



FLOWlines

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



Volume 11, Issue 5

October 2006

November General Meeting

Date: November 9th, 2006

Time: 7 pm.

Location: Genesee Waterways Boathouse

FLOW will meet this November to determine the course of the club for the future. We'll primarily be discussing our options for insurance and working to develop a slate of officers for the next two year term. We request your presence and participation as this is a critical time for our members to express themselves and chip in to help.

The agenda is also open to a wide range of suggestions that have been generated through the message board. You can find the discussion at [here](#). The following is a list of the more interesting suggestions:

Message Board:

- Eliminate under-utilized boards (flatwater, corp. sponsors, etc.) for a cleaner look.
- Scroll through advertisements for corporate sponsors.



Newsletter:

- Turn it into a blog to make it more interesting, interactive and easier. With a page for club business and a page for beginners getting into the sport. Also an area for instructional articles, trip reports, etc.



Other:

- Proposal to buy insurance from GWC.
- Meetings: Need ideas for more meetings: summer picnic, winter party, lock opening and closing, swap meet (?), film fest (?), etc
- Eliminate the Flatwater VP board and stop advertising any club involvement in Flatwater paddling.

See *page 3* for an incomplete list of the responsibilities of these positions.

See *page 5* for a list of FLOW's elected and appointed positions and details on the nominating process.

The Swim Heard 'Round the World

—By Mike LaFlair



Note: Some of the characters and names have been changed but the stories you are about to hear are all Real!

That fateful morning of October the 22nd, one I will never forget. It started by meeting the other characters in this story, to be known only as Sally and Diesel, at the Stewart's in Harrisville. We knew that due to lots of snow and rain in the past weeks, the Oswegachie would be at a prime level for our characters to get their first crack at this truly stunning run. When I arrived there, I had noticed that I had forgotten an important piece of equipment at home, which could put a big damper in our mission plans.

After a short ride back to Watertown to retrieve a new helmet from "Cheap Champagne", we were focused once again on the objective at hand. During the shuttle, there was much speculation as to what the run would be like. "I have a feeling that someone will be needing this" I said as I threw my throw bag to Sally. "Yeah" he said, "This is going to be pretty big." Diesel and I spoke briefly at the put in about the levels. "What is the [normal] level for this run?" I asked. "800" he said, as I looked back at him with some surprise. "and its at 1700 something?" I replied with some sarcasm. Nothing more was said about the level after that. Needless to say, there was some sense of un-easy-ness in everyones stomach as we pushed off shore, but we felt like if anyone in the team was ready for the challenge, it would be us.

The first .7 miles was quiet, slow moving water for the most part. And so was the team. On a recon mission at high water, people are pretty quiet until you get into the game. We came around a bend and got to the first drop. I think we should have scouted from the right, but the left was chosen, much to my dismay. We walked around and around, but we really couldn't see the rapid. We decided to fire anyways. All three of us ran pretty decent lines. But what had us worried was how big it was compared to how big we thought it was. "Holy crap!" I said after boofing. Diesel only replied "Yeah, that was deceiving."

—continued on page 4.

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.....	Kurt Fisk.....	313-1136
Newsletter.....	Andy Cook.....	747-8478
Librarian.....	Alex Macur.....	265-9256

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.h2online.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.....288-9709

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.

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

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/

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.

Rochester Canoe and Kayak Park.....377-1994

Director: Art Miller ACA Certified WW Instructor; USACK Certified Olympic Development Coach.

rockpark@rochester.rr.com or www.kayak-adventures.org

Talic Sport Hammocks.....381-5401

Wooden canoe and kayak stand manufacturer. www.talic.com

Tony Hernandez.....820-6538

Whitewater and flatwater instruction. ACA Whitewater and Wilderness First Responder certifications. k1tony@mindspring.com

Officer and Committee Chair Job Descriptions

President

The following is a description of responsibilities of the President is general in nature, keeping in mind that FLOW is a social club. The individual who accepts the responsibilities of the office of President should not be encumbered with an extensive list of specific tasks but instead should exercise their own ingenuity to accomplish the following:

- Ensure that the business of the club is conducted / completed to serve the best interest of the club membership (Steering and General Meetings, Elections, Selection / Appointment of Committee Chairs, Budget, Corporate and Individual Membership Renewals and Net-Adds, Pool Practices, Parties, Picnics, River Trips, other events, etc.)
 - Surround himself / herself with good people who are willing to make and fulfill commitments that serve the interests of the club membership
 - Delegate, Delegate, Delegate
 - Act as the primary proponent for the club and primary contact / conduit for information about the club and the clubs activities, for both members and non-members
 - Mitigate any / all disagreements / conflicts between / among club members, and between / among members and non-members
-

Vice President(s)

- Serve as interim president, in the president's absence.
 - Spearhead the organization of FLOW's annual schedule of trips (WW & FW)
 - Provide liason between FLOW trip coordinators and the ACA.
 - Attend Steering Committee meetings and participate in the management of the club.
-

