



PADDLE SPLASHES

NEWSLETTER OF THE NY-NORTH JERSEY AMC CHAPTER – CANOE & KAYAK COMMITTEE

Summer 2011

Finding Rich Diversity and Uncommon Acceptance on the Water, One paddler's journey into the world of whitewater

By Andrew LoPinto

For years I had wanted to try whitewater paddling. In my time, I have engaged in a myriad of outdoor activities: hiking, mountain biking, snowboarding, backpacking, all were pretty easy to get into. They just required a quick trip to the gear store and short drive to the venue- and poof! Instant fun. Kayaking seemed different, so much knowledge and equipment was involved; the learning curve was steeper and it seemed so hard to get started. After years of excuses, I decided that 2011 was the year that I would not be denied a foray into the sport.

Drawing on my past experiences with the AMC, I found a two-day novice course on the Lehigh River in PA. The trip description was just right for me, the only requirements were to be in decent physical shape and have sufficient material to keep one's self warm and dry. On the appointed day, I gathered my camping stuff, a few like-minded friends, loaded the car and set off to "The Barn." The trip to the barn was charged with excitement, none of us knew what the weekend would bring. I, at least, had a vision of meeting a group

of chisel jawed, battle hardened, web-fingered, arrogant and intimidating kayaking heroes. I only prayed that my rag-tag group would be able to survive such an ordeal. When we arrived, I realized my expectations were completely off. Our leadership team of Butch, Carin and Zack seemed like normal people. They made it OK to be a novice and expected the stupid mistakes of the uninitiated. As the rest of the group assembled, the diversity was noticeable and overwhelming: young couples, older couples, fit, fluffy (like me), father and son teams, some had extensive outdoor experience, others had none. The only uniting attribute was a good attitude, friendly demeanor and desire to learn.

Instruction began immediately at the barn, we quickly learned how to outfit a boat and load it onto the car. That evening, instruction continued around the soft light of the

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**Thank You JOY HYMAN
for designing our new T-Shirts!**



campfire, where kayak talk was peppered into the conversation and where green shoots of friendship began to grow between strangers. On the river the next day, along with exits, paddling, and basic boat handling, we also learned more about our leaders. On the water, Butch seemed gruff and demanding. I quickly grew to appreciate the strength of my captain, who deftly led we sheep through the nontrivial trials that exist even on the Lower Lower Lehigh. I was surprised how easily I could put so much faith in a person who I had met only 12 hours earlier. Carin provided a perfect counterpoint to Butch's commanding presence. Her particular brand of nourishing encouragement was successful in reducing the awkwardness of a first-day boater. With unending patience, she calmed fear, and fostered confidence. Once we had some degree of this confidence, Zak was there with some individual attention, spending a few minutes to offer pointers, explain the finer aspects of technique, present fun and growth inducing challenges. On our final day, we were joined by a large group of support boaters for our maiden journey down an actual flow. Though we did not spend much time together, they were just as supportive and encouraging as our primary leadership team.

All too quickly the weekend drew to a close, but my journey in paddling is far from over. Since the training, the leaders have offered "service after the sale." Carin has kept the trip's mailing list informed of upcoming events suitable for beginners and Butch lead a follow-up trip within 3 weeks of the training. With these, whitewater kayaking has taken a deep root with me and I count my initiation a complete success. I owe a sizable debt to the folks who would spend a valuable summer weekend with strangers, engaging in what must be a very frustrating activity of kayak training. Truly, I have learned boating skills, but more importantly, I have learned the community of whitewater folk is an inclusive one: rich diversity, uncommon acceptance, bound together by love of the churning white foam. Doubtless, I will continue my new passion and with each new experience, my own chin gets a bit more chiseled, and I swear I am beginning to see sprouts of webbing between my fingers, but I will always remember those who introduced me to kayaking and will strive to live up to their example of patience, kindness and inclusion. See you on the water!

To Frack or not to Frack: What do you think?

