



Introducing NEVILLE HOLDEN

Q Which of the following age groups do you belong under 70 or over 18

A Over 18 acts 24, double that and add a little

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, Someones Mother.

A Air traffic controller {Retired thank God} Dole Bludger soon

Q What is your sexual preference

A Any Female 16 to 60, prefer movie star but fat and ugly OK, (I drink a bit) Please send nude photo (of boat).

Q Has anyone out there got a sister for Neville

A Answer coming from Mars or a Galaxy far away.

Q Whats your favorite opera

A Saw Turandot {In Chinese} In Beijing At least the fat chick looked sexy.

Q What is your favorite movie

A Heartbreak Ridge

Q What type of music do you like

A The stuff they used to play down the Pub in the 70'ies

Q What other activities are you into.

A Travel Anything that involves a glass of red and a chat. Leaving friends injured in remote places really turns me on

Q How did you get into seakayaking.

A Fran and John one afternoon took me to Little Island {Fools}.

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

A Raider X Had a Southern Raider loved it like a 16 yr old started with Johns old Osprey managed to palm it off to Mike Nahas

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

A Pacific Islands. Sun Surf Sex {I've heard all the women are blind}

Q Wheres' your favorite local paddling destination.

A Penguin Island, Point Peron, Garden Island.

Q What has been your worst paddling experience to date.

A Caught out off Point Peron in strong gale force winds trying to get around point after long paddle from Fremantle.

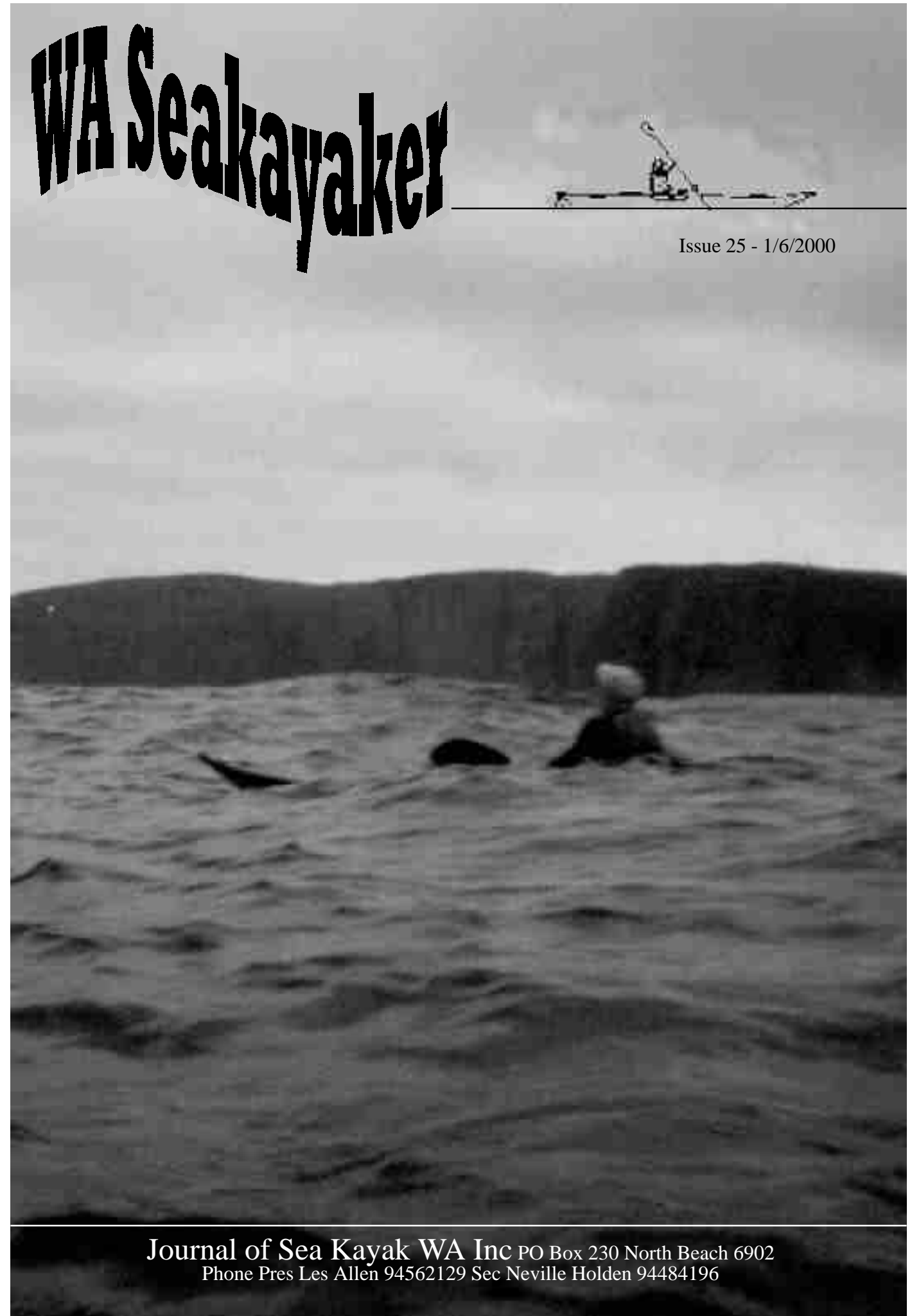
Q What is your short term paddling ambition.

