

# PADDLE SPLASHES

JULY  
2022

Appalachian Mountain Club, New York-North Jersey Chapter  
Canoe & Kayak Committee

Lessons from the  
**BOW**

the  
*Pine*  
Barrens



**The Deerfield**



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**COVER:** Charles Michener demonstrates a forward stroke at the *Canoeing in Moving Water* instruction in June. Photo by Richard Easta.



# Barn Work Day

**I**n an enormously successful day overhauling our fleet and accessories, our chapter can thank Charles Michener for leading us through.

A full crew of about a dozen paddlers from across the generations—and even a local AMC hiker looking to give back—brought all our vessels into the light, spruced up the fleet, organized accessories, and rechecked inventory.

Even the canoe paddles are now arranged harmoniously by size.

“The day was so hot, yet everyone worked tirelessly,” participants agreed.

And just in time. There’s now room for the NEW trailer “smuggled” in from Canada. Well, not exactly. Stay tuned for that tale.

Thanks to demand from kayak and canoe instructionals, more boats are hitting the water than we’ve seen in years. Let’s hope the uptick keeps ticking.





**THANK  
YOU!**

***A big Thanks! to all of  
the volunteers who  
cleaned the boats,  
repaired the racks  
and chased away  
the Barn spiders.***

**Carl Gebauer  
Don Getzin  
Lenny Grefig  
Mary Ann Hoag  
Brian Horowitz  
Charles Michener  
Dick Muller  
Henry Schreiber  
Frances Schultz  
Chris Viani**





# The Mighty Esopus RETURNS

After a two-year hiatus, the NYS DEC has resumed releases on the Esopus. In June, the AMC and the Adirondack Mountain Club joined for a great return to one of our favorite rivers. There were some new strainers and a few swims, but great weather and lots of smiles. The next release is Sep 3-5, 2022.







## **Marcia Streat**

### **1929-2022**

Long-time AMC paddler Marcia Streat passed away in May at the age of 92.

She helped to desegregate lunch counters in the 1940s, protested the Vietnam war in the 1960s, and became an AMC paddler in the 1980s. In the '90s, she taught canoeing, led AMC paddling trips and helped organize our annual Paddlers' Parties.

I remember Marcia. She was such a caring person. After the unexpected death of Hat Clauer (an AMC paddler and the namesake of Hat's Rock rapid on the Tohickon), Marcia called Al and me to say how much she liked us and appreciated our involvement in the Canoe and Kayak program. She also said that she never got the chance to tell Hat how much she liked him, and wished that she had. She said that she was going to make it a practice to tell people at the time of her appreciation of their activities. Don't wait—tomorrow may be too late.

- *Fran Braley*



**Marcia on her 89<sup>th</sup> birthday.**



From: Marcia Streaan  
To: PaddleSplashes  
Date: Oct 21, 2021

Cc Bcc

I read every word of PS, looking for the names of paddlers I knew who are still active. I re-live my years of learning, excitement, pleasure in my skills and the friends I made. I also feel sad that those days are over, but have started another chapter in my memoir with the details of the paddling and camping. Yes, some dumping and bruising when I shoulda looked at the water flow and decided to stay on land, but those are also great stories. Thanks for reminding me that at 92 I can remember I was an athlete.

Love to you all.

Marcia

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Send



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# the Deerfield

June 24-25, 2022

STORY BY LORETTA BRADY

PHOTOS BY MARY ANN HOAG

**T**he usual suspects—*and more!*—showed up for a great party hosted by Sozanne and Charles at this June's Deerfield trip.

Sozanne welcomed KCCNYers, so the pot luck was a smorgasboard feeding frenzy.

About a dozen experts joined Sozanne, Curt, Ollie, Tom Hart and others for laps on the Dryway, while another dozen kayaks and canoes—even a tandem—enjoyed the Fifebrook and Shunpike sections over the course of the three day weekend.

The campfire burned long into the night as stories and memories amassed.

Can't wait till we do it again.





# Lessons from the **BOW**

BY  
**LOREN  
EDELSON**

*Loren and her tandem partner, Jeremy, recently stepped up their river tripping at our Moving Water Canoe Instructional. She is happy to report that they divided their time in bow and stern positions equally.*

**L**et's face it:  
The person in the bow is generally thought of as the inferior paddler. Starting out, parents put their kids in the front, and, as an instructor, I'll put my beginners in the bow and take the stern, which requires proficiency in steering strokes.

On a lake, the stern paddlers are the brains of the boat, making a myriad of calculated steering decisions; on the contrary, the bow has the task of repeating the forward stroke, again and again and again. It can get a little, well, boring.

No wonder my kids decided very early on that they'd rather be kayaking.

