

There is a life truth that says, "One great adventure gives birth to another." It was during the Clark Bowlen Cobscook Bay trip of July 2000, that I began casting about for the next perfect trip. To qualify, it had to be relatively close to home, low budget, and give a huge bang for the buck. An article on Maine's Aziscohos Lake which appeared in the March 2000, issue of Atlantic Coastal Kayaker was pay dirt.

The mile-wide, 19-mile long lake is the western-most of the Rangeley Lakes and is situated in the corner formed by Maine, New Hampshire and Vermont, just 300 miles from Hartford. This was to be my first time for wilderness kayak camping and from my past experiences at organizing and leading sailing and dive trips to the Caribbean, I knew that the devil is in the details and that the fun of any great adventure comes in three installments: planning the trip, living the trip, followed by embellishing and reliving the memories. Compatible partners, good food, sound equipment, and a magnificent destination leave only the vagaries of the weather as a variable. For partners I chose Fran Griffin, Cheryl Barnaba, and Bill Whitcomb, all CONNYAK members and seasoned campers. However, I sensed that my dear wife Linda, who does not share my

## AZISCOHOS LAKE MAINE

by Brooks Martyn

appetite for outdoor adventure, would not tolerate my departure into the wilderness for a week with two women and my best buddy. My chaperone for this trip was my nephew, Jack Carpenter, who is a seasoned world traveler but has minimal paddling skills.

Scenic overload for the six-hour drive begins just above Holyoke, MA, on I-91, intensifies on Route 2 in New Hampshire's White Mountains, continues along the Magalloway River on Route 16 in Maine, and culminates at the south end of Aziscohos Lake, where the infinity of the wilderness begins.

We had planned to spend our first night at the East Shore campsites of the Black Brook Cove Campground, but upon inspection, found the campsites to be separated from the rocky shore of the lake by a 100-yard swath of dense forest, brush, and blowdowns, hardly suitable

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### Letter to Connyak

I was re-reading your "Feeling Unloved" article and you make good points, but you don't mention commercial kayakers (guided groups) who impact sensitive areas and potentially heighten the local hostility for all kayakers. The LI coast is even more populated and environmentally threatened than Maine, so CT kayakers need to be encouraged to abide by practices that are environmental standards in other states/countries. You make campers more culpable than day-trippers, which I don't think is fair. People need to always be aware of their audio impact on wildlife and other humans trying to enjoy the same space. Whether you stop someplace to camp overnight or for a brief period, people need to practice zero impact standards. I think most Maine guides don't take out more than 8-10 people out at a clip.

To encourage safety, the newsletter publishes a blurb stating people are expected to have a PFD, pump, dry cloths etc., ... to encourage environmental awareness, why not include a blurb that groups should be no larger than 10-15. Instead of having everyone go out at once, stagger trips every 3 or 4 hours ... or do a 8am and 12pm or a 10am and a 3pm trip. If too many people still come at one time, make them go out in small groups. Don't all stop/eat at the same time/location. It might not be enough, but it would be a start.

You mention crowds invading Isham Street (Mystic) being a problem, but the blurb on the next page about the small boat parade gives directions to park on Isham Street as the 1st option .... why not ask people NOT to park on Isham in respect for the local residents?

- Anonymous

*Yes, there is a launch site under the RT95 bridge and we should have used it. Isham St. has public parking and it will be taken by tourists wether there's a kayak on the roof or not. The only problem with your 10-15 size groups is that everone wants to paddle with me.*  
- JB



(L to R) Brooks Martyn, Fran Griffin, Bill Whitcomb, Jack Carpenter

Photo: Cheryl Barnaba

for launching our heavily loaded kayaks. The staff back at the main campground was most accommodating and allowed us to pitch our tents on an unoccupied RV site a short walk from the restrooms and the well-stocked convenience store/main office. Those were the last amenities of civilization we to experience for the next four days.

