

PADDLER

www.ricka.org

Newsletter of the Rhode Island Canoe & Kayak Association Vol. XXXVIII No. 2 February, 2015

February Club Meeting

What is a Watershed?

Monday, February 16, 2015 at 7:00 p.m.

We all live in a watershed, but what is a watershed and why are they important? At this month's meeting, Julie Riendeau will help us learn how the combined effect of pollution from many small sources can have a real impact on the quality of our shared water resources. Using the EnviroScape watershed program, we will learn how to identify and address point and non point sources of pollution.



Blackstone Valley Paddle Club Leader Julie Riendeau leads an environmental discussion.

Julie is a long-time Blackstone Valley Paddle Club Leader and an Environmental Educator who has been teaching in the classroom about natural resources and wildlife for eleven years. 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.**

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.

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

Save the Date for the 2015 Rolling/Rescue Clinic

RICKA's 2015 Rolling/Rescue Clinic and Pool Practice Session will be held at the **Tootell Aquatic Center at the University of Rhode Island** (75 Keaney Rd, Kingston, RI) on March 28 and April 4, 2015 from 4:00 p.m. to 6:00 p.m.

Since the pool at the Tootell Aquatic Center is much larger than the pool at the JCC, we have scheduled this single, two afternoon session.

As in the past, we will offer instruction in self and assisted rescues in addition to rolling.

Registration information will be available on the website shortly

From the RICKA Library...

How to Roll Your Kayak

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.

Eskimo Rolling, Third Edition – by Derek C. Hutchinson



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 was an international sea kayaking authority with nearly forty years of experience. His other books include The Complete Book of Sea Kayaking, and Expedition Kayaking.

If you would like to check out any of these DVD's from the [RICKA Library](http://www.ricka.org) contact Bill Hahn at librarian@ricka.org. Library selections can be mailed to you with a postage paid return mailer provided at no cost to the borrower.

RICKA is an ACA



Paddle America Club

Executive Board:

The next Executive Board meeting will be held on Wednesday, February 4, 2015 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

Membership:

Sharon Dragon
P.O. Box 184
Hope Valley, RI 02832
Phone: 401-225-3942
Email: membership@ricka.org

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

Your RICKA membership will expire on March 31, 2015...

Renew your RICKA membership now!

Please visit the website at:

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

You can renew by mail, or online using PayPal.

Rhode Island Canoe & Kayak Association

President: Susan Engelman.....508-353-6411..... sje54@hotmail.com

Vice President: Jim Cole.....401-226-7714..... jimcole@hotmail.com

Secretary: Barbara August.....401-725-3344..... b.august@cox.net

Treasurer: Andy Viera.....774-218-5731..... andyv51@hotmail.com

Members at Large: Lysa Amaral774-930-6590 lysaca@comcast.net

Alan August.....401-725-3344..... alan02860@usa.com

Mike Bussell.....401-568-8605..... canoedad@cox.net

Eric Conn.....401-451-6326 ericconn@cox.net

Steve Cournoyer.....401.413.1194.. dukewavewalker@gmail.com

Henry Dziadosz401-567-0313... henry@twincitysupply.com

Tom McHugh.....401-454-2752..... tmc99992@yahoo.com

Conservation/Publicity: Bill Luther508-761-7961..... prijon@juno.com

Flatwater: Cheryl Thompson401-647-5887..... stonefoxfarm@cox.net

Librarian: Bill Hahn.....401-524-1612..... librarian@ricka.org

Membership: Sharon Dragon401-225-3942..... membership@ricka.org

Newsletter Editor: Erik Eckilson401-765-1741..... editor@ricka.org

Safety & Education: Cat Radcliffe.....508-369-3028. catherineradcliffe@earthlink.net

Sea Kayak: Carleen McOsker.....508-636-0546..... Carleenmco@gmail.com

Webmaster: Cheryl Thompson401-647-5887..... stonefoxfarm@cox.net

Whitewater: Andy Viera.....774-218-5731..... andyv51@hotmail.com

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

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.

Many snowshoes also include a metal claw or crampon under the ball of the foot.



RICKA crew takes a break

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 repellant 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 5 – 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

Interest Group Q&A

Paddling with RICKA Whitewater

What is the RICKA Whitewater group?

The Whitewater group is the smallest of RICKA's four interest groups. We paddle whitewater rivers and streams across New England.

