

PADDLER

www.ricka.org

Newsletter of the Rhode Island Canoe & Kayak Association Vol. XXXV No. 1 January, 2012

January Club Meeting

Basic Snowshoeing

Monday, January 16, 2012 at 7:00 p.m.

Don't stay inside this winter - join your RICKA friends on a winter shoeshoe trip. At this month's meeting, Don Martin will cover the basics that you need to know including:

- Clothing and Equipment
- Basic techniques
- Nearby trails



A RICKA snowshoe trip at the Douglas State Forest

Don Martin has showshoed, hiked and paddled in New England and the Mid-West for over 25 years. He is co-owner of [Blackstone Valley Outfitters](#) in Lincoln RI - a leading supplier of quality paddling, hiking, biking, fishing and showshoeing gear. Blackstone Valley Outfitters also provides canoe/kayak rentals, and guided paddles, hikes and tours in the Blackstone River Valley and across New England. The meeting will be held at the Jewish Community Center, 401 Elmgrove Avenue, Providence.

Directions to the Jewish Community Center: From Rt. 95 South take Exit 24 and turn left onto Branch Avenue. From Rt. 95 North take Exit 24 and turn right onto Branch Avenue. Go past Benny's. Cross North Main Street and continue up the hill (past KFC). At the top of the hill cross Hope Street and continue one block to the end at Morris Avenue. Go left, then immediately right onto Sessions Street. Go down the hill to Elmgrove Avenue. The Jewish Community Center will be across the street.

RICKA's Annual Rolling Clinics & Pool Practice Sessions

RICKA's annual rolling clinics & pool practice sessions are open to current RICKA members and will be held at Cumberland High School, 2600 Mendon Road, Cumberland, RI. There will be two (two-week) sessions:

- Session I - February 19 & 26 from 9:00 to 11:00 a.m.
- Session II - March 18 & 25 from 9:00 to 11:00 a.m.

Thanks to Frank Matta for his hard work and persistence in arranging for RICKA to use the Cumberland High School pool.

See page 3 for additional details.

Alan August retires as Webmaster

After 17 years, Alan August has retired as RICKA Webmaster.

Charlie Allsworth launched the first RICKA webpage in 1993, and Alan August became Webmaster in 1995. Initially the website was an extension of the Paddler newsletter. By 1997, the webpage had evolved from the Paddler website into the [RICKA website](#).

Over the years, Alan maintained a schedule of updating the homepage on a daily basis. For many, a daily visit to the RICKA website kept us up to date on what was going on with the club. It was always interesting to checkout Alan's choice for "Today's Picture". Alan will remain on the Board as a Member at Large.

Thank you Alan for all your great work as RICKA Webmaster.

A Cold Water Caution

Exposure to the cold can drain your strength and rob you of the ability to make sound judgments regarding safety. Cold water immersion is especially dangerous due to the initial shock and rapid loss of heat. For cold weather paddling, please remember:

- Never paddle alone - at least three boats are recommended, four boats are better.
- Keep the trip short, and well within the paddling ability of the group.
- Dress for immersion in a drysuit or wetsuit. Protect the extremities with a hat, neoprene gloves and warm footwear. Always carry a change of cloths in a waterproof bag.
- Know how to recognize and treat the

symptoms of hypothermia. (See page 5 for more information)

- Always, always, always wear your PFD.

Cold weather paddling significantly increases the risk of serious injury or death. Paddle safe. Paddle smart.



Earl's Ice Breaker on the West River

February meeting to feature talk on Expedition Paddling by Greg Paquin

You won't want to miss our February meeting which will feature a talk on **Expedition Paddling** by well-known paddling instructor and coach Greg Paquin – owner of [Kayak Waveology LLC](http://www.kayakwaveology.com).

Greg will speak from experience having paddled extensively around New England, the Canadian Maritimes and the UK. He has been sea kayaking since 1989 and teaching and coaching since 2003.

The meeting will be held on Monday, February 20, 2011 at 7:00 p.m. at the Jewish Community Center in Providence. We hope to see you there!

The Paddler is published monthly except December by the Rhode Island Canoe & Kayak Association, Inc. It is not available by subscription, but is included in the cost of membership in the Association.

