

PADDLER

www.ricka.org

Newsletter of the Rhode Island Canoe & Kayak Association Vol. XXXVI No. 11 November, 2014

November Club Meeting

Movie Night - Our Favorite Trips of 2014

Monday, November 17, 2014 at 7:00 p.m.

We'll provide the popcorn as we look back with stories, pictures and videos at our favorite paddling trips of 2014.

With over 100 trips scheduled by RICKA this year, it can be tough to pick a favorite, but we'll do just that. If you have a story you would like to share, please contact Susan Engelman at sje54@hotmail.com or 508- 353-6411. Videos and slideshows should be no longer than 5 minutes and advance notice is required. We will have adaptors for connecting Mac and PC laptops to a projector. If anyone would like to show slides, a Kodak Carousel projector can also be available with advance notice. 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.**

Turkey Paddle and Dinner

November 8, 2014 – meet at 1:00 for a 1:30 launch (Rain date is November 9, 2014)

For our last scheduled trip of the year we will paddle on Wallum Lake with dinner to follow at the Lodge Restaurant. Come for the paddle, the dinner, or both! A wet suit or dry suit is recommended, and a change of clothes in a waterproof dry bag is required if you plan to paddle. Because of the popularity of this trip, an RSVP is required by November 1st if you plan to attend the dinner. Please RSVP on line at:

<http://ricka-flatwater.org/formturkey.htm>.

You can also email Sharon Dragon directly at shdrag1@gmail.com or 401-225-3942.

2015 Adirondacks Trip

August 1 – 9, 2015

We will be returning to Rollins Pond State Park in the Adirondacks for our 2015 summer camping and paddling trip.

Rollins Pond is a beautiful campground with spacious sites and good bathroom facilities. It is also within an hour's drive of many prime-paddling destinations. You will need to make campground reservations at Reserve America:

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

Reservations can be made up to nine months in advance. Please try to select a site in the A001 – A031 area. These are all waterfront sites.

From the RICKA Library...

Stay Fit in the Offseason with these DVD's

Kayak Fitness

Kayak Fitness – the Fusion of Sport and Exercise is designed to improve your paddling as well as your overall fitness. The program moves through multiple segments broken down by the main muscle groups used in paddling. This DVD comes with 3 pre-programmed workouts, or you can create your own sequences tailored to your personal needs and time.

Paddler's Personal Trainer

Everyone who uses a paddle is at risk of injuring his or her shoulders. This tape will help you become stronger and more flexible, reducing this risk, and making you a safer and more effective boater. It includes help for kayak and canoe paddlers with a full flexibility workout, shoulder strength exercises focusing on the rotator cuff, and a pre-boating session.

Yoga for Paddlers

Yoga increases strength, flexibility, balance, confidence and focus, which are all attributes of a skilled kayaker, canoeist or rafter. This video features two different workouts with instruction on poses, breathing and meditation. Work out regularly, and you can reduce your chance of injury and improve your boating!

If you would like to check out any of these DVD's from the [RICKA Library](http://www.ricka.org) contact Bill Hahn at 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 Wednesday, January 7, 2015 at 7:00 p.m. at 70 Scott Street, Pawtucket. All are welcome to attend.

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

The holidays are coming – give someone a year of paddling adventures.

RICKA memberships make great holiday gifts!

Please visit the website at:

<http://www.ricka.org/Join/Jointhefun.html>

You can renew by mail, or online using PayPal.

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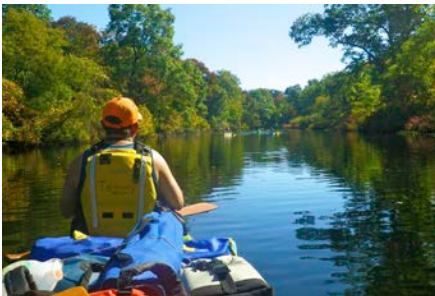
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Pawcatuck River Overnight

By Erik Eckilson

There is something therapeutic about canoe/kayak camping. You paddle in, set up camp, have dinner, and then settle in for a long relaxing evening around the campfire.

