



Southern Maine Sea Kayaking Network Newsletter

Hello!

I presume you have been staying cool out on the water this steamy summer; I've been unable to see you through the haze. In June we had the second annual clean-up on our adopted MITA island in Muscongus Bay, Crow. Twelve showed up for the Saturday clean-up and eight of us camped overnight. This is a beautiful area with many islands to circumnavigate and explore.

Thanks to Jon Cons for an excellent workshop on group rescue, rolling and boat handling skills. This took place at his pond in Kezar Falls. Participants gave glowing reports, and we hope to repeat this next year!

Thanks to Weyland Linscott for organizing our second annual Sebago Lake paddling picnic and skills practice. A good day was had by all.

Our August 4th General Membership meeting was well attended. **Thanks to Mike Detscher** for

presenting helpful information on compass skills and navigation.

Thanks, also to members who offered some good ideas about improving the "networking" aspects of our club. One idea was to begin a list of people willing to serve as resources to others. If you have experience paddling in a particular area and would be willing to receive calls from other members wanting information, please let me know and we'll include your name and phone number, along with the area of your knowledge in the next newsletter.

Enjoy the remaining days of summer. I hope to see you at upcoming events.

Happy and safe paddling-

A handwritten signature in cursive script that reads "Barbara".

November Newsletter— Deadline for entries will be November 1st.

Please send all kayak related stories, articles, book reviews, jokes, cartoons, photos, artwork and classifieds to: B. Carter, 7 Gilbert Lane, Portland, Maine 04101.

BOOK Review

The Essential Sea Kayaker: A complete Course for the Open Water Paddler, by David Seidman. Published by Ragged Mountain Press, P.O. Box 220, Camden, ME 04843. 144 pp., \$12.95

—by Lee Bumsted

The Essential Sea Kayaker will be of interest to beginning and experienced paddlers alike. For the beginner, this clearly formatted book takes you through a progression of skills covering all the basics like required gear, getting in and out of your boat (at the shore and wet exiting), paddling, and bracing. I found particularly interesting a section on how to carry your boat and tricks for getting it on and off your car, both of these discussions were accompanied by helpful step-by-step photographs.

The author then proceeds to instruct readers on advanced paddling techniques, Eskimo rolls, assisted rescues, and paddling in surf. He offers hints on paddling in varying wind and wave conditions, and provides a great section on forecasting and understanding weather patterns, including tried and true “folklore” predictors. In his “electives” sec-

tion he discusses considerations for family kayaking and paddlers with disabilities. The appendix offers a wealth of references to paddling periodicals, clubs, symposia, kayak dealers and other books.

The author, David Seidman, describes himself as fairly new to sea kayaking. He worked closely with Andy Singer, an experienced paddler and instructor in writing this book. I found that the book covered most of the bases well and was laid out in an inviting fashion. I would note that it doesn't attempt to cover anything on the subject of navigation, as some instructional books do. I would have liked to have seen photographs replace some of the line drawings of kayak strokes, to make the paddle and arm positions clearer. (And speaking of photographs, why does the publisher choose a cover shot of a paddler without a PFD on, in a boat with no evidence of a spare paddle, compass, or chart? This was obviously not the author's choice, but it does disturb me that the publisher can be so irresponsible in the selection of covers!)

The Essential Sea Kayaker is part of the Network's library and I'd encourage anyone to borrow it or purchase their own copy.

GEOGRAPHIC INFORMATION DATABASE

(This is our first attempt at offering to our members info on specific places for kayaking.) If you are thinking about visiting any of the locations mentioned below—please call the appropriate individual for details and other nuggets of wisdom. Also, if you are familiar with any great kayaking spots, please volunteer your name and number at our next meeting and join the ranks of the GEO GURUS!

