

PADDLER

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Newsletter of the Rhode Island Canoe & Kayak Association Vol. XXXVI No. 3 March, 2013

March Club Meeting River Safety and Rescue with Kevin Allsworth Monday, March 18, 2013 at 7:00 p.m.

Paddling is fun, and sometimes risky. That's why every paddler needs a basic understanding of river safety and rescue. At the March meeting, Kevin Allsworth will review the basics of river safety including:

- Basic equipment
- River features
- Self and assisted rescue techniques
- Organization and teamwork



A swimming boat recovery on the Deerfield River

Kevin is a long-time RICKA member and former Safety/Education Chair. The meeting will be held at the Jewish Community Center, 401 Elmgrove Avenue, Providence, RI.

Directions to the Jewish Community Center: From Rt. 95 South take Exit 24 and turn left onto Branch Avenue. From Rt. 95 North take Exit 24 and turn right onto Branch Avenue. Go past Benny's. Cross North Main Street and continue up the hill (past Kentucky Fried Chicken). At the top of the hill cross Hope Street and continue one block to the end at Morris Avenue. Go left, then immediately right onto Sessions Street. Go down the hill to Elmgrove Avenue. The Jewish Community Center will be across the street. **Please follow the signs and enter on Elmgrove Avenue and exit on Sessions Street.**

Notice of Proposed Changes to the Constitution and Bylaws of The Rhode Island Canoe and Kayak Association, Inc.

There will be an important vote of the membership to ratify proposed changes to the Constitution and Bylaws of the Rhode Island Canoe and Kayak Association, Inc. at the Regular Meeting of the Association on Monday, March 18, 2013.

You can review the proposed Constitution and Bylaws of the Rhode Island Canoe and Kayak Association, Inc. at: <http://www.ricka.org/home/RICKABY-Lawsproposed.pdf>

Flatwater Planning Meeting

March 23, 2013 at 1:00 p.m.

River Bend Farm in Uxbridge, MA. Contact Cheryl Thompson at 401-647-5887 or stonefoxfarm@cox.net for additional information. (See page 7)

Sea Kayak Planning Meeting

Saturday, April 6, 2013 – Paddle at 10:00 a.m., Potluck Supper and Planning Meeting at 3:00 p.m.

Paddle at [Gooseberry Point](#) followed by a [Potluck Supper and Planning Meeting](#) hosted by Carleen McOsker at 75 Drift Road in Westport. (See page 7)

A Message from
RICKA
President
Andrew (AJ)
Barbato



RICKA President Andrew (AJ) Barbato

Welcome to 2013 and RICKA's thirty-sixth year. As we begin planning for 2013, this is also a great time to look back at what we accomplished in 2012.

In 2012, RICKA had a very busy year running over 100 [flatwater](#), [whitewater](#), [sea kayak](#) and [wilderness](#) trips. These trips ranged from easy daytrips to weeklong excursions. Our affiliated clubs – the [Blackstone Valley Paddle Club](#) and the [Southern New England Paddlers](#) – also scheduled weeknight paddles throughout the summer.

Training is also an important part of the RICKA mission, and RICKA held a number of great training sessions including

our [annual rolling clinic](#), flatwater and sea kayak skill training sessions and a whitewater training weekend. Many of these sessions were offered free of charge or at a significant discount to our members.

In addition to trips and training, eleven monthly issues of our newsletter the [Paddler](#) were produced, and eleven [monthly meetings](#) with interesting and informative speakers were organized. Our [library](#) continues to be updated with new paddling books and DVD's. We also held our third annual RICKA Picnic.

None of this would have been possible without the generous efforts of our many volunteers. These volunteers coordinated trips, planned and executed training sessions, and worked behind the scenes to make everything happen. Thanks to all of the volunteers that make this club possible.

If you have yet to put some time in supporting club activities please consider doing so in the coming year. Maybe you could coordinate a trip at your favorite paddling site, or perhaps you have a special paddling skill that could be added to a training session or spoken about at a monthly meeting. Please volunteer to help.

