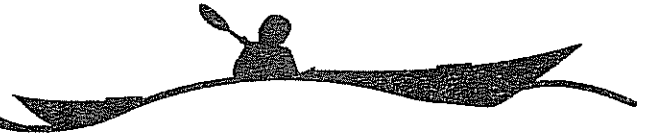


# CONNERYAK



CONNECTICUT SEA KAYAKERS

August 2004

## GREENLAND CHAMPIONSHIPS

IT'S NOT ABOUT THE MEDALS

Many of you have been asking how the championships went. It was completely different than I imagined but as wonderful as can be. I was at first disappointed that I was not in the Greenlandic Class. I was able to waive my age so I did compete with all of the competitors (Greenlandic women age 20-34) for the Qajaq woman of the year. The only difference was when I placed, I was not called up on the onto the platform and given a medal. However, seeing the happiness of the Greenlandic woman who got the medal that I would have got made it all worthwhile.

I wouldn't have wanted to take that away! We have such advantages here; drysuits, pools, wetsuits, safety gear, safety skills. So by waiving my age and being in the international class I was the only woman in it, so I automatically got all the gold medals seven to be exact (including one for harpooning which I didn't even compete in!).

But it was similar in all the international classes. There were a total of six women rollers, one Greenlandic teen (Bibi Kielsen), two Greenlandic women, and two other foreign women. (Becky Molina and a new roller from Canada). So its easy to get a medal when there are only two or three folks competing in each class! Making the medals not so important anymore. What was more important was being there and making friends with the Greenlandic folks. I was invited to join the Sisimuit club and I hope to gather some gear to send to them for the kids. Most folks doing the portage race did it in socks! Cotton socks! Any gear donations out there! That being said I came in first in the portage race, the team rolling (we were the only female team, me, Becky and a Greenlandic

woman), my relay team crossed the finish line first, and rolling, I finished 3rd in the short distance race, and 4th in the long distance race. I tried to calculate points and I would have tied for 2nd place for the qajaq woman of the year. Thanks for all the support!

- Cheri Perry

*During the fall when our meetings resume, Cheri will do a talk and slide show about her experiences traveling to Greenland.*

## A FUN AND INFORMATIVE RESCUE CLINIC

Over 70 paddlers arrived for our rescue clinic. We were blessed with great weather and the usually enthusiastic group got right in there and hit the water after lunch to try out some new things or just experiment and have fun.

The few failed rescues during the demonstrations were an excellent reminder about the need to practice as well as demonstrating the probability that things sometimes do go wrong. When Mark's home-made Greenland paddle snapped during his paddle float demo, another "lesson learned" came to

the forefront about spare paddles. He pulled out the one on his back deck and continued to rescue himself.

Of course, the annual sinking of the rec boat with no flotation is always a reminder about how difficult rescuing someone in a flooded boat with no flotation really is. You have to also remember, that we were doing these things in warm, calm water without any fear, panic or hypothermic victims.

Thanks to the DEP for their informative flare firing demo. And many thanks to all those who shared their knowledge and experiences along with those who helped others afterwards.

*I had 3 Orion 'Star-Tracer' flares that expired at the end of 2000 that I vacuum bagged (no condensation) when they were brand new. I figured they would be fine but they fired zero for three at the clinic. DEP had one Orion 'XLT' that expired in '97 that fired fine. I stopped at West Marine on the way home for a pack of 'XLT' flares. The 'Star-Tracers' are no longer being sold, and the 'XLTs' are now 'Skyblazers'. I think this is a pretty good indication that Orion has figured out the 'Star-Tracers' are duds. Remember 'XLT' = 'Skyblazer' now.*

- Rusty Norton



Flare firing during the Rescue Clinic at Bluff Point State Park

Photo - Tom Maziarz

# Bagaduce River in Castine, Maine

by Paul Donoski

The annual June paddle vacation brought Don Clark, Bill Hillis and myself to the Stonington/Castine area. One of our principal goals was to paddle up the Bagaduce River as far as we could.

Bill had heard a talk before by Karen Francoeur, owner of Castine Kayak Adventures, about paddling this river. He contacted her looking for information about the river. Karen related that she was available the day we planned to paddle and would be happy to guide us.

At first we hesitated to accept her offer since we had never used a guide with any of our previous Maine paddle trips. In the end we decided it was a good idea. We launched at 12:30 pm from Dentin's Warf to take advantage of the incoming tide. The normal tidal range in the Castine area is 14 to 16 feet.