West Casco Bay - New Meadows - Small Point	Steve Winter	443-3623
Lakes Region - Casco, Raymond, Naples	Wayland Linscott	655-7442
Campobello Island - Lubec, Deer Isle - routes - wildlife	Gary Shepard	797-5325

July Paddling Picnic

One Sunday July 10, the Network held it's Second Annual Paddling Picnic at Sebago Lake State Park. The day started out in a heavy overcast, which may explain why the turnout was so light; but the clouds lifted and the sun came out for a great day. Event organizer Wayland Linscott had arranged for the use of one of the group sites right near the Songo River, so this year access was much easier. The event was staged at the State Park to promote a family day which would allow any non-kayaking spouses, children, etc., to enjoy the day together with their kayaker. (There is a beautiful sand beach at the Park and playgorund facilities are available for everyone's use. The areas also has several cookout setups, which were available for grilling). Five paddlers showed at the the 10 o'clock meeting - Paula Greenlee, Martha McClusky, Steve Winter, Greg Eriksen, and Wayland Linscott.

After a leisurely paddle up the Songo River, the group turned back to meet with any late comers for lunch

back at our reserved site. No one was waiting, so after lunch, the group went back out on the water for some skills review- trying rolls and rescues. At Steve's suggestion, we tried using a paddlefloat to practice rolling, a hint he had picked up at John Cons' workshop the previous weekend, (Thanks, John!) and almost all of us had success. After the rolling, we went out into a more exposed area to practice assisted rescues, trying several kinds, taking turns being rescuers, and rescuees. The wind rose through the afternoon and by the end of the exercises, we were working in a fairly heavy chop, simulating well the conditions that often exist when these skills are needed. On the way back to our put-in, some of the group tried riding the waves that had blown up in the increasing wind. Back at the parking lot, we loaded the boats and agreed it was too bad that more people hadn't turned out for the fun.

— *Wayland Linscott*

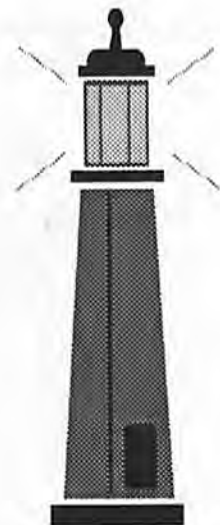
Paddling Partners

Bill Ridlon-	Wed & Thurs evenings thru August	799-5161
Nikki Kayser-	Evenings, Weekends	845-9292
Dorry Shaw-	Weekdays, evenings, weekends	782-7937
Judith Mulligan-	Weekends	878-2227
Brenda Keene-	Wednesday, evenings & weekends	799-0361
Mike Detscher-	Weekday afternoons	865-9558
*Mary Jo Foley-	Wednesday, some evenings and Sunday	846-0925
Nancy Smith-	Weekends	799-7686
Dick Lemieux-	Weekends, Evenings	767-4318
Burt Wolf-	Weekends & evenings	797-5184
Jon Cons-	Weekends (Irreg.)	625-4695
Lee Bumstead-	Weekends, some evenings	799-1855
Joe Redshaw-	Weekends	934-2568

*Mary-Jo Foley Paddling trip during week after labor day 5th - 9th or 4th - 8th. I may go to Flagstaff Lake, some paddling and hiking combined. Other possibility is going to Meerymeeting Bay for a few days. May include an overnight to Crow-Casco or Jewell Island. Looking for a few people to join me - could do 2 short trips.

Anyone interested in a trip to Stonington or Campobello Island Call Nikki @ 846-9290 and/or Dorry 782-7937.

Stonington/Muscongus Bay overnight or a local overnight call Dorry Shaw.



