



# PADDLE SPLASHES

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

APRIL 2012

## AMC Women Seeking Adventure: Paddle Among Jungles and Glaciers

*NY-NoJ boasts a disproportionate number of paddlers with a yearning for the exotic. The two members' stories hope to inspire more AMC-sponsored expeditions like Eileen Yin's April Southern Rivers trip or the multi-day Adirondack gauntlets of Russ Faller and Art Portmore. In the next issue, hear from AMC boys gone wild.*

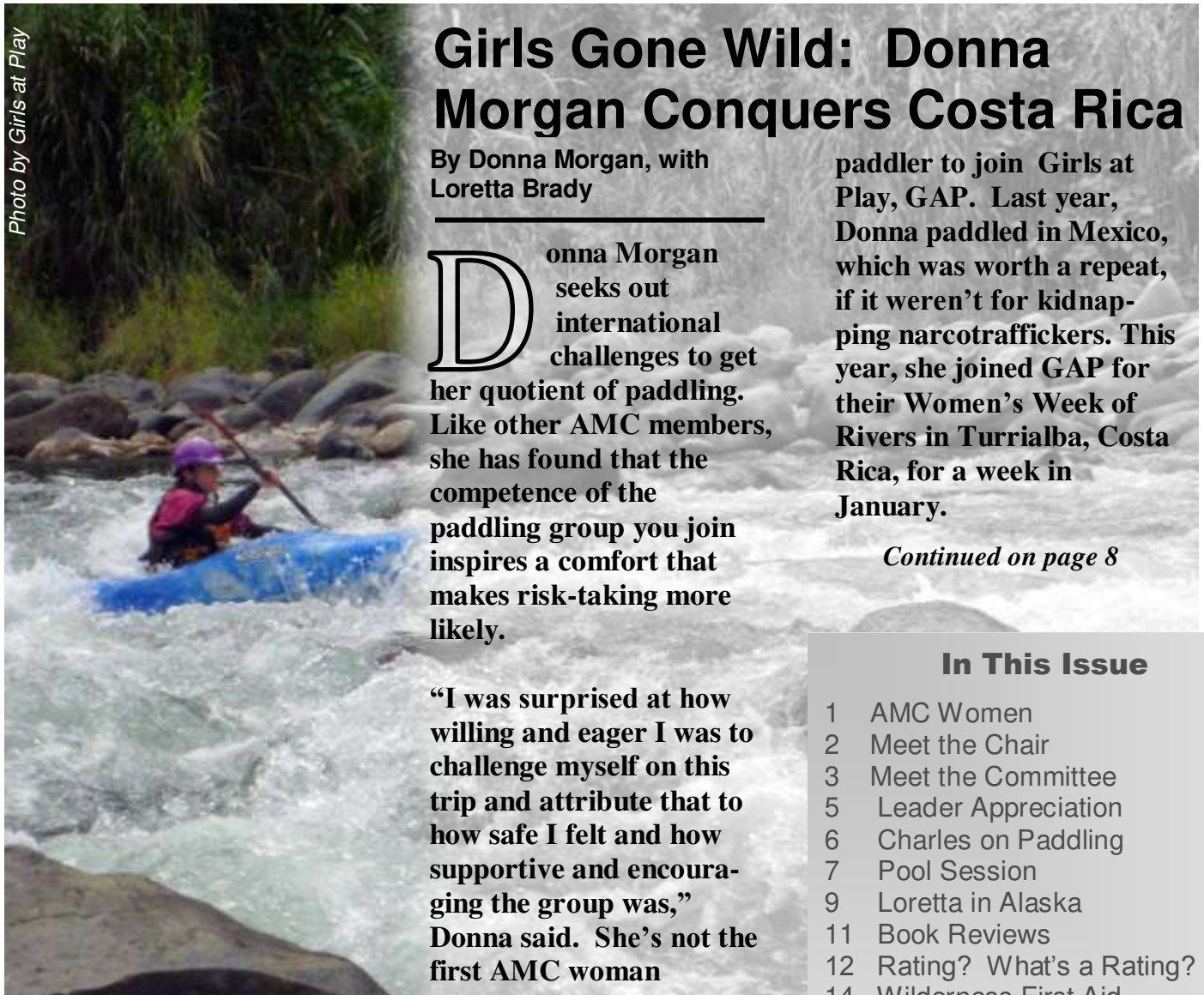


Photo by Girls at Play

### Girls Gone Wild: Donna Morgan Conquers Costa Rica

By Donna Morgan, with Loretta Brady

**D**onna Morgan seeks out international challenges to get her quotient of paddling. Like other AMC members, she has found that the competence of the paddling group you join inspires a comfort that makes risk-taking more likely.

