Canoe & Kayak Committee Appalachian Mountain Club NY-NoJ Chapter

National

**Canoe** 

Safety

Patrol

Running Rivers **GTODET** 

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2020

## OCTOBER 2020

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The St. Regis Canoe Area (cover) and Putnam Pond (above) during Rich Breton's Fall Foliage trip, two of this year's Adirondack trips.

# Running Rivers; Reading Rivers

BY NEIL GROSSMAN

Neil cruising Esopus Creek in June 2019. Photo by Marty Plante.

he last couple of years I led several class II trips that were scheduled especially for new paddlers who are working their way up the skills ladder. Being on the river with them reminded me of aspects of whitewater paddling that I had forgotten. Some of these new paddlers wanted to follow me through easy class II water – they wanted someone to show them the way.

I wondered why they would want that – it's easy class II. They talked about a "v" pointing upstream or downstream. Later, when I thought about their request, I recalled that I wanted to follow right behind someone better than me on the class IV Numbers Section of the Arkansas River. If I wanted an expert to show me the paddling lines on a difficult river, why shouldn't they want help?



David Rosenfeld (foreground) and Eileen Yin running the Hudson River Gorge. Photo by Tom Hart.

So much of this has to do with one's comfort level and river reading skills. For me what path to take down a class II river is obvious. There are usually many possible routes. I no longer look for what direction the "v" is pointing. I just follow the water – unless of course it's going somewhere I don't want to go.

In whitewater paddling you look at the rapid in front of you and choose a route, and possibly several alternative routes. Then, as you run the rapid, you focus more on what is immediately in front of your boat, while keeping the general path in mind. As one develops better paddling skills, the goal is to anticipate what the water is going to do to your boat not just react to what your boat does. Some of the paddling becomes instinctive – like a habit – so our body reacts without our first having to think about what we are going to do. Looking down the rapid we might see rocks with eddies behind them or holes if the rocks are under water. When there are holes, we frequently want to skirt the edge of the hole and then get into the calmer water washing out the back of the hole. You select the simplest route down the rapid, unless you are trying to challenge yourself with a more difficult route.

he character and difficulty of rapids change according to the water level. Sometimes a rapid becomes ferocious at a high level and on another river the rapids will wash out and we are left with rolling waves. It depends on the river and amount of water. The Bantam River in Conn. and the Nescopeck River in Penn. are examples of rivers that become easier in higher water. Be careful, in some rivers you can wind up paddling in the trees if the riverbanks don't hold the water and the river overflows. In the Leigh, there are more and bigger holes making the rapids more difficult but even then, a couple of the rapids are easier. The last big rapid on the section of the Leigh from Rockport to Glen Onoko is Snaggletooth. We paddled this at 1000 cfs and that rapid was easier.

## ...it is best to start paddling a rapid in its center.

Other things being equal, in a solo canoe it is best to start paddling a rapid in its center. This gives you the most options of where to go. When the river turns, the inside of a turn is the usually the most conservative line. The bigger waves are usually on the outside of a turn and the current could push you against the outside bank. Additionally, downed trees are frequently on the outside of the turn. So, I usually try to paddle on the inside of a turn unless I want the big waves for fun or experience. Then the river straightens for a while and turns in the opposite direction. While the river straightens out, I work my way over to the other side, so I am again on the inside of the next turn.

I remember paddling on the class III section of the Taylor River, in Gunnison County, Colorado, with one other solo canoe in higher water. The other paddler capsized and swam to a bank getting off the river. Since I was alone, I paddle cautiously following his canoe. I stayed on the inside of the turns and followed the boat, waiting for a calm place to rescue it. This opportunity came when a small channel of the river went off to one side. I nudged the boat into the channel and was able to beach it. We shouldn't have been paddling on the river with only two canoes. The saving grace was that the river runs along a well-traveled road.



Sozanne Solmaz cruising the Dryway. Photo by David Michael.

