



PADDLE SPLASHES

The Dryway and a bad day - Fifebrook too!

Charles Michener

The Dryway, a.k.a Monroe Bridge section of the Deerfield River, MA

has been looming in my future for the past year.

Since the middle of last summer I felt I possessed the skills to try my metal and Royalex on that river. But for one reason or another I have been unable to get on it, until this past August.

In my mind the Dryway stands as a punctuation point in a paddler's career. **You are a Dryway paddler or you are not.** I was feeling pressure building to do the river which held such anticipation for me.

Adding to this feeling, while I was attending the open-boat instructional class with Andrew Westwood and his wife Carol – an excellent course, not to be missed – my girlfriend Sozanne Solmaz was paddling the Dryway for the first time! Plus it was my birthday that weekend!

Sozanne had finally done what I had long foreseen. Her drive and determination is one of the things I am most fond of. She had surpassed me, but this only added to my determination to get on that river.

Yet, life was not letting up as work and family responsibilities just kept multiplying. Irritable and exhausted became my M.O.

Finally a free weekend: a small group was running the D'way. Perfect...

A perfect paddling plan.

My plan was to do a one-day warm-up on the Fifebrook and the D'way on Sunday. Saturday dawns sunny and warm. I am grumpy and wondering why I want to paddle at all. But the river is there, Sozanne, our friend April G-M and I are going to paddle the Fifebrook.

Under increasing clouds we unload at the put-in and April and I drive to the take-out. I suggest we hitch-hike back up to the put-in so we don't have to do a shuttle at the end of the day.

We get a ride quickly just as a few little drops of rain begin to fall. A pick-up truck stops and April and I jump in the open back. After going about fifteen feet the skies opened up and buckets of water fall upon us. A lovely way to start the day.

The rain stops by the time we get to the put-in. **My canoe has accumulated about four inches of water** inside it before it even gets on the river. So I dump most of the water and decide to slide the boat down the steep slope of fist sized rocks, approximately 30 to 40 feet long, leading to the river.

Getting the boat to the bottom of the hill.

At the bottom of the slope there is a stand of trees and a little level ground. To quickly get my boat down, I let it slide by itself. In bewildering **horror** I watch as it **races** down the hill towards the trees and just when it reaches the bottom before it hits them it makes this **amazing** right turn over a log, catches air, and flies out on to the river!

Continued on page 3

Save this date!

December 6, 2008

Paddler's Party

Special CKC event – especially for you!

Paddler's Party

at

**West Nyack
Fire Headquarters
West Nyack, NY**

Registration Deadline

November 30, 2008 –

NO Walk-ins

*A lovely way
to start the
day.*

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Editors PS Notes

Connie Farley

*Next issue of PS - deadline is January 15, 2009.
Look for it on-line and in your mailbox!
Submit your articles, stories, recipes, pictures now or
anytime – we will use your information.*

DON'T FORGET US!

Don't forget to update your contact list, address book or white list with our e-mail address:

Psonline(at)amc-ny(dot)org

We'll send a reminder to you from this address whenever a new issue of PaddleSplashes is available.

Email providers vary. To add our address, check the top of your email window, your inbox or the side menu. Look for one of these common headings:

- Mail
- Actions
- Addresses
- Options
- Contacts

**Paddler's Perspective
by CKC Chair -- Victoria A. Butler**

Reminder come join us for the December 6, 2008 Paddler's Party
The Paddler's Party will have it all!

Plan for 2009
We need you – let's plan our paddling trips for 2009!
Volunteer to coordinate a club trip.
Quietwater, Touring water, Whitewater there is something for everyone!



Welcome to Matt Theisz our new

Paddle Splashes is on-line! View PS as soon as it is uploaded!

