



PADDLE SPLASHES

Newsletter of the NY-NoJ AMC Chapter, Canoe and Kayak Committee

November-December 2007

Adirondack Fall Foliage Trip Report By Rich Breton & Kurt Brummund

October 5th – 8th QW, Adirondack Fall Foliage Canoe / Kayak Camping

Wow! What can I say about this Adirondack Trip?

First, Rich Breton's been leading these trips for 13 years and has a team who come every year since. They are enthusiastic and experienced paddlers who contribute tremendously towards making these trips such a success. Second: Great food, all freshly prepared outdoors at our camp! Bouillabaisse, chili, penne pasta with chicken in an incredibly flavorful cream sauce, great salads, pancakes & kielbasa, oatmeal & fruit, French toast & ham steaks, happy hour cheeses & snacks, even optional wine with a Wine Spectator rating of 87, and deserts too! All yummy, especially after a full day of physical activity. Third: Rich keeps it interesting by doing a different section of the Adirondacks each year. One year an expedition-style trip, the next year a base-camping trip. Fourth: did I mention the great food? - which we all helped prepare.

This trip covered parts of the Saranac Lakes Wild Forest Area including Upper Saranac Lake, Fish Creek Ponds and the St. Regis Canoe Wilderness. We set up a base camp at Fish Creek Ponds State Campground which easily accommodated our large group of 35 AMC members. Most of us arrived Friday evening to find our group kitchen and dining area all set up, sheltered under a large canopy with a sunset view over the water, a hot dinner ready and a warm campfire blazing. Does AMC stand for Appalachian Mountain Caterers?

After breakfast on Saturday morning we drove to Indian Carry at the southern end of Upper Saranac Lake. This is a big lake, shaped like a squashed figure 8 with numerous scenic bays extending east & west, broken up by many islands, and ringed with charming camps that stay in their owners' families for generations. The morning started warm and sunny but at the put-in we saw how quickly the weather can change in the North Woods as a rain squall started our trip with a very wet welcome. Fortunately, everyone was prepared with rain gear. The downpour added to our sense of adventure, then quickly passed on. The sun returned as we paddled north into the spacious waters of Upper Saranac Lake.



AKD group at summit of St. Regis Mountain

Along the way we stopped at Chapel Island which contains a small church, open during the summer and accessible only by boat. Weddings here traditionally start and end with the groom rowing his bride across the water in a classic guide boat.

A carry is the traditional ADK term for portage

Next we explored some of the quiet bays along the eastern shore including Bartlett's Carry to Middle Saranac Lake. A carry is the traditional Adirondack term for a portage trail that links the hundreds of lakes, ponds and rivers scattered throughout this huge wilderness park. Many of the trees along the shore were at peak color with brilliant reds, or-

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Next Newsletter deadline January 15, 2008

Canoe & Kayak Committee (CKC) Notes

Donate your boat to the AMC!

Do you have an old canoe or kayak lying around taking up space? Why not donate it to the Canoe & Kayak Committee? Your canoe or kayak could become a valuable addition to our fleets. Either way, we will send you a letter for income tax purposes indicating that you donated property to a non-profit organization. (The letter will list the property donated and indicate its condition, but cannot state a value; that's between you and the tax man.) And don't forget: donating your old boat not only benefits the AMC, it provides you with more storage space to go buy a new one!

We are looking for kayaks, solo flat-water canoes and solo whitewater canoes (thank you but we have sufficient tandem canoes to meet current demand).

Many thanks to Mike and Mona Rowe for donating a WaveSport T-1 (a small person playboat) and to Radu Teodorescu for donating his Liquid Logic Space Cadet (a larger person playboat). To make arrangements for a donation, **contact Victoria Butler at 212-647-8766 or v-a-b(at)rcn(dot)com.**

Now that's a Nice Rack

Our chapter bought its collection of Thule roof racks in a gentler age, when cars still had rain gutters and 8-track tape decks. The racks are still in great shape, but current car designs have rendered them less useful than they once were and they now rarely see the light of day.

If you have a car with rain gutters and would like to give one of our racks a new home, it's yours for the asking — free for nothin' — if you've paddled with our Chapter at least once in 2006 or 2007.