While this is clearly not only a New York issue, the Department of Conservation released a report that recommends removing a ban on hydraulic fracturing to certain areas of the State, noting that it is a safe practice to use (outside of NYC and Syracuse watersheds). The DEC also noted that allowing hydrofracking upstate would boost the economy. According to Wiki, "hydraulic fracturing, Hydraulic fracturing, often called fracking, fracing, or hydrofracking, is the process of initiating and subsequently propagating a fracture in a rock layer, employing the pressure of a fluid as the source of energy. The fracturing, known as a frack job, is done from a wellbore drilled into reservoir rock formations, in order to increase the extraction rates and ultimate recovery of oil and natural gas. Hydraulic fractures may be natural or man-made and are extended by internal fluid pressure which opens the fracture and causes it to extend through the rock. Natural hydraulic fractures include igneous dikes, sills and fracturing by ice as in frost

weathering. Man-made fluid-driven fractures are formed at depth in a borehole and extend into targeted formations. The fracture width is typically maintained after the injection by introducing a proppant into the injected fluid. Proppant is a material, such as grains of sand, ceramic, or other particulates, that prevent the fractures from closing when the injection is stopped."

What do you think? Send comments to Goverdigo@aol.com and we will include your thoughts in the next issue of Paddle Splashes.



Another Successful Canoe Instructional at the MOC

Thanks to instructors: Richard Breton, Lenny Grefig, Arlene & Dave Kaplan, Charles Michener, Kurt Navratil, Henry Schreiber and Fran Schultz



Photos by Kurt Navratil

Come join us for the next Canoe Instruction: September 9-11, 2011!

Space is limited so sign up early!

Visit www.amc-ny.org for more details!

Learning Whitewater Lingo

As you get more into the sport, you'll notice that whitewater paddling has a language all unto itself. For most, we learned the lingo listening to campfire conversations, reading river descriptions or just hanging out at the take out. Here are a few phrases that might speed up that process!

Boats for Sale

From Dick Bailey

Phone 914-763-6456, E-mail B6456@aol.com

1. Ultramax C-1 Kevlar & glass, outside seams, saddle, straps, full flotation and spray skirt included. Stored inside \$100
2. Perception Slasher C-1 Plastic, saddle, straps, full flotation. Spray skirt Included. Always stored inside. \$200
3. Hahn C-1 by Milbrook Boats. Kevlar & glass, walls, saddle, straps, full flotation. Spray skirt included. Pristine condition. Stored inside \$300
4. Perception HD-1, 13.5' Open Canoe. Royalex, original saddle, foot pegs, straps, full flotation. This boat is in excellent condition and was put together with bomb proof gunwales without rivets —only stainless steel screws and cap nuts. A Kevlar model finished 2nd in 1979 whitewater slalom nationals. ie turns easily. Always stored inside. \$400

From Gretchen Tardell

Contact (973)586-8595

1. Prescription RX 6.7 very good condition \$325. Small skirt, Snap Dragon from NRS, \$30.

From Carolyn Horst

Contact Carolynhorst@comcast.net

1. 17' Mad River Kevlar Canoe. Built at the Mad River Vermont location in 2000 or 2001, it is lightly used, excellent condition w/ash trim, wicker seats etc. Located in Nashua, NH.

Line

A *chosen* path to paddle a rapid. While a novice paddler can get down a rapid with some luck and by going with the flow- sooner or later he/she will want to choose a line. Choosing a line entails either scouting, talking about it with other paddlers (discussing hazards and options), or following a duck in order to get experience from their perspective. While choosing a line in a class 1 or 2 rapid may not be necessary, it is good practice for more advanced class 3 and 4 rapids.

Wave train

The roller coaster of the river! Wave trains on class 2-3 rivers are *relatively* consistent standing waves that can vary in height and width. On class 2 rivers, there are *usually* no holes, pour-overs, or hazards that need to be avoided. On class 3-4, one would be wise to wave scout while in a wave train.

Wave scout

From the top of a wave in 'big water' (see below) wave scouting is the way in which a paddler assesses the river immediately in front of him/her in order to choose a line, avoid a hazard or find a fun spot to play.

Big water

It is often characterized high volume, fast moving water. Big water rivers tend to have fewer eddies, making swims long and potentially dangerous, particularly if the water is cold. Certain rivers are consistently classified as big water (Colorado); others are classified as such when there is a dam release (Savage, the West). Big



Big water on the Lehigh

water also occurs on rivers if they are at flood stage.

Drop pool

This is a kind of rapid. A drop is a significant decline in gradient in the river in a short distance, creating a rapid. A pool is a flatter area of the river that is relatively stable and slow moving. Put simply, a drop pool rapid is a rapid followed by rest stop for catching your breath and collecting any gear/people that might float by!

Read and run

A 'read and run' rapid refers to a rapid that does not have a specific or common line; the rapid can be paddled uniquely and creatively each time it is run. It requires river-reading ability on the part of the paddler and skill to get out of or go anywhere the paddler chooses.

