

February 1996



# Southern Maine Sea -Kayaking Network Newsletter

## OUT OVER THE WATER

It's Winter. I will bet it's safe to say that not many of you are still out paddling. Yes, I know, there are still some diehards that continue year-round. That, I'll bet, would be a good subject for an upcoming meeting: Winter paddling and how to get started. There are probably a number of us who would like to hear from those with winter experience. If you have winter paddling experience and would like to share it, please give me a call or send me electronic mail at [outdoors@mainelink.net](mailto:outdoors@mainelink.net).

Winter tends to allow plenty of time for introspection. It's a good time for self-evaluation; a good time for reviewing the past year and setting out a plan for the coming year. It's a good time for evaluating SMSKN, too.

Your board of directors/planning committee does this regularly and I want to pass on the results of our work so that you can use it in evaluating SMSKN for yourself.

As with many organizations, we regularly have members that choose not to renew their membership. Because of this, we must



continually look for new members just to keep SMSKN alive. To help advertise the Network, we created business cards this past year. As each member renews, they get some of them to give out to those who might inquire about kayaking or our organization in particular. Members of the planning committee think this method of advertising has been successful and I hope that you do too.

We continue to evaluate the newsletter. This is our primary method of communicating with you, the members. You will continue to hear from us on this issue as we want the content to reflect your needs. Sometimes we scramble to find articles and

authors for a particular issue. Please don't hesitate to volunteer with any kind of article or story. If I can somehow get by without embarrassing myself too much (with Nikki's help), you can too.

The newsline phone is our principal method of passing on the latest "what's happening" information. We're in the initial stages of enhancing the newsline with an e-mail option for those with a computer and an e-mail address.

I think membership growth has been a success for us this past year. At the beginning of both 1994 and 1995 we had about 70 members. The planning committee set a goal last spring of 10 to 15% growth over the next few years and we now have 84 members thanks to all of you

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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.

**April Newsletter  
Deadlines for Entries:  
March 31st**

Nikki Kayser: 136 W. Main St.  
Yarmouth, ME 04096

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

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who have seen the value of the Network and have recommended it to others. Also, a special thanks to Lee Bumsted and Debra Nichols for their successful marketing efforts.

Speaking of membership, I'd like to enumerate the benefits of being a member. First, of course, is the ability to network with other paddlers with various amounts and kinds of experience. Part of this is the newsletter, the newslines, postcards, and meetings. There's also the pool sessions, day trips, week-end trips, and seaside house rentals.

On the financial end there is the 10% discount members get from Norumbega Outfitters. If you want detailed information on kayaks and paddling, we have quite an extensive lending library. I guess in the end your renewal or non-renewal tells us if we're doing a good job here.

Let me end by making a plug here for a T-shirt. Two years ago we had some T-shirts with a Southern Maine Sea Kayaking Network logo available for sale. Those shirts sold out in about 10 months. We've decided to do it again. This time the design will be one color so the silk-screen will be much lighter than our original,

full-color version. We'll be taking advance orders through February 29th for a reduced price so come to the meeting on the 31st with your checkbook and get our second generation shirt.

Finally, even though it's cold and wintry, we'll soon be back on the water. We've included some trips already and we expect to have some more by our April/May issue. Take a look at what's coming up and mark your calendars for some great paddles!

*Bill*

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#### NOTES OF INTEREST:

If you're in the South Carolina area this spring, consider attending the East Coast Canoe and Kayak Symposium on April 19 through the 21st in Charleston, South Carolina. There'll be classes, clinics, workshops, and short paddling trips hosted by both H2Outfitters and the Nantahala Outdoor Center. If you're interested, Steve Winter has a brochure in "The Box".

#### New T-Shirts for Sale!

SMSKN is now offering for sale the second-generation T-shirts with the SMSKN logo on the front, this time in one color so as to make the silk-screen very light-weight. The shirts come in small, medium, large and extra-large and colors available are pink, oatmeal, light blue, yellow, natural, honey, rosewood, stonewashed blue, and stonewashed green. Other colors that may be available if you order before February 29 are ash, fuchsia, navy, red, royal blue, gold, forest green, jade, denim blue, turquoise, sky blue, sage, scarlet, purple, and a number of others. If you pre-pay for your shirts before February 29th, the cost per shirt is \$10. If you buy after February 29th, the cost is \$12 per shirt and colors and sizes are limited so buy now while selection is good and a discount is available.

#### Former President Barbara Carter Is Now a Mother

Barbara and Bill became parents on January 23rd to Emma, a 6-pound baby girl. Mother, Father, and daughter are at home and doing fine.

