

❖ KCCNY Newsletter ❖

The Newsletter of the Kayak and Canoe Club of New York

Volume XXXIII Issue 4

October 1993

1993 Executive Committee

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Vice Chairperson	<i>Vance Condie</i>
Treasurer	<i>Helen Chase</i>
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From the Chair

It's been a while since our last newsletter hit the mail, and I'm hoping since then everyone has enjoyed to bounties of summer. Thanks to the many releases on the Mongaup and Deerfield we've had fairly local water to paddle. Although I know it was difficult being a paddler in drought conditions for the latter part of summer, from all the reports I've heard many individuals found water from the Ottawa to the rivers South and West. One thing that seems to be missing, though, are some juicy trip reports. Surely some of you could find the time to share river moments with the rest of us.

I was surprised to discover some people actually read my literary rambings. This was brought to light when Doug Feick approached me to volunteer his services as the coordinator of the new "Foot Pegs" column. He's included a premier article in this issue to let us know what he's up to. I hope everyone will enjoy what Doug has to share, and will help him out with contributions. Certainly we all have a tidbit or two to pass on. Good luck, Doug!

Phyllis Horowitz has been working madly to coordinate the annual Gauley River Festival. For those of you who have never attended, it is always well worth the trip whether or not you decide to paddle the river or shuttle those who do. There are many other activities to enjoy while the brave attack the Gauley. Aside from the festival fun, West Virginia offers scenic hikes, sites and much more. So if you went, I hope it was all you expected it to

(Continued on page 2)

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Newsletter Submissions

This is **your** newsletter, the quality of each issue may be dependant upon submissions by the members of KCCNY. Articles should be submitted prior to the deadline that is established for the next issue, and each submission should be separate, and typed or legibly hand written.

For those who have access to computers, articles may also be submitted on a DOS formatted floppy disk (either 5 1/4" or 3 1/2"). Many word processor file formats are supported, please contact me to see if yours is, or supply a plain ASCII text file if in doubt. I can also receive articles via modem, please contact me if you wish to do this.

We now have the capability to digitally scan pictures that you may want published. For photo submissions the picture should be no larger than 5 X 7, they may be color, but black and white pictures may reproduce better.

Send all articles and/or pictures to:

Daniel Lenox
233 Prospect Point Rd.
Lake Hopatcong, NJ 07849
201-663-1364

If you want the picture and/or floppy disk to be returned, please include a self addressed, stamped envelope.

From the Chair (cont.)

be, on and off the water.

The October KCCNY executive committee meeting was held at the home of Helen Chase. For those of you who have never attended, it is the meeting where we make the initial recommendations for the next year's executive committee. Bear in mind these recommendations are not written in stone. They may be embellished at the Annual Dinner before we all cast our final votes. As for this past meeting, I would like to thank the very gracious Chase family, and all the cooks who prepared the wonderful communal meal we enjoyed.

While I'm on the subject of meetings, our annual club dinner will be again happening in November. Every year it gets bigger and better, and it's always full of surprises - right Bonnie?!? As mentioned, at this meeting we vote in the executive committee for 1994. We also give out the traditional, and humorous, KCCNY awards. Be sure to have your nominations ready for the Hole Hog, Strainer, Probe, Windowshade, and Most Inconsistent Roll Awards. You'll find the registration form for the dinner in this issue. Please send it to Marian Greenfield as soon as possible in order for her to work her coordinating magic again. But just remember, Marian, this year we'll get a crew to carry you to your car - no walking allowed!

I'd like to give hearty thanks and congratulations for a job well done to Don Belcher and Andy Laiosa for providing us with an exceptional safety week end at the Esopus Creek. For those of you who did not attend, Don and Andy, with a host of assistants, pulled off a most informative and successful clinic. Although a few more bodies might have been nice, the turnout was good.

Safety is something we should never take lightly. Remember, keep a first aid kit in your boat, stay current on how to attend to injuries, and if possible take a course in CPR.

That seems to cover the headlines for now. Again, if there's something you'd like to see discussed in the newsletter, or if you have ideas to share, we'd love to hear about them. You can call me or Dan Lenox. Hope to see you all at the KCCNY Annual Dinner!

Foot-Pegs by Doug Feick

On reading Nancy's "Dear Abby" idea in the last issue my reaction was OK, neat idea,... but maybe we do need some good gossip to make it fly. Maybe "Tips & Tidbits" (with apologies to Don Belcher) would... ah float. KCCNY is, after all, known as a group of very independent people, lots of great stories... Then I went down to NOC in late July...

Are you down on weekend mornings? Having trouble surfing that wave, or making that hot ferry in heavy water? Do you always seem to be washing out? Yes, leaning forward (backward) may help... but is your boat properly balanced...? Yup, tightening your backband, moving the seat forward or installing outfitting can help, get you out of your doldrums.

Unfortunately if you are a Dagger owner you tend to slide out of the thigh braces (yes, they are thigh braces not knee braces) when you do. So now you can slide out of your rolling, right? Well, Dagger's on top of the situation, they've redesigned the Response and Crossfire thigh brace system for their new 93 models. So, with the new system you can move your butt forward without creating an embarrassing situation. Details... Hmm... So now my boats obsolete, right. Hey, it's two years old. Time for the hottest new hull. Not necessarily. Dagger has also come out with a retrofit system for their earlier models.

This convinced me, KCCNY needs a forum to share information. From simple outfitting tricks, to why Perception's Hurricane and New Wave's Cruise Control are so hot. We come in assorted shapes and sizes, yet most of us don't paddle custom boats, we buy them off the rack. Some who are lucky have some custom outfitting, but mostly we subscribe to the notion one size fits all if you adjust the foot pegs. We might really be able to improve our skills if we

understood a bit more about outfitting, design and why the new boats work as well as they do.

