



# FLOWlines



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



Volume 11, Issue 2

February 2006

## Swap Meet

**Date:** Saturday, March 25, 2006 (If you're going boating, stop by on your way! Or drop stuff off the night before at Cathy and Ed's at 27 Oxford Street, near University in Rochester - 585-721-5153. See consignment info below.)

**Location:** Genesee Waterways Center near the bridge over the Genesee River at Plymouth and Elmwood Avenues, near the University of Rochester, behind the skating rink. See map on *page 5*.

**Time:** 8am - 9am - Sellers check-in and set up.  
9am - 1pm - Swap Meet/Late seller check-in  
1:30 pm - All boats and gear must be packed up and taken home. Arrangements can be made if you're going to be on the water.

Time to get serious about boating gear for 2006. Get out all of your last year's gear and bring it to the swap meet. That will give you plenty of room for all the new gear you're planning on buying this year! We're looking for boats, boating equipment, outdoor equipment, camping gear - flatwater, whitewater, canoes, kayaks, anything and everything. Bring your stuff to the FLOW Swap Meet. A \$10 donation to FLOW by **boat** sellers is required for registration. It's a \$5 donation if you're just selling gear. You can sell your gear 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 seller's name and phone number. Buyers and browsers can enter for no charge.

Everyone is welcome - members of FLOW, non-members, families. No credit cards, but cash and checks with two forms of ID (as long as the seller agrees) are accepted. One or more of our local paddling shops will be represented with some great discounted gear. Coffee and donut holes - no charge! (While they last.) If you have any questions, please call Cathy Rague at 721-5153 or e-mail [cmrage@rochester.rr.com](mailto:cmrage@rochester.rr.com). See you there!

## The derby is on!!!

After almost a decade of hibernation (and two years of planning), the next generation of the WWD is set to begin on **Saturday, April 29th at 11:00 a.m.**

If you are unfamiliar with the event, the beginning of the course starts at Mill Drop Falls, a scenic 170 year old mill built just south of the Village of Shortsville. The route heads north along a waterway that was once home to a dozen or more paper mills, lumber mills, flour mills, and electrical plants that harvested the water's power. Even though the mills and their workers have long since disappeared, the power of the water is still observed and experienced through the production of adrenaline, bruises, and laughter which take place during this exhilarating spring event.

The run continues thru the Village of Shortsville with some of the best rapids and viewing areas located conveniently within the Village Park. From Shortsville, it continues north into the Village of Manchester and finishes just before the Route 96 and Thruway crossings.

In an effort to combat nature's relentless efforts to take the Canandaigua Outlet back to the wild, the entire 3 mile course has been cleared of dozens of log jams, downed trees, and unsafe obstacles that had built up from the previous ten years of ice storms, etc.

### The Days Events:

It starts Saturday morning April 29th with a Pancake Breakfast (7:00 - 11:00am) hosted by the patriots of the American Legion. The breakfast is held at the Legion (Route 21, look for the jet parked in the side yard). All participants will be required to check in at the Legion prior to 10:30 for a mandatory safety update of the course (it's an insurance thing - you understand).

At 11:00am the first Kayak is cut loose and we are on our way. After the kayaks, come the canoes, and finally the rafts. Once the last raft has reached the finish line, an awards ceremony will be held at the American Legion. Buffalo Bills will have a band playing that night as well.

For the die-hard paddlers, the water will remain high on Sunday if you want to spend the night and run the course or play in the eddy's the following day.

*Don't forget to renew your membership!*

### FLOW Organization

President.....	Don Shaw.....	223-5077
Whitewater VP.....	Norm Deets.....	224-9349
Flatwater VP.....		
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.

