



# Southern Maine Sea Kayaking Network Newsletter

## The View From Here

Welcome to our summer issue! I'm looking forward to leading the Network into it's fourth year. Our first and former president, Barbara Carter, did an excellent job of getting our group started and nurturing it for it's first three years. She'll be a tough act to follow. Fortunately, the folks serving on the Board of Directors are a talented bunch. I think we've got a good combination of experienced hands and new-comers that all share the enthusiasm of sea kayaking and growing the Network to be the best it can be for all of us.

Before getting into the good parts of this issue I want to thank each of you who took the time to fill out and send in the survey. It's been very valuable to the Board of Directors and we will be contacting those of you who generously volunteered to help with various tasks that need to be done to keep the Network alive.

As you peruse this issue you may find that the format is a little different from the last few issues. Feel free to tell us what you think of it on the newslines (874-2640). Be sure to check the "What's Happening" section; there are a number of trips and events to choose from. Also, take a look at the two new columns. Steve Winter will be keeping us up-to-date on new outfitter trips that he's received information on since the last newsletter. If you're considering a guided trip anywhere in the world any time during the year, chances are Steve has some information about it. Steve usually comes to the Network meetings and brings the guided trip information for those who are interested.

I'll be keeping you up-to-date on my trips onto the Information Highway, commonly known as the Internet, to look for information about kayaking. So far, I've found

sources in Canada, the U.S., the United Kingdom, New Zealand, and Australia. If you're looking for information that the Network can't provide, give me a call about putting a message out on "the Net" looking for answers.

The five of us on the Board of Directors have been taking a look at some long-term issues such as how many members is ideal, how the Newsletter should look, and whether and how we should advertise/market ourselves. I'll be passing along much of what we discuss in future issues.

Finally, and most importantly, I wish you a great paddling season. If you're looking for a place to paddle or a person with which to paddle, check the listed trips first. If they don't fit your schedule or are not to your liking, try the Paddling Partners section. If that doesn't work for you, try the newslines (874-2640). Plan a trip on Wednesday or Thursday for the weekend and mention it on the newslines – the chances are good that another member will respond. Lastly, you might try calling other members directly from the phone list. The chances are good that you'll find someone who wants to paddle on the weekend. What's more, if you can go out only on Sundays or weekdays, let other members know -- we have several members in the same situation. In any event, I'm looking forward to seeing many of you on the water this summer -- both practicing rescues and enjoying the sport.

*Bill*

*The Southern Maine Sea Kayaking Network is 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.*

## Paddling Partners

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

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

**Cynde Clark** - Weekdays, evenings, weekends — 865-3603

## SMSKN Board

|                         |                          |
|-------------------------|--------------------------|
| <b>Bill Ridlon</b>      | <i>President</i>         |
| <b>Mary Jo Foley</b>    | <i>Secretary</i>         |
| <b>Jon Swan</b>         | <i>Treasurer</i>         |
| <b>Lee Bumsted</b>      | <i>Member at Large</i>   |
| <b>Wayland Linscott</b> | <i>Member at Large</i>   |
| <b>Bill Ridlon</b>      | <i>Membership</i>        |
| <b>Gary Shepard</b>     | <i>Newsletter Editor</i> |

## *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!

|   |                         |                 |
|---|-------------------------|-----------------|
| <b>East Casco Bay - New Meadows - Small Point</b> | <b>Steve Winter</b>     | <b>443-3623</b> |
| <b>Muscongus Bay</b>                              | <b>Lee Bumsted</b>      | <b>799-1855</b> |
| <b>Lakes Region - Casco, Raymond, Naples</b>      | <b>Wayland Linscott</b> | <b>655-7442</b> |
| <b>Flagstaff Lake</b>                             | <b>Mary Jo Foley</b>    | <b>846-0925</b> |
| <b>Southern Casco Bay</b>                         | <b>Bill Ridlon</b>      | <b>799-5161</b> |
| <b>Monhegan, Matinicus, Seguin</b>                | <b>Chuck Jones</b>      | <b>784-2721</b> |
| <b>Muscle Ridge, Matinicus</b>                    | <b>Jeff Wescott</b>     | <b>773-0910</b> |
| <b>Saco Bay</b>                                   | <b>Joe Redshaw</b>      | <b>934-2568</b> |
| <b>Campobello Island, N.B.</b>                    | <b>Gary Shepard</b>     | <b>797-5325</b> |



# What's Happening?

**Call the Newsline 24 hours for updates 874-2640**

**Saturday, Sunday July 15th, 16th**

Crow Island clean up on Muscongus Bay. Contact Bill Ridlon for details.

**Tuesday, July 18th**

7:30 pm— general membership meeting. Location— L.L Bean retail store Discovery Room.

**Saturday July 28th—Tuesday July 31st**

Sebago Progressive paddling expedition! See detailed ad elsewhere in newsletter for details.

**Saturday July 29th**

Sebago Lake progressive annual picnic—see Sebago Lake Progressive ad elsewhere in the newsletter for details.

**Sunday July 30th**

Cousins Island paddle to Haraseeket Marina for lunch. Contact Mary Jo Foley for all the particulars.