Send email to: ***PSONline (at)amc-ny(dot)org***
Sign-up for the electronic issue. We will send you a notification when PS is ready

CKC Position:	email:	Contact
Chair	canoekayak(at)amc-ny(dot)org	Victoria Butler
At-Large Quartermaster & CL 4 Paddler Coordinator	canoekayak(dot)atlarge(at)amc-ny(dot)org canoekayak(dot)quartermaster(at)amc-ny(dot)org	Henry Schreiber Chris Viani Assisted by Anthony Chiarello
Equipment Coordinator	canoekayak(dot)equipment(at)amc-ny.org	Matt Theisz
First Aid Instruction Kayak & Canoe	Wildernessfirstaid(at)amc-ny.org Canoekayak(dot)instruction(at)amc-ny.org	Maureen McCahery Butch Futrell Assisted by Charles Michener (Canoe) Pinar Ayata
Membership / Publicity Paddle Splashes	Canoekayak(dot)membership(at)amc-ny.org Canoekayak(dot)newsletter(at)amc-ny.org	Connie Farley
Quiet water Coordinator	QW(at)amc-ny(dot)org	Jeff Gregg
Ratings Records Safety Sea Kayak Secretary Treasurer Trip Scheduler	Canoekayak(dot)ratings(at)amc-ny.org Canoekayak(dot)records(at)amc-ny.org Canoekayak(dot)safety(at)amc-ny.org Canoekayak(dot)seakayaking(at)amc-ny.org Canoekayak(dot)secretary(at)amc-ny.org Canoekayak(dot)treasurer(at)amc-ny.org Canoekayak(dot)scheduler(at)amc-ny.org	Michelle Sholtis Marty Plante Ara Jingirian Carter Bland Casey Bentz Frances Ennis Bill Canfield

PADDLE SPLASHES

*Staff editors, writers and
photographers*

Connie Farley

Kurt Brummund	Jeff Gregg
Charles Michener	Marty Plante
Victoria Butler	Pinar Ayata
Kurt Navratil	Michelle Sholtis
Ara Jingirian	Tom Trevor

The Fifebrook too! Charles Michener
Continued from p.1

Fast action. Dropping my helmet, life-vest and paddle I dash down the hill and charge out into the river.

I'm chest deep in water and still ten feet from my canoe when I see that the boat is only 20 feet from the first drop. There are some kayakers in an eddy, I holler at them to catch the canoe as I wade to shore and take the short but soggy walk downstream. Once downstream I find my canoe in the expert care of my friend Butch Futrell.

Grumpily I thank him, and finally get me, my gear and my boat ready for a river trip.

The river trip. I go to warm-up in the first drop. I should have known then to retreat from the water. I could not ferry, I could not surf, and I could just barely peel out.

We worked our way downriver. At the next drop, there are a couple of little surf spots, I tried to work them with a little success, got water in the boat, so to the shore to dump.

You should dump your canoe on a rocky shore or over your knees but beware of grassy bits. I forgot this lesson and rolled my canoe over on the grassy shore and lurking in the grass was a little stick which was just waiting to puncture my air bag. Oh well, I have a spare in the truck so I am ok for tomorrow and this is only the Fifebrook, **right!**

We continue downriver. I do play in the boulder garden until I swim but there is just not a lot of fuel in the tank.

At Zoar Gap. Eddy hopping down I realize that I am not making the eddies I want. If I aim for one I end up in the one below it, but still I'm not worried. I am a good paddler, I no longer fear the Gap. I don't think I have swum it all year. Hell, in June I did the ferry at the top, not very clean to be sure but still.

I am in the last eddy before the drop into the big squirly eddy. Peeling out I realize that I can't put the boat where I want it at all! The river is in complete control, **now I worry.** Down the drop straight into the first hole. No rear airbag makes that hole interesting as I have a boat load of water and over I go. Out of the boat and into the next hole, nice! Into the big rescue pool but as I am the first in our little party and am alone.

Continued on page 4

Instructors Welcome

This past June, several members of the NY-NoJ CKC participated in the American Canoe Association (ACA) Instructor Development Workshop and Certification Exam taught at Zoar Outdoor in Charlemont, MA.

During the comprehensive 4 day course – held on 2 weekends – the participants learned to improve their skills in all aspects of river paddling, while learning how to communicate those same skills to fellow paddlers. Our goal was to improve and enhance our kayak teaching.

From selection of proper equipment, to practicing river reading to setting a good example by our “leave no trace” environmental concern, our class worked hard at learning by doing.

The class emphasized the safe but fun way to learn as our lead instructor was Janet Burnett Cowie, who is known for her paddling “games” as the most productive learning method.

The ACA teaching method provides a specific and proven standard of practice where the training all instructor candidates receive is standardized.

We were evaluated on our teaching ability as well as our paddlesport knowledge.