A To use my boat as a chick magnet. Do a Coral Bay to Exmouth trip.

Q Whats your greatest whinge about the seakayak club.

A I work too hard keeping the money and records in shape. (ERIC) and there are not enough funds to embezzle..

NOTE Some of the above answers are true and remember if you refuse to answer a question the writer will make one up for you.





From The President

Well, winter is here and with it, some different kayaking. Winter can be the best time of the year to sea kayak as not only do you get those dead calm days but you also get some rough conditions to add some excitement to paddling. If you have not had any rough water experience let me know as I am quite happy to arrange safe, rough paddles so you gain some experience. This calendar is different as we have 2 set paddles per month and 2 that will be decided with the people and weather in mind. I have also reigned as president because I have to pursue my small business harder and it will be a conflict of interest. I will still do the magazine and other activities but won't hold an executive position. Ian will hold the position till the next AGM. Thanks for the support while I was president.

Don't forget the long weekend paddle at Hamelin Bay. Even in bad weather there is the Blackwood River. Organised early!!!

Enjoyed Rotto! We need your deposit for next year now.

Have you got all the safety gear yet.!!!!

Hyperthermia Protection

As winter is approaching it's time to look at Hyperthermia protection. There are two new West Australian products on the market that deserve some consideration. The first is a new light weight, cheap dry bag that comes in a variety of sizes. They are made by Sea To Summit and most retail shops have them. Because they are made of neoprene coated nylon they are very soft and be squashed into small spaces. These

WAITING ON THE SIDELINES

Someone asked me the question, "What was it like from your point of view, at home?", referring to John, James, his wife Jenny and four other paddlers who were merrily island hopping the Dampier Archipelago as, unknown by them, Tropical Cyclone Rosita was swirling her skirts down the coast.

Being a veteran sideliner to John's various sea/white water adventures, I knew better than to ask too many questions before they went (cos' I usually receive non committal replies) so my vital info consisted of Dampier Caravan Park as a probable set-off and vehicle drop-off point, radios that never work at sea so a finger to the wind will do, it'll be warm and pretty quiet this time of year and of course, T.C. Paul had disappeared by now so the weather would be normal for this time of year anyway! James did offer me his mobile number but then Jenny reminded him it did not work that far up. I gave up long ago, being too

are important as you need to carry warm dry clothes every time you paddle.

The other new product is a cross between a wet suite and a cag. Its a top made of rubber with lycra lining. I have yet to try it but they do look the part and at \$60.00 must be looked at as an alternative to a cag. The extra thermal protection from the rubber could be a big advantage in wet winter conditions. These are also made in WA and

worried about John during his many paddling adventures. However, cyclones are a bit different. I rummaged around in John's study and discovered a Lands & Survey map of what looked like islands off the mainland - Dampier was there somewhere - then had a mathematical bash at working out how long it would take the cyclone to reach Dampier. Continued page 3.

Duck For Cover Award.....

