

Wa Sea Kayaker



Issue 23 - 1/12/99



Journal of Sea Kayak WA Inc PO Box 230 North Beach 6902
Phone Pres Les Allen 94562129 Sec Neville Holden 94484196



Rottnest Holiday

Don't forget the Rottnest week in March. We have some bookings but need more. A deposit will secure your place as if we don't get enough bookings from our club we will offer places to people in other clubs.

Warning
Marine and Harbors will be checking to make sure safety equipment is accessible.
\$80.00 fine!!!!

Front Cover Photo

Would you like one of you're photos on the front cover. Bring the best photo to the next meeting.

From The President

Well, you have got me back for another 12 months. With a new team of people and more people doing the work, I am looking forward to an exciting year. We have some energetic people with fresh new ideas that will make a difference. This journal is an example of the impact new people have had already. It's also good to see women having a

Positive changes for the club.

At the AGM we decided to make some changes to the way the calendar is organized and the journal written and edited.

There is now three people, John Satherly, Ian McGregor, and Eric Pyate putting the calendar together and organizing the paddles. Every calendar will include a social paddle and BBQ at Shoalwater to introduce new people to paddling and the club. The emphasis will be on socializing rather

than organized paddles.

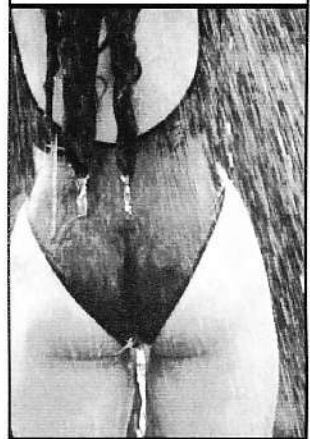
The other changes are in the journal. We now have Steven Allen, Amanda Udy, Paula Sheppy, John Satherly and myself to put the journal together. This is the result of more people putting ideas and enthusiasm into the journal. As the journal grows we have the option having a colour cover. This would certainly give us an up market publication to use as a vehicle to promote the club. The in-

The new club sea

The club has now bought a Cappella sea kayak. The Cappella being plastic and a good stable sea boat is ideal for the club. It's main purpose is to in-

troduce new people to sea kayaking. This will enable us to grow the club. What we don't want is the boat abused or damaged so we will have to put down some

The President



This photo on the front page certainly got some comment from our female readers. I was berated for being sexist and in poor taste. In my defense, I have never been known for my taste or tact. The good thing is the women who complained loudest are now helping put together the journal so I'm sure this will not happen again. To complain is easy, but to roll up you're sleeves and make changes happen is an admirable quality. I'm sure this will not be the only change.

Duck For Cover Award

This award will be given to the person who has said or done the most controversial silly, funny, spectacular or stupidest thing of the month. This months award goes to Les Allen for the picture on the front of last months magazine. Congratulations Les, on being the most chauvinistic male the females of this club have ever met!!

Money Money Money !

As the club develops, we are going to require additional funds for safety equipment, club events and so on. The selling of chocolates has been very successful, enabling the purchase of our first club boat. However, choco-

lates will not sustain the club forever. The idea of a quiz night has been raised – more information will be given at the next meeting. If anyone has any ideas, please let us know!! Thank you to everyone for your support.

Introducing Warren Wilson



Q Which of the following age groups do you belong under 45 or over?

A Over but I sometimes tell lies

Q Which of the following best describes how you get the daily dollar, Drug dealer, Dole Bludger, Struggling Worker, Self Funded Retiree, Blood Sucking Pensioner, Pensioner, Someone's Mother?

A Struggling Worker

Q What is your sexual preference?

A Yes. But only with my wife, the Mother of my two lovely Daughters

Q When are you going to introduce your Daughters to Neville?

A Never I love them.

Q What's your favorite opera?

A I don't like opera but I have seen Madam Butterfly and Phantom of the Opera

Q What is your favorite movie?

A Twelve Angry Men.

Q What type of music do you like?

A Classical –The Beatles.

Q What other activities are you into?

A Cycling Camping Fishing and riding my 750 Yamaha.

Q How did you get into sea kayaking?

A I started fishing from a Wave Ski and used to see guys paddle past on Surf Ski's and sometimes in Kayaks, they looked faster and more comfortable so I started reading about Sea kayaks and checking out info on the net.