Our plan was to paddle as far as we could upriver before the tide change forced us to head back downriver. Karen was a great asset since she knew all the shallow areas and channels that were not immediately apparent to us.

The day was sunny and clear. There was an abundance of wildlife both along the banks of the river and in the water. Every turn of the river revealed a new pod of harbor seals. A disturbance by a group of crows in a tree along the bank was caused by a bald eagle that apparently had landed in their nesting area. I have seen crows harassing eagles before but not like this group. They were performing cartwheels in their attempt to chase him away. The eagle eventually took flight and even camp. This was to be our lunch stop until we spotted a group of seals along the shore with young pups. We quickly turned away from the island and stopped along the shore upriver another  $\frac{1}{2}$  mile. At 3 hours out of Castine and 7 miles upriver we reached the Reversing Falls where the whole river flows thru a 30 foot wide underpass for route 176. When with a squadron of crows close on his heels

Karen used to her regular group of novice tour paddlers kept asking us if we wanted to stop and stretch our legs. Absolutely not we said. We had only

been paddling a little over an hour at this point. We passed thru the Narrows, a section with fast tidal currents and whirlpools.

Beyond the Narrows we came upon Youngs Islands, private islands where Karen had permission to stop we reached there the tidal flow was still upriver creating a 3 foot drop on the opposite side of the bridge with two standing waves that Karen estimated were at least class 3. We might have turned back there if Karen didn't say she had gone thru there before with similar conditions. Don, Bill and I looked at each other with that obvious expression in our eyes that if Karen can do it surely experienced ConnYakers could. We didn't resist when Karen offered to go 1st showing us the safest line thru. As we watched she bounced right over the middle of the largest standing wave with her kayak pivoting like a dodo bird toy. This was not the line she said she planned to take but she ended up beyond the turbulence without even a high brace. Don charged thru next giving us his war howl used during those years running rivers in his canoe.

The experience paid off because he came thru with flying colors. Bill went next with me not more than 30 feet behind him. All the sudden Bill got pitched sideways by the wave and was ejected from his cockpit like a jet fighter pilot. His kayak went one way and Bill the other. My immediate concern was that I was going to run right over him as he bobbed in the rapids. Fortunately I was able to force my line well to the right of him and get safely by. We rounded up Bill, his kayak and all his floating equipment. He was laughing so hard he had a hard time getting back into his cockpit.

Beyond Reversing Falls was a oyster farm which we inspected. Nine miles upriver we could tell the current was slowing and would reverse direction soon as the tide changed. But first Karen, who is part of a group that monitors horseshoe crab mating in the river, had to see if there was crab activity this far upriver. We paddled to the shore where we quickly discovered an abundance of crabs immersed in what they having been doing for millions of years. It took all our effort to break Karen away from Crab Club Med and head her back

downriver. When we reached Reversing Falls it was no more than a 3.5 knot current still flowing upriver. Rather than wait the 15 or 20 minutes for the flow change we paddled thru and headed back to Castine. This was a great paddle and far exceeded our expectations. The Bagaduce Reversing Falls will be high on our discussion list for the balance of this year.

---

## Forward stroke clinics (both)

Saturday, August 14, 2004 10:00 AM  
Mansfield Hollow Lake, Mansfield, CT

Info: Wayne Smith (860) 742-4130 or  
email: connyak@connyak.org

---

**Greenland Clinic: (FREE)** Covering basic techniques that will help Greenland style paddlers acquire a more efficient and powerful forward stroke.

Topics will include canting the blade, torso rotation, preventing paddle ventilation, acceleration stroke, turning strokes, efficient paddling into high winds, sliding stroke (Storm paddle in particular), and high and low bracing. There will be dry land and on-water exercises, and a sprint race to see who's fastest.

We will also paddle after the clinic to practice. Pack a lunch.

Participants should have their own Greenland paddle(s), or have borrowed one in advance. Loaner paddles will not be available at the clinic unless other participants have extras to share.

---

**Euro Clinic:** Join instructor Adam Bolonsky for a day of fine-tuning your forward stroke with a euro paddle. Class runs all day, and will include paddling drills and exercises geared towards generating more power & ease of paddling through refined technique.

Class will rendezvous with Greenland forward stroke class for lunch. Pack a lunch, plenty of water, and sunscreen.

Class size is limited to 15. You must be a member of ConnYak to sign up.

**Fee for this class is \$30 per student.**

To sign up, contact Wayne Smith at connyak@connyak.org or phone (860) 742-4130.



