WHAT HAVE YOU DONE FOR ME LATELY?

On the BB someone asked about what the club does for "advanced" paddlers. We have also been asked that from beginners many times.

People who plan paddles for the club are sensitive to the needs of members and a concerted effort was made to have a few beginner paddles on the CT River. The problem is, the regular paddlers didn't want to attend. A small handful of newbees arrived and paddled by themselves. These ConnYak planners are paddlers just like you who offer to help out the club.

What's "advanced"? If Nigel Foster is demonstrating things you can't do, is that not advanced for you? If someone paddles a longer distance than you usually do, is that advanced for you or is it the degree of rough water you are willing to contend with?

It really gets down to a membership that wants to use the club for their own desires. If the entire club consisted of 3 beginner members, everything would be posted for their capabilities. Or if the club had 12 people who only wanted to paddle in rough conditions, all paddles would be like that.

There is no ruling body or overseers in ConnYak. Members are posting paddles that they like to do and enjoy sharing that opportunity with others. We are an equal opportunity club and we are also diversified. If you post the things you enjoy doing, you will get others who will share your interest. Generally, any average paddler can paddle a ConnYak paddle once they have paddled for a few months.

About ConnYak Paddles

All open water paddles are (N/I) Novice/ Intermediate because the sea conditions can drastically change in an hour. Novice paddles are inter-coastal and river paddles. Advanced paddles will always be marked on the listing and encompass offshore crossings, and usually rougher conditions and longer distances.

Any paddle can change dramatically which is the nature of our sport and something we should always be aware of. Although paddlers will always help one another, ultimately, you are always responsible for your own safety when paddling on any trip.

If you're a new kayaker, please try paddling for a few hours before attempting a ConnYak trip even on a novice paddle. You should know that you can paddle comfortably for a few hours. Always carry food, water and extra dry clothes. A Pfd & Sprayskirt are mandatory on all paddles.

Please fee free to post any paddle you wish on our bulletin board. Paddlers who post paddles want to share an event and claim no responsibility for leadership or safety. ConnYak relies on the involvement of it's members to make the club an active and sharing community. The club can only be as active as it's members.

To Join ConnYak

Please go to our website at: www.connyak.org. Go to "Join Us". You can fill out the membership application that you can download and print.

We are a non-profit club and the $15 dues allows us to provide the paddling opportunities / website / library / pool sessions and other benefits that ConnYak members use.

Note: If you paiid dues or joined in 06 from May on, you are a current member of the club.

Member 07 dues are due this January.

Please mail your $15 check made to ConnYak to: **ConnYak, PO BOX 571 Plantsville, CT 06479**

Thank You

If you have been a member and continueto support us, we sincerely appreciate your involvement.

Don't forget our extensive library of books and videos - all available to members Free. Books are brought to meetings and paddles per request. Visit the library on our web site for info and library list.

ConnYak

CONNECTICUT SEA KAYAKERS

PO BOX 571, Plantsville, CT 06479

CONNYAK

CONNECTICUT SEA KAYAKERS WINTER 2006-07

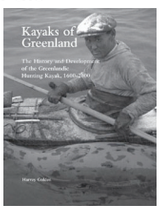
There is a Ferry Task Force for Long Island Sound and the minutes of their Nov. 13, 2006 meeting mention that "kayakers cannot be seen and have been cruising to Block Island as well crisscrossing the Sound. Some do not even carry lights at night. Bob Brill reported that his US Coast Guard Auxiliary unit in Milford is teaching a Sea Kayaking Safely course. .A brief descriptive of the class can be seen at http://a0142403.uscgaux.info/specialty_classes.htm.(this is Timothy Mulherin's class).

If you're planning next summer's paddles now, you might want to keep an eye for which way the ferries go in order to avoid them, and consult these websites for the Bridgeport Fort Jeff Ferry http://www.portjeffferry.com the Block Island Ferry http://www.blockislandferry.com, both the high speed and traditional craft schedules http://www.blockislandferry.com/schedule.htm. It's our job to stay clear of these boating lanes and use lights at night. *- Jean Trapani*

Pool Sessions are on-gong. A great opportunity to lean some new tricks or practice the old ones or to just be in water water again.

