

November Club Meeting

Movie Night - Our Favorite Trips of 2020
Tuesday, November 17th at 7:00 p.m.

Join us on our November Zoom meeting as we look back with stories, pictures and videos at our favorite trips of 2020.

We all know how COVID-19 turned our lives upside-down, but as a club we adapted. With the stay at home order issued in March, our season was interrupted before it even started. It wasn't until June that we began our first tentative return to trips. Through the rest of the year groups were smaller, trips were fewer, but with care and determination we did get out on the water. Regular [Flatwater](#) and [Sea Kayak](#) trips resumed, and paddling became a welcome relief from the pandemic for many. Join us as we relive many of those trips.



The meeting will take place on Zoom videoconference. RSVP to Pat Lardner at pslardner@gmail.com and the Zoom link will be forward to you via email.

A Cold Water Caution

If you continue paddling into the off season it is important to remember that exposure to the cold can drain your strength and rob you of the ability to make sound judgments regarding safety. For cold weather paddling, please remember:

- Never paddle alone - at least three boats are recommended, but always socially distant.
- Keep the trip short, and well within the paddling ability of the group.
- Dress for immersion in a drysuit or wetsuit. Protect the extremities with a hat, neoprene gloves and warm footwear. Always carry a change of cloths in a waterproof bag.
- Know how to recognize and treat the symptoms of hypothermia.
- Always, always, always wear your PFD.

Cold weather paddling significantly increases the risk of serious injury or death. Paddle safe. Paddle smart!

COVID-19 Guidelines

With the COVID pandemic continuing, and even accelerating, always follow our COVID paddling guidelines:

- Don't come if you are sick.
- Keep the group small.
- Maintain physical distancing of at all times.
- Always wear a mask on land.
- Don't congregate at the put-in or take-out
- Always follow state regulations and national guidance.

Please do your part to minimize the spread of COVID-19.



Follow us on Facebook

1,508 people like us – how about you?

<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 January 6th at 7:00 p.m. online as a ZOOM videoconference. Contact Pat (Mayhew) Lardner at pslardner@gmail.com if you would like to participate.

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

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: 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 Powers 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 Dragon 401-225-3942..... 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 Leclerc 401-568-1103 paul_leclerc@hotmail.com

Wilderness: Chuck Horbert 401-418-2838..... chorbert13@gmail.com



Tully Lake Recreation Area

By Erik Eckilson

I did my first trip at [Tully Lake](#) in October of 2006. My computer crashed around 2010 and I lost a lot of my early paddling pictures, but surprisingly I still have the pictures from that trip. [Wayne and I scouted the trip during a torrential downpour](#), but we got some nice pictures at Spirit Falls.



Tully River

The next weekend I ran a [RICKA trip](#). We shuttled up to Route 68 and paddled down the Tully River through “beaver-dam-land”. The foliage was beautiful. I’ve thought about running that trip again many times over the years, but hadn’t done it until now.

Tully Lake is a 1,262-acre reservoir and flood control project constructed by the United States Army Corps of Engineers in 1949. The project prevents flooding of the greater Connecticut River and Millers River valleys and provides a variety of recreational opportunities, including a [campground](#) operated by The Trustees of Reservations.



Up to Long Lake

Tully Lake is an important link in the 22-mile [Tully Trail](#), which I would like to hike sometime.

As I pulled into the parking lot at the Tully River Canoe Launch there were already several folks unloading their boats. By 10:30 everyone was on the water and we were paddling up the Tully River into Long Pond.

At the top of Long Pond is a large patch of vegetation that blocks the way up the Tully River. In the summer with the vegetation is lush and green it is almost impossible to find a route through.

Since this was later in the fall and after the first frost the vegetation had died back a bit, and we were able to paddle though. We paddled up the Tully River to the first beaver dam before turning around.

On the way back down we stopped at the end of Long Pond for a break and a hike up to Spirit Falls. Spirit Falls is part of the [Jacob’s Hill Reservation](#) and is a multi-



The crew after the lunch break

tiered waterfall that tumbles 150 feet down a rocky slope from Little Pond. It is a steep hike up to the best drops on the falls, so I was glad to see it running well when we got there. We snapped a few pictures before returning to Long Pond for lunch

After lunch we continued down into Tully Lake to paddle around the islands and a short ways up Lawrence Brook. From the bottom of Lawrence Brook we could hear water falling upstream, so we decided to take a walk over to Doanes Falls after retuning to the take out.



