

PADDLE SPLASHES

AMC NY-NoJ Chapter, Canoe and Kayak Committee

March/April 2006

MULLICA EXPEDITION, 2006

By: Connie Farley

Anyone Say Snow?

The annual Mullica Expedition is always an event to remember and the 2006 edition thoroughly planned and organized by the talented “Hot Chicks” duo of Eileen Yin and Victoria Butler was especially memorable.



In pre-trip discussions we joked, “maybe it would snow”, and the joke fell in abundant frozen white star-flakes until they amounted to 12 inches outside our tents. A small amount considering what the Northern section of the state and NYC received – a record 29 inches!

The weekend of February 11, 2006 exceeded the weatherman’s calculations as turbulent pressure systems collided over the New York/ New Jersey area producing record snowfalls.



Instead of watching the storm develop on the television, 11 zealous trippers (Eileen, Victoria, Lien, Connie, Curt, Eddie, Jim, Joe, Rick, Bernie, and Kurt) chose to knowingly brave Mother Nature’s wintry pantry, leaving the warmth and comfort of family and home behind to paddle the Mullica River in Wharton State Forest, NJ.

The river flows year round in this NJ’s largest single tract of park land. The area is historic for its role in supplying munitions and iron works during the Revolutionary and War of 1812. The area flourished as an iron producer. Quoting from the park guide “iron was obtained from bog ore found along the streams and swamps of the area and supplied to the local furnaces and forges.” Today the park is home to Batsto Village, a restored complex of 19th century Pine Barrens’ life.

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Mullica Expedition, 2006 (continued from page 1)

Prior to our noon launch on Saturday, everyone signed the AMC waiver and Eileen presented a cautionary pep talk detailing concerns of paddling under unknown river conditions – including being cold and wet – and being prepared for any situation or emergency. She reviewed the check-list of equipment essentials: gloves, two pairs of gloves, zero degree sleeping bag, wool socks, extra socks, moisture resistant parka, tent, fuel, wood for the fire, stove, tarp, food. The plan was to be totally self-sufficient on this primitive overnight camping trip.

Our flotilla included two recreational kayaks, one 17-foot sea kayak, two tandem and four solo open boats. Fore and aft, bow and stern, water-tight hatch or leaky plastic trash bag, gear was crammed into every unoccupied cranny, leaving just enough space for the paddler.

The gently flowing current guided us past open marshland and tangled us in newly fallen shrubbery (fortunately Curt G packed a folding saw to slice the obstacles away). In some places the highest point of dry land was the tiddley-wink tops of beaver dams, the newly gnawed saplings indicated their active habitation.

Peering over the gunwales the inky blackness of the Mullica rose like muddy slippers on a clean carpet. We paddled serenely and serpently, admiring beaver dams, a shedded snake skin suspended in a tree, and logs bobbing up like distant gators.

The snow-less bare tree branches reveled deep into the marsh and cedar woods of the peaceful Pine Barrens, on Sunday, when covered with the heavy lacey snow the boughs created an avenue of bridesmaid white and we the only visitors to the beauty.

Our arrival after dark, at the mid-river campsite was an orchestration of eager precision, as we unloading equipment and establishing the kitchen, building a warming fire and a dry group gathering site under the tarp sheltering us from the incessant rain/snow pellets, falling with serious intent.

Our trip leaders were a marvel of planning and provided us with substantial nourishment, including hearty steaming beef stew and fragrant soothing butternut-squash soup and for dessert a slightly burnt but tasty, Dutch Oven baked Apple Betty.

We went to sleep with the snow falling in large globs and in the morning woke inside igloo domes of rounded ice. The enhancement of the snow on the evergreens, the cedars, our tents and boats made us a walking Holiday Cards by AMC vision.

Our group acted as a dedicated team of safe, concerned for each other, and happy paddlers. We registered our location and plans with the Park Service and they drove through our campsite on Sunday morning, just to check on us.

