



# *PADDLE SPLASHES*

Canoe & Kayak Committee  
Appalachian Mountain Club  
NY-NoJ Chapter

JUNE 2016

**AMC Paddling:**  
**a moveable feast**

# What's Inside



3

*feeding*  
**THE HORDES**



5

*river*  
**TREASURE**



9

**8 TIPS**



14

**THANKS**  
to the Barn Clean-Up Crew



# feeding HORDES

## How Not to End Up Hungry and Disappointed

BY TANYA McCABE

**S**o you've offered to lead a group paddling weekend. Now second thoughts are occurring. Good grief! What the heck did I get myself into? How am I going to feed 15-20 people? Michael Dalton and I led weekend trips for at least 20 years. We had some ups and downs, but it all worked out—usually.

I remember the trip on the Nahanni River up in the Northwest Territories of Canada. After a long day of paddling, food was on everyone's mind. Call it the highlight of the day. There was no refrigeration, so our meals were rather limited. We shared cooking meals. Someone had given me a recipe for a pasta dish, a version of pasta carbonara. When I'd made it at home, it was pretty good.

It wasn't good up in the Northwest Territories. I was hungry and disappointed. Imagine what everyone else was feeling? The highlight of their day had disappeared, and I was

responsible. Fortunately, I had the good sense to apologize. My name was mud!

**Then there was the time** the couple hosting the weekend had decided on gourmet food with much intricate detail. That's just great, but you need to know exactly what you are cooking and what you are doing. I decided I had to move in to help or we would never have dinner. It was close to 9 before we finally sat down to eat. We were starving.





# feeding THE HORDES

I knew then that you want something quick and filling, no gourmet food, please. Ah, this trip had another facet. It was at a state park. No pets or alcohol. We had both. A couple of volunteer park rangers showed up and insisted we do something about both.

**We put the dog** in the car and, being a smart ass, I asked where they put their grey water—knowing they wouldn't know what grey water was. The ranger got ticked and took out her knife and began stabbing the box of wine, spilling the content on the ground. Good grief. Hadn't planned on that! When they left, I suggested to the leader that we each chip in another \$5.00 to cover any fines. I thought that would cover it. I was wrong. An \$85.00 fine came in the mail.

However, I wouldn't have any idea what a leader does in today's day and age. There are vegetarians, vegans, and those who are gluten free, peanut averse, or lactose intolerant. How does one handle all of this? Again, I would just say bring your own food or eat around mine. I might have made something vegetarian on the past, but can't really remember.

The event that had the most lasting imprint on me was the trip led by someone who grew up in a military family. An allotment

was made for each person: 8 oz. of juice, 8 oz. of milk for cereal, and so on. So at breakfast time, which started at 8, which is the time Michael and I arrived, we found that all of the juice, cereal and bagels were gone. We literally didn't have breakfast. I don't actually remember what was served that morning, but do remember we didn't get to eat any of it. Ah, so is life. You win some, you lose some. That day, we lost.

**So to this day**, when I serve breakfast for a weekend trip (actually for our Irish Dance Weekends at Mohican Outdoor Center, it's been a while since I've done a weekend paddle trip) if breakfast is at 8, you may have coffee and/or juice before 8, but no one has breakfast *until* 8. There is more to it than missing out on breakfast itself. It's also important that we, as a group, all eat together, just for the camaraderie of it.

If you're a longtime AMC paddler, you may see yourself in these stories, and you're probably right. It *is* about you.

## So now some constructive ideas about meals at a camp site for 20 or 30 people:

- My meals were always cooked and then frozen and it would be thawed just being in the cooler, unrefrigerated. I always felt that cooking a steak over a fire was not dependable. What if it rained or the charcoal wouldn't start? It meant too many variables, at least for me. I wanted dinner made as quickly and dependably as possible. This meal would invariable be served over freshly made pasta (Italian gravy) or rice (chicken with vegetable and gravy).
- I've also made Danish Stoop, a cross between a stew and a soup, the consistency made to your choice. It contained chopped beef and is very hardy and filling. Beef stew served over freshly made noodles, also meatloaf with baked potatoes and sweet carrots.
- Happy hour starts the evening. It takes the edge off the hunger everyone is feeling and gives you time to pull together dinner.
- Then as soon as dinner is served, you have your extra-large pots filled with water, to put on the stove, so that when dinner is over, it's hot enough to do a good wash, which is so important. If the dishes aren't cleaned correctly you could end of with some very sick people after breakfast.





