

PADDLER

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Newsletter of the Rhode Island Canoe & Kayak Association Vol. XXXIX No. 11 November, 2016

November Club Meeting

Movie Night - Our Favorite Trips of 2016
Tuesday, November 15, 2016 at 7:00 p.m.

Join us at our November meeting as we look back with stories, pictures and videos at our favorite paddling trips of 2016.

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 Erik Eckilson at eckilson@cox.net or 401-765-1741. Videos and slideshows should be no longer than 10 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 at the Jewish Community Center.



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.**

Turkey Paddle and Dinner

November 12, 2016 – meet at 1:00 for a 1:30 launch (Rain date is November 13, 2016)

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 9th 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.

RICKA memberships make great holiday gifts!

The holidays are coming – give someone a year of paddling adventures with a membership to RICKA. It is only \$15 per year (\$25 if you include the Blackstone Valley Paddle Club), and you can join or renew by mail, or online using PayPal on our website at: <http://www.ricka.org/Join/Jointhefun.html>



Geocoins have arrived

The RICKA Geocoins have arrived. If you chose the mail option, it was mailed this week. Otherwise, [Lori Lucas](#) will be distributing them as her schedule allows. Thanks Lori!

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!

These are just three of the great tapes and DVD's covering the range of paddling topics that are available in our [collection](#). If you would like to check out these or any other selections, 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, December 7th at 7:00 p.m. at the [REI Cranston Store](#) 22 Chapel View Boulevard, Cranston. All are welcome to attend.

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

Submit your stories to the PADDLER

Do you have a story that you could share, a picture, gear review or trip report? **Please consider sending it to the Paddler.** Chances are, there are a lot of people who would really enjoy seeing it.

Don't be shy, please send it along to editor@ricka.org!

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Burning some Vacation Time in Maine

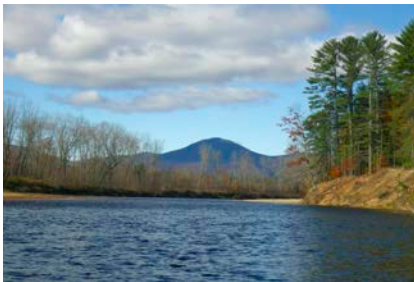
Saco and Sheepscot Rivers By Erik Eckilson

I looked in the rear view mirror as I crossed the Massachusetts line into New Hampshire, and saw the sun just beginning to rise. The traffic heading south was bumper-to-bumper, but fortunately I was heading north for a few days of paddling in Maine with my friend Jonathan.



Swans Falls Dam on the Saco River

Since I missed the Allegheny camping trip with the [RICKA Wilderness](#) crew, I had hoped to squeeze in a few days of camping before winter set in. Jonathan, who recently retired, was more than happy to join me. Unfortunately, a forecast for cold and rainy nights convinced us that day-trips from Jonathan's house in Wiscasset, Maine would be a more comfortable option. The plan was to start in Fryeburg for a trip on the Saco River, and then head east for a trip on the Sheepscot River in Wiscasset with



White Mountains to the north



Jonathan heads downstream

its famous [Reversing Falls](#).

I met up with Jonathan in Conway to check out the [Conway Rips](#) (a small class II rapid) before heading over to Fryeburg to run the shuttle. As we paid to leave a car at the [Swans Falls Camping Area](#), the attendant looked concerned and commented that it "might be a little cold on the river today". "No problem" said Jonathan, "we have our drysuits".

The [Saco River](#) arises from Saco Lake at Crawford Notch in the White Mountains and flows 136 miles generally southeast through New Hampshire and Maine before emptying into the Atlantic Ocean at Saco Bay. There are several exciting whitewater runs on the Saco as it tumbles down the White Mountains, but today we would be paddling the flatwater section below Fryeburg. This is an extremely popular run in the summer when hundreds converge on this section of the river for weekend camping and paddling trips.

We ran the shuttle down to Walkers Bridge and were on the river by 11:00. The river was low but runnable with the wide sandy beaches that make this section so popular for camping. On this day, we didn't have to fight the crowds. We pretty much had the river to ourselves. We paddled under the Canal Bridge and pulled over at the beach at Fiddlehead for lunch.