To reserve a set, contact the Canoe/ Kayak Chair at **canoekayak(at)amc-ny(dot)org**. You can pick up the rack at your leisure from The Barn.

Advance Notice:
Inquiring Paddler Wants to Know...

**Do you have a New Year's
paddling resolution?**

If so please share.

Submit your response to PS editor.
Replies will be published in the January 2008 PS issue

Paddle Splashes is on-line!

View PS as soon as it is uploaded!
Contact PS to convert to the electronic news—
you'll be glad you did.
On-line subscriptions save printing costs and
trees!

PSonline@amc-ny.org

Next CKC meeting: Jan 2008

If you would like to contact us use the emails listed below.

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PADDLE SPLASHES

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All contributions are welcome!
Thank you!

**CKC is delighted to announce the
following new Class 4 whitewater ratings
for our Chapter's paddlers.**

New Class 4 Paddlers

The Class 4 Ratings Subcommittee is pleased to announce the latest CL4 whitewater ratings.

Jennifer Koemer, Wayne Gman, and Bill Canfield
have all been awarded the CL4 rating.

These paddlers have consistently paddled with safety as their primary consideration, and have shown support, encouragement and readiness to help other paddlers. They gladly offer their river knowledge in guiding boaters down new rivers and are always enthusiastic to demonstrate technique and how-to's.

Whether you have questions regarding the best lines to take, how to stay on a surf wave, or what the river gauge signifies, Jennifer, Bill and Wayne are ready to give you the answer.

These additional CL4 paddlers, along with the rest of our accomplished CL4 paddlers, will enable our club to expand trips in the coming 2008 season.

Whitewater CL4

Jennifer Koemer—Years Paddling: 5 years. Favorite Rivers: Stonycreek Canyon, PA or Fish Creek, NY (I still can't decide). Training: Started in at a AMC pool session where Victoria taught me to roll. Butch and other club members taught me about eddies, ferries, and combat rolls on the Mongaup River. A week of technique at Madawaska with Jeff Johnson and a week of play at Madawaska with Anna Levesque. Current mentors are Pamina & Cristiano, who motivate me to be the best I can, I spend as much time as possible with them and am always learning!



Bill Canfield—I've paddled quiet water and CL1 whitewater since I was a kid. In the late 90's I decided to take on more aggressive whitewater. I started paddling with the AMC the summer of 2002, along with adventure paddling trips to South America every winter since. Things have slowed a bit in the past couple of years, but I still love whitewater paddling and the on-water camaraderie. My favorite U.S. rivers are the Gauley, Upper Youghiogheny and the Penobscot, but the Futaleufu River in Chile is by far my favorite. The most adrenaline pumping rivers I've done include Falls Creek and the Bottom Moose. The instruction / advice that most helped advance my paddling skills is: drive into eddies (past the eddy seam), use upstream ferry angles (try running rapids backwards), read and use current lines, maintain an aggressive chest-out forward body position in the gnarr, and finally...breath, focus and smile!



Wayne Gman—Class 5+ paddler. AMC Climbing member since 1996. Paddling for 8 years, starting with KCCNY. Favorite Rivers: Class 5+, Green Narrows. Favorite Rapid: Oceana Slide, Tallulah Georgia. Guilty Factoid: Once paid a professional Guide \$80 to lead me down the Nescopeck. Training: 2001 Saco Northern Waters strokes instruction Errol, New Hampshire. 2002 Advanced Swiftwater Rescue with Wayne Sundermacher. 2005 Advanced Swiftwater Rescue with Charlie Walbridge. 2005 Co-taught Swiftwater Rescue with Charlie Walbridge at Cheat and Deerfield Rivers. 2005 Instructor Certified, Advanced Swiftwater Rescue with Charlie Walbridge. 2006 Wilderness First Aid 2006, Basic First Aid, CPR. Paddling: 2001 - present, KCCNY Trustee. 2004 - present KCCNY, Safety Chair.



Pool Session coming soon!