That is, until they got on a river and realized that in order to effectively turn in and out of eddies, not to mention navigate around a rock, that the bow paddler plays an equal, if not outsized, role.

No doubt, the bow can see those "strainers" much more quickly than the stern paddler, but what's more, a trained



**ACA-certified canoe instructor Loren (bow) and her paddling partner Jeremy cruising the Delaware.**

Photo by Richard Easteal.





**Instructional coach Johanna Meeker shares tips on handling a Silverbirch to John Thomas, a repeating student who rejoined us to advance further from tandem to star pupil solo canoeist.**

Photo by Mary Ann Hoag.

bow paddler will be able to perform bow or cross-bow draws in a heartbeat. It's with this elegant stroke that the bow paddler initiates eddy turns, peel outs, S-turns, and C-turns.

Yet the bow draw is so dispensable on flat water that it's not part of the American Canoe Association's Level 1 course. This makes sense given that there's so many other skills that need to be mastered, and there are other ways of turning the canoe that don't require a bow draw and cross-bow draw.

As a result, on a lake, life in the bow can begin to feel kind of dull.

**Y**es, there's lots to work on with the forward stroke—I've heard Olympic paddlers talk about how they've spent an entire year mastering that one stroke, and I get that you can geek out on positive rotation and the blade-water angle. I like that stuff too.

But sitting in the bow becomes infinitely more fun when you know how to do the static bow draw and cross-bow draw, and it's why I like to try to teach it, if not introduce it, in my beginner classes, if only to show my students that there's more to the bow than power strokes.



**Marie Cantu was glad she met us while kayaking on the DAK Fall Foliage outings. She enjoyed tandem canoeing with student Richard Easteal so much, she's now scoping out partners for future trips.**

Photo by Richard Easteal.



Indeed, when I finally learned this stroke, I couldn't stop practicing. For weeks, I'd get in my solo Nessmuk and practice maneuvering around every buoy in the lake. I even had a friend take a video of me performing the static cross-bow draw, which I then sent to my instructor to show him all the progress I had made. To say I was proud of myself would be an understatement.

But where this truly counts is on the river. To be able to calculate the precise moment to make that turn into an eddy is

the job of the bow; it's the bow paddler who has the advantage of seeing the eddy line and any strainers at a much closer range, and it's up to him/her/they when to plant the paddle in a static draw or cross-bow draw and make the turn. Those split-second calculations are now in the hands of the bow.

**S**ure, the stern needs to do her part, but he/she/they are following the lead of the bow. Ideally, it's an equal partnership; a true example of teamwork.

## The Helped Becomes the Helper

On a Sunday in June, it was the AMC NY-NoJ Canoeing in Moving Water Instructional, and Charles and Loretta needed some additional support boats for their class.

My first instructional was in 2015, with Charles and Loretta, plus instructors, Chris Viani, Stephen Ferder and Eileen Yin. I signed up annually for the class as many times as they would allow. Finally, the instructors said "enough!" as they encouraged me to step up my paddling skills to faster rivers.

It is now 2022, and I am more comfortable in faster water than way back in 2015. I watched the students on this day, some of whom were nervous, and remembered when I was very unsure

on this section of the Delaware. The water level was on the low side and a bit more technical. I was surprised to rediscover just how much there is to work with from Staircase Rapids to the Mongaup Wave, with other smaller rapids and eddies along the route.

I am a slow learner, still nervous on fast water, but I could finally see how far I have come as a paddler. I thank my AMC instructors who push, teach, guide, chastise, and occasionally, tease me. I look forward to continue paddling more rivers with them as I up my game. But I really enjoyed myself on that Delaware Instructional day in June.

- Mary Ann Hoag



# The Pine Barrens Go INTERNATIONAL

**C**harles and Mark launched one of the most successful Pine Barrens explorations—nationally and internationally, as it were—the AMC has ever seen.

A half dozen of the participants call the Virgin Islands, Denmark, and even Germany their home. At least this month!

We've often had the reputation as the AMC chapter that goes places. Word spread, and Mark and Charles embraced the Worcester (Mass.) chapter for a week-long exploration, both base camped and point-to-point, in a genius strategy of flexibility.

"How great that folks could join for a day, a weekend, or a week," participants agreed. The connection actually stems back to Curt Gellerman who met the Delaware Valley chapter leader, José Schroen, through paddling mate Gwen Hunter as they bonded together on a St. Croix River expedition in Maine.

You don't easily forget Curt, nor his legendary descriptions of the majestic Delaware or the NJ Pine Barrens. They were hooked.

Challenges emerged, but the leaders steered them through. Newer paddlers mastered clumsy Grumman rentals in and out of the windy Cedar Creek and numerous blow downs.







**Mary Ann Hoag checks out the campsite. Did you hear that? Was it the Jersey Devil?**

Unusually high winds prohibited campfires, as rangers warned. Yet, evening stories flowed from the mere warmth of these boaters—and perhaps some flasks, too.