# feeding THE HORDES

There will be some of our older paddlers that might see themselves in these stories, and you are probably right. *It is* about you.

OK. There's no running water or ovens, just the three-burner camp stove and a lot of work for cleanup, using AMC's metal flatware and dishes. And does anyone remember the 'cook count'? — what a nightmare! Was I ever happy when that was no longer done. Who wants

to go looking in the dark for that last teaspoon?

**I've been reminiscing** over what I did awhile ago. Could be there is a totally different method of dealing with cooking for 20 or 30 in this day and age? Maybe I have something to learn. Hopefully I'll be on a weekend trip sometime in the near future and I'll see what's being done these days.

**Simon  
enjoying a hot  
dinner on a  
cold day  
during the  
annual  
Adirondack  
trip, April  
2016.**

Photo by  
Suzanne  
Villegas.





# river TREASURE

BY KATE WHITNEY-BUKOFZER

**I**t was once a sleepy summer colony, but Robert Moses changed all of that. They started as tents, then became permanent structures a bit to the south of today's Pelham Bay Beach.

If one prowls around there, one can still see old fire hydrants here and there. Today's parking lot fills the bay. The beach was extended around 1960 when the Twin Islands were linked to the beach and lost their island status.

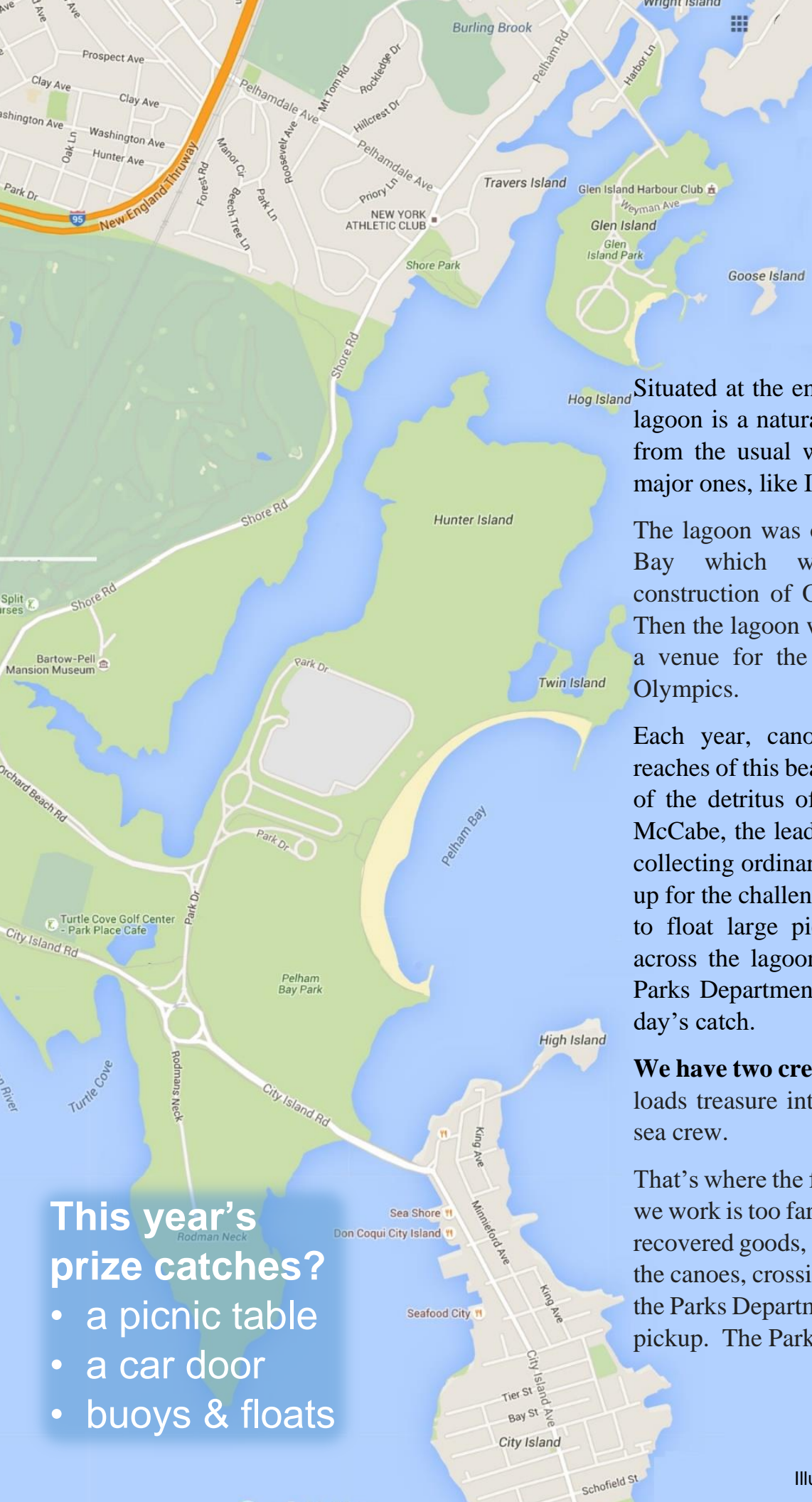
“Pelham Bay is the least appreciated aquatic and birding sanctuary in New York City,” grieve Parks Department workers.

