March Club Meeting Leading Flatwater Trips

Monday, March 17, 2014 at 7:00 p.m.

At our March meeting, Erik Eckilson will cover the basics of leading flatwater trips including selecting the trip location, selecting proper gear, scouting, recruiting help, and running the trip. With our <u>Flatwater Planning Meeting</u> just around the corner, this is a great session for new and experienced leaders, or anyone who wants to feel more comfortable on flatwater trips. Erik is a <u>Flatwater</u>, <u>Whitewater</u> and <u>Blackstone Valley Paddle Club</u> leader, and is the Editor of our newsletter the <u>Paddler</u>. 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 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.**

Executive Board Elections are coming up in April

Nominations are now open for club officers (President, Vice President, Secretary and Treasurer) and Members-at-Large to the RICKA Executive Board.

The Executive Board is responsible for the day-to-day operation of the club and the future directions the club will take. The commitment is one evening a month for the board meeting, plus organizational and committee work. Elections will take place at the Regular Meeting of the Association on April 28, 2014.

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

Flatwater Planning Meeting March 29, 2014 at 1:00 p.m.

Join us at River Bend Farm in Uxbridge, MA for our <u>Flatwater Planning Meeting</u>. If you would like to lead a trip but do not have experience, we can partner you with an experienced leader. **See Page 7 for details.**

Sea Kayak Potluck Paddle and Planning Meeting

April 12, 2014 - Paddle at 10:00 a.m., Potluck at 3:00 p.m.

Join the sea kayakers for their annual spring gathering. If you cannot participate in the paddle, please come to the Potluck Planning Meeting. See page 7 for details.

Safety/Rescue Books from the RICKA Library

Sea Kayaker Deep Trouble by Matt Broze and George Gronseth

Sea Kayaker's Deep Trouble offers more than twenty real-life accounts of accidents that will both keep you on the edge of your seat and instruct you with potentially life-saving lessons. These tales are the result of interviews with survivors, witnesses and rescuers. From capsizes and hypothermia to brushes with sharks and entrapment in sea caves, the situations are described in chilling detail and then subjected to expert analysis. Sea Kayaker's Deep Trouble is rounded out by a comprehensive introduction to sea kayaking safety and tips on equipment, techniques, and improving your skills.

Whitewater Rescue Manual by Charles Walbridge and Wayne Sundmacher

In Whitewater Rescue Manual, two paddlers who have long been at the forefront of whitewater safety and rescue present a tightly focused look at the best, most current techniques for both self-rescue and rescue of others on the river. The authors provide well-reasoned guidance that will teach you when to stay with the boat and when not to; how to retrieve a lost boat; how to swim out of trouble and when not to swim; how to reach a victim; how to coordinate a rescue effort; how to make sure that would-be rescuers don't become victims; how to safely evacuate injured paddlers; and much more.

If you are looking for paddling information, the <u>RICKA Library</u> is the place to go. To checkout these or any other items from the RICKA Library, please email <u>librarian@ricka.org</u>. We have a <u>new service</u> available to members who wish to borrow from the library. We will mail your selection to you, and provide you with a prepaid mailer so you can return the item at no cost to you!

RICKA is an ACA

Your annual RICKA membership will expire on March 31, 2014.



Renew your membership now!

Visit the website at:

http://www.ricka.org/Join/Jointhefun.html

You can pay by mail, or online using PayPal.

Paddle America Club

Executive Board:

The next Executive Board meeting will be held on Wednesday, April 2, 2014 at 7:00 p.m. at 70 Scott Street, Pawtucket. All are welcome to attend.

Newsletter Editor:

Erik Eckilson 11 Diana Drive Woonsocket, RI 02895 Phone: 401-765-1741 Email: editor@ricka.org

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Sharon Dragon P.O. Box 184

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The **Paddler** is published monthly except December by the Rhode Island Canoe & Kayak Association, Inc.

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Wilderness: Jim Col	le	401-226-7714.	jimcole@hotmail.com		





2014 Rolling/Rescue Clinics and Pool Practice Sessions

RICKA's 2014 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** March 2nd and 9th from 2:00 p.m. to 4:00 p.m.
- Session 2 April 6th and 13th 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 <u>and</u> rescue participants should plan on using their own boats and gear.

