

CONN YAK

CONNECTICUT SEA KAYAKERS

February 2000



"An unrehearsed lesson is soon forgotten"

by Jay Babina

Sea Kayaker Magazine had an interesting episode and rescue in the last issue. A paddler who knew how to roll and perform a reentry and roll did one of his usual small solo crossings heading out to Sequin Island in Maine. As he starts to leave the mainland, he hits a rough area along some shoals and eventually encounters a large, rogue, 8 ft. breaking wave heading right at him. He tries to charge through it and makes it about half way up and is tumbled over backward in a reverse ender. He fails his roll and ends up swimming with his boat. He had a rough time with his wet exit because he couldn't locate his spray skirt grab loop due to turbulence, lack of visibility and possibly wearing gloves, so he came up choking on water. He swallowed some of the ice cold water and apparently got some in his lungs as well which will immediately put you into a major uncontrollable coughing spasm. (imagine this happening under water?) He makes 10 attempts to do a reentry

and roll and fails with each one. Because of the cold water and possibly having water in his lungs, his breath holding ability is dramatically reduced. With each attempt, he's forced to rush it and fails, plunging back into the water getting colder and colder with each attempt. It's October in Maine and he's wearing a paddling jacket with a torn neck and a shorty wetsuit under it which is an excellent outfit if you're planning on paddling in the Bahamas.

I re-read the article twice because I was waiting for the paddle float to make it's appearance. Was there a sentence I missed? He didn't have one! He never even mentions a paddle float in his article! The one he and his wife owned was in his wife's boat in the garage and apparently he never spent time practicing it. This was made clear in Chris Cunningham's follow-up analysis of the incident. At one point, he takes off his PFD and tries to use it as a paddle float but wisely abandons that idea and puts it

Continued...

Gail Ferris Talk

...at then next meeting
Wed. Feb. 16 - Wallingford

"Greenland paddling styles,
the paddling
season and various
paddling skills"

Gail's travels include:

Upernavik, Greenland 1998, 1997,
1995, 1993 and 1992
Kullorsuaq, Greenland 1995
Arctic Bay, Canada 1994
Barrow Alaska 1991 and in a group
on the Yama River, Siberia
Baillie River in the Barren-Grounds,
Canada with E. Streisinger/ Explorers
Club expedition 1990
Pond Inlet, Canada 1989
Fortune Bay, Newfoundland 1988

Gail Ferris started paddling and traveling in 1975 and is currently back living in Stoney Creek. She has made numerous videos on Greenland Kayaking and the life of the Greenlanders and has lived there for the past year and a half. Gail is a photographer, writer and explorer who ventured out of the mainstream before the kayak became fashionable. "I record information with video and still cameras about ecology, nature,
Continued...



(Our Valentine's Day photo for February) Many who paddle regularly with ConnYak know Tom Maziarz and his newly announced fiancée Debbie Chase. We're hoping for an on-the-water wedding with power bars and all the trimmings.

Unrehearsed lesson...

back on.

He like many paddlers was under the false sense of security that once you learn to roll and can do a reentry and roll, you're self rescue problems are over. A muscle injury, muscle strain, swallowing water, ice cold water in your ears, nausea, shivering etc. can quickly bring your finely honed skills to an immediate halt. ...And paddling solo just doubles this threat.

Having a paddle float would have saved the day. With the skills David did have, the paddle float would have enabled him to do the reentry and roll or a standard reentry. He wasn't far off shore and the article does make it seem like the conditions weren't that excessive other than the turbulence he encountered in the rip.

He actually goes unconscious at sea and as luck has it, wakes up in the Hospital. Apparently the current brought him in to shore where people on the beach rescued him and called for help. After being brought back from hypothermia and a follow-up bout with pneumonia, he recovers fine. Doctors at the hospital said he was close to death when he was brought in due to his severe hypothermic condition.

Like most paddlers, David never assumed he would ever be in the water. Who ever does? He considered himself a safe and competent paddler even though he was inadequately dressed for a solo crossing in cold Maine waters.