**The Urban Park Rangers** partner with AMC every year for our clean up. They provide their canoes so AMC folks don't have to get their own boats filthy while hauling treasures and bagged garbage across the lagoon. Along with the treasures there are always bags and bags of regular garbage, including lots of plastic bottles.

## AMC volunteers at Pelham Bay Lagoon

Photo by Billie Bukofzer





**Want to Get Involved?**

Click [here](#) to register for NYC Park's Bronx River Clean-Up on July 9.

Situated at the end of Long Island Sound, the lagoon is a natural sink for waterborne debris from the usual winter storms as well as the major ones, like Irene and Sandy.

The lagoon was once part of the real Pelham Bay which was eliminated with the construction of Orchard Beach in the 1930s. Then the lagoon was straightened out to create a venue for the rowing trials for the 1960 Olympics.

Each year, canoeists strike out to the far reaches of this beautiful urban lagoon in search of the detritus of winter storms. For Tanya McCabe, the leader of the flotilla of paddlers, collecting ordinary garbage is merely a warm-up for the challenges faced in figuring out how to float large pieces of flotsam and jetsam across the lagoon to the pickup point where Parks Department garbage trucks retrieve the day's catch.

**We have two crews.** One works from land and loads treasure into the canoes paddled by the sea crew.

That's where the fun comes in. The area where we work is too far from the trailhead to haul the recovered goods, so we float stuff or load it into the canoes, crossing the lagoon to put-in where the Parks Department sends a garbage truck for pickup. The Parkies are truly our partners.

**This year's prize catches?**

- a picnic table
- a car door
- buoys & floats





# river TREASURE

There are still floats from Sandy popping up here and there although the park got a grant a couple of years ago to hire folks to clean up most of the Sandy stuff. The best treasure we ever got was this great big float which I think came from a storm about 20 years ago

**Lest one think** we are a bunch of pigs in the Bronx, most of the stuff floats down from Westchester. The lagoon is a cul-de-sac, creating a natural trap for any floating debris dislodged by a storm.

## Urban Park Rangers

Do you live in the city, but your heart is in the country? The Urban Park Rangers help New Yorkers discover the great outdoors through environmental education, outdoor recreation, wildlife management and active conservation.

