Newsletter of the Rhode Island Canoe & Kayak Association Vol. XXXVI No. 2 February, 2013

February Club Meeting

VFH Marine Radios with Carl Ladd Monday, February 18, 2013 at 7:00 p.m.

Handheld VHF marine radios are an important part of any sea kayaker's gear. VHF marine radios allow direct communication with other vessels, and provide dedicated and direct channels for contacting the U.S. Coast Guard and other search and rescue agencies. At this month's meeting, Carl Ladd will explain the basics of using VFH marine radios. Carl is the co-owner of Osprey Sea Kayak Adventures in Westport, MA. He has been teaching kayaking skills since 1995. He is a Level 5 Advanced Open Water



Carl Ladd of Osprey Sea Kayak Adventures

Instructor, a Level 4 Instructor Trainer, and a Level 4 Surf Instructor Trainer. The meeting will be held at the Jewish Community Center, 401 Elmgrove Avenue, Providence, RI.

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 Kentucky Fried Chicken). 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. **Please follow the signs and enter on Elmgrove Avenue and exit on Sessions Street.**

Registration is now open for the RICKA Rolling/Rescue Clinics



RICKA's 2013 Rolling/Rescue Clinics will be held at the Jewish Community Center in Providence. **Space is limited, so sign up now.** See page 3 for registration information.

Did you know...

As an ACA Paddle America Club, RICKA joins the ranks of other great paddling clubs from across the country. You can learn more at the ACA website at: http://www.americancanoe.org/



Also in this issue...

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Books on Rolling from the RICKA Library

The Bombproof Roll and Beyond – by Paul Dutky

The ability to hold the kayak level or on edge using knee pressure, to maintain balance using body lean, or to shift weight forward or backward are skills that are fundamental to even simple maneuvers such as bracing, upstream ferries, and the Eskimo roll. The Bombproof Roll and Beyond is an introduction to edge control and balance for paddlers from the beginner to expert. Author Paul Dutky shares his experience to help paddlers master techniques that will enable them to surf and to run challenging water with confidence.



The thrill of kayaking can quickly turn to panic if you don't know how to right a capsized kayak.

The Eskimo Roll is the key to building confidence for all paddling conditions. Eskimo Rolling provides detailed instruction on how to perform this maneuver with skill and success including explanations and demonstrations of many different Eskimo Roll techniques. Author Derek C. Hutchinson is an international sea kayaking authority and has nearly forty years of experience. His other books include The Complete Book of Sea Kayaking, and Expedition Kayaking.

If you are looking for paddling information, the <u>RICKA Library</u> is the place to go. These are just two of the great books and DVD's covering the range of paddling topics that are available from our collection. To checkout these or any other items from the RICKA Library, please contact Elijah Swift at <u>librarian@ricka.org</u> or 401-294-6043.

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, 2013.

Renew your membership now!

Visit the website at: http://www.ricka.org/Join/Jointhefun.html
You can pay by mail, or online using PayPal.

Executive Committee:

The next Executive Committee meeting will be held on Wednesday, March 6, 2013 at 7:00 p.m. at 70 Scott Street, Pawtucket. All are welcome to attend.

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2013 Rolling/Rescue Clinics and Pool Practice

RICKA's 2013 Rolling/Rescue Clinics and Pool Practice sessions will be held at the Jewish Community Center, 401 Elmgrove Avenue, Providence. There will be two (two-week) sessions:

- **Session 1** February 23 & March 2 from 2:00 p.m. to 4:00 p.m.
- Session 2 March 23 & 30 from 2:00 p.m. to 4:00 p.m.

In response to requests from RICKA members, both clinics will feature instruction in self and assisted rescues in addition to rolling. Please be sure and specify Rolling or Rescue on the registration form. Because we need longer boats for rescues, space will be limited for practice sessions.