Pool Sessions at NJIT starting Feb 2008

Learn to roll a kayak / canoe or practice some advance moves. Pool sessions will be held every Tuesday evening in February and March (except 3/18/08) at NJIT in Newark, NJ. Suitable for beginner to advanced paddlers. We will have a handful of instructors for informal introductory instruction to paddling whitewater and touring canoes and kayaks.

Good public transportation from NYC. Canoes, kayaks, and gear will be provided. Simply bring your swimsuit, towel, and lock. Fee: \$10. Registration for the first session is on January 30th, 2008.

Refer to the website for additional information or to register

([www.amc-ny\(dot\)org/poolsessions/](http://www.amc-ny(dot)org/poolsessions/)).



For further info, contact pool coordinator: Ara Jingirian at [poolsessionsleader\(at\)amc-ny\(dot\)org](mailto:poolsessionsleader(at)amc-ny(dot)org).

Adirondack Fall Foliage Trip Report By Rich Breton & Kurt Brummund

Rich in the ADK mts.



*(Continued
from page 1)*

anges and yellows mixed with the dark green firs and balsams. Our flotilla of 25 canoes and kay-

aks added their own colors to nature's palette. Since most of the shoreline is privately owned, we had to search for a public site for our lunch. A friendly camp owner directed us to a lean-to on the other side of the lake at the narrows which connects the wide north and south sections of the lake. As we started our crossing, the stormy weather returned with headwinds and waves slowing our progress and approaching thunder warning us to paddle quickly for the far shore. Some of our newer paddlers got more adventure than they expected amid the wind and waves, but everyone made it safely to our lunch stop which was a large cozy gazebo on a point with a wonderful view up and down the lake.

After lunch, the weather calmed again and we paddled north through the narrows. We planned to explore Saginaw Bay and circumnavigate Buck Island, which are state forest lands with a number of primitive campsites scattered along the shore. However, thunder and lightning approaching from the north with another rain squall tempered our plans. So we headed for home, paddling through Fish Creek Bay into Fish Creek Ponds, back to our waterfront campsite. According to my GPS we paddled 13.4 miles, but it didn't seem that far.

Sunday we had perfect weather – cool and sunny. Our planned activity was a hike to the summit of St. Regis Mountain for spectacular vistas of the fall foliage colors blanketing the mountains surrounding the St. Regis and Saranac Lakes and beyond.

Six of our group opted to explore the waters surrounding our campsite - Fish Creek, Floodwood and Rollins Ponds. Three of our experienced paddlers decided to search for a shortcut trail to the summit which combined a paddle across Upper St. Regis Lake to Spring Bay. From there a spur trail, accessible only from the water, connects to the St. Regis Mountain summit trail. The rest of us caravanned to the trailhead on Keese Mills Road. St Regis Mountain is 2,874 feet high. The trail is 3.37 miles long

with an elevation gain of 1,260 feet. The uphill trek was fairly steep but when we made it to the summit, everyone said it was worth every step. We had lunch while basking in the bright sun, spending as much time as we could enjoying the extraordinary 360 degree views.

Back at camp we were introduced to the AMC end of day rituals of happy hour, meal prep, incredibly good food, cleanup and evening campfire. The temperature stayed exceptionally warm, more like summer than autumn, which can get quite cold in the Adirondacks. We were one large family of happy campers!

On Monday, our plan was to paddle part of the historic Route of the Seven Carries in the St. Regis Canoe Wilderness, pond-hopping through Upper St. Regis Lake, Bog Pond, Bear Pond, Little Long Pond, Green Pond, St. Regis Pond, and Little Clear Pond.

Unfortunately, the weather was not inviting, with rain and fog forecast throughout the day. The misty atmosphere hid the vibrant fall colors that we enjoyed so much on the past two days. Because of this and the possibility that our drive home would be slowed by wet road conditions, a group consensus was made to head home early, and save our tour of the St. Regis Canoe Wilderness for a better day.

On this trip, our large group of 35 members included a good mix of seasoned paddlers and newbie's who took the Basic Canoe Class in 2006 and 2007, which qualified everyone for this weekend. I took the September 2006 class but was not able to go on this trip last year. We had great camaraderie all around and our well-equipped base camp was most comfortable. I found myself making new friends and enjoying everyone's company and good humor.