Rangers operate out of the city's seven nature centers, leading paddling trips and other nature-oriented programs in all five boroughs. No matter which activity you choose, the Urban Park Rangers will help you get in touch with the Big Apple's wild side. Click [here](#) for a list of upcoming paddling events.



**Urban ranger giving canoe instruction.**  
Photo by Bonnie McGuire / NYC Parks Dept.

It's hard for us to get a handle on the variety of birds we encounter. We're too busy picking up junk, but there is indeed a great assortment—herons, brants, egrets, and many other graceful birds fishing along the shores.

**The paddlers are veterans** who enjoy going out year after year to pull out interesting stuff. Some of the flotsam has been there for years, generally making a mess of an otherwise beautiful waterfront.

Today the lagoon is heavily used by competitive rowing teams from nearby colleges. This area is really underappreciated for water sports, hiking along the Siwanoy Trail, or generally just getting away from it all in a true urban oasis.





# *river* TREASURE

a big  
**thanks!**  
to the 2016 clean-up crew



Photo by Billie Bukofzer



BY FRAN BRALEY

Twenty years ago, when I prepared most of the meals for our 23 day expedition on the Nahanni, the quality of purchased prepared meals was not good and they were expensive. Our group decided not to use them, but to package our own meals. Due to possible breakage, we agreed not to take anything in glass. Since we would have to pack out our garbage and we would be in bear territory, we didn't want to take anything canned.

# 8 TIPS

## for provisioning a paddling expedition



**1** Who likes what? One person in our group did not like grape jelly; another had an aversion to mac and cheese. And no one wanted lima beans.



**2** Dry food in a dehydrator. Some foods, like, oatmeal, rice, pasta, noodles, and beans, are already dried.



**3** French cut green beans, carrots, celery, onions, mushrooms, peppers and peas also dried well. Broccoli did not!



**4** Some foods will keep several weeks without refrigeration: hard cheeses (like Cheddar and Swiss) and hard salami.



**5** Any fish caught is a treat; don't rely on a 'fresh fish' dinner.



# A note about packing:



6

I had good luck in drying apples, pears, peaches and pineapples. We bought dried bananas and some other fruits.