These sessions are open to current RICKA members. Boats, paddles and helmets are available for rolling clinic participants (you must provide your own PFD). Practice and

rescue participants should plan on using their own boats and gear. The cost is:

- Rolling or Rescue Clinic: \$55 per two-week session
- Practice (no instruction): \$20 per twoweek session

Insurance: ACA Members: no charge. **Non-ACA members:**

- \$5 event fee per two-week session,OR
- \$30 discounted ACA individual membership (regularly \$40),
 OR
- \$40 discounted ACA family membership (regularly \$60).

All participants must submit an ACA Adult or Minor Waiver Form with payment available at:

<u>http://www.ricka.org/rolling_clinic/aca_ad</u> ult_waiver.pdf - Adult http://www.ricka.org/rolling_clinic/aca_mi nor_waiver.pdf - Minor

Registration is on a first-come, first-serve basis based upon postmark or PayPal payment date. We reserve the right to limit enrollment if necessary. Information and instructions will be emailed to you upon registration. You can register using the form below, or on line using PayPay at: http://www.ricka.org/RollingPayments/rolling.html,

Registration deadlines are February 10th for Session 1 and March 10th for Session 2. All fees and waiver forms must be submitted ahead of time; no money or forms will be collected at the clinics. For additional information please contact Cat Radcliffe at 508-369-3028 or catherineradcliffe@earthlink.net.

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2013 ROLLING/RESCUE CLINIC REGISTRATION FO (Please submit one form per person)	RM				
Name					
Phone					
Address					
		_			
Email Address (required)					
ACA Membership No					
Non-ACA member please add\$5 Event Fee\$30 ACA Ind (these are disco				nip dle America Club)	
Please Select One Session	Current ACA Member	Non ACA Member w/\$5 Event Fee	Member w/\$30 Single Membership	Member w/\$40 Family Membership	
Clinic - Session 1: February 23 & March 2 Please specify: Rolling or Rescue	\$55	\$60	\$85	\$95	
Practice - Session 1: February 23 & March 2	\$20	\$25	\$50	\$60	
Clinic - Session 2: March 23 & March 30 Please specify: Rolling or Rescue	\$55	\$60	\$85	\$95	
Practice - Session 2: March 23 & March 30	\$20	\$25	\$50	\$60	
Mail registration form with ACA Adult or Minor Waiver Form and ch Catherine Radcliffe, 573 Rockdale Avenue, New Bedford MA 02740 Registration Deadlines: Session 1 – February 10 th , Session 2 – Ma	0	CKA to:			



http://www.ricka.org/rolling_clinic/aca_adult_waiver.pdf



http://www.ricka.org/rolling_clinic/aca_minor_waiver.pdf

Lobster Lake to Chesuncook: Revisited. Again.

By Chuck Horbert

Some canoe trips have so much going for them that people travel certain routes multiple times. The Allagash River Waterway and the Boundary Waters Canoe Area are such trips, but this story is not about them, because I have not yet visited those hallowed canoe grounds. Yet.

No, this story is about my third visit to the West Branch Penobscot River in Maine, which provides a phenomenally easy route between Lobster Lake and Chesuncook Lake. I first visited this stretch with my NFCT Amigos on a rather arduous journey from Moosehead Lake to Chesuncook Lake, and again on a shorter, far easier trip with my wife and another couple. For the most recent trip, my wife and I were joined by RICKA members and canoe-tripping newbies Pete & Paula Bissell. It turned out to be the best so far.

The hardest part of this trip is getting there. After a long drive from Rhode Island, a pleasant overnight stay at a motel overlooking Mount Kineo, and dusty, bumpy drive over miles of logging roads into the heart of logging country, we arrived at the parking lot on Lobster Stream where it flows into the West Branch Penobscot. We loaded the canoes with gear and headed upstream to Lobster Lake.



