

PADDLER

www.ricka.org

Newsletter of the Rhode Island Canoe & Kayak Association

Vol. XXXXI

No. 2

February 2018

A Message from RICKA President

Sharon Dragon

As I write this article, the thermometer reads 10 degrees with a “feels like” temperature of 1 degree! Not exactly ideal paddling weather, but spring will be here before we know it, and for those of us less hearty paddlers, it’ll be time to dust off the boats and get back on the water!

The spring will also usher in RICKA’s 41st season, and we hope to make it another exciting year of paddling trips, training, and speakers. In fact, we have Pool Practice Sessions continuing in February and March (see information below), and we’re already planning RICKA’s second annual Spring Fling season kickoff to be held in March. Watch for details to be posted in the newsletter and message board as we get closer to that date.

In preparation for the upcoming paddling season, please be sure to renew your RICKA membership at <http://www.ricka.org/Join/Jointhefun.html>. Your membership supports a variety of activities such as monthly speakers, pool sessions for members, and support for local watersheds. Thank you for embracing our greener membership confirmation process, which saved hundreds of sheets of paper and envelopes last year alone!

Wishing you all a safe and happy 2018, and see you on the water when the temperature is on the rise!



Pool Practice Session

February 18, 2018 from 1:00 to 4:00

The RICKA [Sea Kayak group](#) is once again offering pool practice sessions on the third Sunday of the month through March. **These sessions are now FREE for RICKA members (\$25 for non-members), and all are welcome to attend.** All paddlers are invited to come and practice your safety and rescue skills.

The next session will be February 18th from 1:00 to 4:00 at the [South County YMCA](#). Doors open at 12:30, and we must be out of the pool building by 4:00. Boats must be clean and free of sand and seaweed. Due to a change in YMCA policy, all participants must bring a driver’s license, which will be copied and retained by the YMCA. Please contact Gary at gbranch@verizon.net for additional information.

Nominations Open for RICKA Executive Board

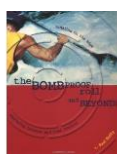
Nominations are now open for club officers (President, Vice President, Secretary and Treasurer) and Members-at-Large to the RICKA Executive Board. Elections will be held at the April General Meeting.

The Executive Board is responsible for the day-to-day operation of the club and the future directions the club will take. The commitment is one evening a month for the board meeting, plus organizational and committee work. If you are interested in any of these positions, or would like to nominate someone else, please contact Nomination Committee members Erik Eckilson eckilson@cox.net or Cheryl Thompson stonefoxfarm@juno.com.

From the RICKA Library...

How to Roll Your Kayak

The Bombproof Roll and Beyond – by Paul Dutky



The ability to hold the kayak level or on edge using knee pressure, to maintain balance using body lean, or to shift weight forward or backward are skills that are fundamental to even simple maneuvers such as bracing, upstream ferries, and the Eskimo roll. The Bombproof Roll and Beyond is an introduction to edge control and balance for paddlers from the beginner to expert. Author Paul Dutky shares his experience to help paddlers master techniques that will enable them to surf and to run challenging water with confidence.

Eskimo Rolling, Third Edition – by Derek C. Hutchinson



The thrill of kayaking can quickly turn to panic if you don't know how to right a capsized kayak. The Eskimo Roll is the key to building confidence for all paddling conditions. Eskimo Rolling provides detailed instruction on how to perform this maneuver with skill and success including explanations and demonstrations of many different Eskimo Roll techniques. Author Derek C. Hutchinson was an international sea kayaking authority with nearly forty years of experience. His other books include The Complete Book of Sea Kayaking, and Expedition Kayaking.

These are just two of the great books, 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 February 7th at 7:00 p.m. at the [REI Cranston Store](#), 22 Chapel View Boulevard, Cranston. All are welcome to attend.

Newsletter Editor:

Erik Eckilson
11 Diana Drive
Woonsocket, RI 02895
Email: editor@ricka.org

Membership:

Sharon Dragon
P.O. Box 184
Hope Valley, RI 02832
Email: membership@ricka.org

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!