The cost is:

- Rolling or Rescue Clinic: \$60 per two-week session
- Practice (no instruction): \$25 per twoweek session

Insurance:

- ACA Members: no charge
- Non-ACA members: \$5 event fee per two-week session

All participants must submit an ACA Waiver Form with payment available at: http://www.ricka.org/rolling_clinic/aca_ad_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 21st for Session 1 and March 23rd 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 <u>catherineradcliffe@earthlink.net</u>.

~					
2014 ROLLING/RESCUE CLINIC REGISTRATION FORM (Please submit one form per person) Name					
Address					
Email Address (required)					
ACA Membership No					
Please Select One Session	Current ACA Member	Non ACA Member w/\$5 Event Fee			
Clinic - Session 1: March 2nd and 9th Please specify: Rolling or Rescue	\$60	\$65			
Practice - Session 1: March 2nd and 9th	\$25	\$30			
Clinic - Session 2: April 6th and 13th Please specify: Rolling or Rescue	\$60	\$65			
Practice - Session 2: April 6th and 13th	\$25	\$30			
Mail registration form with ACA Adult or Minor Waiver For Catherine Radcliffe, 573 Rockdale Avenue, New Bedford Registration Deadlines: Session 1 – February 21st, Sessi ACA Waiver forms are at: http://www.ricka.org/rolling_clinic/aca_adult_waiver.pdf	MA 02740				





How to Choose a PFD

A PFD - also known as a personal flotation device, life jacket or life vest - gives you extra buoyancy to help you stay afloat in the water. Even if you're a good swimmer, a PFD is an essential piece of safety equipment that is required on all RICKA and Blackstone Valley Paddle Club trips. Your PFD should be worn anytime you are on the water, and should always be zipped, buckled and properly adjusted. Not all PFDs are created equal. Here are some issues to consider when selecting a PFD.

Types of PFDs

While there are five types of PFDs approved by the US Coast Guard, most paddlers will use a Type III PFD. These PFDs are suitable in situations where a quick rescue is likely, and are designed so wearers can easily put themselves in a face-up position.

Style

Some PFDs are made with ribs of foam, while others have panels. Some are pullovers, while others zip up the front. Some are "shorties", while others are full length. The style you choose is largely a matter of personal preference. Try on a few to determine what is the most comfortable for you.

Women's PFDs are a relatively new invention. They feature princess seams and/or panels that are contoured to fit the female shape. While inflatable PFDs are also available, they are not recommended for use with canoes or kayaks, and they are not allowed on RICKA or Blackstone Valley Paddle Club trips.

Buoyancy

Buoyancy is the force (in pounds) required

to keep a floating person's head above water. Most adults will require an extra 7 to 12 pounds of buoyancy to stay afloat. Type III PFDs have a minimum buoyancy of 15.5 pounds.

If you are a good swimmer and comfortable in the water, a standard PFD with 16 to 18 pounds of flotation should be sufficient. If you are a non-swimmer, you may feel more secure in a "high-float" model - one with 22 to 27 pounds of floatation. The more flotation in the PFD, the higher you will float and the faster you will pop to the surface. However, the additional flotation will also make the PFD bulkier and possibly less comfortable.

To check the buoyancy when you are in the water, tilt your head back and relax your body. Your chin should be above water and your breathing should be easy. If your mouth is not above the water, you need a PFD with more buoyancy.

Size, Fit and Adjustment

For adults, chest size—not weight—will determine the PFD size. For children, weight will be the determining factor. PFD sizes vary by manufacturer and model; so you really need to try them on to find the size that is right for you.

Your PFD should be snug and fit like a glove, yet allow you to move freely while paddling. To get the best fit, wear your paddling clothes when trying on a PFD. Some PFDs have as many as eight different adjustments to help you customize the fit. The fit will need to be adjusted as seasons change depending on the clothes you are wearing.

To fit your PFD, first loosen the straps and put in on. Then, tighten the straps from the bottom up - beginning at the waist and ending at the shoulders.

Adjustments should be made so that your PFD is snug and does not ride up over your chin when pulled up by the shoulder straps.

Freedom of Movement

To allow good freedom of movement, look for a PFD with a deep neck, large armholes and narrow shoulder straps. When trying on a PFD, put it to the test with a full range of arm and body motions including raising your arms above your head and bending forward and side-to-side. If it binds, chafes or restricts your movement, try readjusting it, or select another model.

