

A woman with long brown hair, wearing a straw hat, a light blue and red life vest, and a grey t-shirt, is paddling a canoe on a river. She is holding a wooden paddle with both hands, one raised high. The background shows a lush green riverbank with trees and reeds under a blue sky with some clouds.

# PADDLE July SPLASHES 2020

Canoe & Kayak Committee  
Appalachian Mountain Club  
NY-NoJ Chapter

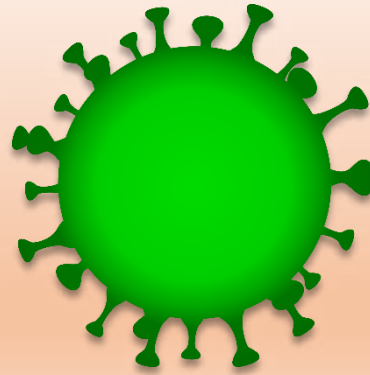
3 generations  
of paddlers

*How I Spent the*  
**CORONA  
QUARANTINE**

**Diversity, Equity and  
INCLUSION**



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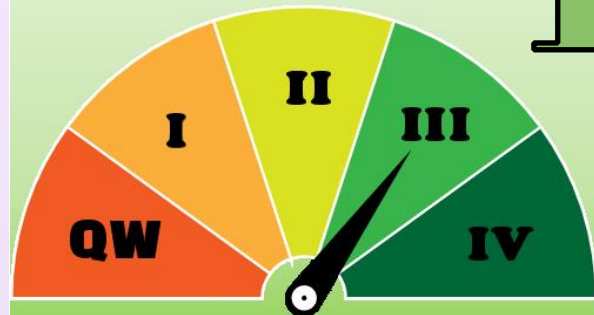
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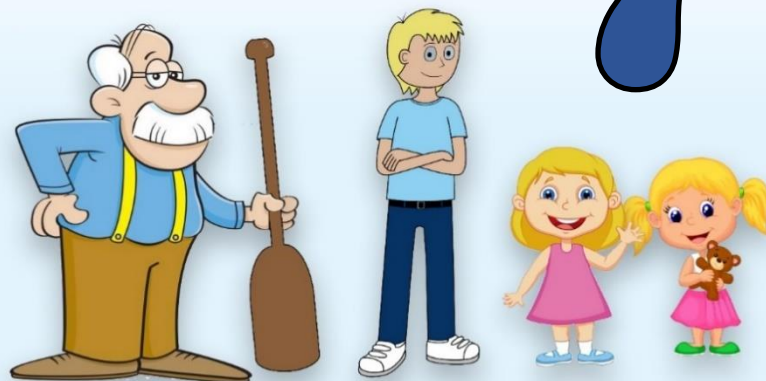
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# Diversity, Equity and **INCLUSION**

BY LORETTA BRADY

“I made a [statement](#) last week that reflects my point of view as a fundamentally optimistic person. Today my optimism remains unchanged, but I’m angrier. It’s the right time to say more.”

There’s a story behind this reboot by AMC’s President and CEO, John Judge. It followed pleas from Kaspar Alexander, Chair, and others on our Executive Committee turned up the volume.

“In hundreds of cities across the country,” the CEO now acknowledged, “a question washes through the crowd on every wave of tear gas: Who’s really looking out for any of us?”

That Black Lives Matter is indisputable.

Photo by Liz Artymko / unsplash.com



What is in dispute among members—after all the words and statements—is how much are we willing to act?

**D**iversity Equity and Inclusion (DEI) initiatives forever weigh on our minds.

For decades the Youth Opportunity Program consistently witnesses life-changing success for the diverse young people it transforms. Heartfelt thanks overflow to AMC staff from kids who feel "less lonely" now with "people who look like us out here." Yet the Adventure Gap, as James Mills calls it, persists.

The paddling community wrings its hands each season as we fail or are spurned in our current outreach efforts.

But now there's incredible hope.

"AMC recently received a \$100k bequest earmarked to the NY-NoJ Chapter generally," reported John Allman, Chapter Treasurer.

"There's no clear rules on how or who has authority to allocate Minor Bishop's bequest," Rick Bryan, Chapter Vice Chair explained. "Whether to the Chapter's Excess Reserves fund, which we can spend with good justification on various projects—the Interchapter Paddling Committee, for example—or into the

Endowment fund, where we get the investment earnings annually and the principal is held in perpetuity."