#### 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

*Andrew Cook*.....747-8478

Whitewater and flatwater instruction. ACA Whitewater and Wilderness First Responder certifications. acoo0802@brockport.edu  
www.flowpaddlers.org/users/andy/

*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

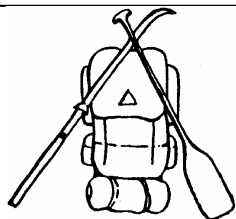
ACA certified flatwater instructor kmbader@aol.com

*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



## PACK PADDLE SKI CO.

Box 82 · South Lima, New York 14558    [Info@PackPaddleSki.com](mailto:Info@PackPaddleSki.com)  
 (585) 346-5597 · Fax (585) 346-2542    [www.PackPaddleSki.com](http://www.PackPaddleSki.com)

### ADVENTURE TRAVEL CLINIC

**From grizzly bear to grizzly situations here is a chance to get your questions answered.** What shots do I need to go to adventuring overseas? How do you hire a porter? Is the water safe to drink? Are the Himalayas safe? What foods can I eat? Do I need to know the languages? If I get sick what do? What altitude can I go to? Will I get malaria? How do I find out about trekking overseas? If I only have one week, where in the world is the best place for an adventure? Is it even safe to travel?

**This is a must see** if you are *even thinking* of overseas adventure travel. On hand presenting will be Rick French and Bill Russell. Rick is the President of Pack Paddle Ski and 25 plus years of adventures on all 7 continents and over 25 countries. Bill is a Registered Nurse, the Director of Passport Health of Upstate New York, and an expert in pre-travel and tropical medicine. Genesee Valley Waterways Center is co-sponsoring the site and event. Map to site is on website [www.packpaddleski.com](http://www.packpaddleski.com) under title of course.

**7-9 PM, Wednesday, April 12th.**

**Donation to GWC accepted. Please email us at [info@packpaddleski.com](mailto:info@packpaddleski.com) or call 346-5597 with your plans to attend to help us plan.**

### NYS GUIDES LICENSE SEMINAR

Are you interested in taking the NYS guides license? Here is how to find out what it involves and whether you have the information you need.

Part of the leadership series this day is to help you to prepare to take the NYS guides license exam. Curriculum includes, DEC laws, Coastal laws and regulations, samples test questions, how to apply for a license and written material in preparation for taking any group into the outdoors in NYS. Even if you are not planning to exam, if you travel on NYS lands, especially with a group, you need to know the regulations for your travel and leave no trace camping.

Saturday, April 1st, 9:00-4:00

\$89/person

Call 346-5597 to for more information or to register.

#### MCC Pool Practice

Half price season passes are now in effect! That means you can get an individual pass for \$35 or a family pass for \$50. There are still eight pool practices left and here are the dates (please note that there is no practice this Friday, February 10) :

February 17, 2006  
 February 24, 2006  
 March 3, 2006  
 March 10, 2006  
 March 17, 2006  
 March 24, 2006  
 March 31, 2006  
 April 7, 2006

On another note, we need make sure to do a very thorough job of cleaning up after ourselves. FLOW has received complaints of leaves, twigs, hard ware and foam being left behind. Please clean out your boats before you bring them in, or, if this is impossible, at least clean them with the hose at the far end of the pool. Any mess that we leave behind could jeopardize our ability to hold pool practices at MCC in the future.

## 2006 FLOW Annual Budget Report

Attached you'll find our 2006 FLOW budget, along with a comparison of how we did against our proposal for 2005. Bottom line is that we did well in light of some very difficult financial decisions in 2005.

As you look over the budget realize that your budget pays mainly for:

1. ACA coverage
2. our two main social events each year; Winter Party and Summer Picnic.
3. donations to causes we support as a Club such as AW, NY Rivers United, GWC, Salmon Fest and Lockapalooza.
4. other miscellaneous expenses to keep the Club running such as our web site, pool practice insurance certificates, membership renewals, food at general meetings, etc.

You'll find that our balance declined year-on-year (beginning 2006 versus year-end 2005) due to the Steering Committee's decision to cover the unanticipated ACA insurance increase for every Club member in 2005. And although not obvious in the 2006 budget please realize that again we are absorbing another increase for every member from our treasury in 2006. What this means is that FLOW's income was \$5 less than normal for every membership in 2005 and will continue to be \$5 less in 2006. But as you can imagine, this cannot continue forever, so we're working with ACA to see how to stabilize increases. We are also communicating to each of you about any ways that we can keep increases as painless as possible, while still retaining all the benefits that we each enjoy.