The participants were: Connie Farley, Ara Jingirian and Mark Tiernan.

Others class participants: Neval Ozturk, Dan Kirsch, Ram Tripathi and Ben White.

**Connie, Ara, Neval, Dan, Ram and Ben
were awarded
Level 3: River Kayaking Instructor.**

**Mark achieved the higher award of
Level 4: Whitewater Instructor!**

According to the new ACA guidelines as of November 2008, “L3 River Kayak courses may be conducted on sections of rivers rated up to Class I-II”

“L4 Whitewater Kayaking courses may be conducted on sections of rivers rated up to class II-III”

Look forward to additional kayak instructional classes in 2009 and welcome to the new instructors.

Continued from page 3

The Dryway and a bad day – Fifebrook too! By Charles Michener

Still no problem, I am an open-boater well versed in self-rescue and I have the whole length of the pool to save myself. Dragging the boat with me I start swimming for shore. Slowly, slowly to river right, so slowly that the boat and I start to go into the next series of rocks.

Forget the boat! I let go and plant my butt on a rock to watch the canoe drift downstream into a rock below. It breached with the cockpit facing upstream – now it's held onto that rock with all the force of the mighty Deerfield River.

"Damn the last time that happened it took four guys and a rope to get it off. And it had both airbags then!"

But I was lucky, the river gods had had enough of me today, the boat came off easily. That was the last of my adventures, for that day.

A new day.

The next morning dawned clear and beautiful and I declared, "No paddling for today, no Dryway, no Fifebrook!" I crawled back into my tent and went back to sleep. I did not emerge until 2:00 PM; I had breakfast at four having learned an invaluable lesson.

Part II

The Dryway!

A man, a person, has but one life to spend at work and play. If you let one overwhelm the other you will lose control of both. Work and play must be balanced, I am lucky that I love my work as much as I love my play. My heart will only beat so many times before I die; so I want as many of those beats to beat while I am in a state of energy - not exhaustion. I know now that most of the time I pull back from both work and play to be able to do either. So after this weekend I pushed a little less hard at work and I did not shoulder as much from my family as I had been doing and I rested.

Labor Day weekend rolled around, and a few folks are headed up to the Deerfield. I only was going to have one day but that was enough. Waking up Saturday morning, the river that has been looming in my future is about to be my present. Yes I am nervous and trying just not to think about it. Chill' axed, no worries. My canoe is ready: new airbag, new deck plate. But am I ready? At the put-in I'm glad that the canoe is big because I have a full load of butterflies.

Then we are on the river. I am with Herb Stermer, a great open-boater, I can't think of anyone else I would rather have lead me down this river. We are off.

Herb tells me.

"Catch that eddy and you will see the line from there."

I do and he's right.

We get to a spot for jet-ferries across the river. I catch the wave and slide from one side of the river to the other in the time it takes to draw one breath. And I know that I am grinning from ear to ear. I relax and the butterflies fly away and the river becomes fun.

"Catch that eddy and you will see the line from there."

Until Dragons Tooth. We scout from shore, Herb's advice is good. Skirt those holes, ride that tongue, through those waves and eddy out. Seems simple enough. Back in the boats, Herb peels-out. From my nice safe eddy I watch him ride down the tongue through the wave into the eddy, simple enough. My turn, I am alone with that moment of doubt before I peel-out. "Paddle like hell, where's that tongue!" Waves smack a bucket of water in my face and a bathtub of water in my boat. But I am still up-right and heading for the eddy.

Dragons Tooth is done, Labyrinth is flooded.

My first Dryway run is over. I look forward to many more times down this river and I am sure that I will swim on it many times. But for now I am one for one and very *happy to be a Dryway paddler.*

CKC is delighted to announce...
the following new ratings for our chapter's paddlers