Your annual RICKA membership will expire on March 31, 2012...

Renew your membership now!

For more information, please visit the website at:
<http://www.ricka.org/Join/Jointhefun.html>

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2012 Rolling Clinics and Pool Practice Sessions

RICKA's 2012 Rolling Clinic and Pool Practice sessions will be held at Cumberland High School, 2600 Mendon Road, Cumberland, RI. There will be two (two-week) sessions:

- **Session I** - February 19 & 26 from 9:00 to 11:00 a.m.
- **Session II** - March 18 & 25 from 9:00 to 11:00 a.m.

These sessions are open to current RICKA members. Boats, paddles and helmets are provided, but students must supply their own PFDs/apparel. Practice participants should plan on using their own boats and gear. The cost is:

Clinic: \$55 per 2-week session

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

Insurance is required for these sessions, but there is no insurance charge for current ACA members. Non-ACA members may choose a \$5 event fee per 2-week session, or to join the ACA at a discounted annual rate of \$30 individual, \$40 family (regularly \$40 and \$60).

Please register using the registration form below. Mail the registration form with your check payable to RICKA to:

Catherine Radcliffe
573 Rockdale Avenue
New Bedford MA 02740

The registrations deadline is February 1st for Session I and March 1st for Session II.

Registration is on a first -come, first-serve basis based upon postmark date. We



reserve the right to limit enrollment if necessary. Information, instructions and waiver forms will be emailed to you upon registration.

For additional information please contact:
Cat Radcliffe
catherineradcliffe@earthlink.net
508-369-3028



2012 ROLLING CLINIC REGISTRATION FORM (Please submit one form per person)

Name _____

Phone _____

Address _____

Email (Required) _____

Class - Session 1: February 19 & 26 - \$55 \$ _____

or

Practice - Session 1: February 19 & 26 - \$20 \$ _____

Class - Session 2: March 18 & 25 - \$55 \$ _____

or

Practice - Session 2: March 18 & 25 - \$20 \$ _____

Total Enclosed: \$ _____

**Mail registration form with check payable to RICKA to:
Catherine Radcliffe, 573 Rockdale Avenue, New Bedford MA 02740
Registration Deadlines: February: 2/1/11 & March: 3/1/11**

Basic Snowshoeing

What do you do when the water freezes? Do you stay inside and wait for spring? Many RICKA paddlers head outside to do some snowshoeing. Here are some basics to get you started.

Snowshoes

Snowshoes work by increasing the surface area of the wearer's foot. This allows the snowshoer to literally walk on top of the snow. Modern snowshoes with aluminum frames and plastic infills are a significant improvement over the wood and rawhide snowshoes of old.

How big should your snowshoes be? Snowshoes of 8" by 25" are fine for snowshoers up to 200 pounds. If you are heavier, or plan on breaking trails, shoes of 9" by 30" might be more appropriate. If you are smaller, or plan to stay on established trails, shoes of 8" by 20" would probably work fine.

Bindings are what holds the snowshoe to your feet. Adjusting the binding is as simple as positioning your foot in the binding with the ball of your foot on the main support, and tightening the binding from the toe to the heel. Your foot should be centered in the snowshoe.



RICKA crew takes a break

Many snowshoes also include a metal claw or crampon under the ball of the foot. These crampons significantly improve traction when climbing or descending hills.

Poles

Many snowshoers use one or two poles to help them maintain balance on uneven terrain. Poles can also provide an upper body assist when climbing steep hills. While poles are not required, many people feel more comfortable with them.

Cloths

When it comes to winter apparel, the best approach is to dress in layers. The key to cold weather insulation is to confine as much body heat as possible within the layers, while at the same time allowing moisture to escape. The advantage of this approach is the layers can be added or removed as needed as the conditions change.

Start with a base layer that is nonabsorbent and allows moisture to pass through. Stay away from cotton - water repellent fabrics such as polypropylene are a much better option. Next comes an insulating layer. Wool is always a good choice, as is Thinsulate or fleece. On top of that goes a shell layer that protects from the elements, yet allows moist air to escape. Goretex is the fabric of choice here because it is waterproof and breathable.