# Recent Additions to the ConnYak Library

By Brooks Martyn

I recently availed myself to one of the benefits of ConnYak membership after learning that the club will reimburse its members for the purchase of kayak-related videos or books, provided that they are turned over to the library. A brief summary of each of the books/video that I bought follows:

**NANOOK OF THE NORTH**, filmed in 1920 by Robert J. Flaherty, 79 minutes, with subtitles and a musical score in VHS format. Flaherty was a pioneer in making anthropological films. His first work was the filming of an Eskimo family pursuing their daily life in the Hudson Bay area of Canada. Surprisingly, they were still using traditional tools and techniques for survival at this late date. The film includes excellent footage of kayaking, ice fishing, igloo building, seal hunting, and putting the family to bed. Some brief nudity.

**ON CELTIC TIDES** by Chris Duff, 269 pages, with photos. In 1996 Chris spent 3 months circumnavigating the island of Ireland in a kayak. He weaves a captivating tale about his search for his ancestral soul while battling monstrous seas and meeting winsome people. During his saga, Chris slept in the ruins of a thousand year-old monastery and chanced upon the site of a stone ring fort thought to date back to 400 BC.

**SOUTHERN EXPOSURE** by Chris Duff, 264 pages, with photos. In 2000, Chris was again compelled to high adventure, this time circumnavigating the southern island of New Zealand, at trip which took 4 1/2 months to complete and covered 1,700 miles. Chris chronicles his encounters with sea creatures, wonderful, eccentric people, and near-death experiences.

**ESKIMO LIFE** by Fidtjof Nansen, 350 pages, with drawings. Nansen was one of the foremost early Norwegian explorers of the Arctic Region. This book was first published in 1893, and was written after Nansen had been marooned in Greenland for 1 year with a

group of Eskimos. During this time he lived and learned from the natives, including the skill of kayak hunting. He records his observations on the Eskimo society, its morals, social practices, and the routines of day-to-day life. Nansen attributes the decline in Eskimo culture that he observed to the presence of Christian missionaries and the introduction of European implements.

**BOOK OF THE ESKIMOS** by Peter Freuchen, 319 pages. Of any white man alive, Peter Freuchen wrote with the utmost authority on the subject of Eskimos. A Norwegian, he lived his entire adult life among them as an equal. He first visited Greenland in 1906 as part of a Danish expedition. In 1910 he founded a trading post in a place he named Thule. He became the administrator and manager of Thule from 1912-1919. Freuchen married a native woman and had 2 children with her. He traveled widely in Greenland, the Hudson Bay Area, and Alaska, living as an Eskimo, until his death in 1957. In this captivating book, Freuchen tells the reader more about Eskimo life than they ever thought to ask. Life, survival skills, cannibalism, sexual perversion, wife swapping, philosophy, séances, you name it and he talks about it. From his perspective, the demise of Eskimo culture in Greenland came with Nansen's discovery of the Arctic Current and the subsequent decimation of the seal population by the Norwegian sealing fleet. Unlike Nansen, he feels that the introduction of the white man's genes, implements, and commerce liberated the Eskimos from a too-often fatal existence.

ConnYak members can access the listing of the Club's library by going to the web site's home page and selecting "Library List" in the left margin. The librarian, Claudine Smith, can be contacted by e-mail by clicking on her address in the page header. She will mail requested items at club expense or deliver them at paddles or club events. It is up to the borrower to return them at their own expense within 30 days. Club members can also ask the librarian to order videos or books for them.



## EVENTS



**FOUR MILE RIVER (M-I)**  
**SAT, AUGUST 7 - 10:00**

Group picks destination

**PADDLE STROKE CLINICS**  
**SAT, AUGUST 14 - 10:00**

### PADDLE CLINIC DIRECTIONS:

From Hartford, take Rt 84 East to Rt 384 East. Follow to end of highway & then take Rt 44 east. Follow to intersection with Rt 195 & take Rt 195 south. Follow for about 6 miles past Uconn & turn left at second stop light past Uconn (Bassett's Bridge Rd). There is a marine store and a liquor store on the corner. Boat ramp is about a mile and a half on left just before causeway over lake.

From Norwich, take Rt 32 north to Willimantic. Go right at light across bridge with the frogs on it (You CAN'T miss them) & follow straight to intersection with Rt 195. Go straight onto Rt 195 north for about 4 miles & take right onto Bassett's Bridge Rd at stoplight 1 mile north of East Brook Mall. Boat ramp is about a mile and a half on left just before causeway over lake.

