

PADDLE SPLASHES

AMC NY-NoJ Chapter, Canoe and Kayak Committee

January/February

HERB STERMER PRESENTS THE RIVER GOD PLAQUE TO MARTY PLANTE



We have a new Chair of the Canoe and Kayak Committee, Marty Plante, and as tradition continues, the River God Plaque was presented to him at the Paddlers' Party held on December 10, 2005 by Herb Stermer. (The River God Plaque was assembled by Don Getzin from items found in a box that was turned over to him by the prior chairs, when he was chair of the Committee, and it has been passed on through the years.)

Marty has assembled his committee for the coming year, see pages 3 and 4 of Paddle Splashes for biographies of the committee.

At the Paddlers' Party, appreciation and gratification was extended to Herb Stermer for his outstanding job as Chair during the past year. Herb also thanked his committee and presented them with wine glasses (an appropriate gift for the group.)

Jane Bottner (Chair of the Paddlers' Party) reports that as parties go, this one was fairly benign: no smoking machine, screeching smoke alarms, sirens or concerned firemen to join us during the party, which was held at the American Legion Hall in Rochelle Park, NJ. Instead, 75+ hardy partiers enjoyed good food, good music, good conversation.

The party could not have been possible if not for the hard work of volunteers. Several new people were brought in this year bringing a breath of fresh air to the party. The creative minds of Charles Michener, Melanie Disa, and Eileen Yin collaborated to create fresh and stunning table decorations. Kerry O'Brien brought his traditional punch to quench our thirst;



Harv Kunz entertained us with some really good music. Marcia Strean and Dottie Peters greeted all revelers at the door. Aviva Glass organized dessert and Si Pae led the clean up brigade. A very big thank you to Ara Jingirian, Connie Farley, Avinash Koul, Mimi Zucker, Victoria Butler, Joe Sklar, Kurt Navratil, Butch Futrell, Ellen Campuzano, Dave Brucas, Lois Gesner, Lien Olstroom, and Eileen Yin for the thankless job of putting forth the food and cleaning it up in between each course. Thank you to those who came early to set up and those who stayed late to clean up and of course to everyone who took the time to make something for us to eat. And thanks to Maureen McCahery for all the time we spent on the phone planning this party.

Inside this Issue

Herb Presents Plaque Recognition	1
Meet the Committee	2
Sea Kayak Ratings	3,4
Sea Kayak Purchase	5
PaddleSport	6
Safety Update	6
Inquiring Paddler	7
Schedule	8
Barn Work Day	9
	10

RECOGNITION OF TRIP LEADERS AND INSTRUCTORS DURING 2005

We are most grateful to the Leaders, Co-Leaders and Instructors who make our paddling program possible. Thank you for your time and efforts.

Carter Bland
Bree Branch
Richard Breton
Rich Bryan
David Brucas
Victoria Butler
Bill Canfield
Brant Collins
Mike Dalton
Jeff DePue
Andrew Douglas
Diane Edwards
Paul Edwards
Connie Farley
Steve Ferder
Butch Futrell

Don Getzin
Aviva Glass
Dan Gold
Lenny Grefig
Jerry Griebel
Elinore Hoffman
Ara Jingirian
Arlene Kaplan
Dave Kaplan
Jennifer Koermer
Cath Kraft
Michel Leroy
Bob Lindquist
Phyllis Lindquist
Mac McCauley
Pat McHenry

Charles Michner
Kurt Navratil
Kerry O'Brien
Si Pae
Dot Peters
Rich Petrein
Martin Plante
Linda Polstein
Elizabeth Purcelly
Joseph Pylka
Chris Raab
Rob Roberson
John Robson
Dave Rosenfeld
Jim Rubins
Henry Schreiber

Michelle Sholtis
Joe Sklar
Marcia Streat
Herb Stermer
Gretchen Tardell
Ken Tardell
Radu Teodorescu
Claire Tattersall
Mark Tiernan
Tom Trevor
Chris Viani
Charlie Wilson
Eileen Yin
Bob Zazzera

RECOGNITION OF DEMO DAY PARTICIPANTS

Demo Day was a tremendous success because of the participants who gave of their time and worked so diligently that day. Thank you to the Chair of this event, Victoria Butler, whose idea made this possible and who led and organized this event for the second time.

