

PADDLER

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Newsletter of the Rhode Island Canoe & Kayak Association Vol. XXXX No. 11 November, 2017

November Club Meeting

Movie Night - Our Favorite Trips of 2017
Monday, November 20, 2017 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 2017.

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 5 minutes and advance notice is required. We will have adaptors for connecting Mac and PC laptops to a projector, or bring a flash drive with videos or pictures.



The meeting will be held in the Community Center located behind the Louttit Library, 274 Victory Highway, West Greenwich, RI. Please note new location.

Directions: From Route 1-95, take exit 5B to merge on to Route 102 North toward West Greenwich. The Louttit Library will be up the road about 3 miles on the right.

Turkey Paddle and Dinner

November 4th - meet at 1:00 pm for a 1:30 launch (Rain date of November 5th)

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 and Cheryl Thompson 401-497-5887 or stonefoxfarm@juno.com.

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>



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<http://www.facebook.com/RhodeIslandCanoeKayakAssociation>

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 November 1st 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 

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!

Rhode Island Canoe & Kayak Association

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Upper Connecticut River

By Bill Luther

Where do you go on Columbus Day weekend where you are not stopped in traffic, or surrounded by 1,000 other leaf peeping fools? You can't even find a hotel room in NH without a reservation. We had talked about going on a canoe camping trip for about a month now. Finally Mena decided that we were going to paddle close to home - the Connecticut River from Bloomfield to Lunenburg in VT



Campsite on the Nulhegan

We drove up through the Franconia Notch and met Tommy and Mena on Friday night in Lancaster, NH. We drove to Bloomfield, VT and the Nulhegan River NFCT camp site. We arrived around 6:00 pm and were situated for the night when we awoke close to midnight to the sounds of loud fireworks (at least we hoped that they were fireworks). The locals were out partying.

Saturday started off cloudy and warm. We drove the shuttle and were on the river by 10:20 am. We loaded gear and waded out in the river past the mouth of the Nulhegan into the deeper waters of the Connecticut. Erik and I were paddling tandem and we both had gear bags that were heaped on top of each other and sat high above the canoe gunnels. Ah... the creature comforts of home!



Mena does some poling

Our extra gear weighed us down. We would hit bottom many times and a few rocks under the surface several times. I grimaced every time our Kevlar hull bounced off rocks and sort of crinkled at every close call. Nonetheless, we needed a warm up and soon we were moving out strong and downriver. We were usually the lead boat as Tommy and Mena plied their way at a casual speed. Mena would stand up in places and use a 12' aluminum pole to pry off the shallow bottom. She knew what she was doing.

The Connecticut River is very often wide and not very deep in most places. In the upper stretches we would run on to gravel and sand bar bottoms when we got to doing too much talking. If we had another 3-4" of river water we would have had ideal conditions.

The river basin is actually well eroded after it carved its way south. Most of the time you are looking at the banks, which are 4 to 8' high and you can not see the river shore unless you stand up. There were several places where the riverbanks were falling into the river and the sandy steep shoreline

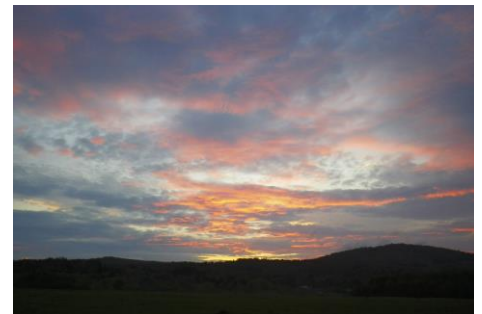


Enjoying the fall colors

almost collapsing as we paddled by. Some of these steep eroded banks were 70-100' tall with trees and sod sliding down from the top.

On the first day we could see nearby mountains with rich colors of reds and yellows in patchwork patterns illuminating the hillsides. Mena had told us that the hills were Percy Peaks. If we were not at peak foliage time, we were very close to it. It was the best autumn had to offer.

On our second night we found an NFCT campsite gifted by a certain Samuel Benton. There was a sign posted - "Three tents maximum. Camp within 25' of the shoreline. Do not camp in the hayfield." This was a large grass field, which probably was a hay or cornfield at one time and it must have been close to 10 acres large. We scurried to find enough firewood for the night. Each of us cooked something for the night and Erik brought the Dutch oven and baked a dish that he called Apple Dump Cake. It was a sweet treat. We were stuffed.



Sunset over the Green Mountains

We were not far from the town of Lancaster and we heard squealing tires and motors racing in the distance. It must have been a special Columbus Holiday event and it was loud and noisy. The locals were having fun.

Sunday arrived with cloudy skies. It was another warm, humid day. We had paddled 13 miles the first day and set out to travel

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17 more miles on our long day. We set off around 8:00 am and within the first four miles we reached the portage trail at Guildhall.

There was a swift current through the remains of a broken dam that supposedly had hidden steel re-bar, which would have punctured most boats. There was a short twisty trail where we managed to carry our boats and bags over the road and down a gentle embankment. This would probably be one of the shortest portages on the Connecticut River if we had planned to continue to the ocean 300 miles away.



Bill on the portage trail.