KAYAKS OF GREENLAND

The History and Development of the Greenlandic Hunting Kayak, 1600-2000 by Harvey Golden



What makes this undertaking so unbelievable is that the aurhor has built over 60 of the boats to exact specifications. If you go to: www.traditionalkayaks.com and to: Replicas; you can see his work. The book is over 500 pages and maybe the most energetic publication ever done in kayaking.

YOUR KAYAK HORRORSCOPE

By The Seaside Astrologer

So dear paddlers, do you think you are in control of your kayak? No.... they have thoughts and feelings of their own....and they are influenced by the stars.....

Explorer **March 21-April 19**
Despite feeling heavy and sluggish, you've kept a stiff British upper lip. Ignore the scales and keep on barging through the waves.

Skin on Frame **April 20 - May 20**
Your attention to tradition is admirable, but beware of paddlers with pocket knives.

Pintail **May 21-June 20**
You may feel like life has been spinning out of control lately. Keep your eye on course and ignore the wavering compass.

Stitch and Glue **June 21-July 22**
While you are both practical and resourceful, you have been known to get a bit wild by hanging around with strippers. Your hull will someday be recycled as a front lawn planter.

Looksha **July 23-Aug 22**
Your unconventional looks haven't stopped you from blissfully floating through life. Hang in there, someday someone will find you appealing.

Low Volume Roller **Aug 23-Sept 22**
Your days are chaotic and upside down. While it is hard to achieve balance in your routine, being submerged brings solitude and a smile.

Feathercraft **Sept 23-Oct 22**
Some of your friends think you might fold under pressure. Don't cave in; your flexible attitude will see you through.

Epic **Oct 23-Nov 21**
You are destined to go the distance, whether it is fun or not. No use looking back, your future is ahead of you and your friends behind.

Anus Acuta **Nov 22-Dec 21**
There's no "ducking" the truth here. Your playfulness can get you in trouble. Beware of waves behind and rocks ahead. If your skeg is full of sand, you'd be better off home in bed.

Nordkapp **Dec 22-Jan 19**
You used to be the queen of the seas. Scrape off the barnacles and touch up your gelcoat, there's a shiny new Impex ready to replace you.

Outer Island **Jan 20-Feb 18**
Living life on the straight and narrow, your stable influence gives comfort to those you are near.

Strip Boat **Feb 19-Mar 20**
Your sexy lines always have admirers looking though the glass, but some will notice that years of beach landings are catching up with you. A trip to the spa for a fresh coat of varnish is all you need.

If today is your manufacturing date: Today is your lucky day in Niantic Bay. The stars say you will drift too close to Millstone and enjoy an all expenses paid weekend impounded by Homeland Security

- Dennis McNeil

An old photo was found of the early formative years of the ConnYak Club. Date unknown.

PADDLING SCHEDULE - 07

In 2007 we will have an early paddle schedule due to the request of many members. Sheldon Penn has taken on setting up the schedule. There will be two Novace / Intermadiate paddles per month listed on the events page. Please email Sheldon with what you would like in the scheduale and the date you think the paddle should be held. If your sugestion is a new paddle site, include directions to the launch and if tide and curent play a part in the paddle please give include the best dates. Shelly would also like to know if you would like your name put on the paddle as the contact person.

Please do not be shy, sugestions are welcome from everyone - novace, intermadiate and advanced paddlers. I will compile what I receive from you and mix in some of the old favorates. I will present the schedule at the January meeting for review and aproval of the member ship. Please e-mail.

With two paddles on the advance schedule it leaves two weeks a month for additional postings on the bulletin board. You can also post a paddle any time including a week that there is an advance posting. An early paddle listing gives people a chance to schedule their time and make decisions.

Sheldon Penn
embcustom@aol.com
203-246-1705

KAREN KNIGHT

(THE SEQUEL)

Last summer Karen did a women's Strokes and Skills-Development & Refinement class that was met with great enthusiasm. We are now looking into another class this year open to all. (incl. last years male protestors) Karen is the National Champion in Interpretive Freestyle Canoeing, from 1996 until her retirement from competition in 2000 and an ACA Kayak coach and more.

3rd Annual Paddle Smart

The Paddle Smart Safety event will take place on Saturday, May 19, 2007, at Wilbur Cross High School, New Haven CT., 1:00 to 4:00 pm. In-pool demo of rescues/re-entries, talk to BCU & ACA instructors about gear & boats. Lots of videos, books, exhibits to look at. Free to all. Sponsored by: New Haven Parks and Recreation, DEP boating Div., US Coast Guard and ConnYak.