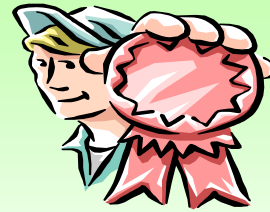
If history, nature, camaraderie and exploration are your interests the Annual Mullica Expedition is for you.

Caution: this is a primitive wilderness paddling/camping experience – experience required.

Until next time, on the river!

NEW RATINGS AWARDED

The Ratings Committee is delighted to announce the following new ratings for our Chapter's paddlers. Congratulations to all:



Jason Albino	1+
Barbara Ferrigno	BW
Charles Ferrigno	BW
Sean Henriques	BW
Stan Kline	1 K1
Ansel Barnum	1+ K1
Horst deLorenzi	3 K1
Butch Futrell	3 K1
Amy Hanson	2+ K1
Ara Jingirian	2+ K1
Michel Leroy	2 K1
Denise Marcel	1 K1
Martin Plante	3 OC1
Jim Rubins	2+ OC1
Hanno Schop	3 K1
Michelle Sholtis	2 K1
Mark Tiernan	3 K1
Susan Weidmann	1
Charles Wilkinson	3 OC1
Adam Wiener	1

WHITewater & MUSIC

By: Don Getzin

Si Pae is an avid whitewater canoeist, trip leader, and member of this chapter's Canoe & Kayak Committee. What many of us don't know about him is that he has two very musical daughters. His 17-year old daughter Deborah is an extraordinary cellist. She just won New Jersey Symphony Orchestra's 30th annual Young Artists Auditions. In addition to a \$10,000 prize, winners have the opportunity to perform with NJSO.

Last Friday night (March 3, 2006) Debbie was the soloist in Tchaikovsky's *Variations on a Rococo Theme*, Op. 33, with NJSO under the baton of guest conductor Vassily Sinaisky, at New Jersey Performing Arts Center in Newark. She received a standing ovation for her performance, with two curtain calls. Debbie is a senior at Livingston (NJ) High School, and hopes to attend Julliard in the fall.

To All Present and Future Leaders

You are cordially invited to attend the Leaders' Social on
Thursday, May 4, 2006

At
Café Italiano Ristorante
14 Sylvan Avenue (AKA 9W)
Englewood Cliffs, NJ
(201)461-5041

6 pm. Gathering & Social Hour
7 p.m. Dinner

Cost
\$30 per person which includes soft drinks
Cash bar available, restaurant has reasonable wine
(there is a corkage charge if you bring your own wine)

RSVP Deadline, April 28, 2006

Maureen McCahery
9 Windemere Brook
Suffern, NY 10901
(845)368-4249

E-mail: Mmccahery@optonline.net with your intentions
so that she can get a headcount.

Menu Includes

Appetizers:

Mussels, mozzarella, stuffed mushrooms, calamari, stuffed eggplant

Entrée Choices:

- Pollo San Remo (chicken breast topped w/roasted peppers, mozzarella in a wine sauce)
- Chicken Francese: chicken breast w/lemon and white wine sauce
- Veal Marsala: Veal sauteed in Marsala wine with mushrooms
- Veal San Marsano: Veal sauteed with artichokes, sundried tomatoes, white wine sauce
- Sole Organata: broiled filet of fresh sole with herbs
- Salmon Porro: filet sauteed with diced tomatoes, leeks, fresh herbs and white wine

Salad

Dessert Fresh fruit platter

Coffee & Tea

**AMC NY-NoJ Chapter Canoe/Kayak Committee
Sea Kayak Rating Form**

Level 1--Novice Paddler

In protected water conditions, demonstrates competence in: all basic strokes including forward, reverse, sweep, draw, high & low braces; wet exit; assisted rescue as both rescuer and victim (T-rescue) and self-rescue (paddle float); safe group paddling (e.g. on-water signals, rafting etc.). Also, demonstrates knowledge of safety issues related to paddling including weather, tides & currents, marine hazards, hypothermia, etc. Can paddle continuously at a moderate pace for one hour and if necessary can remain reasonably comfortable in a kayak for up to two hours without a shore break.