**“I was surprised at how willing and eager I was to challenge myself on this trip and attribute that to how safe I felt and how supportive and encouraging the group was,” Donna said. She’s not the first AMC woman**

**paddler to join Girls at Play, GAP. Last year, Donna paddled in Mexico, which was worth a repeat, if it weren’t for kidnapping narcotraffickers. This year, she joined GAP for their Women’s Week of Rivers in Turrialba, Costa Rica, for a week in January.**

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Donna braves jungles and rapids in Costa Rica.



# Meet the New Chair

I have so many ideas and goals for this year, but my number one priority is creating a supportive environment for our leaders. Without leaders, our club isn't a club. The magnificent fleet of boats would go unused; new paddlers would turn elsewhere to feed their new-found addiction to paddling; our river repertoire would dwindle. I welcome ideas on how I can make this happen!

**MY OTHER GOAL: GET PEOPLE** to bring delicious happy hour snacks! You think I'm kidding, but I'm not! My contributions, I admit, went downhill this year, and I know I need to do better. Having good snacks keeps me at the take out longer—talking longer about the boofs, the eagles, the swims, about life on, and off, the water. If right then and there I exhaust all the excitement about the river over some great guacamole, my non-paddling friends aren't burdened later with hours of boat talk, which seems to bore the crap out of them. So I pledge – and hope all

of you do as well – to bring tasty munchies for all of us to enjoy this season!

**DID YOU EVER JUST KNOW THAT YOU** are the one who needed to take the lead on something? It's that simple, really. I suppose fate brought me to this role, and our community gave me the motivation to accept it. It took me a long time to make the decision, though, because my life is very full, and I still have so many personal paddling goals to accomplish. I feared my personal goals would have to take a back seat. Also, accepting a bigger responsibility *and* work load scared the bejeezus out of me; I didn't quite know what to expect. In the end, it is the support of all that will make our growth a success.



*Carin*

# Meet the Committee

Photo by Rich Breton



Returning **Quartermaster Charles Michener**, left, and **Class 4 Ratings Coordinator Chris Viani** discuss their students on a beginner canoe instructional at the AMC's Mohican Outdoor Center. Charles has generously dedica-

cated so much of his time to instruction, trip leadership, and fleet management that it would be an understatement to say he has improved every paddler in the club equipment-wise or skill-wise. Plus, he tells the best stories.

Like many AMC leaders, Chris's scientific interests in wilderness animal, vegetable and mineral fuel his passion for boating, which lately now includes sailing.



Photo by Kurt Navratil



**Jeff Gregg** has accepted the position of **Tidal Water & Sea Kayak Coordinator** along with his long-standing success as Coordinator of Quiet Water trips. Gregg has never seen a boat he hasn't liked, except those with a motor. If you have any qualms about which boat is for you, ask him. He's adept in single, tandem, and whitewater canoeing, and sea and recreational kayaking. He'll lead canoe camping trips in any season, and chop through ice with the best of them. He's even been seen carrying a boat on his head through traffic—taking a very sporty, urban line to lead us back into a magical wooded stream. It is no exaggeration that Jeff Gregg's warmth and expertise go quite to the heart of what makes the AMC more than just another meetup.com.

**Look for introductions to our other Committee chairs in the next issue**

**Treasurer and Records Chair Marty Plante** gets ready for a cruise on the Colorado River.

In his previous position as Safety Chair, Marty was an instructor on most of the Chapter's whitewater safety and rescue classes for the last 12 years.

Marty was born and raised in New York City, but now lives in a log cabin surrounded by a forest. He can usually be found in his natural habitat - the Adirondack Mountains - playing with his disturbingly large collection of canoes, skis and other toys. Just look for the guy in the Hawaiian shorts.

