

PADDLER

www.ricka.org

Newsletter of the Rhode Island Canoe & Kayak Association

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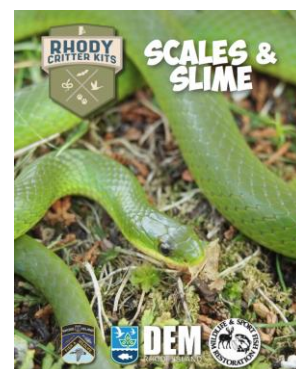
May 2021

May Club Meeting

Scales and Slime

Protecting Rhode Island's Reptiles and Amphibians

Monday, May 17th at 7:00 p.m.



Rhode Island is home to over 40 species of reptiles and amphibians, and many of them are considered Species of Greatest Conservation Need. Although slimy and scaly, these animals play an important role in the ecosystem, as both predators and prey. Join us at our May Club Meeting as Gabrielle DeMeillon, Technical Staff Assistant for the Rhode Island Department of Environmental Management's Division of Fish and Wildlife explains how we can help stop the spread of wildlife disease to this important part of our ecosystem. In addition, you can learn how to become a community scientist through an opportunity that is perfect for paddlers.

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

Blackstone Valley Paddle Club Resumes Tuesday Paddles

The [Blackstone Valley Paddle Club](#) will begin its 2021 season on Tuesday, May 18th at 6:15 p.m. with a kick-off paddle on the Upper Pawtuxet River in Hope, RI. Trips will continue every Tuesday night through August 3rd.

See Website

Sea Kayak Planning Meeting

Saturday, June 5th at 3:00 p.m.

The [Sea Kayak](#) Planning Meeting will take place on Saturday, June 5th at 3:00 at 75 Drift Road, Westport, MA. BYOB and food, and bring ideas for trips to add to the summer calendar. Contact Carleen McOsker with any questions at 401-499-7007 or carleenmcosker@icloud.com. Save the date!

Danny O'Shea appointed to Trails Advisory Committee

RICKA VP Danny O'Shea has been appointed to the Rhode Island Department of Environmental Management (RI DEM) Trails Advisory Committee by RI DEM Director Janet Coit.

The Trail Advisory Committee was established to provide advice on issues related to recreational trail use including the distribution of trail grant funds. According to Director Coit "the committee is intended to provide balanced representation from various trail users and government entities concerned with the planning, development, and use of trails".

Danny will represent the RICKA and other paddling groups for a five-year term. The committee consists of representatives from RI DEM and approximately 20 organizations statewide. Thanks Danny!

From the RICKA Library...

Sea Kayak Videos from Derek Hutchinson

Beyond the Cockpit - Volume 3

Many paddlers do all of their strokes and maneuvers while keeping their body directly over their kayak. Most sea kayaks turn a lot easier when they are put on edge. However, when you put your kayak on edge it increases the possibility of a capsizing. If you can support yourself with your paddle as you lean out "Beyond the Cockpit" you can begin doing amazing things in calm water or rough water conditions. Derek has developed a unique approach (techniques & progressions) for getting his students to edge and lean their kayaks without the fear of capsizing and looking good in the process.

ABC's of the Surf Zone - Volume 4

This video will help the sea kayaker successfully negotiate their way through the surf zone while launching and landing. Even though there are some surfing demonstrations in sea kayaks, the focus of this video is learning how NOT to surf and remain in control. A full list of flatwater drills and skills are demonstrated to prepare you for the surf zone. The main sections include: oceanography, ocean effects on your kayak, the ABC's (Attitude, Body-Boat-Blade, Control, Safety), flat water drills, surf zone drills, launching, landing, capsizing in the surf zone, group launching & landing, surfing and 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 June 2nd 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:

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The **Paddler** is published monthly except December by the Rhode Island Canoe & Kayak Association, Inc.

Your RICKA membership expired March 31, 2021...

Please remember to renew your RICKA membership!

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

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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

It's Time to Renew your Membership

You'll be supporting Rhode Island's oldest and largest paddle sports club

As you know, last season started out a bit slow. Out of an abundance of caution, we refrained from posting any paddles on our calendar in early to mid-spring and then slowly opened the calendar as we moved into summer. This season, however, we're throwing caution to the wind! Not really, but we have figured out how to offer paddles while adhering to COVID protocols.

As a result, our spring planning meetings have been scheduled, and we expect to have a full calendar of paddles this year. **Now is the time to renew your RICKA membership!**

Why should you join RICKA? Let's start with the trips. Each year RICKA organizes trips ranging from easy daytrips to weeklong excursions. Whether you enjoy



Join RICKA and be part of the fun!