Wherever the money resides, it promises hope to make a sustainable DEI difference.



**I hope you'll join  
me and all of AMC  
in condemning the  
racism that lives  
today at the very  
forefront of our  
society.**



**– John Judge**

Our Canoe/Kayak Committee members are brainstorming, with one particular vision gaining traction. Chair Charles Michener is intrigued by a Youth Weekend Adventure. As he describes. "We could transport kids up to Harriman Outdoor Center for paddling,

hiking, orienteering lessons, and campfire love.

“I like the spirit of the idea,” Kasper remarked. All ideas are invited. More than money and inspiration, though, we’ll need boatloads of warm and welcoming volunteer coaches.

“Finding multiple positive ways to support DEI initiatives is now a high Chapter focus at this challenging time,” Rick emphasizes.

**Y**et Jenny Yang reports the YOP staff numbers have been slashed. Charles cautions we need more “clarity, communication and transparency,” from AMC’s top leadership to grasp this situation.

Just when we’re all recognizing the importance of this moment now before our very eyes, as John Judge wrote, we can keep our eyes open or “we can close them, too.”

I just found out that due to the financial crisis caused by COVID-19, AMC has decided to lay off about 50% of Youth Opportunities Program's workers. YOP was started in 1968 after the assassination of Martin Luther King Junior to challenge the notion of the outdoors as a white space and bring access to the outdoors for underserved communities. As a teacher, I have had the opportunity of taking my black and brown students from Title 1 NYC schools to the outdoors annually for the past 3 years (w/ free rented gear and equipment all thanks to YOP) where each student got the opportunity to develop a relationship with nature and each other. All of my students describe this experience as an unforgettable experience in their lives. In addition to making these kinds of trips possible, this past year, YOP has been intentional about doing anti-racist work especially around the concept of land and ownership of the land that AMC possesses and manages.

Please consider signing the letter in the link below to support YOP!

There is clear irony in choosing to decrease funding for this crucial and essential program that was designed with the sole purpose of diversifying the outdoors in light of the Black Lives Matter movement and our country’s reckoning with its deeply racist history. YOP has been a huge part of my own personal growth and journey and one of the main reasons why I was able to become a part of the CKC. Anything you can do to support would be great!

Thanks for reading this long message!

- Jenny

**Sign the  
Letter**

# A Message from Our Chapter Chair

To our community,

As the oldest chapter in the oldest outdoor conservation non-profit in the country, it's important for AMC NY/NoJ to communicate where we stand on important issues.

We stand with the Black Lives Matter movement and condemn the murders of George Floyd, Ahmaud Arbery, Breonna Taylor, and countless others who have suffered due to systemic racism. To overcome hundreds of years of oppression requires action beyond condemnation. We must become actively anti-racist.

We also stand with peaceful activists asserting their constitutional rights to protest police brutality and racial inequities. We believe this conversation is critical and necessary in making forward progress. We acknowledge that it is a privilege to enjoy the outdoors freely. We believe that outdoor citizens should lead happy and healthy lives, and we will continue our work to ensure that every person has equal access, safety, and respect. This is inextricably tied to our “Be Outdoors” mission.

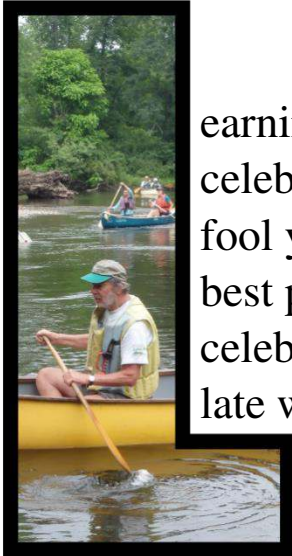
There is much we don't know, and we believe now is the time to educate ourselves, to listen, and to take positive actions. In the coming days, our Chapter Executive Committee will be meeting to review our strategic priorities and double down on our Diversity, Equity, and Inclusion programs.

We encourage all Chapter members to support this human cause however possible. Silence is NOT an option. If you have a voice, speak up about racial injustice and demand equal treatment of all people. Below are [some resources](#) to help you get involved. At this time, we will be using our platform to amplify voices from the Black and African-American community at AMC.