Q What type of boat do you paddle and why did you choose that type of boat?

A It's a Classic Inut you fool. Haven't you got eye's, read about it in an American canoe mag, made some inquiry's via the internet spoke to a couple of people that owned Classic Inut's and what they said fitted my own

idea's. General mucking about fishing and short day trip's in a totally traditional style

Q If you could go anywhere in the world to paddle where would you go and why?

A Greek Islands, for sunshine, great coffee and great vino great food great times.

Q Where's your favorite local paddling destination?

A Garden Island It's easy to get to not too far beautiful clear waters magic reef and best of all it's usually deserted

Q What has been your worst paddling experience to date?

A I arrived at a planned club paddle from Hillary's to Ocean Reef, there was a fairly strong N/W wind blowing and Wolfgang was the only other paddler to turn up I always felt as if I was about to capsize for most of the trip and finished up exhausted.

Q What is your short term paddling ambition?

A To catch a nice 5 kilo Tailor from my Kayak would be great fun. Actually I would like to see an early morning paddle planned around Trigg Point or Fremantle Moles sometime soon.

Note Some of the above answers are true

BLACKWOOD MARATHON 1999

HE'S JUST TOO FAST IN THAT SEA KAYAK

WHO SAID SEA KAYAKS ARE NOT FOR RIVERS



LES'S VERSION



REAL VERSION

Blackwood Marathon

Les Allen entered the Blackwood marathon this year with his sea kayak. He came 50th overall out of around 160 entrants and 3rd in the veterans. The sea kayak performed quite well and certainly was noticed by a lot of potential sea paddlers. Overall a great event and excellent weekend.

"A NOVICE EXPERIENCE"

"I want to learn as much as possible, as quickly as possible...."

Those impatient, fateful words were uttered to Les Allen on my second 'real' ocean paddle while circumnavigating Garden Island, and the first in my brand new sleek, sexy, red Penguin sea kayak. Paddling on the inspiration of Jon Turk's "Cold Oceans", and a deep rooted fascination of the ocean, all I needed to acquire were the skills and experience. The only way to learn, was to get out there and do some serious expeditioning. Who better to help me pursue my dream, but Les? Les offered an invitation to join him and John Satherly on a paddle from Lancelin to Jurien the next weekend, which happened to be a long weekend. I couldn't resist the opportunity. My dreams were being fulfilled, and could hardly contain the excitement.

The next week was spent frantically trying to get the basic gear organised for the trip. At midnight on Friday I was still dry packing, ruthlessly discarding superfluous items. In the meantime, the planned trip had been modified to one that was an exploration around the Jurien Bay islands - it sounded a fantastic introduction. I had felt the odd moment of apprehension - why on earth was I spending a long weekend with two strangers, going to a strange location, and doing something I had very little experience in? I left it alone as there was a risk of "paralysis by analysis".

I met John for the first time that Saturday morning, and instantly felt comfortable around him. The weather was perfect and the forecast OK, becoming unsettled on the Monday. But who cared? I was on my first expedition and couldn't wait to get going. Finally, we arrived to a mirror calm Bay, making the ocean and islands enticing. We jumped in our kayaks and an experience of a lifetime began.

We spent Saturday exploring the islands, and I experienced so many things for the first time; the strength of surf on the kayak, the gentle bobbing of the boat on the big swell, the curious and playful companionship of 25-30 female seals for most of the afternoon (if the truth be known they were particularly keen on Les and it seemed to be mutual!), the

sight of two beautiful, graceful sea eagles, a fleeting glimpse of porpoises, the feeling of being so small and powerless (but strangely in control) in such vastness, the sheer magnitude of it, feeling so alive, camping on a 'deserted' island, a paddle under the full fluorescent orange moon, being tipped for the first time by a huge wave (OK, it was a ripple!) and attacked by a 'killer' herring which I'm now convinced had been jumping for the jugular in my neck but missed and walloped me in the armpit instead. Just



think, it could very well have been one of the ones that John caught for our dinner that night! I was so completely overawed and overwhelmed by the whole experience of the day, I struggled to absorb it all and went to bed early to try to do just that. This was what my idea of sea kayaking was all about. What more could a gal want? I had been given one gift after another and felt such gratitude towards Les and John for enabling it to happen.

