

# PADDLER

www.ricka.org

Newsletter of the Rhode Island Canoe & Kayak Association

Vol. XLV

No. 10

November 2022

## November Club Meeting Movie Night - Our Favorite Trips of 2022 Tuesday, November 15, 2022 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 2022.

2022 turned out to be a great year for paddling. We had a full calendar of flatwater, sea kayak and Blackstone Valley Paddle Club trips. The whitewater group was out running the rapids, and there were several overnight camping trips, including another great adventure in the Adirondacks (see page 3). Join us as we reminisce and relive these fun trips.

If you have a video you would like to share, please contact Erik Eckilson at [eckilson@cox.net](mailto:eckilson@cox.net). Videos should be no longer than 10 minutes and advance notice is required.

The meeting will take place on Zoom videoconference. Check the web page for the Zoom link.



## Turkey Paddle and Dinner November 5, 2022 - meet at 1:30 p.m. for a 2:00 p.m. launch

The traditional Turkey Paddle will be on [Wallum Lake](#) with dinner to follow at the [Bistro Eighty Ate](#) (172 Gore Road in Webster). Come for the paddle, the dinner, or both!

Wallum Lake is located on the border of RI and MA, has crystal clear water, and is an easy paddle. A wet suit or dry suit is recommended, and a change of clothes in a waterproof dry bag is required if you plan to paddle. **Because of the popularity of this trip, an RSVP is required by November 2<sup>nd</sup> if you plan to attend the dinner.**

Please RSVP with Cheryl Thompson 401-497-5887 or [stonefoxfarm@juno.com](mailto:stonefoxfarm@juno.com) if you plan to attend.

## Paddle with Santa at Wickford Harbor

December 3, 2022 – meet at 11:30 a.m. for a  
12:10 p.m. launch

Join us as we escort Santa as he arrives by boat in Wickford Harbor. We will meet at the Wickford Town Dock next to Gardner's Wharf (170 Main Street, North Kingstown, RI). Please RSVP to Pat Lardner at [pslardner@gmail.com](mailto:pslardner@gmail.com) so we know how many hats we will need for Santa's elves.



## Follow us on Facebook

2,045 people follow 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 DVDs and books 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.

## RICKA is an ACA



## Paddle America Club

### Executive Board:

The next Executive Board meeting will be held on November 2<sup>nd</sup> at 7:00 p.m. online as a ZOOM videoconference. To participate contact Frank Cortesa at [frankcortesa@charter.net](mailto:frankcortesa@charter.net) and the Zoom link will be sent to you.

### Newsletter Editor:

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### Newsletter Archive:

<http://ricka.org/paddler/paddler/PaddlerList.HTML>

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**Registration Form:**  
<https://form.jotform.com/222016371376148>

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

## Membership Notes

Going green and going forward you will see two changes to improve your renewal process. First is a [new email address](#) dedicated for member's questions. Second is a [new online registration form](#) with pared down fields that includes space available to add your free adult family member's information and also added features upon registering. Gone, is the need to mail in a paper form. **Payment options remain the same but we do encourage using online payment with either PayPal, credit or debit cards.** Feedback is welcome at [rickamembership@gmail.com](mailto:rickamembership@gmail.com).

## Rhode Island Canoe & Kayak Association

### Executive Board

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# Adirondacks Trip - 2022

Story by Bill Luther

Pictures by Michael Vechinski

The Adirondack trips that RICKA has run for the last 25 years have been in my opinion, one of the greatest accomplishments that the club has achieved. I don't say that lightly. We still run our weekly flatwater and sea kayak trips throughout the year. We have produced a boatload of experienced leaders who have gone way beyond the skill levels that they entered the club with. We have run programs and events that have extended out into the community and affected even the most casual paddlers. We have created a network of friends among former strangers. In my opinion, though, there have been few things that have lasted this long or approached the level of professionalism that the ADK has.



Adirondack Experience Museum

I take very little credit for this excellence in paddle sport besides being an occasional participant, and one who ventured out into this grand state park in New York on the club's first trip in 1983. We learned a lot on that initial trip, but I did not think that we would keep it going this long. It fell under the guidance of Henry Dziadosz and a few others who returned almost every year. I missed most trips not realizing how it would grow in popularity. Well, this time I decided to go along.

The summer of 2022 was a dry one and the



Raquette Lake

woods and lawns back home were parched with drought. It was a shock to see the lush green forests on hillsides and mountains in the Adirondacks. This area has never lacked for water. Every river and stream seems to have an endless supply. The snow melt must replenish the watershed with bountiful amounts. The beauty of the rivers and lakes, mountains and hillsides are one that will paint a permanent landscape in your mind for a lifetime. This would be my first week-long vacation during the COVID era, and I was ready.