Jill Arbuckle
Steve Magid
Rich Bergl
Dick Muller
Carter & Robin Bland
Kurt Navratil
Rich Bryan
Si Pae
Victoria Butler
Marty Plante
Ellen Campuzano
Linda Polstein
Betsy Collins
Elizabeth Purcelly
Andrew Douglas

Dave Rosenfeld
Connie Farley
Jim Rubins
Fred Feingold
Michelle Scholtis
Steve Ferder
Hanno Schop
Mike Fitzpatrick
Henry Schreiber
Butch Futrell
Gloria Silva
Don Getzin
Joe Sklar
Lenny Grefig
Herb Stermer
Amy Hanson
Gretchen Tardell
Ara Jingirian
Ken Tardell
Jennifer Koermer
Mark Tiernan
Cath Kraft
Tom & Susan Trevor
Michel Leroy
Chris Vianni
Eileen Yin

The shirts given to trip leaders reads:

Trip Leader Answer Shirt

1. I know every rock on the river. Follow me.
2. The takeout is marked by a big tree. You can't miss it.
3. It's a short shuttle.
4. Sure it's the boat, but sign up for instruction anyway.
5. No, the heavy rain won't come down for a while yet.
6. Lunch in 15 minutes.
7. It's an easy carry at the takeout.
8. Don't worry. You've got a stable boat. It can't tip over.
9. The wind always blows downstream on this river.
10. We're almost to the takeout.
11. Sure, somebody will be glad to carry your boat down to the water for you.
12. There's enough water, it won't be scratchy.
13. It's an easy Class 2 drop.
14. The water isn't cold.
15. If it's still liquid, it's warm enough to paddle.

Got questions? We've got the answers.

MEET THE COMMITTEE

In the past, our committee has been blessed with the efforts of many knowledgeable, hard-working volunteers. This year's committee is no exception. If you haven't yet met all of our committee volunteers, here's a brief introduction. Incidentally, the committee has, for the first time, more kayakers than canoeists.

Carter Bland, Sea Kayaking Chair

I have been an AMC member for more than fifteen years and an active paddler for five. My wife, Robin, is also a longtime member and active paddler. Four years ago, we were participants in the first sea kayaking instruction offered by the Canoe/Kayak Committee, taught by Chris Raab. Since then, we have become ACA-certified coastal kayaking instructors and worked to expand the chapter's sea kayaking program as instructors and trip leaders. Robin and I live in the mid-Hudson Valley and enjoy a wide range of outdoor sports.

Victoria Butler, Member at Large

My first paddling trip was in July 1999; I was the only kayak. We were just the Canoe Committee then, we hadn't bought our first RPM and dinner meant washing dishes in the dark. Of course, I didn't know at the time how contagious kayaking was; I caught the kayak bug and my life has never been the same. The AMC taught me to paddle so I feel strongly about volunteering my time for the Club. I have run instructionals, Demo Day and the Paddlers Party, was Equipment Coordinator and taught Eskimo rolling. And yet I am still indebted to the AMC. Perhaps the best part of kayaking is the incredible friendships I forged with people who are always there to help (whether I am on, off or in the water). I cannot imagine a greater group of people with whom to paddle, laugh, camp, eat, drink and have a fabulous time.

Andrew Douglas, Co-Quartermaster

I started by rafting, then was talked into a duckie, and then took a one-day kayak lesson. After a brief ten-year break, I took a second lesson with Jennifer, bought a boat, and joined the AMC in the fall of 2002. We were immediately adopted by a few paddlers and were soon paddling every weekend. The great reward for me is that the learning curve never completely flattens; every day on the water makes me a better paddler. Jeff DePue's Southern Rivers Trip is my favorite AMC trip. I find the task of caring for the committee's gear and facilities daunting and welcome any and all help anyone would care to offer.

Connie Farley, Equipment Scheduler

I've been paddling for 4 years and appreciate every moment. AMC trips are not just a weekend adventure - but an encompassing and rewarding lifestyle, with

great friends! My bureaucratic experience: 2005 CKC River Folder Chair; 2003-05 past executive board member of KCCNY and currently serve as their newsletter editor. My River Fun: paddle year round, whether it's in the doldrums of a hot summer, Spring-runoff or a New Year's Day paddle on freezing New England rivers - drysuit essential! Favorite Runs: Dryway of course, there is plenty to learn on this challenging river; and special local trips to the Mongaup, Nescopeck, and the Shohoholaaa!