IN THE NEXT ISSUE: Look for Part 2 of Neil's whitewater tips: *Stepping Up* 

#### BY RUSS FALLER

# Where the Fugary?

Fugary shantytown. Photo by

his fascinating story is a true account of recent adventures. Midway through their journey, the swashbuckling crew did wonder, "Where the Fugary?"

Lest you infer that a lost-at-sea tale follows, think again. That's hardly likely when the lead quester was none other than legendary Russ Faller, eminent 40-yr expedition guide north and south of the Canadian border.

No, what befell this wellseasoned, experienced band was something more wondrous.



Fugary is a corrupted pronunciation of *[Where the] f*\*\**k are we*? But more on this later.

On August  $5^{th}$  and  $6^{th}$ , a few of us launched our sea kayaks at Stockport Flats, just about 5 miles north of the City of Hudson, NY. Our plan was to camp on Stockport Middle Ground, an island only about  $\frac{1}{2}$  mile from the eastern shore of the Hudson River.

This island has dodged civilization.

Stockport Middle Ground was created in 1910 from dredge spoil piled high when the Hudson River shipping channel was improved. Although there are houses, industrial plants and even small cities nearby, Stockport Middle Ground is as thick with trees and undergrowth as any jungle. There are a few primitive and unmaintained campsites along its sandy shoreline, but no campers were there.

After setting up our camp in the trees behind a sandy beach, we paddled north to the R&W Scott Ice House built in 1885.

This was the largest ice house on the Hudson, but it came almost too late. The ice harvesting industry had begun in the early 19th century and went bust in the very early 20th century when cleaner, purer artificial ice could be created using electricity and with the advent of the electric refrigerator.



**Nutten Hook** at Stockport features the remains of the largest ice house on the Hudson, where blocks of river ice were sawn during the winter and awaited transport to **NYC.** Photo by Tyler Blodgett / scenichudson. org

All that was left of this huge operation was the steam-driven powerhouse that ran the conveyor belts, which lifted huge blocks of ice weighing upwards of 300 lbs., into storage rooms insulated with marsh hay. But what a building this was! Walls made of brick laid in ornate patterns and an ornate chimney towering

above. The brickwork would have fit perfectly on a Victorian mansion.

n the way back to camp, we circumnavigated undeveloped Rattlesnake Island, then stopped in Coxsackie for cold drinks at the riverside outdoors market.

The next day, we explored

Stockport Creek and one of its tributaries, then paddled south to the 1874 Hudson-Athens Lighthouse. On our way back to camp, we ducked into the North Bay of the City of Hudson.

Here we found a shantytown called Fugary.

The shacks were built on state land, with scrounged materials, by shad and sturgeon fisherman beginning in the late 1800s. Many are on stilts, now sagging, over the water. Each shack is different. They're all quite creative. No one bothered these squatters for about 115



**Campsite on Stockport Middle Ground Island.** Photo by Vladimir Brezina / windagainstcurrent.com

years until the state and the City of Hudson had a land swap. In 2012, the city fathers sent the police down to Fugary to evict the squatters at gunpoint!



Russ Faller at Murderer's Kill Dam.

In the end, the squatters have been vindicated.

Fugary has been placed on the register of historic places. Plans have been developed and money allocated to restore the shacks and even make one of them a museum to the way of life of the fisherman of Fugary.

This section of the Hudson River is a wonderful place to paddle and camp.

There are sandy beaches along most of the shoreline, with a few rocky outcrops. The water invites swimming. There are islands to circumnavigate, historic sites to visit, interesting river towns to explore, tributaries to paddle, not many powerboats, and flocks of dabbling ducks and other waterfowl.

Poke around the openings at Vosburgh Swamp and Stockport Marsh during high tide—without fear of getting lost.



# New Leader Shares Tips on Finding New Love On the Water

#### BY SUSAN ALLEN

ny day on the water is a good day.

