

PADDLE SPLASHES



OCTOBER 2014

Canoe & Kayak Committee
Appalachian Mountain Club
New York-North Jersey Chapter

Oswegatchie Sunrise
by Chris Bickford

CANADIAN RIVERS

Canoe Camping on the Mullica

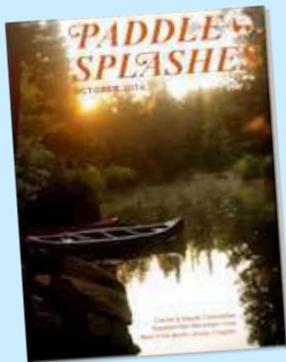
Meet the Committee



REEL PADDLING film festival

PADDLE SPLASHES

Loretta Brady, Editor
Marty Plante, typesetter/copyboy



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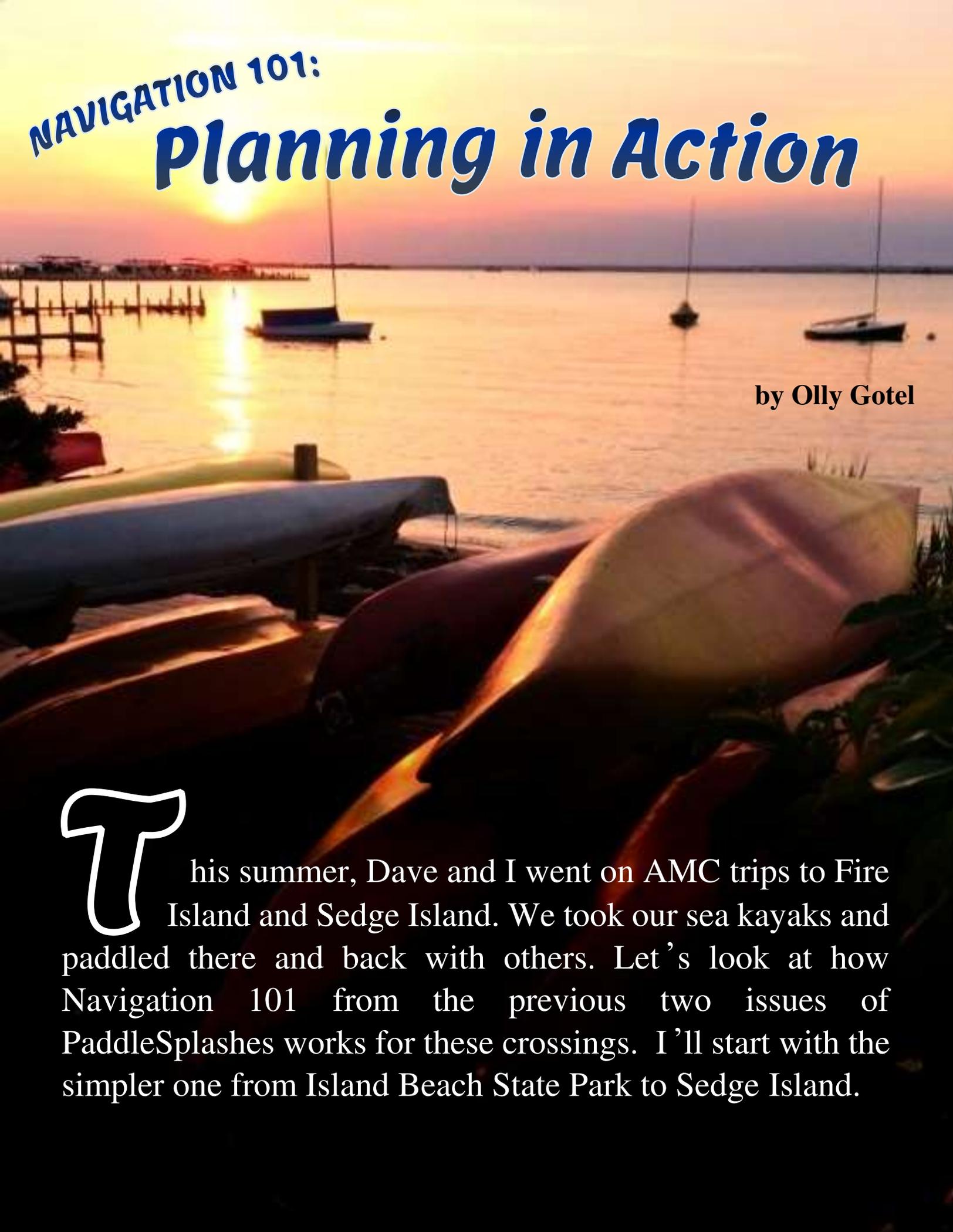
Guidelines for Submissions