[flatwater](#), [sea kayaking](#), [whitewater](#) or [wilderness tripping](#), there is trip for every interest and skill level at RICKA. In these challenging times, we do our best to follow COVID safe practices.

In addition to trips, we produce eleven monthly issues of our outstanding newsletter the [Paddler](#), hold off-season

[Zoom meetings](#) with interesting and informative speakers, and maintain the [websites](#), [Facebook page](#), and message boards that keep you up-to-date on trips and activities. Our [library](#) also includes an extensive collection of paddling books and videos covering all aspects of paddling.

Do you need to buy or sell boat? You should check out the [RICKA Classified Ads](#) on our website and in the Paddler. If you can't find what you need there, RICKA members also get special discounts at several area retailers (see the website).

So, if you like what we do, but are not a RICKA member, please join today - its just \$15 for the entire family. If you are a RICKA member, please renew your membership now. Memberships run from April 1, 2021 to 2022. You can join the club or renew your membership online using PayPal at:

<http://www.ricka.org/Join/JointheFun.html>.



2021 Membership Application/Renewal

(Please submit one form per family)

New members complete entire application.

Renewal members fill in ONLY your NAME and any NEW information.

RICKA DUES (with email newsletter) = \$15

BVPC DUES (Blackstone Valley Paddle Club) add \$10 (RICKA membership is also required)

Total

Enclose your check and mail to: RICKA, P.O. Box 184, Hope Valley, RI 02832

Name Adult 1 (primary) _____

Name Adult 2 (spouse, significant other) _____

Address _____

City _____ State _____ Zip Code _____ - _____

Phone 1 (____) _____ - _____ Home/Cell/Work Phone2 (____) _____ - _____ Home/Cell/Work

Email 1 _____ @ _____ Email 2 _____ @ _____

Interest(s): Flatwater ☐ Sea Kayak ☐ Whitewater ☐ Wilderness ☐

Are you willing to volunteer for club activities? Picnic ☐ Newsletter ☐ Trip Leader ☐ Other: _____

You can also renew your membership online using PayPal at <http://www.ricka.org/Join/JointheFun.html>

Choosing a Kayak Paddle

Selecting your kayak paddle is one of the most important decisions you will make as a paddler. That's because the paddle is your engine, the tool you use to transfer energy to the water. Choosing the proper paddle will allow you to paddle more comfortably and use less energy on the water. Here are some tips to help you choose the paddle that is right for you.

Straight Shaft vs. Bent Shaft^{USEP}

The benefit of a straight shaft paddle is its familiar feel. Most of us have used a straight shaft at some time, and often that's what we are used to. Other benefits of a straight shaft are lighter weight and lower cost. If good technique is used, paddlers can usually enjoy pain-free paddling all day with a straight shaft paddle.

For those who develop aches and pains in their hands and wrists using a straight shaft paddle, the bent shaft paddle is another option. By keeping the wrists in an ergonomically correct alignment, the bent shaft paddle puts less pressure on the tendons and ligaments in the wrist, and may alleviate the aches and pains that occur with the straight shaft paddle.

Feathered vs. Unfeathered Blade

Kayak paddles are feathered to reduce wind resistance as the blade is moving forward through the air. With a feathered paddle the blade slices forward through the air. With an unfeathered paddle, the blade pushes against the air with the full blade surface.

Paddle blades can be feathered for either right or left hand control. The paddle is gripped solidly with the control hand and allowed to rotate in the non-control hand. There is no advantage to one side or the other for control.

Shaft diameter and blade size

Shaft diameter and blade size are usually determined by your body size. Folks with smaller hands and smaller bodies should look for a smaller diameter shaft for a more relaxed grip, and a small or medium size blade to put less stress and strain on the body.

Larger boaters, generally with larger hands, usually prefer the standard diameter shaft and a medium to full size blade.

Spend as much as you can afford on your paddle material

As noted earlier, the paddle is your engine. You will use less energy on the water, paddle further and perform better if you are less tired. A paddle that is lighter to move through the stroke path, referred to as the paddle's "swing weight," will allow you to feel fresher as the miles and hours wear on. A paddle with a stiffer material will flex less, causing less water to "escape" from the blade face and for you to use less energy in your stroke to create more motion.

Choosing a Paddle

Choose your paddle based on the style of paddling that you are doing – low angle or high angle.



Low Angle Paddling

Most recreational kayakers use the low angle style of paddling. The low angle stroke puts your hands at about shoulder

height, is more relaxed and puts significantly less pressure on your upper body, arms and shoulders.

