

CONN YAK



CONNECTICUT SEA KAYAKERS

April March 2001

Being the owner of one of the largest collections of unused camping equipment on the eastern seaboard, I have long considered camping out of my kayak. Claudine is quite different in this respect; she has camping gear that she has actually used. However she had never combined kayaking and camping, so we were both neophytes in that regard. For a number of years now I have had it in mind to try a kayaking and camping trip (hence my accumulation of camping equipment) to Nova Scotia. This last summer Claudine and I expanded our arena of activity to make the journey, and it turned out to be a great experience.

We began planning the trip by ordering a coastal guidebook from Scott Cunningham, who operates Coastal Adventures in Nova Scotia. It is called SEA KAYAKING IN NOVA SCOTIA and you have to order it directly from him at his business. This book contains useful descriptions of many paddling areas so it turned out to be ideal for the planning stages of our trip. However when we were there we discovered that the book was not always up to date regarding the status of local launching sites or other details. Even so the book was quite helpful and I would definitely recommend it.

From the descriptions in the book we selected six likely areas on the east coast that appeared to be the most suitable for us, and I ordered marine charts for each of them. As it turned out these charts were often helpful to us in a very unexpected way – we used them in combination with the regular road maps when we were driving to our launching sites. The road maps do not show a lot of the very small coastal roads as well as the charts do, and the charts do not show names of roads. Together they worked pretty well.

We decided on the east coast because it is relatively uncrowded, does not have an extreme tidal range, and encompasses many islands that provide camping opportunities as well as protection from the open ocean. Cape Breton tempted us, but we learned that there are many long sections of cliffs where a kayaker would not be able to land – a bad thing if the weather deteriorates while you are on the water.

We took two weeks for the trip, starting

in Prince Edward Island for one week of camping and paddling with Clark Bowlen's group, and then moving on to the East coast of Nova Scotia where we spent our second week.

PADDLING NOVA SCOTIA

by Peter Smith

I enjoyed PEI and paddling with Clark's group, but it was certainly not a wilderness experience. The island is very pretty, covered with potato farms (and the largest potato museum in the world) and small towns that give it a very cultivated atmosphere. We camped and paddled in PEI until Friday, and then Claudine and I headed for the Nova Scotia's East shore on our own.

The East shore of Nova Scotia is generally much less populated than PEI, and encompasses many areas that have a wind-scarred rocky beauty similar to the Maine coast – but you can access the shoreline much more easily than you can in Maine. Now that we had a great paddling location, our main concern shifted to the weather. Back when we were planning the trip I had envisioned that we would paddle on days when the weather was good and do other things if the weather didn't cooperate. Typically, reality is not so cut and dried. We were routinely faced with mostly marginal paddling days where we had to make carefully considered decisions if and where we would go out. As it turned out we were lucky enough to get on the water for ten out of twelve possible days (not counting traveling days). Typically we would use the local topography as a buffer on windy days. For instance, if the forecast was for high southerly winds, (which it often was) we would plan our day's route in an area that had some sort of protection on our south side in the form of islands or land projections into the sea. When faced with exposed crossings we anticipated bailout locations we could head for if the conditions became too challenging. These exercises were more than academic since we did use our alternate routes several times when the wind picked up past our

A viking voyage Lecture & Slide Show

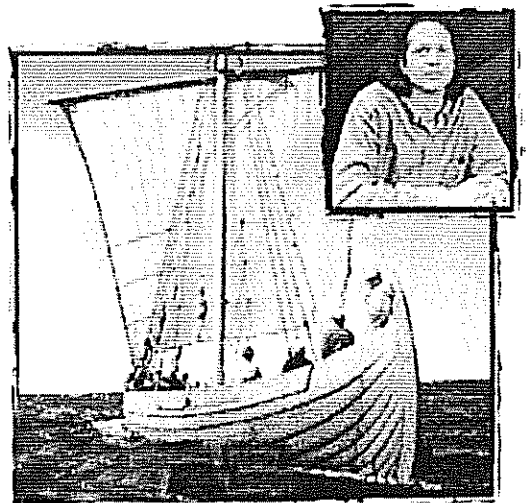
Friday April 20 – 7 PM Essex Town Hall

W. Hodding Carter is a 20th century Viking. To investigate the claim that Lief Eriksson sailed to a place he called Vinland – a place somewhere along the eastern edge of North America between Labrador and Florida in the year 1000, Hodding decided to build a knarr (pronounced "kah -narr") named Snorri and retrace the historic route. With an unskilled but undaunted crew, they sailed/rowed the 54' lapstrake boat from Greenland across the Davis Strait to Baffin Island, then south to Labrador and finally to L'Anse aux Meadows in Newfoundland. The boat was a true replica and powered only by muscle and wind. A kayak was used as a tender for Snorri.