Most importantly, don't forget to renew your RICKA membership. **Your current membership will expire on March 31, 2013.** You can register with the form below, or on line using PayPal at: <http://www.ricka.org/Join/Jointhefun.html>

For information on membership please contact Sharon Dragon at 401-225-3942 or membership@ricka.org or Jim Cole at 401-225-3942 or jimcole@hotmail.com.



2013 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) = \$10

[] (RICKA membership is also required)

Total

[]

First Class Mail option for newsletter add \$5

[] (Not recommended – go green with email delivery)

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 _____ @ _____

Indicate your interest (s): Flatwater [] Sea Kayak [] Whitewater [] Surfing [] Wilderness [] Geocaching []

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.

Straight Shaft vs. Bent Shaft

The benefit of a straight shaft 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 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 from NRS:
http://www.nrsweb.com/boating_tips/choosingkayakpaddle.asp?tn=261

Let's take a Paddling Road Trip

The boats are tied on the roof rack, and the gear is piled in the back of the car. The crew is settling into their seats, and the road stretches out before you as your day-to-day life fades in the rearview mirror. It's time for a paddling road trip!



The boats are loaded – it's time for a road trip!

There's a special kind of magic that comes from getting away for several days. Hours later, you wiggle into your sleeping bag and close your eyes. The sound of water lulls you into a restful sleep, as you look forward the coming day's adventures. You sleep fitfully with the knowledge that you'll wake up in a different and enchanted world.

So often, many of us who live within an easy day-trip from great paddling lose sight of one of the joys of being a paddler. We plan and scheme to fit our paddling time into the cracks in our "normal" lives - rushing to and from the water in a mad dash to get in a quick run, and then returning to whatever work or social activities we're involved in at home. It's an amazing privilege to have such easy access to the water. However, some of the most profound and rewarding parts of the paddling experience can get lost in the shuffle.

There's a special kind of magic that comes



Setting up camp

from getting away to paddle for several days. Part of it is the bonding time you spend with your paddling friends, creating the kind of friendships that can only be forged through common adventures. When you're sitting around telling "tall-tales" years in the future, these are the stories that will consistently float to the surface – the ones that stand out, etched indelibly in your memory.

It's no coincidence that many of the tightest-knit paddling communities are groups that take weekend long (or longer) road trips. The long rides and time spent around the campfire allow you to get to know your paddling companions in a way that simply can't be gleaned from the seat of your boat or on a quick drive to the put-in.

Another important part of paddling road trips is simply getting away and leaving the worries and cares of your "normal" life back at your house – setting your internal clock to "paddle time". It's one of the greatest time zones you can visit, where the



Enjoying an evening campfire

world is distilled into a pure essence of eat, sleep, and paddle – then relaxing with friends to relive the day.

For those of us who live in locations that don't require these types of trips, it's easy to make sure that we don't miss out. You should plan at least one trip per year where you camp out on the water's edge and paddle for two or three days in a row. RICKA's [Wilderness](#) group offers overnight camping trips, and RICKA's annual Adirondacks trip is a great way to get away.

So don't just sit there – let's take a paddling road trip!



The crew from RICKA's 2012 Adirondacks Trip

Based on Paddling Road Trips: Stepping Out of the Day-Trip Rut by Leland Davis from Souls + Water:

<http://community.nrsweb.com/souls-and-water/2013/02/01/paddling-road-trips-stepping-out-of-the-day-trip-rut/-more-2252>

RICKA's Week in the Adirondacks

August 3 – 11, 2013

Join RICKA on our annual summer road trip. RICKA's Week in the Adirondacks will be held August 3 -11, or parts thereof. Our base of operations will be Lake Eaton campground outside of Long Lake, NY. You can reserve your site now at Reserve America: <http://www.reserveamerica.com>

Conservation Corner

An Interview with Lois Bruinooge, Deputy Executive Director The Last Green Valley, Inc.

