



Cold Weather Foods

Club News

*The January meeting was held at Manchester Community-Technical College on Wednesday, 1/11. Annual officer elections were conducted and we watched two kayaking videos.

The new slate of officers for 1995 are all familiar faces—all but one:

President—Stan Kegeles
Vice-President—Sue Warner
Vice-President—Jeff Dickson
Treasurer—Jim Gass
Secretary—Clark Bowlen

To help spread the workload and get more member representation on the board, we added a second V.P. slot, and elected Jeff Dickson to fill it. Jeff is a longtime boater and active member of the ACA. He is currently Vice-Commodore for the New England Division.

We watched a Gail Ferris video on rolling in Greenland (some unbelievable trick rolls), surfing at the Bitches off the coast of Wales, and other interesting stuff. Gail has a number of interesting videos for sale for very reasonable prices—see For

Sale section.

The other tape was "Grade Under Pressure," a funky, amusing, and very explicit look at the 'C' to 'C' roll.

*Since it's cheaper to copy and mail a full size sheet than to do a postcard, we'll be doing newsletters during the winter months. Probably won't be alot of news, but ..

Coming Events

*The February meeting will be held on 2/8 at 7:30pm at Manchester Community-Technical College, classroom: A-2. Call Clark Bowlen, 846-4329, if you need directions. The meeting will feature a slide presentation on the Maine island Trail Association, and a cold-weather gear discussion and fashion show. Bring or wear if you dare your favorite article(s) for cold weather paddling. (As of this writing, I'd believe shorts and a T-shirt!)

*Mike Falconeri is planning a rolling session on Saturday, February 18 in Wallingford (I think). Call him, 294-2121.

By FERN USEN

Leave your Florida-Orange home. Foods for energy in cold weather need to be those with a warming effect on the body, unless you are one of those hot-blooded folks who never chill!

Plan on a wide-boat, the mess of a hot stew or soup, preferably one with a fluffly grain like barley. Opt for vegetables that are pre-cooked or blanched (lett-us save the raw foods for summertime) [Green-uh!] Studies have found that foods in the nightshade family (tomatoes, eggplant, potatoes, etc) can deplete the body's energy. Avoid tropical fruits. They have a cooling effect, and your body will expend energy to digest that gourmet lunch, so less will be available for warmth (and of course surfing braces).

If you have a breakfast for energy, start with oatmeal or other grain. Raisins or cooked fruit will provide natural sugar, as does dried fruits

(instant sugar). Remember that bananas burn faster than bagels and oatmeal, so your objective is to layer your energy sources--its like layering clothes--for warmth, energy, and health.

Last, a word about post-kayaking foods. Foods like cantelope are high in vitamin C, Beta-carotens, and anti-toxins that are believed to fight the free-radicals (what?!). Pineapple (although tropical) contains Bromelain, which reportedly reduces muscular swelling. Are you listening IBUPROPEN fans? So, bring on the cold weather--we're ready. HAPPY PADDLING AND BON APETIT!

For Sale

Gail Ferris has an interesting list of videos for sale:

- * Learning to Kayak in Greenland
- * Different Boats
- * Ice Boating and Ice Sea Kayaking
- * Birds and Animals of the Arctic and Birds of the CT Shore
- * Kayak Paddling in 1989 at Pond Inlet
- * Running Whitewater in 1990 on the Bailie River
- * 1991 Running the Yama River in Siberia and Solo at Barrow Alaska
- * 1992 Tricky Navigation and Dodging Icebergs in Upernivik Fjords, Greenland

- * 1993 Laksefjorden in the Northwest and King Isabella Bay in Northeast Greenland
- * 1994 Endless Ice in the Arctic Winds at Artid, Upernivik Fjords Island
- * Wind and Waves

All videos are \$15.00 each, the first. The \$30.00 donation includes \$15 for the CT Sea Kayak club that provides the unbelievable rolls!

Contact Gail for full details.

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