Butch Futrell, Safety Chair

I've been with the AMC about five or six years now, I think. I rafted the Upper Gauley a couple of times a long time ago and decided then that kayaking looked like more fun and I wanted to do that some day. Now I am having a lot of fun on the Dryway, Tohican, Brodhead, regularly and looking forward to getting back to the Cheat, Shohola, Stony, and oh yeah the Beaver was a blast too. Other activities? There are no other activities. Got to keep practicing to go back and tear up those rivers and others. OK, I may go skiing once or twice this winter but only when it's really cold.

Lenny Grefig, Treasurer

I began paddling and joined AMC somewhere around 1995. My favorite rivers, the Schroon and Esopus, are really completely different from each other but have two very common elements: both have water and both have rocks. I've been in the water on both and either my boat or I have been in close contact with just about every rock...on both. I give credibility to the phrase "I know every rock on the river." Just don't follow me.

Ara Jingiran, Secretary

I've been a member of AMC for over 10 years, and an active kayaker for about four years. Throughout the past few years I've organized and lead various trips, ranging from day trips to overnight ones. I'm currently the coordinator of the NJIT pool sessions as well. My non-paddling friends know me best as the one who's always away on weekends. During the season, I'm out paddling most weekends. Otherwise, I'm away on a backpacking trip. As a leader for both the Backpacking and Canoe/Kayak committees, I get to juggle my schedule between the two. However, in the winter, skiing (downhill) is the main activity. I'm looking forward to serving on the committee.

Jennifer Koermer, Trip Scheduler

After a couple of frigid trips on the Hudson in a raft admiring the kayakers, Andrew managed to convince me to take a kayak lesson. Soon we purchased boats and learned that the AMC had pool sessions! I've been paddling since the fall of 2002. Favorite rivers so far: Brodhead, Nescopeck, and the Lower Gauley. I'm new to this committee thing and a little overwhelmed.

Phyllis Lindquist, PaddleSplashes Editor

I joined AMC in 1984 on a brown water canoe trip in the Pine Barrens. It was so much fun that I continued paddling flat water and eventually ran many flat water trips for the Club. Then in 1995, I met three gals at a whitewater solo boat instruction. At that time I was Phyllis Valendo. In April 1998, I met Bob Lindquist at our Leaders' Dinner, and we were married in April of 2000. We have paddled extensively, mostly Class 3 and Bob introduced me to wilderness trips in British Columbia and Ontario. In addition to canoeing, I play tennis 3 times a week, I have biked extensively, with trips to Portugal and France. I in-line skate, ice skate and downhill and cross country ski. Since Bob and I are retired, we travel a great deal. I have been Editor of Paddle Splashes for 5 years. Previously, I was Secretary on the Canoe & Kayak Committee.

Kurt Navratil, Instruction Chair

I've been a member of the AMC on and off for about 13 years. I'm married and have two sons. Ben, the oldest, is in the Army and Aaron is in the Navy. In the early days I paddled with Aaron on the Hudson and in the Pine Barrens. As we got older, we moved into whitewater - canoe and kayak for me and whitewater kayak for Aaron. I was one of the founding fathers of the Delaware Valley Division of the ACA and treasurer of the DVD for 6 years. I was the President of the Garden State Canoe club for two years as well as being on the board of directors of the Kayak and Canoe Club of NY. I always considered myself a triple threat: I canoe, I sea kayak and I whitewater kayak (Jack of all trades, master of none). I look forward to serving on the committee and hope to add to an already full schedule.

Marty Plante, Chair

I started canoeing with the AMC in 1991 when paddling gear still included a wool sweater. Drysuits were something I had only read about and, I suspected, were used only by paddlers with large trust funds. I decided early on that if I was going to paddle whitewater, I should know something about safety and rescue, so I took a S&R class. Being somewhat of a coward, I took

another class, then another, then another. This strategy inadvertently landed me a seven-year career as our chapter's Safety Chair. When it's too cold to paddle (yes, it sometimes happens), I spend my time skiing, snowshoeing and planning canoe trips.

David Rosenfeld, Rating Chair

I've been paddling off and on since the mid 70's but started with the AMC in 2000. While I can usually be found on the river in my retro (aka long) kayak, I have occasionally been spotted in a canoe and may someday even get a small kayak. In addition to paddling, I'm interested in numerous other outdoor sports such as skiing, biking, climbing, horseback riding, etc. If only there was more time.