A caribener or a golf ball with a hole drilled through it attached to your spray skirt grab loop can help you avoid the problems David had with his wet exit. It's a good idea especially for cold water paddling when you wear gloves and lose the sensitivity in your hands that's needed to find the grab loop. If the day ever comes when you need to pull it, you're going to be in a fairly panicked state of mind and you probably won't be able to see it. You want to use something that doesn't float so it hangs down when you're upside down.

It also goes without saying that the paddle float should never be consid-

ered a beginner's method or something that you take for granted because you know a reentry and roll. Try to practice with it at least once a year. In David's case, he not only forgot the paddle float lesson but the paddle float itself. He just never assumed he would have to resort to using it and never developed the habit of making it an essential item in his kayak.

Gail Ferris...

kayak designs, sea and land animals and plants, compile a list of plants and lichens specifying exact locations with GPS, record wind and water behavior relative to kayak touring, observe and record cloud patterns and barometric pressure changes."

Gail has made numerous films on Greenland kayakers and has also recorded the beauty of nature in her travels as well as some videos on white water kayaking. She has been a contributing author to many magazines and is currently writing a book on her trip in Arctic Bay NWT Canada. If you have any questions on the Greenlanders and their traditions, this is someone who has truly "been there".

The Millennial Expedition

www.goals.com

Chris Duff gave ConnYak a lecture / slide show last year on circumnavigating Ireland. This is the web site on his new expedition - A solo attempt to circumnavigate New Zealand's South Island. Distance - approx. 1600 miles.

The Millennial Expedition has started on Dec. 5th, 1999 from the town of Picton in Cook Strait.

Time frame - Leaving Sea-Tac International Airport Nov 29th and departing the Nelson area (northern tip of the South Island) around Dec. 5th. Paddling route - Clock wise from Nelson, down the east coast, around the south coast and back to Nelson. Estimated time - four months. Chris is a California resident and we hope to track him down and get him back for another talk once he's back in the U.S. and visiting the East Coast.

MEETING WED. FEB 16

7:30 PM - WALLINGFORD PARK & REC.

Gail Ferris Talk - Greenland paddling styles and comparison to current styles

DIRECTIONS - Exit 15 (Rt 68) off I-91 in Wallingford. West on Rte. 68. (toward Wallingford) Approx. 3/4 mile take a right at the Fire Station (Barnes Road) - at the light. Take your first right off Barnes on to Fairfield Blvd. Wallingford Park & Rec. is the 2nd building on the left.

Upcomming Events:

March - Jeff Dickson - "Outfitting your Kayak" and tow rig discussion.

From my journal...

Faulkner's Island

The day was slightly hazy with a light breeze. We could see Faulkner's from our starting point at Madison beach. After listening to the weather radio and taking a compass reading, we started to paddle. As we paddled toward Faulkner's and into open water the swells got larger. It was a silent, rhythmic motion. Occasionally, I would let the water play with my boat; drifting effortlessly; swaying and turning wherever the water carried me. As we approached the island we decided to circumnavigate it. Because we wanted to "use" the water, we headed towards the leeward side of the island.

While paddling we noticed three people on the island repairing observation blinds. There were numbered boxes strewn on the rocky beach like sea shells. Each box a protected nesting site for the terns. The activity of the terns appeared confused..a boisterous disorder. It was evident that Faulkner's had been battered by storms blown in from the sea. It daring to stand in solitude..a lone sentinel.

Paddling back to shore we occasionally would turn and gaze at the island. The island and paddling venture became a part of us. The incoming tide made our paddle toward the mainland easy and relaxing. The waves pushed us to our journeys end.

Nancy Lovelace
Urban Eskimo Kayaking

Right of Way

Having just finished the Connecticut Safe Boating course, I wanted to share what I learned about kayaks and Right of Way on the water.

Large commercial boats (freighters, ferries, tug boats under load, etc.), due to their limited ability to maneuver, always have the right of way over all other boats, including kayaks and sail boats. Commercial fishing vessels have right of way over other boats while working, and you should keep well clear due to the seemingly erratic patterns they may steer. You don't have to get very close for them to get testy (voice of experience, here). Boats restricted to marked channels due to draft have right of way over boats that can operate outside the channel. Kayaks should paddle outside of marked channels wherever possible, and only cross them at a 90-degree angle when all other traffic is clear. If paddling in an area, such as a river, where the entire waterway is the channel, kayaks should stay at the extreme edge.