Eddy hop

Eddy hopping is often the reason why it takes three hours to get down a 2-mile river! Eddy hopping while fun on class 2-3 rivers is a vital tool to navigate down class 3-4 creeks. It allows the paddler to break down the river/creek into smaller, more manageable bites. It involves eddying out, ferrying and/or attaining to eddies on a river/creek.

Boogy water

Just when you thought that it was safe to take your blade out of the water, a bout of boogy water flipped you! Boogy water refers to waves and currents that aren't necessarily predictable- currents are usually flowing in various directions caused by incoming streams, underwater dynamics, or big water.

Sneak route A sneak route is usually an *easier* line down a rapid (but don't let that fool you into thinking all sneaks are easy!). For example, in class 1 water, sneaking involves paddling the flatter, calmer water next to the wave train. In a class 3 rapid, it might involve working your way down a rapid via eddy hopping to avoid tight, fast moves on the opposite side of the river. Sneaking could refer to paddlers who paddle out of an eddy at the bottom to avoid peeling out.

Attain

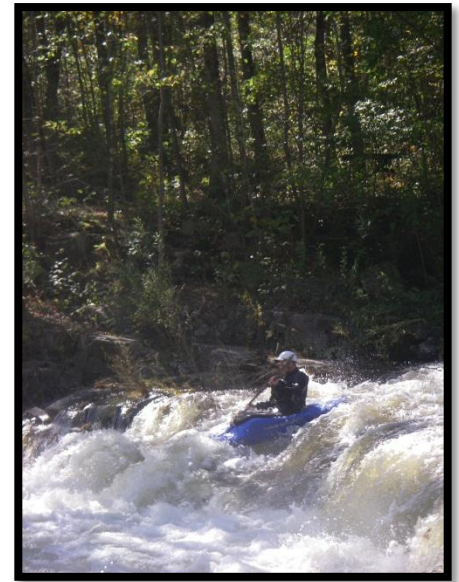
Attaining is manoeuvring your boat upstream using your own skills and the dynamics of the river (waves, seams, eddies). Attaining is often used to reposition yourself before a rapid or get to fun playspot.

Scary ferry

Oftentimes for fun or a challenge, intermediate and advanced paddlers will ferry above something scary, e.g. a munchy hole or undercut rock. It is sometimes necessary to do a scary ferry to avoid a hazard on the side of the river you are on.

Keeper hole

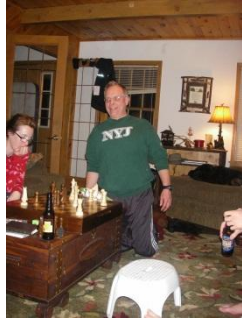
Most paddlers have a love-hate relationship with holes (hydraulics). Some holes are super fun to play in (surf, cartwheel, spin, loop, etc...); while some holes have a tendency to keep boats, paddlers and gear at their will, should you enter into it, we call the latter, keeper holes. Most keeper holes occur on class 3 or higher rapids and are known to local paddlers, who will also know where they are and how to avoid them.



