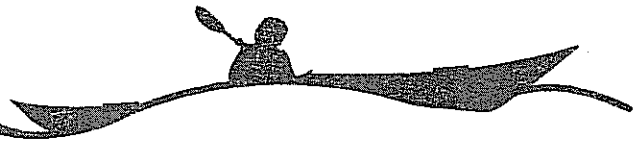


# CONNAYAK



C O N N E C T I C U T S E A K A Y A K E R S

September 2004

## Sea Kayaking - St. Martins

Bay of Fundy Trail - New Brunswick, Canada

By Rick Taylor

As I have heard many times, some of the best vacations are the ones least planned. That was certainly the case as my wife (Bonnie) and I were on our way home from our Prince Edward Island vacation. We visited PEI for four days to do some kayaking and sightseeing. We had a great time but nothing extraordinary except for the famous (or infamous) potato museum in O'leary and the wind mills at North Cape. On our way home via New Brunswick Rt. 1 we took a fortuitous rest stop in Hampton, NB. We struck up a conversation with the young lady working the visitor station about our kayaking/travel exploits in PEI and she mentioned that we ought to try kayaking on the Fundy coast. She suggested that if we had time that we should take the quick trip to St. Martins on the Bay of Fundy and check out the Fundy Trail. Seeing that we had two more days to play, we took her suggestion and back country directions and headed to the coast.

St. Martins is a little fishing community just south of the Bay of Fundy Trail (north of St. John). I was familiar with the Bay of Fundy and its famous tidal range but I was not familiar with the Fundy Trail. As the brochure says, the 'trail' is a 11km "multi-use coastal experience that is spectacular from every view...whether by car, bike, kayak, or hiking trail." The trail was constructed in 1998 and extends from just north of St. Martins to south of Fundy National Park. The trail is a combination paved road for the less adventurous and a parallel biking/hiking trail. There is a \$3.00 per person day fee to use the trail. Bonnie and I took one of our two days to mountain bike the entire trail, stopping at least every \_ kilometer to take in the breathtaking views of red cliffs, isolated

rock beaches, and every changing cloud formations. As you ride along the trail you're looking down at the Bay of Fundy from a vantage point of at least 200-500ft. There are well planned access points where you can walk down to the beaches via wooden-cable ladders. The best part of all is that we had the place pretty much to ourselves. We were amazed at the few people we encountered considering the fantastic vistas.

The second day we took to our kayaks to explore much of the same area by sea. Although my sea kayaking travel exploits are limited, I can't imagine an area being any more awe-inspiring. From the perspective of sea level, the Fundy cliffs (actually created by the rifting of the continents millions of years ago) soar above you. The red sandstone shows a geologic history of ancient lakes and glacial activity. Due to the relative weakness of the sandstone rock, sea stacks and sea caves abound created by the constant erosional energy of the sea. Depending on the sea level you can kayak into many of these sea caves. Interspersed along the coast are beautiful, isolated, rocky beaches. All along you get the impression that you

are paddling along the Galapagos coast. I have no idea if they are similar, but it's fun to dream! Cormorants and seagulls are your constant companions. The paddling this day was very easy. A nice southwest wind kept the clouds ever changing and the sea challenging (and cold) enough to keep our attention. We had been warned to watch the rip currents especially at the rocky heads so we kept a wide berth. Due to time constraints we paddled only about 3 miles up the coast from St. Martins but there are many trips, both professionally escorted (or not) that parallel the entire Fundy Trail in a few days time, camping out on the beaches. Maybe next year.

All in all this was a side trip we will not soon forget. Accommodations are easily found in St. Martins, there are many nice B & B's as well as nice campgrounds. We took advantage of both! There is also a kayak excursion business in town run by two very helpful young men (River Valley Adventures) that are more than willing to 'talk yaking'. The people (the few you see) are friendly, the tides ever changing, and the geology spectacular. Certainly a huge bang for your Canadian dollar and all relatively close to home.



Open House Day at Outer Island brought a lot of kayakers to the Island.

