

# PADDLER

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Newsletter of the Rhode Island Canoe & Kayak Association

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## South County YMCA Pool Practice Sessions

January 21<sup>st</sup>, February 11<sup>th</sup>, March 4<sup>th</sup> and March 25<sup>th</sup> from 1:00 to 3:00

The [Sea Kayak](#) group is offering four winter pool practice sessions at the [South County YMCA](#). These sessions are open to RICKA members only and are a great opportunity to sharpen your rolling and rescue skills, and perhaps meet some like-minded paddlers. If you are not a RICKA member, you can [join RICKA here](#).



Rich Copeland at the January 2020 session  
Photo by Jonathan Sharlin

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. All participants must provide a driver's license, which will be copied and retained by the YMCA since there is a daycare on site. All participants must also sign an [ACA insurance/waiver form](#). Please bring your ACA number if you are an ACA member.

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

The South County YMCA is located at 165 Broad Rock Road, Peace Dale, RI 02883. Upon entering the parking lot the pool entrance is to the left of the main entrance.

## Navigation Workshop

January 7, 2023 from 1:00 to 4:00

The [Sea Kayak](#) group will be holding a hands-on workshop for planning and navigating coastal journeys. Bring charts, a compass, and any other navigation tools. Also bring a hot/cold drink since we will take a social break halfway through. We will likely do a second session in February to build on the topics from this session including currents, tactics and trip planning. Recommended reading is Ferraro, 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 [gleastont63@gmail.com](mailto:gleastont63@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:

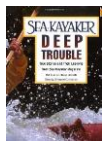
<http://www.reserveamerica.com/>

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...

# Stay Safe with these Safety/Rescue Books

**Sea Kayaker Deep Trouble** by Matt Broze and George Gronseth



Sea Kayaker's Deep Trouble offers more than twenty real-life accounts of accidents that will both keep you on the edge of your seat and instruct you with potentially life-saving lessons. These tales are the result of interviews with survivors, witnesses and rescuers. From capsizes and hypothermia to brushes with sharks and entrapment in sea caves, the situations are described in chilling detail and then subjected to expert analysis. Sea Kayaker's Deep Trouble is rounded out by a comprehensive introduction to sea kayaking safety and tips on equipment, techniques, and improving your skills.

**Whitewater Rescue Manual** by Charles Walbridge and Wayne Sundmacher



In Whitewater Rescue Manual, two paddlers who have long been at the forefront of whitewater safety and rescue present a tightly focused look at the best, most current techniques for both self-rescue and rescue of others on the river. The authors provide well-reasoned guidance that will teach you when to stay with the boat and when not to; how to retrieve a lost boat; how to swim out of trouble and when not to swim; how to reach a victim; how to coordinate a rescue effort; how to make sure that would-be rescuers don't become victims; how to safely evacuate injured paddlers; and much 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](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:

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

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### 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!

Perhaps you are looking to join in on the rolling clinic, place an ad in our members-only classifieds after receiving a shiny new canoe/kayak for the holidays, or take advantage of membership discounts for accessories you didn't get. If you register now, you get the remaining months of the 2022 season (through March 2023) plus the full 2023 season (through March 2024). 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

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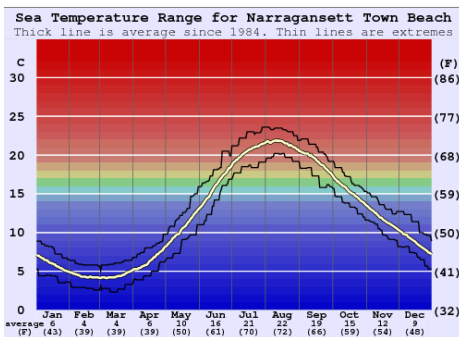


# Cold Water Paddling (Part 1)

Winter is upon us, and for those of us who paddle year-round it is time for a reminder on cold water safety.

## How cold is cold water?

"Cold water" is probably not a cold as you think. The American Canoe Association sets its thermal protection threshold at 60 degrees. For us in southern New England, water temperatures generally don't hit 60 degrees until sometime in June, and remain above that threshold until sometime in October. That means anyone paddling from November to May is paddling in cold water conditions.



Water temperature in Narragansett Bay

The water in Narragansett Bay reaches its coldest temperature (high 30's to low 40's) in late February/early March. While air temperatures increase quickly through the spring and early summer, water temperatures increase more gradually. The opposite is true in the fall when air temperatures drop quicker than water temperatures. Area rivers and lakes follow a similar pattern, but generally get 5 to 10 degrees colder in winter, and 5 to 10 degrees warmer in summer.

## Why do we need to be concerned about cold water paddling?

There are three major risks resulting from cold water immersion - cold shock,

physical incapacitation and hypothermia – and all three greatly increase the risk of drowning.

**Cold shock** comes first. It can happen the moment you hit cold water. Cold shock can cause a loss of breathing control often referred to as the “gasp reflex”. This is especially dangerous in rough conditions where the ability to coordinate your breathing with wave splash is required.

**Physical incapacitation** comes next. Immersion in cold water causes your muscles and nerves to cool to the point that they simply stop working. In frigid water without protection you can lose the ability to use your hands in a matter of minutes, and the ability to use your arms and legs shortly thereafter, making a self-rescue or even an assisted rescue more difficult.

**Hypothermia** comes next. Hypothermia results from a drop in your core body temperature. To compensate, blood flow shifts from your extremities to the vital organs in your body core. This will eventually result in confusion and disorientation that can rob you of the ability to make sound judgments about your safety.

## How can you protect yourself if you are paddling in cold water?

Cold water immersion is a race against the clock, and for those who are not prepared, it can be a desperate race. When paddling in cold water conditions please remember:

### Dress for immersion in a wetsuit or drysuit

Beginners often make the mistake of under-dressing when the air is warm, 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 like a wetsuit or drysuit to prevent

excessive heat loss. Don't forget to protect your extremities with a hat/helmet liner, and neoprene gloves and footwear. (More on this next month in Part 2.)

### Always, always, always wear your PFD

By keeping you floating at the surface, a PFD can reduce (but not eliminate) the risk of sudden drowning due to cold shock or physical incapacitation. Make sure that your PFD is properly sized and adjusted.

### Never paddle alone - three boats are recommended for safety

Physical incapacitation and mental disorientation are inevitable with cold water immersion, potentially making self-rescue impossible and assisted rescue more difficult. Paddling with a strong and knowledgeable group will increase your likelihood of getting back in your boat.

### Keep the trip short, and well within the paddling ability of the group

We all like to push our abilities, but save long difficult trips for the warm water season. Don't push the envelope in cold water conditions.

### Don't fall for excuses

There are lots of excuses from folks who don't want to be bothered preparing for cold water paddling. Excuses like:

- The gear is too expensive.
- I won't encounter “challenging conditions”.
- I paddle with a group and can quickly get back in my boat.
- It's not that cold and I don't want to overheat.
- I know how to roll.

In cold water, it is not an exaggeration to say that excuses can kill you. **Paddle safe, paddle smart and always prepare for the conditions.**

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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.

- **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)
- **Current Designs Tandem Unity Kayak** - 21', excellent shape comes with spray skirts, travel cockpit covers, and two graphite paddles (220cm/210cm) - \$3,000. [r.john.davenport.phd@gmail.com](mailto:r.john.davenport.phd@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

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