

PADDLER

www.ricka.org

Newsletter of the Rhode Island Canoe & Kayak Association

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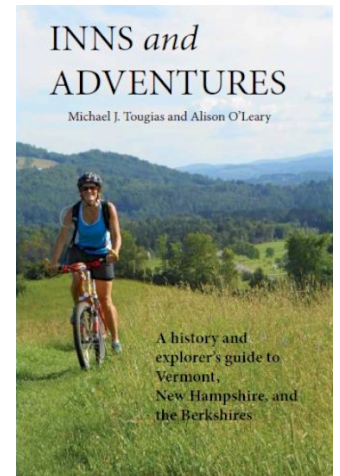
May Club Meeting

Hidden Gems of New England with Alison O'Leary

Tuesday, May 17, 2016 at 7:00 p.m.

At our May meeting, author Alison O'Leary will take us on a tour of scenic destinations around New Hampshire, Vermont and the Berkshires. She will share the thrill of discovering the lesser-known countryside, and take us on adventures including whitewater kayaking, hiking, fishing and mountain biking.

Alison is a journalist and coauthor of *Inns and Adventures: A History and Explorer's Guide to Vermont, New Hampshire, and the Berkshires* with Michael Tougis. She enjoys hiking, mountain biking, sailing, adventure travel and anything to do with water. The meeting will be held in the Sterns Room at St. Martin's Church, 50 Orchard Avenue, Providence



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. Martin's will be on your left.

Sea Kayak Paddle and Potluck Planning Meeting

Saturday, May 7, 2016

The day will start at 10:00 with paddles at Gooseberry Island, Westport, MA. There will be a level 2 trip on the Westport River, and a level 3 trip in Buzzards Bay. All paddlers will meet at Goosberry Beach. Dry suits or protective wet suits are strongly recommended. A Potluck Planning Meeting will follow at 3:00 at 75 Drift Road in Westport. There will be plenty of food and conversation, so bring a potluck dish to share. Paddlers should also bring ideas for trips to add to the summer calendar. If you cannot come to the paddle, please come to the Planning Meeting - we need your input. Please contact [Carleen McOsker](#) or [Jon Sharlin](#) with any questions.

Pawcatuck River Overnight Camping Trip

May 14, 2016 to May 15, 2016

We will meet at the Alton Dam (Route 91 at the Hopkinton / Richmond town line) at 10:00 on Saturday for a 10:15 shuttle, and paddle down to the Burlingame Canoe Campsites for the evening. We will take out at the Bradford Landing (Route 91, Westerly) on Sunday. As an alternative, you can put-in at Bradford and paddle up to Burlingame. You are responsible for your own tent/sleeping bag, food and other equipment. There are more than 20 miles of hiking trails and more than 50 geocaches in this area, including about 16 new caches as of March 2016. Please RSVP to Jim Cole at jimcole@hotmail.com or call 401-699-1172

Enjoy Camping and Paddling this Summer

Cape Cod Paddling Week

June 25, 2016 to July 2, 2016

Join us for a week of paddling the waterways of Cape Cod. All paddling trips will be in protected bays, harbors and rivers. Participants must be able to handle 5-10 miles of paddling, and there may be days of paddling against current and wind. Sea kayaks and recreational kayaks 12 feet or longer will be best for most trips. We will be camping at [Shady Knoll Campground](#) in Brewster. You will be responsible for your own meals. Contact [Louise Price](#) for additional information.

RICKA Adirondacks Trip

July 30, 2016 to August 7, 2016

With thousands of miles of beautiful waterways, the toughest part of paddling in the Adirondacks can be deciding where to go. Make it easy on yourself and join this wonderful weeklong trip. We will be camping at [Lake Eaton Campground](#) at sites in the 40's and 50's. This is a beautiful campground with spacious sites and good bathroom facilities. It is also within an hour's drive of many prime paddling destinations. Contact [Henry Dziadosz](#) for additional information.

