

# Put-Ins & Paddle Strokes

News from and for CONNECTICUT SEA KAYAKERS  
volume 3, number 3, April, 1996

**Note: All paddlers on ConnYak trips must have and wear: 1. The appropriate CG approved Personal Flotation Device, and W. A spray skirt. Their boat and equipment must meet CG requirements, including an appropriate signaling device. Paddlers are responsible for their own safety, including dressing for immersion.**

## SPRING SOJOURN!

Bluff Point Picnic/Paddle will launch 4/27 at 10a.m. (Snow/rain date 4/28).

Directions: I-95 to exit 88, South on North & Newton Roads (Rte 117). Right on Ft. Hill Rd (Rte 1), Left on Depot Rd.

Do you have a friend who wants to paddle, but doesn't have a boat? The club has a Necky Kyoot being stored in Guilford for loan. The requested donation is \$12 for a day, or \$30 for a week-end. It will be loaned out to an experienced paddler or a

novice accompanied by an experienced paddler.

Now that we are all getting ready to do some serious paddling, its time to check your gear. Look at all your equipment for tears, chips and functionality and plan some time to ensure your safety by the condition of your equipment.

If you haven't put a list of emergency equipment together, here's one to consider:

## MINIMUM SAFETY EQUIPMENT:

- PFD (& whistle)
- Pump
- Flares
- Charts/compass
- Chart case
- Paddle float
- Extra paddle

## ADDITIONAL REQUIRED EQUIPMENT:

- VHF radio
- Parachute flares
- Towing system
- Emergency kit ( extra clothes,

sleeping bag, tarp, stove, pot food, blanket, matches, knife)

- Repair kit & tools
- Waterproof flashlight
- Knife (on PFD)
- Water bottles
- Firestarter
- Energy bars or high sugar/carb snack for hypothermia

## COMING EVENTS:

Clark Bowlen announced the following trips:

### May 11, May 12:

Paddle from Haddam Meadows State Park to Long Island Sound, approximately 10 miles per day with side trips to scenic coves and back channels of the spectacular lower Connecticut River. Day trippers welcome, or camp with us Saturday night at Seldon Island State Park, and enjoy community meals. R. With leader, Clark Bowlen, 623-6587 by Tuesday night at 9:30 p.m.

Saturday, June 1:

Introduction to moving water. We'll practice eddy turns, ferries and other moving water techniques on the Connecticut River between King's Island and I-291 launch ramps. R. With leader, Clark Bowlen, 623-6587.

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Kingdom of the Tides June 15-June 22.

Part I: Saturday 6/15-Wednesday, 6/19. Camp on Beal and Perkins Islands, explore the Kennebec River estuary including Popham and Hunniwell Beaches, Spinney's Seafood Restaurant, Sequin Island, and Fort Popham.

Part II: Wednesday, 6/19-Saturday, 6/22. Explore extreme downeast-Cobscook Bay and Whiting Bays, perhaps Deer and Campabello Islands, N.B. Vamp at Cobscook Bay State Park.

Sorry, no open cockpit boats. All boats must have compass, horn, and self-rescue gear, paddlers should be practiced at using them. Wet or dry suit necessary.

Community cooking, with shared shopping, cooking and clean-up duties. R.

With leader, Clark Bowlen, 623-6587 for one or both parts.

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Request for articles and pictures of your trips and excursions, or any kayaker safety information to share in our newsletter...c'mon folks, this is YOUR place to share info with others.

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The Conn-Yak Meeting scheduled for April 24 at 7:30 p.m. in Manchester features Marc Lustig who will narrate a slide presentation on his travels to Costa Rica & other destinations.

Our next meeting will be May 29 at 7:30 p.m. in Manchester. If you can't attend or have questions, please call Stan or Fern.

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Terry Harlow has arranged for a Sea Kayaking Workshop with NIGEL FOSTER ON June 8 & 9, and LINDA LEGG, June 15 & 16, held in Stony Creek, Branford.

In addition, Conn-Yak will be sponsoring lectures by Nigel Foster and Linda Legg on the preceding Friday nights (6/7 & 6/14) in the Essex Town Hall.

This should be an exceptional evening.

Tickets may be purchased in advance for \$4.00 per person, or \$6.00 at the door. Public invited.

See enclosure!!

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**CLASSIFIED:**

Necky Arluk II. Fiberglass with 2 spray skirts & Werner paddle (1pc). Excellent condition. Bob Efron 635-3422

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*ARE WE ONLINE?*

No, but I am creating a Conn-Yak Home Page for us! Let's think about info in our page (like tidal info for others and members!) This is exciting stuff!!!

# Nigel Foster

B.C.U. Coach, Author, Kayak Designer

## *"Circumnavigating Iceland"*

June 7th, 7:30 pm - Essex Town Hall, Essex, CT

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## Open Water Paddling Workshop

June 8th & 9th



# Linda Legg

B.C.U. Senior Instructor

## *"Paddling in the Everglades"*

June 14th, 7:30 pm - Essex Town Hall, Essex, CT

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## Woman's Paddling Workshop

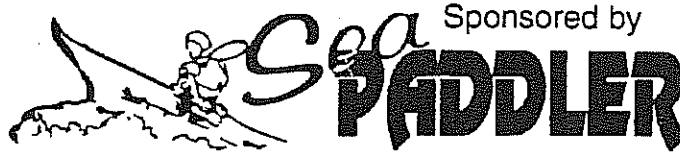
June 15th & 16th

*Coming soon... Kevin Mansell & Howard Jeffs*  
Workshops held in Stony Creek, Branford, CT

Lectures - \$4 in advance • \$6 at the door

Lecture proceeds go to ConnYak (CT Sea Kayakers - non profit)

Call Terry Harlow for Reservations 860 659-1223





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