Henry Schreiber, Records Chair

Henry has been an active member of the AMC since 1982. He was honored as "Appie of the Year" in 2002 and is the current Chapter Chair. He is a past chair of the Canoe/Kayak Committee (1992-93) and is an instructor for Class 2 Whitewater Canoe and Basic Safety & Rescue. Henry has been certified by the American Canoe Association as an instructor for Whitewater Open Canoe and Basic Whitewater Safety, and has led numerous paddling trips for the Canoe/Kayak and Fire Island Committees. He has been the Editor of our Chapter Schedule for the last six years and is on the Membership Committee, leading monthly New Member Orientations. On the rare occasions when he's not volunteering for the AMC, Henry loves to travel.

Tom Trevor, Co-Quartermaster

I've been with the AMC about 13 years and leading BW trips almost as long. I'd been canoeing with my son, Mike, in Harriman Park and wanted to paddle on rivers. The instruction programs and trip schedules of AMC attracted me because I needed the comfort of more experienced people to help me. Mike and I completed Basic and Class 1 together. I wanted to go on BW day trips, but did not want to travel 3 - 5 hours. So, I began leading very basic BW trips within a short distance of the Barn. Since then, I've paddled six-day expeditions in places as diverse as Baffin Island in the Arctic to the 10,000 Islands in South Florida and made great friends. Paddling for me is about joy and serenity of being on quiet water and sharing my love of the experience with others.



SEA KAYAK RATINGS

The Canoe and Kayak Committee is pleased to announce the following sea kayak ratings awards to Chapter paddlers:

Jill Arbuckle	1	Mike LoCicero	1
Hannah Artonnson	1	Sharon Lopaty	1
Jaideep Bedi	BW	Joe McBride	2
Robin Bland	2	Mark McDonough	2
Carter Bland	4	Alicia McDonough	2
Walter Bonilla	2	Karen Morgan	1
Victoria Butler	2	Kurt Navratil	2
Justin Carlson	2	Bob Purcell	BW
Sue Chan	1	Cheri Putnam	2
Dorrie Christman	BW	David Raab	2
Betsy Collins	2	Sue Raab	3
Brant Collins	4	Chris Raab	4
Eva Marie Dashuta	1	Ginger Ray	1
Jeanette Davies	2	Richard Reid	1
John Davison	1	Nicholas Reitter	2
Sue Dice	3	Lisa Resnick	1
Paul Dice	4	Sarah Richards	BW
Dan Dubovsky	2	Jason Ruspini	BW
Fred Feingold	3	Peter Sanders	2
Steve Ferder	2	April Sanders	2
Adam Flemming	1	Mark Steinhacker	1
Jeff Gregg	2	Greg Sullivan	3
Tom Hafstad	1	Kjeld Tidemand	1
Patricia Hessing	2	Richard Tryder	3
Karen Kay	BW	Adam Weiner	2
Jack Lenhert	W	Kan Yu	2
Pavel Litvinov	1	David Zimmerman	1

The following is an abbreviated explanation of sea kayak paddler ratings. For a full description of the ratings and requirements, please see *The Feathers*. Sea kayak rating recommendation forms are available by download from the chapter website.

Brown Water

In protected water conditions, demonstrates competence in: maintaining boat stability; paddling in a straight line; controlling boat direction and avoiding obstacles; wet exit (or paddles without a spray skirt).

The BW rating is awarded for successful participation in one BW or higher trips (one of which may be any AMC kayak instruction including whitewater*).

Level 1

In protected water conditions, demonstrates competence in all basic strokes and rescues as well as knowledge of safety issues related to paddling including weather, tides and currents, marine hazards, hypothermia etc.

The Level 1 rating is awarded for successful participation in two Level 1 or higher trips (one of which may be a Level 1 or higher AMC sea kayak instruction). A Level 1 recommendation is necessary unless one of the two required trips is a Level 1 or higher AMC sea kayak instruction.

Level 2

In protected water conditions, in addition to Level 1 skills, demonstrates competence in: basic and advanced strokes with edging; good progress toward an Eskimo roll; and knowledge of basic on-water navigation including map/chart reading and compass use.

The Level 2 rating is awarded for successful participation in three Level 2 or higher trips (one or more of which may be a Level 2 or higher AMC sea kayak instruction). At least one of the trips must include some exposure to conditions near the upper end of the range for protected water. Two Level 2 recommendations are necessary. One Level 2 recommendation may result in a Level 1+ rating until the remaining requirements are completed.

Level 3

In open water conditions, demonstrates competence in: all Level 1 and 2 skills; Eskimo roll; towing; navigation; and knowledge of open water hazards.