You don't need to go crazy buying name brands, but you will be more comfortable with appropriate cloths. Snowsuits work fine, but combine the insulating layer and shell layer into a single garment which can make it more difficult to regulate temperature as conditions change.

On your feet, the same process applies – breathable liner socks, insulating woolen socks and comfortable boots. Don't forget gloves for your hands and a hat for your head. Your whole body will feel warmer if your extremities are warm.



Heading up the trail

Hitting the Trail

If you are getting out on your own, established trails are a great place to start - see page 7 – Places to go Snowshoeing. Snowshoeing will be easier on trails that are already broken.

Fresh powder is the prettiest, but most difficult snow to snowshoe in. When hiking as a group, the lead snowshoer breaks the trail making it easier for those that follow.

Ascending and descending hills can also be a challenge. Modern snowshoes with crampons make traversing hills much easier. When traveling up or down hills, stay on the balls of your feet to keep good traction or breaking action on the crampons.

One of the most dangerous hazards while snowshoeing is crossing ice. Thin ice is often indicated by the dark color of the water underneath. Never cross a body of water unless you are sure it is safe.

Know your limits

First time snowshoers often describe the activity as exhausting. Don't over do it – keep your trips short and enjoy the day.

Excerpts from *Snowshoe Handbook*
by Len McDougall

Cold Water Protection and Hypothermia

Water draws heat from the body 25 times faster than air. Sudden immersion in cold water is debilitating, causing a rapid loss of strength, coordination, and judgment. All paddlers should know how to dress for cold water, and know how to recognize and treat the symptoms of hypothermia.

Cold Water Protection

Drysuits and wetsuits both work effectively in cold water. In a wetsuit, air is trapped inside the neoprene material, and the suit fits snugly enough to keep most cold water out. What little water gets inside is quickly warmed by the user's body heat.

Drysuits create an actual barrier between the environment and the paddler. The paddler regulates the inside temperature by adding or removing layers of insulation, such as pile or polypropylene.

Hypothermia

The human body functions only within a narrow temperature range. When the body cools below acceptable levels (hypothermia), there is a significant loss of strength, coordination, and alertness. When hypothermia sets in, the body prioritizes heat distribution to keep the vital core warm.

As the body begins to chill, the first signs of hypothermia come in the form of muscle tension and goose bumps. This non-shivering heat generation can double the metabolic rate. As the core temperature continues to drop, shivering begins. These uncontrolled contractions can increase the metabolism to five times the normal rate.

When core body temperature fails below 95°F, shivering diminishes. The patient may become confused; reasoning becomes clouded. With continued heat loss, the body decides to sacrifice parts of itself so

that the brain can survive. By reducing the area being heated, life is prolonged.

First, the body decides it doesn't need the extremities. Then it begins to shut down blood flow to unnecessary organs. And finally, it will limit flow to the three organs that sustain life itself.

Treatment of Hypothermia

Mild hypothermia (victim shivering but coherent) - move victim to place of warmth. Remove wet clothes; give warm, sweet drinks; no alcohol or caffeine. Keep victim warm for several hours.

Moderate hypothermia (shivering may decrease or stop) - victim may seem irrational with deteriorating coordination. Treat same as above, but no drinks. Victim should be kept lying down with torso, thighs, head and neck covered with dry clothes, coats or blankets to stop further heat loss. Seek medical attention immediately.

Severe hypothermia (shivering may have stopped. Victim may resist help or be semiconscious or unconscious). Treat same as above, but no drinks, and victim must be handled gently. Cold blood in the extremities that suddenly returns to the core may induce cardiac arrest. Seek medical attention immediately.

Excerpts from *Whitewater Rescue Manual* by Charles Walbridge & Wayne A. Sundmacher

Please note: This article is not intended to replace first aid training from a qualified instructor.

RICKA and The Kayak Centre support the Girl Scout Canoe Team

For over 20 years, paddlers from the Girl Scouts of RI have raced in the General Clinton Regatta. This year, the team will compete with new bent-shaft racing paddles donated by RICKA and [The Kayak Centre](#) of Wickford.