# WHAT IS A KAYAK?

by Jay Babina

CT Post Newspaper  
Monday, August 16, 2004

## KAYAKER NEARLY DROWNS

### WESTPORT

*A kayaker was rescued from the Saugatuck River on Sunday morning and is recovering at Norwalk Hospital.*

*The kayaker, whom police and fire officials declined to identify, had "serious injuries," according to police.*

*A passer-by notified firefighters at the Riverside Avenue firehouse around 9:15 a.m. that a man was drowning in the river near the Mansion Clam House.*

*When firefighters arrived at the scene, they found the kayak overturned and the man in the water.*

*A chase boat from the Westport Rowing Club came to the man's rescue, as did two other people who were nearby.*

*"They were a major reason this guy lived," said Assistant Fire Chief John Gottfried. "Getting him out of the water made the difference."*

*Gottfried said the kayaker was breathing when he was brought out of the water.*

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"The person was not a kayaker. It was a racing skull which was involved.

I was at the state boat launch ramp on Elaine Road that goes into the Saugatuck River at approximately 11:15 am Sunday morning Aug. 15, 2004 and the water was like glass. I have been to this ramp hundreds of times since 1997 and it almost NEVER has serious wind or wave problems because it is so sheltered. Feel free to contact me if you have more questions. - Jean Trapani". - *ConnYak BB*

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**I**t's interesting that everything gets categorized as a kayak and we (kayakers) are constantly cultivating the undeserving reputation of "unsafe". Our sport in many ways is under assault. Very often we are categorized in with all the recreational craft that has no sea-worthiness and is often paddled down the center of channels with very little regard or awareness of water safety. To the general public, anything paddled with a double ended paddle is a kayak and it's a general category that's going to hurt us.

We have a situation where kayakers / paddle sport users are created in seconds with the charge card. From the the carbon fiber, day hatch varieties to the 10 ft. plastic rec boats, the waterways are being filled with every variety imaginable and with paddlers from the very advanced to those with absolutely no knowledge or skills.

In the infancy stages of kayaking in the US, recreational craft didn't exist. Beginner kayaks were plastic, had bulkheads, were meant to have a spray skirt and upheld the safety standards that were founded by early kayak designers who were kayakers themselves. Sea kayaks were meant for the sea. Safety practices and equipment traveled along with the kayak from the day of purchase.

However, there's now a disconnect between the sport of kayaking and paddle sport boats.

A classic example of this total disconnect with the sport is the post on our BB about the Coast Guard experimenting with sponsons on paddle craft. They don't understand what a sea kayak is. They don't understand how seaworthy the decked sea kayak is in the hands of a paddler with a bit of experience. They most certainly don't understand self and assisted rescues.

Legislators love to force rules and regulations that seem noteworthy when it comes to saving people from dangers that they think they have discovered. Insurance companies love these safety rules and would do whatever they can to help them get passed and reward the instigator.

Unfortunately, the uninformed kayakers and canoeists that make the danger statistics, inforce this legislative thinking. This is further enhanced by the confusion in the media about paddlesports, which groups all paddlesports together under the heading "Kayaking".

As Sea Kayakers, we have a duty to pass along as much safety information as we can by both example and advice to those who take these activities too casually. From a pure humanistic point of view, we owe it to others to help where we can to make paddle sports safe. In doing so, we are also protecting our sport from the threat of senseless buracracy which is always looming nearby.

# CONNYPAK NEWSLETTER

FROM PAPER TO ONLINE?

by Wayne Smith

**F**or those of you who don't read the bulletin board, the issue has come up about the future of our newsletter.

Jay Babina has been the editor of our newsletter for many years now, and he often writes gathers articles and produces it with the help from others. Dick Gamble used to handle the mailing of it. It's a huge job, because gathering people who's schedule matches and are willing to do it is tough and Jay is getting a little burned out trying to get volunteers coordinated to do the work every month along with people to write articles. I can't say that I blame him.

Rusty Norton, Paul Donoski, Cheryl Barnaba, Don Milnes, and Dick Gamble have been instrumental in getting those publications out every month, but everyone's schedule doesn't always coincide. This is a volunteer effort, after all plus Dick is now gone.