Kurt at Chapel Island



Rich and the more experienced paddlers in the group - Arlene & Dave Kaplan, Henry Sengstaken, Lenny Grefig and Tom Gil-mour provided the experience and guidance to make this a truly memorable Adirondack weekend. Thank you all for a great trip!

PS. Rich, is also an amateur photographer and took the photos for this story (see additional photos on page 8). He has promised to send us a photo CD to remember our personal experience of this forever-wild region of lakes, woods and mountains.

From 10 knots to no knots, by Sylvia Schwartz

Round Valley & Spruce Run Reservoirs

This was our first time padding with the Appalachian Mountain Club and we had no idea what to expect.

Jeff Gregg, the trip leader, not only answered all our questions that were peppered with trepidation, but did so in such a warm and inviting way that we felt we were in for a special treat, which we were.

Our trip started, unlike our other seasoned paddlers who have kayaks or canoes of their own, the night before. Thunderstorms were true to their threats as my husband Tom, I and Jeff rendezvoused at "The Barn", a word like many I would encounter that has since taken on a new meaning.

Once our kayaks were firmly tied to our cars (3 for Jeff; 1 for us), we were off for our weekend adventure. We camped at the Voorhees State Park campsite in Hunterdon County, NJ, where we were happy to find that Jeff and Kurt Brummund, the assistant leader, had already arranged picnic tables in rows under the tarp, which on this night also would shield us from the rain.

The next day the wake from the night's storm resulted in high winds that would challenge not only us, but also the rest of the paddlers. Our Saturday morning caravan proceeded to the first of two of New Jersey's largest reservoirs.

Round Valley Reservoir covers 2,000 acres and is the deepest lake in New Jersey with depths up to 180 feet. Because of this great expanse, the winds were free to churn up the waves and even sound the alarm, which meant we had to quickly get to shore. Luckily, this was easy since campsites surround the reservoir.

Once we pulled our kayaks out of the water, I saw many a happy face glad to have a bit of relief.

While no one's kayak rolled over (something I was determined not to let happen), strong nerves and strokes alike were needed to keep oneself steady amidst the rocking and rolling of these turbulent waters of 10 knots --- thank goodness for a tight skirt (now, there aren't too many places you can say that!).

In addition to warming ourselves on land when the sun was kind enough to poke through and enjoying an early lunch, many of us went off exploring. We found campsites nicely nestled into the woods. Apparently you can only reach them via a 5-mile trek through the woods or by kayak or canoe. So if you want a non-car camping experience on the water, this is definitely the place to check out!

Once the all-clear was sounded by our leader, we ventured back into the slightly less spiky water and paddled back to the shoreline where we began.

That night we celebrated our achievements with gourmet chili that Jeff had prepared. (Finding out that he is a former chef was more than this girl had hoped for.)

That evening also included stargazing from the Astronomical Observatory a short walk from our campsite. Built in 1965, it's home to one of the largest privately owned telescopes in New Jersey, a 26-inch Newtonian reflector.

On Sunday, the sun came out in full form warming the air to the upper 70s making our October paddle around Spruce Run Reservoir, which covers 1,290 acres with 15 miles of shoreline, feel more like a summertime delight in smooth waters.

It also gave Tom and me the opportunity to try out different paddles, which I learned should be our first purchase; the kayak could come later.

Our thanks to everyone (especially Jeff, Kurt, Kan, Nathan and Carter) who made our first sea/touring-kayaking excursion with the Appalachian Mountain Club so delightfully educational and fun!



The wind and waves start churning



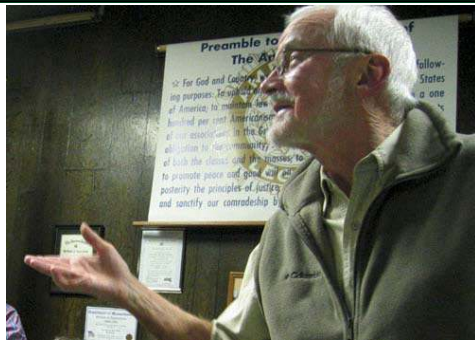
"like a summertime delight..."