Photos are preferred as high resolution jpeg files attached to email. Please do not crop, compress or resize them. Send all submissions to [canoekayak.newsletter \[at\] amc-ny.org](mailto:canoekayak.newsletter[at]amc-ny.org)

SUBMISSION DEADLINE FOR NEXT ISSUE IS DEC 15, 2014

Friends with Benefits



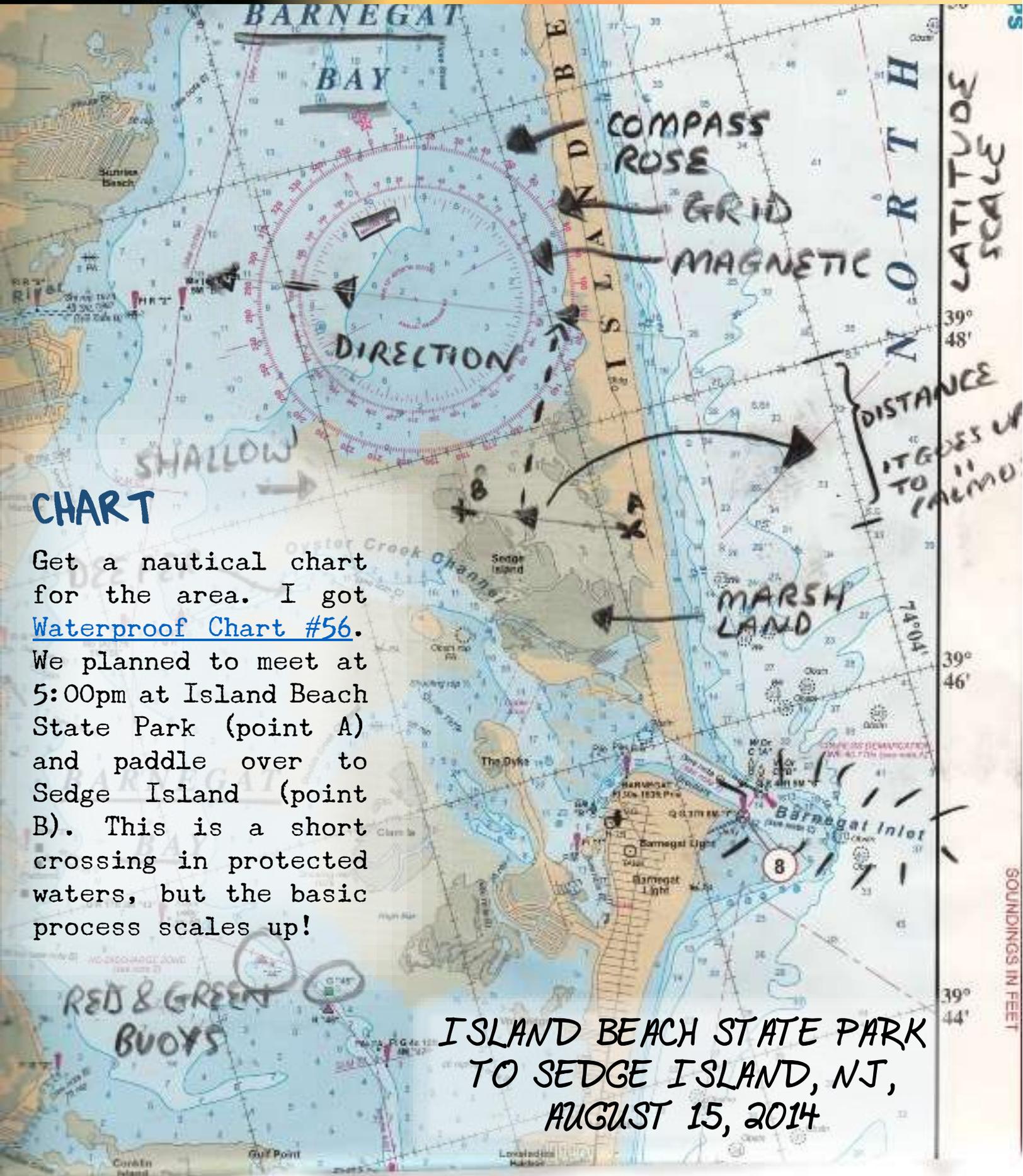
A scenic sunset over a body of water. The sun is low on the horizon, casting a warm glow across the sky and water. Several sailboats are visible in the distance, and in the foreground, there are several kayaks or small boats docked at a pier. The overall atmosphere is peaceful and serene.