What does your group represent?

The Last Green Valley is two things - it's the 35-town National Heritage Corridor in eastern Connecticut and south-central Massachusetts, and it's also the member-supported, non-profit stewardship organization working locally to celebrate our heritage, conserve our natural resources, and respect our working lands. The Last Green Valley comprises most of the Thames River watershed, which includes two large rivers, the Quinebaug and the Shetucket, plus a number of tributaries with paddling segments - the Willimantic, French, Five Mile, and Moosup Rivers.

How active is your group? What could an interested individual do to help or volunteer for your group?

Our work is guided by the ten-year management plan for the National Heritage Corridor, "[Vision 2020](#)." We rely on hundreds of volunteers to help carry out our mission. We have volunteer [Rangers](#), water quality monitors, Walktober leaders, river cleanup crews, and strong volunteer committee members, including a really dynamic Water Trails Steering Committee. Anyone interested in volunteering should call the office at 860 774-3300 and ask for Chief Ranger Bill Reid.

What is the most interesting or picturesque place on your watershed?

I'm partial to waterfalls, including those created by old and partially breached dams. Cargill Falls in downtown Putnam is my favorite as I drive by every morning and love watching the mist rising over the river.



A family day in the Last Green Valley

What has been your greatest achievement with this group or any other conservation group that you have belonged to?

This year we celebrated National Recreation Trail designation for forty-five miles of the Quinebaug River Water Trail and twenty-one miles of the Willimantic River, bringing the total number of nationally recognized water trail miles in The Last Green Valley to more than sixty. New paddles guides for the Willimantic River and the Quinebaug River were developed as part of the process and are available on our website's [Water Trails](#) page.

What would be your greatest goal if funding was available?

I'd develop a program to bring every child in the watershed out in a canoe. It's hard to build a stewardship ethic in future generations if we can't get kids out of the classroom so they can enjoy and appreciate the natural resources in their own communities.

What overall environmental issue concerns you the most?

The Last Green Valley is a special place because it is still 78% forest and farmland in the midst of the metropolitan sprawl stretching from Boston to Washington, DC. The area is surprisingly green by day and skies are dark by night, yet these unique qualities are often not appreciated until they disappear. We try to provide educational programs and tools to municipal officials so they can make land use decisions that promote new development but are compatible with the traditions and character of the region, and do not adversely impact natural and cultural resources.

Does your group offer any educational or recreational opportunities that people should not miss?

Walktober is our signature autumn event, with more than a hundred free, guided walks, talks, bike rides, paddles, and special events. We also host paddles in the spring and offer a variety of member programs throughout the year.

For more information on the Last Green Valley you can visit their website: <http://www.thelastgreenvalley.org>

Save the Date: 2013 RICKA Picnic

The 2013 RICKA Picnic will be held on **Saturday, August 24th** at Goddard Memorial State Park in Warwick. The park has great access for flatwater and sea kayak trips, and a nice picnic area. Details will be posted as they become available.

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. **YOU ALONE ARE RESPONSIBLE FOR MAKING THE DECISION TO LAUNCH YOUR BOAT.**

Flatwater Trips

Flatwater trips are now posted on the Flatwater Message Board at: <http://members.boardhost.com/FLATWATER/>

March 23, 2013 at 1:00 p.m.
Flatwater Planning Meeting

Join us at River Bend Farm in Uxbridge, MA for our annual Flatwater Planning Meeting. Please bring ideas for trips. If you would like to lead a trip but do not have experience, we can partner you with an experienced leader. Contact Cheryl Thompson at 401-647-5887 or stonefoxfarm@cox.net for additional information.

