



FEBRUARY MEETING THIS IS CANOEING Part 1 By Justine Curgenvan

(Due to technical difficulties with the DVD, we viewed Part 2 at the January meeting and will show Part 1 at the February meeting.)

The best compilation of canoe films of all time. This really is canoeing!
7 pm Monday, February 21st, 2011
Jewish Community Center

This is Canoeing is a celebration of canoeing, showcasing top single-blade paddlers in their pursuit of remote wilderness journeys or challenging white water. Multi-award winning film maker, [Justine Curgenvan](#) captures the essence of canoeing in 12 short films. From open canoe slalom races to 1,000 mile birchbark expeditions, Justine provides insights into the diversity of the sport and the influential people who tell its story. Immerse yourself in this globe-trotting 3 hours of adventure to world class canoeing destinations in Canada, the United States, Scotland & Wales.

"**This is Canoeing** is everything that I love about paddling open canoes, it's the beauty of the outdoors, the thrill of the adventure, the joy of gliding gracefully along on the water and the fun of doing all of those things in the company of good friends. As soon as I'd finished watching it I wanted to load up my canoe, grab my paddle and head out to the nearest water. Everyone who paddles, owns or has even thought about getting in a canoe should watch it" Jason Smith - Editor Canoe & Kayak UK Magazine

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.

2011 Rolling Clinics

Still Plenty of Slots Left in All Sessions!
February Registration Deadline Extended to Feb 10th!
We have room in practice sessions for longboats!

RICKA's annual rolling clinics & pool practice sessions are open to current RICKA members and will be held in February & March at Cumberland High School, 2600 Mendon Road, Cumberland, RI.

Confirmed Dates

Session I: February 20 & 27, 9-11 am

Session II: March 20 & 27, 9-11 am

Clinics consist of two 2-hour sessions held a week apart. Boats, paddles & helmets are available for clinics, but students should supply their own PFDs/apparel. Practice participants should plan on using their own boats & gear.

Costs:

Clinic: \$55 per 2-week session.

Practice (no instruction): \$20 per 2-week session .

Insurance: No event fee for current ACA members. Non-ACA members may choose a \$5 event fee per 2-week session, or join the American Canoe Association at discounted annual rates of \$30 individual, \$40 family (regularly \$40 and \$60).

Registration form is on Page 2. Registration is on a first-come, first-serve basis based upon postmark date. The pool is twice the width of last year's, so there should be plenty of room, but we reserve the right to limit enrollment if necessary.

Information, instructions & waiver forms will be emailed to you upon registration.

For further information contact Cat Radcliffe at catherineradcliffe@earthlink.net or 508-369-3028.

Instructors wanted!

"To learn, study; to understand, practice; to master, teach."





CLUB EVENTS & ACTIVITIES



Sea Kayaking www.rickaseakayaking.org

Sea kayak trips will now be posted on the Show & Go Message Board. <http://rickaseakayaking.org/forums/index.php?board=2.0>

Changes & cancellations due to weather or other conditions will be posted on the Changes & Cancellations Message Board by 8 am the day of the trip: <http://rickaseakayaking.org/forums/index.php?board=3.0>

Kayaking on the ocean is an inherently risky endeavor. Before choosing to participate in a group trip, consider the Trip Level(s): <http://rickaseakayaking.org/levels.htm> and the RICKA Sea Kayaking

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

Executive Board

Next meeting: Wednesday, March 2, 2011, 7 pm
Call or email Mark Roberts (see masthead) for location.
All members are welcome to attend.

Flatwater www.ricka-flatwater.org

**Save the Date for the Flatwater Planning Meeting
March 26th, 2011 at River Bend Farm in Uxbridge.**

This meeting is open to everyone. Meet at 12:00. Bring a dish or snack to share if you wish and bring ideas for trips. Thank you to Ranger Val for allowing us free use of River Bend's conference room again!
If you have a trip that is tide dependent or requires a full moon, you can e-mail Cheryl to save the date. Other than special circumstances, we will not save dates before the meeting. If you have never led a trip before, we can partner you up with a seasoned leader, just ask.

Questions contact Cheryl at Stonefoxfarm@juno.com or call at 401-647-5887.

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 immediately 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.