The [General Clinton Regatta](#) is held in Bainbridge, NY and has included Girl Scout races for the past 35 years. Over 250 Girl Scouts from Maine to Virginia compete in a variety of events including the 5-mile sprint, the 10-mile intermediate, the 15-mile endurance, and 4 and 6 person relays.

This year, the team from the [Girl Scouts of RI](#) will begin their season in early April and practice every Saturday at Camp Hoffman on Larkin's Pond in West Kingston. Girls join the team individually or with friends and are then paired up according to ability and age and finally choose the event they want to participate in.

Last year, the team saw the following results: in the senior sprint category GSRI placed 1st through 4th! In the junior sprint category GSRI placed 7th and 8th. In the 10-mile intermediate race GSRI placed 4th.

According to one paddler "being part of the canoe team is hard work but it taught me about friendship and team work. You get to know all the girls, not just your partner. Technically you are all competing against each other but everyone is super nice and supports and encourages one another".

Through Girl Scouting, girls explore the outdoors, try things they have never done before, meet new people, and along the way build their confidence and leadership skills. All while having fun!

RICKA is proud to partner with The Kayak Centre to support the Girl Scouts of RI.

A Halloween Trick or Treat

By Andrew (AJ) Barbato

Our annual RICKA Halloween Paddle and Party on Norton Reservoir started out as usual by meeting at our gracious host's house to unload and put in. This year's paddle followed the combination of a large rainstorm and the first snowstorm of the year. After getting our boats and gear unloaded and adorning our traditional costumes and boat decorations we started out.



Starting out following the shoreline

The weather was nice and sunny with a strong head wind and some occasional white caps on the outbound portion of the trip. We followed the shoreline as we normally do to our first challenge of sneaking our way under a very low bridge to explore a small but scenic cove. But, mainly it's just for the fun of trying to go under the road without getting a noggin knocker. Which has not always been the case; we will just leave that paddler as anonymous. But, he knows who he is.



The first low bridge – will he make it?



Heading up the narrow stream

Next we moved on to what is normally a short trip up the small feeder stream that supplies the pond. Typically we get to the first bridge and turn around, but this year with the previous heavy rain, we were not only able to get passed this bridge, but also the second. As we headed upstream, the stream got very narrow with many very tight turns and with a strong current.

The return trip downstream through this tight, fast moving section was not as easy as it had been on the way up. Most of us were able to get through with only few scrapes from the branches, but one was not so lucky. She was paddling a sixteen foot sea kayak and while attempting to navigate the tight turn was grabbed by the current, pushed into the over growth, and forced to perform a graceful wet exit. Thankfully she was wearing a drysuit. As a result, the three boats pulling up the rear put on the brakes and grabbed anything along the shore as not to run into her.

As I was sweep and the farthest away, there was not much I could do at that point. Without hesitation the two paddlers in front of me jumped into action. Within minutes, they were able to perform a T-rescue to empty the kayak of most of the water and to get the paddler back in her boat. This was impressive to watch as all this was being done in a tight stream with fast moving water. The over growth and

many trees made getting out onto shore impossible. With a few wipes from the bilge sponge and the reattaching of her skirt the three of them were able to paddle back up the stream to turn around and give it another run - this time without incident.

Although this unexpected swim wasn't a big deal, it could have been worse. Thinking back, there are several reasons why it wasn't. First, these paddlers had all taken the RICKA Flatwater Safety Class offered at Stump Pond earlier in the year, so they know how to perform a wet exit and an assisted re-entry back into the boat. Second, everyone was dressed for the conditions in appropriate cold-water gear. Third, RICKA has great people who help everyone in any way at any time.

Speaking for myself, if all we did as a club is to offer this safety and training class, then I feel we are providing the most important thing possible: **KNOWLEDGE.**

The moral of the story is: Never take anything for granted, especially on the water. The calmest day, the simplest trip, the flattest water can and will go wrong in some way at any time. Being well equipped and trained will provide you with years of paddling fun and hopefully without incident.



Taking a break during a great trip

AJ is a Flatwater and Blackstone Valley Paddle Club Leader and RICKA Vice-President.

Before you Paddle...