NAVIGATION 101:

Planning in Action

by Olly Gotel

This summer, Dave and I went on AMC trips to Fire Island and Sedge Island. We took our sea kayaks and paddled there and back with others. Let's look at how Navigation 101 from the previous two issues of PaddleSplashes works for these crossings. I'll start with the simpler one from Island Beach State Park to Sedge Island.



CHART

Get a nautical chart for the area. I got [Waterproof Chart #56](#). We planned to meet at 5:00pm at Island Beach State Park (point A) and paddle over to Sedge Island (point B). This is a short crossing in protected waters, but the basic process scales up!

ISLAND BEACH STATE PARK
TO SEDGE ISLAND, NJ,
AUGUST 15, 2014

DISTANCE, SPEED, & TIME

The distance to paddle can be determined by measuring from point A to point B. I use a piece of string and move this string to the latitude scale on the chart (the scale on the sides) and count off the minutes. Our journey would be roughly 11 notches, 1.1 minutes, so 1.1 nautical miles (1 NM/sea mile is 1.15 statute/land miles). If you want to look professional, get a pair of dividers to do this. While our course is pretty much a straight line, we would have to jiggle to the right of a small marshy island enroute, adding a little to the distance. I had no idea how fast the group would paddle, but you can usually count on 3 knots as an average speed (1 kt, or 1 NM/hour, is 1.15 mph), so it would probably take us around 22 minutes.

DIRECTION

Our trip was planned for daylight. However, it could have been foggy or dark, so we worked out the compass bearing to follow just in case we couldn't see what we were aiming for. Transpose that straight line joining A to B to the chart's compass rose, while maintaining its direction and angle, as shown on the previous page. Again, and if you want to look like a pro, use a parallel ruler to do this. Our compass bearing would be 305 degrees magnetic. If the course is not a straight line, you need to put in some waypoints and work out a series of bearings. You then need to know the speed at which you travel and time how long you need to paddle each leg before changing direction, while accounting for any current and wind.



Mark Tiernan near Sedge Island.
Photo by Donna Morgan.

Friends with Benefits

How we could all double our trips on quiet, tidal and white water.

by **Loretta Brady**

You share a common passion, exchange areas of expertise. Yet you only show up together for certain events or to certain shared special places.

That's friends with benefits, paddling-club style, and it's a growing trend. It may give a needed boost to a periodic scarcity of trips or dips in active trip leader energy.



AMC and Sebago paddlers get ready for the Sedge Island trip. Photo by Donna Morgan.



Friends with **Benefits**

“Co-sponsoring completely makes sense as a shot in the arm strategy,” says Jessica Wilson, who manages these requests at AMC’s Boston Headquarters.

The tremendous benefits of increased numbers of trips and participants this season mushroomed from even just mere official invites exchanged between clubs.

“Before, we’d often had to cancel trips that were under-enrolled,” said one AMC leader. “Now, I feel like taking more risks with trips when I know another club will come up with a critical mass.”

The trip-sharing can happen within different degrees of involvement along a continuum.

1. Co-sponsored trips: with joint trip leadership
2. Invited club trips: whose officials list a trip for high profile visibility
3. Something in the middle

The last two options yielded the richest rewards this season.

Roger lines his canoe up the Oswegatchie on a joint trip with the Sebago Canoe Club.

Photo by Chris Bickford





Friends with **Benefits**

AMC pulled off a four day wilderness canoe expedition on the very remote Oswegatchie River - up to the majestic High Falls and back - by extending a strong invite to the Sebago Canoe Club (SCC). Hiking up to the vistas at High Rock, relishing the calls of coyotes, paddling beside 11 fluffy juvenile mergansers, the seven new paddling acquaintances became old friends overnight.

