

# PADDLER

www.ricka.org

Newsletter of the Rhode Island Canoe & Kayak Association

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## A Message from RICKA President Susan Engelman

Welcome to 2016 and RICKA's thirty-ninth year. We hope you had a wonderful holiday season, and we look forward to seeing you for a great year of paddling in 2016.

One change that you will notice as we enter 2016 is that we have eliminated the Club Meetings in January and February. Due to inclement weather, these meetings were often lightly attended, so our normal meeting schedule will resume in March.

We are already hard at work planning great trips and training sessions for 2016. Our 2016 Rolling/Rescue Clinic and Pool Practice Session will be held at the Newman YMCA in Seekonk, MA on March 5<sup>th</sup> and 12<sup>th</sup>. This is always a popular event, so register early so you don't miss out - see page 3 for details. Our Wilderness group is planning a number of easy overnight trips this spring and summer, and we are also working on skills training sessions for flatwater paddlers and sea kayakers. Of course, we will have lots of great [flatwater](#), [whitewater](#), [sea kayak](#) and [wilderness](#) trips on the calendar again this year.

Most importantly, don't forget to renew your RICKA membership. This modest membership fee supports all of our activities. Your 2015 membership will expire on March 31, 2016, but you can renew early at <http://www.ricka.org/Join/Jointhefun.html>.



RICKA President  
Susan Engelman

## Register now for the 2016 Rolling/Rescue Clinic



See page 3 for complete information

## 2016 Adirondacks Trip July 30, 2016 to August 7, 2016

We will be camping at Lake Eaton Campground in the Adirondacks for our 2016 summer camping and paddling trip.

Lake Eaton Campground 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 can make campground reservations now at Reserve America:

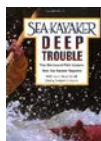
<http://www.reserveamerica.com/>

Please try to select a site in the 40's and 50's or other sites close by. You can come for the week or just a few days. Please notify Henry Dziadosz [hdziadosz@verizon.net](mailto:hdziadosz@verizon.net) if you are planning to attend.

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.

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](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

Your RICKA membership will expire on March 31, 2016...

## Renew your RICKA membership now!

Please visit the website at:

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

You can renew by mail, or online using PayPal.

### Executive Board:

The next Executive Board meeting will be held on Wednesday, January 6<sup>th</sup> at 7:00 p.m. at 70 Scott Street, Pawtucket. All are welcome to attend.

### Newsletter Editor:

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**Whitewater:** Andy Viera.....774-218-5731..... [andyv51@hotmail.com](mailto:andyv51@hotmail.com)  
**Wilderness:** Jim Cole.....401-699-1172 ..... [jimcole@hotmail.com](mailto:jimcole@hotmail.com)

# 2016 Rolling/Rescue Clinic and Pool Practice

RICKA's 2016 Rolling/Rescue Clinic and Pool Practice Session will be held at the Newman YMCA, 72 Taunton Avenue, Seekonk, MA on March 5th and 12th from 2:00 p.m. to 4:00 p.m.

As in the past, we will offer instruction in self and assisted rescues in addition to rolling. Please be sure and specify Rolling or Rescue on the registration form.

The cost is:

- **Rolling or Rescue Clinic:** \$60.00
- **Practice** (no instruction): \$27.00

Non-ACA members will also pay an additional \$5.00 Event Fee to cover insurance. All participants must submit an ACA Waiver. This form is available at:

[http://www.ricka.org/Rolling\\_Clinic/ACA\\_waiver\\_adult.pdf](http://www.ricka.org/Rolling_Clinic/ACA_waiver_adult.pdf) - Adult

[http://www.ricka.org/Rolling\\_Clinic/ACA\\_waiver\\_minor.pdf](http://www.ricka.org/Rolling_Clinic/ACA_waiver_minor.pdf) - Minor

Registration is on a first-come, first-serve basis based upon postmark or PayPal payment date. We reserve the right to limit enrollment if necessary. Information and instructions will be emailed to you upon registration. You can register using the form below, or online on our website using PayPay at:

<http://www.ricka.org/RollingPayments/rolling.html>.