Level 2--Intermediate Paddler

In protected water conditions, in addition to Level 1 skills, demonstrates competence in: basic strokes with edging; advanced strokes with edging including bow rudder, low brace turn, draw-on-the-move and hanging draw; high and low sculling for support and sculling draw; stern rudder; Eskimo rescue (bow presentation). Demonstrates good progress toward an Eskimo roll. Also demonstrates knowledge of basic on-water navigation including map/chart reading and compass use. Can paddle continuously at a moderately brisk pace for 1½ hours and if necessary can remain reasonably comfortable in a kayak for up to three hours without a shore break.

Level 3--Open Water Paddler

In open water conditions, demonstrates competence in: all Level 1 and 2 skills; Eskimo rescue (paddle shaft presentation); Eskimo roll from a non-set up position; towing; navigation including nautical chart interpretation, plotting and following bearings, calculating distances and speeds, and using ranges. Also demonstrates knowledge of open water hazards. Can paddle continuously at a brisk pace for 1½ hours and if necessary can remain reasonably comfortable in a kayak for three or more hours without a shore break.

To the Observer:

By completing this form you are certifying that you have personally observed the candidate complete all of the requirements of the class. Merely “surviving” a trip does not mean that the paddler has achieved the rating. Observations on multiple dates and waterways may be combined. A Level 2 or 3 recommendation requires that the paddler be observed in conditions near the upper end of Level 2 or 3 respectively.

**AMC NY-NoJ Chapter Canoe/Kayak Committee
Sea Kayak Rating Form**

Paddler's Name	Current Rating

Observer's Name	Current Rating

Waterway(s) Paddled	Date(s)

Conditions

Recommended Rating

Additional Comments

Please return this form to the Canoe/Kayak Committee Chair or to David Rosenfeld, 31 Slocum Avenue, Tappan NY 10983-2609, DRosenfeld@aol.com

**AMC NY-NoJ Chapter Canoe/Kayak Committee
Canoe & Kayak Rating Form**

Class 1 (OC1, OC2, K1)

Can paddle on Class 1 water including maneuvering around obstacles such as bridge piers and downed trees. Handles boat competently in current. Is able to paddle in a straight line without changing sides, can move the boat sideways, and rotate it in a circle. For a canoe, this is assumed to be a tandem rating and the paddler should paddle both bow and stern. Kayak must have a reliable wet exit. Knows and practices the AWA Safety Code.

Class 2 (OC1, OC2, K1)

Can pick out and negotiate a route through Class 2 rapids and can assess immediate problems. Can stop forward motion of the boat in current and can “set” right and left. Can do simple eddy turns and ferries. Knows and uses proper river procedures and safety principles, including self-rescue. Acquainted with whitewater phenomena (e.g., eddies, standing waves) and knows their effect on the boat. Can effectively, though not expertly, perform basic strokes (Forward, Back, Forward Sweep, Reverse Sweep, Low Brace, and High Brace. For canoeists, also Pry, Draw, “J” Stroke or Stern Rudder). Kayakers should be able to demonstrate a roll in controlled conditions.

Class 3 (OC1, OC2, K1)

Proficient in all strokes and maneuvers, including advanced ones. Can pick out and negotiate a course through continuous Class 3 rapids and can handle isolated examples of heavy water. Can use bow-upstream techniques (eddy turns, ferrying, running backwards) in an effective manner. Knows and applies the principles of scouting, lining, placing safety boats and lines, and rescuing others. Able to self-rescue in most situations. Demonstrates progress towards both High and Low Braces. Kayakers should be able to roll in current, and have successfully completed at least one emergency (“combat”) roll.

To the Observer:

By completing this form, you are certifying that you have personally observed the candidate complete all of the requirements of the class. Merely “surviving” a river does not mean that the paddler has achieved that rating. Observations on multiple rivers and dates may be combined. A recommended rating CANNOT be higher than the river ratings on which the paddler was observed.

