



April Club Meeting

Monday, March 15th, 7 pm

Jewish Community Center, 401 Elmgrove Avenue,
Providence

2010 marks the 10th anniversary of Save The Bay's eelgrass restoration work in the Narragansett Bay. Maria will discuss the evolution of the eelgrass program over the past 10 years, and what our plans are for the future. She will also talk about the biggest challenges facing the Narragansett Bay today, including Hess' proposed liquid natural gas (LNG) terminal in Mt. Hope Bay.

Maria Martinez is a Restoration Ecologist at Save The Bay, Narragansett Bay. She earned her B.S. in Cellular Biochemistry at SUNY Plattsburgh

worked for several years at a biotechnology firm in Boston. In search of life outside the laboratory, she began work at Save The Bay in 2007 as an intern.

Maria currently runs the Eelgrass Restoration Program, a nationally recognized restoration program and a model for volunteer-based restoration work. She also assists with ongoing salt marsh and scallop restoration projects in the Narragansett Bay. When not at work, Maria keeps busy mulching her garden with eelgrass compost.

BOARD ELECTIONS TO BE HELD AT APRIL MEETING

These are the nominations for RICKA officers for the upcoming two-year period:

PRESIDENT: Mark Roberts

VICE PRESIDENT: Andrew
(AJ) Barbato

SECRETARY: Barbara
August

TREASURER: Charlie
Larocque, CPA

In addition, the following appointments have been made to the RICKA Board:

MEMBERS-AT-LARGE:

Mike Bussell

Bill Brown

Benn Thompson

Andy Viera

CONSERVATION CHAIR:

Paul Leclerc

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 Elmgrove 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.

CLUB EVENTS & ACTIVITIES

RICKA Sea Kayaking

<http://rickaseakayaking.org/>

1st Paddle of the Season!

Description: Meet at Westport Harbor boat ramp for a paddle. Drysuits recommended.

Location: Westport Town Boat Ramp

Date: Saturday, April 17, 2010

Time: 10:00am-2:00pm EDT

Duration: 4 hours

Created by: Eric Johnson

Updated: Sunday, March 7, 2010 7:11pm GMT

Pot Luck Dinner and Planning Party

Description: Carleen is hosting this years event. Bring food and/or drink. We will be looking for some volunteers to coordinate paddles for the season.

Location: 75 Drift Rd. Westport, MA

Date: Saturday, April 17, 2010

Time: 3:00pm-8:00pm EDT

Duration: 5 hours

Created by: Eric Johnson

Updated: Sunday, March 7, 2010 7:13pm GMT

RICKA Flatwater

<http://www.ricka-flatwater.org/>

The RICKA Flatwater group held their planning meeting on March 27th and have scheduled trips through Thanksgiving.

Trips for April:

April 3: Wood River, Wyoming, RI

April 10: Mystic Seaport, CT

April 11: Five-Mile River, East Putnam, CT

April 17: Whitehall Reservoir, Hopkinton, MA

April 17: North Branch of the Pawtuxet, Scituate, RI

April 17: Free Learn to Kayak class, Charlestown, RI

April 24: Pawcatuck River, Bradford, RI

For details and entire 2010 schedule, go to:

<http://www.ricka-flatwater.org/events1.html>

Safety & Education

Red Cross First Aid/CPR Class for RICKA members

April 22 & 29

Get ready for paddling season! Instructor Mike McKenna specializes in marine & aquatic education. Upon successful completion of the class RICKA will reimburse participants one-half the course fee.

Cost: \$50 for both sessions.

CPR: Thursday 4/22 5:30-8:30 pm

First Aid: Thursday 4/29 6-8 pm

Location: Jewish Community Center, Federation Room
(see monthly meeting announcement P.1 for directions).

To register call Cat Radcliffe at 508-369-3028.

