



# FLOWlines



Finger Lakes-Ontario Watershed Paddlers'



Volume 10, Issue 4

May 2005

## May General Meeting

<b>Time</b>	5:00 pm
<b>Date</b>	Thursday May 12
<b>Location</b>	Lock 32 WW Park (see map on page

Genesee Waterways Center (GWC) has again offered to host the general meeting on May 12 as a way to kick off

their season. The staff at Lock 32 has done some work on the ledges that form the waves and holes and they're optimistic that the course has been improved.

At 5 pm. the staff of the whitewater course and the staff of the canal locks will give a tour of the facilities, the functioning of the lock mechanisms and the site in general. We'll then do a flatwater paddle through the lock itself, a truly unique experience. Free access to the whitewater course is next, open to anyone with whitewater experience. In addition, GWC has a flatwater access dock for the non-whitewater folk.

At dark, we'll fire up the grill. FLOW will provide the food, but please bring your own beverages. For additional information, please post on the message board or call Andy Cook at (585) 747-8478 or Tony Hernandez at (585) 820-6538.

## Dear FLOW Members,

Insurance is a fact of life. Most of us list premiums for auto, homeowners or rental, life and health insurance among the bills we pay regularly, once a month.

Insurance is just as much a fact of life for our paddling club. I'm sure each of you has signed a waiver prior to participating in a FLOW sponsored river trip. These waivers are legal instruments that protect the club and the individuals that coordinate the trips in the event that someone suffers an injury during one of these events.

As a club, we also maintain personal injury and liability insurance in the event that property damage and / or an injury occurs during a club sponsored trip or event. This insurance has always been provided by the American Canoe Association (ACA) as a benefit of our clubs affiliation with the ACA. In the past, the insurance premiums were included in our ACA membership dues: part of your yearly membership in FLOW.

At the beginning of 2005, this changed significantly. The ACA was forced to negotiate a new policy due to the sky-

rocketing cost of insurance. The premium increased to such an extent that the ACA levied insurance premiums separate from and in addition to membership dues for affiliated clubs and their members. The new fee schedule is as follows:

- \$20.00 per year for an individual membership;
- \$25.00 per year for a family membership
- \$100.00 per year for ACA Paddle America Club dues
- \$5.00 per year per person (including each individual covered under a family membership) for Paddle America Insurance

In the past, all we paid was the individual membership, \$20.00, or family membership, \$25.00, and this included insurance. Insurance is no longer included in membership dues. It now costs an additional \$5.00 per individual (including each person covered by a family membership), plus \$100.00 for club membership. The total cost this year increased more that \$1,500.00.

The clubs steering committee voted unanimously to pay the additional amount for 2005 out of the club's treasury. Unfortunately our current budget does not support this as a regular expense. We will not be able to cover this in future years without some changes. Your club's steering committee has discussed alternative methods for covering this expense. We welcome any ideas you may have for covering this expense. The steering committee favors the following proposal:

- Increase all membership dues by \$5.00 per individual Individual membership would be \$40.00 per year; family membership would be \$40.00 for the first family member, plus \$5.00 for each additional family member

Please think about this potential solution and any alternatives that you might support. If you have an idea that you believe is more beneficial to our membership than the above, please submit it to the steering committee.

During the August FLOW picnic we will hold an election to select a plan from a list of alternatives. Please plan on participating in the formulation of these alternatives and the selection of the plan that you prefer.

If you have any questions about this, please feel free to contact me or any member of the steering committee. With your help we will choose a path that is right for our club.

Thanks very much,  
Don

### FLOW Organization

President.....	Don Shaw.....	223-5077
Whitewater VP.....	Norm Deets.....	224-9349
Flatwater VP.....	George Scherer.....	381-2104
Secretary.....	Cathy Rague.....	721-5153
Treasurer.....	Jerry Koehler... (315)	986-4526
Membership.....	Simon Barnett.....	899-6803
Corporate Liaison.....	Rose Conley	
	rosems@rochester.rr.com	
Newsletter.....	Andy Cook.....	747-8478
Instruction Advisor.....	Art Miller.....	377-1994

### 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.....	Norm Deets.....	224-9349
Flatwater trips.....	George Scherer.....	381-2104

### 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  
20% coupon off kayaks, canoes and gear and FLOW discount.

Wcmoose@captial.net or www.wc-rafting.com

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

*Jack Ryan's Bar*..... 288-2830  
Offering nightly specials on fine liquor, wine, ales and lagers and a 10% discount to FLOW members.  
Located at 825 Atlantic Ave. and  
www.jackryansbar.com.