My ideas... What compromises do the boat manufacturers make when they design a boat, and how can we enhance their performance with simple modifications? How do we load our boat for best cruising performance? Concerning equipment, what are the current issues, how to make the right equipment choices and who's got hot new ideas? The list goes on.

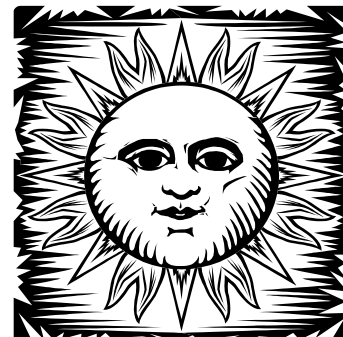
My problem is I can't carry off this column by myself. "Foot Pegs" needs YOUR HELP. Send in your questions, ideas and hints... Write a more complete "Tech Tip"... "Tech Tip" submissions should comply with newsletter guidelines. If you need to include a drawing and aren't sure it's clean enough to print, include it. I'll find a way to work out any rough edges. Gossip is also good... we might consider printing baby pictures too!

Write to me:

Douglas Feick
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Cold Spring, NY 10516
914-265-2225

Editors Note:

*Good luck with the column Doug,
but most of all have FUN with it!!*



Welcome New Members

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JOSEPH & JARED STUN
70 Old Clove Rd.
Wantagge, NJ 07461
201-875-7969 (H)

Buy, Sell and Swap



FOR SALE

Noah AQ, red good condition
\$350 or best offer

Perception Reflex, like new \$450

Call Kai Christensen at
212-666-5002 extension #4
(leave message)

FOR SALE

Perception Dancer plus sprayskirt,
well outfitted. \$450 or make offer

Prijon Invader, \$300 or make offer

Call Vance Condie at 212-678-0863

FOR SALE

Gyramax C-1, red and black,
excellent condition, XLPE, tough and
durable all-around performer \$325

Call Bruce Farrenkopf at
908-707-9532

**Call 1-800-489-1336 to
report environmental
violations and emergencies.**

You are encouraged to give your name and address but DEM will gladly take anonymous tips. Please report fishing, hunting, shellfishing, and wetlands violations; reckless operation of boats, illegal dumping and pollution violations.

Tell the dispatcher:

- *The violation*
- *The exact location*
- *Description of people involved, including their clothing*
- *The license plate or registration of the vehicle or boat, if any.*

Change of Address

LAURA HELFMAN
Rt. #2, Box 9
Heaths Peak
Waynesville, NC 28766
704-926-0716

DIANE BAGNALL
RR 1, Box 77
Waitsfield, VT 05673
802-496-2217 (H)

Just Rambling by Ed Alexander

... and how has your summer been? It appears that we either had drought or an overabundance of water, depending on when and where our travels may have taken us. Certainly the floods and torrential rains which have plagued the mid-west of our country may have seemed challenging to the more "adventurous or death defying" individuals. Hopefully, reason has prevailed and we have more timidly viewed nature's rages soundly and respectfully.

Many of the reports pertaining to losses of life and property reminded me of my observations given in our previous newsletter. Where does reason meet common sense? Can we continue to try to conquer nature? Over the years, the decades or even the centuries have we actually succeeded in capturing nature's resources? I believe not. Surely, scientists are proud to have tamed the elements, and may even have succeeded for, what often seems a very long time. But eventually disaster will recapture such progress and mankind will once again begin to work towards taming the elements.

It seems to be a constant fight for survival of the fittest. Perhaps a contest between conservation and engineering or construction. Yes, conservation is frequently challenged by nature. Much is being demanded of keeping the beauty of nature, in our views, often without realization that evolution of our resources of, perhaps, views or scenic wonders will face the changes of man's concept of beauty and reality.

Can we continue to match civilization's monetary wealth

against nature's forces of destruction or, perhaps we should call it renaissance. How often do we lament over the fires in our woods and forests, only to realize that all these calamities are, in effect, revitalization of our natural resources.

In retrospect let us once again reassess our own conservation aims and purposes. Surely, we are most interested in reclaiming our lost streams and waterways, so often beautified by their bordering and surrounded woodlands and mountains, or even the sandy beaches of our oceans.

Can conservation programs be drafted to give consideration to alternatives of rebuilding endangered properties, repeated losses to natural disasters? Education of the victims and introduction of viable alternatives in assisting relocation for future safer opportunities may well be the answer towards a sound program of "Living Conservation".

Am I philosophizing, dreaming or what....? Does our conservation committee have, if not an answer, a thought for the future? Let's hear from you!!!



Tallulah River Restored

Reprinted from PCC Newsletter

After 80 years of confinement to a hydroelectric plant tunnel, the Tallulah River roared to life on Wednesday, May 26, 1993. The Federal Energy Commission (FERC) requires relicensing of hydropower dams every 40 years. A 1986 law charges FERC with giving equal consideration to such issues as wildlife habitat, environmental quality and recreational opportunities.

Several whitewater organizations, including AWA and American Rivers, intervened to FERC requesting a comprehensive plan for the Tallulah River watershed. Part of the plan requests releases for whitewater boating at least four weekends a year and that a regular minimum flow be established to restore the natural river ecology and scenic beauty lost in 1913 when the river was dammed.