Low angle paddlers use long, narrow blades that are designed to pull through each stroke with the right amount of surface area for good power while maintaining a smooth forward stroke. Paddle lengths are based on height and the boat that you paddle:

- 6 feet and under, use 220 cm.
- 6'1" and over, use 230 cm
- If your kayak is over 28" wide, add an additional 10cm.

High Angle Paddling

High angle paddling is a more aggressive style with a faster cadence and a larger variety of strokes used by whitewater paddlers and advance sea kayakers. By focusing on keeping your top hand at about forehead height as you take your stroke, you will notice the blade travels closer to the kayak. With the blade traveling in this path your boat will track better and go straighter.

High angle paddlers generally use wider, shorter blades that put more surface area into the water. Paddle lengths are based on height:

- 6 feet and under, use 210 cm.
- 6'1" and over, use 215 cm

Kayak width generally does not come into play since most high-angle paddlers are in whitewater boats or narrow touring kayaks.

What if you can't decide

What do you see yourself doing the most out there? Look at the boat you're paddling and your goals in the sport and then buy the paddle that works best for that application.

Based on Choosing the Perfect Kayak Paddle by Danny Mongno at NRS.com

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, and follow COVID safe practices. **YOU ALONE ARE RESPONSIBLE FOR MAKING THE DECISION TO LAUNCH YOUR BOAT.**

Blackstone Valley Paddle Club Trips

Unless otherwise noted, Blackstone Valley Paddle Club trips are suitable for all boats and skill levels. More detailed trip descriptions can be found on the [web site](#)

May 11th - launching promptly at 6:15
Upper Pawtuxet River - Hope

Trip coordinators: Roscoe
churka@cox.net and Skye and Steve

Changed to Stump Pond

See website
We will paddle up the Pawtuxet River to the Scituate Reservoir and back again. The water is very clean, coming directly from the reservoir. A 4-mile round trip.

May 18th - launching promptly at 6:15

Hopedale Pond - Hopedale

Trip coordinators: Pat and Earl MacRae
earlandpat@comcast.net

The town of Hopedale was settled in 1842 as a Utopian socialist commune and evolved into the home of the Draper Corp, at one time the world's largest manufacturer of automatic cotton looms.

May 25th - launching promptly at 6:15
Quinsigamond River - Riverview Apartments

Trip coordinators: Jim Crowley
crowbird888@msn.com, Frank Cortessa and Manny Terezakis

We will put in behind Riverview Apartments in Grafton for an up and back trip on the Quinsigamond River

June 1st - launching promptly at 6:15

West River - Upton

Trip coordinators: Julie and Steve Riendeau
julie@cox.net

An up and back trip on the scenic West River in Upton. Trip is suitable for all but boats under 15 feet will have an easier time.

June 8th - launching promptly at 6:15

Nipmuc River - Harrisville

Trip coordinators: Julie and Steve Riendeau
Steverie87@cox.net and Frank Cortesa

This river, above the pond and above where the Clear River enters, is listed by the state as pristine water, the state's highest rating for water quality. There are several beaver dams to drag your boat over. Trip is suitable for boats under 14 feet

June 15th - launching promptly at 6:15

West River - Uxbridge

Trip coordinators: Julie and Steve Riendeau
Steverie87@cox.net and Frank Cortesa

You'll have the chance to see lots of wildlife as you paddle upstream through this stretch of clean, clear flatwater. Suitable for boats 15 feet and under in length

June 22nd - launching promptly at 6:15

Lackey Dam and the Mumford River

Trip coordinators are: Bob Martin
rwmartin19@gmail.com, Cheryl Thompson and Julie and Steve Riendeau

We will paddle the flatwater behind the Lackey Dam and up a section of the Mumford River.

June 29th - launching promptly at 6:15

Rice City Pond - Uxbridge

Trip coordinators: Frank Cortesa
frankcortesa@charter.net and Julie and Steve Riendeau

We will paddle up the Blackstone Canal to the historic Goat Hill Lock, and explore scenic Rice City Pond.

Flatwater Trips

Late cancellations and changes to trips will be posted on the [Flatwater Message Board](#). Check [web site](#) for directions and/or GPS coordinates. A change of clothes in a waterproof bag is required for early season paddling.

May 8th - launching promptly at 10:30

Quinebaug River Canoe Trail

Trip coordinators: Cheryl Thompson
stonefoxfarm@juno.com 401-497-5887 and Frank Cortesa
frankcortesa@charter.net 508-369-8205.