**AMC NY-NoJ Chapter Canoe/Kayak Committee
Canoe & Kayak Rating Form**

Paddler's Name	Current Rating

Paddled (check one)	
<input type="checkbox"/> Canoe	<input type="checkbox"/> Kayak

Observer's Name	Current Rating

River, Section and Class Paddled	Date(s)

Recommended Rating

Additional Comments

Please return this form to the Canoe/Kayak Committee Chair or to David Rosenfeld, 31 Slocum Avenue, Tappan NY 10983-2609, DRosenfeld@aol.com

MEET OUR PADDLERS

A new opportunity to get to know paddlers in our Club, read about them in *Paddle Splashes*. If you would like to be featured, please send a write up and picture to phyllislindquist@worldlynx.net.



Jay Buettner and T Zazzera

T and Jay started paddling in 1985, one year before they were married. The first canoe trip was with the Sierra Club, chosen because the Club offered transportation with all of the fixin's out of New York City to the bucolic Delaware for a weekend of camping and paddling.

On the first day, while entering the canoe, Jay tipped the canoe over and both T and Jay were in the drink, as they say! Later that day, they flipped two more times.

T says the only reason they are paddling today is be-

cause it was a weekend trip and they had to save face and get back in the saddle the very next day otherwise, it would have been all over for both of them.

For five years, Jay and T paddled tandem, fought the entire time (the only time they had any unkind words for each other) and then that last tandem year, they flipped three times on the Esopus, dragged themselves off the river and swore never to tandem again.

A five-day tutorial with Wayne Dickert in October of that year put Jay and T in separate boats, paddling solo. In the spring, Jay and T bought Impulses. Two years later, they bought Whitesells. Alas! Jay wanted to paddle bigger and bigger water. T did not want to paddle an open boat through class 4 water, so she bought a "SHREDDER."

During the fall of the first year of the Shredder, Jay, not feeling well, agreed to paddle with her on the Dead River and once again a tandem team was re-born! Their favorite river run is the Deerfield Dryway. Both have learned to play in the shredder through every hole and have one ton of fun. Jay has again moved beyond T's comfort level and last year shredded the Upper Gauley...and yes, he did swim the biggest rapid! Today, Jay owns a Nitro, while T owns a Caption. Both enjoy the Shredder. They joined the AMC because they needed more paddle pals. T's favorite open boat run is the Seboomick in Maine. Jay enjoys any river.

BUT WHY DO ALL THE TRIP LEADERS HAVE "L" AS THEIR FIRST INITIAL?

By: Marty Plante

Have you ever wondered what - exactly - those codes mean in the trip descriptions? Then you're not alone. Here's a user's guide:

- **Leaders (L).** Each trip must have one or more. Each L is equally responsible for the trip and there is no maximum number of Ls.
- A **Leader-in-Training (LT)** is someone who has recently completed our Chapter's Leadership Development Workshop (LDW) and is "apprenticing" with a veteran L.
- An **Assistant Leader (AL)** is someone who helps organize a trip, but serves in a supportive role to the L. The AL must be able to assume

full responsibility as the L if the original L is unable to fulfill his duties, so an AL must be an approved L, not a LT. There is no maximum number of ALs on a trip and there may not be any.

- The **Registrar (R)** accepts registrations onto trips and instructions, collects the fees for these activities, completes the trip report and forwards it to the Treasurer. Each trip generally has only one R.

Those serving in these roles must be listed in our roster of Approved Canoe/Kayak Leaders by attending the LDW and must be an AMC member on the days of the trip.

TAKE A PEEK AT GLORIOUS ANTARTICA!

(part 1)

By: Anne Bailey



Where to start – it’s hard to find words to describe the sensory impact of our recent cruise to Antarctica and the southwestern Chilean fiords.

The captain of the ship, The MV Discovery, giving noon-time messages over the loud speakers each day, seemed to run out of words as we encountered day after day of unusually glorious weather. One message captured it all, when he finished with, “We are truly blessed.”

