

CONN YAK



CONNECTICUT SEA KAYAKERS

November 1997

Author
Lecturer
Instructor
Paddler

Ken Fink

“wind & waves”

Lecture & Presentation
November ConnYak Meeting
Friday, Nov. 14, 7:30 pm
Essex Town Hall

Ken has been paddling since 1965 and teaching since 1979. Throughout his paddling career he has won almost every kayaking race in Maine and most of New England and is very much involved in ocean ecology as well as land and ocean management. As president of Poseidon Kayak Imports he has a direct involvement in kayak merchandise with both it's sales and testing and originated the concept of the first sea kayak symposium with LL Bean in 1982. He is a major contributor to environmental causes with articles, videos and television appearances and has appeared and taught at almost all the symposia in the U.S.A. At our November meeting, Ken will do a lecture/presentation on wind and waves and will join us on the East River paddle the following day.

1982 - 30 day kayak expedition to Labrador (Hopedale to Cartwright)

1983 - 21 day kayak expedition to S. Coast of Newfoundland.

1984 - 30 day kayak expedition to the W. Coast of Iceland

1985 - 30 day kayak expedition to E. Coast of Hudson Bay and Richmond Gulf

1987 - 3 week trip to Isle of Skye, Inner Hebrides, Scotland

1986 - 1991 Lake Superior (Isle Royale, Pukwasa Wilderness, Agawa Bay, Silver Bay to Grand Marais, Florida Coasts, Canada, and W. Coast U.S.

Instructor Development Workshops for ACA and TASK and participated in the first Sea Kayaker Instructor Exchange held in California in 1991.

Appeared on Television series *Trailside, Backcountry Show* and demonstrated paddling techniques



“Stabilizing Ogunquit Dunes”

“The Changing Beach”

“A Management Plan for the Dyer River Marsh”

“An investigation of the effect of rising sea level on the marsh/upland

ecotone and determining normal high water datum.”

on the *Performance Sea Kayaking* Video. Ken is also on the *Trailside* TV show Advisory Group

Ken's writings have appeared in almost every outdoor publication as well as in Government and private manuscripts. These are just a few:

“Geological and Botanical Features of Sand Beach Systems in Maine”

“Trace Metals in Suspended Particulates”

“Analysis distributions and Interactions of Chromium in the Aquatic Environment”

“Sedimentation Processes and Hydraulics at Small Tidal Inlets in Maine”

DIRECTIONS TO THE ESSEX TOWN HALL

Approaching from the North on Route 9, take Exit 3. At the end of the exit ramp, turn left and go under the Route 9 bridge to the light. Turn left at this light on to West Avenue. The Town Hall is about a third of a mile up the hill on the left, at the corner of West Avenue and Grove Street. Turn left onto Grove Street for parking at the rear of the building.

Approaching from the South on Route 9, take Exit 3. At the end of the exit ramp turn left and go to the light. Turn right at this light on to West Avenue. The Town Hall is about a third of a mile up the hill on the left at the corner of West Avenue and Grove Street. Turn left onto Grove Street for parking at the rear of the building.

38 SUMMERS IN NOVA SCOTIA



Aspy Bay

On rare occasions I get to play tour guide for people who want to visit Nova Scotia or any of the Canadian Maritimes. My stay last summer at Aspy Bay was somewhat bittersweet, because it was probably my last visit to that region of the world for many years to come. After considerable time spent reflecting, I finally figured out that I have spent part of my last 38 summers somewhere in New Brunswick, Prince Edward Island, Nova Scotia, Newfoundland, and Labrador.

In years past, there was an abundance of seafood on Cape Breton Island, Nova Scotia. When I went kayaking I could always see 5-10 fishing boats when looking around in any direction. Now the codfish and pollock are gone, the lobster season ends before I get there, and the Queen Crab season is very short. Salmon, mackerel, and swordfish are also gone, and when I paddled this summer in August, there were at most two boats on the whole horizon!! A rather bleak reminder of what commercial overfishing has done to the marine environment. Hopefully when I return to Cape Breton in a few years, the fish stocks will have recovered, but for now I worry about what will become of the place if the fish don't recover.... In spite of the decline of the fish stocks, Cape Breton is still my favorite place to vacation.

It will always be a place of rugged

and beautiful scenery, challenging kayaking, great campsites, and an abundance of wildlife.

Here are some axioms and words of wisdom? gained over the years:

- * Getting there can be as much or more fun than being there.
- Keep your plans flexible.
- You'll find places to stay and things to do that will be totally different from what you expected or read in a tour guide.
- Almost all the local people you meet in the Maritimes will be warm & friendly.
- Get your car serviced before your trip. Breakdowns will cut your vacation time way down.
- If you follow the AAA guide for travel times in the Maritimes, you will never spend enough time in any one place to befriend the locals or learn the customs. After all, you're in a foreign country, even though two thirds of them speak English.

There are many places where I've stayed or eaten a meal that stand out and are consistent through the years, and I'll list a few for your enjoyment and/or avoidance.

- Freeport, Maine--avoid it like the plague unless you need to go to LL Bean for that one essential thing you left at home. Gridlock & outlet traffic beyond belief! 5-6 hrs from central CT

- Lincolnville, ME--Old Massachusetts Homestead Campground--worth an overnight. 6-7 hrs.
- Cobscook Bay State Park-Maine--Worth at least an overnight on your Maritime journey, or stay a few days to enjoy the tremendous tides & moving water. 9 hrs
- Calais, ME--A good town to pass through to cross into Canada--Buy your last gallons of cheap gasoline here. 10-11 hrs
- St. Stephen, NB--Border town across from Calais--Change your currency here in a bank or in the Provincial Visitor Center.
- Oak Bay Provincial Park, NB--A good overnight camping spot right on the water.
- Oven Head Salmon Smokers--Near St. Andrews, NB--Great smoked salmon!!! Stop in for a taste & bring some home.
- Reversing Falls, St. John, NB--In the shadow of a very smelly paper mill. (You can see the falls from the TransCanada).
- Fundy National Park--NB--Well worth the visit. Extremes of tidal flow--20+ feet vertical and 2 miles horizontal!! Excellent camping facilities.