Please send your check or PayPal receipt, Registration Form and ACA Waiver to:



Catherine Radcliffe, 573 Rockdale Avenue, New Bedford MA 02740

**All fees and waiver forms must be submitted ahead of time; no money or forms will be collected at the clinics.**

For additional information please contact Cat Radcliffe at 508-369-3028 or [catherineradcliffe@earthlink.net](mailto:catherineradcliffe@earthlink.net).



## 2016 ROLLING/RESCUE CLINIC REGISTRATION FORM

March 5th and 12th, 2016 from 2:00 p.m. to 4:00 p.m.

Newman YMCA, 72 Taunton Avenue, Seekonk, MA

(Please submit one form per person)

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

Email Address (required) \_\_\_\_\_

ACA Membership No. \_\_\_\_\_

Please Select One Session	Current ACA Member	Non ACA Member w/\$5 Event Fee
Rolling Clinic or Rescue Clinic or Practice	<input type="checkbox"/> \$ 60.00	<input type="checkbox"/> \$65.00
	<input type="checkbox"/> \$ 60.00	<input type="checkbox"/> \$65.00
	<input type="checkbox"/> \$ 27.00	<input type="checkbox"/> \$32.00

Mail Registration Form, ACA Adult or Minor Waiver Form, and check or PayPal receipt to:  
Catherine Radcliffe, 573 Rockdale Avenue, New Bedford MA 02740

ACA Waiver forms are at:

[http://www.ricka.org/Rolling\\_Clinic/ACA\\_waiver\\_adult.pdf](http://www.ricka.org/Rolling_Clinic/ACA_waiver_adult.pdf)    [http://www.ricka.org/Rolling\\_Clinic/ACA\\_waiver\\_minor.pdf](http://www.ricka.org/Rolling_Clinic/ACA_waiver_minor.pdf)

# Cold Water Layering

Year-round boating is the ideal for many of us. In the northeast, that means that we will be paddling at least part of the year in cold-water conditions. Paddling is a water sport, and let's face it, getting wet happens. Water is 25-times more efficient than air at drawing heat away from your body. This means once you get wet, your body will be more prone to excessive heat loss and hypothermia.

In cold water, the key to protecting yourself is wearing layers that will retain your body heat when you get wet. Layering also lets you add or remove pieces as the day's conditions change, helping your body maintain a safe, comfortable temperature. There are three main components to an efficient layering system – the base layer, insulating layer and the outer layer.

## The Base Layer

Start with a moisture-wicking base layer next to the skin. Synthetic fabrics such as polyester, nylon and polypropylene are best since they don't absorb water and they move moisture from your skin to outer layers. Do not wear cotton. Cotton loses its insulating value when wet.



Early fall paddling in a wetsuit and splash top

## Insulating Layers

Over the base layer you want one or more garments to hold in your body heat. These can be synthetic, wool, neoprene, or any combination of these.

Synthetic fabrics are lightweight, breathable, and afford good freedom of movement. Synthetic fibers don't absorb moisture, but rather allow the water to radiate away from your body, keeping you comfortable as you generate heat while paddling.

Merino wool, on the other hand, absorbs up to 30% of its weight in water while still maintaining its insulating value. This characteristic helps it keep you warm when conditions are cold, and cool when conditions are warm.

Neoprene is a closed cell rubber material that is an excellent insulator. It also offers impact protection as well as extra body flotation. Thicker neoprene will be warmer but more restrictive to your body movements. Thinner neoprene will stretch much more easily, but won't be quite as warm.

## Outer Layer

Wind and waterproof outer garments round out your body core protection system. An outer layer made with a fabric featuring a breathable coating or laminate is definitely preferable. This will allow perspiration moisture to pass out of the garment, keeping the inner layers drier and significantly increasing your comfort and warmth levels.

Outer layers come in many shapes and sizes, but there are three main types: splash wear, dry wear and semi-dry wear. Splash wear is simply any waterproof outer layer that is designed to keep your under layers dry if you get splashed or rained on. If you're using neoprene as your insulation layer, wearing a waterproof garment over it will cut down on evaporative cooling from the wet outer fabric of the wetsuit. If you

go for a swim in splash wear, your inner layers will get wet.