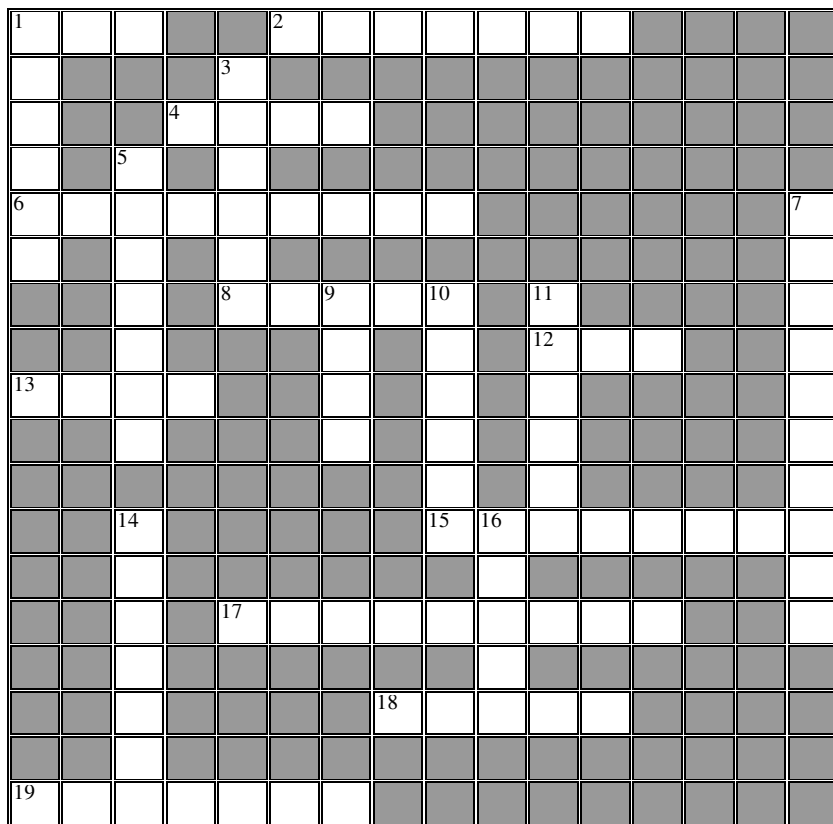
Drop pool on Brodhead creek

Photos Section

Please send photos to goverdigo@aol.com for inclusion in the next issue!



A little mind boggling fun for a dry Sunday morning...



ACROSS

1. Coastguard goes back and forth on what to call it
2. What you do when you forgot your umbrella inside
4. Rain or vertical
6. What the Atlantis shuttle won't be doing again
8. A true boat turner
12. Our fearless CKC committee leader
13. Not just for hanging clothes
15. Water goes through, but noodles do not
17. Keeps the hives (and sunburn) away, maybe
18. "It's all good" except if you are in an ocean
19. Full body neoprene garb

DOWN

1. Not just for fraternities anymore
3. Common tool for 14 year olds & paddlers alike
5. Up to date
7. A great correction stroke
9. This guy used to be crazy
10. Oven mitts in reverse
11. A good friend if you find yourself in jail
14. A pilot's place
16. Popular rack

(Answers on the last page)

Leave No Trace Training

AMC is offering a series of Leave No Trace training opportunities this year including a Master Educator Course focused on Leave No Trace principles for paddlers. Participants in this course will learn to share their knowledge with others both within and outside of AMC.

The September 14-18 course is a paddling course on Lake Umbagog, NH. You can see the listing on the LNT pages of [outdoors.org](http://www.outdoors.org) where you can also see the other land-based Master Educator courses: <http://www.outdoors.org/recreation/leadership/lnt/index.cfm>

To register, go to the website and complete the form.

If you have questions contact : Alexander R. DeLucia, North Country Trails Volunteer Programs Supervisor, LNT Program Coordinator, (603) 466-2721 ext. 8128, adelucia@outdoors.org, <http://trailsblog.outdoors.org>

Upcoming Chapter Trips

Our sport is dependent on the good graces of mother nature, if it rains we paddle so check the website regularly for "last minute" trips.

August 6-7, 2011

1. Wallkill River with K. Navratil (8/6)
2. Fire Island with Burbach
3. River Reading Class with Diane Connell
4. Salmon River and Play with Butch

August 13-14, 2011

1. Wallkill River with K. Navratil (8/13)
2. Meadowlands Trip with Nathan Baker (8/14)

August 20-21, 2011

1. Lawrence Brook with Jeff Gregg (8/20)
2. Basic Safety and Rescue for WW boater with Matt Theisz

August 27-28, 2011

1. Passaic River Paddle with Kurt Navratil (8/27)
2. Deerfield River with Carin Tinney
3. Fire Island Trip with Collins

September 10-11, 2011

1. Basic Canoe Instruction with Henry Schreiber

September 17-18, 2011

1. Delaware and Raritan Canal Trip with Jeff Gregg (9/17)
2. Oswego River in the Pine Barrens with Kurt Navratil (9/18)

September 24th, 2011

1. The West with Eileen Yin (9/24)

September 30-October 2, 2011

1. Cedar Creek Paddle with Jeff Gregg (10/1)
2. Hudson Gorge with Carin Tinney

October 8-9th, 2011

1. Piece Meadow with Nathan Baker (10/8)
2. Sedge Island Trip with Collins

October 15-16, 2011

1. Round Valle Lake with Jeff Gregg

November 5-6th, 2011

1. Sandy Hook Trip with Jeff Gregg



News around the Club

Congratulations to PA **Jim** and **Fawn**! Soon they will be three!

Congratulations to **Kerri** on her graduation from FIT!

Cristiano you will be missed! Come back to visit us!