Early the next morning we sorted out the food and equipment, loaded the boats, and began the 9-mile paddle up the dead-calm lake to our first campsite at Lincoln Brook. From the ACK article I had expected to find a true wilderness lake and was a bit put off to see the 15 or so summer cottages located along the lower east shore. I compensated for this by looking at the west shore, where there were only two structures, both at the upper end of the lake. Our campsite at Lincoln Brook was exquisite. It came with a fire pit, picnic table, outhouse, and the literal flies in the ointment: voracious, omnipresent, invisible black flies - nasty, evil little creatures that crawl up sleeves and trouser legs, who consider insect repellent to be salad dressing and whose bites do not hurt, but leave stinging, itching little bullet holes in the skin. Poor Cheryl must possess an attractant beyond her pleasant personality and sense of humor, for she became their prime target, while the rest of us suffered to a lesser degree.

In retrospect we made a tactical error when we chose to remain camped at Lincoln Brook for our three nights at the upper end of the lake. The next day we paddled to the head of the lake and encountered a totally different environment. Many small, low islands with sandy beaches are at this end. We were attracted to one island by a din of loud screeches and squawks to discover that it was a rookery for great blue herons. The Magalloway River enters the lake here. It is one of the most beautiful and unspoiled views of wilderness I have ever seen; a place where the verdant mountainsides slide into the glassy water in a cascade of lush marsh grass.

We spent only a short time here, as we had a long paddle back to camp. I want to return and explore this river and its coves and immerse myself in its grandeur. The day that we paddled back down the lake to our final campsite on Beaver Island, Aziscohos lived up to its

Indian name of "Devil Winds." By the time we had broken camp and launched the kayaks the wind was howling down the lake and short, steep white caps had formed. It was scary and required a bit of concentration, but that kind of water is really what these magnificent little boats do best and we made the three-hour paddle in half of that time! It was a relief to pull into the eddy behind the rocky point of Beaver Island.

That night at the supper table we began planning next year's trip to the East Shore of Nova Scotia. We saw only one moose, numerous loons, some with babies, Merganser ducks and their babies, and two big rabbits that thumped fearlessly around our camp at Lincoln Brook. No bears, no otters, no eagles. The landlocked salmon and trout which are found here remained safe from Bill's lures and our frying pan. My cost breakdown for this trip was \$31 for camp fees, \$36 for food, and \$20 for fuel. That's a lotta bang for the buck in any body's book!

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### T-SHIRTS FOR ARTICLES

T-shirts for articles is still valid and if we owe you one for a past article please speak up. Someone always has T's at the paddles. \$5- members.

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### Membership List

ConnYak members in good standing (only) wishing to obtain a copy of our current membership list may receive one (Microsoft Excel spreadsheet - PC) by e-mail request to:

[richard.f.gamble@snet.net](mailto:richard.f.gamble@snet.net)

Most of our members have access to e-mail now so there will not be a "snail mailing" this year. For the occasional need for a hard copy, arrangements can be made by special request. Call Dick Gamble - 860-767-0610

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### connyak picnic - sun, sept. 9

WEST HILL POND, NEW HARTFORD, CT

Details will be posted in the Sept. Newsletter. Like last year, certain foods, beverages and a gas grill will be supplied by ConnYak and members are encouraged to bring their own food and things to share which makes for a great feast for everyone. ConnYak will also supply raffle items and perfect weather.

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## Paddling in the Nude

Today, I woke up wanting to do something different. I really wanted to paddle in the nude. I haven't paddled at all for over two years, due to a shoulder injury. Since I don't have the fame of Stephen King, I won't bother to tell of my gory accident. You might suppose that I might be a little nuts to want to paddle in the nude, without at least one safety precondition, like a Farmer John. But I'm not nuts. I always have a back up paddle, a paddle float, a pump, and a partner.

The risks of paddling in the nude are not huge, but there might be consequences. Imagine yourself getting out in what you perceive to be a secluded spot, early in the morning, and hearing, "those kayakers just have no boundaries", and then try to compose yourself and simultaneously undo the possible PR damage to the paddling community. If you went through the sixties, as I did, the continued media reporting of streaking seemed to desensitize some puritanical sensibilities.

A bare upper torso on a kayak seems to attract less attention than the whole thing. What attracts more attention is the bare kayak frame of a skin boat. Today's commercial copies of traditional Inuit designs are really sexy and traditional kayaks are even sexier.