Rhode Island Canoe & Kayak Association

Executive Board

President: Sharon Dragon401-225-3942..... membership@ricka.org
Vice President: Pat (Mayhew) Lardner ..401-524-8057..... pslardner@gmail.com
Secretary: Henry Dziadosz401-567-0313..... hdziadosz@verizon.net
Treasurer: Andy Viera.....774-218-5731..... andyv51@hotmail.com

Members at Large:

Mike Bussell.....401-568-8605..... canoedad@cox.net
Danny O'Shea401-527-3447..... doshea5031@aol.com
Conservation: Ric Souza508-572-3095..... rj_salty@yahoo.com
Flatwater: Cheryl Thompson401-647-5887..... stonefoxfarm@juno.com
Librarian: Bill Hahn.....401-524-1612..... librarian@ricka.org
Membership: Sharon Dragon401-225-3942..... membership@ricka.org
Newsletter: Erik Eckilson.....401-765-1741..... editor@ricka.org
Safety & Education: Cat Radcliffe.....508-369-3028..... catherineradcliffe@earthlink.net
Sea Kayak: Carleen McOsker.....508-636-0546..... Carleenmco@gmail.com
Webmaster: Cheryl Thompson401-497-5887..... stonefoxfarm@juno.com
Whitewater: Andy Viera.....774-218-5731..... andyv51@hotmail.com
Wilderness: Chuck Horbert401-418-2838..... chorbert13@gmail.com



How to Dress for Cold Water Paddling

Year-round boating is the ideal for many of us. That means boating at least part of the year in cold-water conditions. Beginners often make the mistake of under-dressing when the air is mild, but the water is cold. Since you can never rule out an unexpected swim, you should always dress for the water, not the air. Water is approximately 25 times more efficient than air at drawing heat away from your body, so you need protective gear to prevent excessive heat loss.

Layering for Paddlers

Boaters, like other outdoor adventurers, are wise to adopt a layering system for thermal protection. Layers allow you to add and remove pieces to match changing conditions, and help your body maintain a safe, comfortable temperature. These layers fall generally into three categories: base layers, insulating layers and outer layers.

Base Layers

Start with a moisture-wicking base layer next to the skin. Synthetic fabrics such as nylon, polyester and polypropylene work well since they don't absorb water and move moisture from your skin. Stay away from cotton—it absorbs water, dries slowly and loses its insulating value when wet.



Early fall paddling in a wetsuit and splash top

Insulating Layers

Fabric based insulating layers hold in your body's heat, but need to be kept dry under protective outer layers. These insulating fabrics include fleece, wool, and other insulating, non-absorbing materials. You can use multiple thin layers to adjust to a variety of conditions.

Neoprene is an insulating layer that will work well even when wet. Neoprene rubber contains thousands of tiny gas bubbles that slow down heat transfer. Neoprene "wetsuits" come in a variety of styles including "shorties", "Farmer Johns" and separate shirts, jackets and pants. Farmer Johns (sleeveless wetsuits with full-length legs) are among the most popular for moderate-weather paddling since they protect the core and provide good freedom of movement for the upper body. All wetsuits must fit tight to minimize the influx of cold water.

Outer Layers

Windproof and waterproof outer garments round out your protection. An outer layer made with a material featuring a breathable coating or membrane is definitely preferable. This allows perspiration moisture to pass out of the garment, keeping the inner layers drier, and significantly increasing your comfort.

Splash wear is simply a waterproof outer layer that is designed to keep your under layers dry if you get splashed or rained on. If you're using neoprene as your insulating layer, wearing a waterproof garment over it will cut down on evaporative cooling from the wet outer fabric of the wetsuit. If you go for a swim in splash wear, your inner layers will get wet.

Semi-dry wear is your next step-up in protection. These garments, in tops and full suits, use either neoprene gaskets, or a



Drysuits provide the most complete protection

combination of neoprene and latex gaskets, to block water entry. Neoprene gaskets aren't as efficient at keeping water out as latex, but they're more comfortable and less expensive.