I was realistic enough to know that it would be hard to top Saturday, and unfortunately it became cloudy on the Sunday and the wind had picked up. Despite that, paddling on an oily ocean was beautiful and watching the storm clouds gather and the lightening in the distance was a lovely sight. We paddled to the headland and began an incredible adrenalin pumping, exhilarating paddle around it. I felt for the first time the experience of big 3.5m waves crashing in front and behind us. Almost instinctively, I successfully broke through a large wave that had started to crash on top of me. Amongst all of the rapid instructions I had previously had, I recalled Les' words on how to handle such a beast. It was an unforgettable and strange experience to

have such mixed emotions; I felt strong for having conquered my first real challenge and felt my confidence growing. At the same time, the reality of the power of the ocean had started to sink in and I felt real fear for the first time. It was confusing, and I grew more fearful as we paddled around the headland through huge waves and strong winds. With a feeling of relief, we entered calmer waters and explored the islands around the other side of the headland, with their fascinating rock formations.

John then told me that a seal had been following me around the headland - it was nice to think that perhaps it had been watching over my safe passage.

The plan was to consider camping this side amongst the shack community, however with the forecast of strong winds it was decided that it would be best to return around the headland to the more sheltered side. At that stage, I was still feeling nervous and didn't relish the prospect of facing big waves again so soon. However, secretly I was looking forward to the challenge of overcoming the fear and adrenalin rush, and we rounded again. For the first time, I experienced the very real power of surfing on large waves. I tried to fight the first wave and was swept to the side as a result. I didn't fight the next one, but braced myself and let it have its way with my boat and I. Hurling down, it was so fast that I could hear and feel the wind rushing past my face, my heart was pounding hard and sight blurred. Almost as quickly as it had picked me up, it abruptly spat me out and I saw John to my side having had a similar fate, followed closely by Les. All of us were displaying huge toothy grins, feeling exhilarated and breathless from the experi-

its way with my boat and I. Hurtling down, it was so fast that I could hear and feel the wind rushing past my face, my heart was pounding hard and sight blurred. Almost as quickly as it had picked me up, it abruptly spat me out and I saw John to my side having had a similar fate, followed closely by Les. All of us were displaying huge toothy grins, feeling exhilarated and breathless from the experience.

Although it was the best option, the smell of the sea weed on the beach of our camp site assaulted our nasal passages, and with my nose wrinkled in disgust we pitched tent. Thankfully, after a while the smell dissipated and we settled down to a meal. There were no fresh fish to be caught by John, however the port bottles came out and I eventually left John and Les to their chatter, and collapsed into my sleeping bag.

We woke on the Monday to poor weather conditions. Les warned of "strong winds" and a "following sea" which he said would be a different experience again, and I may feel a bit "out of control" at first until I "got used to it". With his words ringing in my ears we were homeward bound and we set off on our return to Jurien Bay. I would have to admit to being apprehensive about the "following sea" and the wind did seem "strong". As we paddled on, the sea wasn't "following" but "battering", and the wind wasn't "strong" but "gale force". For two



hours we paddled in 35-40kph winds with 3.5-4.0m waves that were trying to spin and swerve the boats around. I didn't realise this at the time, and thought this was the "following sea" which I would "get used to" – and I was starting to feel very "out of control"! Constantly leaning into the waves, my bracing techniques rapidly developed. Refusing to take my eyes off the waves surrounding my kayak, they were dry for days afterwards from keeping them open all of the time. John was ricocheting

from left to right behind and in front of me, and I kept enviously glancing at Les' Mirage which was effortlessly and gracefully plowing through the choppy sea, knowing all the while that he was keeping a watchful eye over my progress.

The focus was our entry point, the Jetty. And it just wasn't getting any closer. I felt like yelling with tension, fear and frustration. All I wanted to do was reach that jetty and dry land, and I was not going to fail. I was particularly determined not to let the female side down. And yet I caught myself, just for a fleeting manic moment, grinning and thinking "wow, this is fun!".

Eventually, we started heading in towards the shore and as it became shallower, the choppier the water became and the more I felt myself losing control.