As we cruised the fiords of Patagonia, we glided by jagged peaks interspersed with one glacier after another, the wrinkled blue/green cliffs of their leading edges making the final plunge into calm seas, under sunny, blue skies - most unusual for this area of high winds and changeable, wild weather. The captain expounded again regarding our luck with the visibility and resultant magnificent scenery - from “over-the-top, mind-blowing to just ordinary spectacular.”



On our final day in the fiords, he concluded, “I don’t know how much more I can take, its sensory overload!” The sights were beyond description - the photos will give a small hint, but the scope of the scenes that slid past us can be comprehended only by being there.

There were also the sounds. The roar of wind as we cruised. The working of the engines as we maneuvered through seas filled with icebergs, some the size of huge buildings, others like dainty filigree, carved by wind and sea in a way that could only be thought of as God’s sculpture garden. The total silence of surrounding sea and landscape as we waited for an iceberg to slowly float away from the entry to a flooded caldron of an extinct volcano so that the ship could enter (it finally did). The chatter of exhilarated passengers, in all manner of accents (mostly British and Australian in addition to our own), hanging out at the railings on any of several viewing levels, adding a touch of color in their red “expedition jackets” (provided for each of the 500 or so passengers) to the myriad shades of whites, blues, turquoises, grays, and violets of the Antarctic land, sky, and seascape (it is definitely NOT all white!).



The cacophony of sounds in the penguin rookeries (more on that later, an extraordinary degree of organization made for a marvelously smooth operation that allowed us all to make landings in the zodiacs). The music—violin, piano (or sometimes flute or accordion), and bass (or at other times, guitar) who entertained in the café each evening as well as giving two classical concerts. Theirs was one of many “shows” the cast of on-board entertainers provided but most nights we turned in early - we were usually up by 6 AM so as not to miss the viewing. The feel of the wind in one’s face. And the taste of the most wonderful array of soups I have ever had in my life - all the food was good, but the soups were beyond belief, I had one EVERY lunch and dinner, with very few repeats of flavor (yes, a diet is now in order.)

to be continued in the next issue

Boat Demo Day

We're dragging all of our canoes and kayaks out of the Barn and bringing them to a sheltered bay on the Hudson River in Westchester. There will be boats for lakes, rivers, oceans and whitewater, all available for you and your friends to take for a free test drive. All necessary gear is provided.

Here's your chance to introduce your friends to paddling. Or to reacquaint yourself with the AMC and our fleet of boats. AMC canoe and kayak leaders will be available to answer questions about how to get started in one of the fastest growing sports in the country.

No pre-registration is required and AMC membership is not necessary. The event is open to adults and to all children accompanied by a legal guardian – as long as the child is able to fit into one of our child-sized life vests.

Get ready to have fun!

When: Saturday, June 24, 10am-4pm (rain or shine)

Where: Croton Point Park, Croton-on-Hudson, Westchester County, NY. We'll be waiting for you at the beach behind the park office.

Cost: There is no cost to participate in this event, but the park charges a parking fee.

Directions by Car: Take NY Route 9 to the Croton Point Ave exit. Drive west over a small bridge into Croton Point Park.

Directions By Train: Take the Metro North Hudson River Line to the Croton Harmon Station. Turn left out of the station, walk about one mile to the park.

NOTICES

Tents & Trails

21 Park Place, NYC (212) 227-1760

Take 10%* off our regular priced clothing and gear with your AMC membership sticker.

* Except special orders, layaways, gift certificates and sale merchandise.

2006 Adirondack Paddlefest and Outdoor Show

May 19 - 21, 2006

Old Forge, NY

315 357-6672

inlet@mountainmanoutdoors.com

- Over 1,000 canoes and kayaks on sale
- Over 75 manufacturers at the show
- Admission to Paddlefest is FREE
- 10% - 15% off accessories all weekend
- Live music, food and fun for the whole family
- Great show specials
- Test paddle 200 models of canoes & kayaks
- \$10.00 test paddle per day / \$15 all weekend
- Guest speakers, clinics and demos

HELP!

Is there anyone out there who is paddling after they have had hip replacement surgery? If so, please write to Jo Anne Chasnow at jac1000@juno.com. She is interested in paddling a kayak up to Class 2, or a sea kayak.