2011 ROLLING CLINIC REGISTRATION FORM

(please submit one form per person)

Name _____ Phone _____

Address _____

Email (required) _____

___ Class, Session 1: February 20 & 27 \$55.00

___ Class, Session 2: March 20 & 27 \$55.00

___ Practice, Session 1: February 20 & 27 \$20.00

___ Practice, Session 2: March 20 & 27 \$20.00

Total Enclosed:
\$ _____

Mail registration form with check payable to RICKA to:

Catherine Radcliffe, 573 Rockdale Avenue, New Bedford MA 02740

Registration Deadlines: February: 2/10/11 (Extended from 2/1!) March: 3/1/11

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PUBLICITY.....Jim Cole.....401-377-1033.....jimcole@hotmail.com
SAFETY & EDUCATION.....Cat Radcliffe.....508-369-3028.....catherineradcliffe@earthlink.net
SEA KAYAK.....Carleen McOsker.....508-636-0546.....carleenmco@charter.net
WEBMASTER.....Alan August.....401-725-3344.....webmaster@ricka.org
WHITEWATER.....Erik Eckilson.....401-765-1741.....eckilson@cox.net





Kayaking Made Easy presented by Jim Cole the author of "Paddling Connecticut and Rhode Island"

Come learn some of the basics about the correct way to paddle, and many tips to make paddling easier and more enjoyable.

An instructional video will be shown followed by a question and answer segment. Items covered will include subjects from safety to planning trips as well as all the required equipment.

We will also review basic paddle strokes, and when to use them.

Saturday, March, 12 , 10:00 AM – 12:00 PM at Kettle Pond Visitor Center, Charlestown

Jim Cole is a USFWS Volunteer, canoe & kayak instructor and long-time RICKA member

Canoeing Made Easy presented by Jim Cole the author of "Paddling Connecticut and Rhode Island"

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American Canoe Association Gadget Drive

Do you have electronic gadgets sitting around unused? Donate them to the American Canoe Assn.'s Gadget Drive through Gazelle.com.

Gadgets that are accepted include camcorders, digital cameras, GPSs, cell phones, MP3 players, laptops, video games, and many more categories.

At <http://americancanoe.gazelle.com/>, you can look up your gadget, see how much it's worth, send it to Gazelle for free, who will then send the money to the ACA.

The ACA Gadget Drive runs through November 1, 2011, and the fundraising goal is \$2,000.

In addition to supporting the needs of its 48,470 members, the ACA reaches out to the estimated 52 million Americans who paddle a canoe, kayak, or raft each year. Through its promotion of paddlesport recreation and education, and its commitment to waterway stewardship, the ACA is contributing to a healthier society and a cleaner environment.

More information on donating to the ACA can be found at <http://www.americancanoe.org>, and following the [Donate](#) link.

Side Scramble Recovery

By [Wayne Horodowich](#)

There may come a time when you do not have assistance and you have to enter your kayak as quickly as possible in order to get out of your present location. The cowboy scramble recovery is one option (see USK article "[Scramble Recovery](#)") or you can try the side scramble recovery. The side scramble recovery can be faster than the cowboy style scramble, because you are jumping on right over the cockpit rather than the stern of your kayak. However, the side scramble takes a bit more agility and balance if you want to stay upright. This recovery uses the same technique as the BBF recovery for sit-on-top boats (see USK article, "[Sit-On-Top BBF Recovery](#)").



You begin the side scramble recovery on the side of your kayak right next to the cockpit. In this example Jason will choose to hold his paddle throughout the recovery. I suggest you put your paddle under the deck shock cords so you have both hands free to perform the

necessary maneuvers. I am a big fan of hands free operations whenever possible. If you have a paddle leash this would be a great time to utilize it.

You need to find hand positions that will allow you to pull your body over the cockpit. I like to reach just past the mid-point of the front and rear ends of the coaming, with my hands wide apart grabbing the coaming. Since this is a quick recovery



we will discuss getting water out of your cockpit later in the article.

When you are ready to launch your body over the cockpit, I recommend you kick your feet up to the surface behind you so you are prone on the surface of the water. If you try to come straight up from a vertical position, you will have a tendency to pull your kayak over. The prone position gives you a better chance of NOT rolling your kayak over as you climb on. This also reduces the amount of water you will get into your cockpit as you climb on.