The Level 3 rating is awarded for successful participation in five Level 3 or higher trips (one or more of which may be a Level 3 or higher AMC sea kayak instruction). At least three of these trips must include some exposure to conditions near the upper limit of the range for open water. Three Level 3 recommendations are necessary. One or two Level 3 recommendations may result in a Level 2+ rating until the remaining requirements are completed.

Level 4

In rough water conditions, demonstrates competence in: all Level 1, 2 and 3 skills; advanced rescues; re-enter and roll; surf launches and landings; surf zone safety issues; and advanced navigation.

The Level 4 rating is awarded by consensus of the Chapter's current Level 4 seakayakers.

SEA KAYAKS ADDED TO CKC'S RENTAL FLEET

By Carter Bland



The Canoe and Kayak Committee's growing sea kayak program received a major boost in 2005 in the form of a matching grant from AMC headquarters to buy sea kayaks and related equipment. In December, the CKC completed the purchase of six kayaks, six spray skirts, eight touring paddles together with paddle floats and bilge pumps. This equipment is available for rental by chapter members on the same terms as the Chapter's whitewater kayaks and canoes.

As many paddlers know, late season is a great time to shop for boats as retailers and outfitters are often keen to reduce inventory. In November, Sea Kayak leaders Carter Bland and Chris Raab contacted a number of regional

kayak dealers to solicit proposals for a package of good quality used or demo boats. They received numerous responses including attractive offers from Atlantic Kayak (Peekskill, NY), Kenco (Kingston, NY), Mountainman Outdoor (Old Forge, NY), EMS and Campmor. The CKC appreciates the willingness of these retailers to offer AMC excellent equipment at very good prices.

In this instance, however, the best overall proposal came from Hudson Valley Outfitters in Cold Spring, NY who put together a package of five used Current Design Kayaks - four Siroccos and one Squamish - together with spray skirts, paddle floats and bilge pumps. The Sirocco's, feature a classic design by will fit a wide range of paddlers. The Squamish at 15'8" long and 23" wide is a low volume boat that best fits smaller paddlers. The CKC also purchased a sixth kayak from a private seller, a Prijon Kodiak, which at 17'1" long and 24.5" wide fits large paddlers. All six kayaks have retractable skegs, bow and stern

bulkheads, deck lines, thigh braces and adjustable foot-braces.

Victoria Butler arranged a terrific deal with Werner for a package of its whitewater and touring paddles. The touring paddles are two piece Skagits and Sports and adjust for right, left and neutral feathering. CKC purchased nylon spray skirts for the sea kayaks and many of the existing neoprene whitewater skirts will fit them as well. A couple of bilge pumps and paddle floats are available now and more will be purchased in 2006. Also available, are a couple of tow belts donated to the Club by Kokatat for use by trained leaders and instructors.

The new equipment will be stored at the Barn and is available for rent for Club trips at the rate of \$20 for the first day and \$10 for each subsequent day (kayak, skirt, paddle, PFD, pump and paddle float). Some roof-racks and foam blocks for car-topping are available at the Barn but if you've never car-topped a 17-foot 60-pound sea kayak, please see the Feathers or ask your trip leader.

PaddleSport 2006

The Jersey Paddler will be hosting the 45th annual PaddleSport event, featuring the latest paddling equipment and informative presentations. Look for the AMC's booth at the Garden State Exhibition Center, 50 Atrium Drive in Somerset, NJ. Drop by and say, "Hello." The show dates and directions are as follows:

March 24, 2006 (Friday)	12:00 P.M. – 9:00 P.M.
March 25, 2006 (Saturday)	9:00 A.M. – 6:00 P.M.
March 26, 2006 (Sunday)	9:00 A.M. – 4:30 P.M.

From I-287 Southbound

Take Exit 10 (Route 527/Easton Avenue/New Brunswick). Follow Route 527 North to the first traffic light and make a left turn onto Davidson Avenue. Continue on Davidson Avenue for one half mile. The Center is one half mile east on the left.