Drywear can be separate tops and pants, or full-coverage drysuits. These garments use latex gaskets and latex or fabric socks to totally block water entry. This totally dry system allows you to customize your comfort and protection level by adjusting your insulating layers to match weather and water condition

Head

Your mom always said to put on your hat when it's cold outside, because much of your heat escapes from your head. If you are wearing a helmet, a helmet liner is a good investment. When it's really cold, a neoprene balaclava is warmer than a helmet liner, and provides extra protection around the neck and face

Hands

To keep your hands warm you have two main options: neoprene pogies or gloves. Neoprene gloves protect your fingers, but can hold water and reduce your grip on the paddle shaft.

Continued on page 4.

Continued from page 3.

Pogies, on the other hand, don't hold heat quite as well but drain easily and allow direct contact between your hand and the paddle. They are simple to put on, too — simply attach them to your paddle shaft and then slip your hands in and out as needed.

In the end, the choice between gloves and pogies is one of personal preference. Try them both and see which one works best for you.

Feet

Neoprene booties are the preferred footwear when the water is cold. A wide

variety of booties is currently available, most of which come with a thick rubber sole to provide grip and protection when you walk on rocks. Even when wearing a drysuit with socks, booties will help keep your feet warm and protect the suit from damage.

Practice Makes Perfect

How will you know if you have the right gear – take a plunge to try it out. Do this in safe conditions, close to shore, with buddies there to help if you get in trouble. Learn from that experience, and adjust your layering accordingly.

Of course it goes without saying that you should always wear your PFD. This is



Take the plunge to test your gear

especially important in cold water where the risk of hyperthermia is great and your ability to self-rescue is greatly diminished.

Paddle safe, paddle smart!

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

Check the [Flatwater Message Board](#) for ad-hoc trips and hikes. Appropriate skills and equipment are required.

Flatwater Planning Meeting April 7, 2018 from 12:00 to 3:00

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@juno.com for additional information.

2018 Adirondacks Trip August 4 to 11, 2018

We will be camping at Lake Eaton Campground in the Adirondacks for our 2018 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](#). Please try to select a site in the 40's and 50's or other sites close by. An organizational meeting will be held in the spring to discuss trips.

Please contact Henry at hdziadosz@verizon.net to be included on the invite list.

Sea Kayak Trips

Sea Kayak trips are now posted in the Show and Go Section of the [Sea Kayak Message Board](#). Appropriate skills and equipment are required.

Pool Practice Session February 18, 2018 from 1:00 to 4:00

The RICKA Sea Kayak group is once again offering pool practice sessions on the third Sunday of the month through March. **These sessions are now FREE for RICKA members (\$25 for non-members), and all are welcome to attend.** All paddlers are invited to come and practice your safety and rescue skills.

The next session will be February 18th from 1:00 to 4:00 at the [South County YMCA](#). Doors open at 12:30, and we must be out of the pool building by 4:00. Boats must be clean and free of sand and seaweed. Due to a change in YMCA policy, all participants must bring a driver's license, which will be copied and retained by the YMCA.

Please contact Gary at gpbranch@verizon.net for additional information.

RICKA Classifieds

Classified ads free for RICKA members and are printed here on space-available basis. Please see the [website](#) for the complete list.

- **NDK High Volume Explorer** - \$1,000 - mathermotorsports@gmail.com
- **North Shore Atlantic Fiberglass Composite LV** - gently used 6 times, like new. Skeg, keel strip, built in compass and neoprene cover. Total value \$3,800. Asking \$2,650. Located in Wrentham, MA. Contact barachial@icloud.com
- **Mad River Malecite** - ultra lightweight Kevlar canoe - \$1,600 - mathermotorsports@gmail.com
- **Betsie Bay Recluse** - 19 feet x 20.5 inches Fair to good condition \$500 cash only. Located in eastern CT - you come get it at my house. wsmith16@charter.net
- **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 Greenlander 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 wynnpl@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

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 and newsletter editor's discretion.