FERC ordered a whitewater boating feasibility study and on May 26 and 27, whitewater returned to the Tallulah Gorge. The boating study group reported the "Tallulah Gorge offers one of the most outstanding whitewater runs on the East Coast... It is a remote, steep, continuous, technical and gorgeous run for strong advanced to expert boaters".

FERC will soon rule on whether to relicense Tallulah Falls Dam on the Tallulah River. If you would like to see whitewater return to Tallulah Gorge, please write to:

Federal Energy Commission
Division of Project Review
810 First Street, NE
Washington, DC 20426

Friends of the Yough

Please take this opportunity to voice your opinion about the issues that concern you the most as a private boater in Ohiopyle State Park in Pennsylvania. Your response will be used to determine which issues will receive priority in our efforts to lobby state officials on your behalf!

Please rank these issues on a scale of 1-5 according to how strongly you feel about each issue. i.e.

- 1 Not important / or not an issue
- 2 Slightly important / minor issue
- 3 Important
- 4 Very important / deserves attention
- 5 Extremely important / major issue

- _____ Imposition of user fees on private boaters and not other park users.
- _____ Exclusion of private boater input into relevant park administrative decisions and regulations.
- _____ Quotas on weekdays.
- _____ Illegal to run Ohiopyle Falls.
- _____ Over regulation of private access to the river.
- _____ Harassment of private boaters by park officials.
- _____ Decline of safety record in recent years.
- _____ Unregulated raft rentals to unskilled paddlers.
- _____ Commercial domination of the river.

Other Concerns: _____

VOICE YOUR OPINION

Mail this today to:
Friends of the Yough
R.D. #1 Box 32
Bolivar, PA 15923

New Wave add here

Campmoor add here

Events Calendar

<ul style="list-style-type: none"> - Sept 25, AWA Gauley Festival, Summersville WV - Oct 2, KCCNY Executive Committee Meeting, (Helen Chases house) - Oct 2-3, Esopus Slalom, Atlantic Division Championship, Phoenicia NY, contact Esopus Registrar 914-762-5121 	<ul style="list-style-type: none"> - Oct 16-17, Farmington Slalom, Otis MA, contact Farmington Registrar 914-762-5121 - Nov 20, KCCNY Annual Dinner (at O'Connors Restaurant see article in this issue)
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Phone numbers for river flow information

<ul style="list-style-type: none"> - AMC Hotline, CT 203-583-6978 - Black River, NY 315-369-3536 - Delaware Rivers 717-559-7527 717-729-7134 - Deerfield River, CT 413-625-8414 - Farmington River, CT 203-379-1448 203-658-4442 - Gauley River, WV 304-872-5809 - Housatonic River, CT 203-824-7861 - Hudson River, NY 518-869-6347 - Kennebec River, ME 800-371-7774 - Lackawaxen River, PA 717-226-3702 - Lehigh River, PA 717-427-8161 215-597-4701 - Mongaup River, NY 914-577-2911 - Moose/Sacandaga, NY 518-465-2016 - Southern Rivers 304-529-5127 - Tohicken River, PA 215-297-5090 - Yough River, PA 814-533-8911 814-395-3166 - West River, PA 802-874-5681 - Glen Miller Shuttles 304-379-3404 	<p>Adirondack River Outfitters (winter)</p> <p>Bark Hamstead (lower section) New Boston</p> <p> </p> <p>P.A. Power & Light, Honesdale PA State Park Rangers Office (between 8:00AM - 4:00PM) U.S. Army Corp. of Engineers, Phili PA</p> <p> </p> <p>New, Bluestone, Greenbriar, Gauley, Elk, Cranberry and Meadow</p> <p> </p> <p>Upper Yough Yough Dam Recreation Information</p>
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Please note that some of these phone numbers are commercial businesses, while others are state agencies, please be courteous to them on the phone! KCCNY is not responsible for the accuracy of these phone numbers, this information comes from many sources, if there any corrections, please notify us as soon as possible.

1993 Cruising Calendar

Advanced paddlers note that Joe Hanerfeld is offering skill development the first weekend every month!

Beginners and Novice paddlers, there is a lot of trips in May, July, August and September! Keep checking, next issue may show additional trips!

Even if a trip is not listed as instructional, it can be! Keep your eyes open. Is there some one who looks good paddling, do their moves look easy and smooth? Watch them and see why, and by all means ASK for some tips. This can be a great opportunity to not only get some "inside information" but also a way to make some friends. You will find that most people are very willing to help or give assistance...

We can still use more trips! If you can coordinate a trip that's on the calendar (ie: West, Deerfield...), or if you have your own trip in mind, please give Jackie Condie a call at 212-678-0863

DATE	SKILL	RIVER / LOCATION	COORDINATOR / PHONE NUMBER
10/2	I	Esopus River	Bert Minerly 201-664-9527
10/2	ALL	* KCCNY Executive Committee Meeting *	Helen Chase residence
10/2-10/3	A	Skill Development (call by Thurs. night)	Joe Hanerfeld 201-444-7548
10/3	I-A	Moose River	Pete Skinner 518-674-5519
10/9-10/10	I-A	Yough River (call early, this is a popular trip!)	Marian Greenfield 908-321-1354
10/16-10/17	I	Farmington River (New Boston section)	Bert Minerly 201-664-9527
10/20	I	Mongaup River	None at this time
10/23-10/24	I	Pocono or Catskill Area (joint trip with CKC)	Jon Gellman 212-334-0824
11/6-11/7	A	Skill Development (call by Thurs. night)	Joe Hanerfeld 201-444-7548
11/6-11/7	I-A	Tohickon	Bill Holt 201-447-5661
11/20	ALL	* KCCNY Annual Dinner *	O'Connors Restaurant, Watchung NJ Marian Greenfield 908-321-1354

Duskin Creek by Pete Sholander

Duskin Creek, which is located on Walden Ridge near Spring City in Rhea County, Tennessee, is a tributary of the Piney River. The take-out for Duskin Creek is the same take-out as the normal Piney run.