Quiet Water / Touring Water and Whitewater

Kafi Adams	QW	Brian Horowitz	QW	Antoinette Wilcken	QW
Bob Anderson	QW	Jo Ilardo	QW	Chris Zinno	QW
Margaret Angelo-Kline	QW	Doug Kessin	QW	Ken Fink	L1
Todd Arney	QW	Dan Konstantinov	QW	Art Portmore	L1+
Martin Bajor	QW	Jerry Lakatos	QW	Pinar Ayata	2 K1
Glen Barnes	QW	Marc Laub	QW	Kayla Burlew	2 K1
Susan Bickford-Martin	QW	Omri Maor	QW	Sarah Francis	3 K1
George Bierker	QW	Judy Marsh	QW	April Gentile-Miserandino	2K1
Tim Boyle	QW	Sam Marzerella	QW	Bill Handworth	2 K1
Mich Brailov	QW	David Moskowitz	QW	Nat Hookway	1+K1
Amanda Burman	QW	Gail Neffinger	QW	Buddy Jedd	1 K1
Grace Campagna	QW	David Pawlyk	QW	Kerri Klinger	3 K1
Minu Chaudhuri	QW	Guy Percival	QW	Cath Kraft	2 K1
Li Chen	QW	Terry Peters	QW	Mark Leenhouts	2 K1
Anthony Chiarello	QW	Gabrielle Pisano	QW	Diane Michener	OC1
Alexis Cournos	QW	Angela Prokopczyk	QW	Priscilla Petitti	1 K1
Rell Dean	QW	Kathy Rauth	QW	Barry Rosolen	2 K1
Digna Del Orbe	QW	Shiri Reuveni	QW	Michelle Sholtis	3 K1
Tom Donovan	QW	Fiona Rimell	QW	Rob Siss	1K1
Joanne Festa	QW	Fran Schultz	QW	Sozanne Solmaz	3 K1
Elana Fine	QW	Marshall Seddon	QW	Pat Taft	3 K1
Jim Gahler	QW	Barbara Sklar	QW	Gretchen Tardell	2 K1
Bonnie Gonzales	QW	Ed Stracher	QW	Alper Tilev	1 K1
Don Grupper	QW	Kristen Sykes	QW	Carin Tinney	1 K1
Bob Hartling	QW	David Teich	QW	Jordan Yaruss	3 K1
Betsy Ho	QW	Jan Van Zandt	QW		
Alan Hoch	QW	Julia Walsh	QW		

Special congratulations to our new Class 4 Paddlers:

Pamina Vita and Cristiano Degiorgis

Vederli sul fiume

Fatto molto

Pamina on the Gauley,
West VA



Pamina & Cristiano in Canada
See page 6 for more...

Cristiano on the Raquett, NY
Photos by Pamina Vita and friends



Getting to know Pamina Class 4 rated paddlerHometown: *Torino, Italy*How many years paddling? *Quietwater since 2000; river running 2003*Your boat(s)? *Pyranha Burn and a WaveSport ZG*How did you start? *I played kayak polo (sport similar to water polo but in a kayak) for many years and also had the honor to play for the Italian national team.**One day I decided to take a river running course in Val Sesia to improve my skills on quietwater. Problem was... as soon as I stepped onto the river I understood this was the most wonderful thing I've ever done. I stopped enjoying polo as much as I was and couldn't stop thinking about the river.**It took me 2 more years to stop playing polo and dedicate myself full-time to the river. Since then I plan all my free time around paddling and would like to paddle on rivers in every possible corner of the world.*

What are some rivers you have paddled?

*Many many rivers and nothing compared to the many still out there! I have paddled in Italy, France, Austria, Slovenia, Norway, Morocco, Zambia, Laddak (India), Argentina, Ecuador, Canada and of course the US.*What is your favorite river? *The Zambezi; when I was 16 (way before I was a paddler) I went on a rafting trip there. This was my first experience in whitewater and I almost died when the raft flipped on rapid N7. I thought I would never get close to a river again, not even for a walk along the banks.**But life is a circle: seven years later I started paddling whitewater and 10 years after than, I ran the Zambezi in my kayak!**The Zambezi is the most amazing and spectacular river I can think of. When I was on it, I experienced countless emotions in terms of adrenaline; the incredibly spectacular landscape, the pure joy for accomplishing something I never thought I would be able to do!**Last but not least: love (it's where Cristiano and I started dating). Isn't that sufficient to totally love it?*What is the key for better paddling? *The only way to improve is to paddle a lot! Only way to seriously improve, is to take a course with Simon Westgarth-Gene17!!!***Getting to know Cristiano****CL4 Paddler**Hometown: *Turin, Italy*How many years paddling? **+12**

Your boat(s)?

