

PADDLER

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Newsletter of the Rhode Island Canoe & Kayak Association

Vol. XXXXI

No. 11

November 2018

November Club Meeting

Movie Night - Our Favorite Trips of 2018

Tuesday, November 20, 2018 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 2018.

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 at Webster Lake

Saturday, November 3, 2018 at 1:00 pm
RSVP required for dinner

Postponed until Sunday November 4th due to weather!

We will meet at Point Breeze Marina for a paddle on Webster Lake, with dinner to follow at the waterfront Point Breeze Restaurant. The Point Breeze Restaurant is located at 114 Point Breeze Road, Webster, MA. Come for the paddle, come for the dinner, or both. The paddle will be led by Earl MacRae (earlandpat@comcast.net). RSVP required for dinner.

For dinner reservations please contact Cheryl Thompson at stonefoxfarm@juno.com.

Adirondacks Camping Trip August 3 – 10, 2019

Once again, Henry Dziadosz will be organizing our 2019 trip to the Adirondacks! We will be camping at [Lake Eaton State Park](#). Please feel free to come earlier or stay later. [Reservations](#) can be made 9-months in advance of the trip. Additional information is available at:

<http://www.ricka-flatwater.org/adirondacks2019.htm>



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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 books and videos 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 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

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

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The Art of Sea Kayaking Mendocino with Liquid Fusion Kayaking

Rockin' It! West Coast Style

September 24 - 29, 2018 - Fort Bragg, California

Trip Report by Tim Motte (text) & Jon Sharlin (photo layout - [click here](#) for Jon's original layout)

September 24, 2018

Noyo River & Anchorage, Fort Bragg, CA

3 paddlers, 8' swell at 9 seconds, F-3

Note: Each day there was a secondary period of smaller waves, usually around 2-foot at 15 seconds.

Today, Jon and I had our introductory [Liquid Fusion Kayaking](#) rock gardening day with Jeff Laxier. We would be paddling Dagger Stratoses this week. During our warm-up, Jeff had us try paddling without thumb and forefinger to rest our forearms, as the three outer fingers provide the strongest grip. We picked our way out of the Noyo River into the Noyo Anchorage bay through very large swells breaking over rocks and reefs. We headed to a pocket beach just north of the bay. It was glorious. Also, it was a movie set for the cult classic "Humanoids from the Deep." The swells coming into the Noyo Anchorage bay were huge. Jeff had us working on pour overs following his 3-"Ps" of rock gardening. These include **Plan, Position & Performance**. The **Plan** included figuring out what was possible to do and where safe zones were located. Then we were encouraged to visualize our path through the rocks. The next step was **Position**. This included



Photo by Jeff Laxier

moving to our take-off point, and maintaining the correct position as we wait for our wave to come. This requires patience, waiting for your wave. The final step is **Performance**. This involves implementing the actual run through the rocks.



Photo by Jeff Laxier



Photo by Jeff Laxier

September 25, 2018

Russian Gulch, Mendocino, CA

3 paddlers, 8' swell at 9 seconds, F-2

Jeff had us working on pivot turns for more tight and static rock gardening. We would edge into the turn and use a reverse sweep, negative stroke, followed by a forward sweep, positive stroke, on the opposite side while maintaining the same inside edge. This can be done in reverse too. He also had us use a

quick reverse sweep on the wave through the rocks to straighten the boats track and back further up the wave. Finally, Jeff had us work on our approach angles to passages through the rocks. We would take into account the movement of water through the venue and adjust our approach angle to intersect the approaching water more acutely to avoid being pushed into the rock on the down-wave side of the opening.

