



PADDLER

www.ricka.org

Newsletter of the Rhode Island Canoe & Kayak Association VOL. XXXIII No. 8 August, 2010

RICKA

Inside...

August Club Meeting on the Water Paddle:
Paddle at: The Upper Pawtuxet River
Date & Time: Monday, August 16th, 6 pm
Location: Hope Furnace Road, Hope RI
Directions: <http://www.ricka-flatwater.org/futurecalendars.htm>

Cover Photo:
Paddling the Providence River on a great Tuesday night



RICKA does not offer boat rentals. The Blackstone Valley Paddle Club is a special program within RICKA and offers rental nights on the 1st & 3rd Tuesdays of the month. Rentals are also available one Thursday per month for "Intro to Paddling" nights. Go to www.ricka.org and click on BV paddlers for more info.

Cover design by: Andrew Barbato





Meeting on the Water

August 16th

Upper Pawtuxet River, Hope RI

During the summer months a paddle is offered to replace the RICKA monthly meeting.

We do not have a "meeting" on this evening, just an enjoyable paddle suitable for all boats and levels of experience.

We will paddle from Hope Landing up to the Scituate Reservoir and back again. The water is very clean, coming directly from the reservoir.

Hope Landing Access, Hope Furnace Road, Hope, RI

Meet at 5:45pm, launching at 6:15.

Trip organizer: Cheryl Thompson Cameron
401-647-5887 or Stonefoxfarm@juno.com

Coming from the North: travel on Route 116 South into the village of Hope, in the town of Scituate. Just past the junction of Rt. 115, look for the bridge crossing the river. Turn right onto Hope Furnace Road. The access to Hope landing is down a short gravel drive.

Coming from the South: travel on Route 116 North into the village of Hope, in the town of Scituate. The access, Hope Landing, will be on your left just after entering Scituate, before the bridge crossing the river. Drive down a short gravel drive onto Hope Furnace Road.

GPS Coordinates: N41 43.868 W071 33.930

Annual Volunteer Awards

The RICKA picnic on July 25th was the occasion for the annual volunteer recognition awards. The following members were recognized:

Volunteer of the Year: Eric Johnson, Sea Kayak Webmaster & Trip Leader, was the recipient of the RICKA Volunteer Paddler of the Year Trophy

Special Recognition: A plaque was awarded to Caryl Salisbury in appreciation of her nine years as monthly newsletter editor

Trip Leader Awards: A super-absorbent towel in a mesh bag imprinted with the RICKA logo was awarded to the following individuals for leading multiple paddling trips:

- | | |
|------------------------------|------------------------------------|
| AJ Barbato, Flatwater | Bob Martin, Flatwater |
| Paul Bender, Sea Kayak | Jean McInerney, Flatwater |
| Mike Bouley, Flatwater | Carleen McOsker, Sea Kayak |
| Kevin Bowen, Sea Kayak | Tony Moore, Sea Kayak |
| Rick Brooks, Sea Kayak | Tim Motte, Sea Kayak |
| Bill Brown, Flatwater | Lee Parham, Flatwater |
| Mike Bussell, Flatwater | Brian Pepin, Flatwater |
| Kent Cameron, Flatwater | Louise Price, Flatwater |
| Jim Cole, Flatwater | Cat Radcliffe, Sea Kayak |
| Carole Costanza, Sea Kayak | Chris Ratcliffe, Flatwater |
| Rich Coupland, Sea Kayak | Jeff Ratcliffe, Flatwater |
| Erik Eckilson, Flatwater | Mark Robets, Flatwater |
| Karen Heath, Flatwater | Jon Sharlin, Sea Kayak |
| Rev Don Heath, Flatwater | Joe Sherlock, Sea Kayak |
| Peter Hill, Sea Kayak | Rosco Skurka, Flatwater |
| Bob Hogan, Sea Kayak | Elijah Swift, Flatwater |
| Eric Johnson, Sea Kayak | Cheryl Thompson Cameron, Flatwater |
| Linda Konvalinka, Flatwater | Bennett Thompson, Flatwater |
| Mike Krabach, Sea Kayak | Rick Tjader, Sea Kayak |
| Melanie Lamoureux, Flatwater | Andy Viera, Flatwater & Whitewater |
| Charlie Laroque, Flatwater | |
| Wayne Leary, Flatwater | |
| Paul Leclerc, Flatwater | |

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VOLUNTEER AWARDS (ctd)



