

CONNAYAK



CONNECTICUT SEA KAYAKERS

October 1996

John Heath

Sea Kayaking and Inuit Culture Historian will appear for a presentation and lecture - Tuesday October 8, 7:30 p.m. CT River Museum - Essex, CT

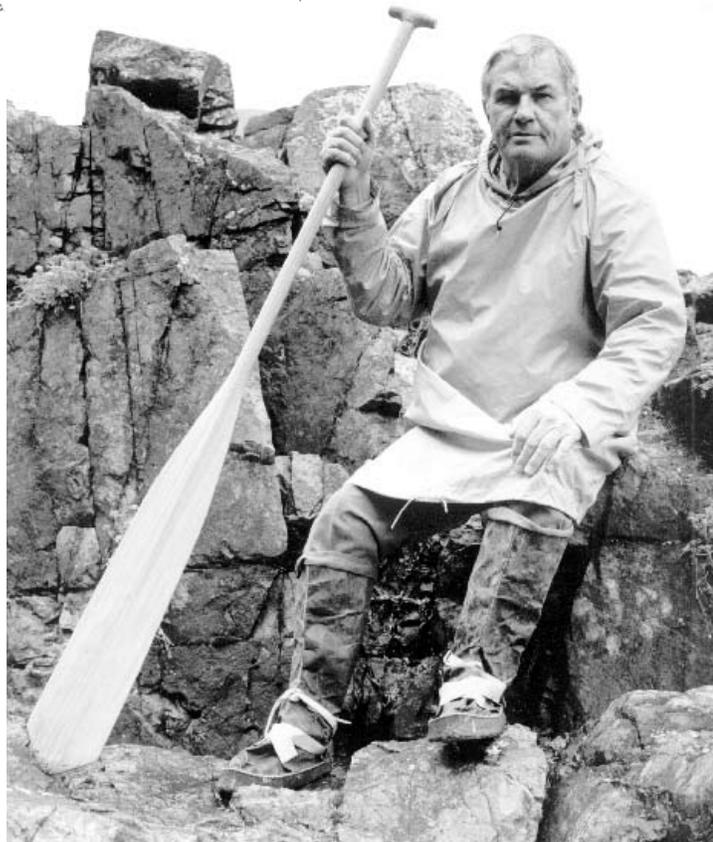
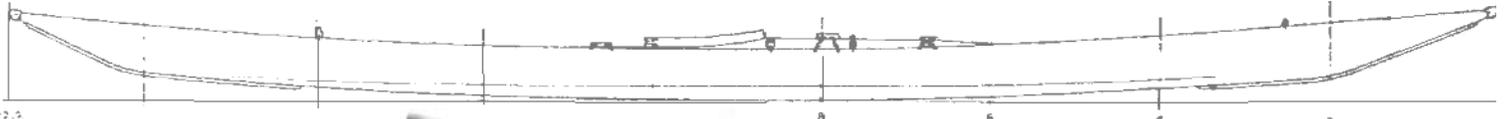
On Tuesday October 8th, John Heath will be presenting an informative lecture based on an accumulated 40 years of experience studying the Inuit culture and the historical development of the Kayak. He is considered one of the world's leading authorities not only of the culture in general, but in the ways of the kayak.

John was always fascinated with kayaks since childhood and built 2 in the 1930's. Having built authentic replicas in the 50's, he traveled to Alaska, Canada and Greenland to learn kayak technique directly from the natives. He was also instrumental in helping and accompanying Cindy Cole on her

2nd voyage to Greenland. (*see Cole story*)

He currently has four seal skin kayaks dating from 1904 through 1959 as well as numerous artifacts from the culture. His last seal skin boat was purchased for \$150. by mail order from a hunting catalog. Made in Greenland specifically to his body size, it included a throwing stick and a harpoon as well.

Since 1986 he has appeared in many of the kayak symposia in the U.S., England, France, Canada and Scotland. John was responsible for arranging the



two Greenland rolling champions to visit the U.S. and demonstrate techniques for the Special Forces based in Mass. as well as giving special lectures for the Navy Seals.

With articles published all over the world, his latest endeavors lead him to his most recent works "Northern Kayaks" with co-writer Dr. Eugene Arima. This will be published by Environment Canada Parks Service, Ottawa.