I build and paddle Greenland kayaks with wooden frames with canvas coverings. Apart from terrific handling properties and low weight (40-45 pounds), these boats have an aesthetic bonus. They can be painted. Anyone who has worked with canvas can appreciate this observation. Think about a Mondrian, a Picasso, or a Degas on a kayak.

My kayak is currently adorned with a giant squid, painted by my undiscovered artist son, Chris. Despite his unreplicable artwork, it is due for a re-canvassing. The next coating will be a dazzle camouflage design, inspired from a WWII British antisubmarine strategy. I also have another kayak, 24"x18', which needs a new skin. I am seeking help from club members who would like to learn how to sew up the new skins. Fabricating the skin is the second most difficult task in the construction of a traditional kayak. The schedule; Sat., Aug. You can be male or female, adult, or teen. I have taught kayak building to

over 60 successful people of all skill levels, so if you have the curiosity or the desire, and want to help putting the skin on this nude kayak frame, call or e-mail. Jim Hsiang: [jhsiang@earthnet.net](mailto:jhsiang@earthnet.net) or 203-287-7517. There is no charge and I will be grateful for the help.

### the Double space is dead

Leisure suits, vinyl records, TV rabbit ears and the double space at the end of a sentence are history. No reflection on any submissions in particular - using a double space at the end of a sentence went out with the Royal Typewriter. Computer type spacing (kerning) compensates for this and double spaces haven't been used professionally or needed in over 15 years. The first thing any publication does is a "find and replace" for double spaces. - JB

### tuesday Night paddlers

contact bill 860-535-4473  
or.. russ 860-621-0796

Mystic Area evening paddles - calm conditions.

### CONNYAK TRIP RATINGS

Any trip can change dramatically due to conditions - as in all sea kayaking. (I) is generally longer and more off shore with greater chance of rough conditions.

**(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.

**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.

Check the bulletin board for other impromptu trips listed by members - [www.connyak.org](http://www.connyak.org)



### 2 - RI - INTER-CLUB PADDLES

SATURDAY, AUG 25 (A & I)

CONNYAK, RI KAYAK CLUB, BOSTON SEA KAYAK CLUB, N. SHORE PADDLERS

Advanced paddle --- 22 mile circumnavigation of Jamestown. Launch from Ft Wetherill in Jamestown, RI. In the water at 9:30 AM. Paddlers are asked to all bring a spare paddle. If you have towlines, VHF radios, flares and any other rescue/safety gizmos, please bring them if you have them.

Intermediate paddle --- West passage of the bay. Launch from URI Bay Campus in Narragansett, RI. In the water at 10:00 AM. Itinerary will be determined by conditions. Both groups will meet for lunch on the beach on the north shore of Dutch Island.

Rain, predicted thunderstorms, or small craft advisories postpone.

#### DIRECTIONS - FORT WETHERILL

JAMESTOWN OR NEWPORT BRIDGES (Rt 138): Follow Rt. 138 and exit into downtown JAMESTOWN just before the Newport Bridge Tolls on the East side of the island. Follow the main road (whatever it is) heading South as if toward Beavertail Point. Then turn LEFT at the sign for Ft. Wetherill. Follow this road to the park, turn Right into the park then take a quick Left to the boat launch parking area. Ft. Wetherill is on the East side of the island, south of the Newport Bridge and north of Mackerel Cove.

#### DIRECTIONS - URI BAY CAMPUS

Get on RT. 1A (NOT RT 1) in Narragansett, turn east onto SOUTH FERRY RD (Not Ferry Rd.) It is approx. 3 miles. south of the Jamestown bridge and just north of Bonnet Shores. Watch for signs for the URI BAY CAMPUS and NOAA. SOUTH FERRY RD. is directly across from Bridgetown Rd. and has a Brooks Pharmacy on the corner. Launch from the beach at the very end of South Ferry Rd. Parking can be tight, so you may want to drop your boat and gear off at the beach and then park your vehicle in the lot just above it.