Over and Above Awards A paddler's first-aid kit was awarded to the following individuals in recognition of their extra efforts and support:

- Elaine Andrews, Flatwater
- Jim Cole, Flatwater & Rolling Clinic Instructor
- Carol Costanza, Sea Kayak
- Rich Coupland, Rolling Clinic Instructor
- Brian Dolan, Rolling Clinic Instructor
- Henry Dziadosz, Flatwater, Adirondack Trip
- Erik Eckilson, Flatwater Instructor, Whitewater Aide
- Peter Gengler, Rolling Clinic Instructor
- Peter Hill, Rolling Clinic Instructor
- Chuck Horbert, Rolling Clinic Instructor
- Eric Johnson, Sea Kayak
- Bill Luther, Rolling Clinic & Flatwater Instructor
- Frank Matta, Rolling Clinic Instructor
- Sue Matta, Rolling Clinic Instructor
- Jeff McGee, Rolling Clinic Instructor
- Tony Moore, Sea Kayak
- Tim Motte, Rescue Practice
- Marty O'Laughlin, Rolling Clinic Aide
- Matt Putnam, Rolling Clinic Instructor
- Cat Radcliffe, Rolling Clinic Organizer & Instructor
- Mike Rock, Whitewater Instructor
- Joe Sherlock, Rolling Clinic Instructor

Honorable Mention The following members were recognized for their support of Flatwater and Blackstone Valley Paddling Club trips:

- Sharon Albert
- Mary Lou Anderson
- Andrew (A.J.) Barbato
- Ron Cichowski
- Dick & Dee Czarn
- Jean Josephson
- Melanine Lamoureux
- Rick Lindsey
- Burt Nowell
- Gregg O'Brien
- Barbara Ogden
- Karen Ogden
- Christine Ratcliffe
- Julie Riendeau
- Steve Riendeau
- Jason Riendeau
- Mark Roberts
- Benn Thompson

EXECUTIVE BOARD

Next meeting: Wednesday, Aug. 25, 2010, 7 pm

70 Scott Street, Pawtucket

All members are welcome to attend.

FYI for paddlers and others frequenting large rivers in RI:

If small buoys marked "Research" are encountered, please do not disturb them.

Several were vandalized or removed last summer.

Katie DeGoosh, M.S., Freshwater Biologist
RI Department of Environmental Management
Office of Water Resources
NEIWPCC

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CLUB EVENTS & ACTIVITIES (ctd)



RICKA Flatwater Trips

For details and directions go to <http://www.ricka-flatwater.org>. Please contact the listed trip organizer for details if you do not have web access.

Changes and cancellations to trips will be posted on the flat-water message board. Please check the board before leaving for any trip.

July 31st Bungay River- Attleboro MA. Meet at 10:00 launching at 10:30. Trip organizer: Mark Roberts 401-533-1883 hrrmark@gmail.com. Flo and Laura will be co-leading this trip as well.

July 31st to August 7th Adirondack Trip All or any part of that time period. Henry will be leading a week-long camping and paddling trip in Adirondack State Park, NY. We will try to key in on sites 80 - 100 at Lake Eaton campground. You can make reservations now at <http://www.ReserveAmerica.com>. Organizer: Henry Dziadosz henry@twincitysupply.com 401-567-0313

August 8th Pawtuxet River- Knight Street to Rhodes on the Pawtuxet. Meet at 10:00. Shuttle at 10:30 am. Trip organizer: Bill Brown kayakbill222@aol.com. Bill prefers e-mail communication. If you do not have web access call Cheryl at 401-647-5887 for information.

August 14th Lower Deerfield - Whitewater Trip suitable for experienced Flatwater paddlers. "Easy" Whitewater Trip on the Lower Deerfield – Charlemont, MA. Shuttle time will depend on release schedule. Organizer: Erik Eckilson eckil-son@cox.net (401) 765-1741. Please RSVP to organizer.

A 9-mile trip on the lower Deerfield River. We will put in at the Zoar Picnic Area and take out at the East Charlemont Picnic Area (across from the Hill Top Motel). This trip includes quick-water and class I-II rapids – moving water experience (including wet exits) and appropriate equipment (boat under 14 feet, helmet and sprayskirt) are required. Please RSVP to the organizer.

August 14th Connecticut River, East Hadham, CT Meet at 10:00 launching at 10:30. Trip organizer: Mark Roberts 401-533-1883 or hrrmark@gmail.com.

