



Southern Maine Sea Kayaking Network Newsletter

Hello!

What a beautiful autumn we've had. Eleven paddlers turned out for the pumpkin hunt at Fort Gorges on Sunday, October 30 — a magnificently balmy day for so late in the season. A pumpkin was found by each participant and prizes were awarded. All agreed a fun time was had and a repeat next year is in order with the addition of pumpkin food items to be consumed; Network members like to eat! Thanks to Jon Swan for being the contact for this event.

Thanks to Chris Robinson for organizing the third annual Mooselookmeguntic Lake trip in August, possibly the Network's biggest turnout to date, 17 paddlers, I believe. (See story by Lee Bumsted).

At our September meeting several members brought photos of Network events for display. Prizes were awarded to three photographers.

Thanks to Mary Jo Foley for being volunteered to put together a Network photo album. Give photos to her for inclusion in the album, which will be brought to Network meetings for your viewing pleasure. Thanks to all who brought snacks/desserts to the meeting. Steve Winter should have gotten a prize for his scrumptious homemade chocolate chip cookies.

Our next membership meeting is Thursday, January 19 at 6:30 At the L.L. Bean Discovery Room. We do not yet have a presenter lined up for that meeting. If you have any ideas for a presentation, please let me know.

Happy and safe paddling-

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

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

SMSKN Heads to the Mountains!

Seventeen Network members gathered at Students Island on Mooselookmeguntic Lake the last weekend of August for a great time paddling and camping. While many of us were confused about when high tide was and why there were no lobster pot buoys to help indicate the tidal flow, we adapted rather well to this beautiful fresh water environment in the midst of Maine's western mountains.

Kudos to trip organizer Chris Robinson for ably organizing this 3rd annual trip and arranging for great weather. (Go ahead and mark your calendars for next year, same weekend, same island...Chris placed the reservation before she left!) Most paddlers arrived Friday evening; a few of us stragglers, enjoying a beautiful starlit paddle were guided to the campsites by the sound of the SMSKN members' fireside laughter.

Saturday morning we split into groups, with one heading off to explore other islands within the Steven Phillips Memorial Preserve and the other group visiting a dam and nearby blueberry patch. Afternoon activities included hiking the perimeter trails of mile-long Students Island or sitting on the shore admiring the mountain views from our 1400' elevation vantage point.

Our pot luck dinner was superb, with entries ranging from scallop jambalaya (Jon Swan and Karen Luse's contribution) to cannolis (Mark Daniele assembled,

courtesy of the absent Mike Detscher)... no freeze-dried food for this crowd! The evening's entertainment featured ballroom dancers Bill Ridlon and Debra Nichols waltzing and jitterbugging across a grassy knoll guided by lanterns marking the edges of the bumpy dance "floor", in what may have been their most challenging dance exhibition to date. (But how did they get that boom-box into a kayak?) The night-owls amongst us got to see an orange half moon rising over Mooselookmeguntic Lake before calling it a day.

Sunday we enjoyed further explorations of our fresh water surroundings, with a few members going for dips and everyone getting another paddle in before driving south and closer to salt water than we had been all weekend.

Steven Phillips Memorial Preserve offers wilderness camping 130 miles northwest of Portland, near Rangeley, with several sites along the "mainland" shore and over twenty more scattered over a few different islands on Mooselookmeguntic Lake. Sites are equipped with tables, fire pits and privvies; bring your own water. Call 207-864-2003 for reservations or more information, or join us next August!

— Lee Bumsted



Paddling Partners

Mary Jo Foley - *nights, weekends.* 846-0925



Looking for a Challenge?

Summer Maine Sea Kayaking Program for College Credit

The Maine Awareness Research Expedition Center
of Franklin Pierce College Rindge, New Hampshire and
Maine Outdoor School of Rockport, Maine offers

The Explorers Expeditionary Leadership Program

- ☛ Sea Kayaking - Coastal Ecology
- ☛ Wilderness First Aid Certification
 - ☛ Expedition Planning
- ☛ Wilderness Leadership Theory
- ☛ Rock/ Rope Climbing Instruction

The Explorers Dates:

May 30 - June 12 (ages 18-22)

July 2 - July 15 (ages 16-22)

July 22 - August 4 (ages 16-22)

14 day program - 3 college credits - \$1775.00 tuition, board & room

Contact: Ron Baptiste: Coordinator - M.A.R.E. Center 1-800-868-3223

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!

