

PADDLER

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Newsletter of the Rhode Island Canoe & Kayak Association Vol. XXXXII No. 1 January 2019

South County YMCA Pool Practice Sessions

January 13th, February 10th and March 10^h from 1:00 to 3:00



The [RICKA Sea Kayak](#) group is once again offering pool practice sessions on the second Sunday of the month from January through March. The sessions will be held on January 10th, February 10th and March 10th from 1:00 to 3:00 at the South County YMCA. These sessions are free to RICKA members, and are a great opportunity to sharpen your rolling and rescue skills, and perhaps meet some like-minded paddlers. If you are not a RICKA member you can [join here](#).

Doors open at 12:30, and we must be out of the pool building by 3:00. **Boats must be clean and free of sand and seaweed.** Due to a change in YMCA policy, all participants must bring a driver's license, which will be copied and retained by the YMCA. The YMCA requires this since there is a daycare on site. Please contact Gary at gbranch@verizon.net for additional information.

The South County YMCA is located at [65 Broad Rock Road, Peace Dale, RI 02883](#). Upon entering the parking lot the pool entrance is to the left of the main entrance.

2018 Adirondacks Trip

August 3rd to 10th, 2019

We will be camping at Lake Eaton Campground in the Adirondacks for our 2019 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 30's and 50's or other sites close by. An organizational meeting will be held in the spring to discuss trips. Please contact Henry at hdziadosz@verizon.net to be included on the invite list.

Your RICKA membership will expire on March 31st

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.



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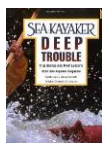
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<http://www.facebook.com/RhodeIslandCanoeKayakAssociation>

From the RICKA Library...

Stay Safe with these Safety/Rescue Books

Sea Kayaker Deep Trouble by Matt Broze and George Gronseth



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

Whitewater Rescue Manual by Charles Walbridge and Wayne Sundmacher



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

These are just two of the great books, tapes and DVD's covering the range of paddling topics that are available in our [collection](#). If you would like to check out these or any other selections, contact Bill Hahn at librarian@ricka.org. 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 January 2nd at 7:00 p.m. at the [REI Cranston Store](#), 22 Chapel View Boulevard, Cranston. All are welcome to attend.

Newsletter Editor:

Erik Eckilson
11 Diana Drive
Woonsocket, RI 02895
Email: editor@ricka.org

Membership:

Sharon Dragon
P.O. Box 184
Hope Valley, RI 02832
Email: membership@ricka.org

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

Submit your stories to the **PADDLER**



Do you have a story that you could share, a picture, gear review or trip report? **Please consider sending it to the Paddler.** Chances are, there are a lot of people who would really enjoy seeing it.

Don't be shy, please send it along to editor@ricka.org!

Rhode Island Canoe & Kayak Association

Executive Board

President: Sharon Dragon401-225-3942.....membership@ricka.org

Vice President: Pat (Mayhew) Lardner ..401-524-8057..... pslardner@gmail.com

Secretary: Skye Pechie401-647-0074..... scitamb.2@juno.com

Treasurer: Andy Viera.....774-218-5731.....andyv51@hotmail.com

Members at Large:

Mike Bussell.....401-568-8605.....canoedad@cox.net

Peter Hill508-366-6381..... peter.kayaker@yahoo.com

Danny O'Shea401-527-3447..... doshea5031@aol.com

Conservation: Ric Souza508-572-3095..... rj_salty@yahoo.com

Flatwater: Cheryl Thompson401-497-5887.....stonefoxfarm@juno.com

Librarian: Bill Hahn.....401-524-1612.....librarian@ricka.org

Safety & Education: Bill Luther.....401-527-4126.....williamluther058@gmail.com

Sea Kayak: Carleen McOsker.....508-636-0546..... Carleenmco@gmail.com

Webmaster: Cheryl Thompson401-497-5887.....stonefoxfarm@juno.com

Whitewater: Andy Viera.....774-218-5731.....andyv51@hotmail.com

Wilderness: Chuck Horbert401-418-2838.....chorbert13@gmail.com



Winter Hiking

What do you do when the water freezes? Do you stay inside and wait for spring? Many RICKA paddlers head outside to do some hiking. Hiking in the winter can be a beautiful experience. Walking on top of a blanket of snow, seeing the animal tracks ahead of you, and viewing frozen rivers and waterfalls are all memorable experiences. Winter hiking also presents its own set of challenges. Before you head out on the trail, be sure to think ahead and prepare for unexpected conditions.