**Saturday August 5th**

10:00am—First Saturday of the month paddle At Lookout Point in Harpswell Center. Contact Jon Swan for details. 775-3597

**Sunday August 13th**

SMSKN 3rd Anniversary paddle at Winslow Park, Freeport. Meet at 10:00am at the parking lot — cookout to follow. We will supply charcoal. Be sure to bring some \$\$ for the entrance/launching fee. Mary Jo Foley and Bill Ridlon are the one's to call for add'l questions.

**August 25-27**

The famous Mooselookmeguntic weekend extravaganza—three days of paddling, partying and phun! Be sure to register by August 10 to insure a spot. Call Bill Ridlon to do so.

*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 Mary Jo Foley, 26 Willow St., Yarmouth, Me 04096, at the conclusion of the event.*



## "THE BOX"

The Box is a resource for Network members. It consists of printed materials of interest to kayakers received primarily in the mail. These materials are currently filed in The Box under these categories: trips, equipment, newsletters/magazines, and misc. The trips folder is especially provoking for trip dreamers and doers: there are mailings from commercial outfitters for trips from all over the world (Fiji, Alaska, British Columbia, Mexico, Central American, Chile, Virgin Islands, Maine, Nova Scotia,...) including color pictures, prices ( some include group or club discounts), and descriptions. If you do not want to go with an outfitter, and the brochures will stimulate your imagination as to where to go and what to do. The equipment folder has vendor brochures for things such as kayak fishing rods and Swedish performance kayak paddles; some vendors note that they give a discount to folks when they show their membership cards (ask before you buy). The newsletter/magazine folder has offerings from Atlantic Coastal Kayaker, Wave-Length, NORUMBEGA, Casco Bay Bulletin, H2O, etc. If you have any written materials of interest that you want to pass on to other members, give them to The Box. The Box tries to appear at each meeting. Items of particular interest will be mentioned in future newsletters. If at other times you want to browse, have a question, or want to make a contribution, contact The Keeper of The Box (currently Steve Winter—Address: RR#1 Box 518, Foster Point Road, West Bath, Maine 04530; Phone: 207-443-3623).

# So. Me. Sea Kayaking Network Library

(can be checked out at meetings)

**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. 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

**Newell D. Breyfogle**  
Common Sense Outdoor Medicine

**Wolfgang Binck**  
The Aleutian Kayak: Origins, Construction, and Use of the Traditional Seagoing Baidarka by ( 2 copies)

**Jack Williams**  
The Magnificent Peninsula, The Only Absolutely Essential Guide to Mexico's California.

## Videos

**What Now?**  
Sea Kayak Rescue Techniques  
and aided rescue techniques.

## Book Review—

*Sea Kayaking Along the New England Coast*, Tamsin Venn, Appalachian Mountain Club, Boston. 1991. Paperback; 240 pages; \$14.95. The major portion of this book is a series of descriptions of suggested kayaking trips with details on put-ins, camping locations, and background on what to see on each of the trips. There are eleven trips in Maine, three in New Hampshire, twelve in Massachusetts, and three each in Rhode Island and Connecticut. This makes a great book for planning trips as well as to get a feel about possible trip locations. There are also chapters on equipment and techniques but these areas are better covered in other books in the SMSKN library. I recommend this book on the strength of the preplanned trips which range from a few hours, to several days in length. *Reviewed by Jon Swan.*

## **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.*

*Rigo Touring Boat. Capacity of a canoe, grace of a kayak, and stability far greater than either puts this touring boat in a class of its own. Great for travelling with small children. Length: 17'; Beam 37"; Weight: 85 lbs; Seating: two; Material: Fiberglass; Flotation: 4 individual air compartments; Paddles: two wood Pilz-Elbe take-aparts with brass fittings; Colour: red deck, white hull, black trim. Call Sharon Miller, Gabriola Island, at 604-247-8771 or reply to me, HStiff@Mail.Island.Net*

### **May 21 Potluck and Paddle**

**Under the bright, clear skies of May 21st a group of nine SMSKN paddlers launched off Cousins Island Beach. An on-time departure, hampered by only one late arrival, was fearlessly led by Mary Jo Foley.**

**People came from far and wide. David Schultz escaped Newton, Massachusetts to join us. Nicki Hennings came from Norfolk, England to join us after meeting a SMSKN member, Lee Bumsted, in New Zealand this past winter. She was accompanied by her personal guide, Lee. Several locals also joined the group, as well, including Bill Ridlon, Debra Nichols, Connie Ostis, Nikki Kayser, and Mark Daniele. It wasn't until we were at the power station pier that we noticed Wayland Linscott had sprinted out to join the crew.**

**Most of the group decided to paddle on to Basket Island, being "weather-radio" assured the predicted showers would hold off until early evening. At Basket, a large and lazy lunch was had by all until Wayland spotted "it"! A giant, white dome looming over the horizon. It continues to remain unidentified and is yet threatening the entire population of Yarmouth, still, as we go to press. After some island clean-up, we re-traced our route and returned to the beach at Cousins Island.**

**After loading the boats onto various vehicles we reconvened at Mary Jo's for the potluck half of the outing. Our timing was right that day because it wasn't until we were safely inside and enjoying a fine meal that the thundershowers came through. It was a fine day for all concerned with pleasant paddling and a delicious dinner with excellent company.**

**- Nikki Kayser -**

**The Southern Maine Sea Kayaking Network**  
**MEMBERSHIP APPLICATION**  
**&**  
**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 skills 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.

**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.

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? \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent or Guardian if Under 18 \_\_\_\_\_

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