## Day One - South Inlet to Raquette Lake

On the previous day, Anne Plezak and I drove the 6-hours to get there. We set up our tents and met some of the new people. The next morning, we lined up in our cars near the entrance and were off for the first trip.

We were at the put-in in 30 minutes. I nearly drove into the rear of the guy in front of me as the caravan came to a sudden stop. It took while to unload and launch. The inlet was a wide marsh that wandered purposelessly. I talked to Lori and she told me about her self-supported



Jim Cole on Forked Lake

bicycle trips in faraway places with other people. Interesting, a kindred spirit.

Later after some stories we arrived at a lunch spot where the inlet narrowed and upstream rapids began. We weren't running these rapids in long kayaks. We returned to the launch a short time later, and five of us decided to explore the bigger part of the lake.

It was a gray day and almost windless. Just before we got back to shore, Anne and Peter practiced some assisted boat over boat rescues. Anne got back in her boat doing a foot first entry technique.



Chuck Horbert at Stoney Creek

## Day Two - Forked Lake

We lined up for caravan travel the next morning, and like lost pilgrims drove thru town and right thru the one stop sign in Long Lake before the gaze of a suspicious state trooper. He pulled three of us over right away. Jigs up. He had us dead to right. After giving us the tough guy grimace, he let us drive off without a ticket.

We arrived at the lake just a little late with that story. We launched with Chuck and Cindy in the lead. We went down one side of the lake just watching all the other canoe campers who had paddle to sites right on the lake. There were many sites that would have been nice choices to stay over in.

We went to the bottom of the lake where there was a nice dock and beach. We had a casual lunch and enjoyed the feeling of endless summer.

*Continued on page 4.*

Continued from page 3.

### Day Three- a dark and dreary day

Unfortunately, our third day was not a day for paddling. Some of us went to the [Adirondack Experience Museum](#), and others to [Camp Sagamore](#), a 19<sup>th</sup> century resort retreat.

### Day Four- Bog River

I had now settled in at a new tent site and was sharing picnic table time with Danny, Anne and Connecticut John. The day started off dreary. Some wanted to call it an off-day. Instead, we caravanned off some 25 miles to the north to the Bog River.



Mike Vechinski on the Bog River

The river was low and we did some rock scraping. The sun had emerged and we were happy again. The river was wide and this was more of a traditional river trip. We paddled a few miles up to a shallow rocky spot and could go no further and returned. The river eventually emptied into Little Tupper Lake.

### Day Five - Axton Landing to Stony Creek Ponds

Once again, we caravanned to the launch where we squeezed into the parking lot. The sun was out in full force, and I will always remember how the sun glistened off the water like a prism. We started on the Raquette River and turned left on to Stony Creek. Chuck was in the lead boat and mentioned how this was one of his favorite trips and had camped out nearby in October one year. We emerged from the creek and paddled about a mile across



The crew

Stony Creek Pond to a beach lunch spot.

This was one of my favorites trips of the week. Danny, Peter and I stopped at a nearby outfitter on the way home to re-supply and buy memorabilia T-shirts. We passed Tupper Lake on the way home and noted how vast it was, and how it was probably a fisherman's paradise.

### Day Six - Middle Saranac Lake- Upper Lock

It was another calm beautiful day. Chuck led the caravan and we pulled into one launch spot where due to lack of parking, we immediately turned around and went to the next launch where there was plenty of parking. This was a popular spot and there were a few motor boats cruising past.

The day was brisk and the wind was just gentle enough to cool you off. We headed down river and into Middle Saranac Lake. We were a large group once again and spread out in a long line for the trip down the lake to the locks.

The highlight of the day was to fill the upstream lock with all of our boats like sardines in a can and to flush out the other



Lock at Middle Saranac Lake

side. Mike V. and Perry operated the self-serve lock system. We took many photos and relished the silliness of the moment.

We had lunch and took videos of some of us running the short class II rapid. Returning downwind, I took a mental picture and noted how this was such an awe-inspiring, wild and beautiful place that you have to respect. It was nature at its most glorious. It was a cathedral.

This was the last organized trip for the group that Chuck lead us on. That night we had a farewell dinner at the Long Lake Diner. We toasted Chuck and cherished the many new friendships we had gained and the old ones we had renewed.



Upstream rapids at the Inlet

### Day Seven – Round Pond

We departed from the main group who we bid fond farewells to. There were four of us - Connecticut John, myself, author Tammy Venn and her spouse David. It was a short drive to the launch where Little Tupper Lake and Round Pond meet.

Parking was less troublesome and the lot was practically full. We did about a 3-hour cruise around the lake. We stopped for lunch at the beach and talked with some other local paddlers who told us about recent conservation efforts to keep these places wild and scenic. There were a few canoe camping sites nearby.

