



# PADDLE SPLASHES

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

JULY 2012

## Southern Comfort

### *Paddling in the Land of Dixie*

Marty Plante

*The NY-NoJ Chapter has a long history of kicking off the whitewater season with a week-long trip to the Southern states. After a three year hiatus, these trips have returned to our schedule, thanks to the organizational skills and hard work of trip leader Eileen Yin.*

Marty on the Chattooga



### Notes

Fri Spent all day driving 750 miles to the Smoky Mountains, arrived at the campground in the dead of night.

Sat David made the first of many (perhaps too many) breakfasts featuring Spam. Some of us started off the week with the easy Nantahala while the rest went on bootleg trips in search of more adventure.

Sun David rose before sunrise to start breakfast for us. After breaking camp, everyone converged on the nearby Nantahala Outdoor Center for the



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Eileen Yin (Photo by Cam Timney)



## Notes

paddlers' meeting and some last minute shopping. The more confident paddlers headed for the class 3+ Ocoee, but I had a nasty swim on it a few years ago, so I decided to join the more tranquil Tuckasegee River group. The river leaders for the Tuckasegee were Dorothy and Dave Vegetti, a couple of expat New Yorkers who retired to the improbably named town of Big Canoe, Georgia. Some of us finished off the day with a Mexican meal at a nearby restaurant; others stayed in camp for a pierogi and kielbasa dinner. Another great night at scenic Black Rock Mountain State Park.

Mon Today, we all paddled the Chattooga River where the movie Deliverance was filmed, straddling the border between Georgia and South Carolina. We again split into two groups: some paddling section 3, others opting for the more challenging section 3½. Spent the night again at Black Rock surrounded by shocking pink mountain laurel.

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## A Big "Thanks!" from Charles Michener

Often when I am writing for Paddlesplashes I am exhorting how great it feels to give back to the club. This time I get to write the opposite! Now I write in thanks to a whole bunch of other people. At our latest barn work day we had a great crew come out and do an amazing amount of work. It had been two years since the last barn work day, so things had gotten a bit out of hand. As quartermaster I put together a "To Do" list that was extensive, figuring I would be happy if we got half done. But this crew attacked the list with gusto!

Some of the tasks we completed were scraping and painting the yellow fleet trailer and doing much needed maintenance to the boats of the yellow fleet. The yellow fleet is a hard-working and important asset for the club, used extensively for river clean-up and instruction each year. We also repaired and reorganized the barn's boat racks, as well as performed a major re-evaluation of how camping equipment is to be handled. Gone is the three fleet system. Now we have the equipment separated by item: all the pots in one place, all the bowls in another place, etc. This way, leaders can use only what they need. Finally, we couldn't say enough about all the cleaning of boats, barn, and equipment we accomplished! With this special group of people, we knocked off 80% of a list I expected to get half done.

So now I get to give a great big **Thanks!** to:

David Brucas	Mark Leenhouts	Mark Tiernan
Meredith Fabian	Andrew LoPinto	Carin Tinney
Steven Ferder	Andrew Ludke	
Ruby Hoffman	Sozanne Solmaz	



# Basic Whitewater Safety & Rescue Class

Aug 25-26

Click [here](#) to register

Want to be safer and more confident while paddling whitewater? Our Basic Safety & Rescue Workshop will prepare you to handle the everyday "things that can go wrong" on the river with you and your paddling buddies.

The course objective is to provide the basic knowledge and practical skills for paddling on rivers. These skills aren't just for adrenaline junkies running waterfalls. There are plenty of opportunities to get in trouble on slow-moving "easy" rivers, but this course will tell you what to do about them. The focus is on what to do when you've fallen out of your boat or your paddling buddies have fallen out of theirs. This is a "hands on" course, with much of the day spent in the water practicing self-rescue and non-technical rescue of others in a controlled environment.

This is NOT a course on how to paddle a canoe or kayak, nor does it cover the flatwater rescue skills you would use on large lakes or the ocean-based rescues needed by sea kayakers.



