

PADDLE SWASHES

August
2023

Appalachian Mtn Club





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Cover: Carrie Ho and Eileen Yin on the Week of Adirondack Rivers trip. Photo by Carrie.

Below: The gang on the Lower Osgood River. Photo by Mary Ann Hoag.

WHY

I COMMUTE FROM BOSTON



Learning whitewater kayaking this season with you all at AMC NY-NoJ, I felt like a child learning to play, exploring all I wanted while having a safety net around me.

The instructors were practical, thorough and experienced, making sure I got my basics right.

This paddling community is beautiful, always motivating you to push yourself while offering all the help from arranging boats to rescue, making occasional river swims an exciting experience.

A big planner that I am, I could plan to join trips for the next two months—thanks to AMC chapters across the Northeast—making it so easy to build on top of each river run. The MA/CT/NH community is getting more active, so I'm hoping to join them for some trips to cut the commute from Boston.

I find true joy in nature.

Whitewater kayaking this summer has allowed me to do exactly that, while challenging myself.

SYOTR soon!

Nitisha on the Salmon River.
Photo by Marty Plante.



A Week of Adirondack Rivers



Thank you for all your effort to make this annual weeklong paddle and camp trip work, which originated out of the mind of Don Getzin some years back.

Some of our gang of 22 paddlers, joined the party from as far away as the New Hampshire chapter. The Adirondack Week of Rivers is "a delightful series of flatwater paddles for boaters and nature lover alike," noted NH canoe soloist Connie Lowell.

"It's the best of both worlds," observed David H., "The comfort of base camping, the adventure of the Adirondacks, the fellowship of friends new and old."

"Adventures on and off the water, like the smoldering lightning-struck tree that blocked the camp entrance for a few hours," Connie recalled, "made it wonderful."

So take David H.'s advice and join the Week of Rivers next August.

"Put the rest of your life in a dry bag and return to find it different from how you left."

Mary Ann

Photo by Sue Bennett



Photo by Ami Kadar



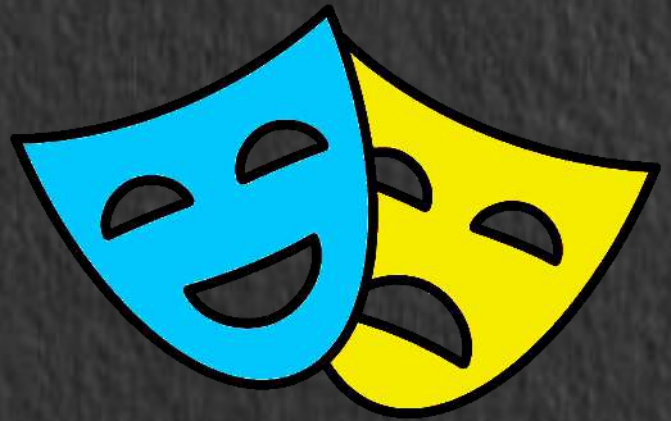
Photo by Jose Schroen

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High Points of the Adirondack Trip.... ...and a couple of low ones.

"Camp Greeters" to
welcome the new
paddlers.

+1



+2

New rivers to paddle,
including the Santa
Clara Flow and the
Saranac River.

Charles' impromptu
demonstration on how
to operate the propane
tank without creating
an inferno.

+3

-1

Insufficient
changes-of-
dry-clothes.

+4

Wildlife: a six-point
buck, swimming
beaver, kestrel, great
blue herons, wax-wings
and hummingbirds.

Creative, complex,
original meals.

+5

Thunderstorms.
Lightning. And a
downed,
sizzling
powerline at the
camp's sole
entrance.

-2

ON AN UPWARD SPIRAL



"Everyone talks about a downward spiral, but we can equally spin into an upward spiral."

Clara Diamond's point nails the experience of nearly a dozen of our 2023 novice paddlers 100%.

The only thing more surprising than seeing this steep ascent of our cadre of whitewater students at follow-up trips was meeting so many new veteran paddlers who voluntarily dialed back their paddling to encouraging novices—especially on the Mongaup. "It was a pleasure seeing you all work together," said Class 2 kayaker Susan Ritchie.

"I've done whitewater before," said new solo canoeist Ingo Weiss, "but this is a whole other level. Repeating at drill spots and select rapids really helped me step up," he reflected.

