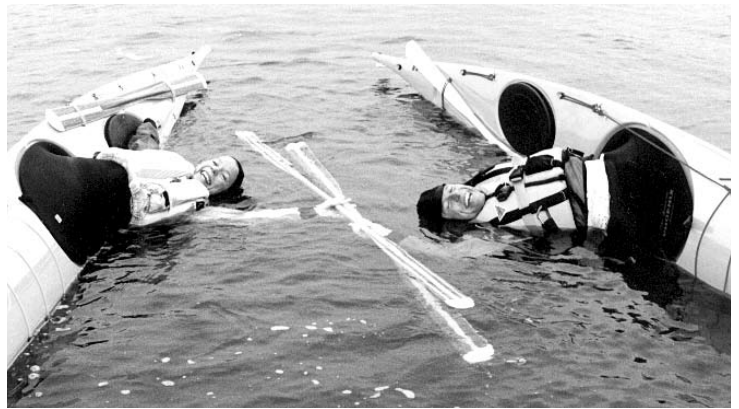




Nigel Foster



Peg and Pete Thompson

## Bracing yourself for winter



Throughout the winter, the various instructional groups and stores offer extensive classes in rolling and various kayaking skills. If learning to roll has been the one thing on your wish list that you never seem to really address, then winter pool sessions can make your wishes come true.

There's no reason to give up the sport as the weather gets cold. The paddlers who refuse to quit and bundle up and get out for some winter paddling are just dying to get into their boats no matter what. Plus, it offers a peace and serenity that's not available during the warmer season. Winter paddling doesn't have to be a dangerous, life and death type of endeavour. If you're new to it, paddle on calm sunny days near to shore or paddle the inland waterways. Drysuits or wetsuits with dry tops are mandatory. If this is not your cup of tea, pool sessions will offer a similar paddling release and give you the opportunity to learn a few new skills as well.

Many teaching organizations offer open pool time to practice on your own which is really nice if you want to work on your roll or just want to be in the water for a while.

ConnYak usually has pool time in February. These sessions are a lot of fun and offer the golden opportunity to try your paddle float and all the things that you never really practice.

So... before you decide to hang up the paddle for 4 months, think about advancing your skills in the winter while having a good time as well!

If you're new to kayaking and are thinking about doing a little paddling in the winter, here are a few tips that might help you out.

### Boots

Somewhere along the line, kayaking boot manufacturers assumed that you would never step into the water in the winter; ...so they put zippers on all boots without a full gusset inside. Believe me, you won't enjoy wet cold feet in the winter! There are zipperless boots, but they're hard to find.

Here's what many winter paddlers do. After you put on your layers of socks, slip on a grocery store produce plastic bag over your socks and then put on the boots. This will prevent wet socks if water enters as you launch. In winter paddling, you

### AT THE DECEMBER MEETING...

VIDEOS BY TERRY HARLOW  
WED. DEC. 17 - 7:30 PM  
WALLINGFORD PARK & REC.

#### Nigel Foster "Facets of a Master Paddler"

Hand rolls both sides, hand sculls, surfing, various rolling and other outrageous techniques. A must see video!

#### Greenland Style Instructors Peg & Pete Thompson

A compilation of their warm-ups, braces, rolls and Greenland technique.

#### Birmingham Paddle Show 1997

The largest indoor Paddling Expo in Great Britain.

#### West Coast Sea Kayak Symposium 1997

This is the largest outdoor symposium in North America. Takes place annually at Port Townsend, Washington.

...and a short video on the Tsunami Rangers and their boat design.

just have to be much more careful about stepping in too deep.

There are now a few companies that sell waterproof socks, however the produce bag thing works well and it's free.

### Gloves

ConnYak member Eugene Slota paddled the East River last November with no gloves while most paddlers were abandoning their gloves for their Seda Mitts. Everyone's hands can tolerate a different level of cold and keep functioning. Mine usually start complaining around mid-October because they dislike winter as much as I do ...and sense it's coming.

4 years ago, I introduced the Seda mitts to the members at a "show and tell" meeting where we were comparing notes on winter paddling. John Howard turned me on to them the year before.

Without them I would not be a winter paddler. Seda runs an ad on the back page of Atlantic Coastal Kayaker each month. 800-322-SEDA. The mitts are cheap and they do a great job. I tried everything on the market prior to finding them.

As we really get into the winter, I carry hot tea in a thermos. You can pour the hot tea down the mitts if your hands are really starting to go. This at least will get you in (another good John Howard trick).

Make sure you have drip rings on your paddle. If you're a Greenland paddler, you could tie a piece of bungee cord around each side of the loom. With the knot kept on the bottom as you paddle, it works pretty well.

