



FLOWlines



Finger Lakes-Ontario Watershed Paddlers' Club Newsletter
Rochester NY

Volume 8, Issue 12

December 2003

Winter Party!

Date: Thursday January 15, 2004

Time: 6:00 pm.

Place: Jack Ryan's
825 Atlantic Ave

Directions:

From 590—exit 7 Browncroft Blvd towards city Jack Ryan's is on the left before Culver.

From 490—exit 19 Culver Road towards East Ave. Left on Atlantic. On right before Winton.

It's party time, so bring your paddling stories, pictures and videos with you. This year's winter party will be held at Jack Ryan's, which is owned by our paddling buddy Joe Ryan. Joe is the third generation owner of Jack Ryan's, which was opened in 1958 by his grandfather. They moved to Atlantic Ave in 1973. Ryan's has a friendly neighborhood atmosphere, where they really do know your name. Make sure you check out the wall of photos—you may see someone you know. Parking is on the south side of the building, Allendale St or on Atlantic. Joe is happy to escort anyone out to his or her car so please feel free to ask. He will be keeping an eye out on the area, but does suggest that you clear out any valuables from your car and lock it up.

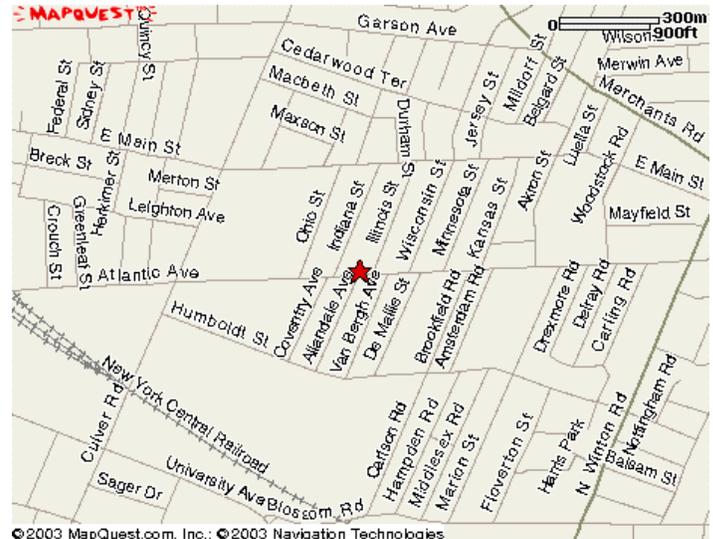
Joe Ryan extends a big, big thank you to all of the FLOW boaters and says he's going to do his best to serve up a fun, tasty and safe evening. So come on down and join the fun. Further info is available at www.jackryansbar.com.

Come Vote at the Winter Party

When you attend the FLOW winter party in January, members in good standing will be asked to vote on three proposals:

- Changes to the FLOW constitution, including changes to Article III on Corporate Membership and Article VII on the frequency of general meetings.
- 2004 Budget
- \$5 dues increase.

We use this occasion for voting because we hope to hear from all of you there.



ACA Increases Fees by \$5.00

The American Canoe Association (ACA) has increased its fee by \$5.00 per member. As a FLOW member your annual fee includes ACA membership and you enjoy the benefits of belonging to an ACA affiliate club. FLOW became an affiliate club in order to take advantage of the insurance benefits that ACA offers its affiliates. In addition to this, ACA members receive Paddler Magazine, discounts on clothing, gear, books and videos, car rentals and eligibility for the the Subaru VIP program. If you haven't used these benefits or aren't sure what you are entitled to, check out the ACA membership page <http://www.acanet.org/mbr-map.htm> for full details.

You will be asked at the Winter Party to vote on a \$5.00 dues increase, the first in four years, in order to cover the ACA cost of membership. We can derive many benefits by maintaining our affiliation with the ACA and hope that you will vote yes on this proposal.

Wheatland-Chili Pool Practice

W-C Pool practice has been confirmed for Monday nights from 7 to 9pm. on Feb. 23, March 1, 8, 15, 22, 29, & April 5..

Road Improvement at Francis Walter Dam

Ground was broken for the a \$2 million federal project to improve the road across the top of Francis E. Walter Dam on the Lehigh River in Carbon County, PA, on November 14, 2003. An existing paved access road runs along the base of dam's upstream face and is submerged when water-storage levels rise substantially. When that road is submerged, it prompts large water releases that some officials say can adversely affect the river. U.S. Rep. Paul Kanjorski, D-Luzerne, and state Rep. Keith McCall, D-Carbon, said they have been pushing the project for years. McCall said large releases of water from the dam tend to "flush" fish down the Lehigh, and those releases may not be needed once the project is complete.

