



FLOWlines



Finger Lakes-Ontario Watershed Paddlers' Club Newsletter
Rochester NY

Volume 6, Issue 4

April 2001

April General Meeting

Date: Thursday, April 19
Time: 7:00 P.M.
Place: Brighton Town Hall, 2300 Elmwood Ave.
Upstairs in the auditorium

Please Note The Date Change

The April FLOW general meeting will be held on the third Thursday of the month (instead of the second) to avoid conflicting with the Banff Film Festival.

Sea Kayaking on San Francisco Bay

Presented by Cathy Rague

From Sausalito below the Marin Headlands, cross the channel to Angel Island, a former Civil War camp. Time the landing in the surf at Pearl Beach just right to avoid a pounding on the sand and stones. Or wait for an evening with a full moon, cross Richardson's Bay, round the tip of Belvedere, and paddle to dinner at Sam's in Tiburon, before heading back in the moonlight.

Paddle under the Golden Gate Bridge - a narrow, tumultuous gate between the Bay and the Pacific Ocean. Know where the shipping channels are and how fast the tide is going out to avoid landing in the Potato Patch outside the gate.

There are islands inhabited only by birds. One island was formally inhabited by the best criminal minds in the country. Another island boasts a historic lighthouse — where a lighthouse keeper and his family still live. Be prepared to have a sea lion pop up next to your boat - or a wayward humpback whale.

This is not a flat water paddle across a serene lake. Paddling the Bay is a lesson in planning, in reading the tide tables, in determining the speed of the wind and the current, in navigating in and out of the shipping channels, and in safely reaching your destination with enough time to return to your launch site.

Come and enjoy an evening of slides and narrative about one of the most active and beautiful waterways in the world.

April Steering Meeting

Date: Thursday, April 5
Time: 7:00 P.M.
Place: Daily Perks Coffee House, 389 Gregory
Right across from MacGregor's
For more info, contact Mike Shafer at
227-9291 or mshafer@rochester.rr.com

New Discounts Available to FLOW Members

Submitted by Steve Kittelberger

Three more paddling shops have joined a growing list of those offering discounts to FLOW members. One of them, Snow Country, has become a Commercial Sponsor of the Club, joining Oak Orchard, Baycreek and G.R.I.P., the original three sponsors.

Snow Country of Pittsford and Canandagua (www.snowcountrysports.com) will offer a 10% discount on paddling and outdoor accessories to FLOW members. Colorado Kayak Supply, Nathrop, CO, now offers a 15% discount on accessories to members of FLOW and ACA. You will need to supply your ACA member number to CKS at the time of placing an order. Reach CKS at www.coloradokayak.com. Closer to home, Northern Outfitters of New Hartford and Syracuse, NY (www.noh20.com) is now offering FLOW members a 10% discount on all retail items.

Baycreek Paddling Center of Rochester (www.baycreek.com), and Oak Orchard Canoe and Kayak (www.oakorchardcanoe.com) of Pittsford and Waterport, two of our charter commercial sponsors, will continue their discount offers to FLOW members in 2001. Also, Nantahala Outdoor Center (www.noc.com) and Zoar Outdoor (www.zoaroutdoor.com) will continue last year's offers. Baycreek's discount is 8% on stocked accessories. Oak Orchard discounts accessories 10% and plastic whitewater boats an additional 12%. NOC offers 10% on all goods, and Zoar offers 10% on accessories and \$50 off boat prices.

FLOW will maintain updated membership lists with each of these participating retailers. Contact Steve Kittelberger if you experience any problems with your discount.

FLOW Organization

President.....	Mike Shafer	227-9291
Vice Presidents.....	Cathy Rague . (315) 926-7890	
James Hopkins	621-2721
Secretary.....	Dorothy Caine.....	544-9725
Treasurer	Ed Boggs	(315) 926-7890
Facilities Development	Rick Williams.....	381-3418
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

Gauge numbers

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

Web Pages

AWA.....	http://www.awa.org
Bay Creek.....	http://www.BayCreek.com
FLOW.....	http://www.flowpaddlers.org
Pack, Paddle, Ski.	http://www.packpaddleski.com
Seayaker	http://www.seayaker.com
Waterline.....	http://h2oline.com

Newsletter Submissions

Send us trip reports, articles, letters to the editor, photographs, ads for our classified section, or anything else that you would like to see in FLOWlines. If you have e-mail, send articles in the form of a text file to barnett@bluefrognet.net

If you do not have e-mail, send articles to:

Simon Barnett

72 Maple Park Heights

Rochester, NY 14625

Paddling Contacts

Adirondack Mountain Club (ADK)	987-1717
Adventure Calls	(888) 270-2410
Ardie Shaffer	334-4487
BayCreek Paddling Center	288-2830
G.R.I.P.	381-3418
Lock 32 Project (Art Miller).....	377-1994
Oak Orchard Canoe	(800)-4-KAYAKS
Pack, Paddle, Ski.....	346-5597
Seayaker Outfitters.....	(315) 524-9295

Membership and Mailing List

To join FLOW, send name, address, telephone, paddling interests, and \$30 (\$35 family rate). Membership papers and updated member lists will be sent to you. Call 621-2721 for more information.

