

SOUTHERN MAINE

SEA KAYAKING NETWORK

NEWSLETTER

P.O. Box 4794 Portland, Maine 04112 September 1997

MISSION STATEMENT

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 promote safe and responsible practices and, at the same time, have fun.

EXPAND YOUR KAYAKING HORIZONS

Notes from El Presidente

by Lee Bumsted

Welcome to my first presidential column! I was tempted to call it "Bumsteding Around," in honor of an earlier suggestion by our Treasurer Dorry Shaw, but I thought better of it. It just doesn't seem right to add an "ing" to my already frequently-misspelled last name.

I'd like to extend my thanks on behalf of everyone in the club to outgoing President Jon Swan. Jon not only did an outstanding job guiding the network last year, but he gave me a big assist by making sure we had plenty of club events scheduled for the first couple months of this season. Plus, he continues to support the network in a number of ways, from serving on the board, to keeping our newslines up-to-date, to leading trips. Hats off to Jon!

And while lots of people have been pitching in to make this another great paddling season, I'd like to make special acknowledgment of member-at-large Cynde Clark's leadership. She has been coordinating paddles every Saturday this summer! They've left from a variety of locations in Casco Bay and have been well-attended. Thank you Cynde!

(Continued on page 2)

A Perfect Monhegan Weekend

by Jon Swan

Fourteen kayakers converged at Port Clyde on a Friday morning. There were six of us in singles and eight who got into doubles. A light breeze was blowing into our faces and we set out in a chop of about one or two feet. After one hour, we reached Little Burnt Island and stopped on a lovely beach for lunch. We set out again to get around Burnt Island. When we rounded

Burnt, I got my first good look at Monhegan on the horizon. It looked too small.

I paddled on with faith in our group and our plan. After another hour of paddling, Monhegan looked a bit larger. The people in the doubles were polite as they passed us and nearly disappeared on the horizon. We saw a small whale pass in front of us, and then a

puffin flew by twenty feet above my head. I could see this trip was going to be different. With persistence, we made it to Fish Beach about two hours after lunch.

If you have been to Monhegan, you don't need me to tell you it is quaint. If you haven't been there yet, go soon. Take the ferry if you have to. We spent

(Continued on page 4)

SOUTHERN MAINE SEA KAYAKING NETWORK

("Notes" continued from page 1)

I'd also like to acknowledge the contributions of Norumbega Outfitters. We were all sorry to see the store close in July, after years of ably serving the Southern Maine paddling community. Jeff Wescott and Steve Gent not only provided quality gear, but they acted as an information clearinghouse for beginning as well as experienced kayakers. I'd wager that many of us met paddling partners through the Norumbega Wednesday night paddles, and that many SMSKN members first heard of the club from Steve and Jeff. The store was an inviting spot on the waterfront to stop in to see what was new, to pick up advice or purchase equipment, or just to run into old friends. It was a wonderful place for our network meetings, and we greatly appreciate the many times Jeff and Steve hosted us. We wish Jeff and Steve all the best in their new endeavors.

With the closing of Norumbega, the area's paddling community becomes a bit less cohesive. I'd like to think that the Southern Maine Sea Kayaking Network can step up to the challenge of fulfilling a few of the functions that Norumbega did before. Specifically, I'd like to see us make a special effort to reach out to sea kayakers who are new to the sport or new to our area. When you meet fellow kayakers who are not members, introduce yourselves and invite them to join the network for a group paddle or a meeting. (They don't need to become members immediately.) Offer them one of our business cards with the trip newslines number on it, or tell them that the number can be found in the Casco Bay Weekly listings. Think of yourselves as sea kayaking ambassadors!

Another challenge for us is in the area of skill and knowledge trans-

fers. With Norumbega closed, we may become a more important resource for new paddlers. As individuals and as a club, we can help new paddlers learn more about our sport: seamanship, navigation, safety, paddling techniques, rescue techniques, etc. We can give them on-the-water pointers. We can help steer them to good sources of information, such as our favorite paddling publications or videos. We can encourage them to take lessons from area guides. Think back to when you were first learning to kayak, and how much you picked up from more experienced boaters. Now it's your chance to do the same for someone else.