Eastern Mountain Sports

Take 20% off everything IN THE STORE from April 28 - 30; Special Club Shopping hours are April 27; 4PM to Close. Discount excludes Merrill products, prior purchases and gift cards.

Activity Schedule

Date		Sea Kayak	Flatwater/ Brownwater	Class 1	Class 2	Class 3	Class 4	Instruction /Misc
March	4-5			Sat: Ramapo <i>Ferder</i>				Tue, 3/7: Pool Session <i>Jingirian</i> Tue, 3/7: Leadership Workshop Part 2 <i>Grefig</i>
	11-12				Sat: Pequest Robson	Sun: Icebreaker (3+/4) DePue		
	18-19					Leader's Choice in PA <i>Linquists</i>		Tue, 3/21: Pool Session <i>Jingirian</i>
	25-26			Sat: Paulen-skill McHenry/Pylka				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: Upstate NY Rivers <i>Brucas</i>	
	15-16 Easter				Sat: Ten Mile <i>Gastrich</i>	CL3-4 Leader's Choice <i>Polstein</i>		
	22-23		Sat: Bronx River <i>Rubins</i>	Farmington & Housatonic <i>Bryan/Peters</i>		Stonycreek Rendezvous <i>Farley/Futrell</i> Leader's Choice <i>DePue</i>		
	29-30	L2 Great Bay & Mullica <i>Raab</i>	Lehigh <i>Futrell</i>		Lehigh <i>McHenry</i>	Leaders' Choice in PA <i>Linquists</i>		
	6-7		Sat: Wallkill <i>Michner</i>					Sat: Paulinskill Cleanup <i>McCabe</i>
May	13-14 Mothers Day		Sat: Pine Barrens <i>Rubins</i>		Lehigh <i>Farley</i>			
	20-21	Sat: L2 Hudson <i>Bland</i>		Sat: Lower Delaware <i>Pylka/McHenry</i>				Sun: Navigation for Sea Kayaks <i>Raab</i>
	20-26					Southern Rivers <i>DePue</i>		
	27-29 Memorial Day					Memorial Day in PA Hike/Bike/Paddle <i>Linquists</i>		
	June	3-4	L1-2 Sedge Island <i>Collins</i>			Esopus <i>Grefig/Schreiber</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 May 15, 2006. Please send as an e-mail message to: phyllislindquist@worldlynx.net. My sincere thanks to everyone who has submitted articles and information.

In Memory of My Friend

By: Jim Dougherty



After a courageous battle with breast cancer, a fellow hiker and kayaker, and dear friend of mine, Betsy Goode, passed away on January 28, 2006 in her home with family.

Betsy and I joined the AMC in 2003 and did our first hike with Howard Israel. After the first steep climb at the beginning, she asked me, while trying to catch her breath, if we had hiked a mile. I didn't want to answer, but someone else informed her that we just started. Based on that reply, she thought it might not work out. She joyfully completed that hike and enthusiastically wanted to do another "Howard

Israel" hike, which we did. Then, in October of 2003, we went on the Basic Canoe and Kayak Safety/Rescue weekend.

In 2004, she was diagnosed with breast cancer. She continued to kayak, hike, dance, play volleyball and go to the beach. People who know her struggle would say, "she's amazing. She does more on chemo than I can do while healthy." Those who didn't know simply stated, "She's so full of life."

In 2005, due to the treatments, she could not keep up with the others on AMC hikes. But in her kayak, you wouldn't know she was under any treatment by watching her paddle down the rapids on the Esopus or Deerfield. She enjoyed her life like the song "live like you were dying."

She helped so many people and did a lot of volunteer work, one of which was for victims of rape and domestic violence. Her husband said it best: "They say one person can't change the world, but Betsy changed the world for a lot of people."

Whitewater brought great joy to her at the end of her life. I thank all those that made it possible.

Betsy leaves behind her husband, daughter and three grand children, many others who loved her, and me, her adventure pal.