



Uhhh...so is that Mackerel Cove or the East Passage??

March Club Meeting

Jack Radcliffe: Navigation for Paddlers

Monday, March 15th, 7 pm

Jewish Community Center, 401 Elm Grove Avenue, Providence

When the fog rolls in, will you know whether you're heading into the quiet cove where you parked your car, or onto a collision course with a freighter in the middle of a shipping channel? Jack Radcliffe of Ocean State Adventures will give a presentation on paddling-specific navigation at the March meeting.

Jack has been sailing, rowing and paddling in coastal waters for more than 50 years. As a young boy he single-handed his Beetlecat out of Mattapoisett, ranging far as Cuttyhunk until his mother caught him. He has held a 100-Ton Ocean Operator (All Vessels) Coast Guard license since 1979, and has navigated across the North Atlantic as captain of the sailing ship Plover and as first mate of the (in)famous Black Pearl of Newport. He has been teaching kayak navigation as an ACA-certified instructor since 2005.

Directions to the Jewish Community Center:

*From Rt. 95 South: take Exit 24 & turn left onto Branch Avenue. (From Rt. 95N Northbound take Exit 24 & turn right onto Branch Ave.) Cross North Main Street at the lights and continue up the hill (past Kentucky Fried Chicken). Cross Hope St. and continue one block to the end at Morris Ave. Go left, then immediately right onto Sessions St., then down the hill to Elm Grove Ave. The JCC will be across the street. Please use the back entrance. Staff will buzz the door open. From there, take the elevator up to the second floor. **Winter Weather Cancellations:** Call the JCC at 401-861-8800. The meeting is cancelled if the Center is closed.*

- President's Message -

Get Involved Board Elections Coming up In April

Bill Hahn, RICKA Board President

Would you (or someone you know) like to get more involved in the club? Nominations are now open for club officers (President, Vice President, Secretary and Treasurer) and Members-at-Large to the RICKA Executive Board. The Board is responsible for both the day to day operation of the club and the future directions the club will take in the services and activities it provides to the membership. The election of the Board takes place in April

We are also looking for volunteers to fill two open committee chairs – Conservation and Competition. Members accepting these positions are also members of the RICKA Executive Board.

The commitment is one evening a month for a board meeting.

If you are interested in any of these positions, or would like to nominate someone, please contact Nomination Committee Chairman Erik Eckilson at (401)765-1741 or eckilson@cox.net.

Thank you, and see you on the water!

Bill Hahn

CLUB EVENTS & ACTIVITIES

RICKA Whitewater

Branch River Icebreaker (Class II) - Saturday, March 20th

As a 'nod' to all the years that RICKA ran the RI Whitewater Championships, we are planning to run the Branch River on the traditional 3rd weekend in March. We'll meet at the Falls in Harrisville. Cold weather gear (wetsuit or drysuit) is required. You must have class II skills and be properly prepared for the conditions. Final details will be posted on the Whitewater Message Board when available.

RICKA Sea Kayaking

From Nov 1 through May 1, all paddles are show & go. They will be posted on the Sea Kayak Message Board:

:<http://www.rickaseakayaking.org/forums/index.php>

Safety & Education

First Aid/CPR

A First Aid/CPR course will be offered to RICKA members at a reduced cost in late April. Watch for specifics in the April newsletter.

RICKA Flatwater

Flatwater Planning Meeting Saturday, March 27th, 1 pm

We will meet at River Bend Farm in Uxbridge at 1:00 pm to set up our calendar for 2010! (River Bend Farm allows us the use of their conference room at no charge, a huge thank you goes out to Ranger Val!)

If you have a trip that requires a high tide, full moon etc, please send Cheryl the date to reserve on the calendar in advance of the meeting. If you have a trip that you would like to lead but are not able to make the meeting, please send the info to Stonefoxfarm@juno.com

We will have party pizza and soda, you may bring a snack or dish to share, if you wish. Please bring ideas for trips. If you would like to lead a trip but do not have experience leading, ask and we will partner you up with an experienced leader.