All paddling trips are at the discretion of the leader. Paddlers will need a canoe or kayak that is appropriate for the conditions, paddle, personal flotation device (PFD), paddle float, pump, and spare clothes. You will also need camping equipment including a tent, sleeping bag and cooking gear. You are responsible for your own food. Contact the leaders for additional information.

RICKA is an ACA



Paddle America Club

If you haven't done so already...

Please 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.

Executive Board:

The next Executive Board meeting will be held on Wednesday, May 4th at 7:00 p.m. at the [REI Cranston Store](#) 22 Chapel View Boulevard, Cranston. All are welcome to attend.

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Interest Group Q&A

Paddling with RICKA Wilderness

What is the RICKA Wilderness group?

The [Wilderness](#) group is the newest of RICKA's four interest groups. The Wilderness group organizes trips that involve paddling, camping and other wilderness skills.

What types of trips do you do?

Wilderness trips run the gamut from easy overnight trips on rivers like the [Pawcatuck](#), to weeklong excursions in the [Adirondacks](#), [Cape Cod](#), the North Maine Woods or Northern Forest Canoe Trail.

What experience do I need?

It depends on the trip. Some trips are open to all paddlers and require a minimum of camping experience. Other trips are limited to small groups of experienced paddlers, capable of multi day trips in a variety of paddling conditions.

How do I find out about trips?

On occasion, RICKA Wilderness trips are posted on the trip calendar on our website. <http://www.ricka-flatwater.org/wilderness1.htm>

More often, they are posted as "bootleg" trips on the Flatwater message board.

<http://members.boardhost.com/FLATWATER/>

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.



RICKA campers at the Burlington Canoe Campsites on the Pawcatuck River

How do I join a trip?

Official RICKA Wilderness trips are always RSVP trips. Contact the leader via email or at the phone number listed. You may be asked about past experience before being allowed to participate.

"Bootleg" trips posted on the Flatwater message board are not official RICKA trips. The message board is a public service to the paddling community, and anyone can post messages. You must determine if a trip is right for you.

What equipment do I need?

Every paddler will need a canoe or kayak that is appropriate for the conditions, paddles and a personal floatation device (PFD). You will also need drybags and camping equipment including a tent, sleeping bag and cooking gear. You can find a list of other equipment on our website.

<http://www.ricka-flatwater.org/wilderness/GearList.pdf>

What about clothing?

Wilderness 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 to keep you warm.

What will I eat?

Once again, it depends on the trip. On trips where portages are few and weight is not an issue, we may bring coolers filled with fresh food and arrange group meals. On trips with long and frequent portages every ounce counts. For these trips most of the food will be freeze dried and everyone will arrange their own meals.

Do you offer training?

The next "Are You Ready" overnight camping trip is May 14, 2016 at the [Burlingame Canoe Campsites](#) – see page 1 for details.

Blackstone Valley Paddle Club Resumes Tuesday Evening Paddles

The [Blackstone Valley Paddle Club](#) (BVPC) will begin its 16th season on Tuesday, May 10, 2016 at 6:15 p.m. with a joint paddle with [Southern New England Paddlers](#) on the [Pawtuxet River](#). Trips will continue every Tuesday night through August 23rd. BVPC trips run the gamut from lakes and ponds, to rivers and streams. Come paddle with us as we enjoy the scenic waterways of the Blackstone River Valley. Details are on the website at: <http://www.ricka-flatwater.org/bvpaddlers.htm>

Preorder your "Geocoin" now!



There is still time to pre-order your limited edition, paddling themed Geocoin. Complete details are on our website at: <http://ricka.org/Payments/geocoin.html>

Knightsville Section of the Westfield Whitewater Paddling at the Jim O'Brien Memorial Paddle

By Erik Eckilson

I didn't know Jim O'Brien, but I knew of him. His boating skills were well above mine, so we rarely crossed paths on the river, but he was a friend to many. It is a great testament to him that his friends still gather to remember him six years after his tragic [whitewater accident](#). Paddling accidents are rare, but when they happen, they leave a hole in the fabric of the paddling community.