From Northern New Jersey & New York via the Garden State Parkway

Take Exit 129 for I-287 North. Take Exit 10 for Route 527 (New Brunswick/South Bound Brook). Follow Route 527 North to the first traffic light and make a left turn onto Davidson Avenue. (see above)

From Northern New Jersey Via I-78

Take I-78 West to Exit 29 for I-287 South. Take Exit 10 for Route 527 (Easton Avenue/New Brunswick). Follow Route 527 North to the first traffic light and make a left turn onto Davidson Avenue. (see above)

From Northern New Jersey/Newark/New York Via the N.J. Turnpike or I-95

Take the NJ Turnpike (I-95) South to Exit 10 (Metuchen/Edison) to Route 287 North. Take Exit 10 for Rt. 527 (New Brunswick/South Bound Brook). Follow Rt. 527 North to the first light and make a left turn onto Davidson Ave



The Inquiring Paddler

Questions and answers may be sent to phyllislindquist@worldlynx.net or by snail mail to the address on last page of this newsletter. Deadline for next issue is January 15, 2006 (If you wish to be included on the e-mail inquiry response list,

Tell us about the coldest day or the hottest day that your paddled?

Andrew Douglas



Picture taken by Jennifer Koermer

My coldest day of paddling would be January first, 2006 paddling on the Winnipisaukee. The local bank said it was 24 degrees when we drove to the put in. My fingers were freezing to the metal buckles on our straps as we unloaded the boats. The air was still, yet metallic with the bite of the cold. As we paddled downstream, my nose clip froze into a curved bar of string. Our helmets and PFD's grew a coat of ice, drop by drop. My pogies, and even my paddle shaft were finally coated with frozen droplets. During the final eighth of a mile walk to the cars, the dry cold allowed all the remaining moisture in our clothing to freeze, seizing up all of our buckles, zippers, and belts. Co-cooned in our drysuits, we were warm and happy, having been allowed to experience a part of nature few even bother to see these days.

Joe Pylka

I remember a cold day on Cedar Creek in the Pine Barrens. The water was moving but all the eddies and the edges were frozen, enough to support your boat if you got into it. The foam that you normally see on these rivers was frozen stiff, like a well-baked meringue. With the brown colored water it seemed that you were paddling atop a chocolate mousse. It was also so cold that I had to hit my paddle against the gunwales every few minutes to break off the accumulated ice layers formed by continually dipping it into the water.

I also recollect a day on the Delaware, paddling through Walpack Bend. A thick skein of ice was continually forming and breaking on the surface. As we went through some rapids, it all glittered in the light and we could hear the entire rapid tinkling! Alas, as the ice rounded the bend it got caught up and we had a riverwide 2 foot high ridge formed in front of us. We couldn't pass through or by—too much ice. We wound up having to paddle a few miles back upstream to the access of Bushkill.

Aviva Glass

I went out to the Wingdam one Sunday, it had to be at least 98 degrees. I tapped out quickly, being somewhat sensitive to the sun for a once dark-haired girl, and spent a good deal of time buried up to my neck in the cool water, with my canoe turned over like a giant parasol between me and that hot yellow ball. En route back home, I thought to stop in my shade, and on the whole road there wasn't any. I finally stopped at a gas station and pulled in just passed the pumps under the canopy. I was too stupid and hot to even seek more water. One of the attendants, after discovering my situation, brought me into their teensy-weensy air conditioned booth and pulled a bottle of cold water out of the dispenser for me. Such kindness isn't easily forgotten.

Lenny Grefig

My coldest day was on the Pequest sometime in February, 1996. Air temperature was 5 degrees with the wind chill factor, the temperature was 16 below. By the time we got to the take-out, a kayaker was covered with icicles. He gave a new meaning to "The Iceman Cometh." Second runner up coldest day, January 1, 1997, on the Ten Mile. The temperature was somewhere below zero. Brenda Steele's spray skirt froze to her C-1. Only way she could get out was to have John Robson pick her up while she was still attached to the C-1 and shake her until the boat fell off. Third coldest day: Sacandaga, April 2001. The snow was knee deep on the riverbanks. I went for a long swim, a bit over one mile long. Hypothermia can be a pleasant state of mind, actually, with hypothermia, you have no functioning mind. One day I may decide to paddle only in warmer weather, but since I just paddled New Year's Day, I'm not sure if I'll make that decision anywhere in the near future.

Marty Plante

That would be the time I paddled the Esopus in March, when the Catskills were still encrusted in snow. At the take-out, I carried my canoe up to my car and put it on the roof, then went back to the river to get the rest of my gear. When I returned to my car, the canoe's gunwales had a row of icicles.

Tanya McCabe

It was a trip on the Farmington, the Riverton Section. We had all gathered early at the put in. You could smell snow in the air. We were getting our shuttle together when the snow started, we decided to plant a car by the first and second bridge. Well surprise, surprise, it was snowing harder and harder and getting deeper and deeper in the canoes. "Boy my feet are cold," seemed to be a common complaint. Hey, there is the bridge and we have a car planted there. Well we didn't even have to take a count of who wanted to take out. Everyone just headed to the river bank. This was probably the shortest canoe trip ever.

