

PADDLER

www.ricka.org

Newsletter of the Rhode Island Canoe & Kayak Association Vol. XXXIV No. 11 November, 2015

November Club Meeting

Movie Night - Our Favorite Trips of 2015
Tuesday, November 17, 2015 at 7:00 p.m.

We'll provide the popcorn as we look back with stories, pictures and videos at our favorite paddling trips of 2015.

With over 100 trips scheduled by RICKA this year, it can be tough to pick a favorite, but we'll do just that. If you have a story you would like to share, please contact Susan Engelman at sje54@hotmail.com or 508- 353-6411. Videos and slideshows should be no longer than 5 minutes and advance notice is required. We will have adaptors for connecting Mac and PC laptops to a projector. If anyone would like to show slides, a Kodak Carousel projector can also be available with advance notice. The meeting will be held in the Sterns Room at St. Martin's Church, 50 Orchard Avenue, Providence.



PLEASE NOTE DATE AND NEW LOCATION!

Directions to St. Martin's from Route 95 – From Route 95 North or South take the exit to Route 195 East. Take exit 2 for India Street toward Gano Street. Take a left on to Gano Street. Follow Gano Street to Waterman Street and take a right. Take the next left on to Wayland Avenue. Take your 4th right on to Orchard Avenue. St. Martins will be on your left.

Turkey Paddle and Dinner

November 7, 2015 – meet at 1:00 for a 1:30 launch (Rain date is November 8, 2014)

For our last scheduled trip of the year we will paddle on Wallum Lake with dinner to follow at the Lodge Restaurant. Come for the paddle, the dinner, or both! Wallum Lake is located on the border of RI and MA, has crystal clear water, and is an easy paddle. A wet suit or dry suit is recommended, and a change of clothes in a waterproof dry bag is required if you plan to paddle. **Because of the popularity of this trip, an RSVP is required by November 1st if you plan to attend the dinner.**

Please RSVP with Sharon Dragon shdrag1@gmail.com 401-225-3942 or Cheryl Thompson stonefoxfarm@cox.net 401-647-5887.

2016 Adirondacks Trip

July 30, 2016 to August 7, 2016

We will be camping at Lake Eaton Campground in the Adirondacks for our 2016 summer camping and paddling trip.

Lake Eaton Campground is a beautiful campground with spacious sites and good bathroom facilities. It is also within an hour's drive of many prime-paddling destinations. You can make campground reservations now at Reserve America:

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

Please try to select a site in the 40's and 50's or other sites close by. You can come for the week or just a few days. Please notify Henry Dziadosz hdziadosz@verizon.net if you are planning to attend.

From the RICKA Library...

Stay Fit in the Offseason with these DVD's

Kayak Fitness

Kayak Fitness – the Fusion of Sport and Exercise is designed to improve your paddling as well as your overall fitness. The program moves through multiple segments broken down by the main muscle groups used in paddling. This DVD comes with 3 pre-programmed workouts, or you can create your own sequences tailored to your personal needs and time.

Paddler's Personal Trainer

Everyone who uses a paddle is at risk of injuring his or her shoulders. This tape will help you become stronger and more flexible, reducing this risk, and making you a safer and more effective boater. It includes help for kayak and canoe paddlers with a full flexibility workout, shoulder strength exercises focusing on the rotator cuff, and a pre-boating session.

Yoga for Paddlers

Yoga increases strength, flexibility, balance, confidence and focus, which are all attributes of a skilled kayaker, canoeist or rafter. This video features two different workouts with instruction on poses, breathing and meditation. Work out regularly, and you can reduce your chance of injury and improve your boating!

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, November 4, 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.

The holidays are coming – give someone a year of paddling adventures.

RICKA memberships make great holiday gifts!

Please visit the website at:

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

You can renew by mail, or online using PayPal.

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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 flotation. 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.

Five for Five

A Great Day on the Quaboag River

By Erik Eckilson

Andy and I arrived at the picnic area on Route 67 in Palmer at around 9:00 am, and were surprised to see that a large group had already gathered. We would be running a popular whitewater section of the Quaboag River in central Massachusetts.

Sixteen paddlers had gathered to do the trip - two canoes and fourteen kayaks. We would run five major rapids – Mouse Hole, the Trestle Rapid, the Broken Dam, Angel’s Rapid and the Quaboag Drop in Devil’s Gorge.

We put in at around 9:30 and began our trip downstream. The day was warm but cloudy. The river was running at 4.5 feet. It was a little low for most of the kayakers, but was perfect for an open boater like me.

This run starts off with quickwater and easy class I/II rapids. The large group broke into smaller groups as we headed downstream, but would regroup at the bottom of each major feature. By 11:00, we had reached the first major class III rapid – Mouse Hole.