Please look over the 2006 budget, and as always, if you ever have any questions or concerns about the Club's finances, budget or otherwise, please do not hesitate to contact me.

Finally, you'll be happy to know that the fiscal health of the Club is solid and we look forward to the future.

Thanks,  
Jerry K, Treasurer

 <p><b>BAY CREEK</b> PADDLING CENTER</p>	 <p><b>JACKSON</b></p>	<p><b>BayCreek Paddling Center</b> 1099 Empire Blvd Rochester, NY (585) 288-2830 <a href="http://www.baycreek.com">www.baycreek.com</a></p> 
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Your Full Service Paddling Center  
On the edge of Rochester's Secret Wilderness

Flatwater—Openwater— Whitewater  
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**Thumpernet**  
.com

144 Genesee St. Suite 307  
Auburn, NY 13021

[www.thumpemet.com](http://www.thumpemet.com)  
[info@thumpemet.com](mailto:info@thumpemet.com)

Internet service since 1995,  
offering dial up, email, web  
hosting & design, virus  
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(800) 241-0104

### New Year, New Gear!

[see our Stores or [www.oakorchardcanoe.com](http://www.oakorchardcanoe.com) for details]

*FLOW members save 10% on all 2005 gear.*

**Empire Blvd.'s ONLY Authorized  
Dealer for**

**MAD RIVER, WILDERNESS SYSTEMS,  
RIOT, LOTUS DESIGNS & WAVESPORTS.**

**[www.oakorchardcanoe.com](http://www.oakorchardcanoe.com)**

**OAK ORCHARD CANOE KAYAK EXPERTS**

1350 Empire Blvd.

2133 Wtp t. rd.

Rochester, NY 14609

Waterport, NY 14571

585-288-5550

585-682-4849

*2005 gear in stock, FLOW members save 10%.*

**Congrats Joe and Karen!**



**Jack  
Ryan's**

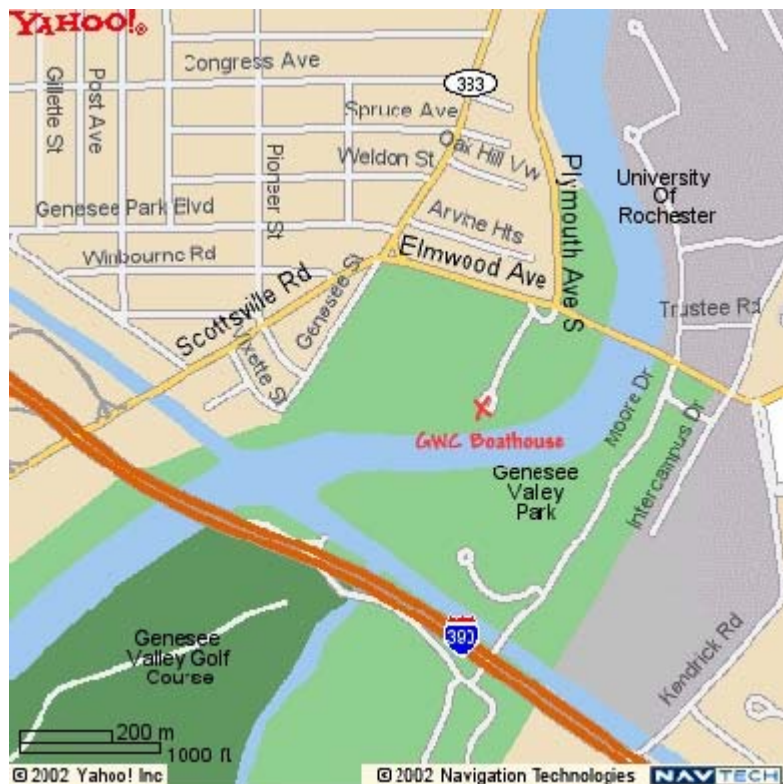
**825 Atlantic Ave.**

**[www.jackryansbar.com](http://www.jackryansbar.com)**

	2005 Budget			2006 Budget
<b>Income:</b>				
Item:	Estimated	Actual	Delta	Estimated
Individual Memberships	100	_____	_____	100
Family Memberships	60	_____	_____	50
Total Membership \$	\$5,700.00	\$5,335.00	(\$365.00)	\$6,500
Corporate Memberships	\$1,000.00	\$885.00	(\$115.00)	\$1,000
Wheatland Practice	\$25.00	(\$215.94)	(\$240.94)	\$0
MCC Practice	\$0.00	\$15.00	\$15.00	\$900
GCC Practice	\$0.00	\$0.00	\$0.00	\$160
Swap Meet	\$60.00	\$0.00	(\$60.00)	\$0
Misc. Credits	\$0.00	\$147.00	\$147.00	\$0
Approx. Total	\$6,785.00	\$6,166.06	(\$618.94)	\$8,560
<b>Expenses:</b>				
Item:	Estimated	Actual	Delta	Estimated
ACA Dues	\$4,150.00	\$4,478.00	(\$328.00)	\$5,000