What is a whitewater trip?

Whitewater trips are designated according to difficulty of the rapids (see AMC River Ratings at right). Our trips range from easy class I trips which are open to any experienced RICKA paddler, to extremely difficult class IV trips which are open to experienced whitewater paddlers only. Most of our trips are rated class II/III.

An important difference between whitewater and flatwater trips is one of emphasis. A whitewater trip usually takes place on a single section of a river that happens to have the desired level of difficulty. We may spend an hour playing at a single rapid.

How do I find out about trips?

On occasion, RICKA Whitewater trips are posted on the trip calendar on our website. <http://www.ricka-flatwater.org/wwschedule.htm>

More often, they are posted as "bootleg" trips on the club's message board. http://members.boardhost.com/RI_Whitewater/

Please note that these bootleg trips are not official RICKA trips. They are posted for the convenience of our paddlers. As always, you are responsible for determining if the trip is suitable for your level of experience.



Duke Wavewalker surfing the Gorge Drop on the Knightville section of the Westfield River

Most RICKA members also paddle with other whitewater groups such as the AMC, MVP or other Internet groups.

How do I join a trip?

Official RICKA Whitewater trips are always RSVP trips. Contact the leader via email or at the phone number listed.

Most "bootleg" trips are "show and go" requiring no advanced notice other than confirmation on the message board.

What equipment do I need?

Every paddler will need a whitewater canoe or kayak with floatation, paddle, personal floatation device (PFD) and a properly fitted whitewater helmet. You can find a list of other equipment on our website.

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

What about clothing?

Whitewater paddling is definitely a water sport, and you should expect to get wet. Since the whitewater paddling season begins early in the spring, cold water paddling gear is required.

Do you offer training?

RICKA occasionally offers a Class II Kayak Whitewater School – details are posted in the Paddler.

AMC River Ratings

Flatwater - There is little or no current - paddling upstream is easy.

Quickwater - The river moves fast, but is generally smooth.

Class I - Fast moving water with riffles and small waves, but few obstructions.

Class II - Straightforward rapids with wide, clear channels that are evident without scouting. Occasional maneuvering may be required.

Class III - Rapids with high, irregular waves that may be difficult to avoid. Narrow passages often require complex maneuvering in fast current. May require scouting from shore. Self-rescues are usually easy.

Class IV - Intense and powerful rapids requiring precise boat control. May include large, unavoidable waves and holes or constricted passages demanding fast maneuvers under pressure. Scouting is necessary the first time down. Swims will be long, and self-rescue difficult.

Branch River Icebreaker (Class II)

Saturday, March 21, 2015

As a 'nod' to all the years that RICKA ran the Rhode Island Whitewater Championships, we'll run the Branch River on the traditional third Saturday in March. We'll meet at the put-in below the Harrisville Dam. This is a 7-mile trip with a couple of short class II rapids depending on water level. 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/>

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/

Branch River Icebreaker

Saturday, March 21, 2015

As a 'nod' to all the years that RICKA ran the Rhode Island Whitewater Championships, we'll run the Branch River on the traditional 3rd Saturday in March. See page 4 for details.

Places to go Snowshoeing

With snow on the ground, here are some great snowshoeing sites suggested by our [Facebook RICKA](#) friends:

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

Goddard Park in Warwick - has great scenery and trails with lots of parking.

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 snowshoeing on miles of woodland trails.

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

RICKA VP Working on DEM Rule Change

Several paddling groups including the Rhode Island Canoe and Kayak Association are negotiating with the Rhode Island Department of Environmental Management (DEM) to change a 3-year old fishing rule that was designed to regulate boaters' use of access points on rivers and ponds.

The rule currently requires that any group of six people and/or three boats obtain a DEM permit. A new proposed rule would distinguish between weekend paddlers and organized groups, and increase the number boats that would trigger a needed permit to ten, rather than the current three.

Thanks to RICKA Vice President Jim

Cole, also a member of the Rhode Island Rivers Council, for working with the DEM and other groups to get this regulation changed. You can read the full story in the EcoRI News:

<http://www.ecori.org/government/2015/1/16/paddlers-cut-through-rhode-island-red-tape>

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 [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.