James Hopkins

Re: FLOW Paddlers' Club

43 Whelehan Drive

Rochester, NY 14616

FLOW Decals

Just a few FLOW decals for your car or boat are still available. Contact Steve Kittelberger if you want one.

Hey everybody — go look at

rapids.americanwhitewater.org/archive/article/160
Our own Harry Marinakis has been listed as one of American Whitewater's top ten streamkeepers! Way to go Harry!

FLOW Hot Line: 234-3893

To access the FLOW Hot Line:

1. Dial 234-3893 from a touch-tone phone.
2. To listen to messages left by other paddlers, press the remote access code any time during the greeting. After entering the remote access code, listen to instructions for how to access messages.
3. To leave a message for other paddlers, listen to the greeting and leave a brief message after the tone.

The FLOW hotline is sponsored by FLOW Paddlers' Club for FLOW members. The FLOW hotline is hosted by Bay Creek Paddling Center.

Upcoming trips/events

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



PADDLING CENTER

BayCreek Paddling Center

1099 Empire Blvd

Rochester NY

(716) 288-2830

<http://www.baycreek.com>

Great Prices on Used and Demo Canoes and Kayaks.

Save up to 50% off Retail on selected models.

We need to make room for spring shipments from Dagger, Mad River, Wilderness Systems, Valley, Riot and Swift.

The new Wave Sport boats are going fast!

Come see what your friends will be paddling this year.

Adirondack Paddlefest 2001

May 11-13, 2001

The Adirondack Paddlefest 2001 will take place May 11 - 13 in Inlet, New York — the heart of the northland's largest paddling destination. With over 30,000 miles of rivers and streams and 3,000 lakes and ponds there is something for every paddler. Over 75 canoe, kayak and accessory manufacturers will come to Inlet to demonstrate their products.

- Over 1000 boats and thousands of accessories on sale - all the latest designs
 - Test the best canoes, kayaks, paddles, PFD's, and everything else in paddlesports
 - Canoe & kayak trips on the beautiful Moose R.
 - Speakers, clinics, races, sunset tours
 - Chances to win boats, paddling gear, and more
 - Music, food, fun for the entire family
 - Continuous paddling film fest all weekend
- For traveling directions, lodging information, and the latest information, check out www.mountainmanoutdoors.com/paddlefest.html

CNY Salmon River Cleanup

Sunday May 19, 2001

The Central New York (CNY) Whitewater Club would like to invite FLOW members to join them for the 2nd Annual Salmon River Cleanup.

The cleanup crew will meet at Firemen's Field in Pulaski, NY at 11 am on Saturday May 19th. **Free** t-shirts will be given to all who volunteer, and lunch will be supplied. Please call or email Nancy Howells at (315) 662-3121 or nancy@shazamny.com to register or for more information (she needs to know your shirt size).

The cleanup will go until 4:00pm. Dress for the weather and bring rubber gloves, knife or scissors (lots of fishing line to pull up and cut), rope, bug spray, suntan lotion and whatever else might come in handy. Sometimes junk needs to be hauled up the bank, so rope would be useful. If you bring children they must have a PFD on when near the water! Register by April 19th so that t-shirts can be ordered.

Rob Blake
716-734-3000

Rick Williams
716-381-3418

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Fall Creek Slalom Race

Sunday, April 1, 2001

The sixth annual Fall Creek Slalom Race will take place in Ithaca, NY on Sunday, April 1. This is a class II to III whitewater slalom race with 20 to 25 gates for open canoe, C-1 (decked canoe), and kayak.

Since Fall Creek is a natural flow stream, water conditions can range from easy class II to a pushy class III. All paddlers should be prepared to make a judgment as to whether or not the course is within their ability on the day of the race.

This annual race is designed to introduce paddlers to the sport of slalom racing. The race is held on Sunday, with Saturday reserved for course construction, practice and clinics. Clinics are taught by experienced racers and provide a way for beginners and intermediates to learn from some of the best. For details and an entry form, please visit the web site

www.coe.cornell.edu/whatsnew/fallcreekrace.html

Friday the 13th Season Opener

Paddle If You Dare

The traditional season opener Good Friday paddle on the Salmon River lands on Friday, April the 13th this year. The water temperature will probably be in the low 30's and you may get to slide into the water off of a snow bank. Join us in Pulaski, NY to paddle the Salmon River if you dare! Contact Mike Shafer if you want to go. No beginners.