Tommy had said that it was a dam a day river trail. For those interested there are established canoe campsites on all but 80 miles of the river on its way to the ocean.

So on we went. During the morning we were spitted on by a light rain enough so that we took our rain gear off 3-4 times. We were now paddling thru a suburban section of river soon to pass into sections where both banks of the river were lined with cornfields. We thought that we were in Nebraska.

Soon the skies opened up with a deluge that lasted about 20 minutes long. It made you ask yourself "Why do I do this?" It was quickly over. If I was home and inside my house I may never had noticed that it rained. When you are wilderness camping you are made acutely aware of rain wind and sunshine patterns without fault.



Paddling in the rain.

The skies cleared off for a while. We kept pushing the boats around long stretches of river where Corn was King. We expected to see the cows that ate the corn but were amazed that they were in the barn.

We went through one section of river where Erik said that there must have been 200 acres of corn. In one place there were trucks and machinery chewing up the corn into cow silage. We watched and realized that we were city boys at heart. For a brief time we were thinking about the farming life.

We paddled for a few more hours sometimes leisurely paddling through river banks lined with silver maples just turning a dull yellow from their bright summer greens. We kept watching the mountains always in the distance. Soon we found our best campsite on the river so far, South Guildhall.

We tucked in for the night, set up and then watched cars and headlights passing over the mountain in the nearby distance. Erik treated us to another Dutch oven chocolate chip cookie dessert.



Mount Orne Covered Bridge

By Monday morning it was obvious the 60% prediction of rain was accurate. We broke camp in a steady rain. We had 9 more miles to paddle. We had heavy gear but our three boats were very lightweight. We put in determined to get out of the rain mode and into the get home mindset.

We were off the river by 11:00 am at the Mount Orne Covered Bridge. Mena and Erik drove off to complete the car shuttle and bring two cars back. Tommy and I brought the gear up from the river. I then ducked into the shelter of the covered bridge and changed out of wet clothes.



The crew – Erik, Bill, Tommy and Mena

By the time I was dry, Erik had returned and we packed for the trip home. We departed, thanking Mena and Tommy for planning the trip. We did hit some slower traffic on the way home. We were happy and thought about doing another wilderness trip on the upper Connecticut in the spring where there would be deeper water and quicker currents.

Bill is a past RICKA President, Conservation Chair and Safety and Education Chair. He is also one of several RICKA members who has completed the 740-mile [Northern Forest Canoe Trail](#) from Old Forge in the Adirondacks of New York to Fort Kent in Maine.

On this trip, Bill was paddling on the [Connecticut River Paddlers Trail](#), which includes 40 campsites from the river's headwaters in New Hampshire's Great North Woods south to Long Island Sound.

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 Aquanaut** - fast, stable touring kayak, fiberglass, 17'7", very good condition (stored in garage) with new front and rear hatch covers, foam block instead of back band, but will include new replacement back band. Asking \$1,750 OBO. Fred at g33zr@gmx.com or text 401-569-6038
- **PRICE REDUCTION: Betsie Bay Recluse** - Greenland style kayak. 19 feet long; 20 1/2 inches maximum beam; 32 lbs. One season of use; less than 10 times on the water. Includes Greenland paddle (unused); spray skirt; cockpit cover; 2 hatch lids; and an instructional DVD on Greenland Paddling. \$2700. Contact Ken at kenpariseau@verizon.net.
- **NRS Catalina spray skirt** - never used, go for \$60 new. \$40 today. Label says 38 inches stretched. Email David target3777@yahoo.com
- **Current Designs Sirocco** - white. I bought it in 2004 and it has ALWAYS been stored inside when not in use. PFD, spray skirt, paddling jackets, Two paddles Kokatat Semi Dry suit. Compass, sponge, pump, paddle float, etc. Paul 401-644-8529 or wynnpw1@yahoo.com
- **P&H Code Zero Sail for kayak (with mast)** - used only a few times. \$200. jonathansharlin@gmail.com
- **Kayak wetsuits, PFDs and Drytop** - Jerry Borenstein aikijerry@gmail.com
- **Current Designs Caribou** - used fewer than 10 times, water launched, stored exclusively indoors and with gaskets treated from time to time, this boat is in excellent condition. Color red and white. Asking \$2,100. Located in Portsmouth, RI. Text Carin 401-374-1145
- **Mad River Rampage** -14" whitewater canoe. \$600. Alan, 401-725-3344 or alan02860@usa.com
- **PRICE REDUCTION Three Werner Camano Paddles** - two fiberglass paddles with blue shafts and white blades (these are two piece paddles). One is 230 and the other is a 240 in length - \$50 each. Also for sale is a one-piece Werner Camano fiberglass paddle 240 length with an offset of 45 degrees. This paddle has yellow blades with a black shaft - \$75. Contact Cheryl at stonefoxfarm@juno.com or 401-497-5887
- **Betsie Bay Custom Greenland Kayak** - white in very good condition. Comes with new neoprene cockpit cover and spray skirt with medium tunnel. Asking 1,700 for everything. Chris 813-390-8222 ctobbe12@gmail.com
- **Valley Q-Boat** - Quill over Quill Q-Boat with black trim. Some spider cracks. Asking \$1000 or B.O. Eric emjohnso3@verizon.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
- **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

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