At the top of Doanes Falls

[Doane’s Falls](#) is named for Amos Doane who built a large, 4-story mill above the falls in the early 19th century to manufacture doors, sashes, and blinds. Doane’s mill was the last of a series of sawmills, gristmills and fulling mills that stood on this site.

Today, only the foundation of Doane’s mill remains. Like Spirit Falls, Doanes Falls was running well, and it is pretty spectacular to see.

From there we all headed back home after a great day on the water. We’ll have to do this again next year.

Erik is a [Flatwater](#) and [Blackstone Valley Paddle Cub](#) leader, and the [Paddler](#) Editor. You can read his blog at [Open Boat Moving Water](#).

A float on a tranquil river, paddlers dip into a different kind of current events

By [Walter Nicklin](#)

[Washington Post - November 13, 2020](#)

What better way to while away pandemic time than floating down a river? In most canoes, the distance between the bow seat and the one in the stern measures the socially correct six feet. And the distance between the tranquility of a canoe/kayak trip (even one with rapids) and the world of cable news and social media is immeasurable.

So it is that two old friends and I are now peering over a narrow bridge on a country road about 60 miles west of the nation's capital. We see many rocks and not much water: more like a creek than a river, despite its cartographical appellation. But for a recent rainfall, few would dare call it navigable. That makes it the perfect pandemic escape: no crowds, not even another person in sight.

But would our float down the small river actually be fun, worth all the time-consuming trouble? The lifting and unloading of the boats on top of our cars, the tying and untying of the ropes used to secure the boats, then shuttling cars between put-in and takeout spots and back again? Yes, at the moment, it seems definitely worth it — to be outside, on an outdoors adventure, no longer stuck in our respective houses, and (needless to say) grateful for our health.

Jim especially has been virus-vigilant, given that his daughter has a compromised immune system. After many months of sheltering in place, this canoe trip with Ann and me is his first “social gathering.”

We're all leaving our spouses at home in a welcome break from constant, coronavirus-imposed togetherness.

This stretch of the Rappahannock River is just a few miles from its headwaters as they spill off the Blue Ridge, near Front Royal, Va. After flowing downslope through the rolling hills of the Virginia Piedmont, the 185-mile-long river becomes tidal and then joins the Chesapeake Bay. It is one of the bay's major tributaries, along with the Susquehanna, Potomac, York and James rivers. Altogether, the Chesapeake watershed covers more than 64,000 square miles and encompasses D.C. and parts of six states — Delaware, Maryland, New York, Pennsylvania, Virginia and West Virginia.

“What better way to while away pandemic time than floating down a river? The distance between the tranquility of a canoe/kayak trip and the world of cable news and social media is immeasurable.”

As we take the boats off the cars, the ambient birdsong is disrupted by our grunts and groans. Slipping and sliding on the mud bank under the bridge, we skid the 17-foot canoe and the 10-foot, single-seated river kayak into the swift current. Into the canoe step Ann in the bow and Jim in the stern, as I contort my lower body into the kayak seat. We remove our masks — no longer pristine white, but mud-splattered — and dip our paddles into the water. And we're off.

It will be an estimated four hours of leisurely floating downstream until we reach the next bridge, the takeout place.

There will be occasional rapids, we understand, but nothing that we can't handle. The worst that can happen is getting so stuck on a rock that you must step out of the boat into the shallow waters and push off — so we think, and the very first rapids we navigate perfectly.

The biggest obstacles turn out to be fallen trees and logjams from recent flooding that require some resourcefulness in gliding around and under. But most of our attention is captured by the splendid scenery, with not another soul in sight, from rolling farmland to hemlock-studded cliffs. When we resist the temptation to chat, our boats sneak up on kingfishers and other fowl, grazing deer and sunning turtles, plus an unidentified creature we can't really see but can hear its startled splashing.

Over 150 years ago, this river served as the dividing line between Yankees and rebels for most of the Civil War. Some of the fiercest and bloodiest battles were waged in the Rappahannock watershed: Brandy Station, Fredericksburg, Chancellorsville, the Wilderness. This history is of little note when cocooned in a car zooming across the river's Fredericksburg bridge on I-95 (the country's most traveled interstate, according to the Federal Highway Administration).