Andy approaching Mouse Hole

At Mouse Hole, the river takes a 90-degree turn to the left before dropping three to four feet down the rocky remnants of an old dam. I pulled over above the rapid to take a look, and watched as several

kayakers ran the drop and pulled into a large eddy on river right. The rapid continued under a railroad bridge and around a turn to the left.

I ran the drop a little right of center, and filled my boat with water in the big waves at the bottom. I pulled into a small eddy on river left, but there was no place to empty out my boat, so I continued downstream under the railroad bridge to await the rest of the group. The group had a couple of swims to contend with, so it took a little longer than I expected to run the rapid, but we were soon on our way. One down, four to go.

We stopped and surfed at a small drop downstream before coming to the next major feature – the Trestle Rapid. Once again the river takes a 90-degree turn, this time to the left, before taking a long rocky drop under a railroad trestle.

A straight run through this rapid is difficult due to a large group of boulders at the bottom. I was told to try to catch an eddy on the right just after passing under the trestle. This would allow me to line up on a narrow shoot through the boulders on the bottom. I followed one of the kayakers under the bridge and was able to catch the eddy on the right. From there, it was an easy run through the boulders. Two down, three to go.

The next major feature is a large broken dam, but before reaching it we had to portage a large unrunnable dam. I tied the rope from my throw bag to the stern loop of my canoe and lowered it down the steep rocky slope downstream from the dam. I almost took out a couple of kayakers in the process, but before long, we were back on the river.

After a couple of small rapids and wave trains, we arrived at the Broken Dam. I decided to run it just left of center down a straight shoot which terminated in a hole. In our open boats, we knew we would be able to clear the hole with no problem. Most of the kayakers choose a line further

to the right that avoided the hole but required them to boof a large rock at the bottom. A couple more OBE’s (out-of-boat-experiences) followed, but we were soon on our way again. Three down, two to go.

We enjoyed some more easy rapids as we approached the next major feature – Angel’s Field. This rapid doesn’t require any fancy maneuvering. It’s just a long run of rocks and large standing waves. Some of the really good boaters caught an eddy at the top and did some surfing on the way down. I was content to blast my way through the waves straight to the bottom. Four down, one to go.



Surfing the Quaboag Drop

From here, the river enters a pretty section known as Devil’s Gorge. There are a series of three rapids in the gorge. The first is the most difficult and ends in a four-foot drop known as the Quaboag Drop. There is no way to scout the Quaboag drop, but I was told that there was a shoot on river right, so I headed that way. The shoot was clearly visible as I approached, and I caught it without difficulty. I filled my boat up with water running the huge waves at the bottom, but was able to pull into a nearby eddy. I did it – five for five.

After playing in the rapids below the Quaboag Drop, we ran the remaining short rapids before pulling out at the picnic area on Route 67. We packed up our gear, said our good byes, and headed home early after a great day on the river.

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

Late cancellations and changes to trips will be posted on the [Flatwater Message Board](#). Please check the Message Board before leaving for a trip. Check [web site](#) for directions and/or GPS coordinates.

November 1st – meet at 1:00
Halloween Paddle on Wakefield Pond!
Coordinator: Henry Dziadosz
hdziadosz@verizon.net or 567-0313

A beautiful paddle on Wakefield Pond in Burrville and a get together at Henry's waterfront home after the paddle. Trip is suitable for all. Meet at the nearby state boat ramp and we will paddle around the pond to Henry's home. There will be a fire going, bring your own everything. (chairs, snacks, drinks)

November 7th - meet at 1:00 pm for a 1:30 launch (rain date is November 8th)
Turkey Paddle on Wallum Lake
Trip Coordinators: Sharon Dragon
shdrag1@gmail.com 401-225-3942 and Cheryl Thompson stonefoxfarm@cox.net 401-647-5887

For our last scheduled trip of the year we will paddle on Wallum Lake with dinner to follow at the Lodge Restaurant. Come for the paddle, the dinner, or both! Wallum Lake is located on the border of RI and MA, has crystal clear water, and is an easy paddle. A wet suit or dry suit is recommended, and a change of clothes in a

waterproof dry bag is required if you plan to paddle.

Because of the popularity of this trip, an RSVP is required by November 1st if you plan to attend the dinner.

Sea Kayak Trips

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

Whitewater Trips

Check the [Whitewater Message Board](#) for bootleg trips. Appropriate skills and equipment are required

2016 RICKA Adirondacks Trip July 30, 2016 - August 7, 2016

We will be camping at Lake Eaton Campground in the Adirondacks for our 2016 summer camping and paddling trip.