Treasurer

- at least annually, submits expense and income ledgers for review to a member of the Club Steering Committee.
 - maintains an accounting system that can be followed by any other club officer.
 - receives bills, invoices, requests for reimbursements.
 - pays all bills, invoices and requests for reimbursements in a timely manner such that the Club incurs no late fees or disruptions of services. Note: during the heavy season this may be a weekly activity. During other times it is likely to be a once per 2-3 week level of activity.
 - serves as the Club's financial liaison with our primary financial institution, Citizens Bank.
 - prepares an annual budget for approval/acceptance, and revises initial proposal(s) as necessary.
 - reports at least quarterly on budget performance, and perhaps as frequently as monthly, or more, if requested by the Club Steering Committee.
 - assists with managing the finances of the Club such that it retains its social club standing.
 - is one of the Club's recognized financial signatories. Note that there will always be at least two such signatories on record at any time.
-

Newsletter

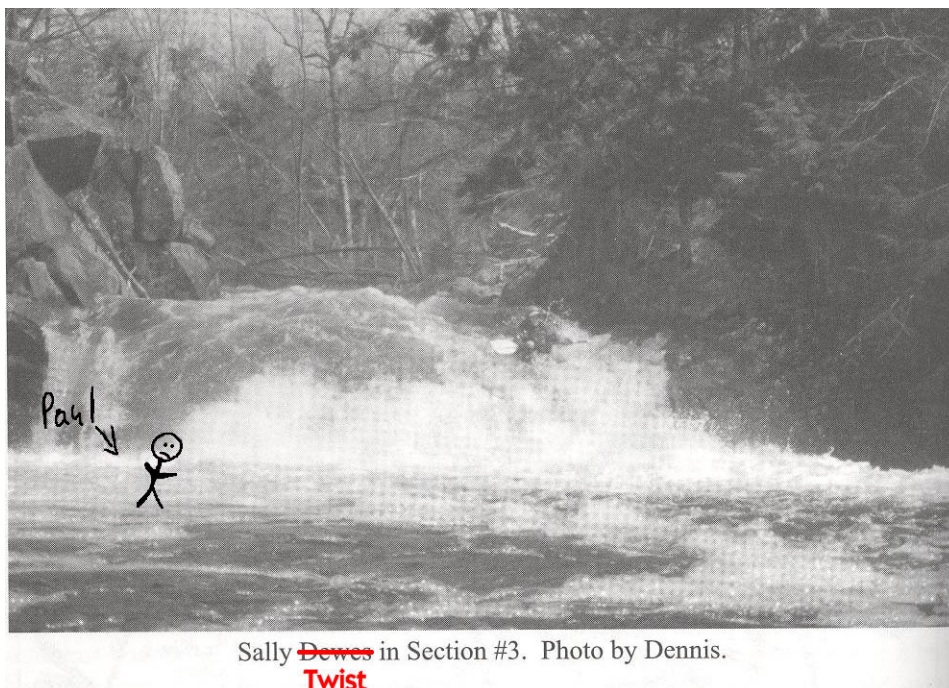
FLOW's newsletter editor is responsible for writing and distributing 11 newsletters per year. These newsletters shall have current and accurate information about club events, policies, fees, insurance, trips, officers (appointed and elected), corporate sponsors, affiliate organizations and companies that provide FLOW members discounts and/or unique products and services locally and nationally. The newsletter shall also contain informative articles about paddling technique, safety, access, conservation, development (including as river modifications, whitewater parks), events (such as local and regional festivals), whitewater releases, dam management, paddling destinations, etc. To do this the editor needs to coordinate with:

- the membership chair to obtain up to date distribution lists the corporate sponsor chair to verify which corporate sponsors are eligible for advertisement in the newsletter
- the corporate sponsors to obtain or design ads
- the treasurer to arrange for the purchase of stamps and other supplies
- the steering committee to verify and/or decide the details of club events and policies
- the whitewater and flatwater trip committees/coordinators to obtain current trip lists
- the treasurer to obtain and print a yearly budget report
- the instruction and conservation and access chairs to communicate information from these areas
- the membership to gather material for the newsletter
- outside organizations (such as AW or ACA) to gather material for the newsletter

The Swim Heard 'Round the World (cont'd)

We all caught an eddy just before the next bend. We went to scout from a cliff above the rapid. The line looked pretty easy, and none of us thought that the hole at the bottom had looked that bad. Sally and Diesel went back to their boats and got in, while I let them get out ahead before I took off. This was the last time I would be able to look at Sally the same way again...

Panic! What should I do? This isn't good. Where did he go? Please come up.



These were some of the thoughts I had. Diesel had run the rapid behind Sally. At the last moment, Sally turned to Diesel and said "I think I am going to go right." Diesel and I had already said that the line was left. As Diesel ran the rapid, he passed Sally. When he got to the bottom, he looked up and didn't see him. He thought he had caught an eddy above. Needless to say when Sally surfaced at the bottom, Diesel was quite surprised. I had just punched the hole above the "drop" when I saw what was going on. I got to the lip, only to see Sally to my right. He looked frightened and confused. I was worried. He was side sufering in a beefy hole that none of us had really thought was too bad. I ran out the rapid and turned back upstream. Sally was upside down and trying to roll. "Get up Sally" I yelled. But what happened next would shake the kayaking world.