To get there, take TN 68 North from Spring City to Shut-In Gap Road. This is the last left before 68 crosses over the Piney. Take Shut-In Gap Road to the picnic area at the trailhead for the Piney River Trail. The river gauge for the Piney is on the bridge just west of the picnic area, and it should be at least 4' before I'd bother going up to check the level on Duskins Creek.

In terms of gauges on the TVA hotline (800-238-2264), the Emory at Oakdale should be 20,000 to 30,000 cfs; of in other words East Tennessee rivers should be just short of flood stage!

To get to the put-in, continue west on Shut-In Gap Road, this takes you onto Walden Ridge; as the road gains 600' within a mile's worth of switchbacks. Take the first left after the Stinging Fork trailhead. This gravel road should be marked with a sign to the Newby Branch Forest Camp. Go South for 1 1/2 miles, until the road crosses over Duskin Creek. There will be a trail sign for the Piney River Trail. While on this gravel road, don't take the marked right-hand turn to the Forest Camp.

Duskin doesn't have a gauge, so just jog down the Piney River Trail a few hundred yards. You'll have to judge your tolerance for scraping if the creek seems low, or your ability to catch what micro-

eddies exist if the creek seems high.

Duskin Creek has 3 1/2 miles of 80' per mile gradient. The rapids remind me of the steep mile of Pennsylvania's Brodhead Creek. Although there are four larger drops in this section.

The first drop, White Pines Cascades, is a 10' double drop. The second major rapid, Spider's Den, is located just upstream of a 150' rock wall that hikers call Spider's Den. This rapid is somewhat dangerous as it requires a decisive right to left move above a baldy undercut boulder. While passing Spider's Den, be sure to check out the overhanging rock formation called the Diving Board.

Hemlock Falls is next, it is a 10' sliding drop. Deep Pool Cascades is about 1/2 mile before the Piney River confluence and consists of two closely spaced 4' ledges.

From the confluence to the take-out is 3 1/2 miles which consists of a 50' per mile gradient. The Piney will be running bankfull; so the character of the run changes

from a narrow, tilt-a-bed creek to a wide open, western style, big water roller-coaster. It reminds me of the Loyalsock Creek at 6 to 8 feet.

Duskin Creek is in the "natural area" of Bowater's Piney River Tree Farm. So the scenery is excellent. Hazards include occasional riverwide strainers. The Piney River Trail parallels the creek on the left, in case you ever need to walk out.

The normal Piney River run is listed in "Streams of Tennessee, Volume #2", by Sehlinger and Lantz. The gauge levels for that run are; 2' is low, 3' is optimal and 4' is real high if you are unfamiliar with the run. KCCNY'er John Gellman was fortunate enough to score a 3' Piney run last summer, but that's a story for another day...

Free Private Boater Shuttle on the Nantahala River

Nantahala River Outfitters (NOC) will be offering FREE private boater shuttles on the Nantahala River this Summer and Fall. The shuttle leaves from the rentals building (on river left near Slow Joe's Cafe). The schedule varies by day of the week and time of the year, so your best bet is to call the NOC at 704-488-2175 before your trip for the current schedule. The shuttle will be in operation through October 29th.

1994 KCCNY Executive Committee Nominations

The KCCNY Executive Committee nominates the following slate of officers for 1994. Voting will take place at the Annual Meeting on November 20 at O'Connors Restaraunt. Other nominations may be made from the membership during the meeting. Where more than one name appears, the committee will have a co-chairmanship. As the present slate stands, there will be seven delegates elected.

Chairperson	Nancy Sklavos	Conservation	Pete Skinner Ken Fischman
Vice Chairperson	Vance Condie	Training	Marian Greenfield Pierre DeRham
Treasurer	Helen Chase	Annual Race	Phyllis Horowitz
Membership	Pierre DeRham	Competition Liason	Jim Raleigh
Cruising	Jackie Condie	Delegates at Large	Ed Alexander Jon Gellman Doug Feick Ed Hanrahan Bill Holt Matt Moffitt Bill Thomas Charles Peterson Alan Tindell
Newsletter	Daniel Lenox		
Safety	Don Belcher Matthew Giltner		

New Wave add here

Tips and Techniques by Don Belcher

With visions of paddling icy creeks fed by melting snow, battling fierce winds that freeze the spray on paddling jackets and spray skirts, I wanted to include an article in this issue about hypothermia. As I began to put my ideas on computer, the enormity of the task came to light. **HYPOTHERMIA IS CONSIDERED THE MOST LIFE THREATENING COLD-RELATED INJURY.** Death can occur within two hours of the first signs and symptoms.

Hypothermia, a lowering of the body core temperature, can be a complication even when the weather is warm and the person is dry. One rule of thumb is if the combined air and water temperature is below 100 degrees, be alert for symptoms of hypothermia. Another source, a textbook for EMT's, states that prolonged exposure to water **BELOW 75 DEGREES(!)** can cause hypothermia.