August 15th Freedom Trail, East Providence. Meet at 10:00 launching at 10:30. Organizer: Bill Brown kayakbill222@aol.com will be joined by Keith Gonsalves, president of the Ten Mile River Watershed. Bill prefers e-mail communication; if you do not have web access call Cheryl at 401-647-5887 for information. Suitable for all. Bring a lunch.

August 16th Meeting on the Water Paddle Upper Pawtuxet River, Hope RI - see announcement pg 2.

August 21st Pawtuxet River at Rhodes on the Pawtuxet . Meet at 10:00 launching at 10:30. Trip organizer: Mark Roberts 401-533-1883 hrrmark@gmail.com

August 22nd Wood River, Hope Valley to Alton. Meet at 10:00 for a 10:30 shuttle . Trip organizer: Henry Dziadosz henry@twincitysupply.com 401-567-0313. A beautiful and clean river. Minimal current to help you along.

August 24th Sunset/Moonlight paddle on 100 Acre Cove, Barrington. For experienced paddlers only. Meet at 6:30 launching promptly at 7:00 pm. Registration required. Leader Gregg O'Brien 401-473-8132 goh243@aol.com. Coleaders: Antoinette Breed scenicroute@verizon.net 401-751-5086 and Sharon Albert soabusiness@yahoo.com 401-524-0442. Bow and Stern lights required (flashlights in waterproof plastic bags okay) and bug spray seriously suggested.

August 28th Salt Pond Narragansett, RI. Meet at 10:00 launching at 10:30. Trip organizer: Mark Roberts 401-533-1883 email: hrrmark@gmail.com

September 4th Connecticut River Chester CT. Meet at 10:00 launching at 10:30am. Trip organizer: Mark Roberts 401-533-1883 email: hrrmark@gmail.com

September 5th Palmer River Rehoboth MA. Meet at 10:00 am launching at 10:30. Trip organizer: Henry Dziadosz henry@twincitysupply.com 401-567-0313

September 6th Labor Day Surf and Play Day Narrow River. Trip organizers: Bennett Thompson and Cheryl Thompson Cameron stonefoxfarm@juno.com 401-647-5887. Helmets are strongly recommended if you plan on surfing in your kayak.





CLUB EVENTS & ACTIVITIES (ctd)



Blackstone Valley Paddle Club

Join us while we explore a different waterway every Tuesday night in the Blackstone River Valley. Improve your paddling skills, find the best paddling locations in the valley and enjoy a relaxing evening on the water. Meet at 6:15 PM each Tuesday night May through August.

To participate in the Blackstone Valley Paddler's Events, a RICKA membership fee of \$15.00 is required, plus a \$10.00 membership fee for the Blackstone Valley Paddle Club. These fees provide a family membership and are good for the entire 2010 season.

For details and directions go to <http://www.ricka-flatwater.org/bvpaddlers.htm>. If you have questions contact Cheryl at StoneFox-Farm@juno.com or 401-647-5887. In the event of a last minute canation or modification to a paddle trip, please check the Flatwater Message Board : <http://members.boardhost.com/FLATWATER/>

August 3rd 6:15 pm - Cold Spring Park- Woonsocket
Rentals Available Suitable for all levels of experience.
Kayaks and canoes may be reserved for a fee for this evening. To reserve a boat, call Great Canadian at 1-508-865-0010.

August 10th 6:15 pm - Stump Pond, Smithfield
Suitable for all levels of experience.

August 17th 6:15 pm - Woonsocket to Manville- Davison Street to the Manville Dam and back. No shuttle required. Rentals Available. Suitable for all levels of experience. "Ranger Nights" are offered every month, we are guided by National Park Service Rangers on interpretive paddles. Ranger Kevin Kylberg will be leading this trip. Kayaks and canoes may be reserved for a fee. To reserve a boat, call Great Canadian at 1-508-865-0010.

August 24th 6:15 pm - Spring Lake Party and Paddle, Burrillville RI Pot luck picnic and end of the season Paddle
Ranger Valerie Paul will be at the party to ensure fun for everyone.

For the Spring Lake Party and paddle, **we will put in at the boat ramp on Black Hut Road** (see directions on the BVPC web page). There will be a van or car there to shuttle our potluck contributions to the party over to the beach. We will put in and paddle and land on the beach. This will cut down on cars parking in the beach lot and will allow our BVPC club members to paddle over and enjoy the party as well!

The picnic hall has been reserved for the paddle club picnic. Complimentary pizza & lemonade will be provided. Please bring your favorite pot luck picnic dish to share. Plates, napkins & spoons will be provided.