From Touring & Quiet Water



Areas we paddle: Wading Creek, ADK trip, Round Valley and Spruce Run Reservoir...
See trip reports and come join us! Photos by Rich Brenton, Kurt Brummund, Jeff Gregg and Connie Farley

... To Whitewater ... AMC folks do it all!



AMC Boston Friends



Falls Creek



Some of the rivers we paddle:

Farmington Section of
New Boston, MA,
Deerfield, MA,
Tohickon, PA



Different strokes - Really different strokes

by Mr. Francis (Tim) M. Timko PhD (Sociology)

No one just kayaks. To people that just roller blade or to those that just play tennis we are all cut from the same cloth. One general water culture. In a way there is some truth to that. We all, in the broad AMC tribe have an affinity for human powered water vessels. Beyond that though there are many mutually exclusive water sub-cultures. The expedition paddlers may broad brush some as River People but there are definite whitewater canoe and kayak adherents.

Since Greenland Skin On Frame (SOF) Kayakers are such a small sub-culture, in the general kayaking community, the purpose of this article is to open a window for you into that strange tribe of kayakers. How did they get those strange kayaks (Qaig). Why do they enjoy being inverted? Why do they only paddle relatively short distances? If you were curious here are some answers and reasons why they do what they do.

No one starts kayaking in Traditional SOF kayak. The rare exception is someone who has built a Qaig (SOF Kayak) and then wants to figure how to paddle it. There are no plans on how to build a SOF and you cannot walk into a store and buy one. You either

make it yourself after reading the various books. Or you take a week long class, in which you make your Qaig or you pay an expert maker to make one to your dimensions. The kayak is made for you. You and the kayak are one. Its length is three times your outstretched arms. The width is your hips plus two fists. Everything corresponds to your individual human dimensions. There are no adjustable foot pegs, or adjustable thigh supports. Even the balance of the kayak conforms to you. What is even stranger is that there is no one acceptable way to pattern it or to skin it. For example, it can be based on an 1850 East Greenland Kayak or a West Greenland Kayak of a different era. You can skin it in: canvas, polyester or nylon, etc. You can also make it watertight with an array of substances. As far as kayaks go they are certainly not conformist. I will not even talk about the Pacific SOF kayaks (Baidarkas).

You probably wonder why get involved with them. Personally I have Elder Care Issues and I thus really cannot do overnights on the weekend or travel too far. I can get to a pristine spring fed lake where motorboats are not allowed in less than half an hour. I can SOF practice rolling with friends, have lunch and roll some more. Then have an incredible BBQ because everyone has brought something and be home by 8:30 PM. No sign-up provision. No club to join because there are no SOF local clubs that I know of only a loose collection of such paddlers.

Ok, you are probably asking what makes me an expert about that tribe?

Well I am certainly not an expert but I have played the SOF game for the last two years. I have my own hand made 28 pound kayak (a QAJQ as they would say) and a hand made stick (as they refer to a SOF paddle). I also have done two pilgrimages to one of the tribe's holy places which is Delmarva (Rehoboth Bay, Delaware).

At Delmarva's national event, I met many kayakers who flew in from: Greenland, Germany, the West Coast, New Zealand, etc. If it was drivable, they came from Michigan, Louisiana, Mississippi, etc., so they could bring their own kayak. They take the national events very seriously and many do a few of them every year. There is no SOF rating system in the tribe. They make a big point of saying that there are no experts or teachers or instructors at Delmarva. The mantra is that we are all here to learn and we can all learn from each other and they are serious about it.

Delmarva is one of the largest and it is capped at 200. It is intimate in the sense that where else could someone ask to borrow the mike at an event function and make a surprise marriage proposal to his mate (and everyone else). Where else could you have an impromptu on the water kayak wedding the next day with everyone teary eyed and throwing flowers.

The SOF Kayakers are really different. It is not just the custom made skinny stick paddles or the hand built SOF Kayaks. It is a fundamental difference in how they view kayaking. Almost every other kayaking tribe seeks to prevent going inverted. The SOF tribe relishes it.

SOF is a profoundly different form of paddling then: recreational kayaking, whitewater or expedition kayaking. It is a totally different mindset, culture and view of the world. Some have remarked that you are the people who only paddle a hundred yards in a day. There is some truth in that. The joy is not in paddling in the horizontal. How can someone only paddle a hundred yards and be happy all day? How can they paddle to the same spot day after day and be totally happy? How can they relish being inverted?