I have always loved the outdoors, having grown up camping and hiking. My early adult years were spent with my boys and the Cub Scouts where I learned a lot of leadership experience and continued my love of hiking. There's nothing like young boys (and their parents) to teach leadership. We bought our first kayaks when the boys were young so we could paddle on vacation. I did not paddle seriously until I met Brian Horowitz about three years ago on my first joint club paddle with AMC and Raritan River Headwaters. Brian has since been inspiring me to try new things, including becoming an AMC leader! We have paddled the Pine Barrens, Raritan River headwaters, Wallkill River (in NY and NJ), Lower Esopus Creek, Moose River (NY), and the Delaware River. My favorite trips combine activities camping. paddling, hiking, and biking.



Two years ago, I took the AMC Intro to Whitewater Kayaking course and joined the National Canoe Safety Patrol. Their swift water training supports me as I increase my whitewater skills in between rescues.

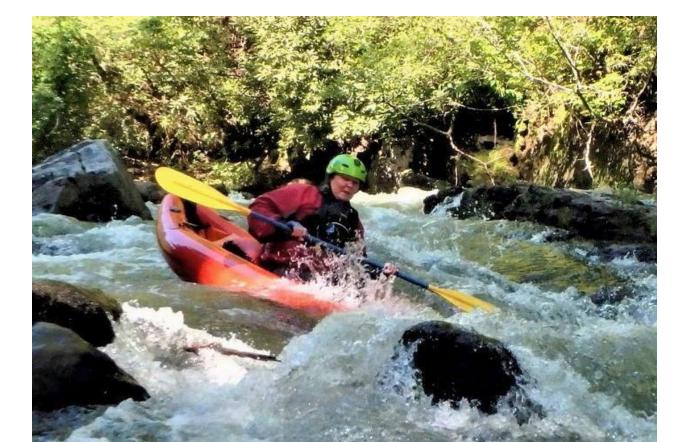
I am still a fledging with NCSP, but plan to grow and do more with them. While my lifesaving skills and whitewater kayaking experience still need some work, I find saving people on the rapids of the upper Delaware River to be very rewarding.

B rian and I recently scouted a section of the Manasquan River within the Manasquan River Greenway. Not a section I would recommend. While it started nicely, we quickly ran into several blowdowns.

With my Prodigy 120, I was able to lay flat in the kayak to get under trees but mostly had to haul the kayak over the trees. I even took a dunking when I did not go fast enough over a submerged log. Regrettably, we stopped the paddle early and took an Uber back to pick up the car. Brian stated this was the first time he ever had to abort a trip early.

I have come to love quietwater paddling – it joins the beauty of nature with some exercise. A leisurely paddle down a river can provide for a lot of nature watching and photography. Quiet water paddling can also test your paddling skills with winding rivers or–when obstructions are encountered–test your climbing, balancing and limbo skills.

If I am with an AMC group, I get the added benefit of meeting new people *and* sharing these special experiences.

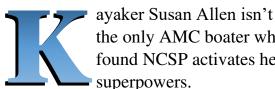


#### BY LORETTA BRADY

# **The National Canoe (& Kayak!) Safety Patrol**



# **The Origin Story of** Many an AMC Legend



the only AMC boater who found NCSP activates her superpowers.

Many an AMC hero and sidekick trace their beginnings to this merry band of lifesavers on the Upper Delaware.

"At any one time there were probably 60 canoes in sight, of which 5-10 were swamped or about to go over," recalls Rudi Markl about those first years when NCSP started in 1979.

"The view for a  $\frac{1}{2}$  mile downstream was dozens of swamped or overturned canoes, they just kept coming, with folks trying to save their beer and

camping gear," describes Rudi. "It must have taken so many volunteers to rescue all the boats and people that dumped there," he remarked.

"There were times during the day that there might be three or four canoes pinned on the same rock on the right side of the river at Skinner's Falls," recalls Curt Gellerman, frequently volunteering as super-sidekick to his NCSP pal Chris Nielsen back in the '80s when the Park Service and local boat clubs first helped organize it all.

No doubt the NCSP launched the careers of two of AMC's two most valuable swift water rescue instructors, Marty Plante and Butch Futrell.

Both basked in the mentorship of supergurus Wayne Sundmacher and Charlie Walbridge on at the annual whitewater safety and rescue courses NCSP hosts.