Leaders have the right to put restrictions on their trips as they see fit. They may require specific boat lengths or boat types, spray skirts, headlamps etc. The trip may specify experienced paddlers only. This is for the safety and enjoyment of the entire group.

Directions to River Bend Farm: GPS coordinates: N 42 05 641 W 071 37 442. From Rt. 146 North or South: Take the exit for Rt. 16 East. Follow Rt. 16 East for about three miles into downtown Uxbridge. At light turn right and immediate left, to continue on Rt. 16 East. After light, continue to second left. Turn left onto Oak Street. Proceed north on Oak Street for about 1.5 miles, staying right at fork by school. River Bend Farm is on the right. The parking lot is next to the red barn.

EXECUTIVE BOARD:

Next meeting: **Wednesday, March 24, 2010 at 7 pm**
70 Scott Street, Pawtucket
All members are welcome to attend.

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Additional Member-at-Large: Position Open

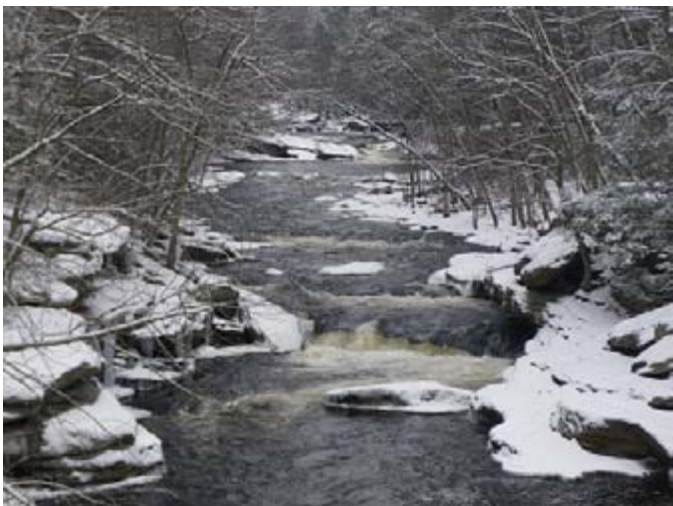
A New Year's Run on the Farmington

Text and Photos by Erik Eckilson

A fresh coat of snow covered the ground and icicles hung from the trees as I drove down Route 44 in Connecticut. It gave the whole area a "winter wonderland" kind of look. It was New Year's Day and I was on my way out the Farmington River to paddle with Jeff, Andy and Steve. At 8:30 in the morning, I pretty much had the road to myself.

I was making good time, so I decided to take a little detour to check out the Natchaug River along the way. The upper section of the Natchaug is the site of a spring poling clinic that I hope to attend this year. A little further downstream is Diana's Pool - a series of class III/IV drops that is a popular run for local kayakers.

I pulled into the Diana's Pool Fishing Area and followed a fresh set of footprints down to the river - maybe someone would be running this section today. The river flowed over rocks and ledges through a hemlock forest that was covered with snow. It was absolutely beautiful, but I don't think I'll be running this section anytime soon.



Diana's Pool on the Natchaug River

I arrived at the put-in on the Farmington River at around 10:00 and was surprised to see a long line of cars. For the past couple of years, a small group of RICKA paddlers had been running the Branch River on New Year's Day. This year the Branch was iced up, so we decided to paddle the Farmington with a group from the Northeast Paddlers Message Board (www.npmb.com). It wouldn't be a small group today - 16 paddlers in 3 canoes and 13 kayaks.

Jeff, Andy and Steve were already at the put-in by the time I arrived. We got dressed, carried our boats and gear down to the river, and ran the shuttle with the rest of the group. By the time we got on the river, it was around 11:00.