Kaspar Alexander,  
NY/NoJ Chapter Chair  
June 5th, 2020



# LIFECYCLE of the PADDLER



earing Dave Kaplan just toasted his 92nd birthday, we celebrate him exuberantly in this issue! Don't let his age fool you. Competent and clownish, Dave captures the best part of remaining childlike—and never lets it go. We celebrate, too, the legacy of club paddling that he and his late wife Arlene help us all enjoy today.

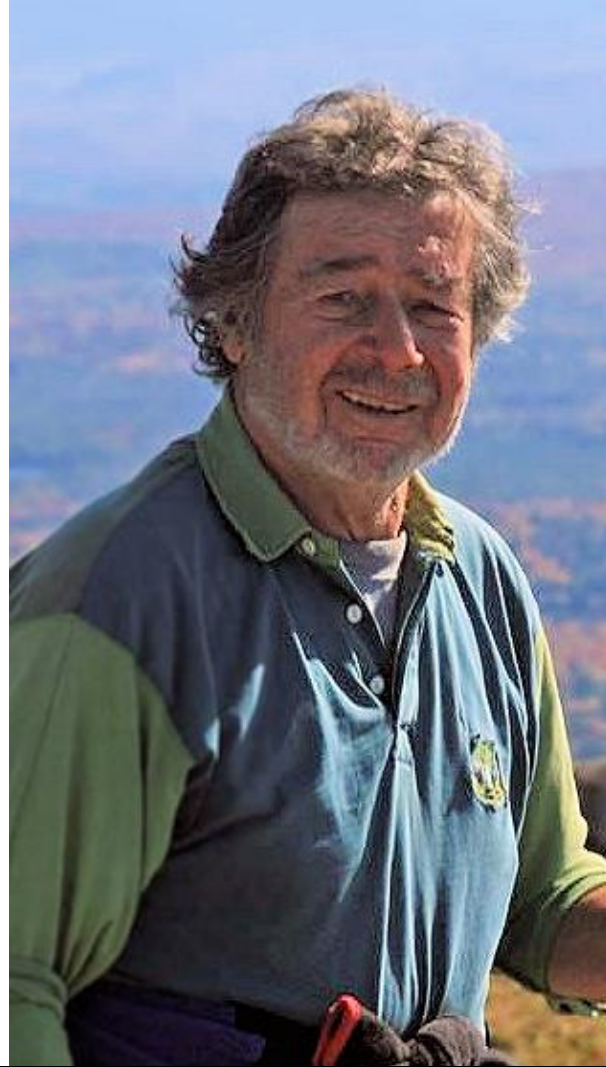
**Dave and Arlene Kaplan in the Adirondacks.** Photo by Rich Breton.



## Nonagenarian (90-99 years)

# Dave KAPLAN

Dave Kaplan's reputed superpowers in whitewater or calmer waves in kayak or tandem canoe long precede him. As a leader and adventurer, as a medic and lifeguard, he sparks CKC's signature blend of high-performance and puckishness. Still legendary is the day he rescued a panicking tuber from frigid, hypothermia-inducing waters. He balanced boat and body to deliver CPR while Arlene paddled them to safety. Only Dave.



### Q. Why Paddling?

A. For the friends, the adventure, and a chance to be outdoors.

### Q. What's one of your favorite destinations?

A. The St. Regis Area is magnificent. But there are so many great, great trips. Arlene and I really enjoyed the Esopus Creek in Phoenicia.

### Q. Goals?

A. More visitors. Come up and see me here in Rye! Anytime! Plenty of space and paddling.

### Q. An unforgettable moment?

A. Any moment with my wife and my heart, my cherished, beautiful paddling partner for life, Arlene.

### Q. Best way you prep for your adventures?

A. I talked to everyone I knew and asked them all about their travels. Now I let Rich Breton do the planning for big trips like his Fall Foliage weekend. Nothing like it.

### Q. What's your favorite item to bring along on a paddle?

A. A good steak.

### Q. How do you get in shape between seasons?

A. I stay active year-round. I paddle every day I can, then come winter, I still give downhill lessons and ski all the time.



**Millennial (20-39 years)**

# Tim K.

Paddling for over 15 years, and volunteer whitewater kayak instructor for half of those, Tim K. is one of the pillars of our club. Butch Futrell spotted and raised this young'un into the 1st class play-boater and falls hucker that he is. With a wisdom beyond his years, he's launched many a boater into these sublime waters.



