

PADDLER

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Newsletter of the Rhode Island Canoe & Kayak Association

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No. 2

February 2020

South County YMCA Pool Practice Sessions

February 9th, March 8th and April 5th from 1:00 to 3:00

The [RICKA Sea Kayak](#) group is once again offering monthly [pool practice sessions](#) from February through April (see dates above). These sessions are free to RICKA members and provide a great opportunity to sharpen your rolling and rescue skills, and perhaps meet some like-minded paddlers. While formal instruction is not included, it may be possible to match people looking to learn to roll with people willing to instruct. If you are interested in learning to roll or in instructing others to learn to roll, please note this in your RSVP. Only 10 boats will be allowed in the pool at one time, and all boats will be inspected for cleanliness before entering.



Rich Copeland at the January session
Photo by Jonathan Sharlin

Doors open at 12:30, and we must be out of the pool building by 3:00. Due to a change in YMCA policy, all participants must bring a driver's license, which will be copied and retained by the YMCA. The YMCA requires this since there is a daycare on site. **Please RSVP to Rich Coupland at RLCoupland@msn.com or 401-595-1175.** If you are not a RICKA member you can [join here](#). If you are an ACA member, please bring your ACA membership number. The South County YMCA is located at [65 Broad Rock Road, Peace Dale, RI 02883](#). Upon entering the parking lot the pool entrance is to the left of the main entrance.

Navigation Workshop

Saturday, February 22nd from 1:00 to 4:00

This will be the second session of a two-part, hands-on workshop providing the tools to plan and navigate coastal journeys. This session will review the basics including chart and compass and environmental considerations, and then build on those topics to include currents, tactics and trip planning. Bring a base plate/orienteering compass, a chart or two and any other navigation tools you might have. The sessions will be held at the Kingston Free Library, [2605 Kingstown Road, Kingston, RI 02881](#). Recommended reading: Ferrero, F. 2007. *Sea Kayak Navigation*. Pesda Press.

Please RSVP to Tim Gleason at gleasont63@gmail.com.

Spring Soiree at Chelo's

Thursday, March 19th at 6:00

Our monthly meetings resume in March, but we'll take a break from our usual lecture series and start off our 43rd season with our annual Spring Soiree.

For many years, the Spring Soiree was RICKA's annual banquet held at the Quonset Club. This year we will be returning to Chelo's in Warwick. Come join your friends as we relive stories from the past and make plans for the future. We have reserved the upstairs area of the restaurant for the evening. Everyone will be responsible for their own food and drinks. (Chelo's will add an 18% gratuity due to the size of the group.) Chelo's in Warwick is located at 2225 Post Road. Hope to see you there!

From the RICKA Library...

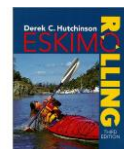
How to Roll Your Kayak

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 5th 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.

Your RICKA membership will expire on March 31, 2020

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.

Rhode Island Canoe & Kayak Association

Executive Board

President: Pat (Mayhew) Lardner401-524-8057..... pslardner@gmail.com
Vice President: Danny O'Shea401-527-3447..... doshea5031@aol.com
Secretary: Skye Pechie401-647-0074..... scitamb.2@juno.com
Treasurer: Andy Viera.....774-218-5731..... andyv51@hotmail.com

Members at Large:

Mike Bussell.....401-568-8605..... canoedad@cox.net
Peter Hill508-366-6381..... peter.kayaker@yahoo.com
Sean Murphy401-206-7829 sean026@hotmail.com
Marty O'Loughlin508-336-9592..... maopao@comcast.net
Gary Powers401-743-3729..... garpow28@aol.com

Conservation: Ric Souza508-572-3095 rj_salty@yahoo.com

Flatwater: Cheryl Thompson401-497-5887..... stonefoxfarm@juno.com

Librarian: Bill Hahn.....401-524-1612..... librarian@ricka.org

Membership: Sharon Dragon401-225-3942..... membership@ricka.org

Safety & Education: Bill Luther.....401-527-4126..... williamluther058@gmail.com

Sea Kayak: Carleen McOsker.....401-499-7007..... carleenmcosker@icloud.com

Webmaster: Cheryl Thompson401-497-5887..... stonefoxfarm@juno.com

Whitewater: Paul Leclerc401-568-1103 paul_leclerc@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.

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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 11, 2020 from 12:30 to 3:30

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.

2020 Adirondacks Trip August 8 – 14, 2020

We will be camping at [Rollins Pond Campground](#) in the Adirondacks for our 2020 summer camping and paddling trip. Rollins Pond 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 reserve sites in the areas from A001 to A03.

Please contact Henry Dziadosz at hdziadosz@verizon.net for additional information.