There are several good whitewater runs on the Farmington River. Downstream is the T-ville (Tariffville Gorge) section (class II/III). Upstream, just over the border in Massachusetts, is the New Boston section (class III/IV).

We would be paddling the section from Collinsville to Route 4 in Farmington known alternatively as the Crystal or Punch Brook section. It's an easy class II with plenty of eddies and easy surf waves.



Andy surfing the Crvstal Rapid

We put in with the group and began working our way downstream. The scenery was pretty with a new coat of snow on the ground, but it was colder than I expected. There are actually four sets of rapids on the upper section of this run, each becoming more difficult as you move downstream. The longest is a nice class II known as the Crystal Rapid for which this section of the river gets its name. The Crystal Rapid has the best surf waves, so it is a popular place to practice and socialize. After an hour of playing in the waves, we decided that it was time to move downstream.



Jeff approaching the Boateater Rapid

After a short section of flatwater and a couple of playful ledges we came to the final rapid on this section of the river - the Boateater Rapid. While the name is overly dramatic (I've never seen a boat get eaten), Boateater is a fun class II rapid with a long run of 2 to 3 foot standing waves. We pulled off the river at around 2:30 and packed up for home looking forward to lots of fun trips in 2010.

FROM THE EDITOR

This is the hardest time of year for paddlers. The days are getting longer, temperatures are rising into the 40s during the day, and we look longingly at our boats, paddles and gear still safely stored away for the winter. Objectively we know the water's still as cold as it ever gets and we're still a good three months (well...maybe two) away from paddling without body armor, but cabin fever does not respond to rational thinking.

One of my tried-and-true antidotes for premature spring fever is curling up with a good book. A while back, a thread on a paddling message board collected a whole lot of recommendations for outdoors-related books paddlers like to read when they can't paddle. I printed it off and have been working my way down the list ever since, discovering some of my favorite authors along the way. Maybe you will, too:

-Dana Stabenow: The Kate Shugak murder mysteries, set in Alaska. I wanna be just like Kate when I grow up.

-Farley Mowat: Never Cry Wolf, Snow Walker, etc.

-Bill Bryson: A Walk in the Woods (absolutely hilarious)

-Pat McManus: A Fine and Pleasant Misery, They Shoot Canoes, Don't They?, Kid Camping From Aaaaii!! to Zip, etc. Don't read him on a full bladder.

-Barbara Kingsolver: Prodigal Summer, anything else she's ever written.

-Chris Duff: On Celtic Tides. Exploring Ireland and its history by kayak.

-Bill Mason: Song of the Paddle. The grand patriarch of Canadian canoeing.

-John McPhee: The Survival of the Bark Canoe, Encounters With the Archdruid (David Brower), The Control of Nature, Basin and Range, etc. etc. etc.

-S.F. Olson: The Lonely Land. A long Canadian Shield canoe trip in the 50s.

-John Long, ed.: Liquid Locomotive. Whitewater short stories.

-Richard Preston: The Wild Trees. Climbing the world's tallest trees; a whole unknown world in the redwood canopy. Astounding. Gripping. Read it.

-Phil Peterson: All Things Are Possible: 100,000 Miles by Paddle: Biography of the Late Verlen Kruger. 400 paddling photos!

-James D. Doss: The Shaman mystery series. Set in SW Colorado among the modern-day Utes. This guy takes up where Tony Hillerman left off.

-C.J. Box: the Joe Pickett mystery series. Joe is a game warden in Wyoming. Gritty, literate, gripping.