Photo by Elisa Plante



**First Aid Chair Matt Theisz** treats "patient" **Kafi Adams, the Special Events Coordinator**, at our Chapter's Wilderness First Aid Workshop.

When Kafi first joined the club, like most people, it was through the beginner boating classes. She loved the outdoors, and felt this was a way to get more. Somehow she overlooked that the class was about *moving* whitewater, not the calm stuff. But she's been hooked every since. She is the face of AMC at annual industry conventions like Paddle Sports, and runs a number of other events on the down low. If you've been to a great AMC party or social, or read a great boating piece in *Trails and Waves*, it was probably Kafi Adams who helped urge things along. So it's nice to see Matt give her a chance to rest—or at least her bum arm. Matt's patience extends to machines and computers at his day job, to the rest of his patients, including us, for whom he volunteers as an emergency medical volunteer. How he finds time for paddling and cross-country ski trips, too, still mystifies. We are fortunate to have both of their unique talents to call upon when they are really needed, unlike this simulated assist.

Photo by Ara Jingirian



Connie Farley, right, helps Priscilla Flores learn a roll at a recent pool session.

## 2011 Trip Leaders & Instructors

Nathan Baker  
 Richard Breton  
 David Brucas  
 Victoria Butler  
 Brant Collins  
 Cristiano Degiorgis  
 Russ Faller  
 Connie Farley  
 Elana Fine  
 Butch Futrell  
 Donald Getzin  
 Lenny Grefig  
 Jeffrey Gregg  
 Ruby Hofmann  
 Zachary Hvizdak  
 Arlene Kaplan  
 Dave Kaplan  
 Kerri Klinger  
 Jennifer Koermer  
 Mark Leenhouts  
 Michel Leroy  
 Charles Michener  
 Kurt Navratil  
 Henry Schreiber  
 Fran Schultz  
 Michelle Sholtis  
 Sozanne Solmaz  
 Pat Taft  
 Clare Tattersall  
 Matt Theisz  
 Mark Tiernan  
 Carin Tinney  
 Thomas Trevor  
 Chris Viani  
 Pamina Vitta  
 Tim Watters  
 Jordan Yaruss  
 Eileen Yin

*I would like to congratulate Carin for taking over as the Canoe/Kayak Committee Chair and wish her great success.*

*I would also like to extend my greatest thanks to all the 2011 trip leaders, assistants, and instructors who devoted their time and energy to the Club. If the Club is the lifeblood of new paddlers, the trip leaders are the backbone to it.*

*Hats off to them.*



**- Ara Jingirian  
CK Committee Chair,  
2010-2011**

# Back in the Saddle Again: Ramapo River in February

By Charles Michener

**AS PADDLING GOES, IT'S BEEN A POOR YEAR** for me. I think I only paddled four times between April and November. That is very unusual for me, but I have had a full plate - work, school, marriage. They all sort of eat away at the paddling.

But a few days back I learned that my friend and original paddling mentor, Don Getzin, was running a trip on the Ramapo River. I like this river. This river and I have history. My first contact with the AMC paddling community was at NJIT pool sessions where I met Don. During one of the pool sessions, I learned that a bunch of the paddlers had run the Ramapo the weekend before, which seemed crazy to me at the time. It's winter. Paddling is a summer sport, right? But these new friends of mine felt differently.

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*The Ramapo River is a classic river here in our own North Jersey. It twists and winds into the woods of the Ramapo Reservation, while the thunder of cars reminds us that civilization awaits our return.*

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After the pool sessions were over, I waited until spring when the club started running easy intro trips that a rank beginner like me could attend. That first year I only managed a few trips, but I was hooked. By the end of the summer, I owned my first boat. The next spring, during the first weekend in March, I paddled the Ramapo as my season opener. I paddled every weekend that year until the Tohickon River release in November.

**FOR ABOUT THE FIRST FIVE** years of paddling, the Ramapo remained my season opener, until I got a dry suit. Then my season never closed. But in this past year now, the season had been closed, again: just too much to do, too many obligations to take me away from the rivers.

