



FLOWlines



Finger Lakes-Ontario Watershed Paddlers' Club Newsletter
Rochester NY

Volume 9, Issue 1

February 2004

FLOW Library

The following is a proposal made by Scott Conley. It is by no means written in stone. If you have any suggestions, including what we should purchase, please send your comment to steering@flowpaddlers.org or raise your voice at the next general meeting (the swap meet).

Purpose:

To provide a library of books, videos and other media related to paddling sports for the use of FLOW members.

How it will work:

Checking out an item: A request for a video should be sent to the librarian, who will bring the video to the next FLOW meeting or will arrange a time for the FLOW member to pick up the video. Items may be checked out for two weeks. Members who are unable to pick up items will be able to mail a request with approximately \$3 to cover postage.

Returning an item: The video may be renewed if nobody has requested it. If the video is returned late, a fee of \$2 per week will be assessed. This money will go to the library's budget. If a video is lost or damaged, the FLOW member is responsible for the replacement cost.

Budget:

The annual budget for the library will be \$125. This will cover the purchase of materials and incidental expenses.

Implementation:

Acquiring Material:

The library will solicit for donations among the membership. It may also ask local paddling companies and corporate sponsors for donations.

Catalog:

The listing of library titles will be posted on the FLOW website.

Pool Practice

The use fees for both pools is will be \$5.00 for members (including family) and \$11.00 for non-members and include the services of a lifeguard, where required. A season pass is available for \$35 and includes both pools.

All boats must be free of leaves and other debris.

Wheatland- Chili

W-C Pool practice will take place on Monday nights from 7 to 9pm. on Feb. 23, March 1, 8, 15, 22, 29, & April 5.

To get to W-C—From Rochester, take Rt. 383 South to Scottsville. Turn right on North Rd. *From the east*, take Rte. 253 West to Scottsville, continue straight on North Rd. *From the west*, get off of the Thruway at LeRoy, turn south on Rt. 19, turn east on Rt. 383 to Scottsville. Turn left onto North Rd.

Monroe Community College (MCC)

FLOW and MCC Maverick Aquatic Club will have the pool practice in MCC swimming pool in Brighton. The times (in the pool) will be from 8:30 to 10:00 PM on Wednesdays. The participants, however, may enter the pool area already at 8:00 to change into work clothes. The dates will be 2/25/04, 3/3/04, 3/10/04, 3/17/04, 3/24/04, 3/31/04, 4/7/04, and 4/14/04 (make-up date).

To get to MCC-- Take the E Henrietta Rd.(RT-15A) exit (#16B). Turn south on E Henrietta Rd. and go 0.4 miles. Turn left into the campus and follow the loop around to Building 10 on the east side of the campus. Once you enter the building, the pool is on the left.

The Hiker's Guide to Preparing Home-Cooked Meals on the Trail

This book explores the subject of dehydrating, packaging, and rehydrating foods for use in the wilderness by any outdoor enthusiast wishing to carry lightweight, compact, and tasty meals. It includes some one hundred recipes and one chapter explains how to build a lightweight oven and bake things like biscuits and pizza. The recipes are easy to prepare and allow the hiker to carry meals like those cooked at home out on the trail, and at a greatly reduced weight. No longer will the hiker need to rely on nutrition-deficient, freeze-dried food. More information available at www.trafford.com.

FLOW Organization

President.....Don Shaw 223-5077
 Vice Presidents.....Steve Kittelberger .. 442-6138
 James Hopkins 621-2721
 Secretary.....Cathy Rague. (315) 926-7890
 TreasurerJoel Chastek 768-4651
 MembershipWade Bowman 394-3103
 Corporate Liaison.....Rose Conley
 rosems@rochester.rr.com
 Trips & EventsIvan Rezanka..... 381-7475
 NewsletterSimon Barnett..... 899-6803
 Andy Cook.....461-9182
 Education/Instruction.....Ardie Shaffer ... 334-4487
 Conservation/Access.....Jerry Hargrave...k1c1c2@aol.com

Newsletter Submissions

Send us trip reports, articles, letters to the editor, rants, photographs, ads for our classified section, or anything else that you would like to see in FLOWlines. Send items to newsletter@flowpaddlers.org. If you do not have e-mail, send items to:
 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 the "How To Join" page on www.flowpaddlers.org, fill it out and send it with \$30 (\$35 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 or membership@flowpaddlers.org. Please send any address changes to Simon as well.