Believe it or not, the drip rings that the kayak shops sell will actually

stretch over paddle blades (like a 1 piece paddle) without snapping.

It goes without saying, that drysuits, dry pants with dry tops, or wetsuits with a dry top are the only ways to paddle in the winter. Slipping on mud and going in while launching could be disastrous if you're 2 miles from your car with no real water protection or back-up clothing!

Many paddlers love the serenity and boatless waterways during the cold months. Remember... no boats - no boat rescues and no boats to call the Coast Guard. Double your common sense during the winter and play it extremely conservative.

My wish list this year - a VHF or a cellular phone.

- Jay Babina



27 paddlers arrived for one of the best paddling days ever - Bluff Point in October, including running into a group from MASK. (Meto. Assoc. of sea kayakers) Photo by Lisa Brownell

### DUES ARE DUE (NEW POLICY)

In the past we collected the \$30. dues each January from all members and prorated those who joined during the last half of the year.

We're now modifying this system. You'll notice that your mailing label now has the month that you need to send in your dues. You'll receive a notice inserted in your newsletter as well. Members will get a grace period of two more issues and reminders, and then... no more newsletters! Nothing to look forward to each month, ...totally isolated in the kayaking world!

So... please try to send in your dues in a timely fashion, it will immensely help out those who have to keep tracking all of this !

### ELECTION OF OFFICERS - '97'

Nomination for officers to be submitted in Dec. by mail or at the Jan. meeting when elections will take place. You can nominate yourself or any willing candidate for any position. If you would like to help the club in any way, please say so. Any office is up for new personnel if you're interested.

Right now we have 1 person acting as both Treasurer and Vice President. (Dick Gamble) So, we have a vacancy in the offices if anybody would like to help out.

The Newsletter - If anyone would like to do an issue of the newsletter for their own enjoyment, please speak up. You don't have to commit to doing a full year.

### KEN FINK RESCHEDULE

We're hoping to have Ken Fink here in January to give the lecture on Wind and Waves - previously cancelled in November because of the bad road conditions for Ken's drive down from Maine.

### ABOUT CANCELLATIONS

When in doubt about meetings due to weather, call Stan Kegeles at 203-481-1881. A message addressing the meeting situation will be on his machine.

### ROLLING SESSIONS

8 sessions starting Jan. 8th - Wilton, CT

9:30 - 11:30 Sundays at the Wilton YMCA. Pool practice with instruction. Fee - \$8. per session. Sponsored by CT Whitewater Chapter of the Appalachian Mountain Club. Call Jeff Barnard 203-356-0445 or Mark Schappert 203-775-1569 for info.

### FREE "TEVA" SANDALS

Two pairs of "TEVAS" sandals will be given away at our next ConnYak meeting on Dec. 17. Coupons for free sandals (your size) were donated to ConnYak by TEVA.

# HAPPY HOLIDAZE

from the Prez.



Each time the year comes to a hurried close, I'm reminded of what a great group of paddlers we have in ConnYak. Many of you have contributed way beyond what's expected of any club member, and I'll try to single you out for special thanks. If I miss someone, it's not for lack of trying, and I hope you won't be offended, so here it goes, Jay Babina for his expertise as Executive Board Member and with the newsletter; Dick Gamble for his tireless efforts as VP and acting Treasurer; Fern Usen for her launching of the ConnYak Website (We're sorry she's too busy to continue); Mike Falconeri for his expert instructional abilities, procurement of our new meeting site and winter pool sessions (need I mention his sense of humor?); Jay Cramer and Clark Bowlen for our old meeting sites; Linda Ivany & Folks for annual club party site and FOOD! All the Outfitters -- Collinsville, North Cove, Small Boat Shop, Outdoor Sports, The Kayak Center -- for their

hospitality during sales events; Nick Dyslin for his continuing support of the Club & recent Demo on drysuit seal replacement; and Terry Harlow for his behind-the-scenes efforts in bringing World-Class instruction and lecturers to Connecticut during the past two years. Also a big thanx to all who organized trips for the club and those who contributed articles and photos for our newsletter.

So what!, you say. Well this all leads up to the following two things. 1. It's time to nominate officers for the annual election in January. Please submit all names of people (who have agreed to run) to Dick, Jay or me. We will also entertain nominations up to the hour of voting at the January meeting. 2. Dues are due in January. *See related article.*

In closing, I'd like to say happy Holidays, safe paddling, and watch out for the Big H (Hypothermia)!! See you on the water or in the pool this winter.