Whitewater

August 14th – Easy Whitewater Trip on the Lower Deerfield – Charlemont, MA. Shuttle time will depend on release schedule. Organizer: Erik Eckilson eckilson@cox.net (401) 765-1741 Please RSVP to organizer.

September 18th – Farmington River – Riverton, CT. Shuttle at 10:30. Organizer: Erik Eckilson eckilson@cox.net (401) 765-1741 Please RSVP to organizer.



Sea Kayaking

www.rickaseakayaking.org

Kayaking on the ocean is an inherently risky endeavor.

Before choosing to participate in a group trip, consider the **Trip Level(s)**: <http://rickaseakayaking.org/levels.htm>.

Check the **marine forecast**; adverse weather/sea conditions can increase the difficulty by one Trip Level or more: <http://www.weather.gov/om/marine/zone/east/boxmz.htm>

Check the RICKA **Sea Kayaking Paddling Basics**, for more information about group trips and boat/gear requirements: <http://rickaseakayaking.org/basics.htm>.

Changes & canations due to weather or other conditions will be posted on the **RICKA Sea Kayak Message Board, Changes & Canations**, by 8 am the day of the trip: <http://rickaseakayaking.org/forums/index.php?board=3.0>

Aug 2010 Trips

Kings Beach Level: 3-4 Questions, e-mail: Tony Moore (tsunamikayak@juno.com)

Location: Kings Beach, Newport

Date: Sunday, Aug 1, 2010 Time: 10:00am EDT

West Island Circumnavigation Level: 3 Questions, e-mail: Cat Radcliffe (catherineradcliffe@earthlink.net)

Location: East end of Edgewater Street, Sciticut Neck, Fairhaven, MA

Route: <http://www.gmap-pedometer.com/?r=3905506>

Date: Saturday, August 7, 2010 Time: 10:00am EDT

Cuttyhunk Crossing **RSVP Only** Contact: Jon Sharlin (ojphoto1@cox.net), Bob Hogan (hoganr@verizon.net), Carleen McOsker (carleenmco@charter.net),

Date: Saturday, Aug 21, 2010 Time: 8:30 am EDT

Full Moon Paddle: Level: 2-3 Questions, e-mail: Carole Costanza (c2sea@verizon.net)

Location: URI Bay Campus

Date: Tuesday, Aug 24, 2010 Time: 6:30 pm EDT

Fort Weatherill Level: 3-4 Questions, e-mail: Tony Moore (tsunamikayak@juno.com)

Location: Fort Weatherill, Jamestown, RI

Date: Sunday, Aug 29, 2010 Time: 10:00am EDT





SAFETY



How about those inflatable PFDs

By Jim Cole

I've been on a couple paddles this year where some of the kayakers were wearing inflatable PFDs. My first reaction was "that sure looks comfortable" to which the paddlers quickly agreed. My next question was does it automatically inflate when you go in the water? Both paddlers said no, you have to pull the rip cord, and they tried pointing out the yellow rip cord handle hanging from the right side of the PFD. The only problem was that one of them was looking for the rip cord on the left. My estimate is it took a good 3 to 4 seconds to find it. After the paddle, I went home and did a little research to see what else there is to learn about these new PFDs and if they really belong on someone in a kayak or canoe.

There are a couple different types of inflatables, starting with auto-inflating PFDs, which have a sensor which causes them to inflate when they come in contact with water. A device called a bobbin disintegrates when wet and released a pin which punctures a CO2 cartridge which in turn inflates the bladder. Auto-inflating PFDs can also be inflated by pulling the rip-cord or by using the oral inflation tube provided on all inflatable PFDs. From what I've read so far, the auto-inflating PFDs are considered Type V (Special use) PFDs.

The manual inflating PFDs only have two ways to inflate. They can be inflated with a rip-cord using the CO2 cartridge or by using the oral inflation tube. These are considered Type II or III PFDs depending on the style and other characteristics.

After checking around, I've found prices on these PFDs running from a low of about \$95.00 to a high of about \$400.00. There seems to be a good selection in the \$150.00 to \$180.00 price range. But don't forget at some point you will need to replace the CO2 cartridge and also get a re-arming kit. These go from as little as \$10.00 to about a high of \$30.00 and will be needed after each time the PFD is inflated.