Upcoming trips/events

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

National Organizations

American Canoe Association.....www.acanet.org
 American Whitewater.....www.americanwhitewater.org
 Adirondack Mountain Club.....www.adk.org

Local River Gauges

Genesee River (Letchworth) 468-2303
 Catteragus Creek 532-0626
 Black Cr. at Churchville..... (800) 452-1742 #361131
 Salmon River (800) 452-1742 #365123
 Waterline Site Codes www.h20line.com

Please send any additions, corrections, or deletions to newsletter@flowpaddlers.org

Padding Contacts

FLOW Corporate Sponsors

BayCreek Paddling Center..... 288-2830
 Boat/gear sales & rental, instruction, kids camp
 8% off stocked accessories
 www.BayCreek.com
Oak Orchard Canoe & Kayak (800)-4-KAYAKS
 1000 Boats, car & truck racks, parts, repair, ½ day river tours
 10% off accessories; 22% off plastic WW boats (in stock only)
www.oakorchardcanoe.com
Jack Ryan's Bar.....288-9709
 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.

Businesses Offering FLOW Discounts

Colorado Kayak Supply (www.coloradokayak.com)
 15% off accessories (Must Supply AWA 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)
 10% off accessories and \$50 off boat prices

Local Businesses & Instruction

Adventure Calls(888) 270-2410
 Whitewater rafting and boat shuttle in Letchworth State Park
 www.adventure-calls.com
Ardie Shaffer..... 334-4487
 ACA certified whitewater instruction & instructor training
 ardie@rochester.rr.com
Art Miller 377-1994
 ACA WW instruction & USACK certified WW slalom instruction
 artm@rochester.rr.com
Charles Feller.....226-8505
 ACA certified canoeing and ARC certified canoeing, small craft
 safety & Basic Water Rescue Instruction
ChasFeller@alum.rit.edu
Genesee Waterways Center & Lock 32..... 328-3960
 Promoting the use of human powered watercraft
 www.genesee-waterways.com
George Scherer of Sea Kayak Rochester.... 381-2104
 ACA certified open water coastal kayak instructor
 george.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, Ski..... 346-5597
 Flatwater, whitewater, canoe, kayak, & sea kayak instruction
 www.packpaddleski.com
Seayaker Outfitters(315) 524-9295
 ACA certified Coastal Sea Kayak instructor / courses & tours
 www.seayaker.com
Talic Sport Hammocks 381-5401
 Wooden canoe and kayak stand manufacturer www.talic.com

FLOW Swap Meet

Date	March 11, 2004
Time	5-6 pm. Set up and seller check-in only 6-9 pm. SWAP MEET/ late seller check in 9-9:30 pm. Count your cash and clean up
Locale	Carmen Clark Lodge, Brighton Town Park 777 Westfall Road (see map) between E Henrietta Rd. and S Clinton Ave.

The best place to buy and sell used paddling junk in Rochester! Come on out to get rid of all that vintage paddling gear that you no longer have the *cozones* to put your nose in. Find used gear that your wallet will be happy with. Boats and boating equipment of all shapes and varieties are welcome—canoes, kayaks, paddles, PFD's, spray skirts, hip pads, bilge pumps, rescue gear, helmets, wet suits, dry suits, dry tops,

paddle pants, dry bags, flotation bags, cam straps, car racks, booties, books, videos and camping gear. Anything you no longer use whether it functions the way it was intended or not. Shrunken, holy, circa 1978 gear? Might as well bring it along and try to get a few bucks out of it.

Bring it all to sell at the FLOW swap meet. A small donation of \$10.00 to FLOW by sellers is required for registration. (OK, if you only have a couple of tidbits to sell, we'll let you slide for a measly \$5.00). You can sell your junk yourself, or have FLOW sell it on consignment for you. If you choose the consignment option, 10% of the selling price will be donated to FLOW, and all items must be clearly marked with a price and the seller's name.

Rumor has it that one or more of the local paddling stores will be present with lots of discounted merchandise!

Everyone is welcome: sellers, buyers, browsers, FLOW members, non-members. There will be a fire, good company, tall tales and lots of new and used equipment to buy! Come and start the season off right! No credit cards, but cash and good checks (with two forms of ID) will be accepted. We'll have coffee and hot chocolate available at a nominal cost during the Swap Meet.