Enjoy this issue of the newsletter, and turn to page 5 to see some of the great events we have planned for the fall!



Southern Maine Sea Kayaking Network Officers May 97-98

President

LEE BUMSTED 799-1855

Secretary

MARK DANIELE 865-9558

Treasurer

DORRY SHAW 782-7937

Members At Large

CYNDE CLARK 865-3603

MARCIA FELLER 846-3997

JON SWAN 777-3626

Membership Chairman

BILL RIDLON 799-5161

Newsletter Editor

DEBRA NICHOLS 985-4111

Newsline

874-2640

The newsline is available 24 hours a day.

Letter to the Editor

Dear SMSKN:

Thanks for the "Fragile Islands" brochure in the last mailing. It turned out to be very useful. Over the past year or so I've been struggling with what to do about "toilet needs" on the islands when I stay overnight. I knew that it wasn't a good idea to just dig a hole like one would do when backpacking since the soil was so thin on many of the MITA islands.

However, I wasn't ready for the psychological jump I felt I would have to make to deal with it in some other way. Well, the section on human waste in the brochure was just the push I needed. I bought a big "Tupperware" party-sized plastic container as was suggested and put a couple inches of flushable kitty-litter in it. I also packed additional litter in a plastic bag. It worked great! I didn't need to dig a hole, I had something to sit on, I had extra litter to cover everything, and I was protecting the islands!

Again, thanks for the brochure. It was just what I needed to get me to the next level of low-impact camping. I hope it helped others as well to reduce their island impact just a little bit more.

Sincerely,

An Anonymous Member

Blades of Fire - January, 1997

by Dave Wood; from Wavelength List Server

I often paddle at night time here in San Diego - Mission Bay is usually very still and peaceful. In the wintertime no one else will be out on the bay - Everyone around these parts scurries inside when the thermometer drops below 50 degrees.

Over the past few evenings the phosphorescent "glow" in the water has been as spectacular as I've ever seen it. The instant your blade is in the water it lights up as if it's set on fire. Though I have seen the glow on many other nights, this past week it has been so bright as to be distracting. A friend of mine who is new to the sport and has paddled at night one other time had a chance to paddle with me on a couple of the nights. Both of us watched in amazement as fish that were 8 feet below us made trails of light in the inky blackness under the boats.

As we paddled along, the wakes off the front of the boats made it seem as though you were paddling behind a glowing dart pointing the way and when peering over at each other's boat, a ring of phosphorescent green encircling the hull was plainly visible. You could fine tune your stroke by looking at the water flow around the blade, and executing a turn caused the wake off the stern of the boat to explode in a dazzling light show.

I don't know what conditions set this up but the glow has been awesome ...

Eagle Island and more...

by Nancy Houlihan

First of all, hats off to Cynde Clark, who has run an absolutely fabulous series of paddles almost every Saturday of the season. I've been on six myself this year, every one a dandy. Only lost Ray once!

One of the most memorable was the May 30th paddle from Dolphin Marina on Potts Harbor. Five of us came to paddle, under blue skies and winds freshening to 15+ mph. We headed out to Eagle Island by way of the beautiful coves on the north end of Haskell. Just enough of a swell to keep it interesting.

The park wasn't open yet, but the flowers were beautiful. Several of us girls took advantage of the "facilities", a lovely out-house in the middle of a perennial garden in full bloom, and revisited the joys of reinserting oneself into a clammy, sweaty, truly wet suit.

Can't wait for the warm weather!

It was around noon, so all of us who had been organized enough to actually bring the lunch we had made got to eat and share with those who hadn't. Got to taste test those power bars in the bottom of the dry bag. Were they really left over from last year?

After such a successful excursion into the world of haute cuisine, we were ready for more paddling, so headed over towards Whaleboat. Cynde thought she knew where an osprey nest had been built on the rocky upper beach of a cove on Little Whaleboat, so we decided to view it from afar to see if there was any activity this year.