Southern Trip 2001

April 28-May 6

Plans are well under way for this year's Southern Trip. Contact Mike Shafer (227-9291 or mshafer@rochester.rr.com) if you want to go.

May General Meeting Duct Tape for Your Body (First-Aid on the Water)

So what can you carry with you in case you slice your hand at Knife's Edge? Would you paddle to shore and walk out if you were hypothermic? Would you even realize it? Would you know if your kayaking buddy was getting heat stroke? Do you know how to "package" an injured paddler and get them to help? These are questions usually answered in multiday seminars, but it never hurts to go over some basics and remind everyone how important it is to really know these things.

This will be a fun evening hosted by several speakers who will each teach us something we might be happy we were reminded of this coming paddling season.

If you have an urge to spend 15 minutes teaching a rescue or first-aid skill, or to tell a real-life rescue story, please contact Cathy Rague at edncathy@rochester.rr.com or (315) 926-7890.



"Hi, my name is Larry, and this is my brother Darrell...
Have ya seen a good river 'round here?"



FLOW
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\$55.00
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Shown above: Free-standing frame with one horizontal and two slanted hammocks.
*Slanted hammock, reg. \$85.00 Boats courtesy of Bay Creek Paddling Center

Pool Practice Pictures



Melanie Wellington at Wheatland Chili pool — “So, what’s the line on this drop?”
Photo by Mike Shafer



Harry Weidman demonstrates the Greenland Paddle at Barker Road pool
Photo by Mike Shafer



Jimmy Albano and Joel Chastek
at the Wheatland Chili pool
Photo by Mike Shafer

Paddlers Wanted For Extended Paddling Trip

Churchill River, Labrador
June 16 - 30, 2001

Ed McDonald and Santtu Ollila are planning a trip down the Churchill river in Labrador, Canada. The river flows 200 miles from the Churchill Falls hydro project to Goose Bay. Although it is not a true "wilderness river," the Churchill's appearance remains largely unchanged from pre-Columbian history. In this section of the river, there are no roads crossing the river, and dirt tracks approach the river at only two points — Gull Island Rapids and Muskrat Falls. Thus, the adventurer must rely on his or her own planning skills and judgment. In many ways, it represents an opportunity for the experienced paddler to move to the next level of wilderness tripping.

This river is somewhat unique in its relative accessibility insofar as one can drive to both the put-in and the takeout, eliminating the need for bush pilots and boat pickups. Despite the relative accessibility of the river and its power and beauty, it has been a grossly under-utilized recreational resource with perhaps less than a dozen trips down its length per year.

This may be the last chance to paddle the river since final planning is underway to harness the energy remaining in this flow in two additional hydro projects at Gull Island Rapids and Muskrat Falls.

Ed McDonald paddled this river in 1998 with his fifteen year old daughter in an open canoe, accompanied by his friend who was paddling a touring kayak.

Ed has several motives in going on this trip. One is to share an experience with other people who might appreciate it in the same way that he did. Another is to mobilize as many people as possible to demonstrate that there are other potential economic benefits in some of the other as yet untouched river systems which might come under scrutiny for hydro power development in the near future. If you want more information, contact Ed McDonald or Santtu Ollila at 544-3467, meh2@frontiernet.net, or santtu@frontiernet.net.

Upset Over D & C Changes

Several club members have expressed their concern over the Democrat and Chronicle's recent decision to do away with the *Outdoor Page* in the Sunday edition. In the past, the *Outdoor Page* has featured local watersport related articles. It used to be highly visible on the back page of section D, but is now tucked inside and difficult to find.

Please write to Karen Magnuson, the Democrat and Chronicle editor, and let her know how you feel.

Ms. Magnuson may be reached at:

Karen Magnuson, Editor & Vice President/News
55 Exchange Blvd.
Rochester, NY 14614

Voice: (716) 258-2220

FAX: (716) 258-2265

E-Mail: editor@DemocratandChronicle.com

FLOW Message Board Is On Line

Who wants to paddle? Where's the water? Is pool practice cancelled? Found a new paddling spot that you just have to share?

If this is the case, go to the FLOW web site www.flowpaddlers.org and click on the *Message Board* link. Post your messages and read what others have to say!



The Day Doug and Dorothy got Married

(aka Moose River Festival Weekend)

In case you didn't recognize the people in the photo, that's Dorothy Sullivan and Doug Caine. Nope, it wasn't a Halloween party, but an actual wedding. On a beautiful day in October of 2000, Doug and Dorothy got married. It was a great celebration and it didn't even involve any boating! They are living happily ever after with the cat, dog, and 2 kayaks the garage. And we can all celebrate their anniversary at the Moose River Festival (did I mention that both were on the same weekend???)