"Much of my patrol duties consisted of hanging out at the top of Skinners Falls and giving a friendly warning to the rental-canoe paddlers that this would be a fantastic time to put down their beers and put on their PFDs," Marty explains.

Then he'd make some saves when his wise words fell on selectively deaf ears.

Butch had more saves than he can remember, except for one he'll never forget. It was a bit too close a call, and surely would have been hailed on their blog and awarded a "Golden Carabiner" at the annual dinner, had either of those traditions yet existed.

"There were four boats with four fisherman all dressed in jeans and flannels, without PFDs who all dumped in the river one cold spring day," Butch recounts. "We split up and gathered them all, but there were so many," he said. At the very last moment, just as one sank under for his third and likely last time, Butch arrived to haul him to shore, to safety, and to warmth.

"They said, 'Oh, we do this trip every year." Butch reported. And, well, it almost became their last.

e're grateful that since those decades boats improved, instruction increased, and awareness spread. We owe much of that to the legacy of the NCSP.

"My two years in the NCSP spurred me to seek additional training. I was later certified as a Rescue 3 Whitewater Rescue Technician and conducted our chapter's S&R workshops for many years," said Marty.

"The NCSP allows for me to increase my whitewater skills in between rescues," shares Susan.

During a patrol in July 2018, Emma Emery (right) was walking her boat upriver to go back down the rapids at Skinners Falls. She told her parents, Jen and Dean, that she'd found a woman who needed help. The woman had slipped and fallen on some boulders while sunning herself with friends. Jen grabbed the first aid kit, and she and Emma went to the woman to start an assessment. I was in my boat and got out after Jen called on the marine band radio for help. The woman was in a good deal of pain. The three of us splinted her arm using a stick, then created a sling with materials from the first aid kit, then placed a cold packet on her ever-swelling arm. We helped the injured woman get off the rocks and back to the trail and their car and, after consulting with the National Park Service by radio, Dean provided directions to the nearest hospital. They were all very grateful for our help. I felt badly for the injured woman as she was an artist who relied on her hands for work. We worked very well together as a team to get the job done. I wouldn't have wanted to face it myself, but it gave me great confidence to take action as needed, working as a team.



# Kayaking and Canoeing Under **COVID**

#### BY CHARLES MICHENER

was really excited

#### Jill Arbuckle on the Sacandaga River.



to begin my term as Chair of the Canoe & Kayak We Committee. started to buy new equipment and ordered a new trailer to haul boats as well as getting some fresh faces on the committee. A great beginning to what became a challenging year for Between state everyone. guidelines, AMC rules, and good old common sense, we have run almost no trips requiring shuttles. That eliminated all of the whitewater trips and many flat water trips that we had planned. But our leaders stepped up to the challenge and gave us a great selection of flatwater daytrips to choose

from this year.

The people that have led trips this year are heroes to me, and I give them thanks. Most of their trips ran at capacity with waiting lists. I believe that one of the bright spots of this year will be the number of people who have discovered the outdoors and will paddle with us as soon as possible.







Russ Faller on the Wallkill River.

ext Year I hope that we will be up and running with a full roster of trips. In fact, I hope that with our graduates from leader training this year, and outreach to leaders who may not have led in a year or two, we will preserve some of the institutional knowledge that we are losing. If you are a leader and you haven't led a trip recently, remember how much fun it is, how satisfying. Think about leading that trip of yours again.

To end this note, I again express my deep gratitude to those heroes that lead trips this year. We would not have a paddling program if it hadn't been for you.



#### Millstone River.

Connetquot River.



Ed Spirko on the Jessup River.

Kurt Navratil on the Mohawk River.

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**Nissequogue River.** 

Henry Kessin on Putnam Pond.



The Schroon River.

Thank you!