So. Me. Sea Kayaking Network Library

(can be checked out at meetings or by calling Barbara Carter)

Hutchins, Derek
Eskimo Rolling

Kulczycki, Chris
The Kayak Shop
Three Elegant Wooden Kayaks Anyone can Build

Putz, George
Wood and Canvas Kayak Building

Seidman, David
The Essential Sea Kayaker:
A Complete Course for the Ocean Water Paddler

Snath, Skip
Canoes and Kayaks for the Backyard Builder

Videos

What Now?
Sea Kayak Rescue Techniques
(Viewed at our August Member Meeting, "A Step-by-Step introduction to self rescue and aided rescue techniques")

Second Anniversary Paddle and Picnic August 13, 1994

Although the day was overcast and promised afternoon showers, I set out for Winslow Park determined that at least one person would show up for the second anniversary paddle and picnic. Despite my pessimism, within 15 minutes of my arrival there were 13 kayakers in the parking lot including 3 from Massachusetts to join us.

After consulting charts and considering the weather, the group decided to paddle around Lanes Island and then up the Royal River. The calm water was conducive to a true "group paddle". Conversations ran the gamut from getting to know each other to business topics for upcoming meetings.

The "brief" pit stop at the Cannery turned into a delightful half hour lunch break which included fresh baked goodies and a healthy dose of joking. During our return to Winslow Park it became evident that not only had few paddlers brought cookout supplies but rain was imminent. We rafted-up near the end of the Royal River to discuss our options. Mary-Jo graciously offered shelter and hospitality to the group and it was eagerly accepted. The return to Winslow Park proved uneventful though before the last kayak was out of the water the rain arrived to hurry us along.

It was a wet but happy group that descended upon Mary-Jo and her 3 cats. The "cook-in" was the epitome of a meeting of casual friends with a common interest -- kayak talk was interspersed with bits and pieces from each person's everyday life. The only element missing from this otherwise perfect anniversary was Mike Detscher's kayaking cake. However, the group managed to survive with Bill's chocolate cream pie. —*Bill Ridlon*

From the desk of Steve Jocher

If you anyone is interested, I am in the final stages of completing the building of my sea kayak. My thought is that there are other woodworkers or interested sea kayakers who have contemplated building their own boat. I would be happy to answer questions, help others find material, show my boat, etc. It is an 18' 4" Alutian Baidarka design - built from Red cedar strips and covered with clear fiberglass/epoxy. It should be under 40 lbs. when done. I purchased plans and built it all from scratch. (1" x 4" x 2-0' boards) Mo-hogany trim on cockpit cowling and hatch covers. It is a very attractive boat - if I say so myself!

I can be reached at home 799-7761 or work 642-0360.



What's Happening?

Call the Newsline 24 hours for updates 874-2640

August 21 & September 19

Full Moon paddles with Norumbega Outfitters. Call the store for details and launching sites.

Friday through Sunday, August 26-28

Students Island on Mooselookmeguntic Lake (near Rangely, Maine)
We have reserved the best three sites on this beautiful island, which is part of the Stephen Phillips Memorial Preserve.

To reserve space, contact Chris Robinson by August 15. 828-1629

Thursday, September 22

General Membership meeting— 7:00pm at Norumbega Outfitters 58 Fore St., Portland. Please bring "potluck snacks and desserts" (be creative!). Also bring any photos and slides you have from your recent Kayaking escapades for a photographic show and tell. We will be selecting some to use in an album which we'll show to prospective new members. (and your name will be mentioned as well- fame and fortune could follow!)

Please note: If you are listed as the contact person for an event, it is your responsibility to bring waiver/ release forms to be signed by all participants. These forms should be sent to Jeff Wescott, c/o Norumbega Outfitters, 58 Fore St., Portland, ME 04101, at the conclusion of the event.

Classifieds and Such

Klepper Aerius II: 2 person folding kayak. Extraordinary stable expedition or family boat. Has spray deck, 2 spray skirts, 2 paddles, 2 canvas carrying bags and quick reefing spinnaker sail rig. \$2,200. (This boat goes for \$4,800. new!) Kevin Zorski 865-1453.

Need a personal alarm "PAAL" for you or your kayak? Call Nikki Kayser at 846-9290