The tide was so low, the ledges to the south of Little Whaleboat were exposed, and we could pass north of them only by

getting out of the kayaks and floating the empty boats along beside us as we walked. As we emerged on the other side we were surprised to be greeted by "sentinel" seals from a colony apparently based at the extreme end of the ledges. We were careful to go no closer but still got a kick out of the mustached faces looking at us so seriously. The osprey nest was also occupied. We could see nestlings with binoculars.

Time to go home, and the wind kicked up just enough to help us get into shape for the rest of the summer.

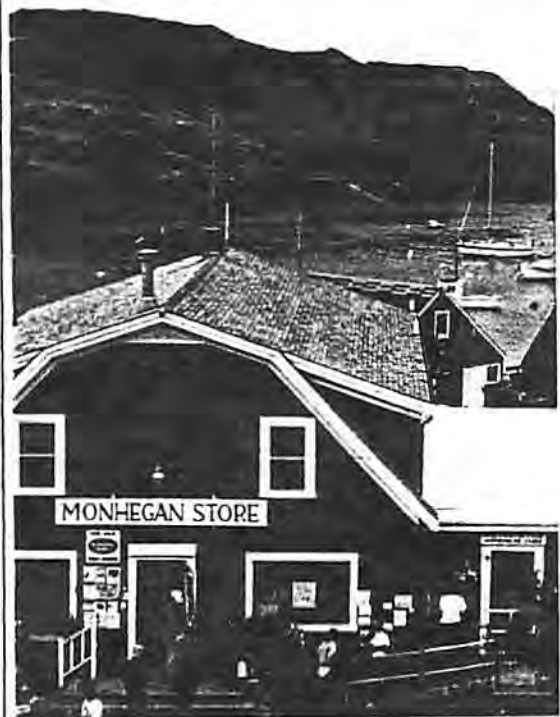
Some of us had supper at the restaurant at the marina. Nice down home atmosphere and a delicious chowder. So as not to be left out of the early season confusion, I left my dry bag behind at the marina and had to retrieve it the next day.

Safety Gear Available

To augment the safety gear that individual paddlers carry, the network has recently purchased a couple of "high-ticket-item" pieces of safety equipment. Members can now borrow a flare gun set or a waist-belt tow rope, purchased with club funds. Also available is a first aid kit, donated by Jon Swan. (Thanks Jon!)

Those borrowing the gear are asked to rinse the tow rope's carabiner in fresh water after each trip to prevent corrosion, and to report if anything was used in the first aid kit or flare gun set.

For information on borrowing the gear or with suggestions for further acquisitions, contact Lee Bumsted at 799-1855 or Mark Daniele at 865-9558.



SOUTHERN MAINE SEA KAYAKING NETWORK

(Monhegan, continued from page 1)

two days doing the usual tourist things: walked around the island, got ice cream, drank while watching the sun set.

The return trip was favored by fate. We had a thunderstorm just before we left, the sun came out, and we pushed off into nearly flat seas. A small whale passed less

than one hundred feet in front of us, probably the same one. While we were stopped to watch the whale, seals poked their heads up to get a look at us. Thunder to the west reminded us to get back to our cars. The rain came just as we finished loading everything into the cars. Good timing. I normally consider a trip successful when at

least ninety percent of the paddlers make it back. This time, fourteen paddlers set out, and fifteen paddlers returned.

Thanks to Chuck Jones for setting up everything. We are already planning to return to this incredible place again next year.

WHAT'S HAPPENING ???

Call the Newslines anytime for updates: 874-2640

Here are SMSKN's upcoming events:

Monday, 9/22, 6:30 PM. General Membership Gathering over supper and beverages in the Great Lost Bear's back room. We'll be sharing paddling tales from the summer and planning our October trips. (Directions: The Great Lost Bear Restaurant is located at 540 Forest Avenue, in Portland. Take Exit 6B off I-295 for Forest Avenue north, it's just past USM on the left near Haven's Candies.)

Saturday - Saturday, 9/27 - 10/4. Stonington House Rental. Call Cynde Clark (865-3603) for information on sharing this waterfront house on Deer Isle.