Sea Kayak Trips

Sea kayak trips are now posted on the Show & Go Message Board at: <http://rickaseakayaking.org/forums/index.php?board=2.0>

Saturday, April 6, 2013
Sea Kayak Paddle and Planning Meeting

Join the sea kayakers for their annual spring gathering. We will start the day with a 10:00 a.m. paddle at [Gooseberry Point](#), followed by a [Potluck Supper and Planning](#)

[Meeting](#) hosted by Carleen McOsker at 75 Drift Road in Westport at 3:00 p.m. There will be plenty of food and conversation, so bring a potluck dish to share. Paddlers are encouraged to bring ideas for trips to add to the summer calendar. If you cannot participate in the paddle, please come to the Potluck Planning Meeting.

Whitewater Trips

Whitewater trips are now posted on the Whitewater Message Board at: http://members.boardhost.com/RI_Whitewater/

March 16, 2013
Branch River Icebreaker (Class II)

As a 'nod' to all the years that RICKA ran the RI Whitewater Championships, we are planning to run the Branch River on the traditional 3rd Saturday in March. Final details will be posted on the [Whitewater Message Board](#) when available.

RICKA Trivia Question of the Month

The first 4 members to get the correct answer to the following question will be awarded a RICKA paddling-related prize:

What is the your most important piece of safety equipment?

Send responses to trivia@ricka.org with the subject "RICKA Trivia". There is a limit of one prize per member in a six-month period.

February Trivia Question - we had 2 correct answers to the question:

What do kayakers use to keep the water out of the cockpit?

The answer is a **Spray Skirt**. Neoprene spray skirts are generally used for whitewater or surf kayaking. They keep water out while rolling and will withstand the forces of breaking waves. Nylon spray skirts are generally used for easy touring. They will keep out the occasional splash, but won't create the tight seal needed for rolling or rough water.

Discounts for Members

The following retailers offer special discounts for RICKA members:

Blackstone Valley Outfitters
401-312-0369
<http://www.bvori.com/>

Claude's Cycles
508-543-0490
<http://www.claudescycles.com/>

CrossFitRhody
<http://www.crossfitrhody.com/>

Narrow River Kayaks
(401) 789-0334
<http://www.narrowriverkayaks.com/>

Osprey Sea Kayak Adventures
508-636-0300
<http://www.ospreyseakayak.com>

Outdoorplay.com
<http://www.outdoorplay.com/kayaks>

Quaker Lane Outfitters
401-294-9642

The Kayak Centre
888-SEA-KAYAK
<http://www.kayakcentre.com/>

WaveLength Magazine
<http://www.wavelengthmagazine.com/>

See the [website](#) for details and remember to ASK for the discount.