Educate yourself about the area in which you will be paddling, and carry appropriate gear, clothing, water, food, etc. Always check the weather forecast before launching. **YOU ALONE ARE RESPONSIBLE FOR MAKING THE DECISION TO LAUNCH YOUR BOAT.**

Flatwater Trips

Flatwater trips are on the [Flatwater Message Board](#). Check [web site](#) for directions and/or GPS coordinates. Also check the message board for upcoming snowshoeing trips.

Sea Kayak Trips

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

Whitewater Trips

Late cancellations & changes to trips will be posted on the [Whitewater Message Board](#). Appropriate skills and equipment are required for whitewater trips.

Places to go Snowshoeing

If we get some snow, here are some great snowshoeing sites suggested by our [facebook](#) friends:

Bikepath in Lincoln – the Visitor Center on Route 295 allows you great access to the bikepath.

Diamond Hill in Cumberland – a nice loop up Diamond Hill, and then down the other side.

River Bend Farm in Uxbridge – snowshoe along the canal, or up one of several very nice trails.

Purgatory Chasm in Sutton – lots of great trails to explore.

Douglas State Forest – great showshoing on miles of woodland trails.

George Washington Management Area in Chepachet – try the Walkabout Trail in the George Washington Camping Area on the Shores of Bowdish Lake.

RICKA Trivia Question of the Month...

Would you like to win an official RICKA Towel? The first 5 entries to get the correct answer will be awarded their very own RICKA towel which comes in a net bag with the RICKA logo. One prize per member in a six-month period.

In what year was the Blackstone Canal completed?

Send responses to membership@ricka.org with the subject "RICKA Trivia".

November's Trivia Question - we had only 1 correct answer to the question:

Name one of the brooks and rivers that flow into the Wood River?

Correct answers include Carson Brook, Kelley Brook, Flat River, Parris Brook, Roaring Brook, Baker Brook, Brushy Brook, Diamond Brook and Canonchet Brook.

It's not too early to make your reservations for the 2012 Adirondacks Trip

Our 2012 Adirondacks trip will be August 4th – 12th. Please fill out this form to let the organizers know who is attending and where you will be staying:

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

Trip coordinator: Henry Dziadosz
henry@twincitysupply.com 401-567-0313

Discounts for Members

The following retailers offer special discounts for RICKA members:

Blackstone Valley Outfitters
401-312-0369
<http://www.bvori.com/>

Claude's Cycles
508-543-0490
<http://www.claudescycles.com/>

CrossFitRhody
<http://www.crossfitrhody.com/>

Osprey Sea Kayak Adventures
508-636-0300
<http://www.ospreyseakayak.com>

Outdoorplay.com
<http://www.outdoorplay.com/kayaks>

Quaker Lane Outfitters
800-249-5400

The KayakCentre
508-636-0300
<http://www.kayakcentre.com/>

WaveLength Magazine
<http://www.wavelengthmagazine.com/>

See the [website](#) for details and remember to ASK for the discount.

RICKA Classifieds

Classified ads free for RICKA members and are printed here on space-available basis. Please see the [website](#) for the complete list.