**Q. Why Paddling?**

A. The community is one of the most welcoming and laid back I've experienced, which is something I try not to take for granted.

**Q. What's one of your favorite destinations?**

A. From Maine to North Carolina, I've been fortunate enough to see a lot of cool mountain towns on the East Coast.

**Q. Goals?**

A. More playboating!

**Q. An unforgettable moment?**

A. I picked up an old-school Perception Dancer a few years ago that has been a ton of fun to race and bring on different rivers to keep them exciting.

**Q. Best way you prep for your adventures?**

A. Paddling takes you to a number of really interesting places that you wouldn't have a reason to visit otherwise. It's all about the guide books and community knowledge.

**Q. What's your favorite item to bring along on a paddle?**

A. I went years without a dry suit with a number of questionable (and leaky) winter paddling set-ups, but ever since I caved and bought one, I've never looked back.

**Q. How do you get in shape between seasons?**

A. I mix running and mountain biking with some strength training. Getting out on the water during the winter can be tough, but is really helpful.

**Gen-Zers (7-20 years)**

# **Adelaide & Audrey MacDOUGALL**

We met Adelaide MacDougall and her younger sister, Audrey, through their cool parents, Geoffrey and Powell, who longed to pass the torch—paddle—to the next generation. Their list of future family expeditions hales far and wide. Thus a very Canadian family owes much to we very American instructors. Bodes well for a future of international relations.



**Q. Why Paddling?**

- A. It's therapeutic. It opens you up to see more things, even on the Bronx River. I feel like I'm in a trance.  
Audrey: I love the ducks, but I don't like when there's a carpet of bugs!

**Q. What's one of your favorite destinations?**

- A. Saranac Lake, where we get our own little island. We called it "Duck Island."

**Q. Goals?**

- A. My own solo expedition.

**Q. An unforgettable moment?**

- A. Audrey: I once saw this giant fish with rainbow colors underwater right near our boat.

**Q. Best way you prep for your adventures?**

- A. I like to look up all the flora and fauna I'm going to see when I get there. It helps me look for them and know more about them.

**Q. What's your favorite item to bring along on a paddle?**

- A. A fluffy blanket. My knees hurt in the boat, even with a yoga mat.  
Audrey: That half cut bottle—a bailer—it's saved my life!

**Q. How do you get in shape between seasons?**

- A. We're just little girls! We're too young to work out!



# How do I get a Rating?

## **Quietwater**

Participation on any two QW trips. The two trips may be on the same body of water. No rating card recommendations are necessary

## **Class 1 Rating**

Participation on two trips on Class 1 or greater rivers and a recommendation from one of these trips. The two trips may be on the same river.

## **Class 2 Rating**

Two trips on two different Class 2 or greater rivers and recommendations from both of these trips, each by a different observer. Also necessary is the completion of the Chapter's Basic Safety and Rescue Course or its equivalent given by an outside organization.

## **Class 3 Rating**

Participation on five Class 3 trips on three different Class 3 rivers and recommendations from three of these, each by a different observer. Also necessary is the completion of the Chapter's Basic Safety and Rescue Course or its equivalent given by an outside organization.