RICKA Whitewater

<http://www.ricka-flatwater.org/wwschedule.htm>

RICKA Whitewater School

The RICKA Whitewater Group is planning a Class II Whitewater Kayak School to be taught by ACA certified whitewater instructor Mike Rock. The class will be free for qualified RICKA and ACA members.

In this two-day course, participants will learn and refine the techniques needed to paddle in class II whitewater. After a review of the basic strokes on flatwater, we will head to the river to work on eddy turns, peel-outs and ferries. We will also cover river reading and basic river safety.

While this is a beginner whitewater course, it is not for novice paddlers. You must be able to handle self rescues (wet exits) and already know the basic strokes. Previous moving water experience is a plus.

Participants must provide their own equipment including whitewater kayak and paddle, PFD, sprayskirt and helmet. Recreational kayaks are not allowed.

For more information please contact Erik Eckilson (eckilson@cox.net) or Mike Rock (KayakFool2@aol.com). Class size is limited.

EXECUTIVE BOARD:

Next meeting: **Wednesday, April 28, 2010, at 7 pm**
70 Scott Street, Pawtucket
All members are welcome to attend.

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...



What's with the carabiner? When you renew your membership this year, you will receive your membership card laminated, with a ring and carabiner. Your name will be boldly printed on the front if you wish to wear it as a badge. The carabiner allows it to be clipped to your life vest on paddles, if you wish.

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

Did You Know?

Free ACA Insurance is available for club events

RICKA is a Paddle America Club with the American Canoe Association. One of the benefits is general liability insurance for pre-registered club events.

Participants must fill out and sign ACA waivers and either be ACA members or purchase a \$5 event membership.

If you have a club event that you'd like to insure, contact Cat Radcliffe, RICKA Safety & Education Chair at 508-369-3028, at least 4 weeks before the event.



The **PADDLER** is published monthly except December by the Rhode Island Canoe & Kayak Association, Inc. It is mailed from Providence on the Thursday 2 1/2 week preceding the third Monday. It is not available by subscription, but is included in the cost of membership in the Association.

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Additional Member-at-Large: Position Open

Go Canoeing Along the Northern Forest Canoe Trail!



Canoeists and kayakers will find improved portage trails, new and rehabilitated campsites and new information kiosks for the 2010 paddling season along the 740-kilometre Northern Forest Canoe Trail (NFCT) between New York and Maine.

Trail staff and volunteers completed projects last year on the historic 740-mile waterway in New York, Vermont, Québec, Canada; New Hampshire and Maine. NFCT, the non-profit organization that manages the trail, will celebrate its 10th anniversary this year and release the first official guidebook to the trail in March.

"In 10 short years we have translated a wonderful idea into a mapped, accessible recreation resource of national significance," said NFCT Executive Director Kate Williams. "We are grateful to our community partners, and to the paddling community for supporting and encouraging this endeavor. We are looking forward to the next decade and beyond." These are the improvements made for 2010.

New York

Overgrowth was cleared from the Buttermilk Falls and Deerland portage trails. The trails were signed and a 25-foot stone causeway was built.

A 20-step stone staircase was built on the Permanent Rapids portage trail just south of Franklin Falls Pond. Eight campsites were rehabilitated in the Franklin Falls area, and 100 saplings were planted at locations of impact and erosion in the region.

A dilapidated cabin was removed and two new campsite areas were installed on Upper Saranac Lake.

A kiosk was installed at the Green Street boat launch on the Saranac River in Plattsburgh.

Vermont

Lumber-cribbed steps were constructed at the Highgate Falls portage trail access point on the Missisquoi River. Side-hilling and tread resurfacing were also completed on the portage trail.

Signage was improved and overgrowth was cleared along the corridor on a Nulhegan River portage trail. An outhouse, picnic table and welcome signs were added to the Samuel Benton campsite on the Connecticut River in Maidstone.

Kiosks were added at the Bridge of Flowers and Light on the Missisquoi River in Enosburg Falls, and at Island Pond in the Northeast Kingdom.