Today I ran this charming class 1+ river again with Don and another of my early paddling mentors, Eileen Yin. We had a lovely day. Throughout the trip, I revisited memories of other cold days on this river with other friends from other beginnings of other great seasons. I hope that I just opened a great new season for myself, my new wife, and all of us in the AMC paddling community.

SYOTR

*Charles*

Photo by Kurt Navratil



Charles on the Ramapo.

# Everybody in the Pool:

## Pool Session Highlights of 2012

*Contributed by Ara Jingirian, Olly Gotel, and Loretta Brady*

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Most whitewater boaters know how vital pool sessions are. It can mean the difference between just a “bath tub” pool roll and a swim-saving, river-ready “combat” roll. But canoeists—there were two this season—and even sea kayakers can learn a lot at these sessions too.

**THIS YEAR’S PARTICIPANTS** at New Jersey Institute of Technology were a mix of veterans dusting off their roll and new folks learning from the best. Everyone admits a good roll can be lost just by lack of practice. Members bring their own boat or borrow the available club boats. Equipment is even waiting at pool side: paddles, helmets, PFDs and spray skirts. The eight annual sessions are open to all paddlers who even wish to perfect their stroking

form; however, they are ideal for whitewater paddlers interested in rolling. At the end of the sessions, the equipment is all returned to the Barn for rental on our trips.

**THE POOL IS DEFINITELY** too tight for sea kayaks, yet even sea kayakers can get a jump on the season and learn a roll. AMC teaches them in a white-water kayak. AMC’s most multi-boating member, Olly Gotel, says the technique is surprisingly *identical* to the moves one needs for longer sea kayak craft.

“It translates remarkably well. Sea kayaks are not unwieldy. They are rolling machines.” Apart from friendly instruction in the pool, Olly notes how important it is to have a good fitting boat. “Irrespective of whitewater boat or sea kayak, too big a cockpit with too few contact points, and I fall straight out.”

**AND PRACTICE, ESPECIALLY** in pools, makes perfect. “Now, I would say that I can’t back-deck roll my 16+ foot sea kayak, but I can do all sorts of other groovy stuff. In my skin-on-frame Greenland kayak I can do tons of different Inuit rolls. There is even a famous rolling competition in Greenland every year!”

For others, just watching such stunts is entertainment enough.



Photo by Ara Jingirian



# Donna Morgan

*Continued from page 1*

And ever since she's been back, "All I want to do is paddle, paddle paddle."

This was her fourth event with GAP, having previously taken instruction from them in Canada, the US, and Mexico. This trip was a collaboration with Costa Rica Rios. The boats and all ground transportation were provided by CRR and their local partners.

**TWELVE WOMEN FROM ALL OVER THE US AND** Canada and three instructors from Girls at Play (Anna Levesque, Emily Shanblatt, and Mary Frances Hansford) participated in this week of rivers. We paddled sections of the Pejibaye, the Sarapiquí, and the Pacuare, encountering Class II to Class IV water, and countless wall shots, along the way.

A highlight of the trip involved paddling the lower Pacuare to Jungle Camp. "We spent a night in platform tents situated along the water. It was heavenly to hear the sounds of the river as I drifted off to sleep, and several of us commented that we could have happily stayed at Jungle Camp for weeks." Donna said.

She had never heard of a wall shot before, but learned fast. "A wall shot is where a river bends sharply to the right or left,

and the current wants to push you into a rock wall (and flip you). You can cut them far on the inside of the bend, catching the eddy below, or try to stay off the wall and ride them out," Donna said.

"It's kind of like watching a NASCAR race when they enter the turns," Donna remarked. "I kept cutting far on the inside just to be sure I stayed upright."

She learned that we will always be working on our skills and that coming back to the basics--eddying, ferrying, peel outs--builds the key skills and foundations that enable paddlers to have fun safely.

**"THIS TRIP REMINDED ME OF HOW** much of a positive impact a supportive and encouraging group can have on a paddling experience and a paddler's growth," Donna said. It also reminded her that it's important for AMC to offer not only the fun intermediate to advanced trips, but also the beginner/novice trips, where we can all continue to hone our skills while allowing new paddlers to develop their skills in a safe environment.





# SURVIVING ALASKA'S GLACIAL BAYS

By Loretta Brady

If I only knew then what I know now, I might not have gone. That's not entirely true, but there were a few moments there when we all wished we'd prepared a living will.