And if none of these grab you, I guess you'll just have to join these fanatics:



Snow kayaking Monarch Mountain by flickr user abkfenris

IT'S THAT TIME AGAIN...Annual memberships expire 3/31/10

How to renew your RICKA membership:

Just send a check or money order for \$15 (individual or family) payable to RI Canoe/Kayak Association, along with the completed application on the next page, to RICKA, PO Box 163, Wood River Junction, RI 02894

Please include your name, address (including ZIP), telephone, work phone (optional), e-mail address, and indicate your paddling interests: flatwater, whitewater, sea kayaking, or racing. For more information about RICKA contact Jim at jimcole@hotmail.com

A note about the newsletter: Although we prefer that you opt for the electronic version of the newsletter, if you choose to receive it by snailmail you may wish to upgrade to first class delivery of the newsletter, an additional \$5, **if you live outside the area served by the Main Post Office in Providence** (027xx, 028xx, and 029xx ZIP codes) This should not be necessary if you live within the 027xx, 028xx, and 029xx area, but your mileage may vary...

Rhode Island Canoe Association, Inc., dba the Rhode Island Canoe/Kayak Association, is a 501-c-7 not for profit corporation.



Membership Application

FILL OUT THIS FORM ONLINE,
PRINT IT, ENCLOSE YOUR
CHECK AND MAIL TO:

R.I. CANOE/KAYAK ASSN.
P.O. Box 163
Wood River Jct., RI 02894

Dues = \$15

First Class Mail option add \$5
Membership year ends March 31. Applications
received after Dec. 1 will automatically be credited
with the balance of the current year plus the entire
following year. Individual & Family dues are the same

Please check X one: New Renewal

If you are RENEWING you only need to fill in your name and
any new information.

Name _____

Address _____

City _____ State _____ ZIP+4 _____

Home Phone _____ Other Phone _____

Other phone is: Work Cell Pager

E-Mail _____

Your interests: Sea Kayak Flatwater Whitewater Surfing Racing

Are you willing to volunteer to help with club activities? Yes No

RIC/KA has a single class of membership. It includes up to two adults and all minor children living together at a single household. The First Class mail option for newsletter delivery is not a separate class of membership. It should not (in theory) make a difference in delivery time if your ZIP code begins with 027, 028, or 029. Your mileage may vary.

Preferred method of newsletter delivery: E-mail Standard Class USPS First Class USPS

Select one. **If no selection is made we will assume e-mail.** There is a \$5 surcharge for First Class. There is no surcharge for Standard Class (bulk rate)

RICK/A TRIP LEADERS, TRIP COORDINATORS, AND CONTACTS ARE VOLUNTEERS WITH NO SPECIAL TRAINING WHO ARE NOT RESPONSIBLE FOR EVALUATING YOUR SKILL LEVEL, OR ENSURING YOUR SAFETY, COMFORT, OR HAPPINESS. EDUCATE YOURSELF ABOUT THE AREA IN WHICH YOU WILL BE PADDLING, AND CARRY APPROPRIATE GEAR, CLOTHING, WATER, FOOD, ETC. CHECK THE WEATHER FORECAST BEFORE LAUNCHING. YOU ALONE ARE RESPONSIBLE FOR DECIDING TO LAUNCH YOUR BOAT.

The RI Canoe/Kayak Association was founded in 1977 to promote the safe enjoyment of paddlesports. It was founded in response to a rising annual death toll among the state's paddlers. Please help us continue our mission by observing safe practices in your individual paddling activities. Thank you.

Move over, Freya: Helen Skelton is aiming to become the first woman to kayak 2,010 miles down the Amazon river.

By Cassandra Jardine
Telegraph.co.uk

A terrible thought crosses Helen Skelton's mind. "I am going to need seven bottles of shampoo," she says, aghast. It is indeed scary news for the 26-year-old Blue Peter presenter, but not perhaps the worry that would be uppermost in the minds of most people setting off on a world record-breaking ordeal.

Her task over the next six weeks is to kayak solo for 2,010 miles down the Amazon. No woman has ever done that before, let alone one with no paddling experience.

On route she can expect to encounter 20ft anacondas and shoals of piranhas; hideous blisters and sores are guaranteed. As she steers her 15-kilo boat along the crocodile-infested river, there is also a likelihood that she will contract a disease such as yellow fever or malaria. But, with the glorious optimism of youth, it is her bottle-assisted blonde hair that she is fretting about.