Storage and Attachment Points

Your PFD should have storage pockets and attachment points for safety gear and other small accessories. Consider the size and placement of pockets, and make sure they will not interfere with your movement. Also consider the number of tabs and their location on the front and back on the PFD. Tabs let you attach accessories such as a knife, whistle or strobe.

Color

Color plays an important role when it comes to safety. Ideally, your PFD should be brightly colored and highly visible. Some PFDs also add reflective tape to improve visibility in low-light conditions.

PFD Care

Check your PFD often for rips, tears and holes. Also check to see that seams, straps and hardware are in good condition. Give the belts a quick pull to make sure they are secure. You should find no signs of water logging, mildew or shrinking in the buoyant materials.

Fading material could indicate loss of strength. A weathered PFD might tear more easily, resulting in loss of flotation material. If the color of your PFD is fading, check its strength or replace it. Store your PFD in a cool dry place, and test it regularly.

If you treat it right, your PFD will last for many years to come.





A Message from

RICKA Vice President Susan Engelman

Welcome to 2014 and RICKA's thirty-seventh year. As we begin planning for 2014, this is also a great time to look back at what we accomplished in 2013.

In 2013, RICKA had a very busy year running over 100 <u>flatwater</u>, <u>whitewater</u>, <u>sea kayak</u> and <u>wilderness</u> trips. These trips ranged from easy daytrips to weeklong excursions. Our affiliated clubs – the <u>Blackstone Valley Paddle Club</u> and the <u>Southern New England Paddlers</u> – also scheduled weeknight paddles throughout the summer.

Training is also an important part of the RICKA mission, and RICKA held a number of great training sessions including



RICKA Vice President Susan Engelman paddling in Greenwich Bay during the RICKA Picnic Flatwater Paddle

our <u>annual rolling clinic</u>, flatwater and sea kayak skill training sessions and a whitewater training weekend. Many of these sessions were offered free of charge or at a significant discount to our members.

In addition to trips and training, eleven monthly issues of our newsletter the Paddler were produced, and eight monthly meetings with interesting and informative speakers were organized. Our library continues to be updated with new paddling books and DVD's. We also held our fourth annual RICKA Picnic.

None of this would have been possible without the generous efforts of our many volunteers. These volunteers coordinated trips, planned and executed training sessions, and worked behind the scenes to make everything happen. Thanks to all of the volunteers that make this club possible.

If you have yet to put some time in supporting club activities please consider doing so in the coming year. Maybe you could coordinate a trip at your favorite paddling site, or perhaps you have a special paddling skill that could be added to a training session or spoken about at a monthly meeting. Please volunteer to help.

Most importantly, don't forget to renew your RICKA membership. Your current membership will expire on March 31, 2014. You can register with the form below, or on line using PayPal at: http://www.ricka.org/Join/Jointhefun.html

For information on membership please contact Sharon Dragon at 401-225-3942 or membership@ricka.org.

2014 Membership Application/Renewal
(Please submit one form per family)

New members complete entire application.

Renewal members fill in ONLY your NAME and any NEW information.

RICKA DUES (with email newsletter) = \$15

BVPC DUES (Blackstone Valley Paddle Club) = \$10

Total

First Class Mail option for newsletter add \$5

[____] (Not recommended – go green with email delivery)







Travels to Nepal and the Himalayan Highlands

By Doug Pineo

I wish you could have gone to Nepal with me. My niece, Heather (AKA ani Sangye Chodron), has lived there for over six years and speaks Tibetan fluently. She is a Buddhist nun and has chosen to stay in Nepal to live a monastic life. One of the reasons for my trip was to celebrate with her the completion of her Master's degree at the monastery. Another was to observe Heather in her own environment interacting with the local people. I was very impressed with the way she was treated.

We spent two weeks trekking in the mountains. We were following a marvelous whitewater river. I just couldn't take my eyes off it as it became steeper and more formidable from a boating standpoint. We drove six hours from Kathmandu to our base town, Sheraphru Besi, which was to be our starting point. We hiked hard for two and a half days (10 hours a day). The weather started hot and became cooler as we gained 1000 meters of elevation a day. The trail was narrow, but well built and maintained by the local people, since this was their only means of travel to and from our destination area.