It was an incredibly scenic area. We paddled through several caves, including one with a 90° turn to exit. There were also some great pour over venues. Unfortunately, one has now

been renamed “Tim’s Cauldron” after one of my runs through the venue (“Tim’s Cauldron” is located at the end of a promontory between Russian Gulch and Jack Peters Gulch), I ended up high and dry on the pour over rock. Next I was blown off the rock into the cauldron on the next wave, after which, I rolled up, but got blown into the adjacent rocks upside-down. Next, I was sucked back into the cauldron upside-down. After two additional failed roll attempts, I was out of gas and pulled my skirt for a swim. A swift rescue ensued. The other dynamic venue we played in was “The Milkshake Room” off Jack Peters Gulch.



Photo by Jon Sharlin



Photo by Jon Sharlin

September 26, 2018
Casper Anchorage to Russian Gulch, Mendocino, CA
3 paddlers, 6’ swell at 10 seconds, F-2

Today we covered a roughly three nautical mile section of shoreline. We moved through deeper water, safe zones, immediately adjacent to large breaking swell over the reefs. We passed by the Point Cabrillo Lighthouse along this route. In close, we went in and out, and sometimes through, numerous caves. It was incredible. Some of them emptied into emerald lagoons that we had to exit through other caves. In one cave, we had to climb out of our boats and swim through the last section of the passage due to its limited height. At the end of our paddle, we landed at Russian Gulch as we had the day previously. The acronym Jeff introduced today was **WORMS**, which stands for **Water, Obstacles, Route, Markers, & Safety**. These components should be considered as one moves through a rock garden along with the **3”Ps” (Plan, Position, Performance)** we used on the pour overs. The varied wildlife we spotted along our way was fantastic. This included black oystercatchers, a peregrine falcon, river otters, harbor seals and sea lions.



Photo by Jon Sharlin



Photo by Tim Motte



Photo by Jon Sharlin

September 27, 2018
Rest Day Mendocino & Botanical Gardens



Photo by Jon Sharlin

September 28, 2018
Big River / Mendocino Bay Mendocino, CA
4 paddlers, 4' swell at 10 seconds, F-2

After a rest day at the Botanical Garden, Cate joined the three of us today for our tour of Mendocino Bay. This included a fair amount of cave exploration. One of the caves had a pour over through a diagonal notch in the middle. Timing to get through was everything. Unfortunately, I ended up stuck in between, with a large suck, followed by a large wave. It was too tight to use my paddle. My right hand and nose contacted the wall as I went over. It was disorienting being upside down without a paddle in the middle of a dark cave. It took me a while to find and pull my skirt tab to wet exit in the darkened place. I surfaced indignant, slightly bloodied with a sore shoulder. In no time, Jeff had me back in my boat, reunited with my paddle and checked out. After lunch, we surfed waves off the beach at the entrance of the Big River. Every so often, a big set of really chunky, long period stuff would roll in. I got one amazing long ride on a really big wave.

Jeff gave us some useful tips this week, many of them related to stretching. This first one has you tapping the forward hatch before your stroke. After a bit, the stretch is increased by rotating to place the back of the blade on the opposite side of the hull. Your body and head is rotated in the opposite



Photo by Jeff Laxier

direction to maximize the stretch. This really loosens the mid-back for rotation.

The next stretch is for the shoulders. You spread your grip far apart on the paddle shaft, and move the shaft back and forth over your head to your lower back and belly. The last tip, although not a stretch, is for safely turning a boat around on a cobble beach. Have a paddler stand on either side of the cockpit to pick up the boat. Next have them stutter step and pivot around 180°. It is easy and safe.



Photo by Cate Hawthorne



Photo by Cate Hawthorne

September 29, 2018
Big River / Mendocino Bay Mendocino, CA
4 paddlers, 4' swell at 8 seconds, F-3

We started the day at Chicken Point for a view of the diminishing conditions across the Noyo Anchorage. It was not a good day for pour overs. A decision was made to go surfing at Big River/Mendocino Bay again. When we got there, big waves were breaking on the outside, and reforming on the inside. These smaller curling waves produced the best rides. My right shoulder pain from my shoulder injury the day before forced me to greatly favor my left side. This made for difficult, tiring surfing. After a couple of hours, I was exhausted. We then did a quick tour of the north side of the Bay and returned through the north side surf break. It was chaotic. This time, my roll failed me, and I was forced to wet exit in shallow water. It was time to end this psychologically and physically demanding week and allow our middle-aged bodies time to recover.