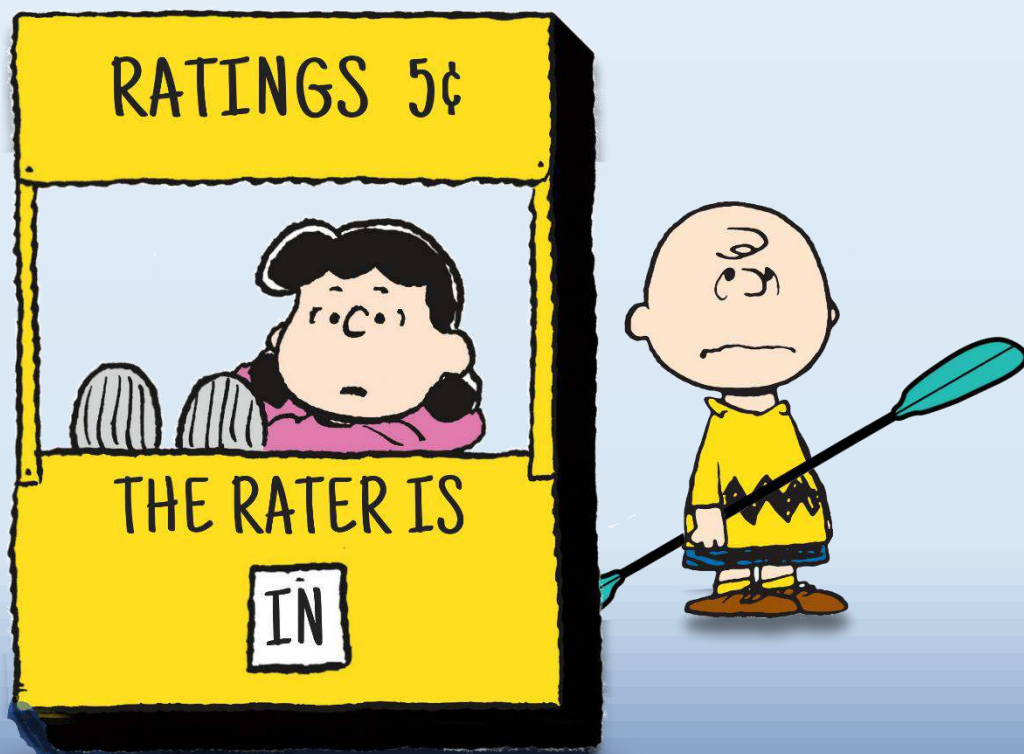
## **Class 4 Rating**

Consensus of the NY-NoJ Class 4 Paddlers  
or

Observations and recommendations on six different Class 4 rivers. An observer cannot submit more than two recommendations.

## **Class 4(R) Rating**

Awarded to Class 3 paddlers for a specific Class 4 river by the CKC Chair upon receipt of at least 3 recommendations by different observers.



*When the Tohickon Runs High,*

# THE UNTHINKABLE ENSUES



BY NEIL GROSSMAN

**T**his past fall I paddled the Tohickon release. The river has a series of ledges and thus most of the rapids are drop pool, except for Race Course Rapid which is continuous for about a quarter of a mile. The NJ-NoJ Chapter of the AMC didn't have an official trip, so a number of us paddled with KCCNY.

The Tohickon had been considered a Class III/III+ river, but water levels were higher than at a regular release as a result of all the rain the night before.

On some days I paddle, I can do no wrong. I am on top of everything. Other times, I am sluggish. My focus drifts, so I barely make the right moves. This was one of the "off" days. I did OK, but nothing to write home about.

On the way to the river, I was stuck in a traffic jam where no one moved, and I arrived at the river 40 minutes late. Maybe being stuck in traffic and then rushing to get to the river threw me off.

A number of paddlers in the group hadn't done this river before. They loved the rapids. On the first ledge of Double Drop, the lead boat took a route on river left, just next to the shore. I had never taken this route before. Actually, it seemed like a sneak route – one that is easier and safer than the regular routes.

Then in Race Course Rapid, maybe a quarter of the way down, I dumped on my offside for no particular reason. My thinking probably drifted momentarily. I had a swim, and someone rescued my canoe.



Once back in the canoe, I went through the next rapid without realizing it was Hat's Rock. I usually try to come in behind the Rock, but not realizing where I was, I didn't try that move. Hat's Rock Rapid looked different because of the higher water level.