I had had enough and my strength and resolve had started to weaken. As a result, my landing was very undignified as I torpedoed into the jetty, the paddle, boat and me becoming entangled in the pylons. Les & John ran over to disentangle paddle and plastic, while I ripped off my spray desk, and jumped out uttering some less than feminine expletives, the watered down version (this is a family publication after all!) being that I said something about being rather anxious to get out of the boat and sea, and then defiantly standing with hands on my hips and yelling rather pointlessly at the ocean to 'go away' and giving it a jolly good telling off that if this was what was sea kayaking was all about, I wasn't terribly interested! Despite all of the nervous tension, I couldn't help chuckling at the sight of John and Les, in perfect synchronicity, doing a swift about turn and walking away from me very rapidly! Smart men! Needing lots of space, I walked away as well and stood on top of the jetty staring out disbelievingly into the mess of wind and waves that we had just paddled through. A

young teenager came up to me, curiously asking what the hell we thought we were doing? What could I say? I didn't have a clue either! Kindly, Les arranged for me to have a shower at the nearby caravan park. What a feeling that was, the hot water relaxing every tense muscle, one by one. After Les & John had packed the kayaks away, we indulged in a well deserved unhealthy breakfast of burgers, bacon & eggs and chips with lots of cups of coffee and hot chocolate. It all became too much on

the way home and I flaked out, sleeping most of my way back to Perth.

Throughout the whole experience I was very, very confident of my safety and the experience of Les and John. At no stage was I in fear of any mishap, and I knew that both were watching over me with the utmost care and responsibility.



It was an unforgettable experience. One that I would repeat again and that has made me hungry for more. Adrenalin is a powerful drug and I'm addicted. I'm also hooked on the more 'gentle' side of the sport; the adventure, peace, freedom, the perspective and reality check that it delivers. The process of getting to know yourself and your limitations and then breaking them down, extending your boundaries and feeling the exhilaration of achievement. The results are far reaching – suddenly all of those things that were feared shrink into insignificance.

My only wish is that more females would give it a try. Despite it being one of the 'male dominated' adventure sports, there is no reason why woman can't participate more. We are more than capable of succeeding and enjoying ourselves. Despite all of the testosterone driven chest and muscle flexing and 'grunting', the secret is that it's really not *that* hard! Even if it takes some time to build confidence, so what? Every little success, every boost in confidence is a terrific achievement. Being capable of extending yourself to being able to grab everything life has to offer is a remarkable accomplishment, I believe.

I would like to thank Les and John for the canpanianship and experience of a like time. Paula Sheppy



Setting up a sea kayak to survive

(This is the opinion of Les Allen and not the sea kayak club)

Why should I set up my kayak to survive when I don't take risks? This is a fair question 99% of the time. The problem is the 1%. Statistics show that every so often someone will be caught in a survival situation. If that person is you, will you survive? If you set your kayak up correctly the answer is yes, you should survive and setting up a kayak is not difficult.

Step 1 Raising the alarm.

Before you can be rescued the alarm has to be raised so people know you are in trouble. The most effective means of raising the alarm is an EPIRB. Marine EPIRB's are not ideally suited to sea kayaks because of their size. The pocket EPIRB mounted on the breast of your PFD is the best option I have found. As you always have your PFD on when paddling it is always with you even if you are parted from your boat. The EPIRB is reliable and continues to signal until you are rescued.

Radios are an effective means of raising the alarm providing you are in range. AM radios have a limited range of effective communication. VHF are slightly better but still have the same low power problem as all hand held radios. Radios to be of use must be accessible from the cockpit. Radios can be difficult to use in very rough conditions as you have to take one hand off your paddle.

Sailing plans are effective providing the person raising the alarm has all the details required. If the person raising the alarm has not got the correct information delays can occur before a rescue is mounted. The other problem is the delay time before the rescue is mounted and if you are doing a trip this method is not practical. **It is vital you have at least one effective method of raising the alarm.**

Step 2 Surviving the wait.

Once the alarm is raised there will be a delay before you are rescued. If you are in your boat it's important you to stay upright and in control of the boat. Sponsons are the only way I have found of increasing the stability of the boat and still give you control. Sponsons of course have to be accessible from the cockpit and adjusted to suite your boat. I store mine in a dry bag under my legs held in place by straps. I can get them and fit them whilst seated in my cockpit. Most survival situations have high winds and rough seas so the ability to increase your stability is important and makes using flares etc a lot easier.