Jon and I sincerely thank Jeff Laxier and Cate Hawthorne of [Liquid Fusion Kayaking](http://LiquidFusionKayaking.com) for this exceptional high-end guided tour of truly amazing Mendocino rock gardening venues. Jon



Photo by Jeff Laxier

and I were in Mendocino to push our boundaries. Jeff provided us with an advanced rock gardening experience that was superbly choreographed. He allowed us to be fully engaged while keeping us safe on the water. His leadership, knowledge of the area, coaching skill and personal paddling technique was excellent. Not a minute of this experience was wasted! Jon and I were presented with an incredible experience that we would not have had without Jeff's efforts!



Photo by Jon Sharlin



Photo by Jon Sharlin

Camping on the Connecticut River

October 6 - 8, 2018 - North Haverhill to Orford, New Hampshire

Trip Report by Bill Luther

There are several times of year when I really get the itch to go out and do some wilderness canoe camping. One is early May and the other is October Columbus Day weekend. Somehow the call of the wild is strongest then. We've satisfied that urge for the last two years on the Connecticut River. The Connecticut River is not truly a wilderness river in the sense that the Adirondacks or the Allagash Lakes are. The Upper Valley is sparsely populated while the Lower Valley has major cities and population. There are sections where dams have created lakes and recreation abounds. The sections we visited have many small towns and preserved land areas that would satisfy most anyone's need to be in the great outdoors. The [Connecticut River Paddler's Trail](#) is a well-established 310-mile long recreational water path that has many advocates who want to preserve it and open it to the public.



The put-in in Woodsville

Mena Schmidt was one of my contacts who clued us in on some of the better short weekend trips. We had paddled with her last October. This trip included Erik and Conrad and me and Jonathan in tandem canoes, and Al in a sea kayak. Erik is a good friend. I have hiked and paddled with Jonathan, Conrad and "SUASCO" Al for several years. I hatched a plan over the summer and



Bath-Haverhill Covered Bridge

these guys became my companions. I began with a detailed trail map of the river. None of the five of us knew much about the river. I began plotting distances and mileage. Was 13 miles too far for one day? Was 6 miles too short? What would we do if the wind howled out of the North? Finally I had campsites picked out and decided to cover 11 and 13 miles the first two long days and 6 miles on the Monday holiday so that we could beat the traffic home. I was now the organizer of what Erik called "*Luther's Troopers*" and for the most part everything went smoothly. We were paddling 29 miles over the three-day weekend.

Most of the land bordering the river is void of people and buildings. The riverbanks are high and sometimes heavily eroded. The banks are usually six feet above the actual river with steep drop offs. It is an old river system that winds with oxbow lakes. Level



Master Chef Jonathan

campsites are often impossible to find. Unless you were a commando, you would just keep paddling and finding it impossible to locate one. Fortunately the so-called "Watershed Council" trail planners have obtained land easements that they have used to create campsites legally. We have stayed at a few that were owned by the Upper Valley Land Trust. We used GPS coordinates to locate the sites that we stayed at. Al became our Navigator and he did not fail. Most are cleared and have fire rings, picnic tables and privies. They are usually adequate. Few have signposts visible from the river.