About forty boaters gathered on the [Knightsville section of the Westfield](#) for the Jim O'Brien Memorial Paddle. It was a dam release weekend, so the river was flowing at a nice level. It was also the weekend of the [Westfield River Wildwater Race](#), so there would be lots of boats and spectators on the river.



Group picture at the Jim O'Brien Memorial Paddle

The Westfield River arises in the Berkshire Hills and flows generally to the southeast to converge with the Connecticut River in Agawam, MA. The upper reaches of the river consist of several tributaries including the North Branch, the Middle Branch and the East Branch, all of which converge in Huntington to form the Main Branch. The Knightsville section is on the North Branch, and is one of several well-known whitewater runs on the Westfield.

The [RICKA Whitewater](#) group may be small, but we do our best to get together as



Paul at the put-in

often as possible. For this trip, the crew included me, Andy, Paul, Pat and Dan. We met at the take-out in Huntington for the shuttle up to the Knightsville Dam.

Between the racers and the whitewater boaters, there was a lot of activity at the dam. The whitewater boaters posed for a group picture before getting out on the river. The canoeists were definitely outnumbered on this trip. There were 37 boaters in the Jim O'Brien Memorial Paddle group photo, but I only counted 3 canoes at the put-in.

The good news is that there would be plenty of canoes on the river (mostly tandems) for the Westfield River Wildwater Race. Supposedly, this is the oldest consecutively run canoe race in the United States.

After the picture, we got in our boats and



Pat running the Gorge Drop

headed downstream. This section of the Westfield is mostly class II rock-dodging until you enter the Gorge in the Gardner State Park. There are two class III rapids in the Gorge section. The first is an unnamed rocky shoot that is usually run to the right, which is how we ran it. The second is a 3-foot ledge known as the Gorge Drop. It can be seen from upstream by a big rock in the middle of the river. You run this just to the right of the rock, and move left to catch the eddy, or at least avoid the big haystacks downstream. We all made it through without incident.

From the Gorge Drop down to the take out are more rock gardens separated by sections of quickwater. Run took us about 2 hours at a leisurely pace.



Racers running the Hill & Dale Rapid

On the way home, Paul and I stopped at a rapid called Hill & Dale on the novice course of the Westfield River Wildwater Race to see some of the carnage, and we weren't disappointed. A pinned canoe in the middle of the river told us that the safety boats had been busy. We saw about 10 boats come through in 15 minutes – about half of them dumped, and there were plenty of gunwale grabs on the rest. It looked like a good time for all.

Erik is a [Flatwater](#), [Whitewater](#) and [Blackstone Valley Paddle Club Leader](#), and the [RICKA Newsletter](#) Editor. You can read his blog at [Open Boat, Moving Water – A Paddler's Journal](#).

Is Your Lawn and Yard Care Watershed Friendly?

As spring approaches, sprucing up the yard is important to many homeowners, and often that means using fertilizers and pesticides. Unfortunately, these lawn care chemicals can seep into groundwater and eventually end up in area rivers and streams. This year, re-think your lawn care routine and consider using the latest “watershed-friendly” methods.

Mow high. The general rule of thumb is never cut more than a third of the blade. The ideal length is about 2 ½ to 3 inches to maintain healthy growth.

Leave the clippings on the lawn. It helps improve soil quality and reduces fertilizer needs by up to 50%.

Fertilize in the fall. Most established lawns need little or no fertilizer. If you must fertilize, September is the best month, and once a year is enough.

More is not better! Apply fertilizers and pesticides only as directed. Increasing the application rate dramatically increases the likelihood of harmful run-off

Skip the “step programs”. These often contain herbicides and pesticides you might not need.

Hand pick weeds when possible. If you must treat weeds or insects with herbicides or pesticides, spot treat them rather than applying to the entire lawn.