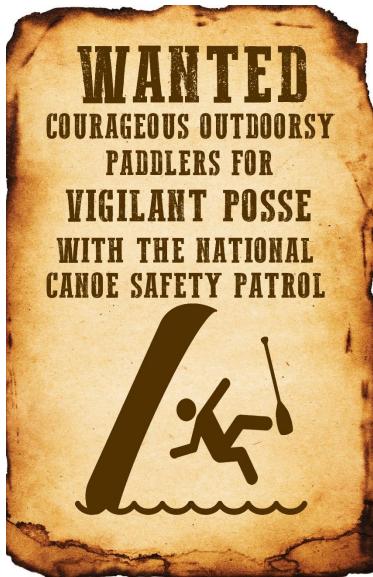
Thanks to everyone who volunteered to lead a trip in 2020. It was a very challenging year, but you saved the day!

> Susan Allen Loretta Brady **Rich Breton Russ Faller Butch Futrell** Frank Gallo Don Getzin

Lenny Grefig Neil Grossman Mary Ann Hoag Brian Horowitz Jennifer Koermer Chris Viani Klara Marton Charles Michener Eileen Yin

Marty Plante Henry Schreiber Ivan Schwartz Maria Stephens **Tim Watters** 

# HOW DO I BECOME A NATIONAL CANOE SAFETY PATROLLER?



#### BY LORETTA BRADY

You won't get rich as a river lifeguard. In fact, there's a nominal annual fee to join. But membership has its privileges.

The 40-year-old NCSP is the first and fore-most paddling patrol organization in the country. If you're granted a place on their prestigious crew, you've earned your bragging rights.

## Have the basic equipment—but not necessarily your own boat.

To participate in the water-based training stations, all participants must wear a serviceable, properly fitted life preserver (PFD) and helmet. Most classes will require a throw bag and the area's franchises that outfitters would even set you up with a boat for your service day. Their shuttle drivers—or friendly members—could even shuttle the carless patroller direct from nearby Port Jervis station.

paddle. In addition, students must be wearing appropriate cold-water clothing and equipment, including a wet or drysuit.



A limited amount of equipment may be available to borrow, even a boat. Wet suits may be rented down the road at KC Canoes Adventure Center.

# Clear just four weekend days on your calendar.

After you're cleared through their annual spring training session, you need only promise four days out of the season to circle about Skinner's Falls or Cedar Rapids and watch for vulnerable boaters.

That small commitment comes with some other generous bonuses. Grateful local campgrounds will clear free sites for any patrol members who wish to stay over as they perform their cherished rounds on back-to-back days. So grateful are

#### Keep up your CPR and WFA

Think of NCSP as a portal to world class swift water rescue and safety instruction. Aspirational paddlers will be observed during a required the required spring training. From knots and throw bags to river rescues and boat unpinnings, you have access to experts in the field.

And if this leaves you wanting more, there's a variety of additional training opportunities their network affords you, including WFA, WFR, Advanced Swiftwater Training, EMT, Outdoor Emergency Care, and others.

#### **Contact the NCSP**

It's definitely *not* just for canoeists. Check out their website for more information and registration details.



BY **KELLEIGH WELSH** REPRINTED FROM <u>AMC OUTDOORS</u>

AMC Volunteers Get Creative Under COVID-19 ileen Yin spent most of her spring online with AMC. A long-time volunteer with the organization's New York–North Jersey Chapter, Yin has dedicated much of her free time to planning and leading trips for her chapter, providing a space for members to socialize, try new activities, or just be outdoors. "AMC made a big difference in my life. I've gotten a lot out of it and made a lot of close friendships, and I became a volunteer to help continue that service for others," says Yin, who lives in New York City and serves as co-chair of the New York–North Jersey Chapter biking committee.

B ut with the outbreak of COVID-19 and subsequent stay-at-home orders across the country, Yin and other volunteer leaders in AMC's 12 chapters faced a brand-new challenge: finding ways to engage with members when they could no longer offer trips in person.

"New York City shut down early, so we had to adjust fast," Yin recalls. "We started hosting Tuesday 'Lunch and Learn' presentations online. They promoted both naturalist advocacy *and* community-building through sharing adventure Equipped with a Zoom video conferencing account, volunteer leaders, including Yin, invited members to *#BeOnlinewithAMC*, offering these online presentations on conservation or social meetings to enjoy recaps of wilderness travel or hiking adventures.

