

PADDLER

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Newsletter of the Rhode Island Canoe & Kayak Association

Vol. XXXIII

No. 1

January 2020

South County YMCA Pool Practice Sessions

January 12th, 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 January 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.

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 you 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, January 25th and February 22nd from 1:00 to 4:00

This will be a hands-on workshop providing the tools to plan and navigate coastal journeys. The first session will begin with basics including chart and compass and environmental considerations. The second session will review and build on the first and 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 gleason63@gmail.com.

2020 Adirondacks Trip

August 8th to August 14th

We will be camping at [Rollins Pond Campground](#) in the Adirondacks for our 2020 summer camping and paddling trip. Rollins Pond is a beautiful campground with spacious sites and good bathroom facilities. It is also within an hour's drive of many prime-paddling destinations. Please try to reserve sites in the area from A001 to A031. You can make campground reservations at Reserve America:

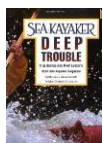
<http://www.reserveamerica.com/>

Please contact Henry at hdzidosz@verizon.net or [click here for additional information](#).

From the RICKA Library...

Stay Safe with these Safety/Rescue Books

Sea Kayaker Deep Trouble by Matt Broze and George Gronseth



Sea Kayaker's Deep Trouble offers more than twenty real-life accounts of accidents that will both keep you on the edge of your seat and instruct you with potentially life-saving lessons. These tales are the result of interviews with survivors, witnesses and rescuers. From capsizes and hypothermia to brushes with sharks and entrapment in sea caves, the situations are described in chilling detail and then subjected to expert analysis. Sea Kayaker's Deep Trouble is rounded out by a comprehensive introduction to sea kayaking safety and tips on equipment, techniques, and improving your skills.

Whitewater Rescue Manual by Charles Walbridge and Wayne Sundmacher



In Whitewater Rescue Manual, two paddlers who have long been at the forefront of whitewater safety and rescue present a tightly focused look at the best, most current techniques for both self-rescue and rescue of others on the river. The authors provide well-reasoned guidance that will teach you when to stay with the boat and when not to; how to retrieve a lost boat; how to swim out of trouble and when not to swim; how to reach a victim; how to coordinate a rescue effort; how to make sure that would-be rescuers don't become victims; how to safely evacuate injured paddlers; and much more.

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 January 8th 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!

Rhode Island Canoe & Kayak Association

Executive Board

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Winter Hiking

What do you do when the water freezes? Do you stay inside and wait for spring? Many RICKA paddlers head outside to do some hiking. Hiking in the winter can be a beautiful experience. Walking on top of a blanket of snow, seeing the animal tracks ahead of you, and viewing frozen rivers and waterfalls are all memorable experiences. Winter hiking also presents its own set of challenges. Before you head out on the trail, be sure to think ahead and prepare for unexpected conditions.

Have the Proper Gear

Whether you're hiking for a few hours, or a few days, you don't want to have an "uh-oh" moment on the trail, when you realize you've forgotten something important. Make a gear list before heading out to make sure you have everything you need. In addition to your basic hiking gear, your list should include water, snacks, extra cloths, a headlamp, a first aid kit and other emergency gear. A light daypack will help you keep things organized.

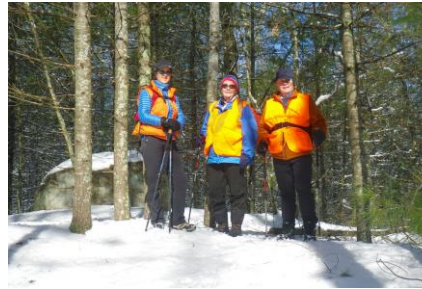


The RICKA crew hits the trail

Dress in Layers

Though it might feel frigid at the trailhead, your body heats up fast as you start to hike. Layering allows you to stay warm and maintain a consistent temperature throughout the hike. When you layer, remember:

- Start with a base layer that wicks moisture away from the skin. Stay



Dressing in layers

away from cotton - water repellent fabrics such as polypropylene are a much better option.