*Braddock Bay Paddlesports*..... 392-2628  
Canoes, kayaks accessories, rentals, tours and instruction. 10% off accessories for FLOW members.  
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)

*Get Out & Stay Out*..... 427-0960  
10% off all hiking, camping and climbing gear  
getoutstayout@hotmail.com

*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 Whitewater 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

*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.

*Talic Sport Hammocks*..... 381-5401  
Wooden canoe and kayak stand manufacturer. www.talic.com

**2005 FLOW Whitewater Trips**

Date	Level	Trip Description	Class	Coordinator	Contact #
May 8	Novice	Genesee River in Letchworth	II	Wade Bowman	
May 14	Adv	Hudson River Gorge	III-IV	Ben Bramlage	(518) 792-3277
May 15	Adv	Adk. River TBD by water level	III-IV	Ben Bramlage	(518) 792-3277
May 21	Novice	Genesee River in Letchworth	II	Dan Washburn	(607) 276-6655
May 20-22	Advanced	Ottawa River	IV	Paul Twist	(585) 229-4454
May 27-30	Intermediate	Intermediate Southern Trip— Slippery Rock, Lower Yough, Cheat or river TBD	III-IV	Tony Hernandez	(585) 820-6538
June 11	Novice	Lehigh River (PA)	II	Steve Kittelberger	(585) 442-6138
June 19	Int/Adv	Black River Gorge	III-IV		
June 25-6	Int/Adv	Zoar Demo Fest	II-IV	Norm Deets	(585)2249349
June 25	Novice	Salmon River (400 cfs)	III	Jerry Koehler	(315) 986-4526
July 10	Int	Salmon River, Pulaski (750 cfs)	III	Richard Mauser	(585) 473-2162
July 23	Int	Salmon River, Pulaski (750 cfs)	III	Don Shaw	(585) 223-5077
Aug. 7	Int	Salmon River, 2A to Black Hole FLOW picnic Sat. pm. (750 cfs)	III		
Aug. 7	Novice	Salmon River, Pineville section	II	Joe Ryan	(585) 749-6860
?	Int	Gatineau River, Maniwaki, Que.	III-IV	Steve Benedict	(315) 331-5198
Aug. 20-21	Adv	Ottawa River, Beachburg, Ont.	III-IV		
Sept. 3	Int/Adv	Beaver River, Taylorville section	III-IV	Tom Congdon	(607) 698-4091
Sept. 4	Adv	Beaver River, Moshier section	IV-V	Dave Meyer	(585) 937-9652
Sept.4	Int	Salmon River, Pulaski (750 cfs)	III	Don Shaw	(585) 223-5077
Sept. 10	Int/Adv	Beaver River, Taylorville section	III-IV	Richard Mauser	(585) 473-2162
Sept. 17	Novice	Genesee River in Letchworth	II	Dan Washburn	(607) 276-6655
Sept. 24	Novice	Genesee River in Letchworth	II	Dave Meyer	(585) 937-9652
Sept. 24?	Int	West River, Vermont	III	Ben Bramlage	(518) 792-3277
Oct. 1	Novice	Genesee River in Letchworth	II	Andy Ball	(585) 374-6671
Oct. 8	Novice	Genesee River in Letchworth	II		
Oct. 7-10	Int	Intermed Southern Trip— Slippery Rock, Lower Yough, Cheat, or river TBD	III-IV	Tony Hernandez	(585) 328-9873
Oct. 15	Int	Middle Moose River from Singing Waters to McKeever (Moose Fest)	III		
Oct. 16	Int/Adv	Lower Moose River from to Fowlersville		Ben Bramlage	(518) 792-3277
Oct. 22	Novice	Genesee River in Letchworth	II	Jerry Koehler	(315) 986-4526
Nov. 6 -7	Int	Tohickon Creek, PA-camp nearby	III-III+	Steve Kittelberger	(585) 442-6138