And, of course, common sense says that kayakers should be attentive to their surrounding, and take it upon themselves to keep out of harm's way. Don't rely on recreational power boats heeding right of way rules.

Roof Rack Safety

While driving down I-95 a few weeks ago, I came upon a three-car accident caused by a surfboard flying off the top of a car. The roof rack was still attached. In this case, no one was seriously hurt, but the potential for death was quite real, especially if it had hit someone's windshield. Although it takes a few minutes longer, you should always run a safety line from your kayak to the front and rear bumpers to guard against roof rack failure. This simple precaution will both protect your kayak and prevent accidents.

- Tom Detrich

ConnYak 2000 Officers

Re-elected at the last meeting:

Ed Milnes - *President*

Phil Warner - *Vice President*

Dick Gamble - *Treasurer*

Jay Babina - *Secretary*

ConnYak Finances - OK

ConnYak ended the millennium with a total of \$6,567.40 in the bank. In 1999 we took in \$8,446.00 and spent \$9,445.36 for a net negative cash flow of (\$999.36).

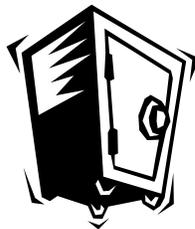
This was due primarily to the reduction in dues income because many members had effectively paid for 1999 in advance. We had credited members for two years if they had paid the old dues amount of \$30 in 1998. The dues for the year 2000 continue to be \$15. Our largest expense every year is our postage for the newsletter which came to \$1478. in '99". We also paid \$1200. for hats which will be recouped as we sell them.

We should experience a more workable cash flow this year, starting with a substantial number of renewals due in January. Be sure to check your renewal date shown on your address label. Our overdue policy is to provide a reminder after one month and after two months the tardy member's name is removed from the membership database. Of course reinstatement is easily accomplished with a payment of the \$15 owed.

ConnYak maintains a checking account and a savings account at Fleet Bank. The club's President and Treasurer are currently authorized to sign checks and make transfers. The checkbook is managed by the Treasurer and is available for inspection by any club member wishes to do so. All income is received by the President and recorded in a spreadsheet before being deposited into the checking account. Deposit slips and spreadsheet are sent to the Treasurer for posting into the checkbook. The club President also keeps the membership database current and periodically e-mails it to the Treasurer, who prepares the membership list for publication.

A more complete financial summary will be available at our monthly meetings or if you would like to have one e-mailed to you, make your request by e-mail to: Dick Gamble

richard.f.gamble@snet.net



WINTER PADDLING BLUES

The people who decided that winter officially starts on Dec. 21 knew exactly what they were doing. As usual, I was optimistic as far as a mild winter and as usual, I was proved wrong. If what we're experiencing is the ultimate effects of global warming then it's certainly misnamed.

As of this printing, the launch areas are frozen and we'll have to look to pools or building boats and paddles to get our kayaking kicks. If you're on the pool list or waiting list, the Wallingford pool is being repaired and they're having trouble getting an outdated pump part. We offered to fix it ourself but nobody listened. We've been set back to Feb. 6 as the most likely date for the start of our pool sessions. It's a logistical nightmare for scheduling and contacting everyone and if it turns out that you can't make a date, you'll be refunded your money. Make sure to contact Dick Gamble far in advance so we can notify people who are on the waiting list.
richard.f.gamble@snet.net

If winter is driving you nuts and you're dying to visit kayaking in some way, attend one of the lectures we have planned or one of our meetings. Behind the scenes, people work hard in putting these things together. They're not that painful and you may surprise yourself and actually have a good time. We also have quite a good collection of videos in our library which you can borrow at no charge and we also have ConnYak hats to keep you warm. Winter is also a good time to learn a few new skills by taking a course. Contact the kayaking stores or Mike's announcement in the newsletter to see what's available.

CONNYPAK MESSAGE SYSTEM

(203) 603-4615

Information regarding events, trip schedule updates, cancellations, changes etc. will be heard at this number.