- Next comes an insulating layer. Wool is always a good choice, as is Thinsulate or fleece.
- On top of that goes an outer shell that protects from the elements, yet allows moist air to escape. Goretex is the fabric of choice here because it is waterproof and breathable.

Having a variety of insulating clothing will help you regulate your body temperature and stay comfortable as conditions change. It is often better to dress light while hiking to avoid overheating, and add layers from your daypack when you stop to avoid getting a chill. Don't forget your hat and gloves. Your whole body will feel warmer if your extremities are warm.

Proper Footwear

For winter hiking, you will need comfortable, waterproof boots with a good tread, and good hiking socks. Hiking socks are usually made from wool or wool blends



Snowshoes in light powder

that wick moisture away from your skin and keep your feet warm even when wet. Keep an extra pair in your pack, just in case. In snowy conditions, you may also consider wearing gaiters to keep snow out of your boots.

Dealing with Ice and Snow

Snow and ice are the joy and the bane of winter hiking. Icy conditions can become particularly treacherous on hard packed, well-used trails. No one wants to slip and fall, so micro spikes are a good investment to help improve your traction. Yaktrax or Stabilicers are popular options.



Up an icy slope

For many, snowshoeing is one of the joys of winter hiking. Snowshoes work by increasing the surface area of the wearer's foot. This allows the snowshoer to literally walk on top of the snow. Modern snowshoes with aluminum frames and plastic infills are a significant improvement over the wood and rawhide snowshoes of old.

Many hikers also find that trekking poles improve their stability on icy and uneven trails. If you use poles, they should become part of your natural stride. As you step with one foot, plant the pole on the opposite side of your body and push as you move ahead.

Check the Forecast

Check the forecast up until the moment that you leave. Knowing the conditions to expect will help you react appropriately on

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the trail and bring the right gear.

Planning Your Trip



Checking the map

When planning your trip, be reasonable about the distance and difficulty of the trail. Ice and snow will reduce the distance you can travel compared to summertime conditions. Bring a map that includes landmarks and trail junctions, and be ready to adjust your trip as conditions warrant.

Hike in a group

Hiking with friends is always the way to go, especially in the winter. Not only is it more fun to share the adventure with others, but it's also safer. An experienced friend who knows the trail will often take the lead, and can help choosing gear and identifying dangerous conditions.

When hiking in a group it is important to stay together. Large groups often tend to separate into groups of faster and slower



Keeping the group together

hikers. This happens naturally, but it isn't always safe. Keep someone at the front that hikes at a modest pace, to ensure everyone stays together.

Stay Fueled

Hiking in the cold, especially in the snow, burns a lot of calories. By some estimates, hikers will burn 50 percent more calories hiking in the winter compared to a similar distance and terrain in the summer. Snacking frequently will keep your energy level up and keep you from getting chilled, so bring plenty of high-energy snacks.



Stay fueled and hydrated on the trail

Stay Hydrated

Your body doesn't just need food; it needs water as well. It's actually easier to get dehydrated in the winter due to the cold temperatures and dry winter air. Dehydration is especially dangerous in the winter due to the increased risk of hypothermia and frostbite.

If you're storing water bottles in your backpack during a very cold day, you may need to insulate them to prevent them from freezing. An old wool sock works well. If you plan to be out for several hours, a thermos containing a hot drink, or even soup makes a nice break.

With a little care and preparation up front, anyone can discover the joys of winter hiking. Check the [Flatwater](#) and [Sea Kayak](#) Message Boards for ad-hoc snowshoe trips and winter hikes.

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.

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.

Whitewater Trips

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

Your RICKA membership will expire on March 31st

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.

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
- **Price Reduced: Women's Kokatat Expedition Drysuit** - Burgundy with black trim. Great Shape. The Expedition sold for \$1,200. Available for \$600. OBO. **Take 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 kayakjmj@yahoo.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.

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