Tim in his Aztec Gold SOF



(Continued on page 9)

The Death Knell for the Longest Running Canoe / Kayak Trip? By Tanya McCabe

The Maurice River trip has been run annually for about 34 years. I think that rates as the longest running canoe / kayak trip in the NY-NoJ Chapter. The trip was traditionally run on Columbus Day Weekend, making it a three day camping / hoteling adventure. This year we had to cancel and sad to say don't know if or when we will be able to reinstate it. Seems the New Jersey DEP, in its review of the dams of NJ, has deemed the dam of the Maurice River, forming Willow Lake, unsafe.

Just a bit of 'legend/background':

- Maurice River is pronounced Morris by the locals and, so be it, by the AMC leaders as well.
- It is approximately 50 mi (80 km) long and is the second longest and largest tributary to Delaware Bay. Its watershed includes an extensive southern portion of the coastal forested wetlands known as the Pine Barrens. Its mouth on Delaware Bay is surrounded by extensive saltmarshes and has provided an historically important oystering ground.
- The river is considered especially pristine for the region, forming a critical ecological link between the Pine Barrens and the Delaware Bay systems. It is the location of the only stand of wild rice in New Jersey, and provides habitat for 53 percent of the species in New Jersey designated as endangered. In 1993, the Congress of the United States designated 28.9 mi (47 km) of the river and its tributaries as the Maurice National Scenic and Recreational River, as part of the National Wild and Scenic Rivers program. Source Wikipedia.org
- The lake had to be lowered 40 feet. In a conversation with our outfitters, Sam & Al's Canoe Rentals, we found that this would reduce our paddling to about 6 miles. We determined that it would just not be enough to warrant the 3 hour ride to Vineland, NJ. Right now the entire problem is in the court system.

The trip included two days on the river and the third day on Menantico Ponds.

Gee the fun we had with the tides out in the marsh from Menantico Ponds! We always camped in Parvin State Park. The first 21-22 years the trip was handled by Tom McSherry (now deceased) and Noel Cotter.

It was one of three trips they ran each year. They also ran the Crosswicks, anyone remember doing "Rubber Rapids?", and the Mullica? Noel passed the reins, for the Mullica, on to Kerry O'Brien, and the Maurice, went to Michael Dalton and myself, Tanya McCabe. This was about 1994.

Golly that was so long ago. And now it looks like it's over.

(Different strokes Continued from page 8)

The SOF people seek to overcome personal physical limitations of what they can do. These limitations are not related to the external world. Most paddlers seek the external for gratification. The recreational kayaker explores sheltered bays, lakes and streams to view external wonders. The expedition kayaker explores ocean shores and large lakes to view new external wonders. The whitewater kayaker challenges different water to overcome it and to move onto bigger water.

The SOF kayaker seeks something internal. It is a way to challenge their body. They seek to add an ever increasing array of Greenland rolls to their list. Each roll must be mastered on each side of the kayak. How many rolls are there? Depending on the source twelve on-side and off-side to 150 with variations.

How can they paddle and roll in the same spot day after day? An analogy to explain how the external is meaningless to a SOF Kayaker would be the following. If one seeks to learn a dance routine, they practice and practice it until it becomes part of them. It matters not if they practice in a desert or a forest. It matters not whether they are indoors or outdoors. The dance routine is something within them and has nothing to do with the external. The same is true in SOF.

As long as they have enough water to roll in, they can play all day in the same spot with their friends. The external does not matter. It is of no consequence.

Suitable rolling water is deep enough to roll in but shallow enough where someone can stand, spot you and tell you what you are doing wrong.

So if it only takes a hundred yards to get to suitable rolling water, why go farther?

To learn more about Greenland Skin On Frame (SOF) kayaking look at the <http://www.qajaqusa.org/> website. To see a good view of the tradition rolls see <http://video.google.com/videoplay?docid=6008563334140599496>.