**New Year, New Gear!**  
 [see our Stores or [www.oakorchardcanoe.com](http://www.oakorchardcanoe.com) for details]  
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**Congrats Joe and Karen!**



**Jack Ryan's**  
 825 Atlantic Ave.  
[www.jackryansbar.com](http://www.jackryansbar.com)

### FLOW Flatwater / Open Water Trip Schedule

Date	Time	Where	Coordinator	Email
5/12	TBD	Irondequoit Creek/Baycreek	George Scherer	george.scherer@kodak.com
5/26	TBD	Irondequoit Bay/Baycreek	George Scherer	george.scherer@kodak.com
6/8	TBD	Planning meeting Jack Ryan's Pub	Sheila Wagoner/Steve Kittleberger	sheila.wagoner@kodak.com
6/16	TBD	Lake Ontario/Durand Beach	George Scherer	george.scherer@kodak.com
6/23	TBD	Info Sharing/Durand Beach	George Scherer	george.scherer@kodak.com
6/29	TBD	Black Creek Scottsville Rd	Melissa Hofer	Mellissa.A.Hofer@usa.xerox.com
7/12	TBD	Black Creek West from Churchville	Melissa Hofer	Mellissa.A.Hofer@usa.xerox.com
7/21-7/24	TBD	Adirondack Adventure	Sheila Wagoner/Steve Kittleberger	sheila.wagoner@kodak.com
8/4	TBD	Keuka Lake East, Penn Yan	George Scherer	george.scherer@kodak.com
8/20-22	TBD	Keuka Lake paddle Fest	George Scherer	george.scherer@kodak.com

### CASCADE FALLS KAYAK ADVENTURES



### PADDLE STROKE WORKSHOP FOR FLOW MEMBERS

#### Agenda:

1. Sign in
2. Introduction and overview of workshop
3. Start with warm up drills
4. Review of Basic strokes and individual stroke evaluation
5. Introduction of stroke drills designed specifically to improve turning efficiency and to help you understand what should be happening under your SKIRT.
6. Review of the fundamentals of the use of the Bow Draw and stroke drills to help you understand the concept.
7. Following the stroke evaluations and stroke drills there will be a practice session using the concepts that we have covered.

Feel free to ask questions at any time. Understand that you will be getting an overview of the basic use of these strokes and perfection takes time to develop.

Thanks,

Art Miller, Executive Director Cascade Falls Kayak Adventures Penn Yan, New York, 14527 585.377.1994

Date: May 15, 2005

Location: Monroe Community College

Time: 5:30 to 7:30 PM

Presented by: Art Miller - Instruction Advisor for Flow

ACA Certified Instructor

USACK Certified Jr Olympic Development Coach

#### Specifics:

- For FLOW members
- Fee for Workshop is \$ 5
- Registration Deadline: May 10<sup>th</sup>.
- Call 585-377-1994 to Register.

**Workshop is designed for Whitewater boats.  
You must register to participate!**

## FLOW Steering Committee Meeting

Steering committee meetings are open to all members. Feel free to just show up - your input is welcome and encouraged. If you are not available but have an idea, send email to [info@flowpaddlers.org](mailto:info@flowpaddlers.org)

Date: Tuesday, May 31  
Time: 7:00 pm  
Place: Jack Ryan's (825 Atlantic Ave.)

## Study Challenges State and Federal Agencies on West River Economy

—by Kevin Colburn

The U. S. Army Corps of Engineers in cooperation with state and federal agencies releases water from the Ball Mountain Dam in Jamaica for whitewater recreation. They originally scheduled six paddling days per year for almost 50 years until 1990 when releases were reduced to four days per year, and in 2003 releases were reduced to three days per year.

Michael Crane AICP of Crane Associates, 21 Ivy Lane Suite 202, in Burlington, VT 05401, a well-known regional expert in river recreation planning and community and economic development, prepared the economic impact analysis. It examines the economic contribution boaters make to the local economy and the economic losses resulting from the reduction of paddling days.