A drysuit will keep water out during immersion

To keep water out during immersion, you need dry wear garments that have latex gaskets at the openings. Drysuits are the ultimate option for immersion protection. With waterproof zippers, gaskets at the neck and wrists, and waterproof booties, a drysuit will keep water out of your inner layers.

Semi-dry wear splits the difference between the other two styles. Typically, they will feature latex gaskets at the wrists. The neck usually features a punch through neoprene "gasket" or an adjustable neoprene cuff of some sort. Semi-dry wear is an option for paddlers who want to prevent water entering their inner layers at the wrist, but don't need quite such a watertight seal at the neck.

## Don't Forget the Extremities

Caps or helmet liners made of neoprene or synthetic fibers can really keep you warmer. If you find your fingers and toes getting really cold, a helmet liner will help cure this as much as gloves and booties will. Keeping your head warm creates a chain reaction that you'll notice all the way through your body. You can also add neoprene socks and gloves for even more protection from the cold.

Based on an article from NRS  
<http://www.nrsweb.com/>

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## 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

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

#### **RICKA Adirondacks Trip July 30, 2016 - August 7, 2016**

We will be camping at Lake Eaton Campground in the Adirondacks for our 2016 summer camping and paddling trip.

Lake Eaton Campground 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 can make campground reservations now at Reserve America:

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

Please try to select a site in the 40's and 50's or other sites close by. You can come for the week or just a few days. We will decide on the location the night before the paddle. The leader is Henry Dziadosz, who has been paddling in the Adirondacks for many, many years. Please notify Henry Dziadosz [hdziadosz@verizon.net](mailto:hdziadosz@verizon.net) if you are planning to attend.

### Sea Kayak Trips

Sea kayak trips are now be 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.

## Read the RICKA Message Boards

If you are not a regular user of RICKA's message boards, you should be! The message boards are a great place to exchange ideas, information and opinions with other RICKA members.

RICKA's message boards are definitely the place to look for last minute updates on trips – especially trip cancellations. In the off-season, many paddlers also use the message boards to arrange ad-hoc trips. Please remember that these ad-hoc trips may not be authorized or coordinated by RICKA. You can also find interesting trip reports and pictures on the message boards.

RICKA provides its message boards as a public service to the paddling community, so we encourage you to use them. We do ask that you use the [RICKA Classifieds](#) for items that you want to sell. So if you haven't done so lately, we encourage you to check out the RICKA's three message boards:

#### **Flatwater**

<http://members.boardhost.com/FLATWATER/>

#### **Whitewater**

[http://members.boardhost.com/RI\\_Whitewater/](http://members.boardhost.com/RI_Whitewater/)

#### **Sea Kayak**

<http://rickaseakayaking.org/forums/>

You can also follow RICKA at our Facebook page at:

<http://www.facebook.com/RhodeIslandCanoeKayakAssociation>

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## 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.

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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.