Have the Proper Gear

Whether you're hiking for a few hours, or a few days, you don't want to have an "uh-oh" moment on the trail, when you realize you've forgotten something important. Make a gear list before heading out to make sure you have everything you need. In addition to your basic hiking gear, your list should include water, snacks, extra cloths, a headlamp, a first aid kit and other emergency gear. A light daypack will help you keep things organized.



The RICKA crew hits the trail

Dress in Layers

Though it might feel frigid at the trailhead, your body heats up fast as you start to hike. Layering allows you to stay warm and maintain a consistent temperature throughout the hike. When you layer, remember:

- Start with a base layer that wicks moisture away from the skin. Stay



Dressing in layers

away from cotton - water repellent fabrics such as polypropylene are a much better option.

- Next comes an insulating layer. Wool is always a good choice, as is Thinsulate or fleece.
- On top of that goes an outer shell that protects from the elements, yet allows moist air to escape. Goretex is the fabric of choice here because it is waterproof and breathable.

Having a variety of insulating clothing will help you regulate your body temperature and stay comfortable as conditions change. It is often better to dress light while hiking to avoid overheating, and add layers from your daypack when you stop to avoid getting a chill. Don't forget your hat and gloves. Your whole body will feel warmer if your extremities are warm.

Proper Footwear

For winter hiking, you will need comfortable, waterproof boots with a good tread, and good hiking socks. Hiking socks are usually made from wool or wool blends



Snowshoes in light powder

that wick moisture away from your skin and keep your feet warm even when wet. Keep an extra pair in your pack, just in case. In snowy conditions, you may also consider wearing gaiters to keep snow out of your boots.

Dealing with Ice and Snow

Snow and ice are the joy and the bane of winter hiking. Icy conditions can become particularly treacherous on hard packed, well-used trails. No one wants to slip and fall, so micro spikes are a good investment to help improve your traction. Yaktrax or



Up an icy slope

Stabilicers are popular options.

For many, snowshoeing is one of the joys of winter hiking. Snowshoes work by increasing the surface area of the wearer's foot. This allows the snowshoer to literally walk on top of the snow. Modern snowshoes with aluminum frames and plastic infills are a significant improvement over the wood and rawhide snowshoes of old.

Many hikers also find that trekking poles improve their stability on icy and uneven trails. If you use poles, they should become part of your natural stride. As you step with one foot, plant the pole on the opposite side of your body and push as you move ahead.

Check the Forecast

Check the forecast up until the moment that you leave. Knowing the conditions to

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expect will help you react appropriately on the trail and bring the right gear.



Checking the map

Planning Your Trip

When planning your trip, be reasonable about the distance and difficulty of the trail. Ice and snow will reduce the distance you can travel compared to summertime conditions. Bring a map that includes landmarks and trail junctions, and be ready to adjust your trip as conditions warrant.

Hike in a group

Hiking with friends is always the way to go, especially in the winter. Not only is it more fun to share the adventure with others, but it's also safer. An experienced friend who knows the trail will often take the lead, and can help choosing gear and identifying dangerous conditions.

When hiking in a group it is important to stay together. Large groups often tend to separate into groups of faster and slower



Keeping the group together

hikers. This happens naturally, but it isn't always safe. Keep someone at the front that hikes at a modest pace, to ensure everyone stays together.

Stay Fueled

Hiking in the cold, especially in the snow, burns a lot of calories. By some estimates, hikers will burn 50 percent more calories hiking in the winter compared to a similar distance and terrain in the summer. Snacking frequently will keep your energy level up and keep you from getting chilled, so bring plenty of high-energy snacks.



Stay fueled and hydrated on the trail

Stay Hydrated

Your body doesn't just need food; it needs water as well. It's actually easier to get dehydrated in the winter due to the cold temperatures and dry winter air. Dehydration is especially dangerous in the winter due to the increased risk of hypothermia and frostbite.

If you're storing water bottles in your backpack during a very cold day, you may need to insulate them to prevent them from freezing. An old wool sock works well. If you plan to be out for several hours, a thermos containing a hot drink, or even soup makes a nice break.