“When you expedition, you do need a certain critical mass, usually an even number with tandem canoes, to share the work of lining and hauling gear,” said leaders Chris Viani and Loretta Brady.

“If we had only relied on AMC registrants, the trip would have been cancelled,” agreed Roger Deitz.

“You are more than welcome to do this without any special approval - as long as the trip is first posted through the AMC, you can share that trip listing with whomever you deem appropriate.” encourages Jessica.

But it takes a bit more than just co-advertising to make it all happen.

There needs to be explicit negotiating by the leader with a point person from the other club. In the case of that August Adirondack trip, we pre-selected an SCC expert on lightweight gear and foods, teaching us all great recipes for dehydrated fare - Steve McAllister.

“I knew I couldn’t run the trip myself, but I love the way AMC runs their show with safety and one clear leader in charge.” said Steve. Aside from food

AMC and Sebago Canoe Club paddlers at Sedge Island. Photo by Donna Morgan.





Friends with **Benefits**

organization, he took on the role of matching loaner boats to participants. Now there's a perk to offer clubs: we can lend equipment if they are attending our trips. The same goes for the Sedge Island trip co-listed with Sebago. SCC is not as experienced at overnight destination trips. So, an SCC member kept up a buzz about how special this activity was. Worth the drive. Voila!

AMC welcomed SCC, filling the 12 person minimum to hold this trip. In fact, 14 people lived to rave about it. If you don't believe me, see Olly's article on page 3 of this issue.

The Slalom Clinic on Memorial Day Weekend. The Esopus Creek Release in June. These were both highly successful. A cadre of AMC paddlers enjoyed them thanks to co-listings at AMC and KCCNY (Kayak and Canoe Club of New York). Dan Kirsch includes many of our members on his e-mail blast and is infinitely patient in helping us get event accommodations and other details settled for a more-merrier weekend.

In fact, on the second day of the Esopus trip, KCCNY's river leaders had to withdraw, but AMC saved the day, absorbing their still-eager paddlers to continue down the second half of this scenic river.

For the first official option - a full-fledged joint or "co-sponsored" trip - the added club needs to be vetted and approved by AMC's headquarters.

Chris and Loretta prepare dinner on the Oswegatchie. Photo by Chris Bickford.





Friends with **Benefits**

Special but simple guidelines for safety are followed. When co-sponsoring an activity with an outside organization, according to guidelines found on AMC's website, leaders must "identify the responsibilities and services provided by each organization (emergency response, participant screening, etc.). Participants should be made aware of the nature of the co-sponsored arrangement and the specific responsibilities as well." Naturally, the event must also jibe with the club mission of conservation awareness.

While we did not embark on such a joint trip this season, it might be a consideration for longer expeditions or a week of rivers trip where deposits must be locked in, and division of labor is more obviously needed.

Paddling clubs that have already been approved for joint trips include the the Adirondack Mountain Club (ADK). KCCNY and SCC status finishing renewal process now.

By the way, those SCC participants at Sedge? All became AMC members.



Labor Day Weekend

Canoe Camping on the

Mullica

Ann asked the former Boy Scout at the next campsite to help light our campfire. His secret is more leaves, more twigs, more newspapers, more of everything. A kerosene lighter helped too. Apparently our lady-like fire was too delicate. But our gourmet dinner cooked over the campfire was amazing!



Mullica River

Mullica continued



Michael Pert's first camping experience was Labor Day Weekend on the Mullica River with the AMC. He joined without a tent or a sleeping pad ... and had the time of his life!

Text by Eileen Yin

Photos by Ann Barber

On the paddle out the 2nd day, we pulled over and hiked to historic Batsto Village, where we visited the saw mill, grist mill, general store, and local homes. We'll have to catch the Mansion tour next time.



Slalom, Slalom

by Loretta Brady

In some ways slalom events seem untouchable. Look at the Olympic events where elites slip through gates on class IV-V waters. What's in it for mere amateur boaters?

Apparently, plenty.

Especially at the annual Memorial Day Slalom Clinic, hosted by KCCNY on the Ten Mile River, in charming Webatuk Village, New York.

“Slalom was the perfect season intro to finesse my technique and brush off the dust,” said Meredith Fabian, who placed 2nd for women kayakers.

You can see this year's race results where AMC placed top in multiple categories, including star winner Andrew Ludke's 1st place finish for his category.