When your feet are near the surface you will give a strong kick with



your feet as you press down and pull with your arms to get your body up onto the boat. The press down slightly lowers the boat into the water. The pull gets your body over the cockpit along with the

power generated by your kick

You want to get your naval over your seat. How far you need to get over your cockpit is a matter of your body type and the balance of your kayak. Your goal is to be lying over your cockpit and feel balanced.

If you do not get enough of your body over your cockpit you will find yourself falling back towards the water and you will be taking your kayak with you. If that happens you have two options. Option one is to try to pull yourself farther up onto your kayak by kicking your feet and pulling your body up with your arms. The second option is to push yourself off of the kayak so you can try the maneuver again. I recommend pushing off rather than just rolling back with your kayak. If you roll back with your kayak you will be adding more water into the cockpit. The less water in the cockpit the better it will be for you when you have to paddle off. Remember, you may be using this as a quick get-a-way from your present location. Therefore, you may not have the luxury of pumping out the water until you find yourself in a better location.

I think this next step is the hardest one of this recovery. In order to keep from capsizing you need to QUICKLY flip your body over so you have your backside in the seat. If you try to roll over slowly your chance of flipping over increases dramatically. In my experience in trying this myself and when watching others, the ones that flip over quickly are the ones with the better chance of staying upright.

In order to flip over quickly you need to find good hand placements that will allow you to lift your body off of the cockpit and allow you to flip your body over. In this case Jason has moved his right hand to the center of the coaming and his left hand is on the back of the coaming closer to the outside of the kayak. Of course, you will find the best place for your needs.



When Jason is ready he pushes down with his arms and uses the



power of the right arm to flip himself over. I recommend that you do the flip so you are presenting your back to your seat-back. This seems to have the greatest success with the paddlers I have observed.

When your backside falls into the seat your center of gravity is lower and you will feel more stable. However, there is one small caution I must add to my previous statement. Your upper body needs to be balanced over the kayak. The key to that balance is your

head movement. If you lean your head back you will find yourself capsizing backwards. If you have your head too far forward after the flip, you will capsize forward.

As you practice this flip you will learn to adjust your head to find that sweet spot for staying upright. The movement of the head moves your upper body into the correct position. This is also a good time to take a few second breather before your move onto the next step. Before you proceed be sure you feel balanced over your kayak.

In order to get your feet back into your cockpit you need to rotate your body so you are facing your bow. As you rotate toward the bow you have a choice of how you want to put your feet back into the cockpit. I recommend to move your legs until you have one leg on each side of your kayak.



Sitting in your kayak with each leg draped over each side (leg straddle position) puts the kayaker in a very stable position. Once you feel stable with each leg out to the side, then you can start putting in each leg one at a time.

You can also try putting in one leg as you turn toward the bow and then the second leg to follow the first. This is a bit quicker, because you eliminate the leg straddle step. However, I have seen a few capsizes when this method was tried, because the paddler was not centered. Find out for yourself by trying both options.



Once you are back in your kayak, you are ready to paddle out of your present location. If your kayak is filled with water you will need to maintain your balance as you paddle (see USK article, "[Paddling A Flooded Sea Kayak](#)"). If you need to pump out the water I

suggest you do it in a location you feel more confident in staying upright. I also recommend that you pump while you are on the move for more stability.

I would recommend not to reattach your spray skirt until you have some momentum. When your kayak is moving you will feel more stable to quickly attach your skirt to the coaming. Sometimes I have just attached the front of the skirt and not bothered with the back, because the opening behind me is so small when the skirt is not attached on the back of the coaming. I attached the front to keep rough water out of my cockpit. Since I am using this recovery technique to get me out of a difficult location, I envision water washing over my deck as in a rock garden area.

Here is a reality check for you larger paddlers and those with small cockpits. In order for this recovery method to work as described, the paddler needs to



be able to put their legs back into their cockpit once they are seated in their seat. Since I have such long legs I cannot put my feet into my cockpit as I indicated above.

I have used this method a number of times to retrieve kayaks that were left in caves and rock gardens by my students. I would get out of my kayak and leave it with the group in a calmer location. Then I would swim into the rock garden or cave and do the side scramble entry. However, I cannot finish the last part of the recovery, which is putting my feet back into the kayak. I end up sitting in the seat with my feet straddling each side of the kayak and I paddle the kayak back to the group.