Sometimes that repetition meant multiple runs in one weekend. We milked three luxurious runs during the Pulaski, NY weekend without any river-bombing.

"The Salmon River is a beautiful river that provides a step up in

difficulty when desired, while forgiving mistakes—mostly,” whitewater kayak student Erik Werner observed.

Right, but what about those four swims among all three newbies?

“No worries, in that case, you’ve got Loretta sweeping, and Marty and Neil collecting runaway gear.”

That alludes to the back-to-back rapids boat chase by Marty and Neil while Loretta recalled her own club saviors, plucking a stranded paddler from a pushy micro-eddy, having her hop aboard, then ferrying backwards and river right, Curt Gellerman-style, just above Washing Machine and Twister rapids.

Though a novice, Erik bases his Salmon River assessment on quite a river repertoire.

As one of the fastest rising young athletes among our graduates, he’s joined nearly every follow-up trip offered, from multiple Lehigh sections to Fifebrook at Deerfield MA, even crushing Zoar Gap on the first try. Next stop: Esopus Creek, or a dry-hair Mongaup run?

Follow-up coaches to lessons from Chris Viani and Jordan Yaruss also included Stephen Ferder, David Rosenfeld, Zanna Adis, and super paddling videographer Andrea Dover.

“They’re like the paddling fairy godmothers and godfathers,” says novice OC1 canoeist Bev Wind-Wild.

Just call us “the Don”—or Donna.



Scenes from the Salmon (top to bottom): Clara, Erik, Andrea and Neil. Photos by Marty Plante

The NJ Pine Barrens

May 1-8, 2023

Photo by Debra Weisenstein



Photo by Jose Schroen



After packing up, I used Google Maps to plan a route that had me go down a questionable sand road, deep into the Pine Barrens. A wiser or more cautious person might have turned around and headed for the highway. But not me....

After a couple of puddles that had me nervous I came across the one that scared me enough to turn around -- back though the ones that made me nervous to start with. My car started to rattle and shake. One of the the front wheels smelled like hot metal. Google again came to the rescue and found me a mechanic that was open, so I drove the 20 miles with a rattling car. He said he would put it on the lift first thing in the morning, so Amy and I found a motel and restaurant (again, with help from the omniscient Google).

The next morning, the mechanic called: there was an 18-inch long stick jammed up against the drive train of my car. My car was off the lift and ready to go -- at no charge! (A big Thanks to Todd from Monroe Muffler in Southampton, NJ -- and Google).

- Charles



I joined the group on Saturday and Sunday and it was a packed two days. I was very tired on the drive back home Sunday, but it was so worth it.

For those that missed it...the weather the last two days was really nice and the final paddle--exploring the Oswego River above the lake and riding the current back out--was magic.