As we trace the roots of our sport to it's origins, John Heath lies in the path of it's recognition.

John resides in Texas, and we're very fortunate to have him make the journey to give us an enlightening and entertaining presentation. Tickets are \$5 at the door.

DIRECTIONS - CT RIVER MUSEUM, ESSEX

Take Exit 3 off of Rte 9. (traveling southbound make a left, northbound make a right) on to Rte 154. (northbound) go under Hwy. - left On West St. (southbound) take a rt. on West. st. Proceed into the town of Essex. Continue on past The Griswald Inn (on the right) to the water. The white building at the end of the street is the CT River Museum.

SUMMER WORKSHOPS RECEIVED GREAT RESPONSE



One of Linda Legg's Women's Paddling Workshop Groups held during the summer. L to R. Catherine Sharafanowich, Linda Legg, Ingela Helgesson, Holly Duserema



Nigel Foster with one of the workshop groups. L to R. Bob Ferrante, Reed Harlow (back), Geoffrey Havens, Nigel Foster, Dave Laxer

WANTED

Photos and stories are needed for the newsletter. Any photos of your paddling exploits ...wether it's a group paddling in a quiet pond observing ducks or the conquering of treacherous seas. Your stories need not be great adventures or distant travel locations. Articles about equipment, skills, environment, travel ...whatever, are needed. Opinion and humor are also welcome as well as photos of you with your friends. (include a cap-

tion) *Photos do not have to be ConnYak members.*

A 3 1/2" computer disc with a print-out is best for stories (...but anything will do). send materials to:

Jay Babina
C/O Jason Design Associates
230 East Main Street
Branford, CT 06405
(203) 481-6815
(all materials will be returned)

BLUFF POINT PADDLE /PICNIC

SATURDAY, OCTOBER 19 - GROTON

(ConnYak End of T-shirt weather picnic) If you haven't been to the ConnYak Picnic at Bluff Point in Groton, pencil it in because the area offers something for everyone. There's a large pond and protected bay as well as two islands right off shore in the Groton Harbor. Sometimes there can be large waves out in front of the islands if you want that kind of thing. We usually stop for a little lunch on the island, poke around a bit and finally head back for more lunch. Many people bring food to share which adds to the communal spirit.

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.

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

(always carry extra dry clothes)

Just in case you're not doing anything on the third weekend of May...

SCOTISH SEA KAYAK SYMPOSIUM

May 23rd - 26th, 1997

Scotland's premiere sea kayak symposium will once more take place on the Island of Cumbrae off the North Ayrshire Coast. This also offers the opportunity to paddle Scotland's West Coast.

Contact Terry Harlow - 860-659-1223

Cindy & Charlie Cole Greenland Paddling Workshop

11 rollaholics showed up for the Cole's workshop held at Stoney Creek in Branford on Saturday the 14th of Sept. Charlie started out the day with an overview of their philosophy and background in paddling. Their laid-back mannerism about the sport and their unpretentious attitude about teaching definitely conceals their obsession and mastery of Greenland Technique.

You didn't have to know how to roll to attend the class ...as long as you had a stick for a paddle. Charlie made it quite clear that we do this to have fun and there are no rules. "Your body will start doing the right thing if you do it long enough".

"I never met anybody who spent some time with a Greenland Paddle that went back"

- Charlie Cole

It was nice that they didn't start right in with the proper way to paddle. Instead they showed how they hold the paddle in every way possible and use it as a total tool.

In less than an hour, Cindy was in the water performing the most unbelievable display of graceful rolls. As Charlie narrated, she executed everything imaginable ... paddle behind the neck, hand rolls, sculls etc. She performed



anything we requested as well as demonstrated super slow versions of them, insisting how easy they really were. Her repertoire was endless.

Bob Efron who attended and paddles the same kayak, knows its not the boat doing it!

Since so much of what we learn is by imitation, I was really pleased to see an instructor take the time to really inspire us!

We broke for lunch and later assembled on the beach for a roll-a-thon. The sun came beaming out and the water was warm. Peg and Pete Thompson who have trained and worked with the Coles aided in the instruction. Everyone came away with a definite increase in their skills. One woman who couldn't roll, spent a lot of time with Cindy working on sculling and on the beginnings of rolling.