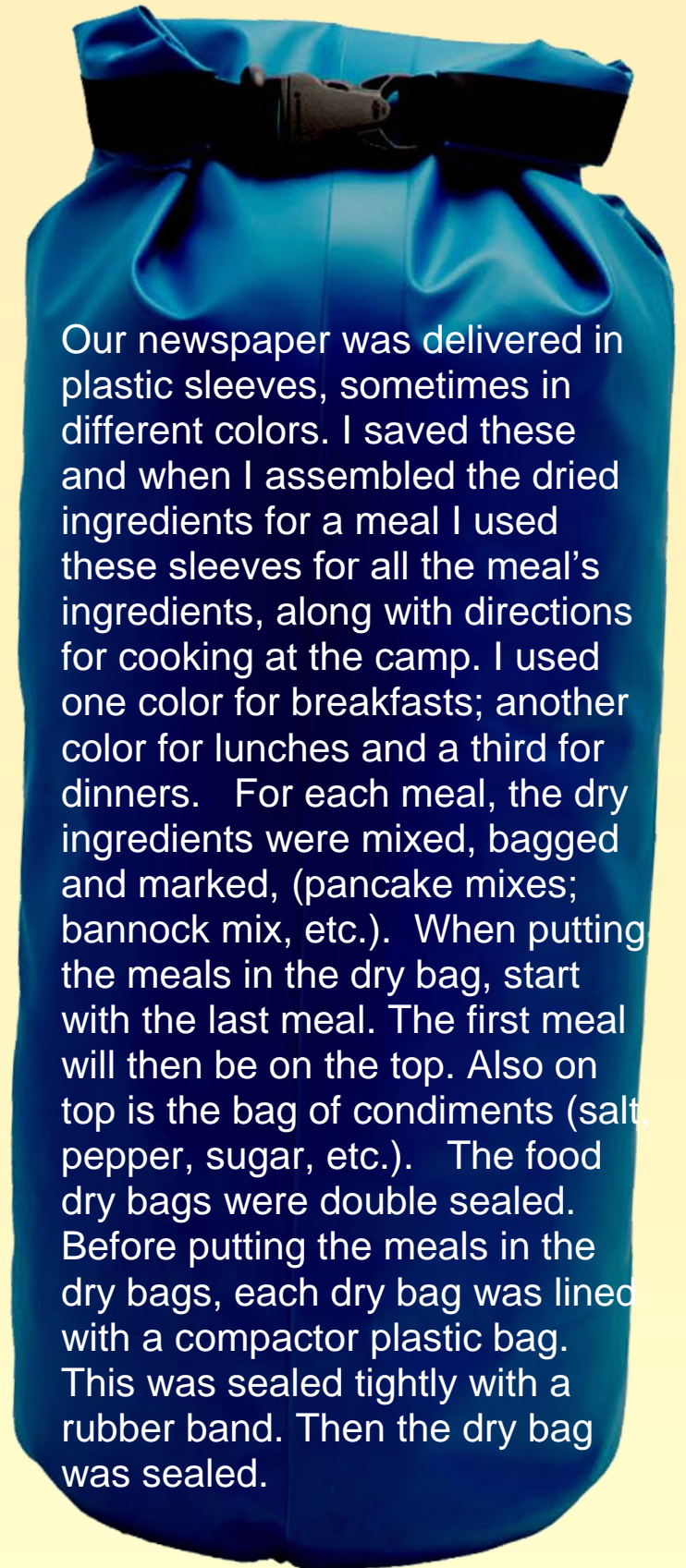
7

After a long day on the water, a quick meal is a must. I found some dried minestrone soup that required nothing but water and was ready to eat in 10 min.



8

We cooked bannock every evening for the next day's lunch.



Our newspaper was delivered in plastic sleeves, sometimes in different colors. I saved these and when I assembled the dried ingredients for a meal I used these sleeves for all the meal's ingredients, along with directions for cooking at the camp. I used one color for breakfasts; another color for lunches and a third for dinners. For each meal, the dry ingredients were mixed, bagged and marked, (pancake mixes; bannock mix, etc.). When putting the meals in the dry bag, start with the last meal. The first meal will then be on the top. Also on top is the bag of condiments (salt, pepper, sugar, etc.). The food dry bags were double sealed. Before putting the meals in the dry bags, each dry bag was lined with a compactor plastic bag. This was sealed tightly with a rubber band. Then the dry bag was sealed.

# Recipe for Bannock

## Ingredients

4 cup all purpose flour  
1 tsp. salt  
½ cup powdered skim milk  
4 tsp. baking powder



