



# Southern Maine Sea Kayaking Network Newsletter

## Hello and Farewell!

I am happy to welcome Bill Ridlon as the new president of SMSKN! He has been involved with the Network since its beginnings as an enthusiastic participant. He served as our first treasurer, handles the memberships, helps with getting out the newsletter, has led several trips, was responsible for the creation of our beautiful T-shirts, and always has new ideas to offer for improving the Network.

Jeff Wescott, former secretary, will be leaving the board. He was one of the original starter-uppers who could always be counted on to complete a task. He made sense of the whole incorporation process for the rest of us as we struggled with bylaws, etc. Jeff has led many trips and organized events, and we hope he will continue to do so! He has welcomed our meetings at Norumbega Outfitters, his second home, or is it his first? Thanks Jeff for three years of dedication!

Welcome, also, a member new to the Planning Board, Mary Jo Foley as secretary! She has been a faithful, long standing member of the Network and will be a valuable addition to the board. She is leading our first spring event on April 30, a Basket Island Clean-up/Lunch Paddle (See "What's Happening"). Jon Swan will continue as our trusty treasurer, and Lee Bumsted and Wayland Linscott will carry on as members at large. I feel confident that I leave the board in good hands! I remember very well three summers ago when a few of us conceived the idea of a sea kayaking network in Southern Maine. We advertised the idea and posted an initial meeting date, in August of '92, open to anyone interested in such an idea. About 20 people showed up in my back yard that August. Right then and there I believe Bill Ridlon volunteered to be the treasurer, and within a week we had 12 paid members. (Now our membership numbers linger around 60-70 from North

Conway, NH to Wiscasset, ME to Newton MA and all in between). David Sanford offered his office in South Portland as a meeting place which we quickly outgrew. I remember one of our first meetings there when we were trying to agree on a name for the network. Here are a few that were put to vote: CISK (Calendar Island Sea Kayakers), KOAK (Kayakers of the Atlantic Coast), MECKA (ME Coastal Kayakers Assoc.) and SeaKaSM (Sea Kayakers of Southern Maine). SMSKN was not my favorite; it isn't even pronounceable, but it won't he vote. So there you have it. Some of the original members met as a "steering crew" to discuss further our goals and how to proceed. At that time we seemed to be in agreement that our purpose was to have fun and to promote safe sea kayaking. This is still our purpose, and I believe we are in fact doing both.

I have enjoyed being the president of the network. I have grown and learned a lot through the experience, and I am ready to pass the responsibility on. This will be my last introduction to the newsletter. You may find me on other pages in the future. Thanks to all of you for being a part of the Network. May we continue to grow and enjoy the sort of sea kayaking together.

**Happy and safe paddling-**

*Barbara*

## ***JULY Newsletter— Deadline for entries will be June 15th.***

Please send all kayak related stories, articles, book reviews, jokes, cartoons, photos, artwork and classifieds to: Gary Shepard, 57 Marlborough Dr., Portland, ME 04103.

*The Southern Maine Sea Kayaking Network in an association of paddlers interested in connecting with others who enjoy the sport of sea kayaking. Our purpose is to have fun while, at the same time, promoting safe and responsible practices.*

Please feel free to contact any of the following members with your questions or ideas concerning the Network.

**Bill Ridlon, President   Mary Jo Foley, Secretary   Jon Swan, Treasurer   Lee Bumsted, Member at Large**  
**Wayland Linscott, Member at Large   Bill Ridlon, Membership   Gary Shepard, Newsletter Editor**

## Paddling Partners

Rachel Dufresne - evenings, weekends. Vacation on July 24th and August 14th. Anyone interested in day trips or overnight camping, please call 784-0166

Mary Jo Foley - looking to paddle some Wednesdays, weekends and Summer evenings— especially Harpswell to Portland—846-0925