In general, there are three classes of hypothermia:

- Mild hypothermia- *body temperature 90-95 degrees*
 - intense shivering (**DECREASES** as core gets colder)
 - loss of coordination
 - pupils begin to dilate around 92 degrees
 - skin-pale and cold

- Moderate hypothermia- *body temperature 82-90 degrees*
 - lack of shivering
 - decreased consciousness (never let walk out alone)
 - possible freezing of extremities (do **NOT** warm rapidly)
 - slurred or slow speech
 - decreased mental faculties
 - reduced pulse and breathing rate

- Severe hypothermia- *body temperature below 82 degrees*
 - may be unconscious
 - pulse and breathing rate may avoid detection
 - skin may be blue
 - muscular rigidity
 - CHECK BREATHING AND PULSE FOR A LONGER PERIOD OF TIME, DO NOT ADMINISTER CPR IF A PULSE IS PRESENT**

Not all of these symptoms may be present or obvious, particularly in the early stages. A person with mild hypothermia may be warmed gently using dry clothes (with the arms inside next to the body), space blanket or sleeping bag, or body heat from other paddlers. Warm liquids (not hot, no alcohol or

coffee) may be used. Shelter the person from any wind. If they decide to walk out, send someone with them, they may get lost or lose consciousness.

With moderate and severe hypothermia, warming of the extremities may cause cold blood to go to the heart, with possible cardiac arrest. Avoid strenuous activity for the victim, but get them to a hospital quickly. If you need to carry them, elevate the head, and shield them from wind as well as possible. **DO NOT ADMINISTER LIQUIDS.** If possible send someone for an emergency team, but never leave the victim alone. If their breathing rate is below five breaths per minute, begin resuscitation, but at a slow rate- 8 to 10 breaths per minute. Hyperventilation of the victim can also cause cardiac arrest.

Proper preparation (warm clothing, spare warm clothing, choosing a river within your skill level) should prevent problems with hypothermia, but watch other people on the river. I was surprised once while towing a swimmer in to his raft, which had gone to shore. Although very cold, he seemed alright. Talking to others in the raft, however, I noticed a girl in a cotton T-shirt and cutoffs who was shivering violently. Her speech was noticeably slurred and I immediately pulled out a pile pullover for her to put on. After she was warmed up (with two other people who had swum) she continued the trip safely. The surprise, however, was that the air and water temperatures were comfortable to other people. Her exposure to the wind caused her to become hypothermic. A paddler in a wet wetsuit without adequate warm clothes on top may also be vulnerable to cool air.

Don't dismiss the symptoms of hypothermia lightly. The few minutes you spend to get yourself or someone else warm and dry can save a life. A person with hypothermia may not feel cold, or might object to being fussed over. Talk to others in your group and get their support. And yield to the concerns of the group if YOU are showing signs of exposure. There's no hurry to get to the takeout. We're supposed to be out here having fun, dummy!

Editors Note:

Don is our safety co-chairperson.

Dragon Munching on the Deerfield

by Joan Most

The September 17th trip to the Deerfield River was one of the best KCCNY trips I've ever been on. I had heard about the Deerfield before, "It's a pretty spiffy river... How's your roll?," and "there's one drop you may not want to look at, just get directions and follow someone". Statements like that are so reassuring.

The trip to the river started out like so many others, with a drive through pouring rain. The soggy weather continued for almost the entire drive, and I was beginning to wonder why I was don't this instead of staying cozily asleep in my warm dry bed.

The rain did stop before we got on the river, and it became a very nice day. The temperature was in the seventies with only a mild overcast sky. I met up with Bill, Marc and Kai at the put-in. Unfortunately Kai hurt his shoulder early on in the trip, and Bill got speared by one of the wildwater downstream racers that were practicing for the Nationals Wildwater Race which was held on Sunday.

Sunday started out on a better note, the sun was shining, it was warm, and there was a light breeze. Kai did not join us but Jane Bernstein did. We had to pull over to the side of the river every few minutes to let the racers through. It was exciting to watch racers of the caliber of Leck Haller and Cathy Hearn. Downriver racers are fantastic; they go in as straight a line as possible, changing direction only as necessary to avoid a rock or to follow the general course of the river. If there happens to be a hole in the path, they just plow

right through it (ditto for any boaters in their path!). The average time for a racer to complete the three mile section was about twelve minutes!!!

We stopped at Dragon's Tooth to watch the final racers come through. The dragon was VERY hungry, and munched a fair number of racers. The wildwater boats are not easily maneuverable, and the holes above the drop tended to turn them sideways. At one point, two boats came into the rapid only a few seconds apart. The first boat got stuck sideways, until the second boat came down the chute and slid under the first boat. At least until the second boaters body contacted the surfing boat, which forced the first boat out of the hole and the second boater out of his boat after a couple of failed attempts to roll his boat.

Later on a C-2 came through, just a little off course. They hit the big "tooth" rock and stopped dead in the water. At that point their stern went underwater and water poured over the two man team. Within seconds they managed to rock the boat free, flip and roll back up in the wild water below the hole. After stopping in the first eddy to collect themselves and quickly check out the boat, they continued down the river. Without their original momentum, they were helpless in the rough water, and finally ended up swimming.

We were all so psyched after watching all that excitement that we could hardly wait to get back into the water and show everyone how the rapid should be ran! Bill "Don't follow me, I'm going into

the Hole" Thomas led the way. While Marc decided that the hero move looked pretty cool, followed Bill.

When Marc joined the unsuspecting Bill in the hole, it gave Bill a chance to practice his roll, and it gave Marc a chance to show his lady friend (who was watching from the rocks on the shore) how dynamic it is to swim in whitewater. I took the usual wimp route through the tongue, after all with no heroes to show off for, why take the hero route?? Jane followed me, but something AFTER the drop flipped her. She rolled up successfully, but a few seconds later she was leaning over the edge of a pour-over, thus dropping into it upside down. Luckily Jane was OK, even if she did get parted from her boat.