# What's Happening?

Call the Newsline 24 hours for updates 874-2640

**Week of March 3rd--Next SMSKN general meeting**

**Saturday, March 16th--Maine Island Trail Association annual fund raising auction @ Mariner's Church Banquet Center on Fore Street. For reservations call auction hotline (761-0093).**

**Sunday, March 17th -- Cross-country skiing in Kezar Falls. Call Jon Cons for directions, times, and information (625-4695).**

**Week of April 22nd-- Next SMSKN general meeting**

**Saturday, May 4th -- First Saturday of the month paddle. Call Jon Swan (775-9597) for more information.**

**Saturday, May 11th -- Day trip to Eagle and Jewell Islands in Casco Bay, leaving from Harpswell. Call Bill Ridlon (799-5161) for more information.**

**Friday, Saturday, Sunday, August 16 - 18th -- Annual Mooselookmeguntic trip.**

**Saturday, June 15th - Saturday, June 29th-- If you are interested in sharing an ocean side house on Deer Isle in June, call Jon Swan as soon as possible for details. Jon has rented the French house in Oceanville for two weeks from 6/15 to 6/29. We are trying to limit the space to five people at a time. Week long shares will be about \$117 which includes a \$10 refundable security deposit. We are doing this on a first come basis. Jon will need the money by 3/15 to pay the rent. We will have a waiting list in case people need to change plans. Call Jon Swan (775-9597).**

## **STILL PLANNING:**

**Mount Desert Island overnight trip**

**A second Jewell Island day trip**

**A Jewell Island weekend trip**

**A second Eagle Island (Casco Bay) day trip**

**A Biddeford Pool day trip**

**A Crow Island (Muscongus Bay) trip**

**An Isle-Au-Haut weekend**

**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.**

**Geographic  
Information  
Database**

**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**

**Southern Casco Bay  
Bill Ridlon: 799-5161**

**Muscongus Bay  
Lee Bumsted: 799-1855**

**Monhegan, Matinicus,  
Seguin  
Chuck Jones: 784-2721**

**Lakes Region - Casco,  
Raymond, Naples  
Wayland Linscott:  
655-7442**

**Muscle Ridge, Matinicus  
Jeff Wescott: 773-0910**

**Flagstaff Lake  
Mary Jo Foley: 846-0925**

**Saco Bay  
Joe Redshaw: 934-2568**

**Campobello Island, N.B.  
Gary Shepard: 797-5325**

**Winter Paddler List**

**Interested in Winter Paddling? Several SMSKN members continue to paddle through the winter. If you'd like to give it a try, or already are a winter paddler and want some company, give one of our hardy paddlers below a call.**

<b>Frank Allen</b>	<b>247-5334</b>	<b>Joe Redshaw</b>	<b>934-2568</b>
<b>Mark Daniele</b>	<b>865-9558</b>	<b>Mike Sylvester</b>	<b>934-0265</b>
<b>Richard King</b>	<b>934-2980</b>		

**OTHER SEA KAYAKING NETWORKS**

**Recently a group of sea kayakers have formed a "Sea Kayakers Network" in North Carolina. The objective is to network with others, schedule trips and share information on out-ins etc. We also produce a "newsletter" to which you may subscribe. E-mail me at [mjbyrne@aol.com](mailto:mjbyrne@aol.com) if interested.**

**NYCKayaker is for paddlers and small boaters in New York City and the surrounding area. The list we produce welcomes announcements of impending trips or events, discussions of attractive places to paddle, lively trip reports, warnings of local hazards, brief for sale or wanted ads, discussions of relevant environmental advocacy issues, and other topics of local interest. If you would like to discuss issues that are not of local interest, please consider the newsgroup "rec.boats.paddle". NYCKayaker is for both sea and white water paddlers. Metropolitan Association of Sea Kayakers, a club in NYC, is generously funding the list. NYCKayaker is not moderated. To join the list, send the following command in email to "nyckayaker-request@world.std.com": **Subscribe****

**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 America, 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, the brochures will stimulate your imagination as to where to go and what to do.**

**The following are some samples of the trips:**

**\* Adventure Kayaking of Pallau, Inc. Kayak trips in Micronesia, 500 miles north of New Guinea. Guided non-outfitted tours @ \$30/day; completely outfitted @ \$75/day. Fabulous diving and snorkeling amidst reefs, too. Average air and water temps in the 80's.**

**\* Outland Adventure (Seattle Washington). Kayak trips in Baja, Alaska, Canada, Costa Rica, Belize, Honduras. Sample: Explore LeConte Glacier Bay, the southern most calving tidewater glacier in North America. The base camp deep inside the bay allows us to observe rain forests, seals, eagles, cascading water falls, and intricate coves etched in the solid granite walls. Our return takes us past mammoth icebergs as we paddle across Fredrick Sound. \$1149 for 8 days.**