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 9, 2020 from 1:00 to 3:00

The RICKA Sea Kayak group is once again offering pool practice sessions each month through April. **These sessions are FREE for RICKA members**, and are a great opportunity to sharpen your rolling and rescue skills, and perhaps meet some like-minded paddlers. If you are not a RICKA member you can [join here](#). The next session will be February 9th from 1:00 to 3:00 at the [South County YMCA](#). Doors open at 12:30, and we must be out of the pool building by 3:00. 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 Rich Coupland at RLCoupland@msn.com or 401-595-1175 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.

- **Wanted to Buy: General recreational flat-water kayak** in the 12 to 13 foot range. I have in mind an Eddyline Skylark Kayak or similar model. Please contact me with specs, location, pictures and price at mike.rubin54@gmail.com
- **P&H Cetus** - low volume, yellow over white kevlar combo in very good condition. \$1,700. Contact: aikijerry@gmail.com
- **Werner Bent Shaft Cyprus Paddle** – 205 cm small shaft diameter, good condition, asking \$300. **Werner Bent Shaft Cyprus Paddle** – 210 cm, good condition, asking \$300. **Werner Bent Shaft Shuna Paddle** – 210 cm Citrus, never used (just sat on the kayak deck for 2 trips), \$260. Contact emilkrasich@gmail.com or 508-878-1502
- **Tahe Greenland Model Kayak** - 18 x 20 white over white fiberglass. Ocean Cockpit in very good condition. No deep scratches, or damage - \$1,500. Contact aikijerry@gmail.com
- **Valley Skerrary** - 17 ft. X 23". Color Yellow Rotomold, wire skeg, ocean cockpit and lots of rocker - \$500. **Valley Avocet** - 16 ft. X 22". Color Yellow Rotomold, wire skeg, keyhole cockpit and lots of rocker - \$500. **Dagger Baja** - 16 ft. X 22". Color Blue Rotomold, integral rudder, keyhole cockpit - \$500. Please contact: Greg Paquin, Kayak Waveology, LLC. email: coach@kayakwaveology.com tel: 860-304-4000
- **Old Town Discovery 16.9 Canoe** - Blue rotomolded plastic, 1990s vintage, good condition, with 2 Mowhawk ABS paddles, in N. Kingstown, \$250. Contact garywhitney3@cox.net
- **Betsie Bay Recluse Kayak** - 19' long and 20 1/2" wide; weight 30 to 34 lbs.; Paddler weight 175 lbs. & greater; Excellent Condition (stored indoors/only fresh water use); \$2,400 (\$4,000 new); Includes cockpit cover, spray skirt, & Greenland paddle. Contact Charlie 518-234-9235 in Albany, NY area.
- **2011 Valley Etain Sea Kayak** - it is the 17-7 model. The boat is in excellent structural condition, with only a few cosmetic repairs to the gel coat on hull. \$1,700 OBO. Located in North Kingstown. Contact Gary at glreynolds@hotmail.com or 401-295-1449
- **High Performance Paddle Board** - approximate retail value of \$2K, offered at \$900. Available for viewing on the East Side of Providence. **Valley Pintail** - excellent condition - sking \$2,300. **Necky Gliss** - \$1,240. Contact rogernc@mac.com or cell 401-339-4068
- **P&H Scorpio LV** - (2009) 16'7" beam 22", custom cockpit with foam sacral block instead of back band, foam footrest, and foam under-deck thigh pad (have original thigh braces and foot pegs for re-installation if desired). Boat is in very good condition. Always stored in garage. \$675 OBO. **Valley Aquanaut** - (2005) 17'7" Beam 22". The boat is very good to excellent condition. Foam sacral block instead of back band, new front and rear hatch covers. Always stored in garage. \$1,275 OBO. Will also consider a trade for right boat. Contact Fred at g33zr@gmx.com or text 401-569-6038
- **QCC500** - Fiberglass, length/width: 16' 10" x 23" cockpit: 30" x 16" yellow/white, nice stable boat. Comes with full-zip custom canvas cover and storm paddle. New skeg & cable. \$1,200 firm. **QCC700** - carbon kevlar, length/width: 18.0' x 21" cockpit: 30" x 16" Used 3 times, stored indoors, perfect condition. Includes cockpit cover; extremely fast. \$3,000. Contact 401.480.7799
- **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. About 54 pounds. \$1,500 OBO. Located in East Bay area. Contact kayakjmi@yahoo.com
- **Snapdragon neoprene kayak skirt** - excellent condition. Cockpit size large – 18" wide x 33"-35" length. Tunnel size small – 28" -30" circumference = \$50. Contact welcomelacefarm@yahoo.com

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Atlantic Coastal Kayaker
224 Argilla Road
Ipswich, MA 01938
Phone: 978-356-6112 (phone and fax)
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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.