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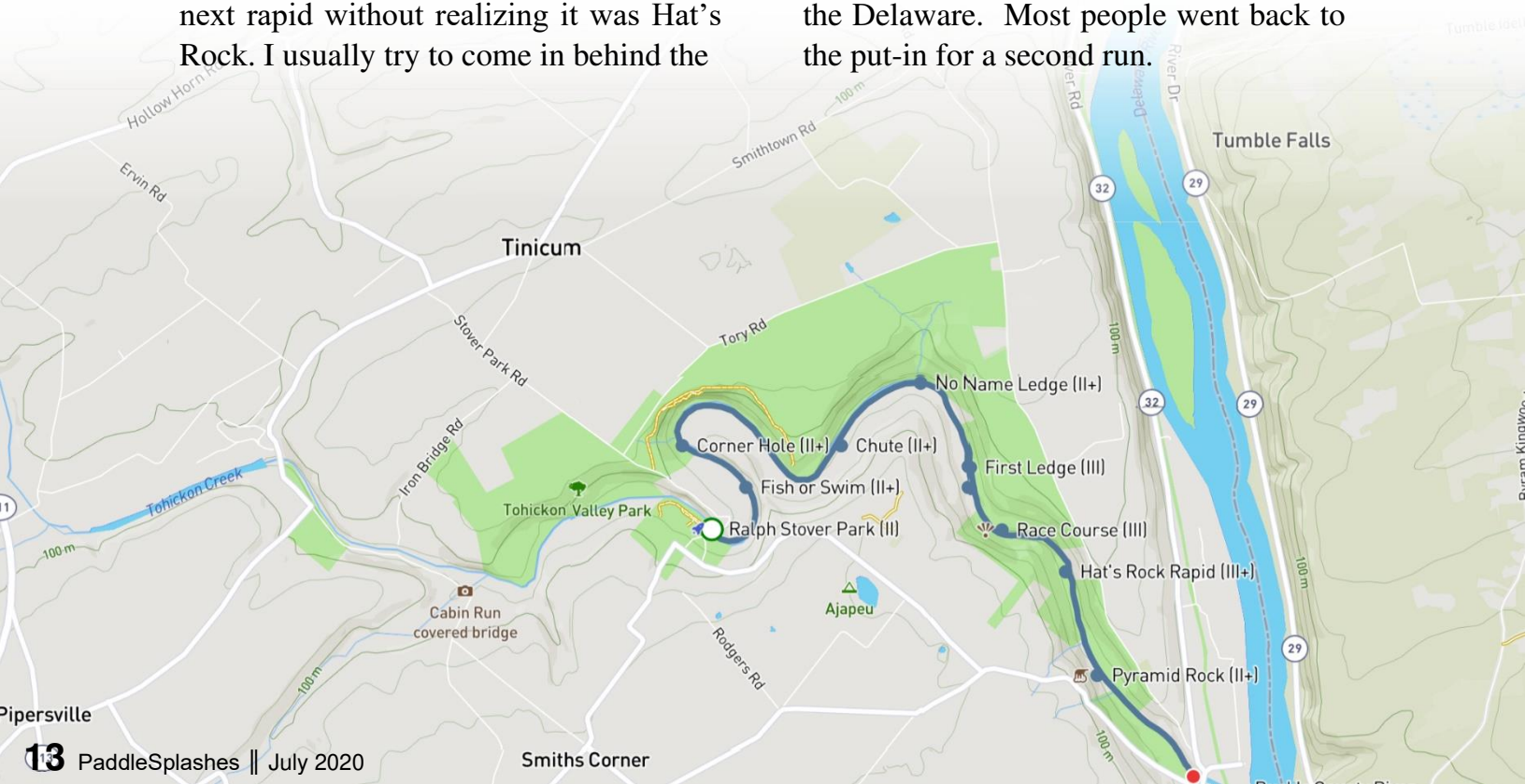
Rock, but not realizing where I was, I didn't try that move. Hat's Rock Rapid looked different because of the higher water level.

I stopped in a shore eddy and saw Curt Gellerman paddling downstream toward Hat's Rock. He came in behind the Rock perfectly. He then proceeded to paddle upstream on the river left side of the Rock.

Taking his time until he was above the rock and then paddling across the river on the upstream side of the Rock and came down the rapid again. I wouldn't have believed that was possible – never in my wildest dreams – but I saw it with my own eyes.

Curt is a terrific paddler. I wish I could paddle that well.

The usual take-out before the river enters the Delaware River was flooded so we paddled down to an alternate take-out on the Delaware. Most people went back to the put-in for a second run.



*How I  
Spent the*

# Corona Quarantine

## Paddlers Get Creative on Their Paddle-Deprived Days



### **Mary Ann Hoag**

Baking a cinnamon cake for my birthday. Then baking some more desserts when it wasn't my birthday.