And then there's the issue of technology. Jay can easily produce a full-color, photo-quality newsletter with much less effort, and post it on the club website for download. It would also save the club a significant amount of money in printing and postage which now costs us about \$250 a month.

We had a post and discussion on the ConnYak BB and roughly 15 people responded to the post with varied opinions. Many felt that it was good to have something delivered on paper to the members. However the small amount of responses tells us that many people don't read the BB regularly or maybe don't care enough to respond.

**S**ince this discussion, we have found a printer/ mailing service that will do the mailing chore and/or the printing for approximately 1/3 more than we are currently paying. Our yearly increase in cost would be about \$1200 a year. We will give this a try since we don't want to alienate members who do not enjoy using the computer or just don't want to go through the chore of downloading and printing out a newsletter.



## Kayak Gear needed for Greenland Youth

- Cheri Perry -

While in Greenland I was made a member of the Sisimuit Kayak Club which is the local kayaking club for younger people. They do not have much money or supplies to participate in kayaking with comfort and safety. I'm now trying to collect used kayak gear to send to Qajaq Sisimuit. This equipment will help supply the young members with some protection from the cold. The teens seem to be especially in need. Attach a note with your email address, maybe a photo of yourself in your kayak, and you may end up with a Greenlandic penpal. Ideas for equipment include: paddling jackets, any neoprene item, gloves, boots, dry jackets, life jackets etc. Maligiaq (Greenland National Champion) even expressed an interest in tools. No power tools because of electric differences. All items will be collected at various events the first being Arctic Boat Weekend at Mystic Seaport September 11th & 12th. Or items can be collected at our picnic.

I hope to foster a mentoring relationship between the Connyak Club and the Sisimuit Club.

## Rough Warm Water

Being on Long Island Sound, we have the gift of warm water and an abundance of opportunities to play in very safe areas in rough conditions. The water is now at it's warmest. At the conclusion of a paddle is a great time to paddle around in the waves and let them hit you from the side and get used to bracing into them or just get used to balancing your kayak. You can do this in a relatively shallow area with a sandy bottom so if you have to come out of your boat, you can stand up and walk it in. No kayaking course in the world can do that for you.

Paddlers who are comfortable in rough water, aren't gifted, they just started paddling in rougher and rougher water. They developed their balance and bracing skills and most of all, they cultivated experience and confidence.

Take advantage of our late summer warm water and play in the waves. It's the fun way to becoming a better kayaker, and it won't cost you a cent.

## ANNUAL CONNYAK PICNIC

SUN SEPT 12, 10 AM ON

LOWER BOLTON LAKE, BOLTON, CT

TNP's, Housatonic Paddlers, Fairfield County Paddlers and Rogue paddlers are all welcome - just bring a food dish to share & beverage and of course... your kayak.

Connyak will provide: a Gas grill, burgers, turkey burgers, dogs, rolls, paper goods, ice, beverages and more. Please bring a food dish to share which makes it into a much more gourmet event.

Kayak Garage Sale - as always, bring anything you want to sell, give away or swap or donate to the Sisimuit Greenland club. We will also have our usual give-away raffle prizes.

### Directions:

From Hartford, take Rt 84 east to Rt 384 east. Follow 384 to end of highway & get on Rt 44 east. Bolton Lake is a mile on the left. Go past the state launch ramp, and take a left onto Tolland Rd. Park and beach will be on your left.

From Norwich, take Rt 395 north to Rt 32 North. Follow Rt 32 through Willimantic and go left onto Rt 31. Follow Rt 31 to Rt 44 West. Just after you cross the town line into Bolton, go right onto Tolland Rd. Park and beach will be on your left.

Rain date will be posted on the BB.