Any one that does not sink! My El Jefe is my favorite!

How did you start?

I had a very bad injury/post surgery to my left knee. I was recovering in terms of general health, but my knee still couldn't bend much at all... so the only option I had at the time was to do some activity that was less strenuous on my leg...I needed to find some sport where legs were not involved as much... let's try kayaking!!

What are some rivers you have paddled?

*Dora Baltea -> Italy**Choru -> Turkey**Raudalselva -> Norway**Rio Diamante -> Argentina**Marsyangdi -> Nepal**Tsarasp -> India (Ladah)**Zambezi -> Zambia**Colorado /Grand Canyon, Bottom Moose, Upper Yough, Upper Gauley, Raymondskill, Raquette, Falls Creek, Deerfield, Tohickon -> USA*

What is your favorite river and why?

Zambezi... let's try it and you'll know why....

What is a key element (the best

technique/method/training) for better paddling?

Quit anything else and paddle as much as you can!

What is your next river adventure?

My best kayak buddy from Italy, Steve, is thinking of organizing an expedition to Peru; including exploration of the Cotahuasi, Colca, Apurimac... we'll see...

Pamina, what is your next river adventure?

*The Kotawasi, Peru; Futalefu, Peru; California, Oregon, Colorado, British Columbia, Nepal and a second trip to Norway, are all a must in the coming years.**Not to mention the Corsica and other rivers waiting back at home.**Ciao!*



Group photo of AMC members at Farmington River. NY-NoJ & New Hampshire Chapter.

Trip a Go-Go: New Boston section of the Farmington River
Dates: Oct 18-19 & Oct 25-26, 2008

Trip Leaders: 1st week Victoria Butler for Don Getzin; 2nd week David Rosenfeld.

The Farmington is a great river with several sections to challenge all skill levels. See you next year!

Photos by Pinar Ayata



Carin and Kafi at the Farmington River. Falls Creek in background.

Trip-a-No-No: QW, Round Valley Reservoir Overnight Trip

Date: Sat.-Sun. Oct. 25-26

Leaders: Jeff Gregg, Kurt Brummund and Diann Connell

Paddlers: About a week earlier we had 12, but for different reasons 5 canceled in the last couple of days before the trip.

Why a-No-No: The weather forecast kept getting progressively worse the closer we got to the date of the trip. This trip was on a large open body of water, and we would have to paddle to get to and from our campsite. The forecast called for sustained winds and thunderstorms. So, for everyone's safety, we had to cancel the trip. I look forward to doing this trip another time.



Imaginative helmet and boat decorations included: a pink princess, a blue- bristled Mohawk hair-do punk rocker, a red-nose-plug reindeer, an icy kayaker- Sozanne, also seen a nerd, a devil and big ears! *Photos by Jim Pflaumer*

Trip a Go-Go: Tohickon Creek, November 1, 2008.

Trip leaders: Victoria Butler and Andrew Douglas, they provided us with a wonderful day of paddling! Beautiful weather to boot!

Boats: We had 13 K1s and 6 OC1, and 1 OC2! (on the second run Herb and Stephen paddled Tandemonium!).

Special note: After years of unfailing leadership, **John Robson** stepped aside as trip leader and left a void impossible to fill. We managed only a day trip to replace his annual overnight.

Costumes! The fall release of the "Toh" was another outstanding occasion to gather with the AMC tribe and other friends from the area. An extra post-Halloween trick-or-treat was...many of the paddlers paddled in costume.

The best costume award must go to... **Sozanne Solmaz** as the 'frozen kayaker'. Our icy friend had a white face, blue lips and tongue and pieces of ice (okay Styrofoam) glued to her helmet (see photo above).

Happy hour snacks included left over Halloween candy, and no one went home hungry.

We had several new paddlers (Mark L., Barry, Bill, Kayla and even April G-M who drove up from DC for the day), as well as the many who return year after year. A group of the hardcore paddlers stayed the night to paddle again on Sunday.



Tohickon continued.

Our five first timers all left wishing there was more, and they had already done two laps by then. As John has lamented in the past; we missed the more experienced boaters of the AMC who are so often helpful with guiding our newer boaters as they step up at the end of the season.

Professional photos shot by Jim Pflaumer, Road Dog Photos. Here is a link to more of his work.