This months Duck For Cover Award has to go to Ian for the longest member to be without a boat. He was, or is building a new strip built boat. It's lucky he is not in the time of Noha as he would have been drowned for sure. Hopefully we will see the launching by the end of the year and that it's still a labour of love. Don't worry Ian some of the older members still remember you!!!

Advanced Rescue

As you become more proficient at paddling you will be expected to rescue novice paddlers as well as being proficient at rescues in difficult situations. It is important to understand what is required in both these situation.

Rescuing Novices

When you are rescuing novices most times it won't be in difficult situations but the following should be considered.

1. All novices who accidentally capsize will be disoriented and a little scared. It is important to get to them quickly and talk in a calm slow voice. Take charge of the situation.

2. Check the cockpit to make sure it is free of obstacles and easy to re-enter. Don't let the paddler swim to collect gear. Get someone else to gather gear or do it after the rescue.

3. Once the paddler is in the boat continue to support the boat till it is completely empty and they have got all their gear sorted out. They will have an elevated heart rate so try to settle them down with a drink of water while still holding the boat.

4. The rescued paddler will be unstable and lack confidence. If they have lost their paddle lend them your split paddle till it is recovered so they can support themselves. Paddle close by to give support and confidence till they are paddling confidently again.

If the same paddler goes in twice, abort the paddle and give them close support till they get to shore as they will probably have no confidence in their paddling.

Reassuring the novice that all paddlers fall in, especially when they started out, will help stop the embarrassment that is natural after a capsize. If they had problems executing the rescue save your criticism till a training day and then revisit the problems so they can learn when they are more confident. How you handle the first capsize will impact on how the novice views sea kayaking in the future.

Difficult Rescues

When you are in difficult situations there are some considerations to take into account. Also you may need to work with other paddlers to execute the rescue. These scenarios need to be practiced so the team work is sorted out when you have verbal communication and time to sort out problems. When doing a difficult rescue take into account the following.

1. Evaluate the situation carefully before committing to a difficult rescue. One paddler in the water is bad, two paddlers in the water is twice as bad.

2. If the rescue needs two people sort it out before you commit to the rescue.

3. When you commit speed is important. Get the person in the boat and out of the danger area as soon as possible. If that means leaving some gear behind so be it.

4. Don't forget to communicate the plan to the paddler in the water quickly so they can work with you.

5. If there is any doubt you will be washed or blown into danger before the rescue is completed start towing at the start of the rescue.

6. In big seas and strong winds tow the rescue into the wind at the start so white caps won't stack the boats during the rescue.

7. The paddler is the priority and the boat should be sacrificed if there is too much risk. Get the paddler to swim out of danger and piggyback them to safety.

To successfully rescue in difficult situations, the rescued paddler, the rescuer, and the tower need to have practiced this skill before. Paddlers should not go into dangerous areas or big seas if their boats are not set up properly. There should not be any loose gear and emptying the boat should be quick and easy. Remember in big seas you may need to empty the boat with the spray deck on, to stop the wash filling the boat. A pump is a good idea. Les Allen

Tow Ropes and Towing

Tow Ropes

Tow ropes are an important safety item for sea kayaks. They are cheap and easy to make. When needed they need to be deployed quickly and easterly in a variety of conditions. Tow ropes can be used to tether boats, tie boats together and make handy clothes lines when camping.

There are a few things to consider when making a tow rope...

1. The rope must float. If it does not it can sink and get caught on rocks causing lots of problems.
2. It needs to have a quick release so you can get out of the tow in a hurry if you have to.
3. It needs a carabina with a wide mouth so it can hook quickly onto toggles and deck lines.
4. It needs some stretch to stop shock jarring the tower.
5. It needs to be strong enough without too much bulk to make storage and deployment a problem
6. The tow rope should be 15mt long. This is long enough for rough conditions and should be manageable. The same length rope makes group towing very easy.