Instead of highway traffic, the presence of ghosts becomes palpable when slowly and quietly paddling the Rappahannock. Here time, unlike gravity-ordained water, flows not just one way; past and present can mix

Continued on page 5.

Continued from page 4.

in still pools and eddies. On this or just about any river, you can float back to the way the world once was until being carved up by street grids and political jurisdictions.

Long before highways and railroads, rivers were the way to go, the only way to go, certainly the most efficient way to travel. So is it that many East Coast cities are located on the fall line of rivers, as far upstream as the settlers' oceangoing ships could sail: Richmond on the James, Washington on the Potomac, Philadelphia at the Schuylkill falls on the Delaware.

And situated on the Rappahannock fall line is Fredericksburg, about 50 miles downstream from where Ann, Jim and I launch our small boats. We would take out near Waterloo Landing, the terminus of a 19th-century canal connecting Fredericksburg with the Piedmont and Blue Ridge uplands.

In pre-pandemic times, the three of us (with spouses) spent 10 days rafting the roaring Colorado River's Grand Canyon rapids — each of which had daunting names like Sheer Wall, Lava Falls and Upset. The only rapids we now encounter on the upper Rappahannock are considered Class I, the very easiest in the six-tiered white-water classification system. Class I means fast-moving water characterized by riffles and small waves, with few obstructions and little risk — certainly rapids not worth naming. Or so we think.

A pandemic revelation: You don't need to go to an iconic destination such as the Grand Canyon to "travel." Boating in your own backyard watershed, you can discover a newfound intimacy with your surroundings that makes the familiar seem as foreign as the Colorado. What's the source of that neighborhood wet-weather creek, and where does it go? Have you ever wondered? Looking for answers in the lay of the land can make for a good hike. You don't need a boat.

You don't have to take a dory or raft down the Grand Canyon, as the author did not long ago, for outdoor adventure. Even the tamest nearby river will do.

There's a literary term called defamiliarization," wherein what we think we know is perceived afresh as if for the first time — recapturing a child's sense of wonder and curiosity. Like a good bedtime story, floating down a river is full of narrative twists and turns, propelled forward by the suspense of always wanting to know what's around the next bend.

The polar opposite of a cruise ship, a canoe or kayak means you're not a passive tourist but instead an adventuring explorer with a truly immersive (pun intended) connection with the world around you. The landscape has been carved, contoured and created by water destined to go downhill. Even the nearest, smallest stream beckons for exploration.

While the upper Rappahannock certainly has no cruise-ship-like crowds, we are not alone among the record-breaking numbers pursuing outdoor recreation as an antidote to virus-induced, indoor isolation. Ask any outfitter: From bikes to boats, just about everything is on back order. Particularly popular purchases have been inflatable kayaks — for people who don't want the hassle of transporting cumbersome canoes. As for rentals, you might have to get on a waiting list for paddleboards, windsurfers, sailboats, canoes or kayaks.

For a picnic lunch featuring an eclectic, easy-to-carry mix of healthy snacks and junk food, we slide our boats onto a sandbar nestled against a riverbank. It must be a favorite spot for other creatures, for plenty of fresh tracks imprint the sand. The hoof prints of deer are easy to identify, but all the rest? Raccoon? Groundhog? Fox? Muskrat? Black bear? Skunk? Opossum? We should have brought along a field guide. Instead we try to guess. The temptation is to linger, to soak in the sights and sounds.

In high water, this sandbar would be invisible, as would many of the small rapids. But without recent rainfall, the river is especially low — turning the rapids into obstacle courses of exposed ledges and countless small rocks. Sometimes our boats scrape bottom, but my lighter kayak slips off more easily than the canoe. When stuck, we use our paddles as poles to push the boats downstream.

Just about a mile from our takeout, the otherwise uneventful trip turns into a story to be later told. As Ann and Jim's canoe becomes wedged broadside between two rocks, it tilts upstream and instantly fills with water. Now weighed down with the full force of the river's flow, the canoe becomes ever more wedged and virtually impossible to empty.

Already around the river's next bend, I'm unaware of what's happening and thus of absolutely no help. But through the ingenious use of a plastic grocery bag, Jim and Ann bail out the canoe to lighten it enough to free it. After then tilting the canoe to drain the remaining water, they hop back in. The canoe may be now reasonably dry, but they are soaking wet.

