

# PADDLER

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Newsletter of the Rhode Island Canoe & Kayak Association

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## Hello 2021 - RICKA Welcomes the New Year!

2020 was a year like no other. In the face of COVID-19, we were forced to adapt to a new reality that reshaped our club. We implemented new procedures on masking and social distancing, and did our best to follow numerous and sometimes conflicting state requirements. After months of isolation we were finally able to get back on the water with a new appreciation of the role that paddling plays in our physical and mental health.

As we look forward to 2021 we know that the fight against COVID-19 is far from over. Even with new vaccines, masking and social distancing will still be required, and limitations on group gatherings will still be in place. We know there will be challenges in 2021, but we will continue to adapt and move forward.

Thanks for your support in 2020. We look forward to seeing you in a socially distant way in 2021.



### 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:

- Don't paddle alone - three boats are recommended for safety.
- Keep the trip short, and well within the paddling ability of the group.
- Dress for immersion in a wetsuit or drysuit. Protect your 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, please follow these COVID safety 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

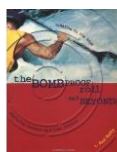
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From the RICKA Library...

# How to Roll Your Kayak

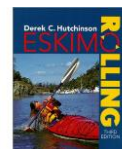
**The Bombproof Roll and Beyond** – by Paul Dutky



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.

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](mailto:librarian@ricka.org). Library selections can be mailed to you with a postage paid return mailer provided at no cost to the borrower.

**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.

## RICKA is an ACA



## Paddle America Club

### Executive Board:

The next Executive Board meeting will be held on February 3<sup>rd</sup> at 7:00 p.m. online as a ZOOM videoconference. Contact Pat (Mayhew) Lardner at [pslardner@gmail.com](mailto:pslardner@gmail.com) if you would like to participate.

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## 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](mailto:editor@ricka.org)!

## Rhode Island Canoe & Kayak Association Executive Board

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# 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!

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## 2020 Comes to an End, but our Members are still Paddling!

### Ending 2020 on the Branch River By Erik Eckilson

With the 2"-3" of rain that we received on Christmas Eve and Christmas Day all of the rivers were running. With family obligations and my self-imposed limitation on shuttles, though, my options were limited. The Branch River was up, it is close to home, Paul was available, and



**Surfing at Whipple Drop**

Michelle was willing to run the shuttle for me, so the [Branch River](#) it was.

The Branch River technically arises in Oakland at the confluence of the Clear and Chepachet Rivers. From there it flows east for approximately 10-miles through Slatersville and Foresdale to its convergence with the Blackstone River in North Smithfield.

The first half of this trip is actually on the Clear River. The Clear River arises in the swamps southeast of Wallum Lake in Burrillville and flows generally east for approximately 10-miles through Pascoag and Harrisville before converging with the Chepachet River in Oakland to form the Branch. The Nipmuc is a major tributary of the Clear River, converging with the Clear in [Harrisville above the dam](#).

We met at the put-in below the [Stillwater Mill in Harrisville](#) at 12:30 and were on the



**Below the Harrisville Dam**

river by 1:00. The river rose to 7.5', 2,000 cfs on Saturday, but was down to a more reasonable level of 4.75', 650 cfs on Sunday — still the highest level that I have run it. The day was sunny and warm - at least in the early afternoon when the sun was high.

We paddled the short distance up to the Harrisville Dam before heading downstream. We hit a couple of river-wide

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strainers above Whipple Drop that we had to portage. I ran Whipple drop to the right avoiding the rocks and big hole in the center, and did a little surfing before heading downstream.

When we arrived in Oakland was glad to see water flowing over the Oakland Dam. Last time we were here the dam was high and dry with all the water flowing through the old Oakland Mill and down the raceway. A big log now blocked water from flowing through the gate into the old mill.

After portaging the Oakland Dam we did a little surfing below the dam before heading down to Glendale. The Glendale Rapid was big and fluffy, and I ran it to the left once again avoiding the big rocks in the middle.

From there it is a nice quickwater run down to Atlas Pallet. I ran Atlas Pallet to the left and made it through fine. Paul went a little more to the right, and hit some rocks on the way down. After a little surfing below the rapid we headed downstream.

From there, it is quickwater with one portage at the Nasonville Dam. As the sun



**Surfing at the Oakland Dam**

was setting the temperature dropped and my feet were starting to get cold. I was glad to see my car sitting at the take out. Still, it was a great way to end the year.

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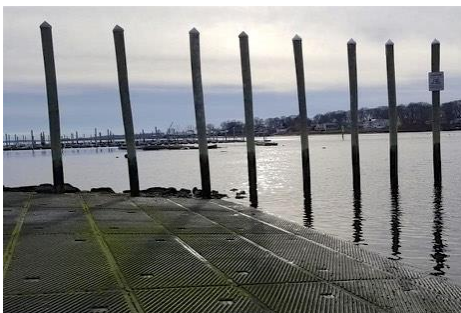
## Starting 2021 at Bullocks Cove

By Danny O'Shea

On New Year's Day, I decided to paddle from the [Haynes Park Boat Ramp](#) in Barrington on Bullocks Cove onto Narragansett Bay. This is an easy non-shuttle paddle of perhaps two and a half miles taking about an hour and a half.