Multi-day canoe trips with my wife differ from most of my other trips in a few important respects. First, there are no portages involved. Second, paddling days are kept short, so we can enjoy the scenery and not be overtired at the end of the day. Third, and most importantly, we eat like royalty. There are no dehydrated or freeze-dried meals. We have real food in a real heavy cooler. To conserve ice, we freeze some meals ahead of time.

We all quickly fell into the easy rhythm of canoe tripping. Most days involved far less than 10 miles of travel. Although we had to settle for our third choice of campsites the first night, we had no such problems the rest of the way. We'd arrive, set up camp, break out some snacks, do some swimming, gather, cut and spit firewood, and, in the evening, sit down to a gournet meal. We'd trade stories around a campfire and watch the stars come out.

We saw our first three moose, including a mother and youngster, on the second day from our campsite on Thoreau Island, named for the famous author. It was a good trip for wildlife. We saw moose nearly every day, along with loons, eagles, deer, herons, and even a brave (or crazy) little red squirrel swimming across the broad West Branch Penobscot, using its tail as a rudder. One notable absence was a near total lack of blackflies and mosquitoes, which was a pleasant change from many of my trips up north.

The campsites along this trip are all really nice. Our site on Lobster Lake, despite not being our first choice, had a good view of Big Spencer Mountain. Thoreau Island is a nice grassy, spruce-treed oasis in the middle of the river. We stayed on a nice grassy site just below Big Island, where the only rapids of the trip exist, easy Class I rips. Probably the best site we stayed at was atop a large ledge where Pine Stream



flows into the river. With phenomenal views upstream and downstream, this site offers the best swim spot of all, with a perfect diving rock. Nearby Pine Stream offers a nice afternoon canoe paddle further into the interior. The sunsets are spectacular, and loon serenades are common.

The weather all week was amazingly cooperative. We had a short rain event on our second morning, which taught us to set up a tarp every single night whether we thought we needed it or not. An advantage to spending so much time in the outdoors is that one becomes more aware of changes in the weather. On our last camping day, we had a battle against the wind during a side trip up Caucomgomoc Stream to reach a campsite I had never before visited. This was our only significant wind encounter. About an hour after we arrived, after we had set up our tents and were relaxing on the beach drinking beers and skipping stones, I noticed a change in the wind and an abrupt thickening of the clouds. I called to the others and suggested that we set the tarp up NOW. The first drops were falling by the time we got it mostly set up, and by the time the last line was being tautened we were in a full-on downpour.

Other than the occasional rain, very little went wrong. We had to do some field

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repairs on Cindy's reading glasses with a spruce stick and some duct tape. It took a few attempts to get it right. One potential disaster was averted on the second day when I discovered that my water filter was broken beyond repair, leaving us in a potential bind. Fortunately, on our way past the parking place, we discovered that our cars, which we had arranged to be moved to the take-out, were still there, allowing me to take a drive up to the remote "Raymond's Country Store" on the Northeast Carry Road to buy extra propane. And beer. This allowed us to conserve precious water supplies and to



boil water as necessary to purify it. Lesson learned: Always have a back-up plan for clean water!

We ended our trip at the Chesuncook Lake House on Chesuncook Lake, where we had reserved a cabin and were treated to hot showers, real beds, and three fantastic home-cooked meals. We lazed away on the porch with views of Mount Katahdin across the lake, and also walked up to "The Store" where proprietor Jack has sold his homemade root beer and fudge for many years.

Up to last year, the only way to Chesuncook Village was by boat or floatplane, or a high-clearance 4WD vehicle, but recent improvements to logging roads allow, for the time being, just about any vehicle to get in. This allowed us to have our vehicles waiting for us when we arrived, as pre-arranged with the owners of the Lake House, so that we could load up and leave right after breakfast the following day.

This trip is a perfect choice for beginner wilderness travelers. Campsites are clean and in good shape, and no portages are



necessary. The only rapids are, at worst, read-and-run Class II. The greatest potential dangers are strong winds on either Lobster Lake or Chesuncook Lake, which can generate dangerously big waves. Sticking close to shore is a good idea. But with so many campsites available, multiple side-trips up other rivers and lakes to explore, and miles of portage-free paddling, the only other limitation is your imagination.