**Volunteers are needed for the  
*City of Water Day***

**on July 14<sup>th</sup>, anytime between 10-4 in  
Jersey City. It's a great opportunity to  
showcase our paddling program and  
talk about AMC. Anyone interested can  
contact Carin at**

**canoekayak<at>amc-ny.org .**



# Dixie Data

2000

Approximate number of miles driven by each car

2 19

Fresh trout caught and eaten

Paddlers (9 canoeists, 10 kayakers)

Cans of Spam consumed



10 4

River sections paddled

States paddled (NC, SC, GA, TN)



David Brucas (Photo by Marty Plante)

Tue Seven paddlers left today to head back home, reducing our ranks to 12. Today's venue is section 4 of the Chattooga. David Brucas and Rich Dabal were the river leaders, while Bruce Benton was the sweep. Made a mid-river stop to pose for photos under the waterfall. Spent the night in a seedy motel in Hot Springs, NC that caters to long-distance hikers on the Appalachian Trail. The throng of hikers passing through the town eerily reminded me of the homeless people that inhabited Times Square in the 1980s. Finished off the day with a great catfish dinner.

Wed Everyone started the day with a filling breakfast at the Rocky Mountain Diner. I took the day off from paddling to see the sights in nearby Asheville. The rest of the group got an early start on the French Broad, then headed over to the most challenging river of the week, Spring Creek, returning just before the restaurant closed at 9pm. Everyone was exhausted but smiling, so I guess

I missed a great day on the water. Spent the night at the motel again, four to a room, sleeping on the floor as I did after college dorm parties from days gone by.

Thu We all paddled Big Laurel Creek today, a challenging class 3+ run, with Carin as river leader. I flipped my canoe on one drop, but was able to roll back up, prompting the Peanut Gallery on shore to give me a standing ovation. It was a great day, except for the  $\frac{1}{4}$  mile portage from the take-out back to the cars. (Big thanks to Rich for helping me carry my boat.) At the take-out happy hour, I made a batch of hot quesadillas, earning me a 2nd standing ovation.





## *The Times, They Are A-Changing*

- 1988-89** The *Canoe Committee* purchases its first kayaks
- 2001-02** First kayakers on the *Canoe Committee*
- 2002** The *Canoe Committee* changes its name to the *Canoe & Kayak Committee*
- 2003** The committee purchases its first sea kayaks
- 2006** The committee contains more kayakers than canoeists
- 2008** The committee chair is a kayaker
- 2012** The committee now owns 20 canoes and 37 kayaks

## The Fall Gathering Needs Your Help!



The NY-NoJ Chapter is hosting the AMC Fall Gathering at the Greenkill YMCA Retreat Center near Port Jervis, NY. We need lots of fun activities on the agenda. As you are preparing your entries for the fall schedule, please consider leading an activity as part of Fall Gathering weekend from Fri. Oct. 19 to Sun. Oct. 21. After you enter your Fall Gathering event in the online trips database, please send a copy of the write-up to the Activity Coordinator for the Fall Gathering, Paul Dutton at [is1pad<at>aol.com](mailto:is1pad@aol.com).

# First Descent

## *Catharsis on the Mongaup*

Andrew LoPinto

**A**pril 15th is a day that shall live in infamy, at least for your humble author. You see, that was the day of my first, single barrel release descent of the Mongaup and represented my first kayaking experience in a *real* Class 2/2+ flow; my own “first descent.”

Some readers might remember my tale of beginner's experience from last summer. Since then, I have been coping with a burning desire to get back into a small boat, to pit skill and nerve against the churning white foam. I took advantage of rolling sessions at NJIT, started building a library of kayaking books, found the message boards, YouTube and many other resources that are well known in the community.

### ONE OF MY DAILY RITUALS

has been to scan the AMC kayak trip list. If I couldn't be on trips, at least I could plan for them. It was with great hope and trepidation that I found and signed up for Dam Release on the Mongaup, April 15. I knew I was not rated for that level, but like any addict, I had to at least try to get my fix. My email to the leader was a sopping plea to join, and the next day, I read the acceptance message with great joy, and some amount of hesitation. You see, I had been a raft guide some years ago. I learned later the reason for my acceptance was “since I was an experienced rafter, I would know how to swim, read the river, and not freak out too bad.” The foreboding was palatable, but I steeled myself and cemented my determination.

Finally, RIVER DAY CAME!!! In my new dry gear, I certainly looked the part, but that and a good attitude were the only things about me that were ready for this challenge. The leader for this trip was one who has seen me since my birth as a kayaker, and as we geared up, he took me out to the starting pool to see what I had learned.