I did my first canoe camping trip with the [RICKA Wilderness Group](#) two years ago, and I've been hooked ever since. Since then I've done short overnight trips, and multi-day excursions. This summer I had the good fortune to spend a night camping with the [Paddle Across Rhode Island](#) crew on the Pawcatuck River, and decided that I wanted to do it again. I posted the idea on the [Flatwater Message Board](#) and this trip was born.



Heading out from Bradford

We are fortunate to have a couple of very nice paddle-in campsites on the Pawcatuck River. There is the Carolina Canoe Campsite in the Carolina Management Area just upstream from the Richmond Landing. It's a small site, but very nice.

Then there are the Burlingame Canoe Campsites in the Burlingame Management Area upstream from the Bradford Landing. At Burlingame there is a large open field suitable for groups, and five smaller wooded sites. All these sites are available on a first come first serve basis, and can get crowded in the warm summer months.

We would be doing a short overnight



Arriving at Burlingame

trip at the Burlingame Canoe Campsites with the [RICKA Flatwater Group](#). Our original plan was to paddle down from Richmond Landing, but with low water levels in the river, we decided to paddle up from Bradford instead. We met at the Bradford Landing at 2:00 for the trip up to the campsites.

One of the challenges of canoe/kayak camping is that you need to carry all your gear in your boat. While you can carry more in a canoe or kayak than you can in a backpack, space is still limited, and drybags are needed to keep your gear dry. Everyone carried his or her own gear, and we divided up the group gear as best we could. With our gear packed and our boats loaded we headed off to the campsite.

We couldn't have asked for a nicer day. It was sunny and warm, and the leaves were just beginning to turn. It's a short paddle



Tents are up – time to eat!

from Bradford up to the Burlingame Canoe Campsites. When we arrived, we found that a family had already pitched their tents in the big site at the field, so we scouted out the smaller wooded sites. We chose a grass-covered site with a nice fire ring, and everyone spread out to pitch their tents. Some found space near the water where they could hear the river running. Others stayed closer to the fire ring.

Jim had dropped off some firewood earlier in the day, so we were able to enjoy snacks and dinner around the campfire. Everything tastes better when you cook it outside, and this trip was no exception. Tom was our grill master. He turned out great hamburgers, hot dogs, and the marinated vegetable skewers that Lindsay brought.



Tom the grill master

After dinner, Henry made a delicious Blueberry Dump Cake in the Dutch oven for dessert. With dinner complete, there was nothing left to do but sit back and enjoy the fire. We talked, napped (at least some of us) and enjoyed the great outdoors.

At around 10:30, I finally turned in for the night. Before I knew it the morning light was streaming through my tent, and I could hear someone out by the fire ring. Even without looking I knew it was Jim because he is always the first one up. Before long, we had a nice fire going and a pot of coffee perking on the stove.

Slowly the group emerged from their tents for a cup of coffee, and a piece of Mike's apple or blueberry pie. After a few cups of

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coffee, I was ambitious enough try a Blueberry Breakfast Bake in the Dutch oven. It turned out great.

When we had all eaten our fill and had way too much coffee, we decided it was time to pack up and head for home. Everyone packed up their own gear, and then helped

out with the group gear. With our boats packed, we took one group picture before heading back to Bradford.

The trip back to Bradford was slow and leisurely – no one was in a rush. We enjoyed the quiet water and the pretty scenery. By 11:00 our cars were packed and we were saying our goodbyes, but not before agreeing to do this again next year.



Packed up and ready to go

Dutch Oven Cooking

For many, cooking is one of the pleasures of hanging out in camp – especially with a large group. Having a Dutch oven is like bringing your kitchen along. With a Dutch oven, you can create virtually any food in camp that you can make at home.



Firing up the Dutch oven on the Pawcatuck River Overnight trip.

The Dutch oven is a heavy, flat-bottomed kettle with a lid, legs, and wire handle. Traditional Dutch ovens are made of thick cast iron which absorbs heat, retains it, and distributes it evenly over the inside surface. It was designed to cook complete one-pot meals over an open fire. The legs allow you to set the pot over coals, and the lid allows you to add coals to the top for even, all-around heat.