Keach LeClair at 2005 National Championships

Photo courtesy of [ACA National Open Canoe Slalom Committee](#)



SHALOM, Slalom

“I love ‘the art’ of fine techniques and boat control,” Andrew said. “We rarely get to focus so closely on the minutia. I’m totally into it.”

Scott Parker at 2013 Esopus Slalom



Races are in single and tandem, canoes and kayaks, and open and closed variations over a course gave participants the chance to race in just about every paddling class. It’s there for beginners, families, and to try out new boats or partner combinations.

Dan Kirsch, impressively, did the course as a ‘shadow’ boater for a frightened paddler. Like Ginger Rogers, he pretty much did everything the slalomist does, but sideways and backwards and attaining upstream at times, too.

The trend is for shorter courses nowadays,” said John Coroar, whose talented family spearheads most slalom events in the Northeast. Gates, hung from wires, are suspended inches above the moving water. Each gate is numbered and colored either green to indicate that it must be passed through going downstream or red, indicating it must be passed through going upstream. Anyone can improve from first smashing into gates, to eventually carving and timing so no gates are struck, no penalty seconds are added to your time.

SHALOM, Slalom

“Most people take about two minutes,” said Coraor. “But what a workout it is,” said many participants. At most slalom events, you can practice the course over and over again the day before. At this Memorial Day Clinic, there are coaches to guide you, as well, like nationally renowned Keech LeClair.

“It’s as much fun to go to listen to their stories,” said another AMC boater. “I mean, these guys have won national slalom events. They tell you stories of all the greats. I learn so much just listening to them.”

AMC hopes to make this Memorial Day Slalom a regular beginning-season tradition. Don Getzin remarked that basic canoe instruction included slalom as a training and assessing tool. “Forever, we’ve used those empty Clorox bottles and bricks with holes to anchor them,” he explains. At the basic canoe courses this year, students did slalom figure-8 races and “slalom jousting” and chasing to improve their tandem pivoting coordination. “It’s not always easy, but definitely fun,” agreed many participants.

“You bring back your muscle memory, and watch yourself improve all in a few loops,” Andrew reminds us. And all boaters there agreed they’d love to do it again.



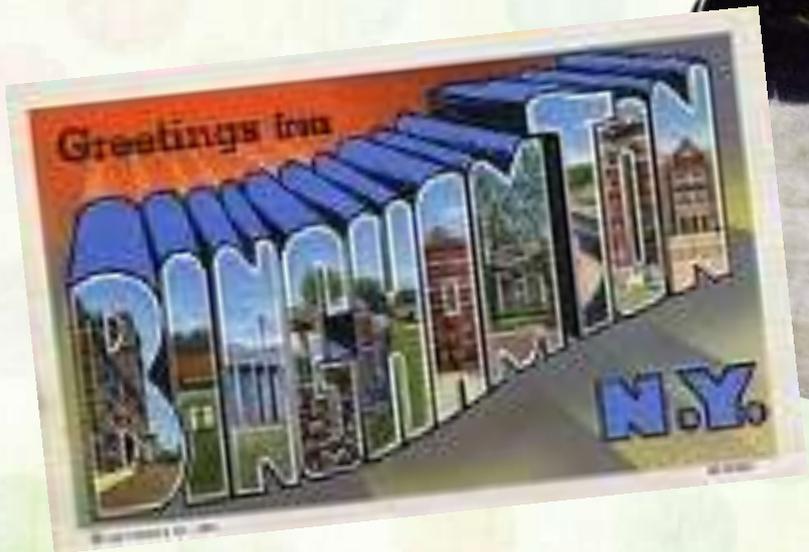
Meredith Fabian

Photo by Andrew Ludke

Farewell



Charles Michener and Sozanne Solmaz have just moved to Binghamton where she will be an instructor and head up a research science lab at the SUNY campus. Charles will continue his successful new career path in massage therapy. Lucky for us, he plans to commute and still attend some trips.