These trails have been traveled for centuries. Every so often there would be a



On the trail through the highlands

small group of teahouses and/or guesthouses where one can get something to eat or drink, or even a place to spend the night. People in Nepal tend to drink a lot of tea or hot water. Kathmandu is the same latitude as Miami, so it is quite hot and nobody makes ice for drinks. The water quality was always suspect, so drinking boiled water is a good idea. I was careful to stop often and drink a lot of treated water.

We arrived at our destination to find it had been socked in with cloud cover for two weeks. There were many disappointed tourists, as most only spend one day there, before trekking back down. We spent an extra day to see if it would clear off. We awoke to a perfectly clear sunny morning and were amazed at the views of the snow-capped peaks and glaciers, which we had not even known were there. We were so enamored of this spot and the people we had met that we decided to stay and take day hikes around the region.

We spend a good deal of time with a local wondering holy man (a Monk incognito) who took us to many holy sites in the region. In one case we had to make arrangements for camping, since the site was more than six hours away. By the way, I found the secret to weight loss – eating sparsely without sugar and walking six to ten hours a day!

After a week, just as we were leaving, the clouds and rain moved back in. The trek down was hard on the knees and footing was difficult. I had trekking poles with me, but was truly grateful for my guide who had learned my limits and positioned himself close to me to grab my pack whenever I slipped, which was often. We were soaked to the bone by the time we arrived back at our base town. A bucket shower never felt so good!



Snow capped peaks in Nepal

Back in Kathmandu I picked up my boating gear and headed off to Trisuli Khola, which was swollen with four days of rain. I met with my three river guides and selected the kayak I would use. Then it was off to the river. When we arrived, there were no rocks showing, but the waves were huge and crashing. The guides were happy with how comfortable I was in the big waves. I found that the Nepalese use two different words for "river". The first is "khola" which indicates loud and roaring water. The second is "seti" which indicates quiet and meandering water.

People over there asked me if I would come back for a return visit. There is much more to see, so I typically said yes, although it is a long haul to get there.

Doug Pineo wrote this story and left the state before our banking crisis in 1991. He was an active member of the whitewater community, and a RICKA Safety and Education chairperson. Doug is retirement age now, but is still running whitewater rivers, which is a testament to his commitment to stay in shape and his great love of paddling.





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 29, 2014 at 1:00 p.m. 2014 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 stonefoxfarm@cox.net for additional information.

August 2 – 11, 2014 **2014 RICKA Trip in Maine**

This year's summer's weeklong trip led by Henry Dziadosz will be in Maine instead of the Adirondacks. We will camp at Bradbury Mountain State Park in Pownal, Maine. Pownal is about a 15-minute drive from Freeport, Maine, the home of L.L. Bean and lots of other sightseeing, hiking and shopping. Of course, there is a lot of great paddling. Please put the dates on your calendar. Any input you have on paddling destinations would be welcome. If you can think of anyone else who would be interested in attending, please forward this announcement.

Sea Kayak Trips

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

April 12, 2014

Sea Kayak Potluck Paddle and Planning Meeting

Join the sea kayakers for their annual spring gathering. The day will start with a 10:00 a.m. paddle (location TBD – check the Sea Kayak Message Board for details). The paddle will be followed by a Potluck Supper and Planning Meeting hosted by Carleen McOsker at 75 Drift Road in Westport at 3:00 p.m. There will be plenty of food and conversation, so bring a potluck dish to share. Paddlers are encouraged to bring ideas for trips to add to the summer calendar. If you cannot participate in the paddle, please come to the Potluck Planning Meeting.

Whitewater Trips

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

March 15, 2014 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. 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.

CPR/First Aid Training

We are considering running a two-year certification class. Space is limited and priority will be given to RICKA leaders. Please contact Cheryl Thompson at stonefoxfarm@cox.net or 401-647-5887 if you are interested or have questions.

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.