My tow rope is made of 4mm yellow nylon rope. It floats, is strong enough, packs away in my PFD pocket, has some stretch and costs \$5.00 for 20mt. One end is spliced to a loop or bight about 4cm in diameter. This end clips onto the tow strap on my PFD. The other end is tied to a climbing aluminium carabina with a half a fishermen not. This remains tight on the carabinas so I cant loose the carabina when it is disconnected. The carabina costs between \$5.00 and \$15.00

If you don't have a PFD with a tow strap a bum bag with a plastic clip works fine. Tie the loop end to the strap with a half a fishermen not so it can't move along the bum bag. The rope is stored in the bag and can be deployed easterly. In an emergency the clip on the bag can be released to free you from the tow.

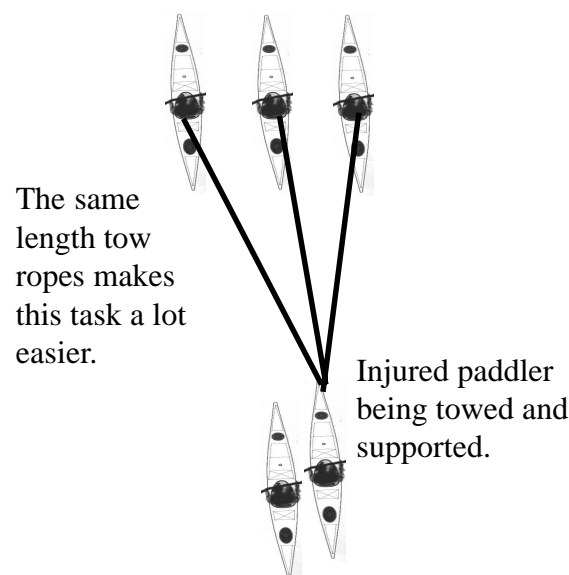
Don't tow with the rope tied to the kayak or without a quick release. Ropes in white water or waves can be very dangerous if

they get tangled around your body. Practice releasing from a tow and be confident with the way you deploy and recover the rope.

Towing

In and emergency towing has to be done quickly and efficiently. Prepare the rope for deployment. I hold the carabina in my teeth as I approach the boat. Remember to approach the boat to be towed from and angle that enables you paddle past, clip on and keep paddling with out having to turn around. This reduces the risk of tangling and increases speed. Take up the slack and then paddle at a speed that is comfortable and consistent. Long slow strokes are better than fast sprint strokes. When possible tow from the front as it requires more skill to be towed backwards. Towing backwards is better than putting yourself in danger by trying to turn both boats in a confined space.

Group towing is better than solo towing as it reduces the strain dramatically. Two towing one requires little extra effort and long tows are possible. If you have an injured paddler using three towers and a person rafted up to care for and stabilize the injured paddler is easy and can be used for long tows. These tows need practising to sort out the logistics and enable group cohesion. Once they have been mastered in flat water they should be practiced in rough water as this puts a new dimension in the exercise and will highlight any problems.



I also found myself carrying the transistor around the house and garden, not willing to miss the weather updates. At work, they must've thought I had footy fever, popping outside every hour with my tranny! One Tel's boating/ marine info was a waste of time as the recorded message belted out the details at about 240 wpm! (I must remember to write a complaint letter)! I kept telling myself John and co. were mature adults and surely someone would keep a wary eye (or finger) on the weather etc.etc. A few "what ifs" went through my mind - what if Rosita did reach them - was there anyone I could contact up there - who?! They would probably have to bury their boats in the sand or something, to stop them from blowing away. What if there was no shelter, is that a good or bad thing? What if vehicles on the mainland went flying and roads flooded? Some of them would be having extra days off! My imagination became quite creative! They would come back full of exciting stories about sitting out a T.C. on some remote island!

Finally, I did what I had told myself I wasn't going to do

AN EASTER DOG PADDLE, by Tess Nixon

I didn't realise how exciting and fulfilling a sea kayaking expedition could be. Even for a non sea dog who's never taken to dog paddling.

My adventure started at Burns Beach on Easter Saturday. Just before the group set off this bloke came up and tried to make a fuss of me. Now I don't mind attention, but not from perfect strangers who are pretending to be my best friend. So I studiously ignored him.

"I'll show you," I heard him say.

I forgot about this incident until we met the group again two days later at my campsite at Seabird.