CLASSIFIED



Feathercraft K1 Expedition Single (foldable kayak) 15' 11" x 25", costs \$ 3850.00 sacrifice \$3000.00. Never in the water. 203-772-3174.

Kayook plus with rudder. 8 months old, like new, \$900.00. 860-526-1410, 860-663-2069

Wilderness Systems Pamlico: 14'9", red. Double or single seat kayak, skirt. \$700. 860-684-6168 or lynes@uconnvm.uconn.edu. ecky

Aqueterra Sea Lion, granite, 2 hatches, rudder. 2 yr old. Mint condition. Paid \$1,500 will sell for \$850.00 Call 203 847 2090.

Ocean Kayak Frenzy with backrest-1 year old-new \$450-sell \$325 and Ocean Kayak Yak-Board with backrest-new \$350-sell \$250. 203-235-6721 after 6

Current Designs Slipstream, Derek Hutchinson design, 16' X 22", Glass, one year old. Day hatch, skeg. Green over white. Includes neoprene spray skirt. \$2,000. Men's XL Gore-Tex drytop, one year old, \$250. Call 203-256-1913

16 1/2' Kevlar Menphremagoc OC 1-34#. Excellent condition \$500. will consider trade for Dagger Animas or Outburst kayak. Call 860-666-2571

Recreational Rowing Skull - 17' x 22" hand-crafted okume marine mahogany only 43 lbs, mahogany sliding seat, basswood skulls, excellent condition, fast, efficient and fun! - \$1,300 (860) 873-3854.

Nautraid One Expedition (foldable) 15'3" red & black \$1800. or best offer. 860-521-6070

Necky Santa Cruz, bulkheads, spray skirt, very stable, paid \$700. sell for \$495. 860-827-1111

Wold Ski Custom Terminator, Surf Kayak, Kevlar, 29 lbs, green over yellow, will do fantastic things in the waves. \$500 W (860) 441-8416 H (860) 535-8416

Arctic Hawk - Wilderness Systems, Kevlar- 38 lbs., tan w/green trim, mahogany inlay. \$1950. 860-450-1026

Sealution, Wilderness System-fiberglass, orange on top with fixed compass - \$1200 Please call 860-693-0211.

Cricket Greenland style paddles \$150, storm - \$100, Serratus PFD \$55. Please call 860-529-4612 between 5-9pm, or email: DonPWhite@aol.com

Wilderness Systems Alto with rudder. Yellow. 2 years old, excellent condition. Includes spray skirt and floatation bags. \$650/obo. Call (203) 457-9983.

Perception Sea Lion, 2 hatches, 1 yr old. Ex condition. Paid \$1,300 Sell - \$950.00 Call 860-674-3637.

(2) Aqueterra "Whisper" laminated wood kayak paddles, 220 cm. Very good condition. \$30 each. (860) 653-5899.

Send newsletter articles or classifieds to:
Jay Babina e-mail: jbabina@snet.net
7 Jeffrey Lane, N. Branford, CT 06471
203-481-3221 Fax 203-481-1136

Please contact the Newsletter when items are sold.

LESSONS KAYAK SKILLS & ROLLING

Wallingford Sheehan High School
All classes 12:00 - 4:00

Skills: March 11, April 8, May 13

Safety & Rescue: March 12, April 9, May 14 & 21

Rolling: March 18 & 19, April 15 & 16, May 20

Westbrook YMCA Dates:
Jan 9 & 16, Feb 20 & 27, March 5.

Urban Eskimo Kayaking - Mike Falconeri

*Call for specifics - Mike at 203-284-9212
or Nancy at 860-228-0105*

TO JOIN CONNYAK...

ConnYak is a non profit club that is open to all paddlers interested in sea kayaking from any location. ConnYak annual membership fee is \$15. Members can join the ACA with a club discount for \$15 which entitles you to full insurance coverage on trips as well as a full subscription to PADDLER Magazine. (a \$15 subscription)

Send inquiries to: Ed Milnes
35 Hampton Park, Branford, CT 06405

e-mail: Connyak@connyak.org

Website: connyak.org



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