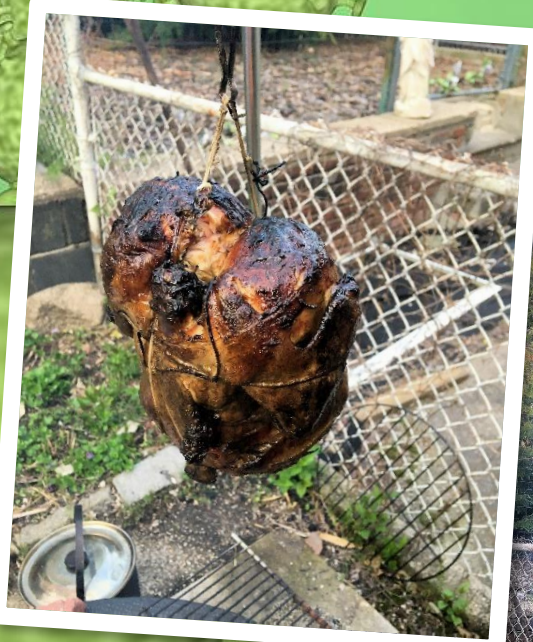
### **Marty & Elisa Plante**

Most of the pandemic occurred during mud season and tick season, which then transitioning to black fly season and hay fever season (there's no shortage of seasons in the Adirondacks). The wilderness hikes that we usually take were replaced by walks along the paved mud- and insect-free Lake George waterfront promenade.



## **Paul Edwards**

I made eight carving knives for my local club for newbies to try carving. Then made this box with two drawers to hold the knives for transporting. Just couldn't resist adding the carved figures to this box. The head that sits on top of the box is also a lock so drawers don't accidentally fall out.



## **Charles Michener**

Roasting a chicken over an open fire in my Brooklyn backyard. My neighbors love me.







## Carin Tinney

A day of safe social-distance paddling on my home run – the Tohickon – then indoor camping and listening to livestream music from the bands playing at Cheatfest.



## Suzanne Villegas

Zoom calls with friends while wearing a mask.



## Eileen Yin

Discovering NYC on two wheels.



## Loretta Brady

I biked the entire Bronx segment of the Bronx River Pathway all the way to the Kensico Dam. And then up...*steeply* up...to the reservoir of the dam.





## Jim Om

I went kayak fishing at Wawayanda State Park and came home with dinner – a landlocked salmon.



## Klara Marton

I bought myself a new boat!



LEARN MORE

## Pine Barrens Functional Freestyle Canoe Workshop

Oct 16-18, 2020  
Medford Lakes, NJ





# HELLO!

## New Leaders

Congratulations to all who completed our Canoe/Kayak Committee's Leadership Training Program:

**Susan Allen (NY-NoJ)**

**Richard Batiuk (Potomic)**

**Oleg Buslovsky (NY-NoJ)**

**Paul Fofonoff (Potomic)**

**Michel Leroy (NY-NoJ)**

**Geoffrey MacDougall (NY-NoJ)**

**Peter Mason (Potomic)**

**Jim Om (NY-NoJ)**

**Jeremy Polacek (NY-NoJ)**

**Bruce Rights (NY-NoJ)**

**Paul Rowe (Potomic)**

**Will Schaefer (Potomic)**

**Maria Stephens (Potomic)**

**Ram Tripathi**

**Randall Turk (Potomic)**

**Jenny Yang (NY-NoJ)**

And a big ***Thanks!*** to our Leader Trainers,

**Lenny Grefig**

**Henry Schreiber**



**Michel Leroy**

I'm most interested in leading day and overnight canoe trips on lakes and open flatwater, especially for families and people who might be paddling with children.

**Oleg Buslovsky**

I want to lead easy and intermediate whitewater trips in NY, PA, NJ, MA and CT.



**Jim Om**

I enjoy lake- and river-paddling with my Old Town canoe and three kayaks.

**Jenny Yang**

I'm definitely just thinking of beginner-friendly waters – mostly working with high school students who are new to canoeing – so lakes, open water, easy whitewater.



**Susan Allen**

I usually do lakes and slow water like the Raritan River and their headwaters.

**Geoffrey MacDougall**

I'm mostly interested in leading multiple day expedition trips on a combination of flatwater and easy whitewater that are appropriate for families.





BY LORETTA BRADY

# ICYMI: **AMC Virtual Wilderness Warriors \***

“If I had YouTube and internet when I was your age, with all the bush skills you can learn there, by now I’d be a god!” boasts Geoffrey MacDougall to his daughters.

Great minds surf alike. As the crisis paused the season, AMC Online reached into members’ bedrooms and offices across the region, dropping knowledge on eager audiences at

popular Tuesday Lunch & Learns and Thursday night Happy Hours.