With a little care and preparation up front, anyone can discover the joys of winter hiking.

Check the [Flatwater Message Board](#) for ad-hoc snowshoe trips and winter hikes.

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 ad-hoc trips and hikes. Appropriate skills and equipment are required.

Sea Kayak Trips

Sea Kayak trips are now posted in the Show and Go Section of the [Sea Kayak Message Board](#). Appropriate skills and equipment are required.

Whitewater Trips

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

RI Statewide Comprehensive Outdoor Recreation Plan

The State of Rhode Island is currently working on a major update to the statewide outdoor recreation plan. This is a great opportunity to provide your input on the state's recreational priorities for the coming years. Visit this website to provide your input:

<http://dem.ri.gov/programs/planning/scorp>

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 Aquanaut** - fast, stable touring kayak, fiberglass, 17'7", very good condition (stored in garage) with new front and rear hatch covers, foam block instead of back band, but will include new replacement back band. Asking \$1,750 OBO. Fred at g33zr@gmx.com or text 401-569-6038
- **Betsie Bay Recluse** -19 feet x 20.5 inches Fair to good condition \$500 – cash only, in person, you come get it at my house. No exceptions. Located in eastern CT. Contact me at wsmith16@charter.net if interested
- **PRICE REDUCTION: Betsie Bay Recluse** - Greenland style kayak. 19 feet long; 20 1/2 inches maximum beam; 32 lbs. One season of use; less than 10 times on the water. Includes Greenland paddle (unused); spray skirt; cockpit cover; 2 hatch lids; and an instructional DVD on Greenland Paddling. \$2700. Contact Ken at kenpariseau@verizon.net.
- **NRS Catalina spray skirt** - never used, go for \$60 new. \$40 today. Label says 38 inches stretched. Email David target3777@yahoo.com
- **Current Designs Sirocco** – white. I bought it in 2004 and it has ALWAYS been stored inside when not in use. PFD, spray skirt, paddling jackets, Two paddles Kokatat Semi Dry suit. Compass, sponge, pump, paddle float, etc. Paul 401-644-8529 or wynnpw1@yahoo.com
- **P&H Code Zero Sail for kayak (with mast)** - used only a few times. \$200. jonathansharlin@gmail.com
- **Kayak wetsuits, PFDs and Drytop** - Jerry Borenstein aikijerry@gmail.com
- **Current Designs Caribou** - used fewer than 10 times, water launched, stored exclusively indoors and with gaskets treated from time to time, this boat is in excellent condition. Color red and white. Asking \$2,100. Located in Portsmouth, RI. Text Carin 401-374-1145
- **Mad River Rampage** -14" whitewater canoe. \$600. Alan, 401-725-3344 or alan02860@usa.com
- **PRICE REDUCTION Three Werner Camano Paddles** - two fiberglass paddles with blue shafts and white blades (these are two piece paddles). One is 230 and the other is a 240 in length - \$50 each. Also for sale is a one-piece Werner Camano fiberglass paddle 240 length with an offset of 45 degrees. This paddle has yellow blades with a black shaft - \$75. Contact Cheryl at stonefoxfarm@juno.com or 401-497-5887
- **Betsie Bay Custom Greenland Kayak** - white in very good condition. Comes with new neoprene cockpit cover and spray skirt with medium tunnel. Asking 1,700 for everything. Chris 813-390-8222 ctobbe12@gmail.com
- **Valley Q-Boat** - Quill over Quill Q-Boat with black trim. Some spider cracks. Asking \$1000 or B.O. Eric emjohnso3@verizon.net
- **Old Town Tripper** – this 17" royalex canoe has been stored inside for over 20 years and is in very good condition - asking \$800. Contact 508-808-0530 or jrmiller59@yahoo.com
- **Kokatat Orbit Tour PFD** - Small/Med - \$75. Contact michael.hazeltine@gmail.com
- **FOLBOT "Yukon"** - 13', excellent condition. Spray cover, extra seat, paddle. \$800 OBO. Wakefield area, can deliver to RI buyer - 401-783-2750
- **Bungee/ Stretch Cord** - all sizes, colors, and styles available. Prices start at \$5.00/spool. Jonathan at 401-447-7973 Jon@marineropeinternational.com

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