Saturday, 10/4. Saco River Foliage Trip. Call Jon Swan (777-3626) FMI.

Sunday, 10/26, 11 AM. Annual Pumpkin Hunt. Assuming calm water, depart East End Beach for Fort Gorges. If unsettled weather, call the newslines for alternate location. Call Lee Bumsted (799-1855) FMI.

Monday, 11/17, 7 PM. Member Slide Show and Meeting. Falmouth Memorial Library. Relive the glory days of summer: bring your recent kayaking slides or photos to share. (Directions: Take Route 1 south from Shaws, just past Classic Oldsmobile take a right at the traffic light onto Depot Road, follow 2/10 mile and the library is on the right.) FMI call Lee Bumsted at 799-1855.

Sunday, 12/7, 6 PM. Holiday Pot Luck Supper. Mark Daniele's house in Freeport. Bring a dish to share. (Directions: Turn off Route 1 just south of the Big Freeport Indian onto South Freeport Road, follow 4/10 mile and turn left onto Shady Ledge Lane (opposite Lambert Road). Mark's is the second house on the right.) FMI call Mark at 865-9558.

*TIMES LISTED FOR PADDLES ARE "ON THE WATER" TIMES
ARRIVE EARLY ENOUGH TO PREPARE YOUR GEAR*

A Proposal for Group Paddling Procedures

by Lee Bumsted

Each kayaker on a Southern Maine Sea Kayaking Network paddle assumes full responsibility for his or her own safety. Each of us indicates this by signing the "Acknowledgment of Self-Responsibility and Release" (the "waiver form") when joining the network and when attending group paddles. Members need to bear in mind that those coordinating trips are not outfitters, and they may not be as proficient in rescue techniques, first aid, navigation, and so forth as certified kayak guides would be. (Members desiring that level of support are encouraged to take lessons or join trips offered by the many excellent kayak guides in our area.)

Yet in our network mission statement we say that "our purpose is to promote safe and responsible practices and, at the same time, have fun." Among the ways we can do this is by adopting procedures that help us paddle more effectively as a group. By doing so, we can accommodate the interests and needs of group members better, enhance our safety and communication on the water, and be more considerate members of the larger boating community.

The following is a proposal for SMSKN group paddling procedures. Some members have seen and commented on earlier versions; I appreciate their comments. Call me or any of the board members with your thoughts, or send us a "Letter to the Editor" to let us know what you think. In the meantime, I'd like to encourage trip coordinators to incorporate elements of these procedures into their trip planning and on-the-water activities.

Prior to departure:

- Members gather at the shore or ramp after readying their gear, and a few minutes before the on-the-water start time. As a group, review the float plan. The float plan includes trip destination and duration, a chart and route review, and identification of decision points / places to reassemble.
- Review the weather forecast, what conditions may be expected.
- Check if anyone has time limits, skill concerns, medical concerns.
- Discuss assumptions on paddling as one group, in pods, etc. Indicate who is the one to follow. Decide if there will be sweep boaters, and if so, identify to the group.
- Everyone signs the waiver form.
- Check that everyone has appropriate equipment: PFD's, proper floatation for boats, lights for evening paddling trips, wetsuits/drysuits if needed, etc.
- Determine who has special safety gear. Identify members who have tow ropes, VHF, GPS, etc.
- Parking: consolidate cars (i.e., park each other in) if departing from a crowded launch area to save room for local boaters.

On the water:

- Follow the agreed-upon paddling plan; i.e., paddling in one group or pods, maintaining leaders and sweeps, etc. Re-group as necessary.
- Stay within visual range, or auditory range. Consider a whistle or hand signal convention.
- Be prepared to help with a group rescue.
- Inform the trip coordinator if leaving the group to paddle alone or in a newly-created pod.
- Paddle in ways that minimize risk to members and to fellow boaters. For example, cross ship channels at 90 degree angles, don't string out paddlers across the channel.
- As appropriate, do some informal skill transfers to less experienced network members, or ask more experienced members for advice.