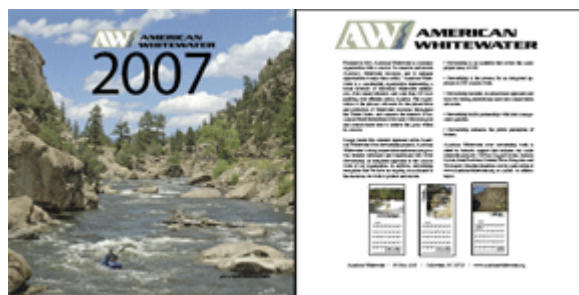
"He's out", Diesel yelled, meaning Sally was out of his boat. He had pulled the grab loop and gotten out of his boat because he was out of oxygen. When Sally came to the surface his eyes were huge. He looked scared. He should be. He was getting sucked back into the hole that had just held his boat and him for over a minute. I started paddling towards shore. The I realized it was no use. I had given my bag to Sally at the put in, as he told me that if anyone was going to need to be roped out, it would probably be me. I turned back to get downstream of the hole to wait for him and his gear. He was back under. Long enough for Diesel to yell, "Come on Sally, Swim up!" Diesel and I were scared. Not only did we have a man under without oxygen, but it was the leader, the man, the myth, the legend, the bus driver.

Then we saw it. First a hand, reaching for the sky. Then the voice. "Boat!", Sally yelled in desperation. Diesel quickly pulled Sally to shore as I picked up the yard sale. He was ok, a little shook up, but physically fine. "That thing just spanked me." He said in disbelief. He had come out minus a bootie, a pair of Diesel's gloves, my throw bag, his pants, his dignity, and the yellow on his teeth. We got him back in his boat and back in the water. As we were paddling away, Diesel said to Sally "Just wait, the hard rapid is just up here a ways." Sally asked Diesel "What was the name of that rapid anyways?" I chimed in, "Nipple Twist Falls."

The rest of the run is for another story. But I will leave you with this. Some day you may see someone you know take a swim. It is how hard you bust their balls after that makes the difference.

The End.

American Whitewater's first annual calendar is now available for sale.



This full color calendar is full of some of whitewater's best imagery from today's top photographers. This calendar is perfect for the office or home wall so you can at least look at a great river if you can't be on one. All funds raised from the 2007 American Whitewater Calendar support AW's river stewardship efforts throughout the country. To order, please go to:
https://www.americanwhitewater.org/content/Store/?crn=202&rn=322&action=show_detail



FLOW Officers and Chairpersons

To the right is a chart depicting the current and future elected officers and appointe chairpersons of FLOW. The positions that need filling are those listed as "Vacant" under the far right column. Some of these positions are obviously more critical than others. We've lived without a Conservation and Access chair for the past three or four years, but couldn't function without a membership chair. The Membership chair and the Treasurer are the positions to be filled that are most critical.

Please come to the November General Meeting and participate in the nominating process. Give some serious thought to what you would be willing to contribute and/or who you think would be a good candidate for any of these positions. Even if you can't volunteer to fill one of these roles, there are many other ways you can help, either by helping to organize one of the general meetings, helping coordinate trips or just by showing up to the November meeting or any of the Steering Committee meetings.

Position	Elected or	Currently	Nominated
President	Elected	Don Shaw	Jerry Koehler
VP for Whitewater	Elected	Norm Deets	Andy Cook
VP for Flatwater	Elected	Vacant	Vacant
Secretary	Elected	Cathy Rague	Vacant
Treasurer	Elected	Jerry Koehler	Vacant
Membership	Appointed	Simon Barnett	Vacant
Newsletter	Appointed	Andy Cook	Andy Cook & Dave Fulle
Instruction	Appointed	Art Miller	Vacant
Conservation/access	Appointed	Vacant	Vacant
Library	Appointed	Scott Conley	Alex Macur
Corporate	Appointed	Rose Conley	Kurt Fisk



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2005 gear in stock, FLOW members save 10%.

FLOW Steering Committee Meeting

Date: November 28

Time: 7 pm

Place: Jack Ryan's

We would greatly appreciate your participation in the club's business. FLOW is a democracy, which means it's ruled by those who show up.

This fall is an especially important time for you to attend the steering committee meetings. Over the course of the next months, FLOW will need to pick a new slate of officers and determine the future direction of the club. In order for our officers and direction to reflect the wishes of the membership, you need to participate in the officer selection process.

If you would like to take a more active role in the future of our club, or know someone who would be good at one of the officer's positions, or would like to contribute to the continuation of the club, please come to the meeting.



This huge blunt powered by

**Jack
Ryan's**

825 Atlantic Ave.

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



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