Tim side sculling his SOF
17 feet long, 28 lbs., skinned in ballistic
nylon

Trip A Go-Go Reports

Sedge Island September 28, 2007 QW / SK by Cath Kraft

and from the 'bright' side - sea kayaking - I went to Sedge Island and went sea kayaking a beautiful island and a great lodge — windy night and Saturday

Sunshine—great weather

great folk to paddle and dine with—good food and TONS of wine (grape juice - Brant's trip)

we had clams and oysters harvested just off the island

we paddled through a network of paths in the marshes and saw lots of birds

yup - I was sure I was going to dump on Saturday - a windy day with converging currents, tides and boat wakes - yikes I am airborne in a LOOONG kayak.

Moonlight paddling in a SIX person canoe

Day 2 - I became one with my boat (adjusted my toe pegs - what a difference) we crossed boat channels - BIG HUGE MOTOR BOATS cranking through and we have to cross over to the other side (I think they speed up when they see us) the weirdest rainbow I have ever seen (no rain)

a white circle with a small band of colors on 1 bend of the circle...we paddled in choppy high traffic water staring at the sky

everyone proclaimed they had never seen a sight like that before!

many of my fellow kayakers were doing great kayak rolls - for practice

there were some real good sea kayakers!

I am hooked - - all of this in NJ!

Five Ponds Wilderness Paddle/Backpack QW / SK Oct 5 – Oct 8, 2007

Leaders: Russ Faller

River: Oswegatchie River Paddle, Backpack to Sand Lake

Location: Adirondacks; Eleven miles each way on the river (yes, 11 miles upstream), seven miles each way backpack

Number of Participants: 6

Boats used: Canoes

Weather: Great weather, with some rain.

Side-trips: Paddle to High Falls

Food: The usual backpacking food, and mangosteens from Trader Joe's

Scenery: Fall Foliage, many beaver dams to cross

After Hours: Sleep

Any other comments? 1) Public flossing 2) What did fall into the river 3) An incredible thunder storm at night, with no delay between lightning and thunder

Leader Workshop Saturday, Oct 28, 2007

Leaders and Instructors: Henry Schreiber/Lenny Grefig

River: AMC Chapter Office (near the East River)

Location: Manhattan

Number of Participants: 11

Boats used: 0

Food: Same as last time, from the same place. If you want to know what that was, come to the next Leader Workshop, February 22, 2008.

Interesting Facts: We were able to use the new Men's rest-room; Women's rest room is not yet ready.

Any other comments? Thanks to the eight paddlers who took this workshop, and are now Leaders in Training:

Kenneth J. Burlew, Jr., Francis M. Ennis, Elena Fine, April Gentile-Miserandino, Mark Leenhouts, David G. Moskowitz, Barry Rosolen, Fran Schultz. Thanks also to Victoria Butler for attending.

Other paddling trips that were a Go-Go!

Wading River, Pine Barrens, NJ QW/SK Sept 30, 2007

West River, Jamaica, VT, CL3 Sept 22, 2007

Farmington Section of the New Boston, MA CL2-3, two weekends in October!

Tohickon Creek, PA, CL3, November 4-5, 2007

and many more...

Trip A Go-Go Reports

Deerfield River, MA CL 2-4, October 5-7, 2007

Trip a Go-Go or No-No: Go-Go Girls and Boys of the AMC

Trip Leader: Victoria Butler (with plenty of help from wonderful folk)

River Info: Deerfield River: Friday was Zoar Gap Day, Saturday and Sunday we fielded trips on both Fife Brook and the Dryway

Trip Size: 22 people: 17 K-1 and 5 OC-1

Weather: Friday night was perfect for star gazing and we saw many shooting stars. The entire weekend was fabulously warm and mostly sunny (except for that deluge on Saturday evening around dinner time).

Campground Conditions: We stayed at Savoy Mountain State Forest which had lovely campsites and friendly rangers.

More impressions: After two satisfying and personally uneventful runs down the Dryway, I decided to join the group going down to the Zoar Gap. I intended to help support the Fifebrook group.

It was there I tried to make a move I saw paddling legend Tom Foster do. I screwed up big time.