A Viking Voyage, written by W. Hodding Carter and published by Ballentine (2000) relates the tale of this adventure and the efforts required to make it happen. This lecture should interest adventurers, boat builders, history buffs, sailors, kayakers, etc., and anyone who enjoys a good story.

A *Viking Voyage* will be available for purchase before and the night of the lecture courtesy of North Cove Outfitters, Old Saybrook, Connecticut.

To learn more about the voyages of Snorri and her crew see voyage 1000 at - www.beyond.landsend.com/viking



NOVA SCOTIA CONTINUED...

comfort level. Fog was also a common factor, especially on the northern part of the coast. However we were able to paddle in fairly thick fog in areas where the islands are close together. While we were in island clusters our crossings were short so we typically had something in sight even in relatively thick fog. This allowed us to keep track of our position by dead reckoning, and we didn't experience any navigational woes. I had a GPS unit along but never even turned it on during the trip.

The fog did foil our plans one evening. We were loading our boats for a paddle out to an island where we intended to camp that night. By the time the kayaks were packed the fog had become so thick that we couldn't see the water, which we took to be a bad sign. We decided not to test our luck that far, so we had to unpack and reload the kayaks on the car and then search out a campsite on the mainland for the night. The fog lifted during the next day and we ultimately arrived at a great beach where we camped for the next two nights.

Since we live in Connecticut we do a lot of our kayaking on Long Island Sound where we typically do not have large ocean waves and surf. The eastern Nova Scotia coast faces the open Atlantic and the size and speed of the ocean swells can be quite impressive. It is not difficult to paddle over large swells on open water when the wind is reasonable, but even then there is often dramatic surf exploding on the rocks that pretty effectively precludes any thought of landing. The nice thing about islands is that by definition they have a lee side, so there (theoretically) has to be an area that is protected from the wind and surf. But even when this is true it still doesn't guarantee an easy landing. There are a lot of rocks in Nova Scotia, and not all of them have been placed for our convenience. Shorelines vary mostly in the size of the rocks: massive stone cliffs, huge boulders, large boulders, medium boulders, etc. I'm exaggerating bit of course, there are some great sandy beaches too. But you'll be a lot more likely to find one if you pick out some promising sites on the chart before setting out. Once we were surprised when we made an easy one-mile crossing to an island with the idea of exploring it (this was the only paddle we made without a chart). We actually completed a twelve-mile circumnavigation of the island before we were able to find a marginal landing place (bowling ball size boulders) where we were able to stop for lunch. Hiking turned out to be impossible since the brush was absolutely impenetrable. If you threw a rock at the brambles it would bounce back to your feet nine times

out of ten. The kayaking guidebook had indicated that this island was ideal for a "family outing." We were amused and speculated on exactly what sort of family he had in mind.

Will we go again? Definitely. Nova Scotia has great scenery, wonderful paddling locations, and it's not that far away. We were able to drive there with all of our stuff (a lot of stuff) and use our own kayaks instead of renting boats. The people there are so friendly that it almost seems weird sometimes, so it is probably a good thing for New Englanders to spend a little time up there (I'll speak for myself here).

What will we do differently for the next trip? We might consider trying to get a couple more people involved. A group of two is a very vulnerable size; if there are several people around to help it could prevent a crisis if one person were to get in a jam. Finally, for any trip of this sort the weather is absolutely crucial. We should plan all future trips around several weeks of ideal weather – just as soon as we figure out how to do that. ■

(we have run articles and demonstrations on seal replacement - but for those who would rather have it done professionally)

Dry suit Seal Replacement

OUTERWEAR REPAIR - Brenda Wiley
604 Opening Hill Rd., Madison, CT 06443
203-421-8485 800-595-8552

Authorized Gortex repair facility.
Neck, ankle, wrist seals, zippers etc.