January Party	\$750.00	\$988.37	(\$238.37)	\$800
August Party	\$800.00	\$663.06	\$136.94	\$800
Mailings	\$400.00	\$409.96	(\$9.96)	\$400
Meeting Rooms/Lodges	\$100.00	\$100.00	\$0.00	\$100
Meeting Expenses/Food/Etc.	\$125.00	\$77.59	\$47.41	\$125
Pool Insurance/PAC Club Fee	TBD	\$20.00	(20.00)	<b>\$225</b>
MCC Pool Expense	\$0.00	\$0.00	\$0.00	<b>\$900</b>
GCC Pool Expense	\$0.00	\$0.00	\$0.00	<b>\$160</b>
Donations	\$200.00	\$400.00	(\$200.00)	\$200
Web Site	\$60.00	\$60.00	\$0.00	\$60
Miscellaneous	\$200.00	\$124.42	\$75.58	\$200
Approx. Total	\$6,785.00	\$7,321.40	(536.4)	\$8,970
Overall Delta (Approx.)	\$0.00	(\$1,155.34)		(\$410.00)

Beginning Balance Citizens Bank, Account-Jan. 1, 2005	\$6,011.29
2005 Income	\$6,166.06
2005 Expenses	(\$7,321.40)
Calculated Balance Citizens Bank, Account-Dec. 31, 2005	\$4,855.95
Ending Balance Citizens Bank, Account-Dec. 31, 2005	\$4,855.95

Respectfully Submitted: Jerry A. Koehler, January 8, 2006



## 2006 Adirondack Paddlefest May 19 - 21, 2006

The 2006 Adirondack Paddlefest and Outdoor Show is growing! We're moving the show to Old Forge, NY! And it's getting better! More Boats, More Beach, and More Vendors! This year the show will include **Outdoor Gear**: hiking, backpacking, camping, and more! Industry Representatives will be on hand with Special Sales and to answer all your questions! RAIN OR SHINE! This year we'll have a 10,000 square foot convention hall available in case of bad weather.

- Over 1000 canoes and kayaks on sale.
- Over 75 manufacturers at the show.
- Admission to Paddlefest is FREE.
- 10% - 15% off accessories all weekend.
- Great Show specials.
- \$10.00 test paddle/day or \$15/weekend.
- Guest speakers, clinics and demos.

Come visit the Northeast's largest paddling destination.

### Whitewater Challengers

New York's #1 Dealer in Kayaks, Canoes and Gear!

We have everything you need to play on the water.

Our brands include:

- Pyranha
- Wavesport
- Jackson Kayaks
- Prijon



We're so close to the Moose River, we consider it family

315-369-6699  
Rt. 28, Old Forge, NY  
wcmoose@capital.net

### BANFF Mountain Film Festival

World Tour sponsored by Interactive Adventures

02/28/2006 (7:30 PM - 10:00 PM)  
Ingle Auditorium

03/01/2006 (7:30 PM - 10:00 PM)  
Ingle Auditorium

Faculty/Staff - \$7  
Other - \$9  
Students - \$6

Contact: Tom Connelly  
Email: [tpcsce@rit.edu](mailto:tpcsce@rit.edu)

### FLOW Paddlers' Club C/O

Simon Barnett  
72 Maple Park Hts.  
Rochester, NY 14625