"The bottom line is, with the improvement of this road, the ecology of this river will be made better," McCall said at a groundbreaking ceremony on the crest of the dam Friday afternoon. "One of our goals is to maintain a more steady level and avoid the flushing effect," added McCall.

The Lehigh River rafting industry and private whitewater boaters have been lobbying for this project for years as well. Pennsylvania State Senator Stu Greenleaf, an avid kayaker, originally proposed the change. Greenleaf credited members of the ACA and American Whitewater with adding impetus to the project through letter writing.

With the raised roadway, greater quantities of water can be stored in the reservoir, making more frequent and reliable whitewater releases possible. In recent years, the U.S. Army Corps of Engineers has provided only five weekend releases per year at the 750 cfs level, which are minimal for whitewater recreation. However, any change to water levels at the dam and the schedule of water releases would have to be planned separately from the road project, said Gus Rambo, chief of design for the U.S. Army Corps of Engineers. He said the goal of

the project is to provide safe access to the top of the dam. An existing road to the control tower, in addition to the one along the face of the dam, could become submerged when water levels are at their highest, he said. The project "won't automatically change the flow of water," Rambo said.

McCall agreed that changes in water storage and flow would have to be negotiated after the road project is complete. He believes maintaining a constant flow of 500 cfs would be better for the fish habitat but also enough to support Carbon's river-rafting businesses. The consensus among the boating community is that 500 cfs is not enough for recreational boating.

The dam's capacity is 35.7 billion gallons, but it has never been filled to capacity. It was built in 1962 by the Corps to protect Lehigh Valley communities from floods. Kanjorski, of the 11th District, noted that the road project will cost far less than the original \$4.2 million estimate.

-by Steve Kittelberger, Based on original report in The Allentown Morning Call, November 15, 2003 and Charlie Walbridge at AW site/ Lehigh River

How Did Our River Get in Their Sewage?

The EPA recently proposed a new policy that would allow partially treated sewage to be released directly into rivers and streams during heavy rains.

On November 3rd, the EPA proposed a "sewage blending" policy that would allow wastewater treatment plants to divert sewer flows during periods of heavy rains and snowmelts to bypass an important biological treatment phase. The partially treated water would then be mixed with properly treated wastewater and poured back into rivers and streams.

This blending policy poses a serious threat to human health and the environment. Blending treated and untreated wastewater fails to remove deadly disease producing pathogens from the water. These pathogens can cause illnesses such as respiratory infections, hepatitis, and dysentery. Releasing partially treated wastewater would also lead to fish kills, beach closings, and the destruction of shellfish beds.

--story from <http://amriversaction.ctsg.com/action/index.asp?step=2&item=13625>



Wade in a hole on the Lehigh River. Photo by Jim Rausch.

ACA Instructor Certification Course

Ardie Schaffer (ACA Instructor Trainer) and the Genesee Waterways Center will be offering an Instructor Certification Course, including an extensive workshop and an exam. There will be an informational meeting on March 7 from 10am-12pm. The ideal candidate will be at least 18 and have knowledge of all the strokes and techniques covered in the ACA Introduction to Kayaking and/or Basic River Kayaking. The structure of this course allows the candidate ample time to practice and refine technique and teaching styles. A roll is not required for certification. If you're curious about what certification entails, please come to this meeting even if you do not intend to take the course.

For those who decide to take the course, Ardie will film a "baseline video" that will be used to critique paddling form. The rest of the course will consist of four classes, from 9am-12pm, every Saturday from March 13 until April 3. The course will cover: teaching basic strokes and maneuvers, safety and rescue, teaching to different learning styles, use of gear and additional topics. Candidates will be able

to learn from a variety of instructors in order to sample a variety of teaching models.

In mid-April, the full-day flatwater exam will take place at the GWC boathouse. Passing this exam allows you to teach a basic Intro. to Kayaking course on flatwater. If you're interested, you can also take an exam for certification to teach Basic River Kayaking (formerly "Moving Water"). Successful completion of this course will allow you to teach at Lock 32.

The course costs \$300 and an extra \$50 if you'd like to take the river test. ACA membership is required (and included in FLOW membership) and upon successful completion you will need to join the Safety, Education and Instruction Council (\$25). If you have any questions regarding the course, you can reach Ardie Schaffer at home at (585) 334-4487, work at (585) 258-2261 or through email at ardie@rochester.rr.com. For administration details, contact Dennis Money of GWC at 328-3960 or wolfoftheriver@hotmail.com. Please register by Wednesday March 3.