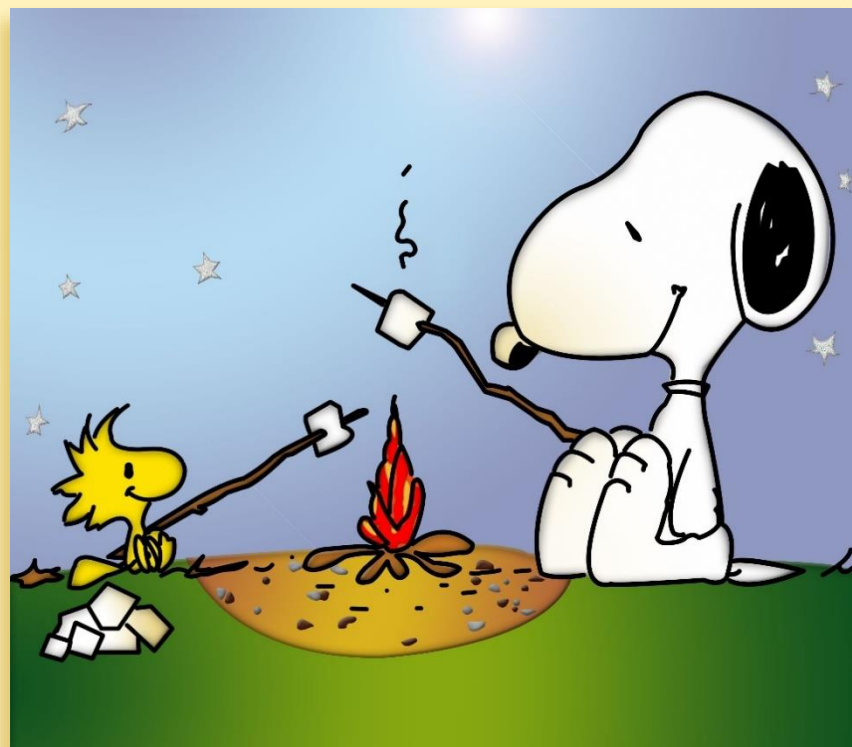
## Directions

Mix ingredients in a plastic bag. Oil a skillet and heat it over the campfire. Add enough cold water to the dry ingredients to make a soft dough. Mold it into a 1" patty. Place in the hot pan and cook it over the fire until the bread is brown on the bottom. Turn the bread patty, and prop the skillet at an angle in front of the fire. Whittle a toothpick. Cook the bannock until the toothpick comes out clean. 4 servings.

From the kitchen of Fran B.

## Your Recipes Needed

Authors Ethan and Sarah Hipple are writing AMC's *Real Trail Meals* - the AMC's first ever cookbook - and they need your backcountry expertise to do it. Send your trail- and river-tested recipes to **Sarah Hipple** at [sarahbaldwinhipple@gmail.com](mailto:sarahbaldwinhipple@gmail.com). If one of your recipes is accepted, there's no pay in it for you, but you'll have the thrill of seeing your name in print and will be the envy of your AMC paddling buddies.





*Andrew &  
Meredith  
June 12, 2016*



*Possibly the most photographed wedding of the season. And there's a reason—not just to document who overdoes it at the open bar. Guests pressed to capture the highly photogenic couple whose romantic story began at, of all places, an AMC volunteer Barn Work Day.*



# THANKS

## To Our 2016 Barn Workday Volunteers

Ken Burlew

Chris Harper

Meredith Fabian

Charles Michener

Dick Muller

Catherine Mur

Ed Mur

David Rosenfeld

Carin Tinney

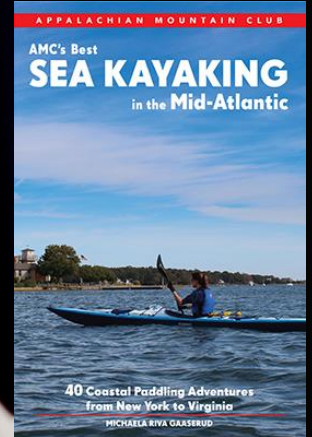
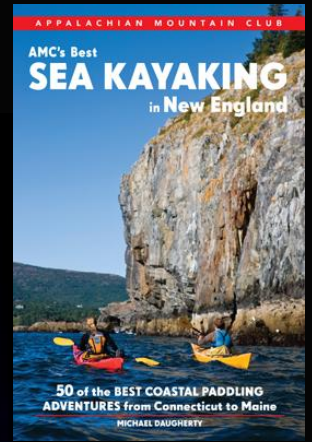
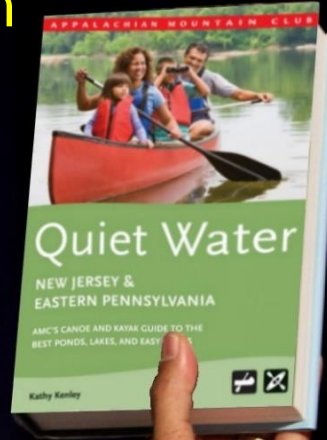
Eileen Yin





# New and Updated AMC Books!

Click a book for more information



## Swiftwater Safety & Rescue

Sat-Sun, Jul 16-17, 2016  
Esopus Creek (Catskills, NY)

\$150

(\$75 for active AMC whitewater trip leaders)

Click for more information



## 2016 Canoe/Kayak Photo Contest

Send your photos to

[canoekayak.contest@amc-ny.org](mailto:canoekayak.contest@amc-ny.org)

Photos should be uncompressed and in original size. For each photo, include the trip or instruction on which it was taken. If you have any questions, please email us.