- **2009, NDK (SKUK) Explorer HV**, slider skeg and keel strip. Light Quill Deck / Red Trim/ Light Quill Hull. Selling for \$2,800.00 (New). **2009, NDK (SKUK) Greenlander Pro**, slider skeg and keel strip. British Racing Green deck / Yellow Trim/ Light Gray Hull. Selling for \$2,800.00 (Used Lightly). Call Greg P. 860-304-4000 or email coach@kayakwaveology.com.
- **Strip built Outer Island**, 18' X 20", ocean cockpit. Fast and maneuverable. Built with extra layers of fiberglass for battleship strength so weighs approx 55lbs. \$2,200 Located in Westchester County, NY [Jerry Borenstein](#)
- **Necky Elaho**, poly, 17' sea kayak with skirt - excellent condition, \$600 or best offer. **Necky Elaho** high volume, poly 17' sea kayak with skirt, excellent condition, \$600 or best offer. Steve 401-295-0877 sstesau@verizon.net
- **Perception Acadia kayak**, blue, 11 1/2 feet long - \$400. Harmony [cockpit cover](#) - \$30. Call 861-1537 or email shelly-dimatteo@cox.net
- **Valley Avocet Kayak** - 16' x 22" 13" depth. British green over white hull w/yellow stripe between. 54lbs. \$1850 or best offer. Call Bruce 508-364-5877 or email cpecdwheels@yahoo.com
- **Tandem 16 foot wood canvas canoe**, no seats (probably made in 1950's before seats became popular) - \$450 or best offer. Pictures are available. **Woman's Dry suit, small/med**, needs gaskets, very good condition - \$250 or best offer. **Waterproof camera case** - good down to 110 ft. Cost new \$264, selling for \$60 obo. [Ewa-Marine D-A Marine case](#) for digital photo camera - Glass, PVC, like new. Perfect for super zoom digital cameras. Contact Jim at jimcole@hotmail.com
- **Wanted to buy, rent or borrow: Solo Canoe**, 14.25' to 15' long, with 32" to 35" beam. Royalex with slight rocker and shallow V design. Canoes that fit this category include, Mad River Guide, Eclipse, Independence or similar design. Depending on boat and condition may be willing to trade for my Kevlar Mad River Guide. Contact Jim at jimcole@hotmail.com
- **Boreal Designs Nanook**, composite, dark red/ white, as is \$900. Of course you can try it out! Cat Radcliffe 508-369-3028 catherineradcliffe@earthlink.net
- **Looksha Sport Kayak by Necky**. 14'6" x 23". Stable, hard-chined. poly, yellow. Good condition. Front and rear hatches. Excellent for ocean or lake, day trips or week-end trips. Fun boat. \$600. Call Ed Rose 508-987-6165. Try it out.
- **Dagger Encore OC1** Excellent Whitewater boat. ABS, Red, vinyl gunnels, outfitted with Perception saddle, side flotation, kneepads, \$200 obo. Contact Gary, garywhitney3@cox.net, 401.539-0922.
- **NDK Greenlander Pro**, 17'10"x21" white/white. Built in 2000, in very good condition. No skeg, no leaks. \$900 firm. Two spray skirts for \$100 and one Cricket greenland paddle for \$100. Contact clawlor@cpsed.net
- **WANTED: Khatsalano by Feathercraft**. Rusty Norton (203) 281-0066 lovepotent@hotmail.com
- **Tahe Reval sea kayak**, 18' x 21", 50 lbs, Beautiful orange deck over white fiberglass in brand new condition. \$1,700. (retail \$2,900) Hull is similar to the Valley Nordkapp so this is a very fast kayak, designed for a paddler 180lbs and up. Contact: aikijerry@optonline.net
- **Kokatat Expedition Drysuit** - bought new in 2008. Mango, men's large - very good shape. Has goretex hood and socks, relief zipper, 3 pockets, cordura reinforced seat and knees, overskirt to keep water from entering top of skirt. Asking \$650. Sells new for \$1,085. Gerry P 860 235-0430 gerry@SeaSherpakayak.com
- **2 P&H Orca 15** kayaks, \$625/each or \$1,200 for both. One blue, one yellow. Large person's, hard chined, 3 layer, poly touring kayak. Includes Werner Skagit 220cm paddle (with each boat) in very good shape. \$130 new. Also available a Seals Coastal Tour Skirt 2.2 (fits the Orcas). \$85 new. Asking \$60. Call Gerry at 860 235-0430 with questions.
- **Valley Nordkapp Jubilee** sea kayak, 17'10"x21" cockpit 29.5 x 15.5 retractable skeg, 56 lbs., color is white on white, very good condition. 4-5 years of age, saw little action, always garaged. \$1800.00 - lovely boat for the right size person. Ralph 401-954-3203 or rwernett@aol.com
- **Wanted - old wooden paddles & kayaks** (or pieces thereof) that you'd otherwise throw out. outside@cox.net

Send your classified ads to RICKA Webmaster Cheryl Thompson Cameron, 53 Anan Wade Road, Gloucester, RI 02857-2611; webmaster@ricka.org. Include your name for membership verification. Please notify the Webmaster when your gear is sold so that the ad can be removed. Acceptance, duration and formatting of your ad is at the webmaster's discretion.