- Cat & Jack Radcliffe are offering a wide variety of gear and paddle clothing at a 60% discount. A complete list of items and ordering info can be found at http://penikese.com/kayakgear.htm. Everything is brand-new, left over from Ocean State Adventures, and has been carefully kept in dry storage. Contact catherineradcliffe@earthlink.net.
- Wanted: Thule Hullavator Kayak Rack contact Jay at Joseph.l.wade@ampf.com or call 860-428-5440
- PRICE REDUCTION: Pygmy Coho multi-chine, wood (stitch & glue) kayak. Very good condition, a few minor scratches, 17 feet long, 24 inch beam \$600. Bracsa I Wing Paddle carbon fiber, right-handed with 45 degree offset, 235 cm long \$75. Advanced Technology (AT) Crank Paddle carbon fiber, right-handed with 45 degree offset, 235 cm long \$100. May be seen in Cumberland by contacting <a href="mailto:nearly:nearl
- **P&H Scorpio168 LV** mango/orange, corelite / poly with mounted compass L 16'7" x 21", always stored indoors. This is a fast and durable kayak \$1,200. Contact orighnto@cox.net
- **Kokatat Outfit Tour** life jacket red, unisex size small. In like new condition \$75. New price is \$155. Call after 6 p.m. 914-426-1750 or email abierce@yahoo.com
- **Riot Dominatrix 50** whitewater kayak including Snap Dragon skirt. Stored indoors, good condition \$325. Contact alanblanding@gmail.com or 774-991-1660
- **Werner Corryvrecken** 215 cm, all carbon, two-piece, standard, straight shaft paddle. This paddle is nearly new. I have used it less than a "handful" of times. I prefer a crankshaft. \$300. Call Tim at 401-83-6287 before 9 p.m.
- Two center canoe bags by Voyageur for a tandem canoe they are free to a good canoe. Contact b.august@cox.net
- Impex Currituck 17' boat in excellent condition \$2,000. P&H Capella 173 in excellent condition \$2,000. Contact at 401-624-2822 or 508-496-8803
- Halcyon Punt specialty wooden boat made by Canadian Tectonics, Inc. Hull number 30 of an edition. An unusual double ended pleasure craft. Wood. 15' long. 38" wide. Propelled by oars or a punting pole \$800. Located in Providence, contact 401-331-9069
- Necky Alsek Touring Kayak 14' with rudder, front and aft bulkheads. Kayak is stored inside. Includes paddle, paddle leash, spray skirt and other extras \$700 or best offer. Also have, 226 cm Sawyer paddle (wood, like new), neoprene Spray Skirt, Harmony kayak bilge pump, Kayak seat cushion, Inflatable leg (thigh) cushion, Voyageur Paddle Float, Paddle leash, Kayak portage wheels. JimCole@hotmail.com or 401-226-7714
- PRICE REDUCTION: Tandem 16 foot wood canvas canoe no seats, probably made about 1920/30 before seats became popular \$125.00 or best offer. Canoe/Kayak equipment 2 four-foot end air bags for OC1, 2 pieces of foam closed cell side flotation, 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
- Canoe Paddles two wooden children's paddles made in Canada by Grey Owl Canoe Paddles 42 inches long \$10 each or \$18 for both. One adult size wooden paddle never used 66 inches long \$40. Located in Barrington contact Rick at ricktiader@cox.net
- Eddyline San Juan Grand Tour Tandem Kayak 20 feet long, 750-pound capacity, two seats and cargo opening, fiberglass/kevlar construction. Model is no longer available from Eddyline 15 years old, but lightly used and in great condition. Comes with front, center and rear skirts and two Mitchell paddles \$1,348 or best offer. Contact wagnera@hartwick.edu
- Heritage Merlin Exp fishing kayak yellow, 14'x25", 50 lbs., 2 rod holders, bait holder, large rear hatch. Very good condition. Stored indoors. Compare to \$900+ new. Selling price \$475. Valley Aquanaut LV poly kayak orange, 17'x22", 54 lbs., skeg with wire line. 2012 model is \$1,800. Original Owner. Great Condition. Always stored indoors. Selling price \$975. Contact thudyncia@cox.net
- **PRICE REDUCTION: 16-foot Old Town canoe** ABS with new parts and hardware for rebuild, lost interest in this \$150. Contact dukewavewalker@gmail.com or 401-413-1194.

Send your classified ads to RICKA Webmaster Cheryl Thompson, 53 Anan Wade Road, Glocester, RI 02857-2611 or 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.