So, should a paddler get an auto-inflating PFD? My instinct tells me no. Most paddlers (canoeist or kayakers) tend to get wet at some point. The auto-inflating mechanism is designed to activate only if they get soaked, so they are shielded from some splashing and rain. But I can't tell you how many times someone has fallen into the water while getting into a boat before the start of a trip.

Auto-inflating PFDs are not recommended for swift water, white water, and surf. Imagine trying to roll in white water or surf and having the PFD suddenly inflate. Would you still be able to complete that roll? Also, once you have recovered, will you leave the PFD inflated for the rest of the trip or will you deflate it? If deflated are you carrying a re-arm kit so it can be reactivated and used again if needed?

The manual-inflating PFDs would seem like a more logical choice for kayakers and canoeist since you don't need to worry about

them accidentally going off. Let's say in either white water or surf you find yourself needing to roll, but for whatever reason you can't complete the roll. Now you have a choice to make. Do I pull my spray skirt grab loop first or do I inflate my PFD? That's not a decision I want to make while trying to get back to the surface. To me, it's just one more thing that can go wrong for whatever reason.

Here is a list of things that you need to think about with any inflatable PFD.

- With each use of an inflating PFD you need to check to see if the inflator mechanism is armed, make sure the bladder is in good condition and does not leak.
- Make sure you are familiar with its use and operation. What side is the rip cord on? How do I repack or fold the deflated PFD?
- Inflatable PFDs are not approved for use with anyone under 16 years old.
- Because there is usually a delay in inflating, they are not recommended for non-swimmers.
- Auto-inflating PFDs are not recommended for swift water sports such as waterskiing, PWC, small sailboats, sailboards, whitewater or surf.
- In cold weather the buoyancy provided by the CO2 may be reduced.
- The Bobbin in auto-inflating PFDs may deteriorate in wet conditions causing accidental inflation.
- It may be necessary to carry spare CO2 cartridges and re-arming kits (in waterproof containers). On multi-day paddling/camping trips, several spare cartridges and kits might be appropriate.
- I would also suggest that you test inflate your PFD at least several times each season. The time to find out it doesn't work is not when your life is depending on it.
- Inflating (Inflatable) PFDs give no protection against hypothermia.
- Inflating (Inflatable) PFDs MUST ALWAYS be the outer layer. It may be impossible to add or remove clothing layers or a raincoat while wearing an inflatable PFD.
- With a traditional PFD you visually inspect it before each use. You should also check it for buoyancy at least once a season. You can always put raingear on over your traditional PFD if you need to.

Would I get an inflating PFD? NO.

Do I think a person the average paddler will be able to inflate a PFD after they capsize? I don't think so.

Do I want someone with an inflatable PFD on my trips. NO WAY.

For more information on PFDs please visit any of the following sites:

- All about inflatable PFDs <http://www.pfdma.org>
- A guide to inflatable Lifejackets <http://www.go2marine.com/docs/mfr/stearns/inflatable/inflatables.shtml>
- Auto Inflate PFD Review: <http://www.boatsafe.com/nauticalknowhow/082000c.htm>
- RICKA April 2010 Newsletter http://www.ricka.org/paddler/2010_Paddler/paddler1004.pdf

The opinions in this commentary are those of the author and do not necessarily reflect those RICKA or its members.



Ready to start: Mike, Chuck, Bill & Jim in Newport Photo: Friendly Bystander

International Paddling in the North Woods

by Chuck Horbert

Well, we did it! All of the planning we did for our newest paddle on the Northern Forest Canoe Trail came to fruition on a great six-day trip from Newport, VT, through a portion of Quebec, Canada, and onward to Swanton, VT near Lake Champlain! While there is no way to do justice to this awesome trip in a short newsletter article, I will do my best to give you the broad-brush summary here. For further sordid details (which have not all been completely written up yet as I am writing this), visit my blog at <http://canoetales.wordpress.com>.

Day 1: The Invasion of Canada

Mike Bussell, Jim Cole, Billy Luther and I left the city dock in Newport paddling north on Lake Memphremagog under mostly sunny skies, with a slight southerly breeze at our backs, and very few motorboats to dodge. Perfect conditions. Lake Memphremagog was, in the old days, a popular route for smugglers, and I bet that hasn't changed. Even though the border officer we talked to from a remote dock phone on the lake never quite figured out where we were ("We're right here!"), and we were a bit fuzzy on the details of how much booze we had, we were allowed into Canada.