**WE FERRIED**, and I took a stab at my roll, trying valiantly, failing miserably. Shortly after my T-rescue, I was informed the water should start flowing out of the dam soon. This was a big moment of fear for me. Realize, dear Reader, in my mind, I expected a swift opening, and “Hollywood Grade” wall of water to come rushing out. Yet there I was, still in the pool, still in my boat, and right in the Jaws of the Thing. I actually paddled close to the bank, and had my hands on the loop to make a quick getaway in expectation of Noah's own flood coming straight for me.



Obviously, this did not happen, and shortly after, I sheepishly joined the rest of our group already assembling for departure.

As we approached the first section, my leader gave good information. In the upstream eddy, he showed me a large rock wall on river-right. “See that?” “Yes,” I replied.

*Continued on next page*

## ***First Descent***

*Continued from previous page*

“Well, get a good look now and never look at it again, ‘cause if you look at it, you’re gonna hit it, *and that will not be good*. But follow me, and do exactly as I do, got it?”

I gave a weak nod, while thinking, “So, that’s how it is...huh? This is the real deal! OK.

*Over the rapids,*

*Over the runs,*

*Lookout river,*

*HERE I COME!”*

If my drytop collar would have allowed it, I would have swallowed the lump in my throat. We eddied out, lined up and hit it. I paddled so hard and fast, I’m sure I could have taken off with just a little more headwind.

Without time to think of anything, we bounded over the first feature, into the next, and the last, landing in the quietwater at the bottom. I quickly wheeled around to see what I had just done. I did it. I DID IT!! Holy crap on a cracker, I DID IT!!!

The remainder of the run proceeded this way. Each new challenge was accompanied by my leader's guidance. Each time, he showed me the way, and I followed - usually poorly. Each time, I kept my feet dry.

After some time, we came to a fork in the stream. At its point, there were two boats on the bank, unattended. We waited a short while before their paddlers emerged from the woods. They had been the first to leave that day, and had the presence of mind to bank-scout the right fork before descending blindly. It was they who warned us of a new dead-fall strainer that should be avoided on that fork. I was enthralled at how river community takes care of its own.

The day progressed, and so did we. With each new successful challenge, my confidence improved, thanks mostly to my trusty, big-volume boat. By the end, we made two runs down the Mongaup, two times backwards down the "Unsurfable Wave", two times under the bridge where the final feature looked more like a wave FREIGHT train to me, two times attaining up the Delaware to the takeout, which is particularly hard on “young” arms at the end of the day.

As we loaded up the gear and settled into Happy Hour it struck me: Today, was my own “first descent;” Today, I sloughed off the warm cocoon of the Lower Lower Lehigh; Today, I have truly become a kayaker!

*Andrew*

**Welcome to the newest contingent of trip leaders. They have all completed the Leadership Training Session this spring and look forward to conducting their first trips as leaders-in-training.**

**And thanks to Henry Schreiber and Lenny Grefig for running the training session.**

## **New Trip Leaders**

Asya Bahktina  
Glenn Barnes  
Andrew LoPinto  
Erin Schaeffer  
Vadim Stepanuik  
Matt Thiesz



# Meet the Committee

## **Loretta Brady,** ***PaddleSplashes Editor***

There's a theory that says canoeists come to the sport later in life when disposable income emerges. You've got the car. You've accrued those longer vacation allotments, and can afford a boat. You've logged your cycling club miles, met your running group for 10k training, and now you notice your softball squad is aging out. That sort of describes my path to paddling, except that I still haven't had to get the car or the boat. As a member of the generous AMC, seems everybody is a lender: boats, gear, tents and more.

The other problem with that theory is the diversity of ages on the water. Can't explain why some people caught on sooner, but I know for sure I waited too long to latch onto a paddling club.

Least now that I've joined, and my skills improve, this river stuff just gets more and more interesting. And editing this newsletter gives me permission to pry into all our paddlers' experiences, which is even more fun.

Most of the middle school students I teach think it's just way too much work for a recreational sport— just the camping part, mind you. Maybe that's the real theory, then. You turn on to paddling when you accept the truth that the more you give, the more you receive.