The Quinebaug River Canoe Trail carries you through a pretty river valley with lots of wildlife. This trip is suitable for everyone, but shorter boats will have an easier time. No shuttle needed, this will be an up and back trip. Bring a lunch. Trip is limited to 12. RSVP required, trip will be posted on the [message board](#).

May 15th - launching promptly at 10:30

Charles River and Populatic Pond

Trip Coordinators Louise Price
weezrad@yahoo.com and Frank Cortesa
frankcortesa@charter.net 508-369-8205...

The Charles River affords great canoeing and kayaking – especially where the river moves past picturesque Populatic Pond. The river is narrow and more suitable for boats 15 feet and shorter. Bring a lunch. Trip is limited to 10 paddlers. RSVP by email to Louise if you wish to attend.

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May 16th - launching promptly at 10:30
Quinebaug River - Brooklyn, CT
Trip coordinators: Skye Pechie
scitamb.2@juno.com and Steve Pechie
Resq1192@gmail.com

Paddlers can travel three to four miles upstream and then return back downstream to the launch site. Trip is suitable for everyone. No shuttle needed, this will be an up and back trip. Bring a lunch. RSVP required. The trip will be posted on the [message board](#).

May 22nd - launching promptly at 10:30
Slatersville Reservoir and the Branch River - North Smithfield
Trip coordinators: Skye and Steve Pechie
scitamb.2@juno.com

This trip provides a nice paddle through a flatwater section of upper Slatersville Reservoir and then a stretch of the Branch River. Trip is suitable for everyone. No shuttle needed, this will be an up and back trip. RSVP required, trip will be posted on the [message board](#).

May 23rd - launching promptly at 10:00
Ten Mile River - Rumford
Trip Coordinators: Dan O'Shea
doshea5031@aol.com 401-527-3447 and Al Sampson
wanderlust_Bristol@yahoo.com 401 727-1555

Suitable for all level of experience. The river is narrow and more suitable for boats 15 feet and shorter. Bring a lunch. RSVP required, trip will be posted on the [message board](#).

May 29th - launching promptly at 10:30
Buffumville Lake - Charlton
Trip Coordinators: Louise Price
weezrad@yahoo.com and Frank Cortesa
frankcortesa@charter.net 508-369-8205...

The 200-acre lake behind the U.S. Army Corps of Engineers' Buffumville Dam is an excellent paddling destination. Any size

boat is OK. Suitable for all level of experience. RSVP by email to Louise if you wish to attend. Trip is limited to 10 paddlers.

June 5th - launching promptly at 10:30
Upper Pawtuxet - Hope/Scituate
Trip Coordinator: Deb Britt
Botherbird@gmail.com

We will paddle up to the Scituate Reservoir and back again. The water is very clean, coming directly from the reservoir. A 4-mile round trip. RSVP required, trip will be posted on the [message board](#).

June 13th - launching promptly at 10:30
100 Acre Pond - West Kingston
Trip coordinators: Chuck Horbert and Cindy Gianfrancisco
chorbert13@gmail.com 401-418-2838.

The river is narrow and meandering, with at least one beaver dam to climb over and one potentially shallow spot to wade up, so expect wet feet. This is a short but interesting 4-mile paddle that can be extended if there is interest by also going downstream from Taylor Landing a short distance. Bring a lunch or snack, and water. Maximum group size is 10. RSVP required, trip will be posted on the [message board](#).

June 14th - launching promptly at 10:30
June Meeting on the Water WPA Headquarters - Richmond
Trip coordinators: Pat Lardner
pslardner@gmail.com 401-524-8057 and Danny O'Shea
doshea5031@aol.com

Our first on-water meeting is the signal that summer is here! RSVP required, this trip will be posted on the [Message Board](#).

June 19th - launching promptly at 10:30
Pawcatuck River - Potter Hill/Post Office Lane
Trip coordinators: Sharon Dragon
shdrag1@gmail.com 401-225-3942 and Roberta Engel

The Pawcatuck River is clean and beautiful. Looks for lots of wildlife on this up and back trip from the Potter Hill Dam of approximately 8 miles. RSVP is required to Sharon

June 26th - launching promptly at 10:30
Wickford Harbor and Backwaters
Trip Coordinators: Gary Powers and Deb Britt
Botherbird@gmail.com

We will put in at the Wilson Park boat ramp and paddle in the calm, wind-protected waters among the islands and marshes of the Wickford Cove and Harbor. Please bring a lunch. RSVP required, trip will be posted on the [message board](#).