SMSKN Library Additions

from Lee Bumsted

Three books have been added to our lending library:

The *Whole Paddler's Catalog*, by Zip Kellogg, is a interesting reference to all sorts of paddling resources, such as books, maps, and web sites.

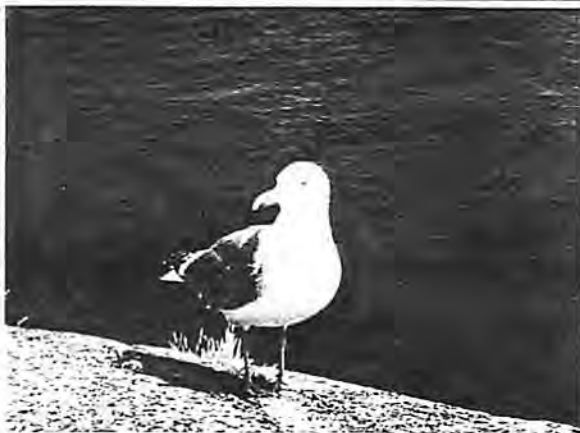
The Sea Kayaker's Guide to Mount Desert Island, by Jennifer Alisa Paigen, offers not only trip suggestions, but also information on the geology, marine ecology, and social history of the area, and low-impact kayaking and camping tips.

The third book, *Hot Showers! Maine Coast Lodgings for Kayakers and Sailors*, was donated by the author, SMSKN's own Lee Bumsted. Many of the coastal bed and breakfasts, inns, and campgrounds described in *Hot Showers* provide kayakers with direct access to the water.

Books can be checked out by members at club meetings, or by calling Lee Bumsted at 799-1855. Also, we are looking for volunteers to write book reviews; contact Lee if you're interested.

New SMSKN Gear Box

This will be a box *about* gear, not a kayak transmission! Since we don't have a local paddling store in Portland anymore, we thought we could pool our recent paddling gear catalogs for use by network members. We've already got a start, thanks to Bill Ridlon's set of kayak catalogs. Mark Daniele will be sending for major catalogs, and will take your donations. Contact Mark on 865-9558 if you'd like to look through the "gear box", or watch for it at upcoming network meetings.



NOTICE

This
is your
newsletter!!!

Do you ...

have a question?

have a story you'd like to share?

have some kayak gear to sell?

have a photo to share?

have an opinion to express?

have any ideas that would make a
better newsletter?

Please let me know!

Debra Nichols

PO Box 1296

Kennebunkport, Maine 04046

finelines@juno.com 985-4111

Henderson-type Fleece Lined Paddling Suits

reprinted by permission from Wavelength List Server

In a nutshell, the suits offer the equivalent protection of around 2mm of neoprene. How does that compare to neoprene worn by paddlers? About the thickest neoprene you can get away with in paddling is 3mm neoprene and even at that (unless custom made) you can really only paddle comfortably in the neoprene in a farmer john setup.

Polartec and Darlexx suits are so wonderfully stretchy and non-confining that you can easily get away with using a full suit of these materials. So you get 2mm of protection on the arms as well as the body. Moreover, you can buy a vest of the same stuff which then raises the protective level on your trunk to about 4 mm.

They work extremely well. It would be chancy to use this newer material in water temperatures below the low 40s degree mark. And

even at that you would want a good paddling jacket over it.

What I like about the material (I happen to have a Darlexx type made by O'Neill) is the ability to dress in the suit at home, drive to a launch spot, assemble my foldable, paddle a few hours, disassemble the boat, go to a restaurant afterwards, etc. wearing the suit until I get home and shower. It is that comfortable. Try all of that in a neoprene wet suit or a Goretex drysuit!

Depending on the air and water temperature you think you will encounter, it is smart to squeeze something in under the suit like a light polyester underwear item such as lightweight or mid-weight Capilene or something that is a bit more slick surfaced such as an equivalent item made by Dri-Fit (Nike) and put fleecy stuff over the suit, such as Syn-

chilla or regular outdoor type Polartec such as Polartec 200 or even 300.

None of this is a substitute for the kind of protection you get in a drysuit (either coated material or goretex) when worn with proper insulation (which the Polartec wetsuit stuff can also function as).