“It is always fun to check out other’s gear, added Adele Fiorillo. “The Dutch group that joined us had really cool Hennessy hammock-tents.”

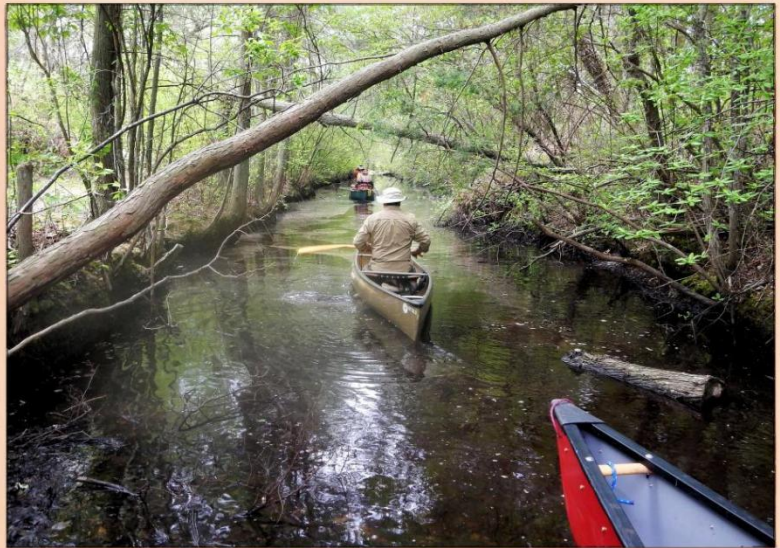
**Camping on the Mullica, where unusually strong winds—and unusual sleeping arrangements—meant paddlers kept on high alert for wild fires.**





“I thoroughly enjoyed the two days on the Mullica, despite no campfire at night due to high winds,” said Mary Ann Hoag, “and the two small ticks that came back home with m

**Fast flowing and sinewy, Cedar Creek can be a challenge for new boaters.**



# Pine Barrens Functional Freestyle Canoe Workshop

**Oct 14-16,  
2022**



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## WHALE WATCHING & KAYAKING IN MEXICO



**FEB 1-12, 2023**

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## Lobsters & Kayaking

Maine Coast

**FRI-MON.  
Aug 19-21  
2022**



[CLICK HERE](#)



# Midweek Kayaking on **FIRE ISLAND**

**Mon-Fri,  
Aug 1-5,  
2022**

[CLICK HERE](#)

# Watercraft Weekend at **FIRE ISLAND**

**Fri-Mon, Aug 19-22, 2022**

[CLICK HERE](#)





# Welcome Aboard!

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

**Carl Gebauer**

**Paul Rivers**

**Bardy Jones**

**Rose Suarez**

**Jeremy Polacek**

**William Hladky**

## Rose Suarez



My paddling adventures include the harbors, bays, and rivers of Long Island, parts of the East and Hudson Rivers, and many out-of-state trips. I'm always on the lookout for a body of water I haven't explored yet. The past few summers, I've been bringing friends to my favorite kayaking spot: East Fire Island by the AMC Fire Island cabin. The water is choppy heading out there due to boat traffic, but you'll be rewarded with bird-watching and peaceful waters on the back of the island. Next up on my kayaking bucket list are West Fire Island and the Thousand Islands!