I worked all summer on trying to hand roll up from a settled position from under the boat. I finally figured this just wasn't in the cards; I'm too tall; it's the boat; ...it's really not that important anyhow. Well... in less than seven minutes, Charlie had me performing it easily. I was absolutely floored. Why didn't they come in the spring? I guess good instruction does work.

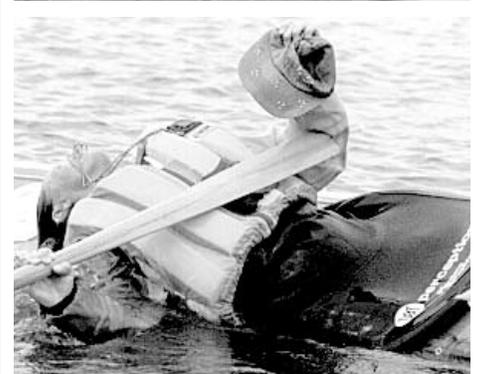
We all had a lot of laughs and really good time as well as coming out of the day conquering a lot of hurdles in our path.

In the evening, the Coles gave a lecture and slide show featuring their travels in Greenland. They brought along a skin boat and some artifacts as well as an award presented to Cindy while spending time at the Greenland Kayak National Championships. This was Cindy's second trip where she spent time working in the wood shop where they make kayaks, native tools and hunting devices.

I don't even like shoveling snow, let alone carrying a kayak full of camping gear 100 feet up a rocky cliff to a safe camp site in an icy wilderness. Even so, I felt like I would like to go after seeing the unbelievable beauty they encountered.

I left the evening thinking that the nice thing about this sport is that you don't just meet paddlers, you meet friends.

- Jay Babina



Cindy performs the "always useful" dry hat roll.

LAKE GEORGE PADDLE/CAMP

Saturday and Sunday Oct. 12th and 13th

Paddle and camp on beautiful Lake George in NY.
Call Doug Murray for information
860-298-2640

TO JOIN CONNYAK...

ConnYak is a non profit club that is open to all paddlers interested in sea kayaking.

The mission of the club is to encourage and support recreational paddling opportunities within and outside Connecticut as well as to network members, trips, launch sites, education and safety.

Meetings are usually on the 3rd Wednesday of each month. Yearly dues are \$30. Direct membership inquiries to:
Stan Kegeles, 18 Pleasant Street
Burlington, CT 06013

COLLINSVILLE CANOE AND KAYAK DEMO DAY AND SALE

Saturday and Sunday Oct. 5th and 6th

A good time to try boats, attend demonstrations as well as pick up needed items on sale.

Relay races - Sea Kayaking rescue and rolling demos - Beginning Kayaking - Rolling Contest - Wood Kayak Building - Canoe Demos - Wilderness Canoe Tripping and more.

Call for further info. (860) 693-6977

NEXT CONNYAK MEETING

*WEDNESDAY, OCTOBER 23 -7:30 PM
MANCHESTER COMM. COLLEGE*

Basic navigation seminar will be given by Edgar Bartlett.

Comming in Nov. -
Videos by Terry Harlow

In May 1997 - Derrek Hutchinson

CLASSIFIED

FOR SALE - 2 Necky Narpas (1995) blue/stone color, 16.5 ft., complete with rudders. 2 Ainsworth K-108 paddles, 2 Aquaterra spray skirts, Aquaterra Duo-Paddle Float, Aquaterra Knee bilge pump with foam brace, Compass mount, thigh braces, stern transport wheel, 1 pr. of Tule kayak brackets with straps, 2 pr. of foam kayak braces with straps (will fit any car) \$2000 for both kayaks and all equipment.

Call 203-831-8257 Mon-Fri after 6 p.m.
Sat & Sun after 9 a.m.

FOR SALE - P & H Sirius, low voume Yellow / White - \$1460.
Terry Harlow 860-659-1223

Ads (WANTED & FOR SALE) are free in the newsletter. ConnYak has over 250 readers out there.



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c/o Stan Kegeles
18 Plesant Street
Burlington, CT 06013