If you have any questions, please contact Ed Boggs at 585-721-5093 (days), 315-926-7890 (evenings) or edncathy@rochester.rr.com.



**Jack
Ryan's**
825 Atlantic Ave.
Rochester, NY
www.jackryansbar.com
10% off for FLOW members

ADK & FLOW members get 10% (Non Sale Items) 20% off poly w/w playboats

OFF SEASON? NOT HERE!

We don't close to drive school bus or switch stock to skis and shotguns

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SEA KAYAK ROCHESTER

608 MADISON ST, EAST ROCHESTER, NY 14445 - 585.381.2104
info@seakayakrochester.com www.seakayakrochester.com

Date	Event	Time	Location
March 7 th , 14 th , 21 st , 28 th	Winter Rolling Course \$125.00	Sunday evenings 6-8 pm	MCC Pool (Monroe Community College)
Apr 4 th	Video Review "Stokes and Rolls" \$35.00	Sunday evening 6-8 pm	MCC Pool (Monroe Community College)
Apr 18 th	2 hr. Rescue class \$35.00 Open pool practice \$8.00	Sunday evening 6-8pm	MCC Pool (Monroe Community College)
Apr 25 th	Open workshop \$8.00 Instructors on hand to assist.	Sunday evening 6-8pm	MCC Pool (Monroe Community College)

GENESEE WATERWAYS CENTER (GWC)

328-3960 wolfoftheriver@hotmail.com www.geneseewaterways.org

Date	Event	Time	Location
March 6 th and 13 th	6 hr. Introduction to Kayaking \$99	Saturday afternoons 1-4 pm.	MCC Pool (Monroe Community College)
March 7 th , 13 th , 27 th , April 3 rd plus testing days TBA	Instructor Certification for Introduction to Kayaking and Basic River Kayaking (see previous <i>FLOWlines</i> for more information)	Saturday mornings 9 am.-12 pm. (Sunday morning, 10-12 for first meeting)	MCC Pool (Monroe Community College), GWC Boathouse and Lock 32

CASCADE FALLS KAYAK ADVENTURES

Art Miller- (585) 377-1194.
artm@rochester.rr.com www.kayakracing.org

Date	Event	Time	Location
Feb 7 th , 21 st , Mar 13 th , 27 th , Apr 17 th , 24 th	Extended Introduction to Kayaking \$125 (an optional river trip will be offered for a small fee)	Saturday evenings 5-7pm (5-9 for the last session)	MCC Pool (Monroe Community College)
Jan 10 th , 24 th , Feb 28 th , Mar 6 th , 20 th , Apr 3, 24 th	Novice/Intermediate Kayak Camp \$125	Saturday evenings 5-7pm	MCC Pool (Monroe Community College)
Jan 10 th , 17 th , 24 th , Feb 7 th , 21 st , 28 th , Mar 6 th , 13 th , 20 th , 27 th , Apr 3 rd , 17 th , 24 th	Advanced Kayak Camp \$155 or \$25 per session	Saturday evenings 5-7pm (open pool), 7-9 pm instruction	MCC Pool (Monroe Community College)

Matt "the Ratt" Revisited

Hello all! As an errant paddler who has finally returned to the FLOW membership lists, I figured I need to further improve my river karma by telling you all about last month's excellent General Meeting. For those of you who did not know, Matt Muir (aka "Riviera Ratt" to those of you old enough to have played on rec.boats.paddle before the FLOW Board existed) was our guest presenter. Matt is a member of the (in)famous Keel Hauler's Canoe Club of Ohio. He is also a fanatical boater and American Whitewater (AW) volunteer. Having arrived late (yet another need for good river karma), I walked in to find some spectacular carnage videos being presented on the big screen thanks to Matt's laptop and a portable projector. OK, so it wasn't all carnage - I also observed the correct lines for a number of rapids which I now aspire to visit this Spring (at which point Matt will undoubtedly gain more carnage video for the AW site ;-). Matt gave us a very complete tour of the AW site (<http://www.americanwhitewater.org>) and showed us how to register on it, how to search the photo and video libraries, where to find all the gauges you could ever need (almost), and how to get daily gauge reports sent to you via e-mail. Yep, you heard me right - and you can even pick the time of delivery! OK, so here's my attempt at "AW In A Nutshell" First, if you are not already a member, please consider joining American Whitewater. They have helped to bring us the annual releases on the Beaver, Moose, Raquette, Salmon and so many others I can't begin to list them all. To join via their website, click on "Participate" in the top-most navigation bar (just below their logo in the upper left). From there you can join, renew, donate, volunteer, access the "Boater Talk" forum, or get contact information for AW. To use some of the features of the website (e.g. to receive "GaugeBot" e-mails), you must first register on the website. To do this, click on "Login", which is on the right side of this same navigation bar. The registration process does not require AW membership. Once you have registered and logged on, you may set or modify your preferences by going to <http://www.americanwhitewater.org/prefs> (trust me - this is the easiest way to consistently find the preferences page, and if you're not already logged on it will prompt you to do so). It is from this page that you can set your "My gauge" (gauges which list down the right-hand side of the homepage if you tell it to remember your login info) and "GaugeBot" (gauges whose readings will be sent to you via e-mail) preferences. Remember that in order to receive GaugeBot e-mails, you must have provided your e-mail address under "Personal