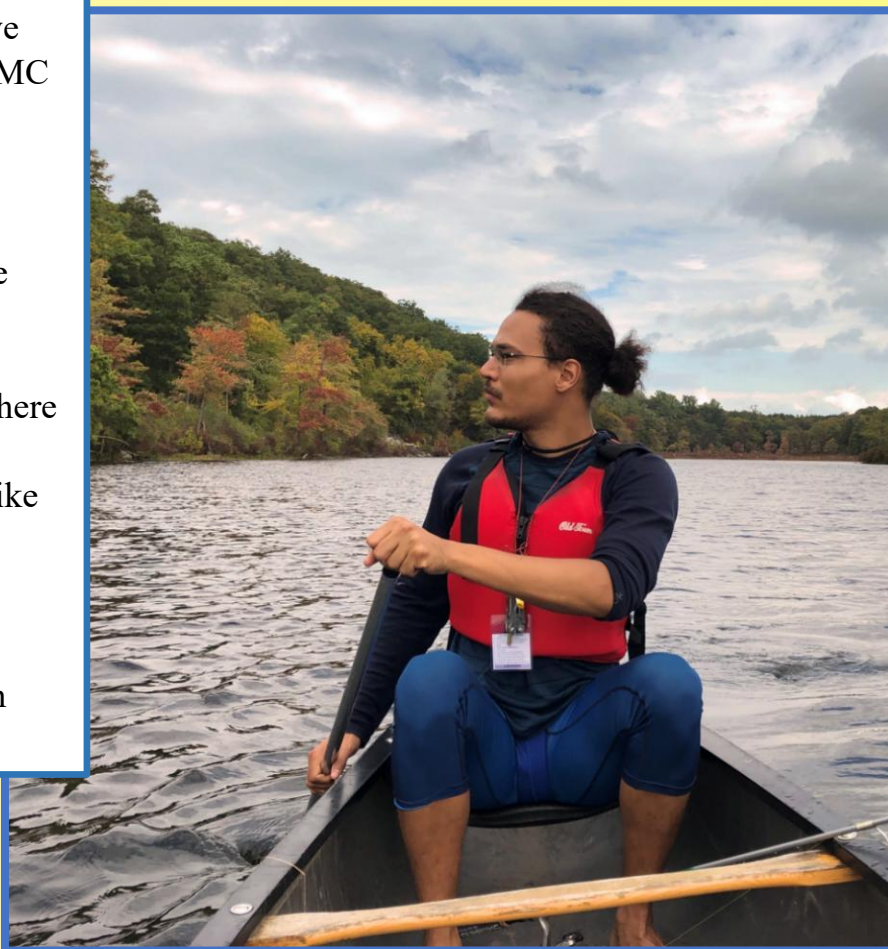
I'm a big fan of canoeing! I love being on the water and listening to the quiet sounds of the season. I grew up reading Sigurd Olson books, reading canoe manuals, and dreaming about the boundary waters area in Northern Minnesota.

I have co-led a canoeing and paddling course at the Harriman Outdoor Center, and have done some Class 1 training with other AMC paddling leaders. I envision myself as a flatwater to Class II kind-of paddler, but who knows what the future will bring!

I am looking forward to a sun bum future joining and co-leading courses along the Delaware River, the Adirondacks, the Boundary Waters, Fire Island, and anywhere you can put a boat! I just completed the Wilderness First Aid course and would like to learn more water rescues.

I can usually be found with coffee and a telescope for stargazing. Join me on the upcoming AMC Week of Rivers event in early August! Don't forget your sun hat!

# Paul Rivers



## Wilderness First Aid

**Fri-Sun, Aug 12-14, 2022**  
**Corman Harriman**  
**Outdoor Center**

**LEARN MORE**





# Chapter Picnic

June 10-12, 2022



**TOP LEFT (L-R) Steve Galla, Hiking Committee Chair; Carrie Ho, Chapter Secretary; Eileen Yin, Mid-Atlantic Regional Director; Brian Horowitz, Canoe/Kayak Committee Chair; Richard Dabal, WFA Committee Chair.** Photo by Dawn Riley.



**BOTTOM LEFT Richard Dabal supervising some junior kayakers.** Photo by Ana Vargas.



**BOTTOM RIGHT Lakeside yoga.** Photo by Carrie Ho.



## CANOE & KAYAK COMMITTEE

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## PADDLE SPLASHES

**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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Boston, MA

## Rental Rates & Rules

The Canoe/Kayak Committee (CKC) has a large selection of canoes and kayaks available for rent by its members. Boat rentals generally need to be picked up and returned to our storage facility, The Barn, in Rockland County, NY. Gear such as personal flotation devices (PFDs), paddles, spray skirts, and helmets are included in the boat rental costs.



Rental fees are \$20 per day per boat for the first day of a trip and \$10 per day per boat for each additional day of a trip. AMC NY-NoJ CKC trip leaders and leaders-in-training may borrow a boat free of charge for any official AMC event or to scout a venue for a future event.





# Deerfield Fest 8/6-7/2022

## 2022 Activity Schedule

Date		Quiet Water	Class 1	Class 2
July	23-24		Lackawaxen (Fri, 7/22) <i>Brady/Hoag</i>	
	30-31	Ladies' Weekend at Harriman (Fri-Sun, 7/29-31)		
		Week of Adk Rivers (Sun-Sat, 7/31-8/6)		
August	6-7	Midweek Kayaking at Fire Island (Mon-Fri, 8/1-5)	Raritan River (Sat, 8/6) <i>Horowitz/ Allen/ Gebauer</i>	
	13-14		Raritan River (Sat, 8/13) <i>Horowitz/ Allen</i>	
	20-21	Watercraft Weekend at Fire Island (Fri-Sun, 8/19-21)		
	27-28	Algonquin Expedition (Wed-Mon, 8/24-29) <i>Horowitz</i>		
Sep	3-4 (Labor Day)			Esopus (Fri-Mon, 9/2-5) <i>Brady/Viani</i>

**Adirondack 90-Miler  
3-Day Canoe/Kayak Race**



# Lasting Image