Meet the Committee



Prabhat Adhikary

Quartermaster

Prabhat's first exposure to whitewater kayaking was on a rafting trip in Nepal. The way kayakers were weaving in and out of eddies in the middle of rapids looked extremely elegant and like a lot of fun. That image stayed with him for years and it was AMC's online presence and its volunteers' willingness to give up their time to teach beginners that he was finally able to pick up the sport. It quickly became something he looked forward to doing any time he could and nowadays you may see him paddling

with his wife Kiran frequently on the Mongaup or just about any other class II/III AMC trips he can join. He met his goal of paddling the Lower Youghiogheny this summer and wants to work up to paddling the Dryway sometime next year. He has met some of the best people he knows on the water and volunteering for the AMC is just a way to do his part to give back to the club anyway he can. He encourages members to reach out to him if they see anything that needs attending to the next time they visit The Barn.

WEEK OF CANADIAN RIVERS

AUG 4-8



Lunch time!



Marty on the Jacques Cartier



*John Milne cruising through
the provincial park*



Louise Davis

Canoe Committee Chair

1960-1962



“Come on, girls. No eddy sitting!” boomed the infectiously enthusiastic, raucous voice of Miss Louise Davis from under her red Stetson hat as she jovially urged another pair of whitewater paddlers out of the calm and back into the foaming whitewater. I was a callow 16-year-old who’d been granted the privilege being in Louise’s bow as we paddled our trusty Grumman aluminum canoes down Connecticut’s Shepaug River in early March. My heart rose at the very thought of my good fortune. It still does.

In the Appalachian Mountain Club, and everywhere else she went, Louise Davis was known as an obsessive adventurer, explorer, and the lady engineer who would invent just about anything – if any excuse presented. Louise and other AMC intrepids were among the rare few who paddled the Colorado River and Grand Canyon before these mighty courses were dammed. To make the trip in open aluminum canoes, Louise had conjured, and sewn, fitted canvass decks, each with a C-shaped zipper for accessing gear. (Think about that challenge for a moment.)

You would be hard pressed to find a photo or memory of Louise without that signature beaming smile as she strode her lanky frame on toward the next intriguing realm. It was the grin of a woman too busy feasting on life with a spoon to ever stumble over the negative.

On June 18, 2014, at age 98, Louise Davis passed onto the next world she is enhancing. Yesterday, I joined the many mourners and celebrants who had basked in the rich reflected glow of the woman who lived life the way God intended.

Today, I continue to labor over another book. This one is a real departure, in a new area, demanding different tools. And as I begin to sink before the challenge, the voice of Louise comes joyous and strong, “Come on Bart. No eddy sitting.”

Bart Jackson

WELCOME

The Canoe & Kayak Committee offered two basic Canoe Workshops again this year. A warm welcome to our newest contingent of open boaters and a big thanks to instructors Henry Schreiber, Lenny Grefig, Rich Breton, Don Getzin, Charles Michener, Loretta Brady, Sandy Spekman, Kurt Navrtil, Chris Viani and Fran Schultz.

July 2014 Basic Canoe Workshop.
Photo by Sheldon Luberoff.



September 2014 Basic Canoe Workshop. Photo by Christina Caruccio.