- Mary Ann



Photo by Jose Schroen



Photo by Mary Ann Hoag



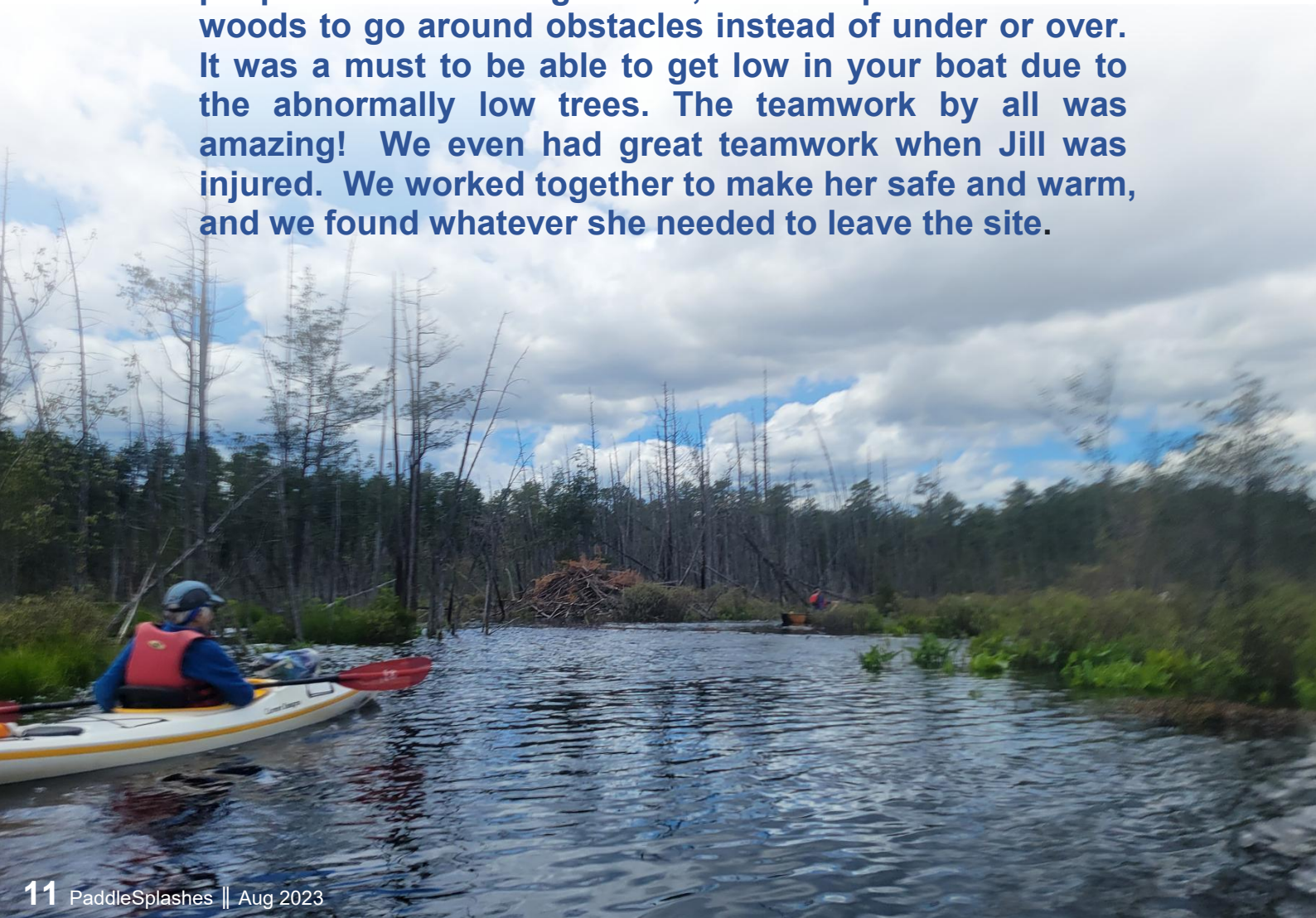
Photo by Mary Ann Hoag

2023. 5. 5

BE CAREFUL WHEN YOU PRAY FOR **RAIN...** **...YOU JUST MIGHT GET IT.**

BY SUSAN ALLEN

There was a lot of water on our Pine Barrens trip, making it unsafe to paddle many rivers. A ranger reported nine inches of rain recorded within the park the weekend the trip started. The leaders were great to find us places to go given the circumstances. It was a great opportunity for the Massachusetts chapter to team up with the NY-NoJ chapter. We met up with some great people! Due to the high water, we often paddled into the woods to go around obstacles instead of under or over. It was a must to be able to get low in your boat due to the abnormally low trees. The teamwork by all was amazing! We even had great teamwork when Jill was injured. We worked together to make her safe and warm, and we found whatever she needed to leave the site.



Pine Barrens Freestyle Canoeing Workshop



**Click for
More Info**

**Oct 13-15, 2023
Medford Lakes, NJ**

Join our COASTAL CLEANUP NY-NoJ Conservation Committee

**FIRE ISLAND
Sat, Sept 16, 2023**

**ORCHARD BEACH
Sat, Sept 23, 2023**

**ENGLEWOOD CLIFFS
Sat, Oct 21, 2023**



**Click a button
for more info.**

ADIRONDACK FALL FOLIAGE

PADDLING & CAR CAMPING

**Fri-Mon,
Oct 6-9,
2023**

**Click
Here**

The Oswego River

**Click
Here**

**Sat,
Oct 7,
2023**

Intro to Sea Kayaking Southern Maine

**Fri-Sun,
Sept 8-10,
2023**

**Click
Here**

Lasting Image:

What happens when you ask Artificial Intelligence for an image of a kayaking alien?



Starry AI



Canva



DALL-E 2



Pixlr



Dream Studio



Stable Diffusion