Chuck is a former RICKA President and frequent wilderness paddler. You can read his blog *Northern Forest Canoe Tales* at http://canoetales.wordpress.com.

Notice of Proposed Changes to the

Constitution and Bylaws of The Rhode Island Canoe and Kayak Association, Inc.

There will be an important vote of the membership to ratify proposed changes to the Constitution and Bylaws of the Rhode Island Canoe and Kayak Association, Inc. at the Regular Meeting of the Association on Monday, March 18, 2013. The proposed changes will be presented at the Regular Meeting of the Association on Monday, February 18, 2013. All members are encouraged to attend these very important meetings.

You can review the proposed Constitution and Bylaws of the Rhode Island Canoe and Kayak Association, Inc. at: http://www.ricka.org/home/RICKABy-Lawsproposed.pdf.

2013 RICKA Flatwater Planning Meeting

Join us on Saturday, March 23, 2013 at 1:00 p.m. in the Conference Room at River Bend Farm in Uxbridge, MA for our annual Flatwater Planning Meeting.

Please bring ideas for trips. If you would like to lead a trip but do not have experience, we can partner you with an experienced leader.

We will have party pizza and soda; you may bring a snack or dish to share, if you wish. River Bend Farm allows us the use of their conference room at no charge - a huge thank you goes out to Ranger Val.

Contact Cheryl Thompson at 401-647-5887 or stonefoxfarm@cox.net for additional information.





Conservation Corner

An Interview with Samantha Woods, Executive Director North South Rivers Watershed Association

What does your group (Association) represent?

We are a 42-year-old nonprofit membership organization whose mission is to protect and restore the North and South Rivers and watershed. We currently have a little over 1,100 household members, most of who live on the South Shore of Massachusetts.

How active is your group?

Very - we have 4 staff working for the North and South Rivers Watershed Association (NSRWA). We conduct school programs, adult education and host many events and recreational opportunities on our rivers.

What is the most interesting or picturesque place on your watershed?

That's hard as there are so many special places. One that I think is unique is the headwaters to the North River – it is tidally influence freshwater system. This one of the few left because the entire length of the main stem of the river is undammed for12 miles from where it enters into the ocean up to this headwater area where two tributaries come together. Check out the Paddling page on our website for other places to explore and check out our NSRWA Canoe and Kayak Guide.

What has been your greatest achievement with this group or any other conservation group that you have belonged to?

Another hard question to answer, as there have been so many and they have all built on one another. One of most recent achievements was having the water quality

in the South River improved such that shell fishing was allowed last year for the first time in 20 years!

What would be your greatest goal if funding was available?

To take down unwanted and unnecessary dams in the tributaries to our rivers to restore fish habitat – in particular the herring runs.

What could an interested individual do to help or volunteer for your group?

They can become a member and volunteer for one of our many science monitoring projects throughout the watershed or get involved with the behind the scenes work that keeps the organization running.

What overall environmental issue concerns you the most?

River habitat fragmentation, polluted runoff from paved surfaces, and water withdrawals in the summer for lawn irrigation that are drying up streams.

Does your group offer any educational or recreational opportunities that people should not miss?

Definitely! We have our Great River Race each summer. This is great event that gets people of all paddling abilities out and enjoying the beauty of our rivers. We also sponsor the <u>Water Watch Lecture Series</u> in conjunction with Mass Audubon and South Shore Science Center. These lectures are held on Wednesday evenings at 7 p.m. from January 16th until April 3rd at the South Natural Science. We also host many opportunities to walk, paddle and explore



The Great River Race

our rivers. Check our <u>website</u> for other events and to sign up for email list. For additional information on the NSRWA you can contact:

Samantha Woods, Executive Director North South Rivers Watershed Association PO Box 43

Norwell MA 02061 Phone: (781) 659-8168

Website: http://www.nsrwa.org

Branch River Icebreaker (Class II)

Saturday, March 16, 2013

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 Saturday in March.