Since no camping is officially allowed at Perkins Landing, our intended end-point for the day, we spent the afternoon in the picnic area there looking innocuous and waiting for everyone to leave. This happened around 6:30, except for one local guy who entertained us for a while and relieved us of some of our beverage supply. Soon enough, darkness fell, and Mike was able to try out his latest homemade gear: a fire-pan with handles and a screen made from the hubcap of a GMC pickup. It was the perfect no-trace campfire! The rain started as we finally retired to our tents.

Day 2: Have you taken your canoe for a walk today?

It poured all night, and a good part of the next morning. We had to take down camp in wet conditions. An outfitter, Frank Turcotte of Canoe & Co., with whom we had made arrangements previously, arrived to pick up much of our camping gear

and clothing so we did not have to deal with the extra weight on our first challenge of the day: The Grand Portage. He would transport it to his place on the river, where we planned to camp that night. It was still raining as we began our trudge along this 5.7 mile-long portage through the township of Potton. Fortunately, it turned out that most of the portage (in fact nearly all of the last 3.4 miles) was downhill. We arrived at the North Branch Missisquoi River none the worse for wear, and happy to be back on the water.



Chuck & Bill on La Grande Portage Photo: Jim Cole

The river was running high and muddy, very different from what we expected, given the low water we observed a couple days previously as we scouted some of the river downstream. After a second, 0.7 mile portage through Mansonville, we had excellent flow conditions as we paddled downstream to meet the main branch of the Missisquoi. A little ways downriver we stopped at Frank's place on the river, where he had all of the gear he had shuttled for us. Besides Frank, his wife, and his dog, we also made acquaintance with his chicken which, by scary coincidence, was a Rhode Island Red. Frank has an amazing out-house, complete with running water, flush toilet and electricity. We camped comfortably on his lawn for the night.

Day 3: Arriving back in the States, despite being "Invalid".

Our odd experiences with border officers continued as we re-entered the U.S. later the next morning. After looking over our passports, the officer declared three of the four were invalid. Wha?! Fortunately we quickly determined that we had simply forgotten to sign them (duh!), and were allowed to re-enter the country.

The power of the couple Class II rapids we ran downstream clued us in for the first time as to how much the river had risen after the rain the first night. We found out later that flows on the USGS river gauge in East Berkshire increased from about 320 cfs to almost 2000 cfs over 24 hours. Wahoo! This of course meant that we ended up portaging (in the rain) a rapid in Richford, VT that we had originally intended on running. Fortunately, it was our only portage of the day, and a short, easy one at that, and we were able to paddle the rest of the way to our campsite for the night, located atop a massive, eroded sandbank

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at least 75 feet high. The trail up to it was nowhere near vertical, but still a long plod after a day of paddling. A little more rain awoke the tarp genius in Mike and Jim who rigged up a tarp using saplings and wooden stakes. After dinner and some fireworks lit at the edge of the cliff, we turned in.

Day 4: Finally, we get to run some real rapids.

About a mile downstream of our campsite are the broken remains of the Samsonville Dam, along with a few more beefy ledge drops downstream amidst a few islands. Given what we saw in Richford, I was sure we'd be portaging or lining them. But after scouting the broken dam, we found a narrow, but negotiable line right along the bank on river left, sneaking by a hole and dodging a few rocks along the way. The remaining ledges were boat-scoutable, although the last one had some big waves.



Bill & Jim run a ledge drop Photo by Chuck Horbert

We ran into a little wind as we approached the town of Enosberg Falls, and the site of our only portage of the day. We chose not to put in on river-left below the dam since this put-in was U-G-L-Y, and instead rolled down the street a half mile or so to a much easier put-in. Before continuing, we visited a nearby convenience store to restock on water and beer. We continued with good flow past multiple dairy farms until we reached the head of Abbey Rapids, a mile-long Class II rapid that has a reputation for being shallow and rocky but which we were able, despite a close call by Billy and Jim, to run mostly clean. Our campsite for the night was located at the foot of the rapids, with a picnic table under pine trees and hemlocks and a nice field to set tents up in. We had to weather a fast moving thunderstorm that night, but it didn't cramp our style.

Day 5: And then there were slugs...

We awoke the next day, after a couple hours of showers, to find our tents covered in slugs and snails. Pseudopods found out what it was like to fly as we flicked them off the rainflies into the weeds beyond and packed up our tents. This would be a short but tricky day since we had two more rapids and

two more portages to contend with. The first portage, around a hydroelectric dam in Sheldon Springs, came within about 3.5 miles. The cart path up to a nearby road was a little rough but the remainder of the portage was paved and mostly downhill. It ended at the turbine discharge water, just below which were two ledgy drops that we had to negotiate. This we did, even catching an eddy midway (no small feat with a loaded boat), and we had a bite to eat on a small island just after the second drop.