Stan Kogalas

ROLLING SESSIONS

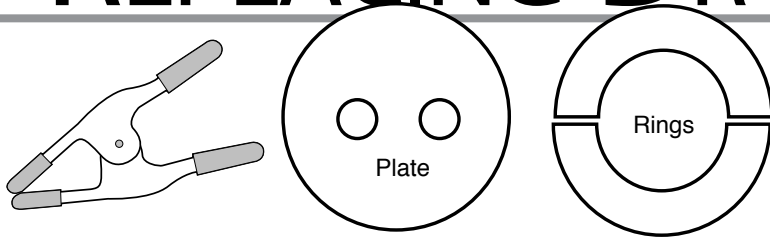
8 sessions starting Jan. 8th - Wilton, CT

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 Nov. 14. Coupons for free sandals (your size) were donated to ConnYak by TEVA.

REPLACING DRY



If you missed the last meeting, here's a brief summary on Nick Dyslin's seal replacement demo.

The neck seal

For the neck seal, you'll need the items shown above. (6) 2" inch squeeze clamps, a 10" circle of wood (1/4" ply.) and another circle cut in half and into 2" wide (half) rings. The (plate) circle has two 1" holes so you can insert your fingers like an artist's easel and hold it from beneath. The official Kokatat plate and rings have a formica covering which prevents AquaSeal from adhering to them. They're made of 1/4" masonite with formica on both sides.

1. Trim the old seal off down to the sewn-on part. Leave the stitched section of seal on. You'll glue the new seal to this.
2. Clean the stitched seal piece on the suit with fine sandpaper and wipe with alcohol - removing any oils etc.
3. Insert the plate under the neck opening. Pull away the collar and extra flap material allowing the stitched seal opening to lay flat on the plate. Double sided tape on the plate will help in holding the neck in position as you work.
4. Spread a generous layer of Aqua Seal with a plastic knife on the stitched seal section on the suit.
5. Insert a large plastic drink cup (like a large yogurt container) into the new seal to act as a handle to hold it. The smooth side is the outside of the seal. Ridges go against your skin.
6. Lower the new seal over the old stitched seal area and pat it down working out any folds or air pockets.

7. Position the two rings on top of the new seal and clamp the sandwich of plate, seal and rings together with 6 or more squeeze clamps.

The ankles /wrist seals

1. Trim the seal off down to the sewn on part. (leaving the sewn-on part on the suit).
2. Clean the stitched seal piece on the suit with fine sandpaper and wipe with alcohol - removing any oils etc.
3. Insert a large cup into the sleeve or leg to open and hold the stitched seal area taught against the cup.
4. You can mask the fabric below the seal area with tape to keep it clean.
5. Apply Aquaseal to the stitched seal area on the suit.
6. Stretch the new seal over the old seal area that has the AquaSeal on it.

Note: the official Kokatat wrist/ankle device is a split tube (4" plastic sewer pipe) which you insert into the sleeve and place a bar in to expand it.

Extra notes

Allow AquaSeal 24 hrs to dry. Store the suit in a dry, dark place. UV and bug spray ruin seals. Use only 303 Protectant to protect your seals from UV and other deterioration. (It's water based) Armorall and other oil based protectants are harmful to the seals. TX Direct spray made by NikWax is good to restore the water repellent ability (beading) of the Dry Suit material.

EAST RIVER PADDLE

SATURDAY, NOVEMBER 15
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. paddle each way.

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.

Launch time 10:30 a.m. (In the water)

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)

COMING IN DECEMBER...

VIDEOS BY TERRY HARLOW

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.

CLASSIFIED

Wilderness System Sealution XL w/Werner paddle \$900. 1996 Necky Looksha, 1 mo. old \$1000. Accessories: nylon & neo spray skirts, Kayak sailing kit, kayak counsel, portage cart. Best offer on accessories. 860-346-6224

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/robblins 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

ConnYak classifieds are free. Please contact the newsletter when items are sold.

COLD WATER WORKSHOP

Water Works Canoe & Kayak, Sat. Nov. 8 10:00 am, Willimantic, CT

WaterWorks Canoe & Kayak is holding a cold water wkshp. at the store and near-by lake. An informal discussion will be presented on cold water clothing, safety, hypothermia and an on-water demonstration by BCU Instructor Fern Usen. for info. call 860-456-0558

ROLLING & KAYAK SKILLS

*Sheehan High School Pool
Wallingford, CT*

Kayak Skills Workshop - Sat. Nov 15,
Eskimo Rolling - Sun. Nov 16
Safety & Rescue - Dec. 5 & 6
Practice pool time available at classes.
Mike Falconeri - Urbin Eskimo
Kayaking 203-284-9212

NEXT CONNYAK MEETING

FRIDAY, NOV. 14, ESSEX, CT
SEE FRONT PAGE FOR INFO.

TO JOIN CONNYAK...

ConnYak is a non profit club that is open to all paddlers interested in sea kayaking from any location. Send inquiries to: Stan Kegeles
P.O. Box 2006, Branford, CT 06405

Send newsletter articles and photos to:
Jay Babina c/o Jason Design Associates
230 East Main Street, Branford, CT 06405
203-481-6815 Fax 203-481-0786



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