At the takeout place, as we pull the boats up the bank, Ann and Jim are shivering — candidates for hypothermia. But once they change into dry clothes, exhilaration is the mood, and we start making plans for our next river trip. On this trip at least one small rapid perhaps deserves a moniker after all, something playful like "Corona Cascade."

Walter Nicklin is a writer based in Virginia. Find him on Twitter at: [@RoadTripRedu](#).

Editor's Note: *I rarely borrow content from other sources, but this story so nicely captures what we as paddlers experience with every trip, I couldn't help myself. No doubt about it, paddling in the pandemic has been a blessing for many of us!*

RICKA Classifieds

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

- **Mariner Express** - a very hard to find fiberglass sea kayak. 16" length, 21.5" beam. Includes a Snap Dragon spray skirt, cockpit cover and bow and stern flotation bags for additional buoyancy and faster bailing - \$2,300. Email jklowan@excite.com
- **Impex Force 3 Sea Kayak** - 2019 new condition - 17' x 20.5". White with lime green stripes. After buying this beautiful boat, I realized it was not suitable for me and it has been in storage since - \$2,200. **Wilderness Tempest 165** - rotomolded sea kayak, lime green, working skeg, hatches with no leaks, stable, durable kayak that can handle all conditions - \$ 800. Call Beklen at 646-263-9359
- **Dagger Sitka** - fiberglass, white hull, yellow top. Close to 18 feet with smart rudder system. Very good condition with dry hatches - \$500. Contact jonathansharlin@gmail.com
- **Valley Avocet** - poly along with two paddles (one a two piece wooden) hula-port cradles, a paddle float and cockpit pump. I'm asking \$900 for the package. Contact ajal51@aol.com.
- **Valley Aquanaut** - 2005, length 17'7" beam 22", yellow over white. The boat is very good to excellent condition. Foam sacral block instead of back band; all hatch covers replaced within the past two years. Always stored in garage - \$1,250 OBO. Email scr1v3nr@gmail.com or text 401-569-6038.
- **Yakima Even Keel rooftop kayak saddles** - brand new, never used; bought during quarantine, accidentally put in storage during move and now it's too late to return them. Paid \$119; will sell for half price--\$60. Contact caryl@netscape.com; 401-480-7799.
- **Yakima roof rack** for sale at \$60 Q-towers, Q70 & Q124 clips, 48" crossbars Used for 10 years, most recently fit a 2005 Toyota Prius, reasonable wear but sturdy system. Contact babsona@gmail.com
- **Tiderace Xplore S** - length 17' 5", width 20", weight 55 lbs. Excellent condition, stored indoors, lovingly maintained - \$2400. Includes Tiderace neoprene spray skirt and Wildwasser pump. Boat is in City Island, NY (Bronx/Westchester). Contact Jean at 917-379-4499.
- **Werner Camano** 100% carbon bent shaft paddle - 220 length. Excellent condition - used 4 times - \$300. Contact aikijerry@gmail.com
- **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
- **Tahe greenland model kayak** - 18 x 20 white over white fiberglass. Ocean Cockpit in very good condition. No deep scratches, or damage. \$1500. Contact aikijerry@gmail.com
- **Old Town Discovery 16.9 Canoe** - blue rotomolded plastic, 1990s vintage, good condition, with 2 Mowhawk ABS paddles, in N. Kingstown, \$250. garywhitney3@cox.net
- **Betsie Bay Recluse** - Greenland Style Outfitted Boat; built/bought 2007/original owner; 19' long and 20 1/2" wide; weight 30 to 34 lbs.; with spray skirt, cockpit cover, Greenland Paddle (Tuktu), Brooks Tuilik (large), and other accessories; Excellent condition (stored indoors/only fresh water use); \$2750 (\$4500 value); Contact Charlie 518-234-9235 in Albany, NY area.
- **High performance paddle board** - approximate retail value of \$2K, offered \$900. **Valley Pintail** - if new, approximately \$4,500. This one in excellent condition; Asking 2,30. **Necky Gliss** - is new. A great value, offered @ \$1,240. Available for viewing on the East Side of Providence rogernc@mac.com or cell 401-339-4068
- **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. \$3000. Contact 401.480.7799
- **Necky Looksha IV** - fore and aft hatches, rudder, some poly dings repaired, new keel strip; double hard chines and rockered hull. About 54 pounds - \$1,500 OBO. Located in East Bay area. kayakjmi@yahoo.com
- **PRICE REDUCED 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

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.