Meeting her in the primary-coloured [Blue Peter](#) studio at the BBC before her departure, every inch of 5ft 3", Skelton looks perfect for the life the programme's presenters used to lead – caring for animals, making Tracy Island with sticky-backed plastic – in the days before the producers decided to beat Top Gear at its own game. Sparkly silver eye liner, a short skirt and a red bow in her hair, make her appear every 7-year-old's dream role model. But it would be a mistake to underestimate Skelton. "I'm a kids TV presenter. I use hair straighteners every day. But just because I am a girlie girl doesn't mean I can't be gritty," she says with the steely glint that has already taken her a long way in her short life.

Last year, she proved her point when, in April, she became the second woman to complete the 78-mile ultra-marathon in Namibia, running the three consecutive marathons in 23 hours and 50 minutes. So this year, when Blue Peter decided to stage a stunt to raise awareness for [Sport Relief](#), Skelton



Helen Skelton steers her 15-kilo boat along the crocodile-infested river

wanted even more of a challenge. She was at the hairdressers when Greg Whyte, the Olympic sports scientist who trained David Walliams to swim the Channel, rang to suggest she swam the 51-mile Panama Canal.

"Great, but not tough enough," she replied, "and it must appeal to kids." He then suggested a section of the Amazon, to which she replied: "Why do a bit, when you can do the whole thing?" [James Cracknell](#), the double Olympic gold medallist, was asked his opinion. Having nearly died during his attempt to row the Atlantic with *Sunday Telegraph* columnist [Ben Fogle](#), he was blunt. "You can't do this," he told her. "You don't know me," replied Helen.

She arrived at the start of her journey a week ago, after visiting two of the many charities assisted by Sport Relief: What4, a drop-in centre to keep young people off the streets in Cheriton, Kent, and Proceso Social, which works with the families who live on the rubbish tips of Peru's capital, Lima. The charity projects were inspiring, but she was soon in tears when she arrived at the Amazon last week.

"Everything went wrong. We didn't have a boat to take us out, so I only managed half a day on Wednesday, the first day, and on Thursday we started late so already I'm behind," she admitted via satellite phone from the river. (continued on Pg 7)

First Woman to Kayak the Amazon *(continued from Pg 6)*

"Within two hours of paddling, my hands were so badly blistered that they had to be taped up, I took a wrong direction and had fight the current; it was exhausting. The heat here is so intense that it really drains you." It sounds like she might almost be ready to give up. "Oh no," she shrieks, "It's pure comedy and there are pink dolphins – really pink, not grey – that come close to the boat. I still reckon that if I manage 60 miles a day – just a little more than the 58 I managed on Thursday – I can make it."

The secret of her iron will is the desire, as a child, to keep up with her sporty elder brother, Gavin, who now plays football for Kilmarnock. As children on their parents' dairy farm in Cumbria, she would be left behind if she didn't run, bike and play as fast as boys two years' older. Over the years, her family has learnt not to talk sense into her when a certain look appears on her face. "Good Luck" is all they dare say, for fear of adding to her determination. Helen will need luck over the next six weeks because a punishing schedule lies ahead.

For six out of seven days each week, she will paddle for at least ten hours, from 5.30am until dark, with only a short break for lunch when the heat and 100 per cent humidity become unbearable. On the seventh day, she will make films to inform Blue Peter's 750,000 viewers about the flora and fauna of the world biggest river, and write a weekly column for the *Sunday Telegraph's* Travel section about her adventures.

This is a genuinely risky assignment. Even Google is baffled by trying to find a route from Natua in Peru, where the rivers Marañon and Ucayali join to form the Amazon, down to Almeirim in Brazil where the river becomes tidal. There are no roads, no towns, only rainforest and the river, often wider than the English Channel, along which she must navigate. If she falls ill, it will take around 11-hours to fly her to safety. To make life still more stressful, she is paddling against the clock because the BBC – mindful of the licence fee payer, its schedules, and Sports Relief weekend starting on March 19th – has booked her a non-transferable flight home on March 5th.