- **Cane Canoe Seats Replaced** - contact Jim Cole - 401-699-1172
- **Necky Chatham 16 fiberglass kayak** - skeg, compass & foot-operated bilge pump. White and grey. Mint condition - always stored indoors. Cockpit cover and spray skirt, like new - \$1,300. Christy Russell 401-364-3093 or [christyrussell@gmail.com](mailto:christyrussell@gmail.com)
- **Romany Explorer sea kayak** – fiberglass, 17'6" X. 21.5". **Prijon Hurricane whitewater kayak** with stern air bag. **Kopapa Kiwi kayak** - 8' X 26". Medium dry top & drysuit (needs wrist & ankle gaskets). Large PFD, bilge pump. 3 cockpit covers. 5 paddles and 2 dry bags. Yakima rack w/ locks plus 2 sets of saddles. Extra towers & clips \$1500. Contact [goray7ray@gmail.com](mailto:goray7ray@gmail.com)
- **Werner Carbon Fiber Ikelos paddle** - bent shaft. 215 cm. Only used twice and is in brand new condition -\$350. Contact [aikijerry@optonline.net](mailto:aikijerry@optonline.net)
- **Free: Two youth size PFDs** - 50-90 lbs, 24-28" chest. One is LL Bean (color blue), the other is HO Sports (color black). Can bring to RICKA monthly meetings. Milton 978-618-7679 [mlchow622@gmail.com](mailto:mlchow622@gmail.com)
- **Valley Aquanaut** - plastic, in good condition with built in skeg - \$600. Contact Paul O'Reilly at 401- 640-5052
- **Necky Looksha** - 17' poly model includes Werner carbon paddle, cockpit cover, spray shirt, paddle float, kayak dolly - \$1,200. Call Pat Cosma at 401-480-3508
- **Necky Arluck III** - 18', 35 lbs., kevlar with rudder, yellow & white with blue stripe. Cuts through the wind and surf like butter - \$2400 OBO. Contact Bill at 401-447-2397
- **Current Designs Soltice GT XL** - yellow over white fiberglass, 55 lbs. 17'7. Very stable and predictable boat. Cockpit cover and sprayskirt included - \$1800. E-mail [hdzradosz@verizon.net](mailto:hdzradosz@verizon.net) or 401-497-5887
- **NEW LOWER PRICE: 1987 Dirigo 17 ft. classic fiberglass sea kayak** - large ask/teak cockpit and wood rails. Very good condition - \$600. **2001 Folbot Aleut Expedition** - 12 ft. folding kayak with carrying cases. Very good condition - \$350. 401-524-5126 [cjbook2@gmail.com](mailto:cjbook2@gmail.com)
- **Malone XV kayak Auto Loader** - complete system, new 2015, never used - \$300. Pat Cosma 401-480-3508
- **Tiderace Xplore-X** - length: 18', width: 24", cockpit: 34.5"x19", depth: 14". Black and red deck over white hull with black keel strip. Gently used for two seasons and in perfect condition - \$2,400. [SeaNskidog@hotmail.com](mailto:SeaNskidog@hotmail.com)
- **Folbot collapsible kayak** - weighs 40 lbs., color is bright orange. 2007 model in like new condition with paddle, spray cover and extra seat included, as well as full directions. Asking \$1000.00. Call Tom at 401-783-2750 or cell 520-240-7353
- **Make me an offer on any item listed:** 226 cm Sawyer kayak paddle (wood, like new), Harmony kayak bilge pump, Kayak seat cushion, Voyageur Paddle Float, Paddle leash, Kayak portage cart wheels, 2 four foot end air bags for OC1, 2 pieces of foam closed cell side flotation, Pair of adjustable foot pegs for kayak. If you're looking for miscellaneous white water items, please email me, I may have them. Email me for details. [Jimcole@hotmail.com](mailto:Jimcole@hotmail.com) or 401-699-1172.
- **Valley Knordkapp HM** - a classic. Mid 90s model – yellow hull and deck, chimp pump, mounted compass. Used but not abused, stored indoors, clean, good shape. \$1200. OBO. Todd at [tsmoore991@gmail.com](mailto:tsmoore991@gmail.com)
- **Dagger Sitka** - fiberglass, yellow/black/white, 17'11 x 22". Good condition. Fast and comfortable; front/rear ultra-wide hatch openings; day hatch behind the cockpit - \$800. [cammac@ieee.org](mailto:cammac@ieee.org)
- **Perception "Sonoma" kayak** - Airlite material - white hull red top- length 13' width 23", includes pray skirt and paddle. Like new - used only a few times - original retail \$1,150- ASKING \$645. Contact Allen at 401-739-5151 OR [CALAFRANCISCO@AOL.COM](mailto:CALAFRANCISCO@AOL.COM)

Would you like to read more about sea kayaking?

## Subscribe to Atlantic Coastal Kayaker

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

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

Send for a free sample issue.

Atlantic Coastal Kayaker  
224 Argilla Road

Ipswich, MA 01938

Phone: 978-356-6112 (phone and fax)

Email: [ackayak@comcast.net](mailto:ackayak@comcast.net)

Website: <http://www.atlanticcoastalkayaker.com>

Send your classified ads to RICKA Webmaster Cheryl Thompson, 53 Anan Wade Road, Glocester, RI 02857-2611 or [webmaster@ricka.org](mailto:webmaster@ricka.org). Include your name for membership verification. Please notify the Webmaster when your gear is sold so that the ad can be removed. Acceptance, duration and formatting of your ad are at the webmaster's discretion.