We'll meet at the falls in Harrisville. This is a 5-mile trip with 3 significant class II rapids – Whipple Drop, Glendale and Atlas Pallet. 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.





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 now posted on the Flatwater Message Board at: http://members.boardhost.com/FLATWATER/

March 23, 2013 at 1:00 p.m. 2013 RICKA Flatwater Planning Meeting

Join us at River Bend Farm in Uxbridge, MA for our annual Flatwater Planning Meeting. Please bring ideas for trips. If you would like to lead a trip but do not have experience, we can partner you with an experienced leader. Contact Cheryl Thompson at 401-647-5887 or <a href="mailto:stop://stop:eto-ib/stop://s

August 3 – 11, 2013

RICKA's Week in the Adirondacks

RICKA's **2013** Adirondacks Trip will be held August 3 -11, or parts thereof. We will be camping at Lake Eaton campground outside of Long Lake, NY. You can reserve your site now at Reserve America: http://www.reserveamerica.com

Sea Kayak Trips

Sea kayak trips are now posted on the Show & Go Message Board at:

http://rickaseakayaking.org/forums/index.php?board=2.0

Whitewater Trips

Whitewater trips are now posted on the Whitewater Message Board at: http://members.boardhost.com/RI_Whitewater/

March 16, 2013 Branch River Icebreaker (Class II)

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 Saturday in March. We'll meet at the falls in Harrisville. This is a 5-mile trip with 3 significant class II rapids. 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 Trivia Question of the Month

The first 4 members to get the correct answer to the following question will be awarded a RICKA paddling-related prize:

What do kayakers use to keep the water out of the cockpit?

Send responses to membership@ricka.org with the subject "RICKA Trivia". There is a limit of one prize per member in a sixmonth period.

January Trivia Question - we had 4 correct answers to the question:

What type of gardening can you do when paddling the rocky coast?

The answer is **Rock Gardening** which involves paddling in the dynamic waters around rocks and in the surf zone. Rock gardening requires both surfing and river skills to deal with waves, swells, over flows, currents and eddies. Surf and rocks present special dangers to paddlers. Only skilled paddlers should venture into these conditions.

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/

Narrow River Kayaks (401) 789-0334 http://www.narrowriverkayaks.com/

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

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

Quaker Lane Outfitters 401-294-9642

The Kayak Centre 888-SEA-KAYAK http://www.kayakcentre.com/

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

See the <u>website</u> 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.