"If I wait too long," I had told myself, "the glaciers may be gone."

That was before I learned that forceful katabatic winds blowing down from cold elevations kick up suddenly in arctic climes. The water quickly engorges from 2 foot swells, to 3, to 4, and 5 foot swells.

**THAT'S THE SORT OF** thing you learn when you decide to spend a week kayaking near the Kenai Peninsula National Forest in Alaska, as I did this past August. We camped and toured around three different tidal water glaciers among the Kenai National Park: the Holgate, the Peder-son, and the Aialik fjords.

We observed gushing subglacial rivers that deposit the kind of deltas that eventually built up the great hilly eskers in our own Adirondacks. As we camped on the terminal moraines, we were ever aware that, after all, we were in a rain forest. It rained for four of the six days, but was a steady, balmy 40

degrees Fahrenheit most days.



Loretta learns the skill of packing gear, not air.

It was wonderful.

Throughout the whole incredible experience, I was enormously grateful to note how much AMC boating trips had taught me to cope. Carter Bland, AMC master sea kayaking instructor, had shown us what to do when falling water rocks you from behind: paddle! We'd also learned about the way fetch and wind direction factor into our choices. Also from AMC trips, I'd learned that paddling non-stop is as good as a

brace.

**FROM COLD WEEKENDS** on the rivers, I'd learned to wear *all* my clothes to bed. I'd also been taught to cover the tent stakes with rocks to keep them from blowing away on windy nights. And I'd learned torso rotation, to which I credit a seeming superhuman

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# Loretta Brady

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endurance when it counted most. But most of all, I picked the right outfitter because he answered all my seasoned questions about his own preparation, questions I'd learned to ask thanks to canoe camping done in the 'Daks with AMC.

**SO WHEN THE WIND** blew so hard all night, it wasn't *my* tent pole that literally bent double. After a grueling battle against the waves to get to our next glacier and camp site, it wasn't *my* arms that were immobile and stiff from the abuse of poor paddling form, though my core did

feel like I'd gone five rounds with Ali. I felt sympathy for my companions, but secretly smiled inside with that self-satisfaction that comes from having a superior skill set to your peers.

**A WATER TAXI TAKES** trips out from Seward to the more remote park sites. We were there with no other companions than the many seals, sea and river otters, puffins and whales we saw. Oh, yes, and a bear. Above all I recommend a hike up to the Harding Ice Shield and nearby Exit Glacier.

The huge expanse of glacier makes all things clear. In between the roar of the cleaving ice chunks, you realize that frozen water is indeed fluid. But they won't be here for long. Their thinning ice recedes faster and faster each year.

If this outfitter were going to offer this trip again, I'd certainly recommend him here. As it turns out, the trip reminded him how challenging sea kayak camping can be. Instead, he's retiring to run more predictable trips: camping with the Kodiak bears.



Photo by Loretta Brady

# Reading the Water, and Much More

*These reflections on reading for paddling pleasure were contributed by various members, especially Andrew Ludke, Clare Tattersall, and Loretta Brady.*

**PADDLERS ARE GOOD READERS. THEY READ THE** waters. They read a boater's body language as she wrestles the rapids. In preparation for their Grand Canyon expedition, several AMC members prepped up with a raft of works about the legendary Colorado River. Especially in the off season, we paddlers need a fix.

Here are some popular recommendations that have surfaced over the course of our campfire camaraderie.

There's the astonishing *Running the Amazon* by Joe Kane, a brutally honest account of world class kayakers who seem to swim more than run the Amazon tributaries. Then there are a slew of historically famous paddles, including the gripping *Undaunted Courage*, Stephen Ambrose's very personal and surprisingly suspenseful narrative of the Lewis and Clark canoe quest



to find a water route to the Pacific. They are probably the luckiest paddlers in history, clearing rapids they had no right to survive.