REEL PADDLING FILM FESTIVAL

WORLD TOUR 2014



**Save
the
Date**

**Sponsored by
AMC NY-NoJ Canoe/Kayak Committee
and
Brooklyn Kayak Guides**

The Shanty
79 Richardson St
Brooklyn, NY 11211

Thursday, Oct 30, 2014

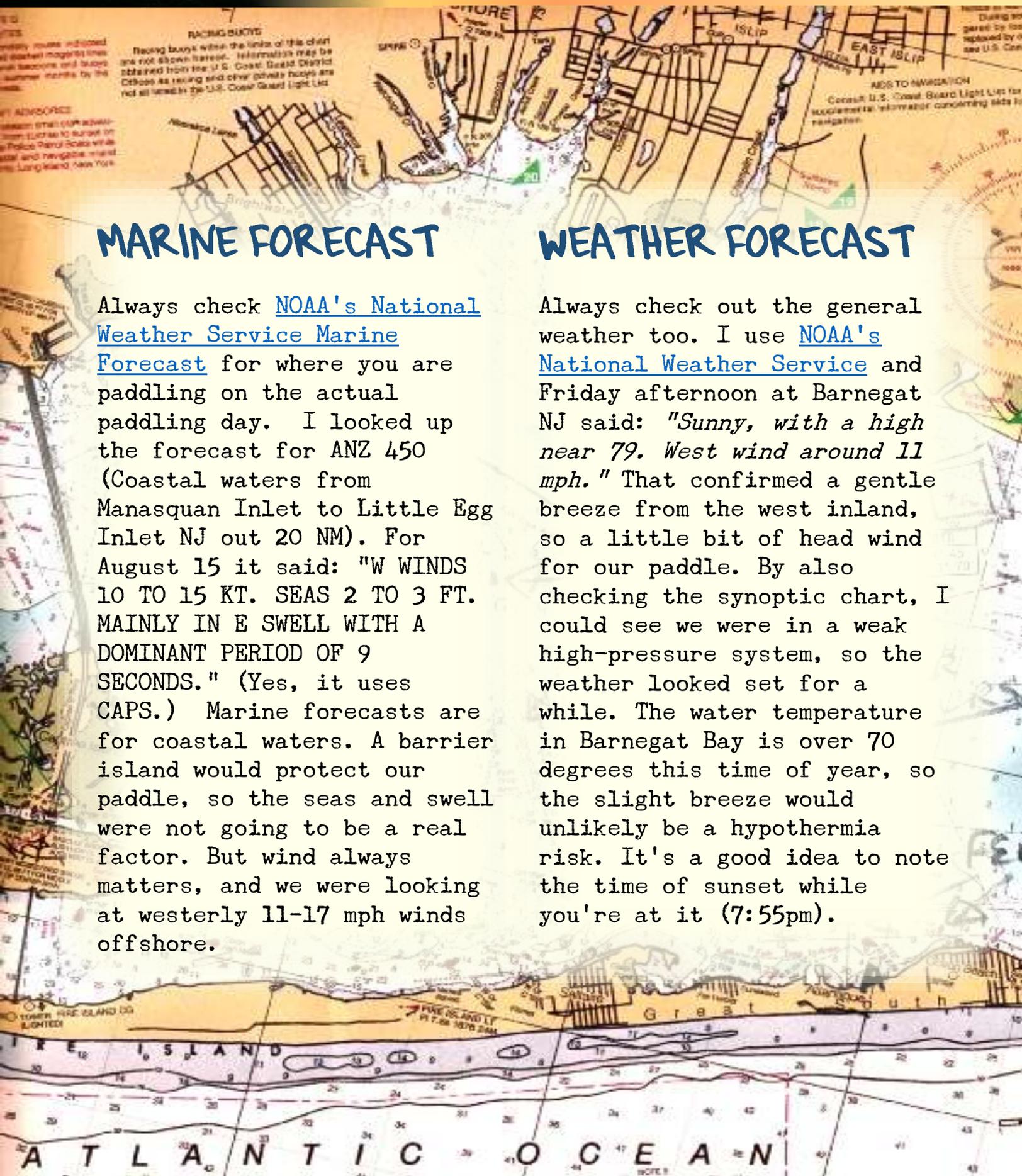
Happy Hour 6-7
Films from 7-9
\$12/person

MARINE FORECAST

Always check [NOAA's National Weather Service Marine Forecast](#) for where you are paddling on the actual paddling day. I looked up the forecast for ANZ 450 (Coastal waters from Manasquan Inlet to Little Egg Inlet NJ out 20 NM). For August 15 it said: "W WINDS 10 TO 15 KT. SEAS 2 TO 3 FT. MAINLY IN E SWELL WITH A DOMINANT PERIOD OF 9 SECONDS." (Yes, it uses CAPS.) Marine forecasts are for coastal waters. A barrier island would protect our paddle, so the seas and swell were not going to be a real factor. But wind always matters, and we were looking at westerly 11-17 mph winds offshore.

WEATHER FORECAST

Always check out the general weather too. I use [NOAA's National Weather Service](#) and Friday afternoon at Barnegat NJ said: "Sunny, with a high near 79. West wind around 11 mph." That confirmed a gentle breeze from the west inland, so a little bit of head wind for our paddle. By also checking the synoptic chart, I could see we were in a weak high-pressure system, so the weather looked set for a while. The water temperature in Barnegat Bay is over 70 degrees this time of year, so the slight breeze would unlikely be a hypothermia risk. It's a good idea to note the time of sunset while you're at it (7:55pm).



CURRENTS

The [Eldridge Tide and Pilot Book](#) reports the currents for reference ports along the East Coast. I turned to the "Time of Current Change" pages in the 2014 edition, looked up the New Jersey Coast, and found that the currents at Barnegat Inlet (p27) are based on Delaware Bay Entrance, where the data on August 15 were as shown below.