"Conservation work, especially, often gets lost when we're outside recreating."

Since March, NY-NoJ chapter volunteers have facilitated 35 online events, with a total of 75 virtual trainings, presentations and e-socials have thrived throughout all AMC regions, according to Justin Bailey, AMC volunteer relations manager. That number continues to climb.

"I think one of the most important things we've pulled from this experience is that there is a huge opportunity for volunteers to offer trips and activities online, and now they have the tools to easily do that," Bailey says.

travel and tips.



# The Start of Something BY MARTY PLANTE

THE GREAT PROLOGUE AMERICAN MAKES R

The Land and Water Conservation Fund (LWCF) was established 55 years ago. But like a 20-year-old with his first credit card, Congress went on a shopping spree without fully thinking about how it would pay the bills.

## ACT 1: The Land and Water Conservation Fund (LWCF) Act

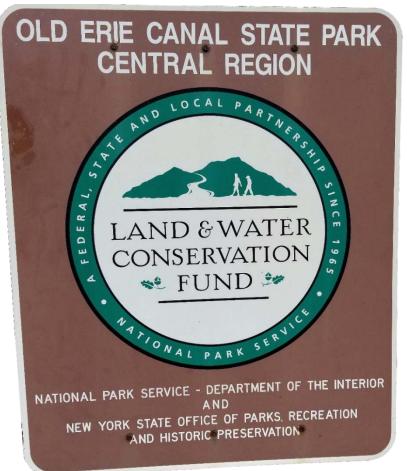
Overshadowed by the numerous distractions of 1964–the beginning of the Vietnam War, the end of legally-sanctioned racial discrimination, and the British Invasion – the LWCF was created by a little-known act of Congress to help preserve, develop, and ensure access to outdoor recreation. Signed into law by LBJ that September and taking effect in January 1965, the LWCF was to be funded mostly by royalty payments from offshore oil and gas drilling in federal waters, at no cost to American taxpayers. What could possibly go wrong?

Congress had earmarked up to \$900 million annually to the LWCF to protect our land, water and recreational areas and to improve outdoor recreational opportunities. All 50 states have benefitted from the Fund, including paddling meccas like the Boundary Waters Canoe Area, Voyageurs National Park, Gauley River National Recreation Area, Old Erie Canal, and numerous areas in the Adirondacks.

But each year, Congress broke its own rules, diverting money to other unrelated spending needs during Congress' annual appropriations process, while the backlog of conservation needs grows ever larger, <u>says</u> <u>Amy Lindholm</u>, manager of the AMC's LWCF Coalition.

The Trump Administration's proposed 2020 budget would have funded the LWCF at "less than zero," meaning not only would the fund get less money, but remaining funds from the previous year would be moved to other irrelevant projects, according to Lindholm.

But it is Congress that makes the funding determination. For 2020, Congress approved \$495 million—the highest level since 2003, but far below the fully authorized level of \$900 million.



## ACT 2: The Great American Outdoors Act (GAOA)

The GAOA was proposed to provide for the permanent funding of the LWCF, guaranteeing \$900 million per year in perpetuity. But the GAOA was not without its critics.

With the national debt spiking to \$26 trillion, some lawmakers were concerned that American taxpayers would be on the hook if energy production slows and the mandatory \$900 million can't be raised from licensing fees. Many western-state legislators also saw it as a land-grab in an area where federal holdings are already too extensive.

Ultimately, The Great American Outdoors Act passed the House by a bipartisan margin of 310-107, with 37 of New York and New Jersey's 38 congressmen voting 'yea.' In the Senate, Democrats were unanimous in supporting the new law while Republicans were about evenly split. All four NY and NJ senators voted 'yea.'

The GAOA will chip away at the \$16 billion worth of maintenance backlogs on federal land. Closer to home, it will finance improvements to Sterling Forest, Fire Island National Seashore, Harriman State Park, the NJ Pine Barrens, Wallkill River Wildlife Refuge and Great Swamp Wildlife Refuge.