For more info contact Jean Trapani
flatwater@ct-amc.org or 203-221-7439.

SEND THEM TO GREENLAND CALENDARS

Proceeds from the sale of these calendars will be used to provide financial assistance to US competitors to attend next year's event.
Calendars are $25. They are available at ConnYak meetings / or from Cheri Perry at pool sessions.

Notes from our Meetings. . .

We had a treasurer report and currently have 380 members. Our finances are sound with major expenses going to guest Instructors, newsletter/ stamping, pool sessions, picnic, purchase of a projector, website and misc.

Some members are looking into various guest instructors and other activities for next year.

Phil Warner and a few others are looking in to the possibility of having a full-blown kayaking symposium with the possible location of Woods Hole. ConnYak's involvement, $$ etc. all up to further discussion.

We voted favorably on having a section on our web site listing MEMBER instructors and their web sites with a disclaimer by ConnYak.

Remaining meetings are: Jan 17, Feb 21
March 14, April 18, 6 pm - 9 pm
at Wallingford Park and Rec.

TOASTER MITTS - *We don't advertise products but since nobody has mitts - here's one solution to cold hands in the winter. NRS - $35.*

POOL SESSIONS

ConnYak Pool Sessions are each Sunday in January and the First two in Febuary at the Sheehan High School Pool in Wallingford.

Jan. 7, 14, 21, 28. and Feb 4, 11. 9 am - 1 pm.
Connyak members, $15, Non-Members $20.
These are practice sessions.
Cheri Perry and Turner Wilson have been able to secure the pool for our use and offer rolling lessons at these sessions as well. Email them for info.
mailto:turner@kayakways.net

Sheehan HIgh School - Wallingford

Directions: Exit 15 off Rt. 91. Rt 68 W. past intersections of Rt 15 & Rt 150. Take fourth left on to Hope Hill Road which is at the light. Sheehan High School is 1/4 mile on the Rt.

Greg Pacquin - Killingworth Pool

These sessons are are ACA events (open to all) and are "rolling Work shops". The cost ranges from $10 - $15 depending on attendance to cover the pool cost. If you're an ACA member then the insurance cost is free, if not it is $10/event to be covered. Or you can join the ACA right then.

The dates are all Sunday afternoons from 2-4pm at the Haddam Killingworth HS Pool house.
Dec 10, 2006 , Jan 7, 28, Feb 4, 18

Directions from RT-9 south of Middletown.

Take the exit for RT-81 Killingworth / Clinton, head South on Rt-81 to the first and only light. Make a right on the Little City Rd and the school entrance is your left, 2nd entrance.

For more information: kayakcoach2@comcast.net

Kayak Test: Sit-on-Top Slow Double. Brian Cole and Peter Gloor found the initial stabillity low, "it kept wanting to roll, but the end piece sticking out of the water seemed to add plenty of secondary stability and it would only heal a few degrees". "We rounded the pier and and just drove that log right up on the beach at Outer Island - Thimbles". Please don't try this at home - leave it for the highly trained professionals.

CONNYAK PHOTO SHOW

Submit your 2006 paddling photos for the annual "Best of ConnYak" photo show. This year, we'll be only looking for photos taken in 2006. Please email submissions to me at connyakphoto@charter.net or snail mail a CD-ROM to me at 85 School ST, Coventry, CT 06238

Please send all submissions in .jpg format, and keep file sizes at 500kb or less if you're emailing them. If you get an "inbox full" message, please be patient, and re-try later. I will empty the box as often as I can. Feel free to add any captions you like for particular images. Photos should have been taken while paddling, or be paddling related. If you cannot get them to me in electronic form, I can scan a small number of hardcopies, but I would prefer not to have to do this, as it is very time consuming.

The format will be the same as last year: I will go through the photos, and set up a powerpoint slideshow of the best ones I get from each contributor. Everyone who contributes will be represented in the show, and given credit for their contribution(s). The CD will then be placed in the club library to lend out to anyone who would like to view it in the future.

We will have the slideshow at a meeting to be announced. Check the event schedule on the website for details as to where and when. - *Wayne Smith*

Last years show was a great success with a lot of nice home-spun photos from members and an outstanding presentation by Carl Tjerandsen who has motovated and inspired many paddlers with his art. Special thanks to Wayne for his work in prepairing the presentation.