Information," selected the checkbox to receive the GaugeBot e-mails, and selected a delivery time (default is 6:00 AM EDT, I believe). To set up these preferences, you will also need the "AW Gauge ID" which is found by clicking on "River Tools" on the top navigation bar, then click on "Gauges" on the set of options which appear just below the bar (the default is "River Info"), then select the gauge you want and find it's AW Gauge ID near the bottom of the page. Look through the "River Info" section as well, there is a great wealth of information on these rivers, and more is being added daily. To help with this, you may want to click on the "StreamKeepers" link and find out how you might be able to adopt your favorite river and help manage the information presented on the AW River Info for that reach! Of course, the most popular feature is bound to be the Photos and Videos sections. Unless you're a big computer geek (like me), the link for "Archives" in the navigation bar is probably not very meaningful. If you click on "Archives," however, you will find links to photos, videos, the AW Journal, their logo and a link to share your photos. The photo and video links are basically identical, allowing you to see recent submissions and search based on river name, rapid name, title, author, subject, state and whether it's a photo or video (and file extension, if you really want). Matt pointed out that Keel Haulers Canoe Club has a policy of adding "KHCC" in parentheses after the Author's name when submitting photos so that a search on "KHCC" under author will bring back all of the photos submitted by anybody in their club. I would suggest that we do the same, e.g. under author I would enter "Norm Deets (FLOW)" which would allow us all to more easily access pictures from fellow club members. As far as entering photos, it is very easy: from the photo or video search pages, click on the "My Photos" link in the upper right corner. When submitting photos or videos, try to fill in all of the information possible for the shot (especially Reach ID, so it will appear on that reach's River Info page). Click on the "Tutorial" link at the top of the page and read it before submitting, as it has several helpful hints for file sizing and format to preserve quality without adversely affecting download speed. Also note that AW reserves the right to use submitted photos elsewhere within their site and/or publications. Right now a search for photos or videos with an Author containing "FLOW" yields 0 results. Hopefully by the time you read this, I will have started to remedy that situation...
--by Norm "whatever you do, don't follow MY line" Deets

BAY CREEK

PADDLING CENTER

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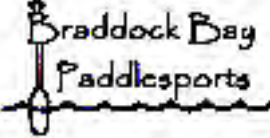
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 Instruction

Julianne Klafehn

416 Manitou Rd
 Hilton, NY 14468

585-392-2628

EMS Club Days

Just a quick note to inform you that Eastern Mountain Sports Club Days for this Spring are Friday, April 23rd & Saturday, April 24th from 10AM - 9:30 PM @ Marketplace Mall. As you may know, EMS offers a 20% discount on everything in the store for members of any outdoor not-for-profit club. We are also offering an opportunity for clubs to set up a table (provided by EMS) in the Mall for community outreach and recruiting. This will take place on Sat. 24th from 12 Noon - 4PM. Feel free to call Jim Compitello (585) 272-0090 at if you have any other regarding Club Days.

Have You Renewed?

Spring is almost here! Make sure you have renewed your FLOW membership before this paddling season gets into full swing! If you have not renewed there will be a note to this effect under your address (if you get your newsletter by US Mail) or in the email cover memo (if you get your newsletter by email). And even though the water temperature hasn't hit 40 yet, FLOW still needs to pay our bills (for the web site, distributing the newsletter, awesome winter party, etc.)

If you think that there has been a mistake or if you have any questions about membership, send an email to membership@flowpaddlers.org or call Simon at 899-6803.



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