"1st ROLL" - (video)

Last year I started working on a rolling instructional video and shot footage along with Terry Harlow and others throughout the year with the enthusiastic contributions by various paddling friends. When Terry Harlow suggested the idea to me, I dragged my feet for quite some time because, quite frankly, I thought "who am I to do a rolling video" especially with all the accomplished and renown paddlers out there as well as the fact that videos on rolling are already available.

However, the more I thought about it, the more I realized there was a huge gap in the learning and teaching aspect of rolling since current videos are always using white water boats and teaching the C to C roll. I know from experience, many paddlers go home from pool sessions with no hope of learning this roll and continue to come back to this frustrating experience only to be tormented some more. I've been at ACA pool sessions where the victim was dunked over and over and over and over until I was ready to throw up just watching. I

E. Lyme Fund Raiser paddle

- Saturday, May 5 -

May 5th there will be a fundraiser paddle at McCook's Beach in East Lyme. The Park will be open from 9:00am - 5:00pm with groups beginning to paddle at 10:00am. Money raised from this event will go to the Tommy Fund, an organization based out of Yale New Haven Children's Hospital to benefit children with cancer. This event is an open invitation to sea kayakers and their families to launch from McCook's Beach, a town beach typically off-limits to non-residents and kayak launching. The town of East Lyme has agreed to open the park to the public for this fundraising event. McCook's is a great beach to launch from because of its wide beach, relative shelter of Niantic Bay, and ample parking. It also has a great playground for young children. Technique demonstrations may be available, but are not currently scheduled. Childhood cancer is the second leading cause of childhood death. Only accidents take more young lives. The Tommy Fund has no administrative fees - all monies go directly to research and to provide support for children and families. In conjunction with the paddle's fund raising activities, the "Wipe Out" Walkathon will be held at East Lyme High School that day to support the Tommy Fund. A \$5.00 donation to the Tommy Fund is requested the day of the event.

Directions: I 95 to exit 72 - Rocky Neck State Park - David Fasulo

wanted to interfere but kept out of it.

It's very rare that the extended paddle roll is taught, and in my opinion, it's a great roll, the easiest to learn and is very efficient with sea kayaking in particular. I felt there was a strong story to be told and for starters, a push towards teaching this roll would be a great encouragement for the novice paddler and... it would have a lot of people actually rolling who wouldn't be with the conventional teaching methods.

Of course, I couldn't resist my prejudice towards the Greenland paddle, but in all honesty, I did a valiant effort to stay neutral. Actually, the video primarily focuses on the conventional feathered paddle since it's a more difficult paddle to learn - however, there are segments on all styles.

Producing this video was an artistic project in film making as well as one encompassing a logical teaching method. I spent 3 months shooting and the entire winter editing. The premiere showing will be in May and two videos will be in the ConnYak library. Others will be for sale. The video runs 50 minutes. - Jay Babina

ConnYak Library

Is it too cold or rainy to paddle? Spouse won't let you go? Satisfy that itch by borrowing a book or video from the ConnYak library.

One reason that this sport is so appealing is that there's an endless amount of knowledge to be learned. You can always find something that can improve your skills, spark your enthusiasm, or make your time out on the water a safer experience.

While we aren't quite ancient Alexandria nor do we use of the Dewey Decimal System, we're building a nice collection of books and videos through the expenditure of club funds and the generous donations of club members. If you would like to borrow an item, they are available at most club meetings or get together. All we ask is that you return them at the next club event (1 month) or drop them in the mail addressed to the address listed below. If you would like to donate an item, bring it to any club event and give it to one of the club officers. It would be greatly appreciated.

Please keep in mind that some of the items in our library were actually written by guest speakers, fellow members, and friends of our club. If you like an item in our library, we encourage you to buy one for your own collection or to spread the word to your fellow paddlers about how much you enjoyed it in support of the authors good work.

On the right a listing of the items currently in our library.

Jon Sweeton
65 Burlington Rd
Unionville, CT 06085
860-673-4342



CONNYPAK TRIP RATINGS

Any trip can change dramatically due to conditions - as in all sea kayaking.

(N) **Novice:** Novice paddlers are expected to be able to keep up with the leisurely group pace or will be turned back.

(I) **Intermediate:** Fully capable of self rescue, confident paddling stroke and braces.

(A) **Advanced:** A dependable roll, able to rescue others, strong, experienced paddler.