East Casco Bay - New Meadows - Small Point	Steve Winter	443-3623
Muscongus Bay	Lee Bumsted	799-1856
Lakes Region - Casco, Raymond, Naples	Wayland Linscott	655-7442
Flagstaff Lake	Mary Jo Foley	846-0925

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

Seldman, David

The Essential Sea Kayaker:

A Complete Course for the Ocean Water Paddler

Snath, Skip

Canoes and Kayaks for the Backyard

Builder

Cyrus L. Day

Knots & Splices

Don Jacobson

The One Pan Gourmet: Fresh Food on the Trail

Alan S. Kesselhelm

The Lightweight Gourmet: Drying and Cooking Food for the Outdoor Life

Chris Townsend

Walking the Yukon: A solo trek through the land of beyond

Douglas Alvord

Beach Cruising (An illustrated guide to boats, gear, navigation techniques, cuisine and comforts of small boat cruising)

Ragged Mountain Portable Wilderness

Anthology (Views of the natural world from Thoreau, Melville, Muir, Dickinson, Sandburg, Lewis and Clark and others).

Ralph Diaz

Complete Folding Kayaker

David R. Getchell

Outboard Boaters Handbook: Advanced Seamanship and Practice Skills

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")

Paddling Far and Near

Would others be interested in sharing a house rental on Deer Isle next July?

If six people share a house, it would cost about \$100.00 per person for the week.

I will investigate soon. Jon Swan 775-3597



What's Happening?

Call the Newsline 24 hours for updates 874-2640

January 15th and 22nd, 1995

Pool practice sessions 10am to 12 noon; \$8.00 per person
advanced registration required. Call Barb Carter @ 772-7750

General Membership Meeting

Thursday, January 19th @ 6:30pm at the L.L. Bean Discovery Room

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

Pentax wide field binoculars 8x40 - 9.5degrees. Exceptionally bright, clear image. Case, dust caps, strap included. \$100.00. Call Bill @ 772-7750

1994 Northwest Kayaks Cadence LP. Red with beige hull. Werner 2 piece fiberglass paddle. Thule kayak cradle. Paddle float, drybags, flares and lots of other goodies. Used only one season; very stable boat with large hatches and aluminum rudder. \$1750.00.

Patagonia Scanorak paddling shell. Men's medium. Teal. \$100.00

Nikonos IVa 35mm underwater camera. (perfect for kayaking). \$275.00

Call Gary Shepard @ 797-5325

Southern Maine Sea Kayaking Network Acknowledgement of Self-Responsibility and Release

I, _____ (printed name) understand that sea kayaking involves significant potential risks to my health and equipment, in part due to cold and/or turbulent water. I agree to assume these risks in their entirety when participating in Network events. I also understand that while others may have skills and/or knowledge greater than mine, they are not responsible for my well-being. I agree to inform my fellow paddlers of any significant aspects of my physical condition or medical history that might increase the risk to myself or others. I give my permission to participants to seek emergency medical treatment for me should I require it during a Network event. I agree to exercise all necessary caution during Network events and to exercise my personal judgement in a manner consistent with my skill level, knowledge and experience.

Network Trip Paddling Guidelines

- Self-rescue skill are essential. Do not count on being saved by someone else.
- Consider tide and weather information before launching.
- Discuss a float plan among the group before launching. (Plan your paddle and paddle your plan.)

Advised Equipment:

PFD	pump
sprayskirt	compass & chart
paddle float	flares
proper flotation	whistle
wetsuit or drysuit	spare paddle
waterproof light	water, food, & matches
complete change of clothes	reflective tape on boat, paddle, & PFD
first-aid kit	weather/VHF radio
strobe light	tow line

I have read this statement and fully understand its content. I am aware that I am releasing certain rights on behalf of myself and my family in return for being permitted to participate in Network events. I totally and completely release and absolve the Southern Maine Sea Kayaking Network, its members, its officers, and all trip/event participants from liability of any sort relating to bodily injury or damaged equipment.

For new membership, enter all information below. For a renewal, enter any changes and sign.

Signature _____ Date _____

Signature of Parent or Guardian if Under 18 _____

Address _____

Town _____ State _____ Zip Code _____

Phones (home) _____ (work) _____

Do you wish to have your phone number listed in the newsletter? _____

Emergency contact _____ phone _____

Experience Level? _____ Typical Day (distance)? _____

How did you learn of us? _____

Please make checks for \$15.00 payable to: Southern Maine Sea Kayaking Network and mail to: P.O. Box 4794 Portland, ME 04112-4794