The analysis concludes that each lost paddling day costs the local economy \$148,000 in foregone revenue. “The total economic loss to the local economy since the first reduction of paddling days in 1990 is over \$6.4 million,” Crane said. “The financial benefit of returning to the traditional release schedule is over \$1.3 million per year.”

Crane said the results of the study, using data collected last September during a West River release, challenge the logic behind the reductions by the Corps and state agencies. “It also challenges their willingness to cooperate. The dialogue with boaters has been cut off and as a result the local economy has been hurt,” he said.

Toni Bement, a member of the governing board for the Jamaica Community Church, said revenues from a church supper during the whitewater releases have been fading away but they still enjoy putting on the dinner. “It’s always interesting in hear how everyone loves Jamaica,” she said. “People who have been here for whitewater come back during the summer. They get to know the state park, too.”

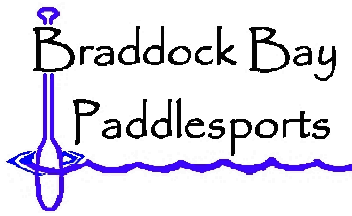
The Jamaica Elementary School Club operates a parking and food concession during whitewater releases. “We were pretty bummed that they cut the fall release last year,” said Missy Buffum, president of the School Club. “We lost lots of money. It’s one of our biggest fund raisers.” The School Club provides subsidies for field trips, winter sports activities, and pays for museum talks, cultural events, and a visit by a dental hygienist to the school. Her husband Jeff Buffum, who coordinates parking, estimated the loss of one release last fall cost the School Club \$1,000 out of its annual budget of \$12,000. In addition, he said, “We’ve found there aren’t as many people when there’s only one day of releases. It’s not worth the trip for just one day.”

Bruce Lessels, owner of Zoar Outdoor, a rafting company in Charlemont, Mass., said his loss of revenue comes to about \$13,000 for every canceled release. “A good deal of that revenue goes to Stratton Mountain for use of their facilities,” he said. “And our guests tend to stay overnight, eat several meals, and do something else in the area on the extra day.”

### Check out the study:

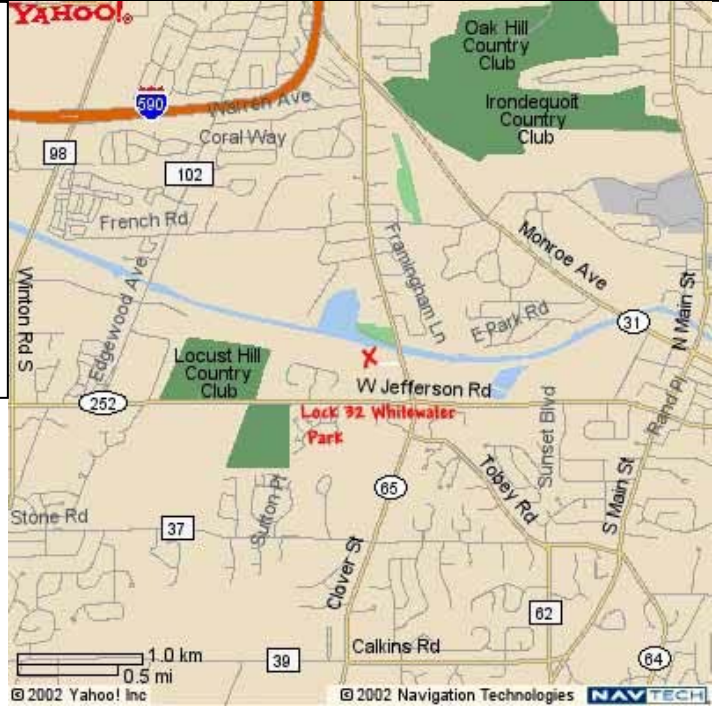
“The Economic Impacts of Whitewater Boating on the West River, Jamaica, Vermont” by Crane Associates. (Requires latest Adobe Reader program.) Just click on this link:

<http://www.americanwhitewater.org/resources/repository/West%20River%20Economic%20Impact-Final%2004-20-05.pdf>



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