**\* Slickrock Adventures, Inc. (Moab, Utah). Winter trips in Belize and Honduras.**

**Sample: Glover's Reef. Perched on the brink of the continental shelf out of sight of the mainland, Northeast Caye lies on the slender coral ring that separates Glover's Atoll from the deep sea and the shallow waters of the lagoon. Covered with palms, ringed with coral beaches and surrounded by neon-blue seas, our private island serves as a base from which we sea kayak to underwater canyons, luxuriant reefs and other islands. Glovers contains more species of marine life than any other location in the Caribbean. \$935 for 6 days. Also a combo tour of Punta Gorda including Kayaking, jungle trekking, and Mayan ruins.**

**\* Endless Summer (Australia). Sea kayaking in a group of 186 islands near Papua New Guinea. Uninhabited tropical islands, warm golden sands, exquisite sea lagoons, underwater playgrounds of coral reefs and colorful marine life, luxuriant untamed rainforests in a forgotten part of the world. Average temps 27 degrees Celsius yearround. \$790 for 7 days.**

**\* Scaterie Island Sea Kayaking Symposium (Louisborg, Cape Breton, Nova Scotia).**

**This is closer to home: 26-28 July 1996. 12 km long, uninhabited, with beautiful beaches, caves, cliffs, and wildlife, such as whales, porpoises, seals, eagles, deer, ptarmigan and jack rabbits, the island is "a sea kayaker's Valhalla". Extending out into the warm gulf stream, Scaterie boasts warm waters, ideal for kayaking and snorkeling: "I've gone snorkeling in the florida keys, cuba, and numerous other exotic locations, Scaterie equals them all..." Call Fraser Kennedy (902) 733-2309. \$150.**

**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 at RR #1 Box 518, Foster Point Road, West Bath, Maine 04530. Phone: 207-443-3623).**

## **Southern Maine Sea Kayaking Network Library**

*Items may be checked out at meetings, or by contacting Lee Bumsted. Loan period is two months, with a 3 item limit per member, so that materials will be available to other members. Contact Lee with suggestions of reading/viewing materials you'd like the Network to acquire.*

- **The Aleutian Kayak: origins, construction, and use of the traditional seagoing baidarka; by Wolfgang Binck.**
- **Atlantic Coastal Kayaker - back issues.**
- **Beach Cruising: An illustrated guide to boats, gear, navigation techniques, cuisine and comforts of small boat cruising; by Douglas Alvord.**
- **Boston Sea Kayaking Club newsletter.**
- **Building Your Kevlar Canoe: a foolproof method and three foolproof designs; by James Moran.**
- **Canoes and Kayaks for the Backyard Builder; by Skip Snaith.**
- **Common Sense Outdoor Medicine; by Newell D. Breyfogle.**
- **Complete Folding Kayaker; by Ralph Diaz**
- **The Complete Inflatable Kayaker; by Jeff Bennett**
- **Eskimo Rolling; by Derek Hutchinson.**
- **The Essential Outdoor Gear Manual: equipment care and repair for outdoorspeople; by Annie Getchell.**
- **The Essential Sea Kayaker: a complete course for the open water paddler; by David Seidman.**
- **The Essential Wilderness Navigator: How to Find Your Way in the Great Outdoors; by David Seidman**
- **The Intercoastal Waterway Chartbook: Norfolk, VA to Miami, FL; John and Leslie Kettlewell, editors.**
- **The Kayak Shop: three elegant wooden kayaks anyone can build; by Chris Kulczycki.**
- **Knots & Splices; by Cyrus L. Day.**
- **The Lightweight Gourmet: drying and cooking food for the outdoor life; by Alan S. Kesselheim.**
- **The Magnificent Peninsula: the only absolutely essential guide to Mexico's Baja California; by Jack Williams.**
- **The One Pan Gourmet: fresh food on the trail; by Don Jacobson.**
- **The Outboard Boaters Handbook: advanced seamanship and practice skills; David R. Getchell, editor.**
- **Ragged Mountain Portable Wilderness Anthology: views of the natural world from Thoreau, Melville, Muir, Dickinson, Sandburg, Lewis and Clark, and others.**
- **Sea Kayaking along the New England Coast; by Tamsin Venn.**
- **Sea Sense: the handbook of offshore seamanship; by Richard Henderson.**
- **Walking the Yukon: a solo trek through the land of beyond; by Chris Townsend.**
- **What Now? Sea kayak rescue techniques and aided rescue techniques. *Video.***
- **Whitewater Rescue Manual: New Techniques for Canoeists, Kayakers, and Rafters; by Charles Walbridge and Wayne A. Sundmacher Sr.**
- **Wood and Canvas Kayak Building; by George Putz.**

## DISCUSSIONS ON THE INTERNET: FIRST AID KITS

Several people have inquired about appropriate first aid kits for kayak tripping. The question often comes down to how much first aid stuff is enough? Which is a fairly complex issue of course because it depends heavily on where you are kayaking, how long you are out, how far away help is, who you are paddling with, your first aid training, and so on.