Lake Eaton Campground is a beautiful campground with spacious sites and good bathroom facilities. It is also within an hour's drive of many prime-paddling destinations. You can make campground reservations now at Reserve America:

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

Please try to select a site in the 40's and 50's or other sites close by. You can come for the week or just a few days.

We will decide on the location the night before the paddle. The leader is Henry Dziadosz, who has been paddling in the Adirondacks for many, many years.

Please notify Henry Dziadosz hdziadosz@verizon.net if you are planning to attend.

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.crossfithody.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.

- **Cane Canoe Seats Replaced** - contact Jim Cole - 401-699-1172
- **Valley Aquanaut** - plastic, in good condition with built in skeg - \$600. Contact Paul O'Reilly at 401- 640-5052
- **Necky Looksha** - 17' poly model includes Werner carbon paddle, cockpit cover, spray shirt, paddle float, kayak dolly - \$1,200. Call Pat Cosma at 401-480-3508
- **Necky Arluck III** - 18', 35 lbs., kevlar with rudder, yellow & white with blue stripe. Cuts through the wind and surf like butter - \$2400 OBO. Contact Bill at 401-447-2397
- **Current Designs Soltice GT XL** - yellow over white fiberglass, 55 lbs. 17'. Very stable and predictable boat. Cockpit cover and sprayskirt included - \$1800. E-mail hdziadosz@verizon.net or 401-497-5887
- **Wilderness Systems Aspire 105** - Phase 3 Air pro Seats with cockpit covers. One is red and the other is mango. They are two years old and in excellent condition. We are asking \$500.00 each. Contact 401-749-8354 or taylorlk@verizon.net
- **NEW LOWER PRICE: 1987 Dirigo 17 ft. classic fiberglass sea kayak** - large ask/teak cockpit and wood rails. Very good condition - \$600. **2001 Folbot Aleut Expedition** - 12 ft. folding kayak with carrying cases. Very good condition - \$350. 401- 524-5126 cjbook2@gmail.com
- **Malone XV kayak Auto Loader** - complete system, new 2015, never used - \$300. Pat Cosma 401-480-3508
- **Tiderace Xplore-X** - length: 18', width: 24", cockpit: 34.5"x19", depth: 14". Black and red deck over white hull with black keel strip. Gently used for two seasons and in perfect condition - \$2,400. SeaNskidog@hotmail.com
- **Folbot collapsible kayak** - weighs 40 lbs., color is bright orange. 2007 model in like new condition with paddle, spray cover and extra seat included, as well as full directions. Asking \$1000.00. Call Tom at 401-783-2750 or cell 520-240-7353
- **Make me an offer on any item listed:** 226 cm Sawyer kayak paddle (wood, like new), Harmony kayak bilge pump, Kayak seat cushion, Voyageur Paddle Float, Paddle leash, Kayak portage cart wheels, 2 four foot end air bags for OC1, 2 pieces of foam closed cell side flotation, Pair of adjustable foot pegs for kayak. If you're looking for miscellaneous white water items, please email me, I may have them. Email me for details. Jimcole@hotmail.com or 401-699-1172.
- **Valley Knordkapp HM** - a classic. Mid 90s model – yellow hull and deck, chimp pump, mounted compass. Used but not abused, stored indoors, clean, good shape. \$1200. OBO. Todd at tsmoore991@gmail.com
- **Dagger Sitka** - fiberglass, yellow/black/white, 17'11 x 22". Good condition. Fast and comfortable; front/rear ultra-wide hatch openings; day hatch behind the cockpit - \$800. cammac@ieee.org
- **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
- **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. Photos on request from kfkehoe@verizon.net
- **Skerray** - good general use sea kayak in very good condition. Red over white, 17' by 23", skeg. Weighs in under 60 lbs. Ocean cockpit for easier surf launching. Included in price is a neoprene spray skirt, in perfect condition - \$1100. **Skerray RM** - good condition, great rock gardening boat, needs hatches. Ocean cockpit, skeg, spray skirt (in fair condition) included with sale - \$500. Buy both for \$1,500. Contact Ric S. at 508-572-3095 (call or text) rj_salty@yahoo.com

Would you like to read more about sea kayaking?

Subscribe to Atlantic Coastal Kayaker

Atlantic Coastal Kayaker will bring you a 36-page issue all about sea kayaking, 8 months a year. (March through December)

**Special rate for RICKA members
\$18 a year – a \$6.00 discount**

Send for a free sample issue.

Atlantic Coastal Kayaker
224 Argilla Road

Ipswich, MA 01938

Phone: 978-356-6112 (phone and fax)

Email: ackayak@comcast.net

Website: <http://www.atlanticcoastalkayaker.com>

Send your classified ads to RICKA Webmaster Cheryl Thompson, 53 Anan Wade Road, Gloucester, 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 are at the webmaster's discretion.