Use a slow-release fertilizer. It is less likely to run off from healthy, established turf.

Consider using organic fertilizers. Organic alternatives include bone meal, blood meal, compost, or organic blends. These can still leach nutrients to local waters, so be sure to follow the

manufacturer’s directions for application rate and time.

Check the weather forecast before applications. Don’t apply fertilizers or pesticides when heavy rain is predicted.

When establishing a new lawn use “elite” seeds mixes. These blends include fescues which require less water and fertilizer than Kentucky Bluegrass. Endophyte-enhanced seed varieties contain a fungus that makes them more resistant to stresses like disease, pests and drought. Spending a little more on high quality seed will pay off over the long run with a higher quality, lower maintenance lawn.

Avoid using fertilizers or pesticides near wells or within 75 feet of wetlands and waterways.

Thanks for taking these simple steps toward cleaner waters. For more information on watershed friendly yard care, visit this website:

Rhodes Island Storm Water Solutions
<http://www.ristormwatersolutions.org/>

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.**

Blackstone Valley Paddle Club Trips

Unless otherwise noted, Blackstone Valley Paddle Club trips are suitable for all boats and skill levels. More detailed trip descriptions can be found on the [web site](#).

May 10th - launching promptly at 6:00
Joint BVPC/SNEP Paddle on the Upper Pawtuxet River – Hope, RI

This is a special joint paddle with the [BVPC](#) and [SNEP](#). The membership requirement is waived for people paddling with the BVPC on this night. This trip is suitable for all levels of experience and all boat lengths.

May 17th - launching promptly at 6:15
West River - Upton

This is a new section of the West River. This trip is suitable for all levels of experience and all boat lengths, however shorter boats will have an easier time navigating the tight turns and twists in the river.

May 24th – meeting for shuttle at 6:00 pm

Quinsigamond River - Riverview Apartments. Grafton, MA

There are two options for this trip. The downstream trip is good for all boat lengths. If you decide to go upstream, a shorter boat would make that option easier

May 31st - launching promptly at 6:15
Lackey Dam and the Mumford River - Sutton, MA

Always a popular trip - we will put-in at the Lackey Dam and paddle up the pond and into the Mumford River.

June 7th - launching promptly at 6:15
Nipmuc River - Harrsville, RI

We will put in above the Harrisville Pond

Continued on page 6.

Continued from page 5.

and paddle upstream. This is another very popular trip. Check for the website new put-in location due to bridge construction.

Flatwater Trips

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

May 1st - meet at 10:00

Joint RICKA Paddle with the Ten Mile River Watershed Council on the Bungay River, Attleboro, MA

Trip Coordinator: Bill Luther
prijon@juno.com 508-761-7961

An easy paddle up a very scenic river - you will forget you are in the city of Attleboro after a few of the twists and turns. You should find this trip easier with boats under 15 feet. An RSVP to the leader is required for this trip.

May 7th

Adirondack Planning Meeting

The meeting will be held at the waterfront home of Henry Dziadosz. Please contact Henry at hdziadosz@verizon.net or 401-567-0313 if you plan to attend

May 8th - meet at 10:00 for a 10:30 launch

Big River - Coventry, RI

Trip coordinators: Henry Dziadosz
hdziadosz@verizon.net or 401-567-0313 and Louise Price weezrad@yahoo.com

Narrow and twisty river – we will paddle upstream against the current and then return with the current to the put-in. Johnson's Pond is a beautiful pond. Trip is not suitable for kayaks over 15 feet.

May 14th – meet at 10: for a 10:15 shuttle

Pawcatuck Overnight Camping Trip

Coordinator: Jim Cole
jimcole@hotmail.com 401-699-1172

We will put in meet at the Alton Dam and paddle down to the Burlingame Canoe Campsites for the evening. You are responsible for your own meals and equipment. We will take out at the Bradford Landing on Sunday.