If you have any questions, concerns, etc, feel free to ask! See you all soon, Wayne Smith - [wsmith16@snet.net](mailto:wsmith16@snet.net) 860-875-0642



## PADDLES



### BARN ISLAND

SATURDAY, AUGUST 4 - STONINGTON

Paddle to Watch Hill - Napatree Point etc. Pack lunch. In the water 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.

### BLUFF POINT

SATURDAY, AUGUST 11

Paddle out around harbor to Bluff Point for lunch.

#### DIRECTIONS -

I-95 to exit 88 in Groton. Head towards water (south) thru two lights to the junction of Rt. 1. Right on Rt. 1. Left at first light (Depot Road). Continue on to Bluff Point State Park..

**In the water by 10:00 a.m. (pack a lunch)**

### RESCUE CLINIC-OLD LYME

SATURDAY AUG. 18 GREAT ISLAND

In the water by 10:00. 1 hr. paddle. Land for demonstrations - lunch and practice. Non-participants welcome.

#### DIRECTIONS -

I-95 to exit 70. go south on rt. 156 (Shore Road) approx. 2 miles to Smith's Neck Road (boat launch sign on the Rt.) Follow it to the end - to the launch ramp.

### RI - PADDLES SAT AUG - 25

CONNYAK MESSAGE SYSTEM  
(203) 603-4615

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



# CLASSIFIED

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

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

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

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

2 Walden Vista Expedition 12.5' kayaks (lime, grape) \$600 ea. (203)389-1230 email ensign@southernct.edu

Like new Romany 16, tan over tan, with skeg, neospray skirt, aqua bound paddle. \$2100. 203-281-1529

13' Mad River Compatriot; light green with wood trim, 42 lbs., mint condition., \$500, Clark 203/271-2484

Werner Kauai 1 pc. paddle 220cm. Feathered maybe 10X; \$150. 203 457-9772 or andyb@asan.com

"Necky Arluk 1.9, 18', 45# KV, yellow/white \$1900. RichBECSI@aol.com 203-458-3666."

Valley Anas Acuta, Ex cond., Day hatch, \$2500.

Vyneck - Nigel Foster, 19" beam, \$1200.

860-441-8416W or jonandlisa@msn.com

Please contact the Newsletter when items are sold.

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

Wilderness Systems Tchaika Kevlar with rudder. \$1400. 860-873-1884 or denandjoy@snet.net

Current design - Caribou, fiberglass. Ye./yel. 45 lbs. hard chine \$1895 203-985-9288 areimann@snet.net.

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

Necky Tesla-NM, Used Once. Ckpt. cover. Two Werner paddles. \$2,500. 1-860-526-3344

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

Current Designs Caribou "S" Kevlar. Yel/white, Compass New \$3110 in 3-01 sale \$2700. 860-563-3391

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

Cedar strip PANACHE sea kayak, 18'4"x22 1/2", 55 lb. \$1825. Stripper canoe, 18', \$650. (860) 653-5899.

Ocean Kayak-17' 9"—Valley Aquila - Blue and white 1800 - 203 226-6926 —pascale@earthlink.net

Kokatat, Gore-Tex, front entry, dry suit, never used. Size-Medium. \$400. Call 860 767-0696.

Wilderness Systems Sealution: 16.5' x 22" Glass, Light, All grey, VCP hatches, no rudder, Compass and spray skirt. \$900. (860) 521-9054

Wilderness Systems Cape Horn 15'2" Poly, Rudder \$950. Excellent Condition 860-582-7445

Looksha IV, kevlar, plus extras. \$1900. 203-335-6289

## INSTRUCTION

Urban Eskimo Kayaking Classes

Mike Falconeri Nancy Lovelace

203-284-9212 860-228-0105

www.uekayaking.com

Wallingford Com. Pool 8:00 a.m. - 11:00

**Safety & Rescue Workshop** August 4

**Rolling Workshops** August 18

To register call Wallingford Parks & Rec.

1-203-294-2120

**Skills Workshop** - classes 10:00 a.m.- 2:00 p.m.

Call Nancy for info.

Greenland style paddling and rolling. BCU Coach and ACA Certified. fernusen@aol.com

## 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**

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



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