**MADISON - THIMBLES (M-A)**  
**SAT, AUGUST 14 - 10:00**

Madison Launch ramp to Thimbles. Lunch at Jousha Cove or Outer Isl. depending on the amount of paddlers.

**HADDAM MEADOWS (M-A)**  
**SUN, AUGUST 15 - 10:00**

CT River paddle. Pack Lunch - route determined by wind and tide.

**FULL MOON DINNER PADDLE (M-A)**  
**BARA ISLAND**

**SAT, AUGUST 28 - 6:00 PM**

Pack lights and more lights, bug spray food and beverages.

Mark your calendar...

**ANNUAL CONNYAK PICNIC**

**SUN SEPT 12, 10 AM ON**

**LOWER BOLTON LAKE, BOLTON, CT**

TNP's, Housatonic Paddlers, Fairfield County Paddlers are welcome - just bring a food dish to share & beverage.

# CLASSIFIED

sDrysuit for Sale: The Barefoot Company drysuit, men's large, blue, used 3 times, cost \$400, asking \$250. Call Chris 860-989-1918.

Current Designs Solstice GT 17'7", Neo skirt medium, Ex cond. \$2400 860-875-7052

Greenland Tuliek - Med - Black - new, wrong size for me. \$250. Tom 413-593-6167

Wilderness Systems Shenai kevlar kayak red/white good condition with spray skirt weight 45# and 17' 4" long \$1475 phone 860-267-8194

Betsie Bay Aral for sale. 18 ft. long x 20", 35 lbs., rare mahogany deck, 1 yr. old, mint condition. Paid \$3800. Sale Price \$3000. Tom 413-593-6167

Betsie Bay Recluse, 19' long x 20" white Greenland style wood kayak in good condition, \$2250. (203) 269-0569 bertoldi@sbcglobal.net

Janautica Anadyr - 17'6", Fiberglass, blue/white, day hatch, excellent condition, \$1100.00. (203) 949-8647.

Please contact the Newsletter when classified items are sold. Also check the classified section on our web site.

## CAMERA REPORT

Since our camera meeting, I've been looking at digital cameras and honed in on a few realities. I can get obsessive and after driving myself nuts, I concluded that 3.2 megapixels is all I need for a snapshot camera. If I want to do more pro work, I'll go the \$\$'s for a longer lens and higher res.

On MacMall.com (PCMall-same site) I got my best deal. All warranties, US and plus, you can talk to someone. However there's on-line-only great deals. I was interested in the Nikon Coolpix 3200. Their price was \$248 (good) with a "check-out basket" special going. I got it for \$219, which is less than anywhere on line.

And... MacMall or PCMall has 256 mg memory cards for \$39 (less than 1/2 price). A USB card reader for \$18. (other discount sellers \$40). And I picked up rechargeable batteries and a charger for \$28.

This camera uses AA's or the rechargeable ones. I liked this so if something goes wrong, I can use drug store batteries.

Everything was in stock and I ordered on line to get the over \$60+ savings (total).

Shipping charge is per item, which they all do to make a few more dollars.

The nice thing about Mac or PC Mall is that they are legit. Their money is made on computers, so you save big on the needed extras that discount camera sellers have to mark up to make that extra margin. -JB

## 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 check to:

ConnYak c/o Wayne Smith  
85 School St, Coventry, CT 06238

WEBSITE / BULLETIN BOARD: WWW.CONNYAK.ORG

Watch the bulletin board for impromptu paddles posted by members.

### T-shirts for Articles

Authors of articles for the newsletter get a free T-shirt. (just try to collect it)

### ConnYak Over-Dues

On the newsletter you receive, your due-date is on your label. If you fall behind with your dues, you get two months of newsletters which are stamped "over due" and then get cut off the list of active members.

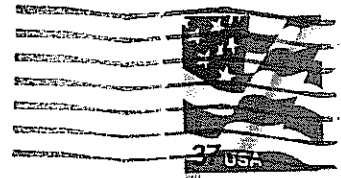
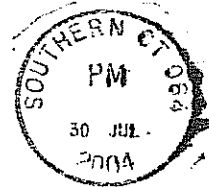
Send newsletter articles or classifieds to:  
Jay Babina e-mail: jbabina@snet.net  
7 Jeffrey Lane, Branford, CT 06405  
203-481-3221 Fax 203-481-1136



# ConnYak

CONNECTICUT SEA KAYAKERS

680 Browns Road, Storrs, CT 06268-2717



Russell Norton  
PO Box 1070  
New Haven, CT 06504

1/1/2005