If you have lost your boat hypothermia is a major problem. It can kill you. On a warm day it is impossible to dress for immersion. You just get too hot. In the water hypothermia can set in very quickly if you are tired and don't carry much fat. An immersion suit can dramatically increase your survival time. They are cheap and I carry mine in a pouch on the back of my PFD so it is always with me. Even if you make the shore and have to spend time in wet conditions with high winds hypothermia can still be a problem. The immersion suite works just as well on land as in the water. **Wearing a PFD, EPIRB and having a immersion suite on you can dramatically increase your chance of survival.**

Step 3 Pinpointing your position.

When rescuers are looking for you its important you can pinpoint your position. Flares are the obvious choice to pinpoint your position. The problem with kayaks and rough water is the need to hold the paddle and brace in white caps and large waves. Try lighting and holding a flare for a minute in rough conditions. The chance of capsizing or burning yourself are very good. For smoke I now use a canister held under my deck with shock cord. Its accessible from the cockpit and requires one hand to remove the cap. Pull the lanyard, toss it to leeward and you have 4 minutes of continuous smoke. Hand held smoke lasts for 1 minute compared to 4 for the canister. *It pays to be seen.* The same argument can be used for red flares. By using rockets instead of red flares you eliminate the problem of holding the flare for a long time. Two rockets can be kept in a deck bag for easy access.

Don't forget the heliograph as these are easy to use and can be used over and over again. The GME pocket EPIRB has a heliograph on one side making it doubly useful. If you lose your boat and have the EPIRB on your PFD you also have the heliograph to pinpoint your position. **All this equipment must be accessible from the cockpit as safety gear in holds or out of reach are not worth having.**

Setting up a kayak is not difficult but can mean the difference between surviving or not. We do not carry safety gear to avoid fines.



Comet smoke canisters last for 4 min. They are the smallest and easiest to use I have seen

Essential Equipment

The prices quoted below are from
WILTRADING in Fremantle.

Comet orange smoke can	\$45.00
Comet orange smoke hand held	\$20.00
Comet red hand held	\$15.00
Comet parachute rocket	\$50.00
Cosalt thermal protective aid	\$45.00
GME pocket EPIRB	\$270.00

These products are available from other retailers. The brands may not be the cheapest but in my opinion are the best quality I have seen locally. **Don't forget they have to be accessible from the Cockpit. L Allen**



Comet rocket flares are made of hard plastic and appear the most durable on the market.



Cosalt thermal protective aid is like an oversized sleeping bag made of plastic. They can be put on in the water and have a zip up front and hood. They compress down to a small packet that can be stored in the back pouch of your PFD



GME pocket EPIRB is the most efficient means of raising the alarm. It also has a heliograph on the back and is easily mounted on the front of your PFD



Stockists of the following plastic Ocean Touring Sea Kayaks:

P&H	Capella
Current Designs	Storm Squall Pacifica
Perception	Sea Lion Spectrum Acadia

December 1999 Specials

Capella \$2,499.00 (Normal Retail \$2,600.00)
Includes Craft, Mako Glass Paddle, Tripper PFD

Storm \$2,180.00 (Normal Retail \$2,300.00)
Includes Craft, Mako Glass Paddle, Tripper PFD

Bring this ad and receive 15% discount on New composite boats

Bring this ad and receive 10% discount on New accessories

These specials are only valid from 1/11/99 to 31/12/99 or while stocks last

Now building Single Ski's
Mould purchased from "Spirit Paddle Sports"