Gary Shepard - weekdays (warm ones!) 797-5325



## *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	<b>Steve Winter</b>	<b>443-3623</b>
Muscongus Bay	<b>Lee Bumsted</b>	<b>799-1856</b>
Lakes Region - Casco, Raymond, Naples	<b>Wayland Linscott</b>	<b>655-7442</b>
Flagstaff Lake	<b>Mary Jo Foley</b>	<b>846-0925</b>
Southern Casco Bay	<b>Bill Ridlon</b>	<b>799-5161</b>
Monhegan, Matinicus, Seguin	<b>Chuck Jones</b>	<b>784-2721</b>
Muscle Ridge, Matinicus	<b>Jeff Wescott</b>	<b>773-0910</b>
Saco Bay	<b>Joe Redshaw</b>	<b>934-2568</b>
Campobello Island, N.B.	<b>Gary Shepard</b>	<b>797-5325</b>



**What's Happening?** *Call the Newsline 24 hours for updates 874-2640*

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**Sunday April 30th**

Basket Island clean up. Bring a lunch and an empty boat to carry back flotsam and jetsom. Meet at 11am on Cousins Island by the bridge. Mary Jo Foley will field any additional questions you might have @ 846-0925.

**Tuesday May 2nd**

Jeff Westcott will be conducting a navigational skills course for SMSKN members to brush up on their abilities that may be atrophied over the winter. Starting time is 7:00 PM at Norumbega Outfitters. For navigational guidance to Norumbega or for more information call Jeff at 773-0910 during the day.

**Saturday May 20th**

MITA will be hosting a picnic on Little Chebeague Island in Casco Bay at 12:30 PM. Bring your own picnic food and supplies.

**Saturday May 20th**

Trip Planning Workshop. If you're interested in the how-tos of trip planning for day trips, week-ends trips and extended trips, you shouldn't miss this workshop. Whether you need to plan for just yourself or for a whole group, you'll be able to pick up helpful ideas and suggestions from some of the members who have done trip planning both individually and as trip group leader. For the location and directions call Wayland Linscott at 655-7442.

**Sunday May 21**

Potluck and paddle. We'll put in at 10am on Cousins Island. 5pm is the planned pot luck—bring whatever you'd like. Feel free to attend either or both events. This will be in lieu of our regular General Membership Meeting. For details, call Mary Jo Foley @ 846-0925.

**Saturday May 27 thru Monday May 29, Memorial Day**

Camping at Sommes Sound Campground on Mount Desert Island. The Network will reserve a number of campsites at this beautiful campground for Memorial Day Weekend. There is access to spectacular Sommes Sound from the campground and the Cranberry Isles south of Mount Desert are just a few miles away. If interested call Jon Swan (775-3597) to make your reservation soon, since there is room for only a limited number of tents.

**The First Saturday of Every Month Paddle**

We meet at Kettle Cove in Cape Elizabeth at 10am and paddle to Richmond Island. Call Jon Swan for additional details. The monthly paddle will always be ON unless there are gale warnings posted or threats of earthquakes. Jon's number is 775-3597.


**Tuesday June 6th**

SMSKN Planning Meeting at 7:30 PM. Have ideas that you'd like to see come to fruition? Want to get a little more involved with the Network? Want to just see how things happen in the Network? The Planning Meeting is the place to be. Join the newly elected Board of Directors to plan July, August, and September events. Call Jon Swan at 775-3597 for location, directions or more information.

**Saturday and Sunday July 15-16**

The 3rd annual Crow Island Clean up on Muscongus Bay. Contact Bill Ridlon for details. 799-5161.

*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 Westcott, c/o Norumbega Outfitters, 58 Fore St., Portland, ME 04101, at the conclusion of the event.*



# 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

**Snaith, 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. Kesselheim**  
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

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

**Book Review—***Walking The Yukon - A solo trek through the land of beyond*  
by *Chris Townsend*

Published by Ragged Mountain Press - Camden, Maine

A kayaking book this is not so if you're looking to expand your knowledge of kayaks and kayaking this is not the book for you. However, if you'd like a good story for a long winter's read or a summer beach chair escape, this just might fit the bill. This is a story of Townsend's hike for Southern Alaska, through the Yukon territory in northern Canada, to Fort McPherson north of the Arctic Circle -- a distance of about 1,000 miles. Not only does the reader get a taste of the author's trip and its preparation, but he or she also learns a considerable amount of history of the Yukon, especially of the gold rush in the late nineteenth century. Though the trip began in June and ended in early September. Townsend had to deal with snow during the first part of the trip and a snowstorm at the end. In between there were cold nights, hot days, cold rains, and many adventures.