[http://roaddogphoto\(dot\)com/water_sports/](http://roaddogphoto(dot)com/water_sports/)

Thank you Jim!

Trip a Go-Go: Rio Reservoir: Orange County New York, November 1, 2008**By Tom Trevor**

I rarely paddle in November, at least not close to home, in New York. So, I was delighted at the weather forecast for Saturday, November 1st as I loaded my Pungo 120 kayak on my Subaru Outback on Friday night. The 70 mile ride to the Rio Reservoir put-in was a pleasant ride in the crisp morning air.

Jeff Gregg led Jim, Mary Ellen, Mimi, and me on this Quiet Water trip of 5 boats ranging from recreation to sea kayaks on a relaxed 4 hour tour of the Rio Reservoir. The put-in, at the south end of the lake, is adjacent to the dam that controls the water level. A great view of the spectacular spillway rooster tail that streams into a gorge can be seen from the western end of the one lane road that crosses the dam.

It was a clear and calm 47 degree morning as we set out on an 8 mile journey. The air warmed to the mid 50s as we passed a spectacular waterfall on our way to the lunch spot. I paddled some distance from the western shore and marveled at the mirror images of the mountains and kayaks on the lake's still surface.

This reservoir, a popular fishing site in Orange County New York, is only open April 1 through November 30. There are many restricted areas that do not allow foot traffic because of a relatively large local eagle population. However, paddling the glassy lake in calm waters took us near a flock of mourning doves. They remained unseen until they scattered at the sound of paddles splashing.

Normally, I like to report on all the adventures taking place on a trip. Happily the most noteworthy thing to report is that this was an uneventful pleasant paddle. And, that is a wonderful way to cap a season for a Quiet Water paddler like myself.



Jeff, Jim, Mary Ellen, Mimi on the Rio Reservoir. Photos by Tom Trevor

Pool Sessions at NJIT

Coming soon...

Learn to roll a kayak / canoe or practice some advance moves.
Pool sessions will be held every Tuesday evening
in February and March (except 3/17)
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 canoes and kayaks.

Good public transportation from NYC.

Canoes, kayaks, and gear will be provided.

Simply bring your swimsuit, towel, and lock.

Fee: \$10.

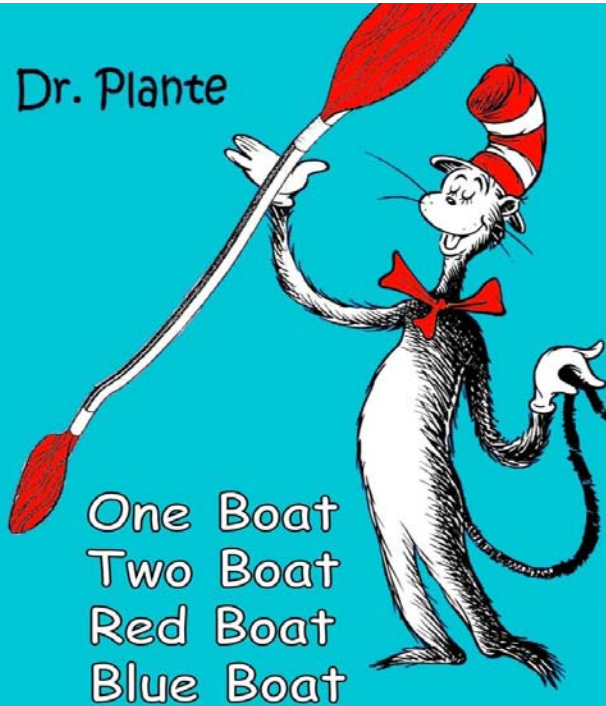
Registration for the first session is on January 28th.

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 LR Ara Jingirian at [poolsessionsleader\(at\)amc-ny\(dot\)org](mailto:poolsessionsleader(at)amc-ny(dot)org).

Pool
Sessions

Dr. Plante



One Boat
Two Boat
Red Boat
Blue Boat

I own 23 boats, yes I do
Some are green and some are blue
A white sea kayak, it's really true,
But my favorite is a red canoe.

On rivers and oceans and even big lakes
I paddle all day until my back aches
I love my boats; I love them a lot,
Without my boats, I would be so distraught.