Bill and Jonathan paddle the pack boat

Most of us arrived at the Orford Boat Landing at the agreed upon time of 10:00. Erik left his car so that it would be the return vehicle once we reached the take out. The sky was overcast and remained that way for the next three days. We found the put in on Connecticut Street right next to the Route 302 Bridge a short 17-mile car trip away. It was a small town and the houses very close together. Some local guy walked over and began fishing, telling us about the walleye that he had caught. After several trips unloading and packing, we set off. Al had told us about a covered bridge

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just a short paddle away upstream from us. I didn't know Al that well and I found out that he is a history buff who had paddled certain sections of this trip before on solo trips. It was a long covered bridge built in 1832 and Al said that it was the most continually used covered bridge in New England. Below the dam and bridge was an area called the "Whirlpool" that was very turbulent in spring runoff. The water was low and we continued downstream, scraping bottom in just a few places that would be the only place that we bottomed out again.



Enjoying the "Paddle the Border" cookout

The river was very wide at this point and you had long vistas downstream over the rolling hills. Birds soared in the sky and we tried to identify them. Conrad and Erik were in a fast Wenonah racing boat that had seen many years. Once they took the lead we could see them in the distance most of the time. We were the pack boat and usually were the caboose trailer on the trip. Al would often paddle with one of us just talking about conditions. It was a warm pleasant day with hardly a breeze. We found the site at Howard's Island with a visible sign at the 5-mile mark. Erik scouted it and said that it would have been suitable for groups even larger than the 5 of us. It was about 4:00 when we found our campsite at mile 10, Vaughan Meadows. Al had the co-ordinates and we pulled in over a muddy shoreline. The site was on the river's edge of a cornfield that seemed to be the description of most campsites on the canoe trail.



Coffee on the fire

We set up camp beneath a canopy of thick swamp maple trees. There was an RV campground across the river that produced an occasional sound. The farmhouse across the cornfield was ¼ mile away. At sunset master chef Jonathan took over and brought out the fresh haddock. He put a meal of fish, Maine guide potatoes and veggies that would have given us a five star rating if we were in the city. Enjoy it we did. We slept well that night and most of us had heard loud splashes in the river that we hoped were just beavers. Everyone reported a loud snorer in the group and some gave more accurate descriptions and sound imitations.

Once again the chef was out in the morning. The coffee pot looked as if it was recovered from a hobo camp. We did enjoy a few cups and then some of Jonathan's fried eggs, sausages and tomatoes for breakfast. About 10:30 we put on the river and decided to paddle 14-miles downstream. The breeze was light.. You could see a mile downstream and the paddle strokes never-ending. One of the local Chambers of Commerce sponsored a "Paddle the Border" free kayak rental day. We were joined by a whole bunch of locals who were enjoying themselves and talking



Paddling off into a foggy morning

up a storm. We talked to quite a few who were having a hoot. It cut down on the monotony of stroke after stroke. You can always talk about the Red Sox in New England. The day was highlighted by a cookout and music show at one of the school grounds. We were the oddity canoe camping boats. They took a shine to us and we enjoyed a few sandwiches and soda. Off again we finished off with another 6-miles and kept on paddling until we found the Underhill campsite and you guessed it right on the edge of a cornfield.



"Luther Troopers" at the take-out

That night I volunteered to be the camp chef. I did it Italian style. I had prepared my own marinara sauce or should I say gravy at home. We had three packages of pasta, garlic bread and red burgundy Gallo Rossi wine. All I needed was the checkered tablecloth. We had a lack of pots and pans and alas we cooked the sauce in the coffee pot. This was not what they taught me in culinary school but for one night we did not fuss. It was a great night.

We awoke in the morning fearing the rain that never appeared. Jonathan cooked the getaway breakfast. We were on the river by 9:00. Now the shorelines were becoming more built up with what looked to be summer homes. Some homes had pontoon or small fishing boats docked on the shore. Some late season fishermen were plying the water for a catch. Downstream was a recreational area as the river became more a lake. We were off the river by 11:00 after going 6 miles to the Oxford Boat Landing. We parted ways and were headed home before 1:00. It was another great Columbus Day weekend!