The rapids at East Highgate were probably the most technical we encountered on the trip. We started way right so as to avoid a dangerous undercut chunk of a former dam, moved slightly center to stay in deeper water, and turned the corner. Here, we drifted left again, and followed a couple narrow channels between some rocks. Nearing the end, the rapid threw in a surprise jumble of rocks that required a precisely timed maneuver through a couple rocks followed by an eddy-assisted S-turn to avoid another rock just past these, all while dropping a few feet. Both boats made it no problem.

The pool above Highgate Falls dam extends quite a few miles upstream, so we had some flatwater and a bit of wind to contend with as we paddled a fairly remote and forested portion of the river. The dam here has actually been raised a few feet with an inflatable rubber dam...this freaked Mike out a bit (what if it pops?). The portage around it is a well marked gravel cart path that ended at the top of a new set of stairs down to the river. We camped here at a designated site. It was the worst site of the trip, but we made a fire ring, built a bar, and made it do. Tomorrow would be the last day.

Day 6: Finally a day without clouds!

The river here was wide and flat. No rapids for us today. Although we did start to see more signs of development, we managed to spot both a beaver, and a doe with a small fawn. We took our time to Swanton, enjoying the sun. The portage around the dam in Swanton was easy, and it wasn't long before we were paddling through the Missisquoi National Wildlife Refuge. Great Blue Herons flew before us, and Kingfishers were everywhere. We found Jim's van waiting for us at Louie's Landing. 80 miles in six days...a fine trip through the North Woods.



Northwoods paddling: Chuck & Bill Photo by Jim Cole



MARKETPLACE



RICKA CLASSIFIEDS

Valley Argonaut (a/k/a- Aquanaut HV). Composite fiberglass/diolene. Agility with capacity. Good to Great condition, stored indoors, waxed, and cared for. Pump storage under the deck and an extra bow hatch cover with compass. Hatch cover and pump included. L=17'7" (538cm) W=22" (57cm) D=15" (38cm) weighs 52LBS (47kg) Asking 1,600 OBO... Contact jeff6570@yahoo.com (7/20)

Old Town H2 YO - \$399 Carrying handles * Rear-deck storage equipment Length: 11'2" Width: 29.5" Depth: 17.5" Approx. Weight: 42 lbs. Approx.Capacity: 250 lbs. This kayak is green/yellow and has seen limited use and is garaged and well cared for. Call Peter at: 508.878.8382 or email pabergh@gmail.com (7/20)

Werner 'Sprite' Kid's Fiberglass Kayak Paddle - \$59 The Sprite is a touring paddle for kids. Featuring proportionally smaller, fiberglass reinforced nylon blades on a smaller diameter fiberglass shaft. Smaller blades and shaft are a good fit for small hands. Great for family paddling! The smiley face sticker on the blade face lets you know if you are holding the paddle correctly. Exent condition, well cared for. 850g (30oz) at 200 cm Call Peter at: 508-878-8382 or email pabergh@gmail.com (7/20)

Youth PFDs from MTI Adventurewear- \$39 Youth life vests perfect for young paddlers. <http://www.mtiadventurewear.com> Colors: blue, yellow, violet. Well cared for, good condition, lots of life left in them. Call Peter at: 508-878-8382 or email pabergh@gmail.com (7/20)

Current Designs Caribou with keel strip in very good condition. Fiberglass, red deck and white hull. Comfortable Kayak Sport seat, extremely tight hatches. !7'8"- fast and maneuverable. Prices: \$1,500 Boat (3,600 new), \$125 Nigel Foster carbon Paddle, \$50 Werner skirt. carleenmco@charter.net, 508-636-0546 (7/14)

Garmin eTrex H GPS Yellow, Cost new \$99.95, \$50.00 obo. Contact Jim at JimCole@hotmail.com (7/10)

Water proof Camera case, good down to 110ft. Cost new \$264.00, Selling for \$100.00 obo. Ewa-Marine D-A Marine case for digital photo camera - Glass, PVC, like new www.ewa-marine.com/index.php?id=103&L=0 Perfect for super zoom digital cameras. Contact Jim at Jimcole@hotmail.com (7/10)