You Too Can Help to get More Releases on the Lehigh

Submitted by Mike Shafer

At the March FLOW General Meeting, Jerry Hargrave and Bill Kuipers gave a presentation that outlined their years of diligent work that were instrumental in the releases we now enjoy every summer on the Salmon. They told of lots of hard work and dedication to their cause.

As paddlers, of this and other venues that have been fought for, it would be commendable for us to add a bit of our own time when called for, to help keep the battle for more access and more water alive. A few minutes at a keyboard, or with a pen, or telephone from us all can add up - and bring on a huge difference.

I was called this month by a representative of the Philadelphia Canoe Club. It appears they have found a viable way to get more water, more often, on the Lehigh River in Whitehaven, Pennsylvania. The simple relocation of an access road at the dam, which has a history of flooding over where it now sits, will increase the pool retained behind the dam five-fold — which is all water that needs to be spent sooner or later!

PCC is one of the Northeastern clubs we share information with, and they have appealed to us to join them in a letter writing campaign. Their local Senator and his children are paddlers with PCC, and are frequent users of the Lehigh. He is offering his support in return for something that can only begin with letters from paddlers like us...

What follows is their appeal:

Dear Paddlers and Friends of Paddlers:

Pennsylvania State Senator Stewart Greenleaf has been, for the past year, working to increase the number of scheduled water releases out of the Francis E. Walter Dam into the Lehigh River. The first step in this effort is to have the access road, now located at the bottom of the dam, relocated to the top of the dam. Toward this end, Senator Greenleaf has written to U.S. Senator Arlen Specter and requested that Senator Specter insert language in the upcoming Energy and Water Development Appropriations Bill so that \$300,000 can be allocated to the U.S. Army Corps of Engineers for the engineering and design phase of relocating the road.

Federal agencies, working with the National Recreational Opportunity Study, have been mandated to enhance recreational opportunities on our dams and lakes both in-lake and

downstream. If the road behind the Francis E. Walter Dam can be relocated to the top, the Corps of Engineers will have more flexibility in storing water and scheduling releases.

Senator Greenleaf has requested that the paddling community and friends of paddlers write or e-mail Senator Specter in support of the appropriation. Please help us in this effort by communicating with Senator Specter and by passing this request along to as many people as possible within the next two weeks.

You should address written correspondence to:
The Honorable Arlen Specter
711 Hart Office Building
Washington, DC 20150

Electronic correspondence is available through his web site: www.Senate.Gov/~Specter/

You can phone Senator Specter's office in Philadelphia at (215) 597-7200.

Please keep your message brief. Suggested wording would be:

Dear Senator Specter:

I am writing today to ask you to support and insert a \$300,000 appropriation request in the upcoming Energy and Water Development Appropriations Bill which would allow the U.S. Army Corps of Engineers to prepare plans and specifications to relocate the present Francis E. Walter Dam access road to the top of the dam.

The sudden and unexpected flooding of this access road is a public safety hazard. I would appreciate any assistance your good office can lend to correcting the situation.

Sincerely,

(Your Name)



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Call Lee 586-5677 (home) or 781-5428 (work)

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(716) 436-9902 or 370-9585 cell.

Purple and white **New Wave Cruise Control** for
\$300. Contact Simon at 899-6803 or
barnett@bluefrognet.net.

I need four Y-30 clips to attach a Yakima rack to a
gutterless, aero-style roof on a 4-door 1992 Honda
Accord LX. If you have some, please call Emily at
346-5597 or email her at epleger@hotmail.com.

Do you have extra gear sitting in your basement,
garage, or under your deck? Someone may want it
and just imagine what you can do with the extra
cash! Send your ads to the newsletter editors. See
page 2 for contact information.

Southern Tier Pool Practice

Mondays 3/19, 3/26, 4/2, 4/9
Canisteo Elementary Pool 7-9 PM
Contact Tom Congdon (607) 698-4091 evenings
(607) 324-4595 ext. 2384 days
or Randy Anidon (607) 324-2920

Next newsletter deadline is April 19.

Pool Practice Schedule

Once again, FLOW is sponsoring two locations!
Please note that the Wheatland-Chili pool practice
is on Monday evenings this year.

Admission to pool practice is \$2 for FLOW
members and \$5 for the general public.

All Boats Must Be Clean

Place	Wheatland-Chili High School Corner of North Rd. and 386 Scottsville, NY
Time	7:00 pm – 9:00 pm
Dates	The Following Monday Evenings: February 26 March 5, 12, 19, 26 April 2, 9

Place	Pittsford Middle School 75 Barker Road Pittsford, NY
Time	7:30 pm – 9:30 pm
Dates	The following Wednesday evenings: February 7, 14, 28 March 7, 14, 21, 28 April 4

FLOW Paddlers Club
43 Whelehan Drive
Rochester, NY 14616