How I deal with it is - I have two first aid kits. One for day trips or overnights with 3 or 4 people or less, and one for extended trips, group paddles and guided trips (say, 5-12 people). Everything I need for the extended version fits into a plastic waterproof toolbox (with a first aid symbol on it) that is the last thing I pack into the back hatch of a double. The light version fits in a smaller waterproof drybag, again appropriately labelled and stored.

Consider the basic first aid kit below. The items with \*'s beside them I consider essential even for a two-hour day trip, and therefore comprise my light first aid kit.

### First Aid Kit

- |   |                                   |
|---|-----------------------------------|
| 10 adhesive dressings 3/4" x 3" (Band-aids) *                               | 90% of paddling injuries          |
| 3 fingertip dressings *   | are minor scrapes, burns,         |
| 3 knuckle dressings *   | bites, and blisters. They         |
| 3 butterfly closures *  | can be debilitating, so           |
| 2 water-gel burn dressings (sterile) 2"x6" *                                | equip yourself with a             |
| 1 abdominal pad (sterile) 10" x 12" *                                       | variety of minor wound dressings. |
| 1 telfa pad (sterile) 3" x 4"   |                                   |
| 2 sanitary napkins  |                                   |
| 1 pressure dressing (sterile) large *                                       |                                   |
| 2 gauze sponges (sterile) 4" x 4" *   |                                   |
| 2 triangular bandages - for slings too *                                    |                                   |
| 2 crepe 2" bandage rolls *  |                                   |
| 1 package cotton tip applicators (Q-tips)                                   |                                   |
| 1 tongue depressor  |                                   |
| 1 roll gauze 2" x 15'   |                                   |
| 1 roll hospital tape 1" x 30' *   |                                   |
| 5 alcohol wipes *   |                                   |
| 2 folding aluminum splints or SAM splints -                                 | from tendonitis to fractures -    |
| 1 pair surgical scissors  | splints are versatile, light      |
| 1 pair tweezers *   |                                   |
| 1 pocket mask with one-way valve - for artificial respirations              |                                   |
| 2 chemical hot packs - hypothermia is the #1 killer in wilderness           |                                   |
| 1 thermometer - to track level of hypothermia                               |                                   |
| 1 bee sting Kit (Anakit) - for anaphylactic shock of any type *             |                                   |
| 1 squeeze pack of glucogel - fastest, easiest way to combat insulin shock * |                                   |
| 1 pair latex gloves   |                                   |
| 10 safety pins  |                                   |
| 1 first aid manual - in case the first aider is down and out                |                                   |
| 1 pen   |                                   |
| 1 pad paper   |                                   |
| 1 penlight  |                                   |

Survival Support Kit - perhaps above and beyond the question of first aid, but essential none-the-less, especially if prevention is emphasized.

- 1 VHS or AM/FM radio \*
- 1 pocket knife \*
- 1 whistle \*
- 1 compass \*
- 3 regular flares \*
- 2 parachute flares \*
- 4 AA batteries
- 1 flashlight
- 2 D batteries
- 1 roll toilet paper
- 2 sanitary napkins
- 1 candle
- 1 garbage bag
- 2 light sticks (12 hr)
- 1 box wind/waterproof matches \*
- 1 nylon water resistant bag
- 1 emergency foil blanket \*
- 1 water bag \*
- 9 4 oz packets purified drinking water \*
- 50 water purification tablets
- 12 emergency food bars (3600 calories) \*
- 50' rope \*

Perhaps others could supplement these lists with their own tricks. Since, for example, I have no training and little experience with drugs, I have not included them, but there are certainly some obvious things like anti-nausea pills and/or treatments (those copper wrist bracelets, etc) that would apply to kayak tripping. For those of you interested, there was a good write-up by a medical doctor in a back issue of *Sea Kayaker* concerning useful drugs to take along — I think he also dealt nicely with the problems associated with tropical paddling.

Concerning appropriate first aid courses for kayak tripping, I suggest that everybody who is going to spend time in wilderness settings take a minimum 1- or 2-day lifesaver course. Here in Canada there are St John's Ambulance courses that cover the basics — artificial respiration, cardiopulmonary resuscitation (CPR), obstructed airway management, and severe bleeds. The next level up is a 2 week intensive occupational first aid (OFA) or wilderness first aid (WFA) course. These are offered everywhere by commercial outfits and colleges — check under first aid training in the Yellow Pages.

A WFA course is pretty much mandatory for tour guides in Canadian national parks.

Although I have not taken such a course, from the WFA course texts I have seen, I have not noticed much specific to wilderness settings! The principles of first aid are the same, I suppose, whether you are two hours or two days from hospital. Healthy paddling!

Howard