June 27th - launching promptly at 10:30
100 Acre Cove - Barrington.
Trip coordinators: Danny O'Shea
doshea5031@aol.com 401-527-3447 and Pat Lardner
pslardner@gmail.com 401-524-8057

Take a leisurely paddle of about 4 to 5 miles around the saltwater marsh islands of 100 Acre Cove, and then into the scenic Runnins River. On the return we can take a short snack break at Knockum Hill. RSVP to Pat please.

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.

Sea Kayak Planning Meeting Saturday, June 5th at 3:00

The Sea Kayak Planning Meeting will take place at 75 Drift Road in Westport. BYOB and food, and bring ideas for trips to add to the summer calendar. Contact Carleen McOskey with any questions at 401-499-7007 or carleenmcoskey@icloud.com.

RICKA Classifieds

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

- **P&H Cetus LV Expedition Kayak** - 2017 custom expedition fiberglass layup - has some gelcoat scratches on hull from normal use - \$2,900. Boat is in Rockland County, NY. Contact Ken at ktexler@gmail.com
- **Valley Pintail** - yellow, very lightly used, in excellent shape. 1998 model, ocean cockpit. Very fun boat to paddle in RI waters - \$1,200. Contact jlunig@spinnakervet.com
- **Bell Wildfire Solo Canoe** – lightly used by original owner, always stored inside; 14', 34 lbs., glass/kevlar layup. cherry gunwales, walnut decks, cane seat – \$1,400. Contact mc0882981@gmail.com
- **Yakima Roof Rack** - Q-towers, Q5 & Q124 clips, 48" crossbars. Used for 10 years, most recently fit a 2005 Toyota Prius, reasonable wear but sturdy system - \$20. Contact babsona@gmail.com
- **Tiderace XPlore M Kayak** - excellent condition, outfitted with a Brunton compass and an electric cockpit pump with magnetic switch. The price includes Snapdragon sprayskirt with a neoprene deck and a GoreTex tunnel - \$1,700. For another \$100 I will include a Northern Lights 3 piece carbon fiber Greenland paddle with 3 different sized looms. Contact david.dewitt@outlook.com
- **Two No.2 Brooks spray skirts** - never used, coated nylon - asking \$50 each. Contact Al at wanderlust_bristol@yahoo.com
- **Gore-Tex Large men's drysuit** - upgraded neoprene wrist and neck gaskets and water proof footies - \$725 obo Contact dcornell_2000@yahoo.com
- **Simon River Sports Carbon Arrow K-2 Light** – spacious and fast 3 cockpit, tandem K-2 with shallow U-shape hull for stability, created for speed. Condition: excellent - \$2,900. Contact acopp.oceanskylc@gmail.com
- **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. Features a high stability hull without bulkheads that can hold a lot of gear. Includes original owners manual - \$2,300 (was \$3,800 new). Contact jklowan@excite.com
- **Impex Force 3 Sea Kayak** - 2019 new condition - 17' length, 20.5" beam. This is a beautiful, fast, strong tracking, kayak, has enough storage for overnight or weekend trips. It has been stored indoors - new condition. White with lime green stripes - \$2,200, (orig. \$3,500). **Wilderness Tempest 165** – rotomolded, lime green. In good condition with working skeg, hatches with no leaks, stable, durable kayak which can handle conditions - \$800. Call Beklen at 646-263-9359
- **Valley Avocet** - (poly) along with two paddles (one a two piece wooden), hula-port cradles, a paddle float and cockpit pump. - \$900 for the package. Contact aja151@aol.com
- **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 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. Will consider selling towers separately as needed – \$60. Contact babsona@gmail.com
- **Tiderace Xplore S** - purchased new May 2014. Excellent condition, stored indoors, lovingly maintained. Length 17' 5", width 20", weight 55 lbs. Best suited for intermediate to experienced paddlers, 5' 4" to 5' 10", 130-170 lbs. Includes Tiderace neoprene spray skirt and Wildwasser pump - \$2,400 (was \$4,000 new). Boat is in City Island, NY (Bronx/Westchester). Contact Jean at 917-379-4499

Thanks to [Narrow River Kayaks](#) for their generous support of RICKA.



[Narrow River Kayaks](#) provides kayak and SUP tours and rentals on Rhode Island's beautiful Pettaquamscutt watershed, commonly known as the Narrow River. RICKA members also get special discounts on purchases (see the [website](#)).

Narrow River Kayaks
94 Middlebridge Road
Narragansett, RI 02882
(401) 789-0334

<http://www.narrowriverkayaks.net>

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.