## ARCTIC BOAT WEEKEND

SAT & SUN, SEPT 11 & 12

MYSTIC SEAPORT

*Mystic Arctic Boat Weekend is two days of events. Admission is \$45 for non-members and \$40 for members. Sat only participants is \$45 but Sunday only is half price. Info and schedule can be downloaded from:*

[http://www.mysticseaport.org/source/show\\_course.cfm?course=215&mkind=visit](http://www.mysticseaport.org/source/show_course.cfm?course=215&mkind=visit)

*(Sat and Sun schedule of events are similar for those who want to be at our picnic) We try to avoid every conflict possible with our scheduled picnic and still allow those who plan it and bring food and items available to be there.*



## EVENTS



### FAULKNER ISLAND OPEN HOUSE

SAT, SEPT 18 - 10:00

MADISON LAUNCH (I-A)

Small Craft warnings moves paddle to Sunday, Pack Lunch  
No leadership will be provided - Rusty

### Gloucester weekend (multi-club)

Sept 17-19

Intermediate / Advanced

Camp & paddle on Cape Ann, MA. Paddle the Blackburn Challenge course (20 Miles) Saturday (Conditions permitting), and do a different paddle Sunday (reverse days if weather isn't good Saturday).

Lodging and/or campsites are YOUR responsibility to arrange. Camping is available at Cape Ann Campsite: (978) 283-8683 or

<http://www.cape-ann.com/campsite/>

*Blackburn paddle is high intermediate to advanced difficulty (All open ocean, exposed coastline & few safe landing areas), and you should be able to paddle in 4-6 foot seas for extended periods of time. Full safety gear, compass or GPS, and spare paddles mandatory. Nautical charts highly recommended.*

Info: Wayne Smith

[connyak@connyak.org](mailto:connyak@connyak.org) or (860) 742-4130

### Ft. Wetherill, RI

Sat., Sept 25th Intermediate

In the water at 10:30 AM

The famous Jamestown circumcission paddle. Paddle around Beavertail Point to Dutch Island, and portage across road to Mackerel Cove to paddle back to Ft Wetherill. Rock play & easy surfing in cove are possible if right conditions exist. Pack a lunch & spare dry clothing.

### HAMBURG COVE (I-A)

SUN, SEPT 26-10:00

Pack Lunch

# CLASSIFIED

Necky Elaho touring kayak. Kevlar-3 hatches, Smart Track rudder. Exc. 1 year old \$2100. 860-307-4212 cmontgomery3@cs.com.

Drysuit 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 360-875-7052

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

Betsy Bay Aral for sale. 18 ft. long x 20", 35 lbs., rare mahogany deck, 1 yr. old, mint. Paid \$3800. Sale Price \$3000. Also, Greenland Tuliek - Med - Black - new, wrong size for me. \$250. Tom 413-593-6167

Janautica Anadyr - 17'6", Fiberglass, blue/white, day hatch, excellent condition, \$900.00. (203) 949-8647.

Old Town Tripper canoe. 17' 2', cane seats. Green Royalex, 80 lbs, 1,100 lbs good capacity for white water. \$750.00. 860-442-2995 osprey@myeastern.com

## OUTER ISLAND OPEN HOUSE

We often take the efforts of the Friends of Outer Island for granted. Many of them are ConnYak members who have donated their time to make the island open to visitors, which is primarily kayakers. Sept 21 & 22, the island celebrated "open house". This meant that the amount of people allowed to be on the island was limitless, whereas during the regular weekends the amount is not supposed to go over 12 for environmental reasons.

A representative from the U.S. fish and Wildlife was there along with several environmentalists who were giving informative tours around the island.

We're very lucky to have an island like that which is open to the public on every weekend throughout the summer. It not only gives paddlers a destination that they can count on being open (weather permitting), but a place to have lunch, relax and use the facilities. Without these volunteers, this kind of thing would never be possible.

Current Designs Caribou S - Kevlar, yellow/white, compass, skeg. Used one season. \$2,400. (860) 436 - 4507.

Wilderness Poquito - Glass - 12'4" x 19" VCP day hatch new condition \$700 860-651-4520 or wwpratt@earthlink.net

## 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

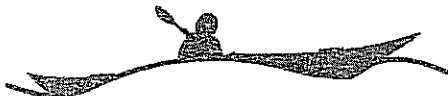
On the newsletter you receive, your due-date is on your label. If you fall behind with your dues, you get two months of newsletters which are stamped "over due" and then get cut off the list of active members.

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



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



# ConnYak

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