Congratulations **Jordan** and **Jordan** on your engagement!

Congratulations to **Charles** and **Sozanne** on their upcoming wedding!



Ratings

Just a reminder, the club encourages paddlers to work towards being rated. A rating gives trip leaders not familiar with your skill level, a standardized way to assess your appropriateness for a particular trip. If you are rated for a particular class or water, you are also eligible to be a river leader for the trip. For example if you are a CL2 paddler, you can- if the trip leader chooses and you want to- lead a group down a Class 2 river.

To get rated, BEFORE you put on the water, ask a trip leader or other paddler (who has a rating equal to or greater than the river/body of water) to assess your skill during the trip. He/she may ask you to demonstrate certain skills during the course of the trip. After the trip, take some time to discuss your experiences that day, their assessment, and encourage them to submit a rating card for you. Ratings can be emailed to the coordinator, Michelle Sholtis, at canoekayak.ratings@amc-ny.org

For complete information on AMC's rating system, please follow this link:
<http://www.amc-ny.org/recreational-activities/canoe/rating>

CKC Committee

The CKC Committee has had some changes! Welcome Jake Lewis, Secretary and Michael Hyman, Scheduler!

Ara Jingirian, Chair, [canoekayak\(dot\)chair\(at\)amc-ny.org](mailto:canoekayak(dot)chair(at)amc-ny.org)

Buddy Jedd, Equipment Coordinator, [canoekayak\(dot\)equipment\(at\)amc-ny.org](mailto:canoekayak(dot)equipment(at)amc-ny.org)

Butch Futrell & Mark Tiernan, Instructionals, [canoekayak\(dot\)instruction\(at\)amc-ny.org](mailto:canoekayak(dot)instruction(at)amc-ny.org)

Carin Tinney, Paddle Splashes Editor, [canoekayak\(dot\)newsletter\(at\)amc-ny.org](mailto:canoekayak(dot)newsletter(at)amc-ny.org)

Carter Bland, Sea Kayak/Touring, [canoekayak\(dot\)seakayaking\(at\)amc-ny.org](mailto:canoekayak(dot)seakayaking(at)amc-ny.org)

Charles Michener, Quartermaster, [canoekayak\(dot\)quartermaster\(at\)amc-ny.org](mailto:canoekayak(dot)quartermaster(at)amc-ny.org)

Chris Viani, Class 4 Paddler Coordinator

Frances Ennis, Treasurer, [canoekayak\(dot\)treasurer\(at\)amc-ny.org](mailto:canoekayak(dot)treasurer(at)amc-ny.org)

Jake Lewis*, Secretary, [canoekayak\(dot\)secretary\(at\)amc-ny.org](mailto:canoekayak(dot)secretary(at)amc-ny.org)

Jeff Gregg, Quiet Water Coordinator, [canoekayak\(dot\)QW\(at\)amc-ny\(dot\)org](mailto:canoekayak(dot)QW(at)amc-ny(dot)org)

Kafi Adams, Membership / Publicity, [canoekayak\(dot\)membership\(at\)amc-ny.org](mailto:canoekayak(dot)membership(at)amc-ny.org)

Michelle Sholtis, Ratings, [canoekayak\(dot\)ratings\(at\)amc-ny.org](mailto:canoekayak(dot)ratings(at)amc-ny.org)

Marty Plante, Records, [canoekayak\(dot\)records\(at\)amc-ny.org](mailto:canoekayak(dot)records(at)amc-ny.org)

Matt Theisz, Safety & First Aid, [canoekayak\(dot\).firstaid\(at\)amc-ny.org](mailto:canoekayak(dot).firstaid(at)amc-ny.org)

Michael Hyman*, Trip Scheduler, [canoekayak\(dot\)scheduler\(at\)amc-ny.org](mailto:canoekayak(dot)scheduler(at)amc-ny.org)

Victoria Butler, At-Large, [canoekayak\(dot\)atlarge\(at\)amc-ny.org](mailto:canoekayak(dot)atlarge(at)amc-ny.org)

Crossword Answers

ACROSS

1. PFD; 2. Wet exit; 4. Drop; 6. Launching; 8. Sweep; 12. Ara; 13. Line; 15. Strainer; 17. Rash guard; 18. Swell; 19. Wetsuit;

DOWN

1. Paddle; 3. Braces; 5. Current; 7. Stearndraw; 9. Eddy; 10. Pogies; 11. Bailer; 14. Cockpit; 16. Thule

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