In order for me to get my feet into most kayaks, even my personal kayak, I need to lift my body up off of the seat up toward the back deck. Then I have enough space to get my feet back in one at a time. I have to say this extra maneuver is very unstable. My success rate is not very good in rough water. I have other tricks that will be a topic for a future article.

I prefaced the use of the side scramble as a method to be used when you have to get in your kayak quickly and get out of your present location. This recovery technique can be used whenever you want and is not restricted to any one scenario. I find any scramble recovery a possible option, but they are not the most reliable for many paddlers when conditions are rough. That being said, I have a few friends who have mastered this technique and can perform it in very rough conditions. However, they are the exception and not the rule. In addition, this is one of those techniques that need to be practiced regularly to keep your skills sharp.

Before closing it is worth mentioning that you can try some in water draining methods if you have time to do so (see USK article, "[In Water Draining Methods](#)"). This way you can climb into a more stable kayak.



Pictures seen above were taken from the USK Video "[Capsize Recoveries and Rescue Procedures](#)"

Wayne Horodowich, founder of [The University of Sea Kayaking \(USK\)](#), writes monthly articles for the USK web site. In addition, Wayne has produced the popular "[In Depth](#)" [Instructional Video Series for Sea Kayaking](#).

DVD's Available from Paddling.net

- [Essential Kayaking Strokes](#)
- [ABCs Of The Surf Zone](#)
- [Bracing Clinic](#)
- [Capsize Recoveries & Rescue Procedures](#)
- [Beyond the Cockpit - featuring Derek Hutchinson](#)

From the University of Sea Kayaking
Directed by Wayne Horodowich



MARKETPLACE



RICKA CLASSIFIEDS

Kokatat Expedition Drysuit Bought new in 2008. Mango, Men's large-very good shape. Has gore-tex hood & socks, relief zipper, 3 pockets, cordura reinforced seat & knees, overskirt to keep water from entering top of skirt. Check out more details at http://www.kokatat.com/product_detail.asp?code=exp Asking \$650. Sells new for \$1,085.

Gerry P. 860-235-0430 gerry@SeaSherpaKayak.com (11/27)

2 P&H Orca 15 kayaks, PRICE REDUCED \$625/each or \$1,200 for both. One blue one yellow. These are a large person's, hard chined, 3 layer, poly touring kayak perfect for anything from day trip river exploration to open water, multi day expedition use. **Includes Werner Skagit 220cm paddle** with each boat in very good shape. \$130 new. Popular as club boats in the UK. Also available:

Seals Coastal Tour Skirt 2.2 (fits the Orcas) in unused shape. \$85 new. Asking \$60. http://www.sealsskirts.com/prod_tr_coastaltour.html

Gerry P. 860-235-0430 gerry@SeaSherpaKayak.com (11/27)

Valley Nordkapp Jubilee sea kayak, 17'10"x21" cockpit 29.5 x 15.5 retractable skeg, 56 lbs., color is white on white, vg cond. 4-5 years of age, saw little action, always garaged. \$1800 - lovely boat for the right size person.

Ralph 401-954-3203 or rwernett@aol.com (11/19)

Garmin eTrex H GPS Yellow, new \$99.95, \$40 obo. jimcole@hotmail.com (10/28)

Waterproof Ewa-Marine D-A Marine case for digital photo camera good down to 110ft. New \$264, \$80 obo. - Glass, PVC, like new www.ewa-marine.com/index.php?id=103&L=0 Perfect for superzoom digital cameras.

jimcole@hotmail.com (10/28)

Necky Elaho HV- \$1,500. purchased new this summer, list is \$ 2,900. yellow over white 17' & 22 1/2" w/rudder, picture on Craigslist RI **Pat 401-480-3508** (9/30)

Compass Cayak Streamer 10.5', 18 lbs. Kevlar. Built by (late) Joel Flather as a modified Rushton hybrid canoe/kayak. Looks like a small canoe but paddled like a kayak. Two for sale: one fully open deck, one partial deck. Both have green hulls, foot pegs, removable seats and two-piece wood paddles. Always stored inside, normal hull scratches. Asking \$450 each. Photos or demo on request. **Jim 401-624-6031** or jim.spears@cox.net (9/13)