Photo by Kurt Navratil



Photo by Road Dog (Jim Pflaumer)

## **Butch Futrell,** ***Instruction Chair***

Hard to believe that way back in 1995, after taking a rafting trip on the Gauley River and seeing the kayakers having so much fun, that 17 years later I would be having so much fun paddling and teaching kayaking myself. It's a very rewarding lifestyle, and I plan on pursuing it for as long as possible.

Why do I do this? I just like turning people on to the sport and teaching them how to get started safely. Plus, it gives me an endless supply of new friends for paddling trips. A great example of this was a trip on the Dryway at the Deerfield River a couple of years ago. Sitting there in the put-in eddy, I realized that 9 Of the people in our group that day had started with our AMC club kayak instructional!

Life plan? Keep paddling. Next year plan, Monica and I are going to paddle in Costa Rica in January! And, yes, I still get butterflies before I launch. Really.

## ***Meet the Committee***

Continued from previous page

### **Rob Holbrook** ***Ratings Chair***

Like many paddlers, a friend lured Rob into the addiction. Since then, Rob has taken to kayak water polo, as well as freestyling those surf waves. Rob hosts many "step up" trips--essential post-instructional practice on easier class 2 waters that builds confidence and the fun factor. Rob hopes to complete an instructor's level paddling class and give back to the club even more as his rising tide of skills raises all boaters in the water.



Photo by Steve Ferder



### **Andrew LoPinto** ***Equipment Coordinator***

Andrew's first taste of sweet black water came with his raft guide training with White Water Challengers on the Lehigh. Family, career, and sloth conspired to keep Andrew off rivers until the summer of 2011, when he traded that single-blade paddle for the double-bladed action of kayaking.

At first wait-listed for the popular AMC basic instructional, Andrew and a motley crew of friends persisted, completing the later AMC instructional on the familiar Lehigh. Under the tutelage of Butch, Carin and Zack, he eddied back out into the flow of kayaking and is once again enjoying the beloved sport. Having the patience of Job--or perhaps Noah before the flood--has paid off. The club takes great pleasure in tracking his meteoric rise as a more confident paddler and leader.





**New**

# Instructor Training Reimbursement Policy



**Improved**

Carin Tinney

*The CKC has modified the Instructor Training Fee reimbursement policy in an effort to encourage more CKC leaders to seek out training to be instructors and to reflect the increased costs associated with such coursework. The previous policy, described on p. 8 of the May/Jun 2006 issue of PaddleSplashes, capped the reimbursement at \$200. The new policy removes the \$200 cap, but maintains a percentage cap of 50%. The revised policy also requires that the potential instructor obtain prior approval for reimbursement from the CKC Chair. We hope that this change in policy will encourage CKC leaders to become instructors!*

For those who obtain training as an instructor from the American Canoe Association, the British Canoe Union, or other recognized organization, the Committee has a long-standing policy of subsidizing 50% of the training/certification fee, subject to the following:

- The Committee will refund 50% of the cost of the course and certification exam fees, with prior approval of the CKC Chair. Travel costs, meals, boat rental, membership fees for the sponsoring organization and other incidentals are not reimbursable.
- The instructor must submit a request to the C/K Chair requesting reimbursement. The request must contain the dates, school and the name of the instructor-trainer teaching the course. There is no time limit applied to this requirement.
- The new instructor need not attain certification to be eligible for the refund.
- The instructor must agree to instruct for our Chapter. The instructor will be reimbursed upon completion of the first instruction workshop taught by the newly certified instructor. After teaching one course for the CKC, there is no minimum number of instructions required for reimbursement.
- The current reimbursement policy applies to the initial certification but not to periodic re-certifications.

## **Interested? Consider These:**

ACA: [Level 1 Kayak Instructor](#)  
6/29/2012 to 7/1/2012  
EMS, Lincoln, RI

ACA: [Level 2 Kayak Instructor](#)  
6/29/2012 to 7/1/2012  
EMS, Lincoln, RI

ACA: [Level 3: Coastal Kayak Instructor Certification Workshop \(ICE\)](#)  
7/1/2012  
Long Island, NY

ACA: [Level 4: Whitewater Kayaking Instructor Certification Workshop \(IDW/ICE\)](#)  
7/11/2012 to 7/15/2012  
Zoar Outdoor, Charlemont, MA