The book contains excellent appendices that cover, among other things, food, equipment, and photographic equipment. If you're considering a long hike some day, just these appendices are a valuable addition to your knowledge.

If you'd like to read Townsend's story yourself, it's in the SMSKN library or, if you'd like to have your own copy, contact Ragged Mountain Press in Camden.

## **Classifieds and Such**

*( Ads are free for all current members— please, no ads over the phone)*

***Skerray polyethelyne Expedition sea kayak. Excellent shape. Used two short seasons. Palm spray skirt and cockpit cover. \$1,150. /BO. Chris Robinson 828-1629.***

***Thule rack, with locks, for VW Golf or Jetta 1985 - 1993. Cost \$128.00 new, used two seasons — \$65.00 Jon Swan 775-3597***

***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.***

*Please note: Commercial advertisers can obtain rate information by contacting Bill Ridlon — 799-5161*

## **A WINTER'S TALE**

*—By Jeff Wescott*

Well our winter paddling season was pretty good this year with trips out to Boon Island, an overnight to Jewell Island on New Years Day, and many day trips. But my favorite was in mid February going from Friendship harbor to Crane Island.

It was a bright sunny day with the temp. at 20 degrees and the wind 10 - 15 knots from the SW. The trip began normal with Mike, Daryl, and Denny all razing each other as we headed out. Our favorite game is a sort of tag to occupy our time while we slog the miles. You either hit the other persons boat with yours to knock it off course, or you can sneak up on them and grab their stern while they can do nothing and you get a free ride. This continued until we found some rock garden to play in near Cranberry Island. It was perfect with the swell breaking over a ledge with a deep pool behind. We all played in it for about five minutes with the waves washing over our decks while practicing our low braces. I almost did an ender on Daryl as I was shooting pictures, I drifted in on the ledge so my bow hit the rock as the swell lifted up my stern, needless to say I grabbed my paddle and reserved pretty quick.

After that adrenaline rush we had to fight the wind to Crane Island which made up moan about too much effort, but on the way back it was worth it. The wind and the tide fetch were at our backs and the surf ride was excellent. I was able to catch a wave and carve it from side to side for a good 10 - 15 seconds. It is amazing how you can go from 50 yards in front of them in a matter of a minute if you catch the wave right.

Needless to say it was a fun trip and a super way to end it. Now we have to decide where to paddle in March and April before the waterways get crowded again.

# *Southern Maine Sea Kayaking Network*

## **Paddling Tips**

**When loading your kayak, keep slightly more weight in the rear hatch than the front hatch. A bow that is heavier than the stern will make for a kayak that's difficult to control.**

**A wet kayak will slide much more easily on kayak saddles than a dry one.**

**Beware of using your cockpit cover while transporting your kayak on the top of your car or truck. The wind can sometimes blow a cover off.**

**Use the off-season to maintain any metal fittings on your boat. The metal will gradually corrode from the salt water without regular maintenance.**

**Practice rolling and wet exits in a winter pool or in the summer in a warm pond. Someday you may need the ability to get out of your kayak while upside down. Practice getting back in, too.**

**When nearing land, look for breaking waves far from shore. They usually indicate a rock just below the surface.**

**On an overnight trip, take a weather radio. The weather can change quickly and the weather service can often give you the advance warning you need to get back to shore before it's too late.**

**For easier navigation, mark your chart with lines parallel to magnetic north and learn to use an orienteering compass.**

**When you're ready to try eskimo rolling, use a paddle float in the early stages until you're more comfortable with rolling and ready to try it without the paddle float assistance.**

**A paddle float can double as a pillow on overnight trips.**

**Carry a gallon of fresh water in your vehicle and use it to wash the salt water from your kayak before loading it up onto your rack.**

**Try a pair of wool socks inside Gore-Tex oversocks for toasty warm feet in the spring or autumn.**

**Use a glow-stick to be seen during night-paddling.**