I used this launch many times in the 1970s and 1980s when commercially fishing for eels and striped bass in Narragansett Bay. Harbor seals can sometimes be seen at the Haynes Park Boat Ramp. Blue shell crabs are found aplenty in the summer time in Bullocks Cove.

Haynes Park itself has about a dozen



**Haynes Park Boat Ramp**

massive fieldstone fireplaces that were built by the stonemason artists of the WPA (Works Progress Administration) in the 1930's. Recently restored, one of these fireplaces was being used by die-hard New Year's revelers on this day.

The tide was low and outgoing and weather forecast was for very light winds, always a good time to go canoeing. Temperature was forecast be 45 degrees. The water temperature was 46 degrees making it drysuit weather, which luckily I still fit in after the lethargy of 2020.

This is a very photogenic paddle through salt marshes and around vacant boat slips and fishing and pleasure boat moorings. It can be busy with boating traffic in summer months. On this day the only boats seen were two camouflaged duck hunting boats on their way to Green Island on the western shore of Narragansett Bay in Warwick.

After paddling south through the empty boat slips of Cove Haven Marina, Narragansett Terrace Yacht Club, and Lighthouse Marina, and mindful of the outgoing time, I made a short run into Narragansett Bay on the East Providence shore opposite Latham Park in Barrington.

Paddling north on the return leg past Haynes Park, I paddled through the small but scenic salt marsh coves abutting



**Danny - first selfie of the year**

Richmond Point. The old Crescent Park Alhambra Ballroom burnt down here in 1969. My uncle Herman worked there on weekends as a ticket collector.

Although scenic, going north of Crescent View Avenue via the massive drainage pipes is not recommended, as the writer had once been stuck in there with a very strong incoming tide. Luckily the East Bay Bike Path runs past this cove and I was able to portage back to Haynes Park.

The final leg is a short paddle back to the boat ramp. Nearing the Haynes Park ramp, the pilings of the old wooden pedestrian bridge to Crescent Park can still be seen at low tide across Bullock's Cove.

A cathartic, yet scenic and visual paddle, which I hope sets the tone for 2021.

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# 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. It is in very good condition and has always been stored indoors. Also includes a Snap Dragon spray skirt, cockpit cover and bow and stern flotation bags for additional buoyancy and faster bailing - \$2,300 (was \$3,800 new). Email [jklowan@excite.com](mailto:jklowan@excite.com)
- **Impex Force 3 Sea Kayak** - 2019 new condition, 17' x 20.5", white with lime green stripes - it has been stored indoors. Skeg, seat, declines, hatches, cockpit all in new condition - \$2200 (was \$3,500 new). **Wilderness Tempest 165** - rotomolded sea kayak - lime green, in good condition. Working skeg, hatches with no leaks, stable, durable kayak which can handle 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](mailto:jonathansharlin@gmail.com)
- **Valley Avocet** - poly along with two paddles (one a two piece wooden) hula-port cradles, a paddle float and cockpit pump - asking \$900 for the package. Email [aja151@aol.com](mailto:aja151@aol.com)
- **Valley Aquanaut** - 2005, 17'7" length 22" beam, yellow over white. Foam sacral block instead of back band; all hatch covers replaced within the past two years - \$1,250 OBO. Email [scr1v3nr@gmail.com](mailto:scr1v3nr@gmail.com) or text 401-569-6038
- **Yakima Even Keel 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. Email [caryl@netscape.com](mailto:caryl@netscape.com) or 401-480-7799.
- **Yakima roof rack** - Q-towers, Q70 & Q124 clips, 48" crossbars Used for 10 years, most recently fit a 2005 Toyota Prius, reasonable wear but sturdy system - \$60. Email [babsona@gmail.com](mailto:babsona@gmail.com)
- **Tiderace Xplore S** - purchased new May 2014 - 17' 5" length 20" beam, 55 lbs. - excellent condition. Includes Tiderace neoprene spray skirt and Wildwasser pump. Boat is in City Island, NY (Bronx/Westchester) - \$2,400 (was \$4,000 new). Contact Jean at 917-379-4499
- **Werner Camano** - 100% carbon bent shaft paddle 220 length. Excellent condition - used 4 times. \$300. Email [aikijerry@gmail.com](mailto: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](mailto: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 - \$1,500. Contact [aikijerry@gmail.com](mailto: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. Contact [garywhitney3@cox.net](mailto: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.
- **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](mailto:rogernc@mac.com) or cell 401-339-4068

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