What is now the "official" course of the Saco River was actually constructed as a canal in the 1800's to make transportation on the river easier. The 6-mile long "Canal River" is 15-miles shorter than the "Old

Course", which still twists and turns to the north, reconnecting with the "Canal River" a few miles below Fiddlehead. I paddled a mile or so up the "Old Course" just to say I did while Jonathan did some fishing.

From there, we continued downstream to our take out at Walkers Bridge. Many people continue further down to Brownfield or Hiram for multi-day trips, but that will have to wait for another day. We packed up our gear and headed east to Jonathan's house in Wiscasset for dinner and a nice warm bed.



Approaching Walkers Bridge

We awoke the next morning to frost and a temperature of 28°. It was nice to be in a warm house rather than a cold tent. We had a leisurely breakfast waiting for the tide to come in before heading out to paddle the [Sheepscot River](#) from Sheepscot to Wiscasset. This section of the Sheepscot River couldn't be more different than the section of the Saco that we had paddled the day before. While the Saco was a beautiful freshwater river, this section of the Sheepscot is a saltwater estuary – wide, windblown and subject to the tides.



Sheepscot Village on the Sheepscot River

Continued on page 4.

Continued from page 3.



Wiscasset Village

We put in just after high tide at the pretty Village of Sheepscot, and rode the outgoing tide down through a narrow channel would form the “Reversing Falls” as the tide dropped. I’d have to wait to see that on the way back. We continued downstream to Wiscasset where we eat lunch at [Sarah’s Café](#) waiting for the tide to come back in for the return trip.



Erik at the Reversing Falls

A Bald Eagle followed us as we paddled back up the Sheepscot River. By the time we reached Sheepscot Village, the Reversing Falls was flowing. Surfing the waves would have been a little too much for our tandem canoe, but I’d like to come back with my whitewater boat sometime. It would be fun trip for a summer afternoon when the inevitable swim would be more enjoyable.

Erik is a [Flatwater](#), [Whitewater](#), and [Blackstone Valley Paddle Club](#) leader, and the Editor of the [Paddler](#). You can read his blog at [Open Boat, Moving Water](#).

After the Allegany River Trip

By Jim Cole

Most of my trip reports are about the trip down the river. This report is about the ride home to Florida.

We had a great trip to the Allegany River the first week of October, although the trip home from Pennsylvania to Florida was eventful to say the least. I was trying to keep up on the hurricane that was causing my home in Florida to be evacuated. I decided that I could probably make it to South Carolina, and wait for it to pass before heading home.

Day one got me as far as South Carolina when I ran into the rain from Matthew. When the rain started, I pulled into a highway rest area and spent the night sleeping in the car. Around 5 a.m., I checked the tie downs on the canoe and added an extra rope to the stern and an extra strap and headed south. As the wind picked up, the canoe did not move and I checked the straps at every stop just to be on the safe side.

It wasn’t long before I realized how bad the wind was, and having 3 handsaws came in very handy. Traffic was stopped on the interstate and people were turning off their cars to save gas. I decide to walk up to the head of the line and soon spotted the problem - a large tree was down across all three lanes. I returned to my car, found my saws and drove up to the trees in the breakdown lane. With three people cutting branches it only took about 1/2 hour to clear enough of the tree blocking I-26 for one lane of traffic. A short way down the road a second tree was even quicker to clear.

Next, I ran into the police roadblocks. I got off the highway and headed west to the next north-south highway, which was US 301. This road was a total disaster with

down trees and minor flooding. I was able to make it through and back over to I-95. No sooner was I on I-95 than I hit another police roadblock. I-95 was closed all the way into Florida. The alternate routes of US Route 1 and US Route 17 were also closed. All traffic was being sent north. No exceptions. So I backtracked to US 301 heading South West to Georgia, which is not fun. Roads were starting to flood and I was lucky to make it out of the problem areas.

Then the wind got much worse and the canoe started moving around on the racks. I tightened the straps every chance I had, but it was not enough. As a car in front of me stopped short I saw my canoe slide forward stopping as my extra rope held it from coming completely off. I pulled to the side and re-did all my straps, but the front end of the gunwales were now loose from the hull. The next several miles were very slow going until I found a spot protected from the wind. I knew I had to turn the canoe around so the loose gunwale/hull was in the rear.

