

PADDLER

www.ricka.org

Newsletter of the Rhode Island Canoe & Kayak Association Vol. XXXVIII No. 3 March, 2015

March Club Meeting Northern Forest Canoe Trail Monday, March 16, 2015 at 7:00 p.m.

Our March meeting will be a presentation by Kerrie Thomas, the new Executive Director of the [Northern Forest Canoe Trail](#) (NFCT). The Northern Forest Canoe Trail is 740 miles long stretching from Old Forge, NY to Fort Kent, ME. The trail includes the Adirondacks, Lake Champlain, the Missisquoi River in Quebec, parts of Vermont, New Hampshire, and Maine including the Allagash Wilderness Area. Kerrie's talk will include some history of the NFCT as well as plans for the future improvements. She will also have trail maps and books available for sale for those interested.



Kerrie Thomas

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.**

Vote for Club Officers at the April Annual Meeting

Monday, April 20, 2015 at 7:00 p.m.

The Nominating Committee has presented the following slate of officers for the 2015 to 2016 year:

President: Susan Engelman
Vice President: Jim Cole
Secretary: Barbara August
Treasurer: Andy Viera

Members are encouraged to attend the April Annual Meeting to cast their votes. Contact Nomination Committee Chairman Erik Eckilson at 401-765-1741 or eckilson@cox.net with any questions.

Register now for the 2015 Rolling/Rescue Clinic

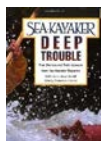


See page 3 for complete information!

From the RICKA Library...

Stay Safe with these Safety/Rescue Books

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 would like to check out any of these DVD's from the [RICKA Library](#) 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, April 1, 2015 at 7:00 p.m. at 70 Scott Street, Pawtucket. All are welcome to attend.

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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

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2015 Rolling/Rescue Clinic and Pool Practice Session

RICKA's 2015 Rolling/Rescue Clinic and Pool Practice Session will be held at the Jewish Community Center, 401 Elmgrove Avenue, Providence, RI on March 29 and April 12, 2015 from 3:00 p.m. to 5:00 p.m.

As in the past, we will offer instruction in self and assisted rescues in addition to rolling. Please be sure and specify Rolling or Rescue on the registration form.

The cost is:

- **Rolling or Rescue Clinic:** \$60.00
- **Practice** (no instruction): \$27.00

Insurance:

- **ACA Members:** no charge.
- **Non-ACA members:** \$5.00 event fee.

All participants must submit an ACA Waiver. This form is available at:

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

http://www.ricka.org/rolling_clinic/aca_minor_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 online on our website using PayPay at:

<http://www.ricka.org/RollingPayments/rolling.html>.

Please send your check or PayPal receipt, Registration Form and ACA Waiver to:

Catherine Radcliffe, 573 Rockdale Avenue, New Bedford MA 02740

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.

2015 ROLLING/RESCUE CLINIC REGISTRATION FORM

(Please submit one form per person)

Name _____

Sorry, the 2015 Rolling Clinic has been cancelled

Address _____

Email Address (required) _____

ACA Membership No. _____

Please Select One Session	Current ACA Member	Non ACA Member w/\$5 Event Fee
Instruction Please specify: ___ Rolling or ___ Rescue	<input type="checkbox"/> \$60	<input type="checkbox"/> \$65
Practice	<input type="checkbox"/> \$27	<input type="checkbox"/> \$32

Mail registration form with ACA Adult or Minor Waiver Form and PayPal receipt or check payable to RICKA to: Catherine Radcliffe, 573 Rockdale Avenue, New Bedford MA 02740

ACA Waiver forms are at:

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

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



Interest Group Q&A

Paddling with RICKA Flatwater

What is the RICKA Flatwater group?

RICKA has four interest groups – [Flatwater](#), [Whitewater](#), [Sea Kayak](#) and [Wilderness](#). These groups often overlap and many members paddle regularly with all four groups. The Flatwater group is the largest of the four and holds trips on most weekends from late spring through fall.

What types of trips are there?

Flatwater trips run the gamut from lakes and ponds, to rivers, to open water. Swimming, picnicking, and short hikes accompany some trips.

How do I find out about trips?

You will find a list of trips on the flatwater website.

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

You can also join the flatwater email list to get email notifications.

http://groups.yahoo.com/group/RICKA_FLATWATER/join

Who runs the trips?

All trips are run by volunteer trip coordinators. These coordinators will have done the trip before and will be able to advise you of potential hazards. Safety is always of paramount importance, but you, and you alone, are responsible for yourself.