But where will I keep them, where will they go?
Twenty-three boats is a lot to stow
I've got some in the kitchen, stacked in a row
And some in the basement, down below.

Finding room for my boats is very hard
My neighbors complain of the ones in my yard
They say that their views are being marred
So from this neighborhood I'll soon be barred.

My home is in such disarray
My friends are all gone, my wife ran away
They all say I'm crazy, in a big way
With 23 boats, something's gotta give way.

I know what to do, should have thought of it before
Twenty-three boats will cause trouble no more
I'll get a four-car garage with a one bedroom house
And then I'll start looking for a new spouse.

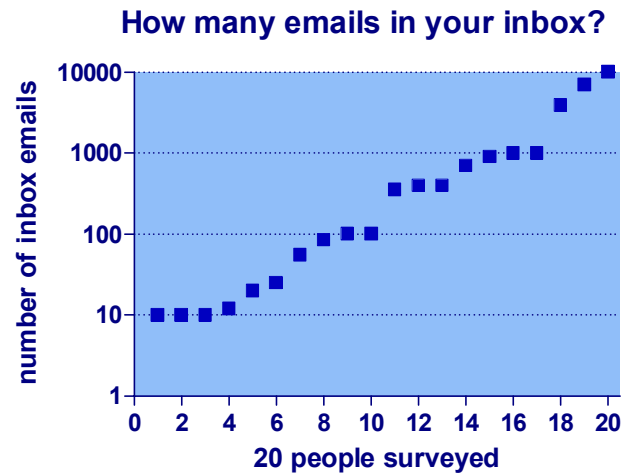
Inquiring Paddler Wants to Know: How many emails are in your inbox?

Linda Polstein. I delete most of my e-mails at home and at work. A few I keep for 3-4 months, while others I put in folders for future reference. This way I need not go through hundreds of not needed info to retrieve what I want.

Jill Arbuckle. Thank you for asking - I just purged everything before June 1st, and got it **down to 1,050**. That's 1,050 that I actually read - the rest are long gone. This is obviously absurd, so **do I hear anyone volunteering to be Membership Chair** (about 500 of the e-mails)? Or NJ Trails Supervisor (about 200)?

Chris Viani. 2,100 - more or less. ;)

Graph of the times. Results of an informal survey of 20 randomly selected boaters, showing the number of emails folks have in their INBOX. Yes that top number is 10,000!



As you can see we are busy people!

The electronic media is one of the fastest means of communication today, but it is also means we spend lots of time hitting the enter and delete key.

Please update your email information, to keep current with other club members and keep viewing your CKC newsletter Paddle Splashes in color and on-line!

Psonline(at)amc-ny(dot)org

ACTIVITY SCHEDULE – 2008-2009

[http://www.amc-ny\(dot\)org/recreational-activities/canoe/schedule/](http://www.amc-ny(dot)org/recreational-activities/canoe/schedule/)

Date		Touring Water	Quiet Water	Class 1	Class 2	Class 3	Class 4	Instruction /Misc
November	27 Thanksgiving Day	Happy Thanksgiving				Leader's Choice, NJ/PA/CT Koerner/ Douglas		
	29-30	Check the website to our up-to-date Trip Schedule! http://www.amc-ny(dot)org/recreational-activities/canoe/schedule/						
December	6-7							
	13-14							
	20-21							
	22	Happy Hanukkah						
	25	Merry Christmas				Leader's Choice, NJ/PA/CT Koerner/ Douglas		
	26	Happy Kwanzaa						
	27-28							
Jan	1	Happy New Year!						

Don't Forget ... upcoming AMC events 2008-2009

What	Where	When	Contact person
Paddling Trips	NY, NJ, PA, MA	All the time	See our Website
Paddler's Party 2008	West Nyack, NY	Dec 6, 2008	Phyllis Lindquist / Gretchen Tardell
Annual Chapter Dinner & Meeting	Connolly's Pub, NY	Jan 10, 2009	Bob Susser
Travel Show	NY, NY	Feb 6-8, 2009	
Pool Sessions 2009!	NJIT	Feb/Mar 2009	Ara Jingirian
Next Paddle Splashes deadline is January 15 th , 2009 Send your articles to: Canoekayak(dot)newsletter(at)amc-ny.org			