Check the bulletin board for other impromptu trips listed by members - www.connyak.org



(All books are currently in)

ACA Knots For Paddlers - Charlie Walbridge
Canoeing and Kayaking Instruction Manual - Laurie Guillon
Canoeing and Kayaking for Persons With Disabilities - Webre and Zeller
Derek Hutchinson's Guide to Sea Kayaking - Derek C. Hutchinson
Eldrige Tide and Pilot Book-2001 - White
Hot Showers
-**Main Coast Lodgings for Kayakers and Sailors** - Lee Bumsted
Kayaking Georgia Bay - Reynolds and Smith
Official Handbook of the British Canoe Union - BCU
Paddle America - A Guide to Trips and Outfitters-50 States - Shears
Paddling Hawaii - Audrey Sutherland
Sea Kayaking - John Dowd
The Essential Sea Kayaker - David Seidman
The Essential Sea Kayaker - David Seidman
White Water and Sea Kayaking - Kent Ford
— **Videos** —

The Perfect Storm - Warner Brothers Out
The Kayakers Edge - Kent Ford (White Water Instruction) In
The Art of Paddling-A Visual Manual of Instruction for Sea Kayaking-Vol 2
H2O Outfitters - In
The Art of Paddling-A Visual Manual of Instruction for Sea Kayaking-Vol 1
H2O Outfitters - In
Performance Sea Kayaking-The Basics and Beyond
Out
Performance Sea Kayaking-The Basics and Beyond
Out
Nanook of the North Out
Greenlanders at Fort Devins - Gail Ferris In
Greenland Style Kayaking-Instruction for Efficient Use of the Narrow Paddle Doug Van Doren Out
Grace Under Pressure-Learning the Kayak Roll Out
"Cold, Wet and Alive" ACA In

CONNYPAK MESSAGE SYSTEM (203) 603-4615

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

Note: All paddlers are responsible for their own safety, including dressing for immersion. You must wear a CG approved PFD and a spray skirt. The boat and equipment must meet CG requirements, including an appropriate signaling device. Beginners must have taken a basic course and be proficient in performing a wet exit, paddle float re-entry and carry a pump. Kayaks without bulkheads should have floatation installed. (always carry extra dry clothes, food and water) Paddlers are expected to show a sense of awareness as far as staying with the group during paddles.



A viking voyage

Lecture & Slide Show

Friday April 20 - 7 PM Essex Town Hall

DIRECTIONS TO THE ESSEX TOWN HALL

Approaching from the North on Route 9, take Exit 3. At the end of the exit ramp, turn left and go under the Route 9 bridge to the light. Turn left at this light on to West Avenue.

Approaching from the South on Route 9, take Exit 3. At the end of the exit ramp turn left and go to the light. Turn right at this light on to West Avenue.

The Town Hall is about a third of a mile up the hill on the left at the corner of West Avenue and Grove Street. Turn left on Grove Street - parking is in the back of the building.

PADDLES

BARN ISLAND LAUNCH (N/I)

SATURDAY, APRIL 21 - STONINGTON

Paddle route determined by conditions. Pack lunch. Launch at 10 a.m.

DIRECTIONS -

I-95 to exit 91 in Stonington. At the end of the exit ramp, continue straight across on to the road in front of the ramp. Take your 3rd rt. on to Farm Home Rd. and continue until you hit Rt 1. Take a rt. and a left at the light. Take your first immediate rt. (launch sign) off that to the Barn Island Launch. In the water by 10:00 a.m.

FARMINGTON RIVER - WINDSOR

SATURDAY, APRIL 28 (N)

Ct river and up the Farmington River, a lovely paddle though the woods. High water this trip could become an intermediate level. On the water promptly at 10:00: Pack a lunch

Direction to the Bissel Bridge boat launch - I-91 take exit 35B and follow Rt 128 east 0.4 miles Turn left on RT 159 south (Windsor Ave) for 0.3 miles

At 3rd signal light turn left onto Barber St. Watch for boat launch signs.

May 19 & 20 Seldon Island Camp / paddle

Campers need to coordinate with trip leader Dave Hiscocks, because of campsite space limitations. 1-860-278-7440

June 2nd Narragansett Bay, RI (I)

August 25th Jamestown Circumnavigation (Advanced)

August 25th Narragansett Bay (Intermediate)

September 8th - Barn Island to Fisher's Island to Watch Hill (Intermediate/Advanced)

CLASSIFIED

Wilderness Systems Alto with rudder. Yellow Skirt and floatation bags. \$650/oba. Call (203) 457-9983.