*Stan Kageles, Prez.*

## LESSONS & ROLLING SESSIONS

*Small Boat Shop, Norwalk*

Full schedule of various lessons throughout the winter offered by the Small Boat Shop in Norwalk. Rolling, Rescues, Skills etc. Lessons are held in the YMCA pool in Stamford, CT. Call for information. 203-854-7837

## CPR CLASSES

*Wednesday, January 7, 6:30 PM*

*Course Fee \$25.*

*Location to be decided and announced.*

Course covers Adult CPR as well as care for choking. Limit 12 people. Fee includes manual. CPR card issued upon completion. Certified instructor Kim Gass. 203-421-4476

## P A D D L E S

### 2ND TRY - EAST RIVER PADDLE IF IT'S SNOW ...WE GO

*SATURDAY, DEC. 13,  
10:30 IN THE WATER  
GUILFORD / MADISON*

The East River runs inland from the launch ramp in Madison. This is a wildlife/salt marsh area which offers a lot of variety. We will have lunch under the third bridge as usual. It's about a 1 1/4 hr. lazy paddle each way.

*IF IT'S REALLY MISERABLE -  
CALL Jay Babina 203-481-3221*

*WE CAN ALWAYS PADDLE FOR AN HOUR AND  
HAVE LUNCH AT THE LOCAL DINER*

### DIRECTIONS -

*Rt. 95 - Exit 59 Goose Lane-Guilford  
End of exit head south (towards water) 50  
yards to light.  
Take a left on Rt. 1 - proceed 1/4 mile under RR  
bridge. Continue until you go over a small  
bridge (Neck river) take your 1st right on Neck  
Rd. (bear right) Follow Neck rd. to the end and  
you'll be forced left on to Ridgewood Ave.  
Continue on to the Madison Boat Launch.*

### WINTER PADDLING

*STONEY CREEK - BRANFORD  
ALMOST ALL WEEKENDS AND AN OCCA-  
SIONAL WEEKDAY (SICK DAY)*

We usually go for a few hours in the winter months. If you're looking to get out and need partners call Jay Babina. 203-481-3221

Drysuits or wetsuit w/ dry top a must.

**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. Beginners must have taken a basic course and be proficient in performing a wet exit. (always carry extra dry clothes)**

## CLASSIFIED

Wanted Composite Arluk 1.8 or 1.9, Looksha 4, Anas Acuta, Artic Hawk or Sealution. Will consider plastic Looksha or Sealion. Also Mens Med. Gortex Drysuit. 203-562-7800

Necky Kyook, 3 yrs old, used little last 2 years- w/ rudder. \$650. 860-379-0454

Necky Double - roto-molded, Granite color excellent cond. \$850. (860) 659-1223

Wilderness System Pamlico lite, w/ rudder. Double that paddles great as a single. 1997, 54 lbs. 15', skirt & cockpit cover \$950, Wilderness System Seacret 15'6" Sea Kayak with hatch, rudder, and bulkhead. 1997 \$750. 860-621-0796

Necky Nootka double. Yellow / robbins egg blue. Used 10 times. Like New. \$2400. 860-653-4239

Necky Arluk II, Kevlar, Teal w/ blue trim, Excellent Cond. \$1600. 860-521-9054

Wanted: Betsey Bay Recluse, glass or wood. 860-269-0569

Two Kokatat dry suits, \$150 ea. (new - \$300.) both size large, one is one piece, one is bib overall with paddle jacket. 203-481-1912

Women's Feet Heaters (booties w/ dry seals) size 5, \$15. 203-481-1912

Women's Seal Marine Wet Suit, small, Farmer John W/ matching jacket \$100 for the set. 203-481-1912

Swift North Sea fiberglass single kayak, 16'9" x 23" about 40 lbs. 2 yrs old, Ex. Cond. \$1200. 203-421-4476

### NEXT CONNYAK MEETING

WED. DEC. 17 - 7:30 PM

WALLINGFORD PARK & REC.

**\*NOTE - NEW LOCATION!**

**WALLINGFORD PARK & REC. HAS MOVED**

*Exit 15 (Rt 68) off I-91 in Wallingford. West on Rt. 68. (toward Wallingford)*

*Approx. 3/4 mile take a right at the Fire*

*Station (Barnes Road). Take your first Rt. off Barnes on to Fairfield Blvd.*

*Wallingford Park & Rec. is the 2nd building on the left.*

### CLASSIFIEDS TO BE DELETED

All ads will be deleted in January unless you call in to reinstate your listing. Refer to your phone number if you leave a message.

### 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 fees are \$30.

Members are automatically joined into the membership of the ACA which entitles you to full insurance coverage on trips as well a full subscription to PADDLER Magazine. (a \$15 subscription)

Send inquiries to: Stan Kegeles  
P.O. Box 2006, Branford, CT 06405

Send newsletter articles and photos to:  
Jay Babina  
7 Jeffrey Lane, N. Branford, CT 06471  
203-481-3221 Fax 203-481-1136



**ConnYak**  
CONNECTICUT SEA KAYAKERS

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