

# PADDLER

www.ricka.org

Newsletter of the Rhode Island Canoe & Kayak Association

Vol. XLVI

No. 2

February 2023

## South County YMCA Pool Practice Sessions

February 11<sup>th</sup>, March 4<sup>th</sup> and March 25<sup>th</sup> from 1:00 to 3:00

The winter pool sessions provide RICKA members a great opportunity to sharpen rolling and rescue skills with likeminded paddlers. If you are not a RICKA member, you can [join RICKA here](#). The February 11<sup>th</sup> session is fully booked, but there will be additional sessions on March 4<sup>th</sup> and March 25<sup>th</sup>.



Rescue practice at the January pool session  
Photo by Pat Lardner

There are 10 signup slots available for each session, and we do our best to give everyone an opportunity to attend at least one session. Contact Rich Coupland at [ricoupland@msn.com](mailto:ricoupland@msn.com) to be put on the sign-up email list. If you sign up and subsequently cannot attend, PLEASE contact Rich before the day of event so he can find an alternate.

These sessions are held at the at the [South County YMCA](#), 165 Broad Rock Road, Peace Dale, RI 02883. Please arrive by 12:30 to unload boats and fill out forms. Boats can enter the building at 12:45 and we must be out of the pool building by 3:00. Boats must be clean and free of sand and seaweed.

RICKA is an American Canoe Association (ACA) Paddle America Club. All participants must sign an ACA insurance/waiver form, either on the ACA website or at the event. Please bring your ACA member number if you have one. Also, since the YMCA has a daycare on site, all participants must provide a driver's license to the YMCA and they will retain a copy.

## Navigation Workshop

February 4, 2023 from 1:00 to 4:00

This will be the second session of a two-part, hands-on workshop providing the tools to plan and navigate coastal journeys. This session will review the basics including chart and compass and environmental considerations, and then build on those topics to include currents, tactics and trip planning. Bring a base plate/orienteering compass, a chart or two and any other navigation tools you might have. Recommended reading: Ferrero, F. 2007. Sea Kayak Navigation. Pesda Press.

The session will be held in the upstairs meeting room at the [Kingston Free Library](#), 2605 Kingstown Road, Kingston, RI. 02881. RSVP to Tim at [gleasont63@gmail.com](mailto:gleasont63@gmail.com).

## RICKA Adirondacks Trip

August 5 – 12, 2023

The [Flatwater](#) group will return to Lake Eaton Campground in Long Lake Village, NY for the 2023 Adirondacks camping and paddling trip. You can make campground reservations now at Reserve America:

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

Please try to select a site in the 10-54 area (waterfront from 31-54). If you are planning on joining the group, please contact Chuck Horbert at [chorbert13@gmail.com](mailto:chorbert13@gmail.com) to be added to the list for future organizational emails. Emails will be sent only to those who sign up.

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.

**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*.

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.

## RICKA is an ACA



## Paddle America Club

### Executive Board:

The next Executive Board meeting will be held on February 1<sup>st</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:

Erik Eckilson  
Email: [editor@ricka.org](mailto:editor@ricka.org)

### Newsletter Archive:

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

### Membership:

Gary Powers  
Email: [rickamembership@gmail.com](mailto:rickamembership@gmail.com)

### Registration Form:

[Join the Fun!](#)

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

## Register now for the 2023 Season!

February ... the month for Ground Hog's Day, Valentine's, President's Day, and Mardi Gras. February is also a time to participate in the rolling clinic, attend the navigation workshop, hike with friends via the message board, and to look forward to the new 2023 paddling season. So sign up today! Register using our new online form: [join the fun](#). Let us know what you think. Feedback or questions are always welcome at [rickamembership@gmail.com](mailto:rickamembership@gmail.com).

## Rhode Island Canoe & Kayak Association

### Executive Board

**President:** Frank Cortesa.....508-369-8205.....[frankcortesa@charter.net](mailto:frankcortesa@charter.net)

**Vice President:** Danny O'Shea .....401-527-3447.....[doshea5031@aol.com](mailto:doshea5031@aol.com)

**Secretary:** Skye Pechie .....401-647-0074.....[scitamb.2@juno.com](mailto:scitamb.2@juno.com)

**Treasurer:** Sharon Dragon .....401-225-3942.....[shdrag1@gmail.com](mailto:shdrag1@gmail.com)

### Members at Large:

Deb Britt.....401-413-6841.....[botherbird@gmail.com](mailto:botherbird@gmail.com)

Peter Hill .....508-366-6381.....[peter.kayaker@yahoo.com](mailto:peter.kayaker@yahoo.com)

Sean Murphy .....401-206-7829 .....[sean026@hotmail.com](mailto:sean026@hotmail.com)

Brenda Rashleigh .....[rickaseakayak@gmail.com](mailto:rickaseakayak@gmail.com)

Jenifer Stanton .....[bigredstantons@gmail.com](mailto:bigredstantons@gmail.com)

**Conservation:** Ron Entringer .....[rentringer42@gmail.com](mailto:rentringer42@gmail.com)

Pat (Mayhew) Lardner.....401-524-8057.....[pslardner@gmail.com](mailto:pslardner@gmail.com)

**Flatwater:** Cheryl Thompson .....401-497-5887.....[stonefoxfarm@juno.com](mailto:stonefoxfarm@juno.com)

**Librarian:** Bill Hahn.....401-524-1612.....[librarian@ricka.org](mailto:librarian@ricka.org)

**Safety & Education:** Steve Pechie .....[resq1192@gmail.com](mailto:resq1192@gmail.com)

**Sea Kayak:** Rich Coupland .....401-595-1175 .....[rlcoupland@msn.com](mailto:rlcoupland@msn.com)

**Webmaster:** Cheryl Thompson .....401-497-5887.....[stonefoxfarm@juno.com](mailto:stonefoxfarm@juno.com)

**Whitewater:** Paul Leclerc .....401-568-1103 .....[paul\\_leclerc@hotmail.com](mailto:paul_leclerc@hotmail.com)

**Wilderness:** Chuck Horbert .....401-418-2838.....[chorbert13@gmail.com](mailto:chorbert13@gmail.com)

---

# Cold Water Paddling (Part 2)

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.