## NYC Canoe Consortium

2016 Shared Activities

Month	Sponsor/ Host Club	Activity	Target	Location
Sat, Jul 16	SCC	<a href="#">City of Water Day</a>	Family canoe trips	Jamaica Bay
Sat-Sun, Jul 16-17	AMC	<a href="#">Adv. Whitewater Safety&amp;Rescue</a>	All WW paddlers	Esopus Creek, Phoenicia, NY
Sat, Jul 30	SCC	Family Canoe Trip	Kids with family	Jamaica Bay
Wed, Aug 3rd	ACA Lake Sebago	<a href="#">Youth Regatta</a>	Family	Harriman, Lake Sebago
Wed-Sat, Aug 10-13	SCC	Wilderness Skills Trip - back country	Adult club members	Adirondacks
Sat, Aug 20	SCC	Canoe for Birds	Adult club members	Jamaica Bay
Sat, Aug 27	NBBC/ LICCBH	Labor Day Open Paddle	Public	War Canoes, Gantry Park
Sat, Aug 27	Inwood	Canoe and Kayak races	YCC, SCC	Inwood
Sat-Mon, Sep 3-5	AMC	<a href="#">Esopus Creek CL 1-1+ and 2/2+</a>	Adult club members	Esopus Creek
Sat, Sep 10	Yonkers	Canoe and Kayak races	SCC, Inwood	Yonkers
Sat, Sep 30-Oct 2	AMC	Moving water, camping		Esopus Creek, Phoenicia, NY

# Adirondack Canoe Symposium



*July 14-17, 2016*  
*Paul Smith's College*  
*Adirondack Mountains, NY*



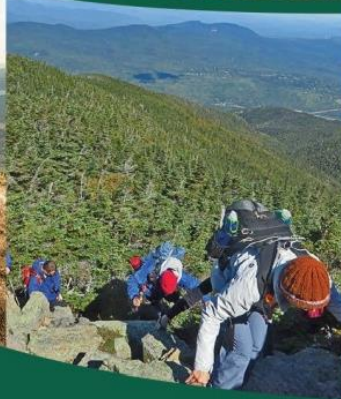
**click for more  
information**





# 135th Annual Fall Hiking Week in New Hampshire's White Mountains

## September 23 - 30, 2016



The AMC invites you to the 135th Annual Fall Hiking Week in the majestic White Mountains of New Hampshire.

Stay at the Purity Spring Resort in East Madison, NH. Hike, swim, canoe, kayak, all meals & evening entertainment included. Come for a few days or stay the week.

Visit our website for reservations and all the details: [www.fallhikingweek.org](http://www.fallhikingweek.org)

## 2016 FALL GATHERING

URI W. Alton Jones Campus | West Greenwich, RI  
Hosted by the Narragansett Chapter  
**October 14-16, 2016**



Join us for some outdoor fun, Southern New England style. A few of the activities we have in store for you include kayaking twisty rivers and our glistening bay; biking through rolling hills painted with Autumn colors; hiking over limestone boulders, and enjoying one of the greatest oceanscapes ever, the world-famous Newport CliffWalk! Then get cozy in your tent or a comfortable cabin nestled among the 2,300 acres of lakes and forests of our beautiful and wild Alton Jones Campus of the University of RI. Start planning your fall adventure at [outdoors.org/fallgathering](http://outdoors.org/fallgathering) today! Registration closes at 5pm on September 30th, 2016.