RICKA Classifieds

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

- **Valley NORDKAPP LV Kayak** with compass and keel strip - this very fast, low volume boat is 17'6" long and 21" wide and 50 lbs. Bought in 2007, stored indoors and well maintained, it has been recently updated with new bottom and trim gelcoat, deck lines and bungee cords. Excellent condition. Asking \$2600. Contact Rich at rich.coupland@gmail.com
- **GPSMAP 60C GPS Receiver** – light weight, a rugged, waterproof unit that provides easy viewing in almost any lighting conditions and long battery life. Packed with extra features including maps for driving, rapid automatic route calculation, an integrated outdoor calendar, dedicated geocaching mode, etc. [Click for more information](#). Includes GPS, cable to use on the computer or charge in car, instruction video, software, Garmin Trip and Waypoint Manager - \$85.00 FIRM - contact Cheryl at 401-497-5887 or stonefoxfarm@juno.com
- **Tandem 16 foot wood canvas canoe** - no seats (probably made about 1920 before seats became popular) - \$225.00 or best offer, detailed pictures are available. **Dagger Impulse** - whitewater playboat, 12'8" long, 30" beam, perception saddle, side floatation, air bags Ready for the water- \$295.00 or best offer. **Canoe/Kayak equipment** - 2 four foot end air bags for OC1, 2 pieces of foam closed cell side floatation, pair of adjustable foot pegs for kayak, other items (if your looking for miscellaneous WW items, I may have them). Email me for details. Jimcole@hotmail.com
- **P&H Scorpio** - 16'11" x 22". Poly, with retractable skeg, yellow (mango), 3 years old, stored in garage, in very good condition with usual scratches. Great, dependable, and stable boat. \$1,250.00. Fred.cygnusfff@gmail.com or 401-467-2183
- **PRICE REDUCTION 16 foot Old Town ABS canoe** - new parts and hardware for rebuild, lost interest in this. \$150.00 dukwavewalker@gmail.com or 401.413.1194
- **Lendal Nordkapp SF fiberglass 4-piece bent shaft paddle** with key, 220 cm, like new - \$85.00. Fred: 401-467-2183
- **Quiver kayak sail.** Never out of the box! Quality sail made in USA. No need to drill any holes in your kayak!! \$100.00 - businessfile12@gmail.com
- **Chestnut Canoe** – 1977 Ogilvy series, model - "Henry", color - Chestnut Green. Length-16', beam- 36", weight- 85 lbs. Cained seats. Interior as new, scratches on bottom from running local rivers. Have original Chestnut brochure. Asking \$4,000.00. **Canoe** - standard wood/canvas construction. Length- 16', beam 34", weight approx, 65 lbs. Color – yellow w/ dark-stained interior with babiche (woven rawhide) seats. Always stored indoors. Asking \$3,000.00. Call 860-774-0014
- **WANTED: Used Yakima Hullraiser or Thule Hullaport kayak carrier.** Respond to zakyak@verizon.net
- **Crossfire, 11 ft.** in very good condition with two float bags. This boat was purchased new and has played in the Deerfield, So. Shore Beach, and Narragansett Beach - \$275.00. Email is best. carleenmco@gmail.com
- **14 ft. Fiberglass Sea Going Kayak Cape Horn made by Wilderness Systems** \$1,350.00.00. About 5 years old, has a few minor scratches. **16ft. Fiberglass Sea Going Kayak, Tsumani made by Wilderness Systems** \$2,500.00 Manufacturer- about 2 years old, has NO scratches. All the extras are the BEST. The paddle is \$500.00 (1) Warner. The wheels are S.S. Please send all serious inquiries to: zita59@verizon.net or call (401) 885-2326
- **Boreal Design, Alvic, Kevlar.** 17' 47-50 lbs. A great boat for kayak camping. I did the part of Maine Island Trail. \$1200.00. bevthomas2@cox.net, 401-568-8166
- **Whitewater canoes: Mohawk Rogue** - designed by whitewater canoeing legend Nolan Whitesell. Outfitted. \$350. **Dagger Genesis** - big water boat designed by whitewater legend Bob Foote. Rolls easily, plays well with waves. Outfitted. \$500 - Chick Noreau chickart@cox.net or 401-751-5477
- **Boreal Ellesmere** - ocean cockpit, cork deck/white hull, rope skeg, well-maintained, good condition. OC skirt included - \$1,100 New Bedford, MA. Demo by appointment. catherineradcliffe@earthlink.net or Cat 508-369-3028
- **Merlin II Kevlight solo canoe** - like new, 15'x29", 27", 25.5", 34#, natural kevlar/clear gloss finish, Ash trim - \$1,200 firm. Jim S. 401-295-4668 or Miskicamp1@cox.net
- **Pygmy Coho, multi-chine, wood (stitch & glue) kayak** - very good condition, 17' feet long, 24" beam- \$999. **Bracs I Wing paddle** - carbon fiber, right handed with 45 degree offset, 235 cm. - \$125. **Advanced Technology (AT) crank paddle** - carbon fiber, right handed with 45 degree offset, 235 cm. - \$200. May be seen in Cumberland. Contact nealpiggett@cox.net

Send your classified ads to RICKA Webmaster Cheryl Thompson, 53 Anan Wade Road, Glocester, RI 02857-2611; 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 is at the webmaster's discretion.