**FOR ANOTHER IDEA, REVISIT DON GETZIN'S** review of *River of Doubt: Theodore Roosevelt's Darkest Journey* by Candice Millard. It's in the *Paddle Splashes*, [March-April 2008 edition](#) available online. If you hate when a trip scheme goes awry, this Brazilian fiasco trumps your worst nightmares. You can learn a lot about how *not* to plan a canoe trip,

even if you'll never face their obstacles: carnivorous piranhas, venomous vipers, and dart-shooting natives. But then there are books that go unnoticed. If you hunger for great writing about a boater's special world, these suggestions also deserve a look.

Tucked away in the new biography of George Washington by Ron Chernow is an account of how he grew as a wilderness canoeist and sea adventurer. As a budding surveyor, Washington learned to cope with navigating canoes down whitewater streams or overflowing rivers in driving rain. He shot wild turkey and slept on bearskins in smoky tents. No wonder he hung on with the troops through harshest times. Paddling experiences indelibly shaped the father of our country.



**AND FINALLY, A WORK ABOUT MOURNING THAT IS** really about sea kayaking. What a pleasure to find a writer who *gets* it, who really conveys that solitary bliss we gain pushing through water and wave. Roger Rosenblatt in *Kayak Morning: Reflections on Love, Grief, and Small Boats* never ventures too far from the shores of Shinnecock or Peconic bays, in Long Island, but he takes it all in. He finds splendor in decayed, desiccated trees, dignity in ducks and banded killifish. It's almost as good as being there; you'll smell the tide from your armchair.

So you see, there's not much truth to the rumor that paddlers only talk about paddling. They also talk about books—okay, books *about* paddling.

**We welcome readers to send in more great ideas for our reading about paddling pleasure. Future issues can share these titles—or even reviews—with members.**

# What's a Rating and Why Do I Need One?

by Marty Plante

*"I've been paddling whitewater for 15 years," the new AMC member proudly says as he's about to begin his first AMC activity. "And I just got back from a week at Nantahala Outdoor Center."*

*Launching his kayak into the class 3 rapid with the other paddlers, the new member floats past the large eddy that the leader told everyone to meet in, then continues downstream, blowing past the play spots, oblivious to the rest of the group. It seems like an eternity before the other paddlers catch up to him.*

*"Why didn't you make the eddy turn?" asks the trip leader.*

*"What's an eddy turn?" replies the new member.*

With over 300 paddlers joining our trips each year, it's impossible for the trip leaders to personally know everyone's paddling ability. Like most of the other AMC chapters, we use a peer review process where we rate each other's skill. When a rated paddler registers for a trip, the leader doesn't have to rely on the self-evaluation of each participant, but instead has the collective opinion of several fellow AMC paddlers.

**NOVICE PADDLERS ARE GIVEN** a Quietwater (QW) rating. More experienced paddlers are rated from Class 1 to 4 for whitewater, and Level 1 to 4 for touring water. In general, a paddler may register for any trip at or below his rating. For example, a Class 2 paddler would usually be accepted into

any QW, Class 1 or Class 2 trip.

**WHEN A TRIP LEADER HAS A** sufficient number of experienced paddlers, he or she may accept some paddlers at a lower rating level. You're encouraged to make an effort to go on more difficult trips - that's how you improve your skills - but your acceptance will always be at the discretion of the trip leader.

The observer and the venue must have the same or higher rating as the one you are trying to achieve. For example, if you're working on a Class 3 rating, you'll need to be observed on Class 3 or 4 rivers by Class 3 or 4 observers.

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**The 2011 Ratings Committee is delighted to announce the following new ratings for our Chapter's paddlers. Congratulations to all.**

**- Michelle Sholtis  
2011 Ratings Chair**

Kafi Adams	1+K1
Robin Bady	QW
Asya Bakhtina	2K1
Arnold Bauer	QW
Kinga Bernath	QW
Beth Bogart	QW
Loretta Brady	1 OC1
Kayla Burlew	3K1
Amanda Burman	2K1
Joe Cifune	QW
Jane Dorlester	QW
Lynn Dove	QW
Kathy Dowling	QW
Edward Duffy	QW
Paul Ewey	QW
Federico Fioretta	QW
Robert Gough	QW
Sharon Guarino	QW
Hatice Gursoy	QW
Carrie Ho	QW
Nat Hookway	2K1
Bob Husted	QW
Rachel Makleff	QW
Ruben Martinez	QW
Althea Noronha	QW
Thomas Rigney	QW
Denise Rizwan	QW
Matthew Schaefer	1+K1
Carolyn Smith	QW
Katie Spolarics	QW
Vadim Stepanick	2K1
May Tai	QW
Carin Tinney	3K1
Grace Watters	QW
Patrick Watters	QW
Gretchen Zierick	QW