## ***PADDLE SPLASHES***

**Loretta Brady, Editor**  
Marty Plante, Printer's Devil



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

### **Guidelines for 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/paddle-splashes>

### **Send all submissions to:**

canoekayak.Newsletter <at> amc-ny.org



## **WE NEED YOUR PIX**

Please send your trip photos and comments to our Social Media Coordinator, Christian Lazo, for inclusion on our Facebook page.

### **Send all submissions to:**

canoekayak.Publicity <at> amc-ny.org

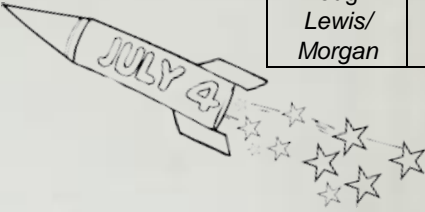

## **CANOE/KAYAK COMMITTEE**

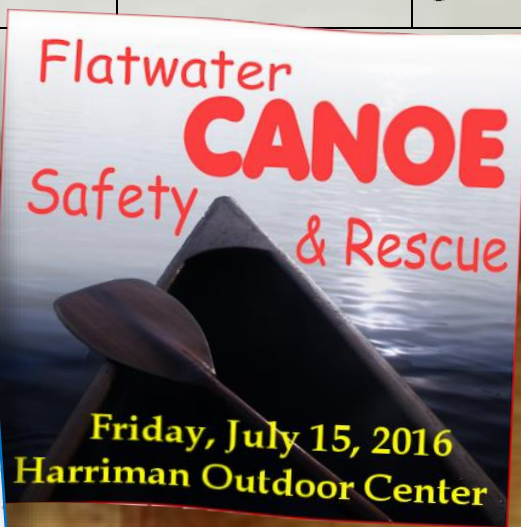
**Suzanne Villegas**, CKC Chair  
**Marty Plante**, Treasurer/Records/Ratings  
**Loretta Brady**, Leadership/PaddleSplashes  
**Meredith Fabian**, Trip Scheduler  
**Andrew Ludke**, Quartermaster/First Aid  
**Christian Lazo**, Social Media Coordinator  
**Klara Marton**, Equipment Coordinator

canoekayak<at>amc-ny.org  
canoekayak.Treasurer<at>amc-ny.org  
canoekayak.Newsletter<at>amc-ny.org  
canoekayak.Scheduler<at>amc-ny.org  
canoekayak.Quartermaster<at>amc-ny.org  
canoekayak.Publicity<at>amc-ny.org  
canoekayak.Equipment<at>amc-ny.org



# 2016 Activity Schedule

Date	Touring Water	Quiet Water	Class 1	Class 2	Class 3	Class 4
<b>Jun 25-26</b>	Rio Reservoir (Sat, Jun 25) <i>Barnes/Fine</i>			Canoe Instruction <i>Brady/ Michener</i>		
				Kayak Instruction <i>Futrell</i>		
<b>July</b>	<b>2-3</b>	Hudson Fireworks (Mon, Jul 4) <i>Faller</i>			Yough <i>Lewis/ Morgan</i>	
	<b>9-10</b>	Del & Raritan Canal (Sat, Jul 9) <i>Arbuckle</i>	St Regis Wilderness <i>Faller</i>			
	<b>16-17</b>		Quickstart Your Canoe (Fri, Jul 15) <i>Plante</i>	Swiftwater Safety & Rescue <i>Plante/Dabal</i>		
			Flatwater Canoe Safety & Rescue (Fri, Jul 15) <i>Plante</i>			
<b>23-24</b>		Ladies' Canoe & Kayak Weekend at Harriman <i>Yin</i>		Esopus (Sun, Jul 17) <i>Plante</i>		
	Sea Kayak Instruction at Fire Island <i>Bonilla</i>		Salmon <i>Brady</i>			



# Parting Shot



An exhausted northern hawk owl was rescued by kayaker Pentti Taskinen from Lake Tuusula in Finland. The two traveled together until they reached shore, where the owl rested before flying off. What a hoot!