Lots of brands are generally found in dive shops (brands include O'Neill, Henderson, Body Glove among others). If you buy in a dive shop, watch out! They are used to selling them to divers in which a very tight fit is a must. You need and can wear it looser. So if they say medium, insist on a large and maybe even extra large if you are tall and need the length in order not to have the suit pull down on you at the shoulders.

Ralph Diaz
rdiaz@IX.NETCOM.COM

Homemade Power Bars

1 1/2 cups rolled oats
1/4 c. sesame seeds (or sunflower seeds)
1 1/2 c. raisins
1/2 c. toasted wheat germ
1/2 c. granulated sugar (Sucanot, or Florida Crystals)
1 1/2 tsp. vanilla extract

1 c. crispy brown rice cereal (such as Erewhon)
1 1/2 c. dried fruit (apples or apricots) chopped
1/2 c. nonfat protein powder
1 c. barley malt
1/2 c. reduced fat peanut butter
up to 1/2 c. chpped nuts of your choice

Preheat oven to 350 F. Spread oats, cereal, and seeds in a 13" x 18" non-stick pan. Bake, stirring occasionally, until oats are toasted, about 15 minutes. Put dried fruit, raisins, protein powder and wheat germ into a large bowl; toss with hands to mix. Stir in hot oat mixture. Lightly coat pan with cooking spray.

In a heavy saucepan over medium-high heat, combine barley malt and sugar; bring to a boil. Reduce heat to low; stir in peanut butter, vanilla, and cinnamon. Quickly pour syrup over oatmeal mixture and stir well. With wet hands immediately spread warm mixture into a thin layer. Chill until firm, at least 4 hours.

Cut into 2" x 3" bars. Wrap individually and store in an air tight container or freezer.

Build Your Own Kayak

reprint by permission from Wavelength List Server

Are you looking forward to a long winter project? Maybe you have been playing with the idea of making your own kayak but just didn't know where to start. Well you're in luck! Here is a flock of URL's for sites related to yak building. Kits, plans, etc. -- but nothing on making paddles. Have fun!

<http://www.mindport.net/~schade/Building/Guillemot/Guillemot.html>

<http://www.cyber-dyne.com/~jkohnen/nautical.html>

<http://www.pygmyboats.com/index.htm>

<http://www.by-the-sea.com/clcmodel.html>

<http://www.onlink.net/~jwinters/content.htm>

<http://www.mpcs.com/boats/>

<http://media2.hypernet.com/woodenboat/W>

<http://www.onlink.net/~jwinters/seakayak.htm>

Dave Kruger dkruger@seasurf.com Astoria, OR

FOR SALE: Outer Ocean Island and Lot

Magnificent Views!!! 1/6 ownership of Big Wood Island (approximately 39 acres) in Casco Bay off Small Point and West Point in Phippsburg (across from Hermit Island) and mainland parking lot. Includes full personal ownership of a lot (approximately 1 acre) with starter structures: auxiliary building (8' x 12' for storage and rudimentary accommodations), deck, tent platform, cistern water supply. The lot is near the North end and has 250 degree views over Casco Bay to the South, West (sunsets, Mount Washington, Edna St. Vincent Millay's Ragged Island), and North (West Point). The lot is also adjacent to the islands best viewpoint (and one of the best in Casco Bay), the high granite "Knob" that affords 360 degree views for which "magnificent" is an understatement.

The island is rare in that it includes it all: woods, cliffs, harbor, beach, low growth with better views, raspberries and birds. It has been characterized as a private National Park. Mainland access is only about half a mile away. Ownership of the island common land (~85% of the island) is held and administered by the Wood Island Association with a variety of deed restrictions to maintain the island character. Each of the 6 lots has a director on the board of the association.

Island lot sizes were held to the minimum to place as much land into common ownership as possible. Extremely rare opportunity. Current Price: \$60,000.00 for a lifetime of appreciation. Call Steve at (207) 443-3623 or email: winter@clinic.net.

A web site with pictures is at: www.clinic.net/users/winter/woodi.htm