ACA: [Level 3-4: Whitewater Canoeing - Solo & Tandem Instructor Certification Workshop \(IDW/ICE\)](#)  
7/11/2012 to 7/15/2012  
Zoar Outdoor, Charlemont, MA

ACA: [Level 1-3: Coastal Kayaking Instructor Certification Workshop \(IDW/ICE\)](#)  
8/3/2012 to 8/7/2012  
Lansing, NY

ACA: [Level 4: Open Water Coastal Kayaking Instructor Certification Workshop \(IDW/ICE\)](#)  
8/9/2012 to 8/14/2012  
Queenstown, MD

ACA: [Level 4: Whitewater Kayaking Instructor Development Workshop \(IDW\)](#)  
9/1/2012 to 9/3/2012  
Zoar Outdoor, Charlemont, MA

ACA: [Level 3-4: Swiftwater Rescue Instructor Certification Exam \(ICE\)](#)  
9/6/2012 to 9/7/2012  
Zoar Outdoor, Charlemont, MA

# Paradise in the Pine Barrens on the Oswego River

Story and Photograph by Colleen O'Neill  
[www.colleenoneillphotography.com](http://www.colleenoneillphotography.com)

**T**here are certain special places on Earth that so deeply affect you, it makes you torn. Though there's a desire to keep this sacred place secret, it would be an injustice not to share the route with others so that it could be appreciated and recognized as it deserves to be.

For me, this place is the Oswego River in the Pine Barrens.

As many places as I'll paddle throughout my lifetime, this place will remain at the top of my list. Kayaking down this amazing river felt as though I were floating through a serene and untouched paradise, as if perhaps I'd stumbled upon a hidden and undiscovered piece of the world.

There aren't many places, especially in New Jersey, where I've had this feeling. On the Oswego River, I experienced it during the entire five hour paddle through this winding and beautiful place. There is way too much beauty to describe in words, and even pictures cannot fully capture the scenes unfolding around each bend in the river; one must experience this place for in person to fully understand the magnitude of its grace.

This AMC trip began by parking at Harrisville Dam (which would be our take-out), then taking a shuttle over to Lake Oswego. We paddled across to the dam, where we would do a short portage around, then start our trip down the Oswego River.

Immediately after my kayak dipped into the water, I felt transformed, a calmness spreading throughout my body.

Feelings of awe washed over me as my kayak gently winded around narrow channels through thick forests of ever-greens. The rich and heavy scent of pine permeated all along the route. Many types of wildlife flourish here. The forest was alive with new and old growth as I gazed up at the sky through a tangled web of trees.

Carried gently along by the river, I couldn't believe how incredibly quiet and serene this place was. It felt as though I were the only one around for miles. The mixture of evergreens and sand was a beautiful contrast. The rich, dark color of the water, caused by the tannin leaching from the pines, made staring into it mesmerizing.

We headed out of the narrow channel, into marshlands, then finally into open water nearing the dam. I felt a sadness grow inside me as I realized this was the exit from paradise. As I got out of my kayak at Harrisville Dam and adjusted to the reality of civilization around me, I honestly wished that I could shuttle back over to Lake Oswego and start it all over again, to float down those narrow passages and escape reality for five hours more.



## Welcome

Welcome to a new paddler in the AMC family. On February 5th at 8:28pm, Vivian Anne Leroy was born 7lbs. 4oz, 20 inches to Michelle Sholtis and Michel Leroy. With the help of an in-home birthing pool and a very talented midwife and birthing support team everything went perfectly.

While *in utero*, Vivian Anne ran the Mongaup, Fife/Zoar, the Dryway and others. She already has her first PFD and we are looking forward to our next trip with her.



Photo by Michel LeRoy



Photo by Loretta Brady

## Congratulations

Under a starry sky, beside a sparkling brook, surrounded by fond friends and wood nymphs, Jordan Yaruss launched into new waters by taking the lovely hand of Jordan Van Aken in marriage this past May in Big Indian, N.Y.

# Against the Current

**What's More Important: Practice or Instruction?**

There's a saying that you learn how to paddle in the winter and ski in the summer. Sometimes the lessons we're getting in instruction don't make sense until they sink in later. While it's true you can teach yourself a great deal by 10,000 hours of practice, you could get a whole lot better a whole lot faster with the right feedback.