You probably won't see a Dutch oven on a backpacking trip, but for canoe/kayak

camping where weight is less of an issue, you'll be glad you brought one along. Here are a couple of Dutch oven recipes from our recent Pawcatuck River Overnight trip.

Henry's Blueberry "Dump Cake"

Ingredients:

Two cans of blueberry pie filling
One box of white or yellow cake mix
One can of lemon/lime soda

This is one of the easiest campfire recipes, and one of the tastiest. Start by dumping the two cans of pie filling into the bottom of the Dutch oven. Next, sprinkle the cake mix over the pie filling in an even layer. Finally, pour the lemon/lime soda over the cake mix.

At this point you have a decision to make – to stir or not to stir. If you stir the soda into the cake mix, your dump cake will cook with the consistency of a cake. If you don't stir, it will cook with the consistency of a cobbler.

Set the Dutch oven over coals or charcoal with 1/3 of the coals below, and 2/3 of the coals on the lid (most of the heat should be on the lid). Cook for around 30 minutes. You can experiment with different canned or fresh fruits.

Erik's Blueberry Breakfast Bake

Ingredients:

1-cup milk
4 eggs



Blueberry Breakfast Bake - ready to eat.

1/4-cup sour cream
1/2-cup sugar
1/4-teaspoon cinnamon
1/4-teaspoon vanilla
1-cup fresh blueberries
8 slices of bread
Maple syrup - optional

Mix the milk, eggs, sour cream, sugar, cinnamon, and vanilla together and store in a sealable travel container. This can be kept in your cooler until you're ready to make breakfast. Cut the bread into cubes and place in the Dutch oven with the fresh blueberries. Pour the milk/egg mixture over the top and mix until the bread and blueberries are coated.

Set the Dutch oven over coals or charcoal with 1/3 of the coals below, and 2/3 of the coals on the lid (most of the heat should be on the lid). Cook for around 30 minutes.

This breakfast is nice on its own, but I like a little maple syrup on top. You can replace the blueberries with other fresh or frozen fruit.

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

Late cancellations and changes to trips will be posted on the [Flatwater Message Board](#). Please check the Message Board before leaving for a trip. Check [web site](#) for directions and/or GPS coordinates.

November 8th - meet at 1:00 for a 1:30 launch (rain date November 9th)

Annual Turkey Paddle and Dinner

Leaders: Sharon Dragon:

shdrag1@gmail.com 401-225-3942 and Cheryl Thompson stonefoxfarm@cox.net 401-647-5887

For our last scheduled trip of the year we will paddle on Wallum Lake with dinner after at the Lodge Restaurant. Come for the paddle, the dinner, or both! A wet suit or dry suit is recommended, and a change of clothes in a waterproof dry bag is required if you plan to paddle. Because of the popularity of this trip, an RSVP is required by November 1st if you plan to attend the dinner. Please RSVP on line at:

<http://ricka-flatwater.org/formturkey.htm>.

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>

Whitewater Trips

Check the [Whitewater Message Board](#) for bootleg trips. Appropriate skills and equipment are required.

2015 RICKA Adirondacks Trip August 1 – 9, 2015

We will be returning to Rollins Pond State Park in the Adirondacks for our 2015 summer camping and paddling trip.

Rollins Pond is a beautiful campground with spacious sites and good bathroom facilities. It is also within an hour's drive of many prime-paddling destinations. You will need to make campground reservations at Reserve America:

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

Reservations can be made up to nine months in advance. Please try to select a site in the A001 – A031 area. These are all waterfront sites.

2015 RICKA Rolling/Rescue Clinics

Planning is underway for the 2015 RICKA Rolling/Rescue Clinics.

These sessions will feature instruction on rolling and rescue, and will provide practice time for experienced paddlers with reliable rolls. Boats, paddles and helmets

will be available for rolling clinic participants (you must provide your own PFD). Practice and rescue participants should plan on using their own boats and gear.

Registration will be on a first-come, first-serve basis, so watch the Paddler and RICKA's websites for more information.