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previous page

To get a rating, just ask someone with the appropriate rating to submit a rating card for you. Remember to do this before the trip starts, not after. The observer can complete an official rating card, found at <http://www.amc-ny.org/node/257> and send it by e-mail or postal mail to the Ratings Subcommittee at [canoekayak.ratings\(at\)amc-ny.org](mailto:canoekayak.ratings(at)amc-ny.org), or just send an e-mail describing your paddling ability.

For Whitewater Ratings of Class 2 or higher, you'll also need to have taken safety & rescue instruction. Our own chapter runs a great course, next scheduled for August, but if you've already received instruction from another organization, just let the ratings Subcommittee know with whom.

One of the fastest ways to get a higher rating is on Eileen Yin's upcoming Southern Rivers Trip - lots of rivers, lots of observers, and great days on the water. Register [here](#).

# Rating Requirements

## Quietwater (QW)

Participation on any two QW trips. The two trips may be on the same body of water. No rating card recommendations are necessary.

### Whitewater Requirements

#### Class 1 Rating

Participation on two trips on Class 1 or greater rivers and a recommendation from one of these trips. The two trips may be on the same river.

#### Class 2 Rating

Two trips on two different Class 2 or greater rivers and recommendations from both of these trips, each by a different observer. Also necessary is the completion of the Chapter's Basic Safety and Rescue Course or its equivalent given by an outside organization.

#### Class 3 Rating

Participation on five Class 3 trips on five different Class 3 rivers and recommendations from three of these, each by a different observer. Also necessary is the completion of the Chapter's Basic Safety and Rescue Course or its equivalent given by an outside organization.

#### Class 4 Rating

Consensus of the NY-NoJ Class 4 paddlers

or

Observations and recommendations on six different Class 4 rivers. An observer cannot submit more than two recommendations.

#### Class 4(R) Rating

Awarded to Class 3 paddlers for a specific Class 4 river by the CKC Chair upon receipt of at least 3 recommendations by different observers.

### Touring Water Requirements

#### Level 1 Rating

Participation on two Level 1 or greater trips and a recommendation from one of these trips. The two trips may be on the same body of water.

#### Level 2 Rating

Two trips on two different Level 1 or greater trips and recommendations from both of these trips, each by a different observer. At least one of the trips must include some exposure to conditions near the upper end of the range for protected water.

#### Level 3 Rating

Participation on five level 3 or higher trips and recommendations from three of these, each by a different observer. At least three of these trips must include some exposure to conditions near the upper limit of the range for open water.

#### Level 4 Rating

Observations and recommendations on six different Level 4 rivers. An observer cannot submit more than two recommendations.

For Class 1 and 2, and Levels 1 and 2, participation in an AMC instruction workshop at the indicated or higher rating may be substituted for one of the trips.

# Reasons To Take AMC Wilderness First Aid Training

Wilderness First Aid (WFA) is a 16-hour course offered as a great AMC value. There are at least 10 good reasons to participate.

**REASON #1: MAUREEN MCCAHERY.** For over 10 years she has adapted the best of her EMT experience to the sparse but risky life of wilderness situations. She can pepper her clear explanations with numerous stories culled from her varied AMC hiking and professional experiences.

**REASON #2: OUR OWN MATT THEISZ.** As a volunteer street medic and expedition paddler, he stirs his own stories into the mix.

**REASON #3: YOU CORRECT HARMFUL OLDER MYTHS WITH NEWER, SAFER KNOWLEDGE.** For instance, laypeople are now encouraged to jump in and start CPR—fast, hard, and strong—without self-doubt about the exact ratio of breaths-per-pump. Turns out it is better to get the heart going than to lose precious time as a perfectionist. Similarly, one needn't worry so

much about lethal vipers when embarking on a portage. Even if the biting snake had the tell-tale elliptical eyes, there's no need to cut or suck at the wound anymore. So long as the anti-venom antidote is administered within the coming days, there's really no grave danger.