RICKA Classifieds

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

- **Necky Looksha IV** - 17' long x 22" wide, polyglass, fore & aft hatches, rudder, some poly dings repaired, new keel strip; double hard chines & rockered hull, 54 pounds - \$1500 OBO. Located in East Bay area - kayakjmi@yahoo.com
- **PRICE REDUCED: Valley Aquanaut** - 2005, fiberglass, 17'7", looks like new and in very good to excellent condition - \$1,500. 2 Thule J-bars and racks with c-clips - asking \$35.00. Contact Fred at g33zr@gmx.com or text 401-569-6038
- **P & H Cetus HV** - 2017 boat, used approximately six times – like new. 18"3" x 22" 5" with expedition lay-up, wide seams, keel strip, team graphics, compass, custom cockpit foam including sacral block and footrest - \$3000. Call Tim at 401-783-6287 before 9 p.m.
- **Shearwater Stitch and Glue Kayak** - designed by Erik Schade. Built in Erik's class around July '18. Extremely sea worthy 17' by 22" greenland style with keyhole cockpit, foot pegs, carbon epoxy on hull (limits scratches) and front and back hatches with bulkheads - \$1,400. Contact aikijerry@gmail.com
- **Snapdragon neoprene kayak skirt** - cockpit size large - 18 wide x 33-35 length, tunnel size small, 28-30 inches circumference - \$50. Contact welcomelacefarm@yahoo.com
- **PRICE REDUCED: Beautiful handmade wooden kayak with wooden paddle** - Wood Duck 12 Hybrid from Chesapeake Light Craft. Fiberglass/epoxy so no maintenance required - \$1,500. Contact petemeboy@gmail.com
- **Valley Skerry RM sea kayak** - 17' x 23". skeg, ocean cockpit, sealed bulkheads, nylon sprayskirt. Fast for plastic, but also good for taking a beating in the rock gardens - \$400 OBO. **New Wave Cruise Control WW/ surfing kayak** - well maintained, stored indoors, not too abused as it has been used for surfing. Worn but functional sprayskirt included. Foot pegs removed- customize with foam - \$150. **Ace Explorer 515 Tandem Kayak** - 17' x 28", well maintained, about 25 years old, European make. Included are two Perception nylon sprayskirts – \$300. A child's **Werner Kayak Paddle** is available for \$30. Located in Tiverton Contact Todd tmoore991@gmail.com
- **Mad River Rampage** - 14' ABS whitewater canoe with both high initial and excellent secondary stability; it tracks well yet is very maneuverable. Equipped with an electric bilge pump that puts the water back in the river while you paddle. \$250. Alan, alan02860@usa.com or 401-725-3344.
- **Astral Adult Life Jacket** - small/medium with organic Kapok - \$30 Contact wanderlust_bristol@yahoo.com
- **Old Town Discovery 16.9 Canoe** - Blue rotomolded plastic, 1990s vintage, good condition, with 2 Mowhawk ABS paddles, in N. Kingstown, \$450 or best offer - garywhitney3@cox.net
- **Coleman duel fuel lantern with case**. \$50.00. Goes for 110.00 new. Louise Price weezrad@yahoo.com
- **NDK High Volume Explorer** - \$1000 Email mathermotorsports@gmail.com
- **North Shore Atlantic Fiberglass Composite LV** – excellent condition - gently used 6 times. Skeg, keel strip, built in compass and neoprene cover. Total value \$3,800. Asking \$2,650. Located in Wrentham - contact barachial@icloud.com

Kayak Instructor & Guide Positions

[The Kayak Centre](#) is seeking experienced Instructors & Guides for the 2019 season.

Instructors must have an ACA or BCU certification as well as current certification in CPR and First Aid. Tour Guides must have previous kayak experience or guide training.

Positions are available full and part-time averaging 20-40 hours per week. If you're interested, please contact the

Kayak Centre at
funn@kayakcentre.com
401-295-4400
www.kayakcentre.com

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