\_rule.html](http://roadless.fs.fed.us/documents/id_07/2004_07_12_state_petition_proposed_rule.html)

As it stands today, roadless areas make up approximately one-third of national forest land. The Roadless Rule protected this land, leaving more than one-half eligible for road-building, logging, mining, etc. The Forest Service has plans to build roads that would make 34 million acres available for development. According to the *Washington Post*, this represents a huge subsidy to the logging industry because federal funds would be used to build and maintain the roads ([www.washingtonpost.com/wp-dyn/articles/A53557-2004Jul15.html](http://www.washingtonpost.com/wp-dyn/articles/A53557-2004Jul15.html)). According to Taxpayers for Common Sense (TCS), the Forest Service already has a maintenance backlog of \$10 billion. TCS suggests that new rules would neglect fixing dilapidated roads in favor of subsidizing industry (<http://www.taxpayer.net/forest/roadless/index.htm>).

## **Senator John Kerry's Record**

The League of Conservation Voters (LCV) gives Kerry a lifetime rating of 96%. (In contrast, President Bush received an F on LCV's latest Presidential Report Card, the first failing score LCV has ever given). In his first year as a Senator, Kerry sponsored a bill that would have provided grants to states to mitigate the effects of acid rain. He has criticized the Bush administration for excluding seasonal streams and "isolated" wetlands from the jurisdiction of the Clean Water Act and has co-sponsored legislation to explicitly affirm the historic scope of the law. Kerry has also pledged to renew the federal government's commitment to "no net loss" of wetlands. In addition, he has supported the Land and Water Conservation Fund, which provides funding to buy land for national parks, forests, wildlife refuges and state parks. In 2000, he voted to decrease subsidies for logging in national parks and use some of the savings to prevent forest fires. Kerry supports Clinton's ban on new road construction and logging in roadless areas of national forests. Read the LCV's Presidential Candidate profiles at [www.lcv.org/Campaigns/Campaigns.cfm?ID=1944&c=4](http://www.lcv.org/Campaigns/Campaigns.cfm?ID=1944&c=4).

## Huge Used Gear Sale

**Pack, Paddle and Ski** – complete inventory of equipment  
**SnowCountry** - used skis and gear  
**Towpath Bikes** - used bikes and accessories  
**Hemlock Canoe Works** - used kevlar canoes  
**Braddock Bay Paddlesports** - used paddling gear  
 Dog Paddles - custom wooden paddles  
**Footprint Press** - adventure guide books

**Location:** Genesee Waterways Center located in Genesee Valley Park, Rochester, just across the Genesee River from the University of Rochester.

### GWC Equipment for Sale:

NW Photon - \$100  
 Glass boat - \$100  
 Ultra Clean, Zip, Gliss - \$350  
 2 Perception Sonics - \$400  
 1 Perception Supersonic - \$400  
 2 Dagger Blasts - \$400  
 2 Dagger Animas - \$400  
 4 Dagger Piedras - \$400  
 Dagger Paddles - \$25  
 Dagger Skirts - \$25  
 Harmony Kevlar Skirts - \$65  
 Black Diamond Slalom Paddle  
 Other misc. paddles and kayak equipment

**Pack Paddle Ski will be selling off their entire inventory!**

### Paddling Gear

#### Sea Kayaks

Riot Azul - \$390  
 Sirrocco - \$590  
 Necky Elaho - \$850  
 Necky Eskia - \$750  
 Necky Kyook Plus - \$650  
 Necky Narpa - \$650  
 Necky Elaho HV - \$850  
 Squall - \$690  
 Storm - \$690  
 Crosswind (tandem) - \$890

#### WW Kayaks

Dagger Animas - \$450  
 Dagger Blast - \$450  
 Dagger Outlaw - \$490  
 Dagger Red Line - \$450  
 Dagger Honcho - \$490  
 Dagger Showdown - \$480  
 New **Wave** Sleek - \$350  
 Riot Booster - \$550  
 Riot Grind - \$300

#### Solo Canoes

Mohawk Royalex Viper - \$399

#### Tandem Canoes

Wenonah Spirit - \$550  
 Dagger Reflection 16' - \$590  
 Dagger Reflection 17' - \$599  
 Dagger Reflection 15' - \$599  
 Dagger Legend 16' - \$630  
 Raven 17' - \$530  
 Mad River Explorer - \$650  
 Blue Hole Starburst - \$699

#### Paddles

Sea Kayak - Nimbus - \$19  
 WW Kayak - Mohawk - \$65-75  
 Canoe - Mohawk Plastic - \$15  
 Canoe - Wooden - \$30-45

#### Accessories

Life Jackets - Kids - \$5-\$20  
 Life Jackets - High Vol. - \$5-\$20  
 Life Jackets - Low Vol. - \$30-\$45  
 Spray Jackets - \$28-\$39  
 Kokatat Sea Kayak Skirts - \$29-35  
 Seda WW Kayak Skirts - \$5-\$30  
 Seda WW Helmets - \$15-\$25  
 NRS Wetsuits - \$15-\$80  
 Dry Bags - \$10-\$20  
 Throw Bags - \$20-\$29

**Also selling skis, telemarks, boots, poles, ice axes, crampons, backpacks, tents, tarps, ponchos, sleeping bags, stuff sacks, sleeping pads, camp chairs, tables, water bags, stoves, fuel bottles, lanterns, lantern cases, food coolers and water coolers!** Go to [www.packpaddleski.com/sale%20prices.htm](http://www.packpaddleski.com/sale%20prices.htm) for a complete listing.

### Bargain Buckets

**-FREE-** PFDs, Stoves, Pots, Dishes, Water Jugs, Tarps, etc  
 -\$5- Paddles, PFDs, Air bags, Dry Bags, Backpacks, Ski Boots, Ski Poles, and even Skis  
 -\$15- Wetsuits, PFDs, Paddles and Sleeping Bags

**FLOW Paddlers' Club C/O  
 Simon Barnett  
 72 Maple Park Hts.  
 Rochester, NY 14625**