- **Kokatat Tropos Super Nova Dry Suit** – XL, pumpkin, relief sipper, breathability, neoprene punch through collar for long term comfort, booties, new never used, tag's still on - \$375. Contact Pat at 401-480-3508 or patcosma@juno.com
- **Perception "Sonoma" kayak** - airlite material, white hull red top, length 13' width 23", includes pray skirt and paddle. Like new - used only a few times - original retail \$1,150- ASKING \$645. Contact Allen at 401-739-5151 or calafrancisco@aol.com
- **Necky Asek Touring Kayak** - 14' with rudder and front and aft bulkheads - stored inside. Asking \$500 or best offer. Also: Sawyer wood paddle - 226 cm; Neoprene spray skirt; Harmony kayak bilge pump; Kayak seat cushion; Inflatable leg (thigh) cushion; Voyageur Paddle Float; Paddle leash; Kayak portage cart wheels. Contact JimCole@hotmail.com or 401-226-7714
- **Cane Canoe Seats Repaired** - cane replaced at \$25.00 per seat, or 2 seats for \$45.00. Contact JimCole@hotmail.com or 401-226-7714
- **Cetus MV** - one year old, a few minor scratches on the finish, includes a deck mounted compass - \$2800. Contact Richard at tamrich1@gmail.com
- **Strip Built Outer Island** - beautifully built and in great shape - \$1,800 or trade for Valley Avocet. See Craigslist ad for details and photos: <http://newyork.craigslist.org/wch/boa/4777175170.html>
- **Valley Anas acuta** - several years old but very clean. A little oxidation on the deck and only minor scratches on the hull with new fiberglass keel strip and new deck lines. Foam seat and back rest. \$1,600. Located in NJ, but can be brought to Narragansett, RI for serious interest. Photos on request from kfkehoe@verizon.net
- **PRICE REDUCED: Kevlar 17'6" Looksha 1V** - aqua deck, white hull, garage kept, new condition - \$900. Located in Westerly. Call Pat 401-480-3508
- **North Face Blue Kazoo sleeping bag** – barely used, perfect shape. 650 (high quality) down bag, comfort rated to 20 degrees, regular size that fits most folks to 6'. This model currently sells for \$270. I am offering it for \$150, firm. Contact gerry@seasherpakayak.com
- **Fiberglass Valley Skerray Sea Kayak** - red over white, 17' by 23", skeg, weighs in under 60 lbs. Ocean Cockpit for easier surf launching. Includes neoprene spray skirt - \$1100. **Skerray RM** - great rock gardening boat, needs hatches. Ocean cockpit, skeg, spray skirt included with sale - \$500. Buy both for \$1500. Contact Ric S. at 508-572-3095 (call or text), email rj_salty@yahoo.com
- **North Shore Polar HV** - 17.5 x 22 purchased new June 2013, unusual circumstances force sale, Lists for \$3,295, but will sell for \$2,100. Call for photos, Westerly, 401-480-2508
- **WANTED: Kayak Rack** and feet to fit 2000 Buick Regal contact 401-941-8061
- **Old Town Tripper Royalex Canoe** - length 17'2", kelvar skid plates installed. Three paddles included. Asking \$700.00. Contact Jeff cell 401-484-4896
- **Two sets of Yakima Bow Down J Racks with locks** - these are brand new and were never used - \$360. Contact cell is 401-486-2518 or email rolar27@cox.net
- **NRS Cross 4 Wetshoes** – women's size 8 (comparable to size 9 in regular shoes). In excellent condition; worn only a handful of times - \$16.99. Contact Zak at zmettger@verizon.net
- **Beautiful Old Time Canoe** - mint condition – contact Meggin Smith at 225-1971
- **PRICE REDUCED: Women's Kokatat Medium Meridian** dry suit with drop seat and socks, plum color. Excellent condition, bought 2 years ago, used 5-6 times. Gaskets and zippers in perfect condition, maintained gaskets with 303 Protectant and zippers with zipper lubricant - \$500. Email me at dkoriginals@yahoo.com or call Debbi at 617-930-5864
- **Ocean Kayak Malibu II Sit-on-Top Tandem Kayak** – length 12', width: 34", weight: 57 lbs. Red polyethylene construction. Seats two adults, plus a small child or pet. Can also be paddled solo from center seat. One seat and one paddle included. Kayak is located in Warwick. Asking \$475. Contact Susan at 401-996-3177

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.