May 22nd - meet at 10:00 for a 10:30 launch

West River - Uxbridge, MA

Coordinator: Linda
Konvalinka lkonvalinka@hotmail.com
508-377-9040

You'll have the chance to see lots of wildlife as you paddle upstream through this stretch of clean, clear flatwater. Best for boats under 15 feet.

May 28th - meet at 10:00 for the shuttle

Snake River in Norton, MA

Coordinator: Louise Price
weezrad@aol.com

We will put in on the Canoe River, paddle across Winnecunnet Pond, enter the Snake River and follow that until we come to Lake Sabbatia. Suitable for boats 15 feet and shorter – there are many, many tight turns.

May 29th - meet at 9:30 for the shuttle.

Wood River in Richmond – Route 165 to Wyoming Dam

Coordinators: Sharon Dragon
shdrag1@gmail.com 401-225-3942 and
Mike Vechinski M.Vechinsky@att.net
860-271-1586

The beginning of the river may be narrow, shallow and rocky, but it soon opens up. The trip is suitable for boats under 15 feet. Bring a lunch.

June 4th - meet at 9:30 for the 10:00 shuttle (Rain date June 5th)

Assabet River- Acton to Concord

Trip Coordinators: Sharon Dragon
shdrag1@gmail.com 401-225-3942 and

Erik Eckilson eckilson@cox.net(401) 765-1741

We will paddle 8 miles down the Assabet to its convergence with the Sudbury to form the Concord. There is one short rapid that can be portaged. Suitable for all boats. Bring a lunch.

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.

- **Cane Canoe Seats Replaced** - contact Jim Cole - 401-699-1172
- **Bungee/ Stretch Cord** - all sizes, colors, and styles available. Prices start at \$5.00/spool. Jonathan at 401-447-7973 Jon@marineropeinternational.com
- **Dagger Exodus 168** – red, length 16'-11", width 23.25", weight 60 lbs, cockpit 34" x 19". Bow and stern storage compartments, full rudder system - mint condition. Asking \$789. **Corsica S Whitewater Kayak** – purple, length 10' 7", width 24", weight 39 lbs. Some scratches. Kayak, spray skirt, PFD, carbon fiber paddle – \$389. **Two Dagger Mamba 8.1 Whitewater Kayaks** - your choice of sunrise or yellow. Length 8' 1", width 26.75", weight 47 lb., cockpit 34" x 19". Very little use. Kayak, PFD, helmet, carbon fiber paddle - \$699. Email or call watersedge99@comcast.net 508-944-2539
- **Valley Pintail (2001 model)** - asking price is \$1200. More information and photos are available at this website - <http://www.krabach.info/pintail/thumb.html>
- **NDK Pilgrim** - white/white/navy seam, 15'9" length, 19.7" beam. Versatile sea kayak for small or lean paddler. Well-maintained by long-time RICKA sea kayaker, the usual hull scratches. Offers considered. Contact pikake98353@mypacks.net
- **Romany Explorer sea kayak** – fiberglass, 17'6" X. 21.5". **Prijon Hurricane whitewater kayak** with stern air bag. **Kopapa Kiwi kayak** - 8' X 26". Medium dry top & drysuit (needs wrist & ankle gaskets). Large PFD, bilge pump. 3 cockpit covers. 5 paddles and 2 dry bags. Yakima rack w/ locks plus 2 sets of saddles. Extra towers & clips \$1500. Contact goray7ray@gmail.com
- **Werner Carbon Fiber Ikelos paddle** - bent shaft. 215 cm. Only used twice and is in brand new condition - \$350. Contact aijerry@optonline.net
- **Free: Two youth size PFDs** - 50-90 lbs, 24-28" chest. One is LL Bean (color blue), the other is HO Sports (color black). Can bring to RICKA monthly meetings. Milton 978-618-7679 mlchow622@gmail.com
- **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
- **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:** 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 you're looking for miscellaneous whitewater 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 tmoore991@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

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.