SAFETY UPDATE

By Marty Plante

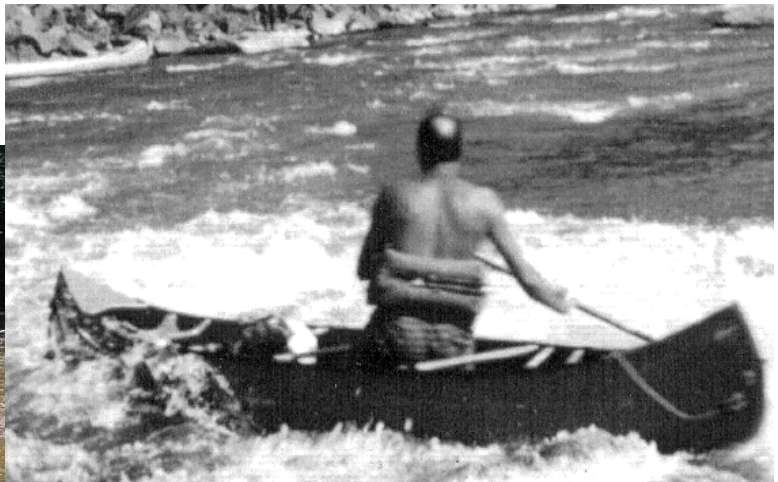
“...the Canoeing committee has tested the use of life savers and decided that they may be of some benefit.”

- *report to the Executive Committee,
AMC NY Chapter, 1959*

Like a politician's opinion during an election year, safe boating practices are a moving target. Paddlers find ever-increasing ways of getting themselves into trouble, and the rescue community responds by finding improved ways to get them out of it. New equipment is adopted and obsolete techniques are discarded.

Our chapter strives to teach the latest S&R techniques in its basic and advanced workshops. Keeping our safety & rescue program up to date costs money, but last year we were fortunate enough to be spending someone else's. We received from the AT&T Foundation a corporate grant of \$250 to help upgrade the equipment used in our safety & rescue programs. AT&T had previously awarded us \$250, in 2001, for this same purpose.

Kokotat donated several rescue PFDs to the Club, thanks to a request from Eileen Yin. Two of these were awarded in a raffle to JD Murphy and Ara Jingirian, students at last September's Advanced Safety & Rescue Workshop. Two more will be awarded at next year's workshop.



The well-dressed AMC paddler of the mid-20th and early 21st centuries.

Helmet & PFD Policy

During all activities conducted by the Canoe & Kayak Committee of the NY-NoJ Chapter, a properly fitting PFD must be worn at all times while on the water, regardless of the type of boat or the difficulty of the water. The PFD must be type III or V and must be fully zippered.

Closed boaters are required to wear helmets on any whitewater trip of Class 1 or above. Sea, touring and recreational kayakers are required to wear helmets on all Level 4 paddles (e.g. surf, rough water), on all Level 3 paddles in which there will be exposure to breaking waves exceeding one foot in shallow water (e.g. moderate or challenging surf launches or landings), and on all other paddles in which there will be continuous exposure to rocky shorelines or bottoms or other similar hazards (e.g. pilings, sea walls etc.)

Helmets are required of open boaters on all rivers of Class 3 or higher and are strongly suggested for Class 2 trips.

The trip or river leader may require the use of helmets in other circumstances if the conditions, in the leader's opinion, warrant their use.