A month after submitting his budget proposal to gut the LWCF, the President met with two of the bill's sponsors, Sens. Cory Gardner (R-Colo.) and Steve Daines (R-Mont.), who convinced him to reversed his stance. The legislation was signed into law in August and hailed as the most significant conservation legislation enacted in nearly half a century.



Breakneck Pond, located at AMC's Corman Harriman Outdoor Center in New York, is one of the outdoor recreation projects supported by the Land and Water Conservation Fund which was permanently funded through the Great American Outdoors Act.

# Birding & Boating in Constitution Marsh STORY BY MARY ANN HOAG, LOREN GERSON & CORA DALTON

rotected from the open Hudson River with vegetation of reeds, cattails, and rice plants, Constitution Marsh is tidal, but quiet water.

Once Education Manager and co-leader Rebecca Schultz and I gave an overview of paddling techniques, everyone became more comfortable in their canoes. With a minimal wind, we followed the team of Audubon naturalists into the marsh.

The naturalists stopped periodically to raft us up and talk about the marshland habitat and the plants and animals that live there. Rebecca also pointed out a mansion up on the hillside that belonged

A A MILLING AND A MARK MARK AND AND

to Roger Ailes. Across the river we saw the West Point campus, and north was Cold Spring and the impressive Breakneck Ridge. The views of the mountains on both sides of the river were magnificent. I think a fall foliage trip here would be spectacular.

We had a good long look at an immature eagle, circling and rising in the thermals. Viewed a few wood ducks, a great blue heron in flight, two kingfishers together (never saw that before,) many Monarch butterflies around us, a small beaver hogan, and two muskrat dens. Muskrats use reeds, rather than the sticks that beaver's use to build. Rebecca pointed out that the muskrat was still around, but we only

saw the ring of water left after he ducked below. We hoped he might have been observing us while we were looking away listening to the Audubon staff talk.

here were wild rice plants full of seeds growing in with the cattails. The Audubon staff did a project this summer where they placed mats on the young, invasive phragmites at low tide, basically starving them of sunlight for the summer. The staff person said though it was muddy and hot handling the heavy mats, it worked. The cattails now outnumber the phragmites.

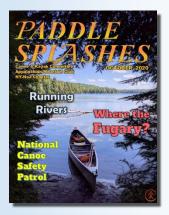
At the welcome of the sanctuary, some of us stayed afterwards to spread out and eat our lunches on the grassy hillside at the sanctuary before heading home.

All nine participants, including the trip leaders, agreed this was a trip well worth repeating.





#### 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.

Trip photos are always welcome. Please email them without cropping, filtering or otherwise interfering with them.

Send all submissions to: canoekayak.Newsletter <at> amc-ny.org

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The Canoe & Kayak Committee is delighted to announce new Quietwater ratings to the following paddlers. Congratulations to all.

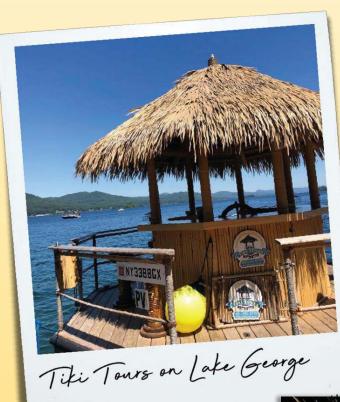
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# **Parting Shots**

# Overturned Kayaker Prays for Help, God Sends a Floating Tiki Bar with a Boatload of Priests



Last September, Jimmy MacDonald found himself floundering in the waters of Lake George. He had rented a kayak for a day on the choppy Adirondack lake. Distracted while taking photos with his new \$1,400 phone, he drifted far from shore. He kept his lifejacket in the boat, saying that he didn't think he would need it. When his kayak overturned, he held onto the boat with one hand and his phone with the other while the paddle drifted away. MacDonald was spotted by seven partying priests on a floating tiki bar. They and the boat's pilot rescued MacDonald – and his cellphone.

Kayaker Jimmy MacDonald (far right) with the Paulist priests and seminarians that rescued him. Photo from Catholic News Service.