New Hampshire

Clean-up was completed along the Connecticut River from Maidstone, VT to Groveton, NH.

Maine

Brush was cleared and new signs and blazes were added to two portage trails along the Moose River in Somerset County.

A kiosk was installed at the Fryeburg visitor information center on Route 302 near the Saco River.

Fifteen sections of bog bridging were replaced on a Moose River Loop portage trail, and new holes were dug for two privies at the Sally Beach campsite on Attean Pond in Jackman.

Québec

Completed a clean-up on the Missisquoi River and its North Branch from Glen Sutton to Mansonville. The NFCT now has more than 150 public access points in four states and Canada, and more than 470 individual campsites on public and private land. An interactive map on

www.northernforestcanoetrail.org gives paddlers a detailed look at the 13 sections of the trail and nearby accommodations, services and attractions. Other resources include the new Official Guidebook to the NFCT and water resistant trail section maps. These can be found on the NFCT Web site, at specialty outdoor retailers, outfitters along the trail, and at booksellers.

For more information about the Northern Forest Canoe Trail call 802-496-2285 or www.northernforestcanoetrail.org



Why inflatable PFDs are not acceptable for paddling on RICKA Flatwater or BVPC trips

And why you should think twice before buying one

Adapted from an email from Cheryl Thompson Cameron, RICKA Flatwater Chair

Inflatable vests have long been approved by the FAA for over-water flights, and are now approved by the USCG for boating use. They used to be allowed on RICKA and BVPC trips until a problem "popped up" on one of our trips. After that happened we decided to take a close look at these devices, and as a result of what we learned, they are prohibited on our trips.

If vest inflates, the paddler must continue the trip with the vest in the inflated state. If a paddler falls in and needs to change their clothes, it is very difficult to put the vest back on after it is has been inflated. (This happened on a paddle last spring) Our leaders voted to ban the inflatables on trips. Some of our concerns are:

Inflatable PFD's require the user to pay careful attention to the condition of the device. Inflatable PFD's need maintenance to function properly.

The automatic inflatable has some cons against it. Under prolonged wet conditions auto-inflaters will go off when they get wet even if the person does not fall in the water. A ripcord can catch on a boat fitting and inflate. An important piece of information is to know whether the vest has any leaks when inflated.

If you're a northern paddler there are off-season storage concerns. Manually inflate the PFD in the fall, and leave it inflated until spring to prevent dry rot and cracking.

Cracking can occur if the unit is left folded for extended periods. Another way to leak test is as follows. Inflate the jacket. Stop when you get to a point where you can squeeze the jacket and have your fingers just touch. Leave the jacket for 24 hours and squeeze it again. In either case if you find a leak, contact the manufacturer for advice and service.

Abrasions may occur when the jacket is folded for long periods of time as well as in-use.

Next on your checklist is the inflation cylinder. These can corrode and rust allowing gas to leak out. Remove the bottle and weigh using an accurate scale. Make sure the reading matches the amount on the bottle. Coat the cylinder with Vaseline to prevent corrosion.

Cover the cylinder with a rubber glove finger to stop chafing.

Another item that needs checking is the inflator. Generally you are looking for a green, rather than red, pin or tab indicating the unit is ready. You also are looking for an exposed red stripe, which could indicate an empty gas cylinder. As always, green means go. If you see red either your inflator needs repair, or you gas cylinder needs to be renewed. .

Note: Inflatable PFD's are available in adult sizes only, are not for use by children younger than 16 years of age or by persons weighing less than 80 pounds.

CLASSIFIEDS

Classifieds are free for RICKA members only. E-mail 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/EEStormShelter.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. Tylon 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 (1011)

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

EMS: Club Day April 23-24: 20% off in-store stock, not valid for on-line or prior purchases, gift cards or rentals.

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.

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

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 RICKA Canoe/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>