While I wasn’t completely out of the wind, I felt with some luck I could turn the canoe around. I positioned the car and removed all but one strap. The other straps and ropes were placed where they could be quickly fastened and I waited for that brief moment for the wind to stop.

The wind died for about a minute and I was able to pick up the canoe and turn it around 180 degrees and reattach one strap before the next gust of wind. I never want to try that again.

One more night of sleeping in the car and I was able to make it home with no additional problems. Now to fix the canoe...

Jim Cole is a past President, long-time [Membership Chair](#) and past [Wilderness Chair](#). He recently moved to Florida, but we still hope to see him on trips.

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 12th – meet at 1:00 for a 1:30 launch (Rain date November 13th)

Annual Turkey Paddle and Dinner

Coordinators: Sharon Dragon
shdrag1@gmail.com or Cheryl Thompson
401-497-5887 or stonefoxfarm@juno.com

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 9th 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

2017 RICKA Adirondacks Trip August 5 - 12, 2017

We will be camping at Lake Eaton Campground in the Adirondacks for our [2017 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 30's to 50's, or other sites close by.

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

A Cold Water Caution

Exposure to the cold can drain your strength and rob you of the ability to make sound judgments regarding safety. For cold weather paddling, please remember:

- Never paddle alone - at least three boats are recommended, four boats are better.
- Keep the trip short, and well within the paddling ability of the group.
- Dress for immersion in a drysuit or wetsuit. Protect the extremities with a hat, neoprene gloves and warm

footwear. Always carry a change of cloths in a waterproof bag.

- Know how to recognize and treat the symptoms of hypothermia.
- Always, always, always wear your PFD.

Cold weather paddling significantly increases the risk of serious injury or death. Paddle safe. Paddle smart.

Discounts for Members

The following retailers offer special discounts for RICKA members:

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.

- **Valley Q-Boat** - Quill over Quill Q-Boat with black trim. Some spider cracks. Asking \$1000 or B.O. Eric emjohnso3@verizon.net
- **Kokatat front entry GORE-TEX GFER dry suit** with relief zipper and GORE-TEX socks. This suit has been lightly used and is in excellent condition. \$400. Contact [Bill Hahn](#)
- **P&H Delphin Kayak 15.5** - a superior all purpose kayak that is very stable, excels at surfing, ocean play, and is a very functional multiday touring boat. Length: 15' 5" with adjustable skeg- \$1150. barachial@icloud.com
- **PRICE REDUCED: NDK Pilgrim** - white/white/navy seam, 15'9" length, 19.7" beam. Versatile sea kayak for small or lean paddler - \$1,600. Contact catherineradcliffe@earthlink.net
- **Old Town Tripper** – this 17" royalex canoe has been stored inside for over 20 years and is in very good condition - asking \$800. Contact 508-808-0530 or jrmiller59@yahoo.com
- **Kokatat Orbit Tour PFD** - Small/Med - \$75. Contact michael.hazeltine@gmail.com
- **FOLBOT "Yukon"** - 13', excellent condition. Spray cover, extra seat, paddle. \$800 OBO. Wakefield area, can deliver to RI buyer - 401-783-2750
- **NRS Flux Drytop** - men's size XL, red with black highlights, latex wrist and neck gaskets. Excellent, like new condition used less than 6 times. Sells new for \$325, yours for \$200. **Henderson 7mm Dive Boot** - men's size 11 fit my size 10 feet with thick socks and drysuit booties with room to spare. Two years old but used less than a dozen times. Sells new for \$95, yours \$45. **Reed Aquatherm Fleece Men's Long Sleeved Top** – black, men's size large. Worn less than 12 times and in good shape. I paid around \$95, yours for \$35. Contact Gerry at sea sherpa kayak dot com
- **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
- **Werner Carbon Fiber Ikelos paddle** - bent shaft. 215 cm. Only used twice and is in brand new condition -\$350. Contact aikijerry@optonline.net
- **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 - \$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** - great expedition kayak with large volume and excellent rough water handling. Length: 18' , width: 24" , volume: 15.1ft3, cockpit: 34.5"x19", depth: 14". Black and red deck over white hull with black keel strip - \$2,400. Contact le on request at SeaNskidog@hotmail.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.

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

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 are at the webmaster's and newsletter editor's discretion.