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.crossfithody.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 Etain Sea Kayak** – polyethylene; length: 17'5", width: 21.25". Kept in garage - excellent condition with Seals Tropical Tour spray deck - \$1,100. Contact Gary at gpbranch@verizon.net or 401-269-6850
- **PRICE REDUCED: Kevlar 17'6" Looksha 1V** - aqua deck, white hull, garage kept, new condition - \$900. Located in Westerly. Call Pat 401-480-3508
- **North Face Blue Kazoo sleeping bag** – barely used, perfect shape. 650 (high quality) down bag, comfort rated to 20 degrees, regular size that fits most folks to 6'. This model currently sells for \$270. I am offering it for \$150, firm. Contact gerry@seasherpakayak.com
- **Fiberglass Valley Skerray Sea Kayak** - red over white, 17' by 23", skeg, weighs in under 60 lbs. Ocean Cockpit for easier surf launching. Includes neoprene spray skirt - \$1100. **Skerray RM** - great rock gardening boat, needs hatches. Ocean cockpit, skeg, spray skirt included with sale - \$500. Buy both for \$1500. Contact Ric S. at 508-572-3095 (call or text), email rj_salty@yahoo.com
- **North Shore Polar HV** - 17.5 x 22 purchased new June 2013, unusual circumstances force sale, Lists for \$3,295, but will sell for \$2,100. Call for photos, Westerly, 401-480-2508
- **WANTED: Kayak Rack** and feet to fit 2000 Buick Regal contact 401-941-8061
- **Old Town Tripper Royalex Canoe** - length 17'2", kelvar skid plates installed. Three paddles included. Asking \$700.00. Contact Jeff cell 401-484-4896
- **Two sets of Yakima Bow Down J Racks with locks** - these are brand new and were never used - \$360. Contact cell is 401-486-2518 or email rolar27@cox.net
- **NRS Cross 4 Wetshoes** – women's size 8 (comparable to size 9 in regular shoes). In excellent condition; worn only a handful of times - \$16.99. Contact Zak at zmettger@verizon.net
- **Beautiful Old Time Canoe** - mint condition – contact Meggin Smith at 225-1971
- **Women's Kokatat Medium Meridian** dry suit with drop seat and socks, plum color. Excellent condition, bought 2 years ago, used 5-6 times. Gaskets and zippers in perfect condition, maintained gaskets with 303 Protectant and zippers with zipper lubricant - \$700. Email me at dkoriginals@yahoo.com or call Debbi at 617-930-5864
- **Ocean Kayak Malibu II Sit-on-Top Tandem Kayak** – length 12', width: 34", weight: 57 lbs. Red polyethylene construction. Seats two adults, plus a small child or pet. Can also be paddled solo from center seat. One seat and one paddle included. Kayak is located in Warwick. Asking \$475. Contact Susan at 401-996-3177
- **NRS neoprene paddle gloves** - size medium - used once, too large for me - \$20. I will mail for an additional \$3.50. tamrich@snet.net.
- **Advanced Technology (AT) Crank Paddle** - carbon fiber, right-handed with 45 degree offset, 235 cm long – \$100. May be seen in Cumberland by contacting nealpiggott@cox.net
- **Kokatat Outfit Tour** life jacket – red, unisex size small. In like new condition - \$75. New price is \$155. Call after 6 p.m. – 914-426-1750 or email abierce@yahoo.com
- **Riot Dominatrix 50** - whitewater kayak including Snap Dragon skirt. Stored indoors, good condition - \$325. Contact alanblanding@gmail.com or 774-991-1660

The follow items were donated to RICKA and are being offered for sale to support our educational programs:

- **Great Canadian fiberglass tandem canoe** - length 15', width 38", with keel, Vinyl padded seats, aluminum gunwales. This is a great beginner canoe as it is very stable and tracks well. Asking \$150
- **Fiberglass tandem canoe** - about 38" wide with keel. This is a great beginner canoe as it is very stable and tracks well. Asking \$150
- **Custom Fiberglass Sea Kayak** - length 18', width about 22", weigh 50 plus. White with green hull. Comes with spray skirts. Asking \$150

Contact Jimcole@Hotmail.com

Send your classified ads to RICKA Webmaster Cheryl Thompson, 53 Anan Wade Road, Glocester, RI 02857-2611 or 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.