**REASON #4:** Since the course has a 3-year shelf life, all your other classmates who are there to re-up their certification have a wealth of great stories, too. They are Boy Scout leaders and AMC coordinators. They are moms and dads who remind us accidents happen when you least expect them.

**REASON #5:** There are great simulations that let you see what you're likely to be faced with in a crisis.

**REASON #6, #7, #8, #9,** you get to swap paddling accident stories with your cohort of AMC paddlers and leaders, as well as a room full of other canoe camping enthusiasts

**REASON #10: Rich Dabal** and the instructors provide invaluable knowledge not only for treatments, but more essentially, for prevention. Faced with any range of possible crises—from a group hypothermia pandemic, to painful fractures—there is so much a trained eye can do to avoid or reduce harm. Their cool-headed mind-set is contagious.



# Against the Current: PaddleSplashes Debate Column

Members are invited to weigh in on this issue's controversy:

## Is there such a thing as too much instruction?

The "10,000-Hour Rule" says that the key to getting really good at something is just to practice it that long. But is Malcolm Gladwell really correct? If I played 10,000 hours at Hamburg pubs, I would never be as good as the Beatles.

And does his rule apply to boaters? It's not just that luck or innate talent factor in, but wouldn't everyone be better if they had a perpetual personal trainer?

If I simply put in more hours, I may just repeat bad form and hit plateaus—or worse? And the whole idea of sea kayaking freaks people out. We're supposed to think about strokes, waves, currents, wind, tides and get a roll? How do you practice all that without a constant coach?



**PaddleSplashes** eagerly awaits your response!  
Send letters to the editor at [psonline@amc-nv.org](mailto:psonline@amc-nv.org).

## Barn Work Day

May, 2012 *date to be determine*

### Whether it's for the day or an hour, your help is needed!

Join us for a fun day working on the club canoes, kayaks and equipment at the CKC storage facility, "The Barn."

Your help is needed for one hour or all day. We will be taking inventory, repairing boats, cleaning and sorting PFDs, paddles, spray skirts and other gear. No special skills are required - just bring your enthusiasm and love of paddling. Join us for a fun day of satisfying work and camaraderie.

**We start at 9 a.m. and will continue until 5 p.m.** (unless we finish earlier). Contact Quartermaster Charles Michener to register by e-mail at [canoekayak.quartermaster@amc-ny.org](mailto:canoekayak.quartermaster@amc-ny.org)

#### 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, near the swimming pool.

#### 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.

GPS: N41°9.901' W74°3.415'

# ACTIVITY SCHEDULE - 2012

Date		Touring Water	Quiet Water	Class 1	Class 2	Class 3	Class 4	Instruction /Misc
Mar 31 – Apr 1					Upstate NY & Adirondacks <i>Brucas</i>			Pool Session 3/28 <i>Jingirian</i>
<b>April</b>	7-8							
	14-15			Southern Rivers <i>Yin</i>				
	21-22		Splitrock (Sat) <i>Gregg</i>					
	28-29		Oswego (Sun) <i>Watters</i>					
<b>May</b>	5-6		Monksville Reservoir (Sat) <i>Gregg/Fine</i>					
	12-13							Pelham Bay Clean-Up (Sat) <i>Arbuckle</i>
	19-20		Great Swamp/Great Piece Meadows (Sat) <i>Gregg</i>			Stonycreek <i>Tinney</i>		
	26-27 Memorial Day							
<b>June</b>	2-3		Merrill Creek Reservoir (Sat) <i>Gregg</i>					
	9-10		Lawrence Brook (Sat) <i>Gregg</i>					Beginner Kayak Instruction <i>Futrell/Adams</i> OC1 Whitewater Instruction <i>Viani</i>
	16-17	Sedge Island TW 1/2 <i>Collins</i>						
	23-24				Deerfield <i>Brucas</i>		Deerfield <i>Brucas</i>	
Jun 30-Jul 1			Mullica <i>Watters</i>		Deerfield <i>Solmaz/ Michener</i>		Deerfield <i>Solmaz/ Michener</i>	Basic Canoe Instruction at MOC <i>Breton</i>
<b>July</b>	7-8							
	14-15							