Nor is the BBC wasting money on frills. Prior to her departure, the Blue Peter studio was piled high with boxes of filming equipment, mosquito repellent and sunscreen, but Helen's personal comfort comes second. "I've only got one seamless bra, which shouldn't chafe, because they cost £50 each," she says, and some special pants that will act as a wick to remove the sweat. Surely it would be better to paddle naked, as Cracknell and Fogle did on the Atlantic, to avoid clothes rubbing? She shakes her head vigorously. "I can't do that because there will be four men on the other boat – producer, cameraman, doctor and fixer – watching me all the time."

Nothing in her life so far has prepared her for the gruelling journey – not being an extra on Coronation Street, nor being an qualified tap-dancer, certainly not her degree in journalism from the Cumbria Institute of Arts, or her pre-Blue Peter experience presenting a breakfast programme on Radio Cumbria. On November 1st, when she was given the go-ahead for the Amazon trip, she had only ever been kayaking once before, this summer. "I was in a New York hotel room, having run a marathon. Immediately I took hold of a broom handle and started paddling on my bed."

From then until she left for Peru just over a week ago, she struggled to train for four hours each day. She can now manage 300 press-ups in a row, but still most wisecracks believe the Amazon challenge will defeat her. If she does make it, it will partly because she is listening to Queen's "Don't Stop Me Now" on her iPod, and partly because children all over the country are emailing her their encouragement. "Who am I to let them down?" says Miss Grit. "It would be like saying the tooth fairy doesn't exist."

If you're inspired by Helen's efforts, you can raise money by signing up for the Sport Relief Mile. Go to www.sportrelief.com for details.

Follow Helen's further adventures at:
<http://www.telegraph.co.uk/travel/activityandadventure/187305/Blue-Peter-presenter-Helen-Skeltons-Amazon-diaries-week-two.html>

CLASSIFIEDS

Classifieds are free for RICKA members only. [E-mail webmaster@ricka.org](mailto:webmaster@ricka.org), phone 401-725-3344, or send it by US Mail to the Webmaster, Alan August, 70 Scott Street, Pawtucket, RI 02860. **YOU MUST INCLUDE YOUR FULL NAME IN THE MESSAGE** (but not necessarily in the ad) so we can determine that you are a member. If you do not include your name the ad will be ignored. Your ad will be removed after one year unless you request that it be reposted with a lower asking price.

Big Agnes Parkview 3 Tent (includes rainfly & footprint - perfect for the annual RICKA trip to the Adirondacks!) for only \$100. Original cost is tent \$300 and footprint \$30. Both are barely used and in excellent shape. Visit the REI website for specs <http://www.rei.com/product/785350>. Please email me at bfarrell7@hotmail.com if you are interested. (1/18)

Emergency Storm Shelter, made by Expedition Essentials for Sea Kayak Georgia, offers protection and warmth for up to 4 people on the coldest and windiest of days. Made of lightweight zero-porosity, paragliding material, it's non-breathable by design. Packs down to nothing. I used a similar product while paddling in Wales, and believe me, it works! Never used. I paid \$120, asking \$99. Information at <http://www.kayakwaveology.com/EStormShelter.html> email Zak zmettger@verizon.net (01/02)

2 Prijon Seayaks (red) click here for specs. <http://www.wildnet.com/tour.asp?name=seayak> Great boats used very little, both with rudders, sprayskirts some other accessories. \$1000 each. I also have 2 carbon fiber Bending Branches slice hybrid paddles, 1 normal grip 1 small grip. If interested contact Rolf@Xmission.com (12/10)