At the take out I asked two young men if I could catch a ride with them to the parking lot. Shortly after I had gotten into their camper, I noticed two medals hanging from the mirror, each on a red, white and blue ribbon. It turned out that I was riding with Billy Hearn. He had taken second place in Saturdays race, narrowly beating his brother Dave for the first time.

I had enjoyed every aspect of the weekend, the paddling companions, watching the races, and getting a chance to talk to some of the racers. I hope that each of you reading this trip report get to experience a trip that is as nice for you as this one was for me...

A Tale of Two Puppy Trips by Marian Greenfield

What a difference two months make! Puppy trip #1 turned out not to be your fun as usual trip. Yes, it was fun, but no, it was not usual. And one incident that worked out fine could have had a much less happy ending. First of all, there were more puppies than usual, 5 in all. One of whom felt the cold wind, looked at the high water and decided to watch rather than boat. Not a bad decision, since the Delaware was about 6 to 8 feet above normal. We had never seen the river this pushy, where even the experienced boaters had trouble making their ferries.

This turned out to be a major problem when one of the puppies got separated from her buddy and was stuck just above a strainer on river left, alongside a steep rock wall. Having seen me fail to get to her, Matt Giltner carried his boat some 300 yards upstream so that he could ferry across and help poor Cindy. After that, the trip was exciting but uneventful. Just imagine 4-5 foot waves on the Delaware (no exaggeration)! It was incredible and lots of fun, but you had to be careful out there - the bridge abutment by the fishing access (Sparrow Bush) looked every bit as nasty as the Esopus bridge last year on KCCNY race weekend. Easy enough to avoid, but necessary to give it a very wide berth. The ride way river right, where the waves were homogenous, was a blast. An exciting end to a very exciting day. In the end, there were no injuries and no lost gear, but a couple of shaken-up puppies, and one rather humbled and sobered trip coordinator.

Puppy trip #2, however was

entirely different, a beautiful sunny day and suitably low water levels made for a virtually perfect trip. A lazy day, with plenty of time to work on rolls, ferries and eddy turns with every one successfully catching the eddy at the Mongaup wave. We had the requisite up and coming gonzo - watch out Mathew, Alan is attempting to take over your title. And Monica Cartamil's rolls, ferries and peelouts looking pretty sharp. If she hangs around long enough we'll have her father George broke, but happy that Monica's in her boat.

The Mongaup wave was at a pretty challenging level, so only a couple of us got on it. Most of us intentionally swam through the wave, and everybody did a great job of peeling out into the maw. Flat stretches were relieved by water gun fights, lots of roll practice, especially rolling for beers, and general mayhem. Final score: a couple of puppy swims, no injuries or equipment lost and lots of fun and skill practice.

All this rambling begs for a bit of analysis. I guess the real lesson I learned is not to take any river for granted. I've been coordinating puppy trips on the Delaware for years, always somewhat loosely, relying on the buddy system to take care of any swimmers. I never encountered a problem until puppy trip #1. And the problem really started before we put in. The experienced boaters didn't realize just how fast the water was moving and how difficult it would be for the beginners to ferry where they needed. As trip coordinator, I concluded in retrospect that under some conditions a lead and sweep boat really can be critical, and maybe one or two extra experienced boaters may not

always be enough. I was really glad that Matthew and the Hanrahans were on the trip, as they all provided immense support. Maybe I needed to be more forceful and explicit about keeping the group together and sticking by your buddy. While it really was each boater's decision whether or not to boat, I had not realized how tough it was going to be for the beginners. I might have advised them to reconsider, and to be ready to get pushed around if they did decide to paddle. The next time I encounter the Delaware at high water, I will certainly approach it more cautiously if I have any beginners. And at "normal" levels I will approach it with my usual layback buddy approach - just sit back and have a good time.

Editors Note:

Every one in KCCNY should be familiar with our Trip Policy Statement as to one's river decision making and the responsibilities of not only the coordinator, but also the trip participants. This story could have had a 'not so happy' ending. It is important to understand that even though you are familiar with a river at a certain level, the river may be entirely different at other water levels, BOTH HIGH AND LOW water levels!!!

(Trip coordinators should also be sure to have non-members complete a liability waiver)

KCCNY Annual Dinner and Special Award Presentation

Yes folks that's right, Marian has managed to get the same restaurant that we had last year for the annual dinner, in spite of her acrobatics of last year. This years dinner should be as good, or better than last.

This is your chance to nominate and elect KCCNY officers and delegates. But maybe even more important is the third annual presentation of the special award trophies. It has been the distinction of receiving one (or more) of these trophies that causes such fierce competition among our club members during the year, and this year has proved to be no less. It is you who nominates and elects these members that get the special award trophies. So come and chow down on some good food and have a drink with your buddies, enjoy some great entertainment or bring your own (great or not so great) including: slides, pictures and videos.

1992 Special Award Recipients:

Hole Hog	Mark Rosen
Window Shade	Paige Thompson (2 years)
Inconsistent Roll	Nancy Sklavos
Strainer	Dan Krupka
Probe	Vance Condie

Saturday, November 20, 1993

Meeting start at 3:00

Dinner starts at 6:00

O'Connors Beef 'N Ale House

708 Mountain Boulevard, Watchung, NJ

Cost is \$20.00 per person (includes salad bar).