Phone: Gunther or Liz at
9 3 7 8 2 7 4 7

144 Railway Parade Bassendean, Western Australia, 6054, Australia

Telephone: +61 (08) 9378 2747 Facsimile: +61 (08) 9378 3828

web site: _____ email: kayaks@davenwood.com

W.A. Sea Kayaker

Calander.December 1999 ~ Febuary 2000

DAY	DATE	TIME	MEETING PLACE	PROGRAM	GEAR	CONTACT
SUN	5\12\	7-30 for 8-30 am	HILLARYS MARINA North Wall	LITTLE ISLAND Abalone Fishing~ Trawling~ Snorkling With Sealions PINNAROO POINT ~Morning Tea~MARINA	BS, OWS, FDW DC, FL, PCN, Sn	ERIC 9339 2952
SUN	12\12	7-30 for 8-30 am	OCEAN REEF MARINA South side inside Harbour	BURNS ROCK ~ Abalone Fishing ~Trawling ~Morning Tea Return to OCEAN REEF MARINA	BS, FDW, DC FL, PCN, Sn	JOHN 9528 7225
TUES	14\12	7-30	Swan Hotel North Fremantle	Club Meeting Review club activities	PCN	
SUN	19\12	7-30 for 8-30 am	GLOUCESTER ST car park Near toilet block Shoalwaterer	FAMILY & FRIENDS FUNDAY ~Take family & friends To Visit & Swim W ith SEALIONS XMAS B.B.Q LUNCH on BEACH	BS, FDW, WK HK, Fr , Sn ,PCN Beach Gear	IAN 9383 4319
TUES	28\12	4-00 pm 6-00 b.b.q	MOSMAN PARK East End Irvine St	CHIDLEY POINT For B.B.Q. Via Dalkeith &Pt Walter	FDW, WK, HK Fr	ERIC 9339 2952
SUN	2\1\2000	8-30 for 9-00 am	FREMANTLE Bathers Beach South Mole	ARTIFICILE REEF Surf ?? Morning Tea Old Cable Station Lunch Fishermans Harbour	BS, FDW, DC PCN	JOHN 9528 7225
SAT	8\1	7-00 for 7-30 am	CITY BEACH South of city beach groyne	SWANBOURNE Practice beach takeoff and landing	BS, FDW, DC PCN	IAN 9383 4319
TUES	11\1	7-30 pm	Swan Hotel North Fremantle	Club Meeting Review club activities	PCN	
SUN	16\1	8-30 for 9-00 am	HILLARYS MARINA North wall	INNER HARBOUR Basic Skills ~ Rolling Practice Cappachino SOUTHSIDE Surf Skills Small Waves	BS, FDW, DC PCN	ERIC 9339 2952

Journal of Sea Kayak W.A. Inc. P.O.Box 230 North Beach.W.A. 6920

President Les Allen9456 2129 Secretary Neville Holden 9448 4196 mbl 0416 929 733

DAY	DATE	TIME	MEETING PLACE	PROGRAM	GEAR	CONTACT
SUN	23\1	7-30 for 8-00 am	WOODMAN POINT Coburn Cement Jetty	GARDEN ISLAND ~ North End ~Swim Lunch ~ WOODMAN POINT	BS, OWS, FDW, DC, PCN, F.	JOHN 9528 7225
SUN	30\1	8-00 for 8-30 am	PENGUIN ISLAND CAFE Shoalwater	SEAL ISLAND Swim With Sealions PENGUIN ISLAND Morning Tea	BS, Sn, FDW, DC, PCN	IAN 9383 4319
SAT	5\2	8-00 for 8-30 am	YANCHEP LAGOON Wilkie Ave	ALKIMOS ~Swim ~Morning Tea ~YANCHEP ~With Seabreeze ??	BS , FDW ,DC ,PCN	ERIC 9339 2952
TUES	8\2	7-30 PM	Swan Hotel North Fremantle	Club Meeting Review Club Activities	PCN	
SUN	13\2	7-30 for 8-00 am	DEEP WATER POINT Canning River	KENT ST WEIR ~~~Morning Tea ~~~ DEEP WATER POINT	BS, FDW , PCN , DC.	JOHN 9528 7225

KEY BS =Basic Safety , OWS = Open Water Safety, Sn =Snorkling Gear , FDW =Food drinks water, DC =Dry clothes
F =Fishing gear , FL =Fishing Licence, PCN=Pleasant Carefree Nature ,WK =Wife &Kids, HK=Husband & Kids ,Fr =Friend

Rottneest Island

**DON'T FORGET ROTTO
PHONE NEVILLE
PLAN EARLY
JOIN A GROUP CROSSING
HAVE FUN**

ANZAC WEEKEND

SATURDAY 22nd ~ TUESDAY 25th April

START OCEAN REEF MARINA
FINNISH SEABIRD ???
DISTANCE APPROX 20—25 KM PER DAY
WHAT FISHING CAMPING POETRY FUN

Plan now Come for all or join along the way

PHONE JOHN 95287225 0414 447343