We circled the lake and after another clear calm day we were headed home. There were many good memories on this New York lakes vacation trip – looking forward to next year!

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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.

- **Golden Kevlar Arluk 1.8** - excellent condition, 'Ocean Cockpit', always garaged and treated with Polyglo polyurethane UV protection. Skin coat top and bottom for weight savings (48 pounds / 18'x22"), Smart Trak rudder, up to date deck lines, bungees, rudder cables, rudder cord and inner hatch covers. New Brooks neoprene sprayskirt, Snap Dragon neoprene cockpit cover, plus two used repaired Wildwasser neoprene spray skirts with zippered pockets. The factory supplied 'racing seat' has been replaced with an excellent custom molded seat. Located in New Haven, CT but will discuss delivery - \$1,200 cash. Russell Norton [lovepotent@hotmail.com](mailto:lovepotent@hotmail.com)
- **Thule Roof Rack** - full Thule set-up for your kayak or canoe. Thule 838 Hull-a-Port Aero - \$75, 50" Steel Square Bars - \$75, Crossroad Feet (works with most side rails) - \$75. All parts are gently used and in perfect operating condition - make a reasonable off for the full set! Contact 401-297-9792
- **Ocean Kayak Malibu 2 XL Sit-on-top Tandem Kayak** - Length- 13' 4". Width- 34 inches. Weight- 68 lbs.
- Total Capacity- 500 lbs. Color- Envy (Green and White). Condition- very good; a few scratches. Seats included. Paddles can be supplied for extra charge. Price \$629. Contact [shinnen108@gmail.com](mailto:shinnen108@gmail.com)
- **Current Designs tandem Unity Kayak** - excellent shape comes with spray skirts, travel cockpit covers, and two graphite paddles (220cm/210cm) - \$3,000. Contact [r.john.davenport.phd@gmail.com](mailto:r.john.davenport.phd@gmail.com)
- **PRICE REDUCED: Surftech Universal SUP 11'6"** - Length- 11' 6 inches. Width 32.1 inches. Thickness- 5.1 inches. Weight- 39 lbs. Capacity 220 lbs. Fins- Center+2 side. Deck- full deck pad; Color- Green and grey Condition- very good; a few scratches, occasional bubbles on deck pad. - Price \$699. **Angulo Surfa SUP Surfing 10"** - Length- 10". Width- 32 inches. Thickness- 4.75 inches. Weight- 31 lbs. Capacity - 200 lbs. Fins- Center+2 side -Construction- Semi-Custom Carbon -Deck- partial deck pad; Color- Brights yellow with orange and white graphics -Condition- garaged; very good; a few scratches and dings; deck pad rubber worn in spots -- asking price \$1099. Contact Mark at [shinnen108@gmail.com](mailto:shinnen108@gmail.com)
- **Eddyline Fathom Touring Kayak** - Sapphire Blue - \$2,100 Nearly new pristine condition (Original – No Modifications) Specifications: Length: 16'6", Width/Beam: 22", Depth: 13.5", Weight: 50 lbs, Cockpit Size: 31.6 x 16.5", Weight Capacity: 340 lbs. Hatches: 3. Paddler Size: Medium/Large Includes: Seals neoprene cockpit cover, Kokatat basic Sea Skirt (XL) - \$2,100. Location: Metro Boston. Contact Nicholas 978.621.7935
- **Point 65N Mercury GTX modular kayak** - still in box. Will deliver south and east of Fitchburg MA to Cape Cod Canal - \$1600 Please leave message (978) 667-1841
- **PRICE REDUCED: Lendal Storm paddle** - 215 cm - Several years old but lightly used. Asking \$190. Contact Richard at 401-595-1175
- **Nigel Foster Silhouette Kayak built by Seaward Kayaks** - 17' 10" length, 20.5" width. Good condition, stored indoors. Kevlar construction, yellow deck, built-in compass, sea-lect hatch covers. \$1,200.00 cash only in person. [wsmith16@charter.net](mailto:wsmith16@charter.net)

## Adirondacks 2023 August 5-12, 2023

We will return to Lake Eaton Campground in Long Lake for our 2023 Adirondacks trip on August 5-12, 2023. You can make campground reservations starting on November 5, 2022 at Reserve America:

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

Please contact Chuck Horbert at [chorbert13@gmail.com](mailto:chorbert13@gmail.com) if you plan to attend and Chuck will include you on future emails.

Send your classified ads to RICKA Webmaster Cheryl Thompson, 53 Anan Wade Road, Glocester, RI 02857-2611 or [webmaster@ricka.org](mailto: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.