You must commit to a choice:

Boneless Breast of Chicken
New York Strip Steak (on the bone)
Shrimp Scampi
Veal Parmesan



Yes, I want to attend the 1993 KCCNY Annual Dinner

Name(s) : _____ Phone Number : _____

Entree Selection(s) : Chicken _____ Steak _____ Shrimp _____ Veal _____
(specify numbers)

Please return this form with your check to :

Marian Greenfield
75 Avenue C, Unit 8
Edison, NJ 08837 908-321-1354

BY NOVEMBER 7 !!! (Evenings)

Map to O'Connors here

Lawsuits Threaten Whitewater Recreation

Reprinted from American Whitewater

A Bucks County, PA jury recently awarded \$800,000 to the family of a man who drowned on a family outing. The jury ruled that the canoe and innertube rental company, Point Pleasant Canoe Rental and Sales, Inc., was negligent in not supervising the trip, by providing lifeguards along the river. The company asked the judge to overturn the verdict, but before he could rule, the case was settled out of court for an undisclosed amount.

Other outfitters and canoe liveries around the country have expressed concern about the implications of the ruling. They argue that it will be

inordinately expensive to provide riverside monitors to avoid such liability. Outfitters maintain that providing such protection would make that cost of such river trips prohibitively expensive.

Just two years ago REI decided to quit renting whitewater kayaks because of liability concerns. The company maintains that because renters tend to be less experienced, they are more prone to accidents and subsequent litigation. REI is also considering dropping its line of mountaineering gear, in response to the series of personal injury lawsuits that led Chouinard Equipment, Ltd., to file for bankruptcy .

Ending Notes

The final release on the Mongaup river has been changed from October 16 to Saturday, October 30.

I am looking for someone (or group) to write an article each issue, which will feature a different river. Some of the topics should be:

- Location
- Directions to put-in and take-out
- Length of run, difficulty, and primary attractions
- Shuttle information
- Camping and lodging information
- Conveniences such as restaurants, grocery stores, etc.
- Additional activities (biking, hiking)
- Profile of area and local people

Everyone at one point in time has wondered about the area that they are going to boat in, and may not know what is available. This article should not be about boating that particular river but on the community around it.

We are also looking for articles on cooking and recipies for the campsite. All I am looking for is either 2-3 recipies or write an article on cooking methods each issue. The article can be on such things as how to use a Dutch Oven. I am sure that a lot of you have your favorite camp dishes, if we get enough response maybe we could make a KCCNY camp cookbook!

If either of these sound interesting to anyone, please contact me! These are not serious articles, and you don't have to be a writer in order to contribute to this newsletter, after all I have always said that "I ain't no poet myself".

Joan Most again this year has rented a cabin for the Tohikan release (November 6/7) and is looking for people that would like to share it with. It is heated, has hot showers, and is only 15 minutes from the river! The cost is about \$21 per person. You should call her as soon as possible, there is limited space.

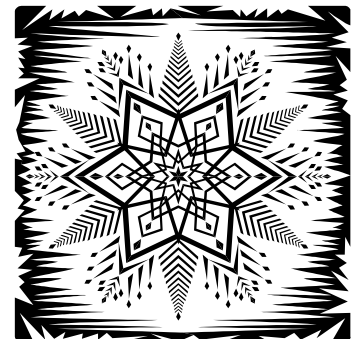
Joan may be reached at the following phone numbers:

800-846-9520 (work)
201-471-3129 (home).

I want to remind all of you that this is hypothermia season! This is such an important topic that I have included Don Belchers article which appeared in the spring issue of the newsletter.

I was pleased to hear that this years KCCNY annual dinner again will be at O'Connors Restaraunt, although frankly I'm surprised that they were willing to let us come back after the gymnastics last year. Hopefully people will be more sure footed this year! But seriously, I hope to see all of you at this event, bring your pictures, slides, videos, or just stories, **but be there...**

If any people that won the special awards last are NOT going to make it to the dinner, please contact me so that I may get the trophy from you so it may be awarded to this years winners.



Members Mutual Agreement For Protection From Liability

Welcome to the river. In the interest of permitting the Kayak and Canoe Club of New York (the "Club") to exist and to serve the paddling community without fear of liability, I ask you to join in this contract. The first part is for you to acknowledge that you understand the risks involved in this activity. The second part is a release from liability.

ASSUMPTION OF RISK

I _____ understand and accept the following acts of life on a body of water: that paddling in watercraft exposes me to many hazards. No one but myself is responsible for judging my qualifications for my safety when I choose to challenge my capabilities by boating on particular body of water, or a particular rapid. I may assist my fellow paddlers to the best of my own ability if they appear to need such assistance, but only so long as I can do so, in my judgment, without significant danger to myself. I further understand that this does not imply any legal duty for me to do so, nor for any one else to render such assistance to me. Some of the dangers and risks which may be present or occur include, but are not limited to, the following:

The hazards of traveling in a watercraft in varying water conditions.

- 1) Hazards including boulders, trees and other obstacles, waterfalls, holes, reversals and other
- 2) water formations.
Swimming/floating in unfamiliar and sometimes turbulent water.
- 3) Using paddles, ropes and other paddling equipment.
- 4) Hiking or walking in rugged terrain, including slippery rocks.
- 5) Injuries inflicted by animals, insects, reptiles or plants.
- 6) Accidents or illness in remote places without medical facilities.
- 7) Man-made objects in the water including, but not limited to, ropes, bridge pilings, broken dams
- 8) and metal debris.
Carrying watercraft and other paddling equipment.
- 9) The forces of nature, including lightning, weather changes, water level changes, and others
- 10) not named.
The physical exertion associated with paddling and swimming and carrying watercraft on land.
- 11) Travel in a vehicle driven by other persons.
- 12) Now therefore, intending to be legally bound, I hereby waive, for myself and for anyone else

claiming through me, my right to sue the Club, it's members, trip coordinators or any of my fellow paddlers for any injuries to my person or my equipment which may occur during, in preparation for or in transit to or from a Club outing. The waiver applies to any negligent act or omission and to any intentional act intended to promote my safety or well-being.