New Editors of *FLOWlines*

Beginning in October Andy Cook assumed the job of editor of *FLOWlines* from Simon Barnett, who held the position for over four years. This month we welcome Miriam O'Donnell to the staff as co-editor. In addition, Simon has been gracious enough to distribute the newsletter until we learn the ropes.

Andy will receive an MA in History from SUNY Brockport in May. He's been paddling for two years and this year became an instructor at Lock 32. ClassV introduced itself to him earlier this fall.

Miriam has been paddling long enough to be an excellent swimmer (if not a good roller). She likes it when people buy her beer and prefers Bass. Her kindergarten report card said that she really did run with scissors.

The editorial staff intends to provide informative articles on under-appreciated paddling opportunities and information about any changes to popular destinations. We will also work to provide information from all of the area's paddling organizations. Since this is your newsletter and not a soapbox, we will gladly accept submissions. Have you run an interesting new river, found a little-known roadside play-spot or are you concerned about an issue affecting your favorite river? Write it up and send it to:

Andrew Cook
461 Meigs St. or acoo0802@brockport.edu
Rochester, NY 14607

Jack Ryan's

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Cascade Falls Competition Center, Keuka Outlet

2004 was a special year for the many volunteers that have assisted in the development of the Cascade Falls Competition Center and the opening of the entire river from town to just below Cascade Falls for recreation use. We had over 40 scheduled release dates and even more unscheduled ones. Best of all, the volunteers have helped make this wonderful natural resource available and free to the general public for recreation and competition. The Competition Center is managed by Cascade Falls Kayak Adventures, a not for profit corporation dedicated to keeping this resource open to the public.

Over Labor Day weekend City Hill Construction of Penn Yan volunteered equipment and labor to help build the Competition Center. The course is 1200 feet long and contains an 8-10 foot runnable waterfall (often described as Waterfall 101); a class II/III play hole and over 35 eddies. The vertical drop, not including the falls, is 25 feet. The entire course is viewer friendly from top to bottom. The Competition center has been visited by some of the best racers in the country and is generally regarded as one of the premier sites in the east.

For more information, driving directions and release dates, visit the Cascade Falls web site (www.kayak-adventures.org) or call Art Miller at 585-377-1994.



Cascade Falls racing team member Josh Weinberg enjoying the falls. Josh placed first in the K-1 Junior class of the New England Slalom Series.

New York Slalom News

Cascade Falls NESS (New England Racing Series) Slalom—

A Downriver race and the always-popular Jump and Sprint will be run on Saturday September 15, 2004. The slalom race will be held on Sunday.

The first Slalom racing series for New York was formed with assistance from representatives from the four sites that were chosen to take part in the new racing series. Races in Phoenicia (Esopus River), Ithaca (Fall Creek), Pulaski (Salmon River) and Penn Yan (Keuka Outlet) will constitute the basic core of the series. The series is endorsed by USACK and will be a major factor in the development of Slalom racing in New York State.

1st Annual Salmon River Slalom August 7th, 2004

The Salmon River will be the site of the New York Cup #3. The race will be held in the class III section about 1 mile below Black Hole. This site was chosen because it is remote and won't adversely affect the recreational boaters that flock there for the annual FLOW gathering. Open Canoes and Kayaks will be featured at the Sunday race that should attract some of the best paddlers in the United States.

Memorial Day "Triple Treat"

Slalom Race and Junior Olympic Qualifier: The Slalom race begins at 8:30 Sunday morning. This race has been sanctioned by USACK as a regional Qualifier for this summer's Junior Olympics that will be held in Wisconsin. This is the first Olympic qualifier ever held in upstate New York. Many of the best young paddlers in the east will be there. The race is open to all classes.

Downriver: Saturday afternoon there will be a downriver race starting in town and ending at the Picnic pavilion near the large falls. This race will have separate categories for expert as well as Novice/beginner racers. You can run it in whatever boat you want.

Jump and Sprint: Saturday evening will be the second annual Jump and Sprint race. The race starts above the falls and ends in the large eddy below the play hole about 300 feet from the falls.

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

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)

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.

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)

It's time to renew your FLOW club membership.

Membership runs from Jan 1 to Dec 31. Please Renew Today!
Remember all of the benefits of belonging to FLOW:

- A forum to meet paddlers of similar interests
- January Party
- Summer Picnic at the Salmon River
- Skill and Safety clinics
- FLOWlines Newsletter
- FLOW Website and message board (www.flowpaddlers.org)
- Flatwater, openwater, and whitewater trips (All trips are free for members.)
- Membership in the American Canoe Association, America's oldest paddling organization.
- Affiliation with AW and NYRU, leading conservation organizations fighting to save our waterways.
- Bimonthly issues of *Paddler* magazine
- Annual Swap Meet
- Discounts at selected merchants



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