- Valley NORDKAPP LV Kayak with compass and keel strip. This very fast, low volume boat is 17' 6" long by 21" wide and 50 lbs. Bought in 2007, stored indoors and well maintained, it has been recently updated with new bottom and trim gelcoat, deck lines and bungee cords. Excellent condition. Asking \$2600. Contact Rich at rich.coupland@gmail.com
- GPSMAP 60C GPS Receiver light weight, a rugged, waterproof unit that provides easy viewing in almost any lighting conditions and long battery life. Packed with extra features including maps for driving, rapid automatic route calculation, an integrated outdoor calendar, dedicated geocaching mode, etc. Click for more information. Includes GPS, cable to use on the computer or charge in car, instruction video, software, Garmin Trip and Waypoint Manager \$85.00 FIRM contact Cheryl at 401-497-5887 or stonefoxfarm@juno.com
- Red/Black Kokatat Expedition Drysuit men's large, bought new in the fall of 2011, very good shape with fully intact gaskets (never cut back). Backed by Kokatat/Gore-tex lifetime guarantee. Stow away hood, pockets on each arm and upper chest, material flap over zippers, adjustable overskirt, relief zipper, goretex socks \$625.00. Predator Lee Kayak Helmet size L, yellow, includes easy fitting options \$40.00. NRS Men's Paddle Gloves, titanium series, 2.5mm neoprene with tough and sticky palms. Size XL but seems to fit size L \$10.00. Brian Smith action/travel kayak video Eastern Horizons new in wrapper \$10.00. Werner Tybee Paddle fiberglass reinforced, yellow, high angle blades with carbon blend shaft, infinite variable ferrule \$60.00. Contact Gerry at Gerry@SeaSherpaKayak.com
- Tandem 16 foot wood canvas canoe no seats (probably made about 1920 before seats became popular) \$225.00 or best offer, detailed pictures are available. Dagger Impulse whitewater playboat, 12'8" long, 30" beam, perception saddle, side floatation, air bags Ready for the water- \$295.00 or best offer. Woman's Dry suit small, NO relief zipper, needs gaskets, \$80.00 or best offer. Canoe/Kayak equipment 2 four foot end air bags for OC1, 2 pieces of foam closed cell side floatation, pair of adjustable foot pegs for kayak, other items (if your looking for miscellaneous WW items, I may have them). Email me for details. Jimcole@hotmail.com
- **P&H Scorpio** 16'11" x 22". Poly, with retractable skeg, yellow (mango), 3 years old, stored in garage, in very good condition with usual scratches. Great, dependable, and stable boat. \$1,250.00. Fred cygnusfff@gmail.com or 401-467-2183
- PRICE REDUCTION 16 foot Old Town ABS canoe new parts and hardware for rebuild, lost interest in this. \$150.00 dukewavewalker@gmail.com or 401-413-1194
- Lendal Nordkapp SF fiberglass 4-piece bent shaft paddle with key, 220 cm, like new \$85.00. Fred: 401-467-2183
- Quiver kayak sail. Never out of the box! Quality sail made in USA. No need to drill any holes in your kayak!! \$100.00 businessfile12@gmail.com
- Chestnut Canoe 1977 Ogilvy series, model "Henry", color Chestnut Green. Length-16', beam- 36", weight- 85 lbs. Cained seats. Interior as new, scratches on bottom from running local rivers. Have original Chestnut brochure. Asking \$4,000.00. Canoe standard wood/canvas construction. Length- 16', beam 34", weight approx, 65 lbs. Color yellow w/ dark-stained interior with babiche (woven rawhide) seats. Always stored indoors. Asking \$3,000.00. Call 860-774-0014
- **Dagger Sitka**, 17' 11" x 22", fiberglass, mango/black/white. Perfect expedition kayak for the larger paddler. Comfortable and stable, plenty of cargo space, excels at adventure trips. \$1500.00. cam_mac@verizon.net
- WANTED: Used Yakima Hullraiser or Thule Hullaport kayak carrier. Respond to zakyak@verizon.net
- Crossfire, 11 ft. in very good condition with two float bags. This boat was purchased new and has played in the Deerfield, So. Shore Beach, and Narragansett Beach \$275.00. Email is best. carleenmco@gmail.com
- 14 ft. Fiberglass Sea Going Kayak Cape Horn made by Wilderness Systems \$1,350.00.00. About 5 years old, has a few minor scratches. 16ft. Fiberglass Sea Going Kayak, Tsumani made by Wilderness Systems \$2,500.00 Manufacturer- about 2 years old, has NO scratches. All the extras are the BEST. The paddle is \$500.00 (1) Warner. The wheels are S.S. Please send all serious inquiries to: zita59@yerizon.net or call 401-885-2326
- **Boreal Design, Alvic, Kevlar.** 17' 47-50 lbs. A great boat for kayak camping. I did the part of Maine Island Trail. \$1200.00. bevthomas2@cox.net, 401-568-8166

Send your classified ads to RICKA Webmaster Cheryl Thompson, 53 Anan Wade Road, Glocester, 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.