### Insulating Layers

Insulating layers provide the thermal protection that allow you to remain warm, calm, and able to function while you're in the water. 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 the most popular for paddlers since they protect the core and provide good freedom of movement, but they will need to be supplemented with additional layers in the coldest water. Wetsuits must fit tight to minimize the influx of cold water, and must be thick enough to provide appropriate insulation.

### Outer Layers

Windproof and waterproof outer garments round out your cold water 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 the next step in protection. These garments use neoprene gaskets, or a 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 is the safest option for cold water paddling. These garments use latex gaskets and booties to 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 conditions.

## Don't forget to protect your extremities

### Head

Your mom always told you to wear a hat when it's cold outside, because much of your heat escapes from your head. The same is true when paddling. 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. 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. Try them both, or in combination to see what works best.

### Feet

Neoprene boots are the preferred footwear when the water is cold. A wide variety of boots are available, most of which come with rubber soles to provide grip and protection when you walk on rocks.

## Test your gear in real conditions

How will you know if you have the right gear and can function in cold water? Take a plunge to try it out. Do this in safe conditions with buddies nearby just in case. Testing will confirm that you can use your gear smoothly and effectively - even when you're under stress in cold water.

Of course, it goes without saying that you should always wear your PFD. This is especially important in cold water where the risks of cold shock, physical incapacitation and hypothermia are great, and your ability to self-rescue can be greatly diminished.

---

# RICKA Classifieds

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

- **Hullivator Loader** - complete set in excellent condition - \$450. Contact [aikijerry@gmail.com](mailto:aikijerry@gmail.com).
- **Necky Kayook Sea Kayak** - two sealed compartments, foot-controlled rudder. Includes cockpit cover, spray skirt, some accessories - \$175. Contact Ed Poyer [edpoyer@gmail.com](mailto:edpoyer@gmail.com)
- **Golden Kevalr Arluk 1.8** - excellent condition, Ocean Cockpit, 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 - \$1,250 cash. Russell Norton [lovepotent@hotmail.com](mailto:lovepotent@hotmail.com)
- **Full Thule set-up for your kayak or canoe** - Thule 838 Hull-a-Port Aero - \$75, 50" Steel Square Bars - \$75, Crossroad Feet - \$75. 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. Color- Green and White. Condition- very good; a few scratches - \$629. Seats included. Paddles can be supplied for extra charge. **Surftech Universal SUP** - length 11' 6". width 32.", thickness 5.1", weight 39 lbs. Fins- Center+2 side. Color- green and grey, very good conditions with a few scratches, occasional bubbles on deck pad = \$699. Contact [hozho108@gmail.com](mailto:hozho108@gmail.com)
- **Eddyline Fathom Touring Kayak** - Sapphire Blue. Length 16'6", Width/Beam 22", Depth 13.5, Weight 50 lbs, Cockpit Size 31.6 x 16.5" - \$2,100. Includes Seals neoprene cockpit cover, Kokatat Sea Skirt (XL) Location: Metro Boston MA. Contact Nicholas 978.621.7935
- **Point 65N Mercury GTX modular kayak** - still in box - \$1,600. Please leave message (978) 667-1841
- **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. Contact [wsmith16@charter.net](mailto:wsmith16@charter.net)
- **Kokatat Women's Odyssey Drysuit** - Medium, "Ice" color. Barely used and in excellent condition. Asking price \$900. Comes with a detachable hood. Please contact [emilkrasich@gmail.com](mailto:emilkrasich@gmail.com)
- **Betsie Bay Recluse** - 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 - \$2,750. Contact Charlie 518-234-9235 in Albany, NY area
- **High Performance Paddleboard** - approximate retail value of \$2K, offered @ \$900. **Valley Pintail** - if new, approximately \$4,500 This one in excellent condition. Asking 2,300. **Necky Gliss** - a great value, offered @ \$1,240. Available for viewing on the East Side of Providence. [rogernc@mac.com](mailto:rogernc@mac.com) or cell 401-339-4068
- **Wood Duck 12 Hybrid** - beautiful handmade wooden kayak from Chesapeake Light Craft with wooden paddle. Fiberglass/epoxy so no maintenance required - \$1500. Contact [petemeboy@gmail.com](mailto:petemeboy@gmail.com)

Would you like to read more about sea kayaking?  
**Subscribe to Atlantic Coastal Kayaker**

Atlantic Coastal Kayaker will bring you a 36-page issue all about sea kayaking, 8 months a year.  
(March through December)

**Special rate for RICKA members  
\$18 a year - a \$6.00 discount**

Send for a free sample issue.

Atlantic Coastal Kayaker  
224 Argilla Road  
Ipswich, MA 01938  
Phone: 978-356-6112 (phone and fax)  
Email: [ackayak@comcast.net](mailto:ackayak@comcast.net)  
Website: <https://www.acoastalkayaker.com/>

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.