Epic 16 kevlar touring with SmartTrak rudder only 39#. Near new yellow / white plus new fitted neoprene skirt. Super woman's boat. \$2000 / (860) 334 9433 (10/20)

Hurricane Santee 116, beautiful Blue, used 1 season. Trylon plastic is very durable, won't oil can. Specs: 42 lbs, 11'5", 28" wide, cockpit 38x21, 2 bulkheads/hatches, comfortable adjustable seat. VERY nice, stable boat asking \$600 (firm), paid \$890. Perfect for a small person who has trouble lifting a heavy kayak but yet is also perfect for a larger person due to the size of the cockpit. email lynde256@yahoo.com (10/11)

Woman's Kokatat Gore-Tex dry suit, with built in booties, and back relief zipper, size L, \$425. call Bev at 401-568-8166 or bevthomas2@cox.net (10/6)

P&H Capella polyethylene sea kayak, skeg, yellow, 2 day hatches, good for a beginner or more advanced, a fun boat. \$749 bevthomas2@cox.net, 401-568-8166 (10/6)

Partially completed Pygmy kayak kit, stitch & glue construction. Includes enough mahogany and teak for a 2nd boat. Wood Rockguard Journey paddle, composite Nimbus paddle, dry suit (med/lg). 2 dry bags, camera bag, bilge pump, numerous tapes, books, plans, magazines. PRICE REDUCED! \$800 or b.o. for everything. Call 508-823-1426 (8/27)

Perception Dancer xt, 12 ft, red, good condition; kept in garage. \$350.00. pmini@bryant.edu (8/18)

Pro 150 Wilderness Systems Fiberglass Kayak \$2,400.00 or Best. (North Kingstown, R.I.) The kayak is in perfect condition. No Scratches. Many, Many, Many EXTRAS. Designed for Fresh or Salt Water Fishing. The guy that designed it, must be a genius. MUST SEE. Call Ed (401-885-2326) or e-mail me at: zita59@verizon.net (7/30)

OUTFITTER DISCOUNTS FOR RICKA MEMBERS

Blackstone Valley Outfitters
10% off retail prices on all kayak accessories, guided trips and instructions, at Blackstone Valley Outfitters 25 Carrington Street, Lincoln, RI 02865 401-312-0369, www.bvori.com

Claude's Cycles
Snowshoes 10% off. Canoe & power sports accessories 10% off. Wood canoes & fiberglass canoes 8% off. 50cc scooters 3% off. Receive an additional 2% discount on canoes and 50cc scooters when you pay by bank check. Discounts are for card carrying RICKA members and apply to non-sale items. Foxborough, Ma. (call for directions) 508-543-0490 www.claudescycles.com

The KayakCentre:
Glass boats 6% off normal retail; plastic boats 10% off normal retail; accessories with boat purchase 15% off, 10% off all other times for RICKA members. Brown and Phillips Streets, Wickford Village. 1-888-SEA-KAYAK, www.kayakcentre.com

Ocean State Adventures:
10% off lessons, programs, tours & rentals.
Retail liquidation sale: New boats at cost; everything else 60% off.
Call 508-292-5632 for appointment.

OspreySea Kayak Adventures:
10% off accessories. 489 OldCounty Rd Westport Mass. 02790(508)636-0300 www.ospreyseakayak.com

Quaker Lane Outfitters :
All canoes & kayaks 10% off. Accessories 20% off. 4019 Quaker Lane (Route 2) North Kingstown. 800-249-5400.

WaveLengthMagazine: Offers a "Club Sub" introductory discount for new subscribers who are paddling club members. A subscription generally costs \$15/year, but new subscribers who are RICKA members, can subscribe for \$10. Send a check with your name and mailing address along with a note saying you belong to the RICanoe/Kayak Association. The mailing address is: WaveLength Magazine, 2735 North Rd., Gabriola, BC, Canada, V0R 1X7. Check them out on the Web at <http://www.WaveLengthMagazine.com>