Eileen Yin, Program Director at the Corman AMC Harriman Outdoor



**Curt discusses wilderness tripping on his May 7 Zoom presentation.**

Center, draws yet another arrow of talent from her quiver, along with savvy partner in crime, Rick Bryan, Vice Chair of the Executive Committee. As Mistress of Ceremonies, Eileen juggles audiences that typically number 100, narrating the chat box and adding her live laugh track.

Scottish author Robert McWilliams presented his solo journey in the Big Sky country of Big Bend National Park, Texas. Leadership Chair Ed Sobin recreated his cross-country biking trips and hiking in Katmandu.

So what've we learned? Did you know switching off marketing searchlights instantly snaps birds out of a deadly daze?


Did you know the Hudson River-keepers liberated several waterways from obsolete dams—and that fish returned immediately?


A future July event on food dehydration may already be sold out. Author Dereck Lugor's talk on *The Unlikely Thru-Hiker: An Appalachian Trail Journey*, thankfully archived on our [Facebook Page](#), was off the charts.


"Zoom maxes out at 100 guests," notes Eileen, "so Rick and I quickly synced to our Facebook page to keep streaming the event for the late-arriving enthusiasts."


That's why in Zoom-land, unlike at a campfire, we "raise our virtual hand" and enter our questions in the chat box.


So to recreate the paddler's fan favorite, ICYMI, we've excerpted a bit of "the chat" below! Curt Gellerman's Wilderness Tripping webinar drew a huge crowd—part CKC reunion, part inquisitive new trippers hungry to hatch their own adventures.

 Home

 Meet

 Chat

**What are the best ways to plan a trip?**



To pick the best trip for you, you need to know what kind of trip you want most. Is it for the wildlife? For the beautiful sunsets? For landing in the remotest places to be the only people you'll see? Do you want access from a road? Or don't be afraid to hire a float plane. We chose the Nunavat area as an Arctic trip you see in the film for the animals and the utter remoteness. **The Kelley River** flows into Pelly Bay, that's two peninsulas west of Hudson Bay. The Inuit settlement of Pelly Bay (now known as Kugaaruk) is north of the mouth of the river.



Home
 Meet
 Chat

**ME**

**We've heard canoes may not be allowed on some bush planes?**

For years I'd used the Old Town Tripper. Loved it. Durable. Packs well. Or a Mad River Explorer. But now I look for something easier to get on a bush plane, and to keep the costs down. I'm loving what I call a "boat in a bag." You don't have to strap it on to a pontoon, so it's cheaper to fly with these. There are also pack rafts, which do the job.

Home
 Meet
 Chat

**ME**

**How do you feed a crew of six for three weeks?**

We fill 60-liter barrels with lots of peanuts, peanut butter and dry cheeses, but not cheddar—which melts oil everywhere. We have fish whenever we can. We've caught Arctic char, wall-eye, salmon and trout.



# Join Us for Fall Gathering

**October 16-18, 2020  
Dingmans Ferry, PA**

You're invited to a wonderful fall weekend packed with outdoor activities at Pocono Environmental Education Center, located in the heart of the Delaware Water Gap National Recreation Area. Hiking, bike rides, paddling and more. Don't miss out.

# PADDLE SPLASHES

**Loretta Brady, Editor**

Marty Plante, Layout & Graphics

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, resize or otherwise interfere with 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

<https://www.amc-ny.org/canoe-kayak/paddle-splashes>

## Send all submissions to:

canoekayak.Newsletter <at> amc-ny.org

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## Keep in Touch!



## CANOE/KAYAK COMMITTEE

**Charles Michener**, CKC Chair

**Marty Plante**, Treasurer

**Loretta Brady**, Leadership

**Klara Marton**, Trip Scheduler

**Lee Trimble**, Quartermaster

**Camilla Nivison**, Social Media Coordinator

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# The Final Word

## Fun with FUNGI



Last year, 28-year old college student Katy Ayers made an 8-foot canoe with an unusual choice of construction materials: mushrooms.

While working as an intern at Nebraska Mushroom Farm, Katy constructed a wood and paper-mâché frame, then seeded it with mushroom spores. In 14 days, it was covered with mycelium, the mushroom roots that grow underground in a dense network of long, microscopic fibers.

After drying in the sun, the canoe weighed 100 lbs and looked like a giant wedge of Camembert. Drying stopped the growth of the mushrooms and finished the material, making it buoyant and waterproof, but didn't kill the mycelium. Each time Katy goes paddling, the surface of her boat soon sprouts new mushrooms.