What equipment do I need?

Every paddler will need a boat (canoe or kayak) that is appropriate for the conditions, paddle and personal floatation device (PFD). Your PFD must be zipped, buckled and properly adjusted anytime that



A great summer day on a RICKA flatwater trip

you are on the water. You can find a list of other equipment on the website.

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

What about clothing?

Paddling is a water sport, so you should plan to get wet. Cotton cloths should be avoided. Polypropylene, fleece, wool, and lycra blends insulate well when wet. In colder weather, a neoprene wetsuit is the better insulator, and splash jackets and dry wear are good investments.

And for my feet?

Footwear should protect your feet in and out of the water. Sneakers, water shoes or heavy Teva-type sandals are recommended.

How do I join a trip?

Most flatwater trips are “show and go” requiring no advanced notice. Simply arrive at the time indicated and enjoy the trip. More difficult trips will require an RSVP.

Please note that the trip coordinator may cancel a trip or change its location as conditions warrant. When possible, cancellations and changes will be posted on the [message board](#) at least 2 hours in advance the scheduled launch.

What should I do to prepare for a trip?

Paddlers should research the trip in advance to make sure that it is right for them. The trip coordinator will often post basic information such as the length of the trip, the equipment that is needed, and the hazards that might be encountered. There are also a number of excellent paddle guides in the [RICKA Library](#).

Please be honest about your abilities when deciding to attend a trip. New paddlers should start with short, easy trips before attempting longer, more difficult ones. All flatwater paddlers need to be in good physical condition and be competent swimmers.

What will happen when I get to the put-in?

Please arrive early for the trip, and bring the right equipment. Paddlers should not launch until the trip coordinator gives a brief safety talk, and takes a head count of paddlers. The trip coordinator may also need to assign a lead boat and a sweep boat. Please wait for the trip coordinator to launch their boat, or give the OK for you to launch.

What will happen on the water?

On the water, all paddlers are expected to stay with the group at all times. You should always paddle behind the lead boat, and in front of the sweep boat if one has been assigned. If you need to leave the trip for any reason, please notify the trip coordinator. At the take out, please do not leave the parking lot until the trip coordinator has taken a final head count.

Do you offer training?

RICKA often holds skills and rescue training. Notices will be posted on the on the [website](#), in the [Paddler](#) and on our [Facebook page](#). All paddlers are encouraged to take advantage of these training sessions to improve their paddling and rescue skills.

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/>

April 18, 2015 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.

June 13 – 20, 2015
Cape Cod Paddling Week

Join us for a week of paddling the coastal waterways of Cape Cod. All paddling trips will be in protected bays, inlets, harbors and rivers. Sea kayaks and recreational kayaks 12 feet or longer will be best for most trips.

August 1 – 9, 2015
2015 Adirondacks Trip

We will be returning to Rollins Pond State Park in the Adirondacks for our 2015 Adirondacks trip. You will need to make

campground reservations at Reserve America:

<http://www.reserveamerica.com/>

Please try to select a site in the A001 – A031 area. These are all waterfront sites.

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 21, 2015
Branch River Icebreaker

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.

March 12, 2015 at 6:00 p.m.

DAMNATION

Join the [Rhode Island Natural History Survey](#) (RINHS) for a free dessert potluck and discussion featuring the documentary film "DAMNATION" on Thursday, March 12, 2015 at the Richmond-Carolina Firehouse, 208 Richmond Farmhouse Road, Carolina. Learn how dam removals are carried out, and what they accomplish for us here at home in Rhode Island. Doors

open at 6:00 p.m. for the dessert potluck and social hour, followed by the movie "DAMNATION" at 7:00 p.m. and a discussion led by RINHS Director David Gregg at 8:30 p.m.

Reserve your free seat(s) by email at kstillwell@rinhs.org or call 401-874-5800

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** - US made, pumpkin XL with relief sipper, breathability, neoprene punch through collar for long term comfort, booties, new never used, tags still on - \$375. Contact Pat in Westerly at 401-480-3508 or patcosma@juno.com
- **Perception Sonoma Kayak** - Airlite material, white hull with red top - length 13', width 23". Includes spray skirt and paddle. Like new - used only a few times - original retail \$1,150 – asking 64. Contact Allen at 401-739-5151 or calafrancisco@aol.com
- **Necky Alek 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 401-699-1172
- **Cane Canoe Seats Repaired** - cane replaced at \$25.00 per seat, or 2 seats for \$45.00. Contact JimCole@hotmail.com or 401-699-1172
- **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 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.