- *Randy Ridlle,  
Master Canoe Instructor,  
Nantahala Outdoor Center*

Too much reading or studying YouTube has been a double-edged sword for me. On one hand, I can study pictures of the perfect 2<sup>nd</sup> position, and this was the extra push that got me to roll the first time. On the other hand, I learned much more about the scary stuff that can happen and what to do by actually kayaking. The only way to master a skill is to practice.

- *Andrew LoPinto*

There's nothing like good instruction. Get as much as you can. Learn. Practice. Then learn some more and practice more. The more teachers you have, the faster you get better. But they have to be good teachers.

- *Jordan Yarrus*

Like schussing down a ski slope or blasting a pig with an angry bird, paddling is a skill that's acquired over time. As with any technical skill, it's best to start with instruction and learn from others, since you won't live long enough to figure it all out on your own. But instruction can take you only so far. Canoeing and kayaking require the motor skills and muscle memory that develop from repetition, so to really learn how to paddle, you'll need to get in a boat as often as possible.

- *Marty Plante*

Instruction helps, but the max is to Class 3 levels. After that, folks really don't need a club. Best advice is to practice Class 3 moves on Class 2 water - like a slalom course.

- *Connie Farley*

 **ur next  
topic for debate:**

**Should the  
Paddlers' Party  
be our traditional  
pot luck gathering  
in a Legion Hall OR  
a sit-down dinner at  
a moderately-priced  
restaurant?**

**Send your opinion to**  
[canoekayak.newsletter@amc-ny.org](mailto:canoekayak.newsletter@amc-ny.org)







## PaddleSport a Success!

Kafi Adams

**T**o some, March means March Madness. Let me tell you, college sports fans are not the only frenzied group to anxiously mark their calendars waiting for the month of March to roll around.

And AMC was there in the thick of it all. New paddlers showed interest in the AMC and old friends dropped by to say hello. We had over 100 entries for our raffle (free instruction) and even a visit from the winner of last year's instructional raffle.

All around, a great turn out. I would like to thank all of our volunteers who sacrificed a portion of their weekend to support our effort to increase our paddling community!

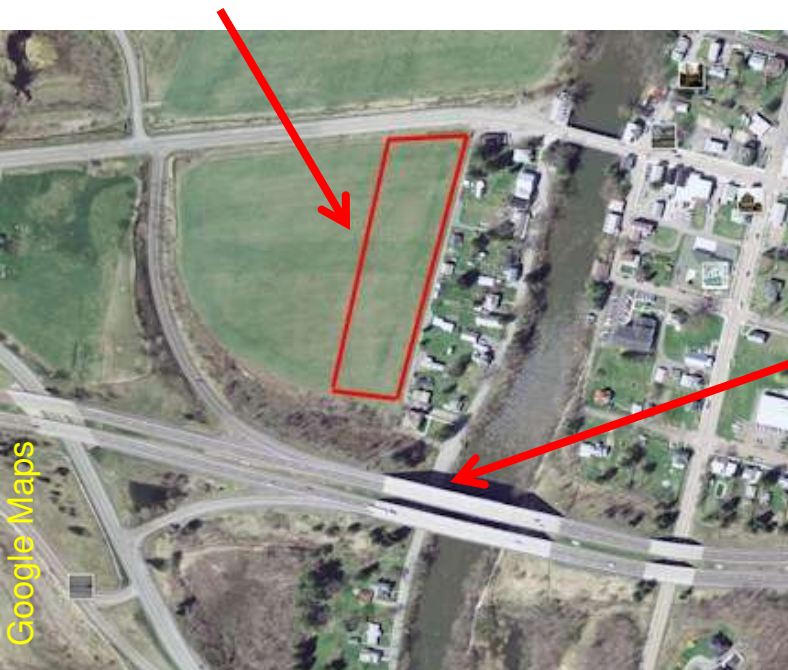
From March 23-25 they came in droves—paddlers, eager to see the latest and greatest things that the paddling universe had to offer at one of the largest events of its type in the East....Paddlesport!