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

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

Diriego, 17.5' Sea Kayak, Kevlar/Fiberglass w/wood trim & rudder. \$1,200.00 203-734-4452 kck@ashcreek.net

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

Solstice GT, Current Designs. Fiberglass, red over white. Used 2 seasons. (203) 855-9707, \$1700.

Necky Arluk 1.9 kevlar 17'x22" 45lbs new in 1996 ex. condition. Call 203 656-0946. mmarkb@juno.com

Touring/Surfing Sea Kayak: Sun Maximum Velocity 13' x, 25" in Xytec \$675. SurfKayakers@aol.com

Wilderness Systems Pamilco double-2 person \$500. Jim 203-345-0090

DRYTOP - BomberGear breathable drytop (S)-(New) \$150. 860-643-8303 - fernusen@aol.com

Open deck kayak - Heritage Shearwater, 18' 45 lbs, 2 hatches, 1 yr. old. \$1700. 203-335-6289

2 Walden Vista Expedition 12.5' kayaks (lime, grape) with bulkheads and spray skirts. 42lbs. Used 4 days. \$600 ea. (203)389-1230 email en-sign@southernct.edu

Perception Carolina, 14'7"X 25" kayak- Poly, SeatPad/Back rest, Front & Rear Bulkheads. - \$600. (860)-667-2616 or E-Mail ckayakdon@yahoo.com

Wilderness Systems Tchaika, fiberglass w/rudder, neoprene sprayskirt yellow/white used 4 times. \$1,500 (203)483-7705.

P&H Sirius with skeg - excellent condition. \$1650 Call 860-767-0696.

2000 Necky Looksha Sport - expedition - front/rear bulkheads & rudder 14' 4" x 22.5" red polymer \$850 1-860-434-0221 or dww@99main.com

Necky Looksha kayak-poly. 17 ft. two neoprene hatches, bulkheads, rudder, skirt. \$700. 914-967-3164

Necky Tesla-NM, Used Once. 17' Kevlar, Mango / white, blue trim, large cockpit, rudder, Ckpt. cover. Two Werner paddles. \$2,500. 1-860-526-3344

Two piece 220 cm Lendal crankshaft paddle : Carbon 1F Archipelago blades New \$340 - slightly used at \$240. . oldphoto@connix.com / (203) 281-0066

Wilderness Systems Pamilco double-2 person \$500. Jim 203-345-0090

Borel Ellesmere, used one season, Yellow over Yellow, Kevlar, day hatch, drop-down skeg, \$2700 new \$2195. E-mail ckayaker01@mindspring.com tel 203-481-1881.

Heritage Nomad 16' fiberglass open-deck kayak. 42 lbs., removeable skeg, rear hatch and deck rigging. Ex cond:\$1350. Mens 3 mm farmer-john wetsuit, small \$20.Jeff 860-267-9563 - jbrooks@wesleyan.edu.

Panache wood stripper, 18'4"x22 1/2", unused. Large volume boat, big cockpit, large hatches, ideal camper. \$2600. Stripper canoe, 18', WRC hull, ash gunnels & thwarts. Light boat, fast, excellent condition. \$650. Call Brooks (860) 653-5899.

Please contact the Newsletter when items are sold.

INSTRUCTION

Greenland style paddling and rolling. BCU Coach and ACA Certified. fernusen@aol.com for private or groups.

Urban Eskimo Kayaking
Indoor Pool Sessions at the Sheehan High School, Wallingford.

Skills Workshop: March 10, 18, May 5.
Safety & Rescue March 11, April 7, 14, May 6, May 12. Eskimo Rolling March 17, April 8, 22, May 13.

To register please contact: Wallingford Rec Dept. 203 - 294 - 2120.
Call for specifics - Nancy at 860 228 0105

Send newsletter articles or classifieds to:
Jay Babina e-mail: jbabina@snet.net
7 Jeffrey Lane, Branford, CT 06405
203-481-3221 Fax 203-481-1136

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. Membership includes monthly newsletter, paddles, functions etc.

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

E-MAIL: CONNYAK@CONNYAK.ORG

WEBSITE / BULLETIN BOARD: WWW.CONNYAK.ORG



ConnYak

CONNECTICUT SEA KAYAKERS

c/o Ed Milnes 35 Hampton Park
Branford, CT 06405