Dagger Crossfire (poly) - 2 float bags inc- color, white, cranberry and green \$350. Westport, MA carleenmco@charter.net (9/4)

Old Town H2 YO- \$399 Carrying handles * Rear-deck storage equipment Length: 11'2" Width: 29.5" Depth: 17.5" Approx. Weight: 42 lbs. Approx. Capacity: 250 lbs. This kayak is green/yellow, has seen limited use and is garaged & well cared for. **Peter 508-878-8382** or pabergh@gmail.com (7/20)

Werner 'Sprite' Kid's Fiberglass Kayak Paddle - \$59 The Sprite is a touring paddle for kids. Featuring proportionally smaller, fiberglass reinforced nylon blades on a smaller diameter fiberglass shaft. Smaller blades and shaft are a good fit for small hands. Great for family paddling! The smiley face sticker on the blade face lets you know if you are holding the paddle correctly. Excellent condition, well cared for. 850g (30oz) at 200 cm **Peter 508-878-8382** or pabergh@gmail.com (7/20)

Youth PFDs from MTI Adventurewear- \$39 Youth life vests perfect for young paddlers. <http://www.mtiadventurewear.com> Colors: blue, yellow, violet. Well cared for, good condition, lots of life left in them. **Peter 508-878-8382** or pabergh@gmail.com (7/20)

One Ocean "Cirrus" kit built kayak, 22"x17.5", 40" cockpit, for large person (I'm 6'4", 235). Two tone deck, 2 hatches, lines, carry handles. Natural finish, spray cover. Very fast. 1 year old, some bottom scratches from normal use. View "Cirrus" @ oneoceankayaks.com. Located Narragansett. Can deliver. \$950 OBO. **401-792-2291** inprins@yahoo.com (6/20)

Dive fins (new). Blue + black Mares Challenge Size 7.5-8. \$10. **Call 401.941.8061 and leave a message and phone number.** (5/18)

NRS Kayak Air Bags from Northwest River Supply. Fits 9.5 foot Perception or similar recreational kayak.

Call 401.941.8061 and leave a message and phone number. (5/18)

Brand new Swift Bering Sea kayak, kevlar, skeg, red over white. 40 lbs, 15'10" long, 23.5" wide. Fast, stable, forgiving kayak. See details at <http://www.swiftcanoe.com/kayak/touring/BeringSeaSport.htm>. Retail for \$3,200, asking \$2,300. **Cat 508-369-3028** or catherineradcliffe@earthlink.net (4/25)

Wanted—Old wooden paddles & kayaks (or pieces thereof) that you'd otherwise throw out. outside@cox.net

Classifieds are free for RICKA members only. E-mail webmaster@ricka.org, phone 401-725-3344, or 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.

DISCOUNTS FOR MEMBERS

Bring your RICKA membership card and re-member to ASK for the discount.

Blackstone Valley Outfitters

10% off retail prices on all kayak accessories, guided trips and instruction.

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

CrossFitRhody

Work out as if your life depends on it. 20% discount off any CrossFit membership.

<http://www.CrossFitRhody.com>

Eastern Mountain Sports

Cranston and Middletown locations only; not valid in other locations, online, or on phone orders. Valid on full-price, in-stock merchandise only. 15% off plastic hulls and accessories purchased with a hull; 10% off all other kayak accessories without purchase of a hull.

Offer expires 12/31/2010.

Ocean State Adventures (OSA)

10% discount on lessons, tours and rentals.

508-292-5632 www.oceanstateadventures.com

OspreySea Kayak Adventures:

10% off accessories.

489 OldCounty Rd Westport Mass. 02790

(508)636-0300 www.ospreyseakayak.com

Quaker Lane Outfitters :

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 items.

Brown and Phillips Streets, Wickford Village

1-888-SEA-KAYAK www.kayakcentre.com

WaveLength Magazine

<http://www.WaveLengthMagazine.com>

Offers a "Club Sub" introductory subscription to club members for \$5 off the regular price of \$15. Send a \$10 check with your name and mailing address along with a note saying you belong to the RI Canoe & Kayak Association to *WaveLength Magazine*, 2735 North Rd., Gabriola, BC, Canada, V0R 1X7.