ACTIVITY SCHEDULE

Date		Sea Kayak	Flatwater/ Brownwater	Class 1	Class 2	Class 3	Class 4	Instruction /Misc
February	4-5				CL2-3 Leader's Choice <i>Koermer</i>			Tue, 2/7: Pool Ses- sion <i>Jingirian</i>
	11-12		Pine Barrens <i>Butler/Yin</i>					Tue, 2/14: Pool Session <i>Jingirian</i>
	18-19 Presidents Day							Tue, 2/21: Pool Session <i>Jingirian</i>
	25-26							Mon, 2/27: Leader- ship Workshop Part 1 <i>Grefig</i> Tue, 2/28: Pool Session <i>Jingirian</i>
March	4-5			Sat: Ramapo <i>Ferder</i>				Tue, 3/7: Pool Ses- sion <i>Jingirian</i> Tue, 3/7: Leader- ship Workshop Part 2 <i>Grefig</i>
	11-12				Sat: Pequest <i>Robson</i>	Sun: Icebreaker (3+/4) DePue		
	18-19					Leader's Choice <i>Linguists</i>		Tue, 3/21: Pool Session <i>Jingirian</i>
	25-26			Sat: Paulenskill <i>McHenry/Pylka</i>				Tue, 3/28: Pool Session <i>Jingirian</i> PaddleSport
	1-2 Daylight Savings				Sacandaga & Schroon <i>Schreiber</i>			Sat: Barn Work Day <i>Trevor/Douglas</i>
April	8-9				CL2+/3 Upstate NY & Adirondack Rivers <i>Brucas</i>		Fri-Sun: Up- state NY Rivers <i>Brucas</i>	
	15-16 Easter			Farmington & Housatonic <i>Bryan/Peters</i>	Sat: Ten Mile <i>Gastrich</i>	CL3-4 Leader's Choice <i>Polstein</i>		
	22-23		Sat: Bronx River <i>Rubins</i>			Stonycreek Rendezvous <i>Farley/Futrell</i> Leader's Choice <i>DePue</i>		
	29-30	L2 Great Bay & Mullica <i>Raab</i>			Lehigh <i>McHenry</i>	Leaders' Choice <i>Lindquists</i>		
May	6-7		Wallkill <i>Michner</i>		Sat or Sun: Mongaup <i>Farley</i>			Sat: Paulinskill Cleanup <i>McCabe</i>
	13-14 Mothers Day		Sat: Pine Bar- rens <i>Rubins</i>					

Appalachian Mountain Club
NY-NoJ Chapter Canoe & Kayak Committee
Editor: Phyllis Lindquist
396 Potomac Drive
Basking Ridge, NJ 07920



Submission for next issue: Send in your articles, and share your canoeing/kayaking experiences and information in the next issue of *Paddle Splashes* due on March 15, 2006. Please send as an e-mail message to: phyllislindquist@worldlynx.net. My sincere thanks to everyone who has submitted articles and information.

WORKDAY AND FUN AT THE BARN

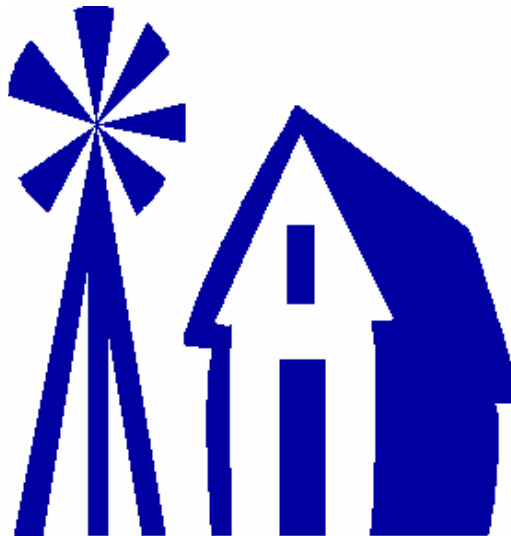
To All Kayakers and Canoeists:

You are invited to a work and pizza party at The Barn on

Saturday, April 1, 2006, 9 a.m. to 5 p.m.

Your help is needed for one hour or all day. We are building new racks for the kayaks, repairing boats as required and cleaning and sorting PFDs, paddles, spray skirts and other gear. No special skills are required for the Barn workday. Just bring your enthusiasm and love of paddling. Join us for a fun day of satisfying work and camaraderie. Meet at 9 a.m.

Register for this work day on line
TTrevor675@aol.com
or call Tom Trevor.
(845)638-0638 (H) (before 9 p.m.)
(212)598-1658 (W)



Directions from NYC or points East:

Palisades Interstate Parkway north to Exit 12. At end of exit ramp make left, drive to traffic light at Route 45, turn left and go a short distance south to Pomona Road, turn right. About one mile down the road you will see McNamara Road on left, take the next left, a private road flanked by two stone pillars. Go about a block, turn right and you will see the Barn on your right and the trailers on your left.

Directions from North:

Palisades Interstate Parkway south to Exit 12. At end of exit ramp turn right onto Route 45 Southbound, go a short distance south to Pomona Road, turn right. (Follow previous directions)

Directions from New Jersey or points west and south:

Take 1-80 to I-287 to NY State Thruway toward New York City and Tappan Zee Bridge. Take Thruway Exit 12 N to Palisades Parkway north. Follow directions from NYC or points East.