I ingested valuable water from an already low release and blew my roll. Some support I was! A wise teacher once said "oh Wavehopper! One who tries to duplicate a move of a master soon find oneself in watery trash heap". Herb Stermer

Lehigh RiverPA CL 2+ Sept 29, 2007: a definite Go-Go—Lehigh River SwimFest

Trip Leader: Victoria Butler

Trip Info: The usual put-in at White Haven, take-out at Rockport, 9 mile trip.

Group Size: 14 boats: 4 OC1 and 10 K1

Weather: Beautiful! Sunny, warm (72° F) with hints of fall foliage.

Interesting Facts: we had over 25 swims! Plenty of fun and rescue practice to be had.

Conditions: The Army Corp announced a 900 cfs release but they gave us a wee bit over 1000 cfs of wonderfully warm water. The water temperature was appreciated because our post-paddling estimate is we had over 25 swims!

Haunted Cruise on the Eerie Canal QW / SK. Sunday, Oct. 28, 2007

Trip a Go-Go or No-No: To paraphrase a former Leader of the Free World, it depends on what the meaning of the word "Go-Go" is.

Trip Leader: Marty Plante.

Put-in: Erie Canal Lock #7 in Niskayuna, NY.

Trip length: 5 miles round trip

Group size: 12 paddlers.

Weather: Unseasonably warm for late October.

The last time, we froze.

Boats Used: three OC-2s, one OC-1, one RK-1, and four SK-1s.

In the lock, waiting for the water to rise. Clockwise from foreground: Kimberley Pecher, Joe McBride, Lenny Grefig and Henry Schreiber, Don Perley.



It looked like it would be a great day to paddle, except maybe for the wind. After launching our boats, we entered the lock and began the 40 foot drop as the water was released, revealing the massive steel doors.

For a few miles, we paddled with the wind along the canal - actually, a portion of the Mohawk River that has been dammed by a series of locks - until we got to a public park.

After going a short distance beyond the park, we turned around to test what we would encounter on the return trip, going back up-wind. We quickly realized that it wasn't going to be pleasant. Discretion being the better part of valor, we decided to take out at the park rather than risk getting wind bound and stuck far from a road.

After lunch, most of the kayakers and two intrepid canoeists made the difficult journey up-wind. The rest of us decided that the day was more suited to hiking than paddling. We walked back to our cars along the canal's old towpath, now paved for bicycles and rollerblades, and enjoyed the views of the fall foliage.

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Submission for next issue: Send in your articles, and share your canoeing/kayaking experiences and information in the next issue of *Paddle Splashes* due on January 15, 2008. Please send as an e-mail message to: [canockayak.newsletter\(at\)amc-ny\(dot\)org](mailto:canockayak.newsletter(at)amc-ny(dot)org). My sincere thanks to everyone who has submitted articles and information.

Don't Forget! - Dec 8, 2007 Paddlers' Party

The honor of your presence is requested at the annual

AMC Paddlers' Party

Sat., Dec 8

at 2 o'clock in the afternoon

33 West Passaic Street,
Rochelle Park, NJ 07662
(201) 843-1610

\$30 p.p.

RSVP to:

AMC Paddlers' Party

% Marty Plante

162 N. Walnut Street

Ridgewood, NJ 07450-3221

End of Season? by Charles Michener

The days are getting shorter and the evenings are getting cooler and I am getting sadder.

I am not a four season paddler. Too poor or cheap to buy a drysuit — I will stretch my old wetsuit for another river outing in the chilly weather, but I have my limits. The To-hickon Fall release November 3-4, 2007, is about as late in the year as I want to swim. So now I look forward and see a long season without the river.

I tell myself it's a good thing, rest. Let my body recover from the abuse caused by paddling almost every weekend, in other words get fat on Christmas goose or as fat as a Christmas goose. I can do all the other things I have put off while it was warm and I was chasing the dam releases. The opera, museums and fix-ur-up projects I need to get done. Maybe even a little of the other whitewater, skiing. Now these things are good but I will miss my damp friendships.

In the long dark season with the snow falling I will think...

"Snow, good fall on the hills nice and thick, so you can melt in the spring to run down into the creeks and rivers so the wet part of my soul can rejoice."

Live long, paddle well and remember your damp friends in the long deep winter.