I am solely responsible for deciding whether to participate in or to continue on any water trip. I assume these risks and understand my responsibility in decision making. My waiver has no expiration date.

Participant's Signature

Printed Name

Date

KCCNY Trip Policy Statement

A. General Policy

Club outings are cooperative adventures among participants. The **group** is collectively responsible for the conduct of the outing and **each participant** is individually responsible for judging his or her qualifications and for his or her safety on the river. By participating in a Club outing, you release the Club, its members, trip coordinators and fellow paddlers, from any injuries due to any negligent act or omission or to any intentional act intended to promote your safety or well-being.

B. River Hazards

You must understand and accept that whitewater boating exposes you to various hazards, for example, boulders and other obstacles, strainers, undercut or entrapping formations, falls, holes, reversals and other water formations, changing conditions, cold, high water and other hazards, mostly in remote locations. Injuries and deaths occasionally occur due to these hazards, among other things. You are responsible for learning to recognize river hazards and learning and practicing the techniques for avoiding these hazards. You are also responsible for acquiring boating safety and rescue skills commensurate with the level of difficulty of the river you are paddling. One excellent source book is River Rescue by Bechdel and Ray, available at most outfitters. Don't endanger your life and the lives of others by trying to boat on water beyond your ability. Remember - most good paddlers develop by very gradually increasing the difficulty of rivers they run over a period of several years.

C.

River Decision Making

You are **solely** responsible for the following decisions at all times:

1. The decision to go on any trip.
2. The decision to put-in the selected river (which may not be the scheduled river) under conditions existing at the time of the put-in.
3. The decision as to what equipment to take with you.
4. The decision whether to scout any rapid.
5. The decision whether to run any rapid.
6. The decision on how to run any rapid.
7. The decision whether to participate in any rescue or recovery of any equipment.
8. The decision to pass up any walk-out or take-out opportunity.

D.

River Rescue

Trip participants usually assist each other when someone appears to need assistance, but only so long as they can do so, in their own judgment, without significant risk to themselves. Some participants may choose to accept greater hazards to rescue a fellow paddler. However, trip participants and the coordinator are under no **LEGAL** duty to assist anyone. In other words, while you are not legally obligated to assist anyone, no one is legally obligated to assist you either.

E.

Other Responsibilities of Participants

1. Telephoning the trip coordinator well in advance of the trip you are planning to go on.
2. Asking the trip coordinator about his or her training and experience, if these considerations are significant to you.
3. Informing the trip coordinator of your skills, experience, training and rivers run.
4. Not bringing unexpected guests to the trip.
5. Bringing appropriate equipment and making sure it is in good repair, specifically; life jacket, helmet, knife, whistle, throw bag, and extra clothing.
6. Observing good safety practices on the river.
7. Informing yourself of the difficulty of the river under existing conditions.
8. Sharing the optional group responsibilities.

KCCNY Trip Policy Statement (cont.)

F. About Your Trip Coordinator

Trip coordinators are volunteers and they receive no pay. Their functions are to get the group to the same river at the same time, to arrange the shuttle and to respond to inquiries to the best of their knowledge. However, your trip coordinator may never have run the scheduled river or may never have run the scheduled river under the conditions encountered on trip day. Indeed, the scheduled river may not be runnable on trip day, and the trip may be switched to an unfamiliar river on the spot.

G. Trip Coordinator Responsibilities

1. Finding a substitute coordinator if you are unable to go on the trip and notifying the Cruise Chairman of the change.
2. Familiarizing yourself with the put-in, take-out and shuttle on the scheduled river.
3. Determining the rendezvous place and time.
4. Responding to participant inquiries to the best of your knowledge about the river, your training and experience, and the participant's training and experience. You have the authority to refuse a particular participant on any reasonable grounds, but it is NOT your responsibility to determine whether a participant is qualified for the trip.

H. Optional Group Responsibilities

The group may wish to consider the following suggestions. Which of these suggestions is adopted on the trip is solely a group decision and is not the responsibility of any particular person:

1. Obtain river stage or flow data.
2. Obtain a knowledge of the difficult parts of the run and emergency take-out routes.
3. Equipment: throw rope in each boat, duct tape, first aid kit, extra paddle, flashlight, fire-starter and matches, pruning or wire coil saw, survival suit, extra clothing, carabiners, prusik loops, map, guide book.
4. Keep group compact enough for communication, but not so compact as to interfere with each other.
5. Consider dividing a large group into smaller groups or having a "buddy boats",
6. For further information, consult River Rescue by Bechdel and Ray.

I. Instructional Trips

In this format, a person assumes the responsibilities of a trip leader. He or she may pass judgment on a participant's qualifications, check equipment and assume responsibility for the conduct of the trip, including the appointment of lead or sweep (rear guard) boats and other duties listed above as taken by the individual or the group as a whole. These trips must be clearly designated as 'Instructional Trips', as they could expose the leader to legal liability. Trip or personal liability insurance is recommended.

KCCNY
Daniel Lenox
233 Prospect Point Rd.
Lake Hopatcong, NJ 07849

KCCNY Annual Dinner is Nov 20