14' wooden canoe with 30" beam, just built by seller this past winter . Ideal for one person, can hold two people. Constructed of 6mm Okoume plywood, MAS epoxy, and fiberglass tape. Bright finish on the outer hull and painted green inside. All paint and varnish are Interlux brand. A very solid and relaxing boat for flat water. Asking \$750. Pictures available at this website; <http://providence.craigslist.org/boa/1824624751.html> - call Tim at 401-808-1563 (7/3)

Valley Nordkapp Jubilee sea kayak, 17'10"x21" cockpit 29.5 x 15.5 retractable skeg, 56 lbs., color is white on white, vg cond. 4-5 years of age, saw little action, always garaged. \$2100.00 - lovely boat for the right size person. Ralph 401-954-3203 or rwernett@aol.com (7/2)

Wing Paddle, 100% carbon graphite, blade & shaft, adjustable thru 210cm to 220cm, Similar to the Brasca IV, or the Epic Mid-Wing. Original price \$295, plus shipping. Asking \$150.00, firm. Please call Ed at 508-695-3470 (North Attleboro, MA) (6/20)

To see complete classifieds, visit http://www.ricka.org/Classifieds/Classified_ads.html

OUTFITTER DISCOUNTS FOR RICKA MEMBERS

Blackstone Valley Outfitters

10% off retail prices on all kayak accessories, guided trips and instructions
25 Carrington Street, Lincoln, RI 02865 401-312-0369 www.bvori.com

Claude's Cycles

Snowshoes 10% off. Canoe & power sports accessories 10% off. Wood canoes & fiberglass canoes 8% off. 50cc scooters 3% off. Receive an additional 2% discount on canoes and 50cc scooters when you pay by bank check. Discounts are for card carrying RICKA members and apply to non-sale items.
Foxborough, Ma. (call for directions)
508-543-0490 www.claudescycles.com

EMS: 15% off plastic hulls and accessories (when purchased with a hull); 10% off all other kayak accessories without purchase of a hull. Full-priced items only. Must show RICKA membership card to the cashier to receive discount. Offer valid in EMS Cranston and Middletown locations only; not valid in other locations, online, or on phone orders. Valid on in-stock merchandise only. Offer expires 12/29/2010.

OspreySea Kavak Adventures:

10% off accessories.
489 Old County Rd Westport MA 02790 508-636-0300 www.ospreyseakayak.com

Quaker Lane Outfitters :

All canoes & kayaks 10% off. Accessories 20% off.
4019 Quaker Lane (Route 2) N, Kingstown 800-249-5400.

The KayakCentre:

Glass boats 6% off normal retail; plastic boats 10% off normal retail; accessories with boat purchase 15% off, 10% off all other times for RICKA members.
Brown and Phillips Streets, Wickford Village. 1-888-SEA-KAYAK www.kayakcentre.com

WaveLengthMagazine:

"Club Sub" \$10 introductory subscription for new subscribers who are paddling club members (a \$5 discount). Send a check with your name and mailing address along with a note saying you belong to RICKA to WaveLength Magazine, 2735 North Rd., Gabriola, BC, Canada, V0R 1X7.
<http://www.WaveLengthMagazine.com>



ATTENTION PADDLERS



If you see brightly colored buoys on select rivers in Rhode Island:

PLEASE DO NOT DISTURB THEM



Each summer in July, RIDEM anchors several small artificial substrates in rivers to evaluate the water quality of the Blackstone, Branch, Pawcatuck, Pawtuxet, and Wood Rivers. These artificial substrates are marked by brightly colored buoy-floats (labeled: RESEARCH / DO NOT DISTURB) and remain in the same location on the river for six to eight weeks. During this time, aquatic bugs from the river will colonize the artificial substrates. To ensure bugs inhabit these traps it is very important that they are not bumped, disturbed or handled during this time. In September, RIDEM will retrieve the artificial substrates and study the insects collected. This important data will be analyzed to assess the health of the river, and characterize the conditions available for fish and wildlife. RIDEM has conducted this research annually since 1975, and has a long record of valuable data to monitor changes over time in each river. Please be considerate if you do encounter these floats, do not disturb or remove them.

Thank you for your help and cooperation!



Artificial substrates are buoyed by brightly colored floats (top, left and right pictures). They host many small aquatic bugs, which can be identified in a laboratory (middle picture) to assess water quality.



For questions or concerns, please contact:
Rhode Island Department of Environmental Management
Office of Water Resources @ 235 Promenade Street, Providence RI
(401) 222-4700 ext. 7211