Back to the time differences for Barnegat Inlet:

- Flood Starts F 1:00 (one hour after the reference port), so at 9:16 am and 9:48 pm
- Ebb Starts E 0:15 (15 minutes after the reference port), so at 1:56am and 2:41 pm

| Northwest Flood Starts | | | Southeast Ebb Starts | | |
|------------------------|------|------|----------------------|------|------|
| am | pm | Kts | am | pm | Kts |
| 8:16 | 8:48 | a2.0 | 1:41 | 2:26 | a2.1 |

The listing also shows the actual direction in which the water moves at Barnegat Inlet (floods west 270 degrees and ebbs east 90 degrees) and the maximum speed (2.2 kt flood and 2.5 kt ebb), where it differs from the reference. We would be paddling in the middle of the ebb cycle when the current at the inlet is at its strongest.

TIDES

It's a similar look-up process for the tides. The time of high water at Barnegat Inlet is listed as 10 minutes before high at the Sandy Hook reference port, with a rise of 2.2 feet (p17). For August 15, Sandy Hook tides (p137) were 12:22pm (high) and 6:39pm (low). This meant that high tide would be at 12:12pm at Barnegat Inlet and low tide at 6:29pm. Given that Sedge Island is well inside the inlet, I wondered what the difference between the tides at the inlet and Sedge Island would actually be. The handy [Tidelog](#) handbook listed high tide at Island Beach, Sedge Island as 3 hours after Sandy Hook (3:22pm) and low tide as 3:56 hours after (10:35pm). There was no specific Sedge Island data on currents in Tidelog.

HAZARDS & MITIGATION

What is worth noticing is the depth of the water. The water is shallow in Barnegat Bay and much of it is marsh/wetland. The darker shaded areas on the chart are usually impassable by boat and the lighter shaded areas are extremely shallow. We would be paddling as the tide was approaching low and, if we had a super low tide, we could run aground. Tides are highest and lowest around full and new moons, called Spring Tides. Since full moon had been five days ago we should be fine for water. We were also going to be paddling during the ebb cycle, but we would be so far away from the inlet, in a wide channel and protected by marsh, that the current and pull out to sea was going to be diminished. We would probably only drift a little toward the inlet as we waited for everyone to launch.

What is further worth noticing is that we would be quite distant from the boat channels, indicated by the buoys (red and green markers) and deeper soundings (numbers) on the chart. However, recreational boaters, fishermen and swimmers have a habit of going wherever they want. We would have eyes and ears, marine radios, whistles, flares, lights and tow belts (the usual safety paraphernalia) for various contingencies.



NAVIGATION 101: Planning in Action

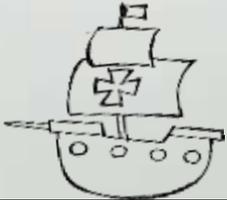
Outcome?

We launched later than advertised and paddled at a leisurely pace. It took around 20 minutes for the fastest to cross and about 25 minutes for the idlers, so our pace was pretty average. The head wind and ebb current felt slight, and only impacted speed a little, and there was plenty of water and daylight. On Sunday's return journey (125 degrees on the compass during the flood cycle) we had a light westerly wind again, so we shot back with the wind behind us, the last kayak drawing up to the pontoon in under 20 minutes, a good 3 kts.

The Fire Island crossing was more exposed and longer, but you go through the same basic planning steps. I'll summarize that for you next time so you'll soon get the hang of it.



2014 Activity Schedule

| Date | Touring Water | Quiet Water | Class 1 | Class 2 | Class 3 | Class 4 |
|---------|---------------|---|---|---|---|---|
| October | 4-5 | | Adirondack Expedition (Fri-Mon, 10/3-6) <i>Breton</i> | |  | |
| | 11-12 | Pocono Lakes <i>Horowitz</i> | | | | |
| | 18-19 | | | Mongaup (Sun, 10/19) <i>Brady</i> | | |
| | 25-26 | | Rondout Cr. (Sun, 10/26) <i>Plante</i> | | |  |
| | 30 |  | Reel Paddling Film Festival | | | |
| Nov | 1-2 | | | | Tohickon <i>TBD</i> | |



WANTED

**Trip Leader for
Tohickon**

Contact Meredith at
canoekayak.schedule
@amc-ny.org