Pentax Optio W20 *is the latest generation of the Optio series with a street price as low as $229. It's the overall favorite out-of-the-box, no frills, waterproof camera.*

Hooray! The days are getting longer again. In the Northern Hemisphere, the winter solstice occurs either December 21 or 22, when the sun shines directly over the tropic of Capricorn; the summer solstice occurs either June 21 or 22, when the sun shines directly over the tropic of Cancer. In the Southern Hemisphere, the winter and summer solstices are reversed.

Good News! The Newfound Rendezvous is back.
The Tenth Annual Newfound kayak builders Rendezvous will be held in NH, September 7, 8, 9 at Robindel Camps, Lake Winnipesaukee.

MEET AT THE BEACH

Gathereing of kayak/canoe builders

June 9th 10:00 - 3:00
Bluff Point State Park - Groton

Working on the other-side

It's amazing how hard it actually is to get your-off side techniques as comfortable as your on-side ones. You would think that once you have some solid techniques that you've been doing for years, it would easily adapt to the other side with just a bit of conversion. I guess that's why it's called the off-side and not the other side.

Last year I spent the greater part of my practicing time working on my off-side sculling. I never lost my ability to scull on that side but I had to admit to myself that I wasn't as natural at it as my on-side. On my off-side I had to think about what I was doing and was confined to a few basic positions or postures in doing it. I was also forced to do a lay-back Greenland style roll up when I wanted to conclude it. On my on-side, I can pop up in many different ways and always feel totally secure.

The problem is that it's just not fun practicing things you don't do well and for me, I have been negligent in regularly practicing my off-side techniques. I guess the first step is the admission that I need to work on it, and the second step is to give more time playing on that side even if it's not as much fun.

I feel it's actually quite obstinate to assume that doing things on your off-side in paddling should be any easier than doing various tasks off-sided in normal life. I never heard of anyone who could sign their name off-handed or tie their shoe with the opposite hands... or a musician who could play an instrument on both sides. Tennis players go so far as to use a two handed back stroke on their off-side rather than putting the racket in the other hand for the shot. I might also add that I have only seen the tiniest handful of paddlers who can actually do off side techniques as well as their on-sides. Like most paddlers, I can make you (and me) think I am ambidextrous on the water, but I truly know where my uncomfort zone is.

I put sculling high on my list of necessary kayak techniques because not only is the foundation for rolling but for me, I use it to lean the boat as well as a host of other maneuvers. If I can lay in the water effortlessly with the slightest paddle movement, I feel I have pretty good control. Ultimately I want to be able to balance brace myself on my crummy side with the same ease as on my good side.

I remember in the summer when I capsized while surfing and ended up face down on my off side facing the surf. I immediately went under the boat and around and rolled up on what was actually the least advantageous side. If my boat was facing the other way, I know I would have easily popped myself up with no hesitation because it would have been my old trusty on-side where I can pop myself out of the water with a hip snap in pretty much any position.

Most of my normal rolling is a slightly modified Greenland style roll which is a little more lax than the Greenland traditionalists. I would like to get to the point where I can pop myself up in any position on either side using the Greenland paddle or flop in and pretty much lay there with almost no paddle movement.

Sometimes out of frustration, I would do a movement on my good side and try to analyze why it doesn't work as easily on the crummy side. I would go back and forth paying attention to body angles and neck position etc. only to come to the conclusion that it's really not that simple.

I think as we develop our own personal paddling techniques, the entire body from your feet to your head as well as arms and shoulders all work in unison and take on subtle positions that allow us to achieve what we want. I think that the solution to the crummy side is doing the same things over and over and over until you develop a posture that feels good to you. Most likely it won't be a mirror image of the other side but a body language of it's own that works easily.

I have fully admitted to myself that I don't think my crummy side will ever be as natural as the on-side. But I know I can make enormous gains by practicing the things on the off-side that I know I would like to improve even if it's not always as much fun. Once the weather warms up again, I want to be able to always do my off-side roll first and feel as comfortable and good about it as my on side. Ultimately, I will re-name my off-side my other side.

Maybe if I start calling my off-side my on-side, I will confuse my mind into magically performing it as good as my on-side. Or... it could all backfire and my on-side will get as crummy as my off-side and I'll have to start from scratch all over again with rolling lessons. - *Jay Babina*