### PaddleSport Volunteers

Asya Bakhtina	Ara Jingirian
Arnold Bauer	Jennifer Koerner
David Brucas	Cath Kraft
Andrew Douglas	Charles Michener
Connie Farley	Kurt Navratil
Jeff Gregg	Carin Tinney
Sharon Guarino	Mimi Zucker

## New Yough Parking Lot on the Way

### New Parking Lot



The Canoe & Kayak Committee of AMC NY-NJ recently made a donation of \$250 to American Whitewater in support of a project to build a permanent parking lot at the take out of the Upper Youghiogheny River in Friendsville, MD. Our chapter has run trips to the Yough for many years. Paddlers were forced to park on the small, congested streets, causing friction with the local residents. With strong support from Friendsville's mayor and Town Council, and a four acre land donation from a Friendsville resident, a convenient take-out will soon be within our reach.

Once the lot is in place, paddlers will be able to get out under the I-68 bridge and walk past the church to the new lot. There will be parking for 125 cars with room for expansion.

The project will require almost \$100,000. The town hopes to keep the lot open free of charge, but this will happen only if they can raise the money for this complex and expensive project from outside sources. They are aggressively pursuing grants, but paddler donations are also needed.

**Take-Out** American Whitewater has promised to match the first \$2,000 in donations from individuals. To donate, click [here](#), then click on the donation link. Enter "Upper Yough Parking" under *Additional Comments / In Honor Of*.

# ACTIVITY SCHEDULE - 2012

Date		Touring Water	Quiet Water	Class 1	Class 2	Class 3	Class 4	Instruction /Misc
June	16-17	Sedge Island T1/2 <i>Collins</i>	Rockaway (Sat) <i>Baker</i>					
	23-24				Deerfield <i>Brucas</i> Lehigh <i>Holbrook/ Futrell</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>
July	7-8							
	14-15				Esopus <i>Schaefer/ Jingirian</i>			
	21-22							
	28-29							
August	4-5		Minnisceongo & Cedar Pond <i>Trevor/Gregg</i>					
	11-12	Little Tupper/ Bog River						
	18-19	Expedition <i>Portmore</i>						
	25-26							Basic Whitewater Safety & Rescue <i>Futrell</i>
September	1-2 Labor Day							
	8-9							Basic Canoe Instruction at MOC <i>Schreiber/Grefig</i>
	15-16							
	22-23							
	29-30							Advanced WW Safety & Rescue <i>Plante</i>



## 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 trips (e.g. surf, rough water), on all Level 3 trips 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 trips 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 on-water leader may require the use of helmets in other circumstances if the conditions, in the leader's opinion, warrant their use.



## New Rental Kayak Available

The Canoe & Kayak Committee has made a new addition to our inventory of boats. A gently used Diesel 80 whitewater kayak now resides at the Barn. It's a big volume all-around river running kayak that runs rapids like a fast creekboat. Made for the larger paddler (up to 250 lbs). The modified rocker and flared sidewalls in the bow and stern make it a great boat that will get you down the river with confidence.

To reserve it for a trip, contact the Equipment Coordinator, [canoekayak.equipment@amc-ny.org](mailto:canoekayak.equipment@amc-ny.org).



## **PaddleSplashes**

**Loretta Brady, Editor**

PaddleSplashes is published by the Canoe and Kayak Committee of the Appalachian Mountain Club, New York – North Jersey Chapter.

### **Guidelines for Newsletter**

#### **Submissions**

Photos are preferred as high-resolution color jpeg files attached to email. Please do not crop, compress or resize them. Contact the editor if you need assistance sending large files.

Current and prior issues of *PaddleSplashes* are available on the Chapter's website at <http://www.amc-ny.org/recreational-activities/canoe/newsletter>

**Send all submissions to:**  
canoekayak.newsletter[at]amc-ny.org

**SUBMISSION DEADLINE FOR NEXT  
ISSUE IS AUG 15, 2012**



American Whitewater is the primary advocate for the preservation and protection of whitewater rivers throughout the United States. It represents whitewater paddlers and over 100 local paddling clubs across America, including our chapter of the AMC. By becoming an American Whitewater member, you can support this great organization and take a role in restoring our rivers.

As an American Whitewater Affiliate Club, **AMC paddlers are entitled to a discount on their own memberships.** Getting the discount is a bit like gaining entry to the cool kids' treehouse - you have to know the secret code. To become an AW member using the discount, go to <https://www.americanwhitewater.org/> > Join or Renew. In the form, select \$25.00 - Affiliate Club Member in the Membership Level field, then enter AMC NY-NoJ in the Affiliate Club field.

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