This bloke arrived first. Again I ignored him as he tried to make a fuss. "Go paddle your own canoe" I tried to indicate by ignoring him again.

But within half an hour, I was beginning to change my mind.

"The quickest way to a dog's heart is through its stomach," I heard him say. I would have pricked my ears up at that stage if they weren't so floppy.

He offered me a small biscuit. I showed him how ferocious I was by snapping at it as quickly as possible.

It was then a couple of corn chips. I was going to have to play this carefully. If I became too eager and friendly the treats would stop coming. So I didn't, and they kept coming.

Other exciting sea kayaking things that day included

(some sea paddlers hate family making a fuss!) and rang Dampier Caravan Park. Michelle happily told me that the weather was great, no cyclone effects, yet. But no, she had not seen the kayak crowd and nobody's vehicle/s had been left at her Park.....So, where had they set off from? Had they really gone to Dampier for a sea paddle? Michelle knew John and Les from previous trips and suggested ringing Les. Luckily he was home and had spoken with them some days previously. He reckoned if the cyclone did hit, they'd survive, but the canoes - well, that may have been another story! A reinvention of Gilligan's Island?!

At last, sometime on the Sunday, ten days after they left Perth, I received a call from a roadhouse out of Dampier. They'd be home next day. Mission completed but not without casualties - John's pink lycra knickers are dead - split during the trip (so did Jenny's but her's weren't pink!). (Great news about the pink knickers- Les Allen)

the sight of a new bright green tent going up before my eyes. This was a special tent, and I knew my role on this expedition was to protect it. So when some people rolled up at midnight and traipsed through my camp, I proved my dedication by barking as loudly as I could. I was able to keep it up for a long time because I had so much extra energy as a result of all the extra food my buddy Don had given me.

Breakfast was excellent the next day, and I hovered in Don's vicinity without trying to appear too eager.

I was sorry to see them pack up and head out to sea again. Back in the car with my boring owners, I was ecstatic to smell Don's boat arrive with the others near Ledge Point later that afternoon. Mmmm, he had all kinds of food on board. Where on earth did he fit it all?

"You beauty!" I ran around in circles.

And I wasn't disappointed that evening. Bits of bacon, chocolate biscuits, shortbread biscuits, pasta, eggs, bread, milk, steak. Don was my very best friend, and I stared longingly at him from a close distance most of the night. It was a toss up later that evening when Don asked whether I wanted to sleep in his tent. The only reason I slept out with my boring owner Gary was just in case that green tent needed protecting. It was coming down in value, however, so I wouldn't have barked quite so loudly tonight. Besides, I was just too full.

The next morning was GREAT. All Don's leftovers. Neville tried to give me an egg. Who is Neville? I just ignored him and the egg. To be honest, I was starting to feel nauseous.

As they headed out to sea, I flopped on the beach and closed my eyes. Boy was I full of this sea kayaking.

Easter Club Trip

Sat 22nd April. John Satherley, Don Kinzett, and Gary Nixon were starters at Burns Beach for the long weekend paddle. The paddlers arrived courtst of Fran and Carolyn (many thanks). Don's big truck was sent to Lancelin for the return trip.

As it turned out Sat was the first of four day of paddling into headwinds. Not what one likes continuously, but hey, that's the way it goes. John helped Don into the water a bit too!! hard, and opps over he went. The coastline was easy on the eyes, nice beaches, a few rocky outcrops, lunch at Alkimos, had a great paddle with a pod of dolphins. The end of the first day, just past Two Rocks (6 ½ hrs) was a relief. Gary went to bed early and John heard about Don's previous Diving days in Asia.

Sun 23rd. Gary now a bit wrist sore, but continued on, same type of day, head winds, pleasant views, hard paddling, the rest stops were appreciated, lunch stop was at Moore River, the beach was crowded, and the sea kayaks attracted plenty of attention. (5 ½ hrs paddle)

That evening Carolyn, (the Beach Crew, oh, didn't we tell you, 4wd, beer, wine, good company, fire wood, BBQ cooking pots, etc), brought Nev Holden, his boat and gear to the campsite just past Seabird. It is a great night's camping, (Carolyn's vegie curry is terrific). Nights under the stars!!

Mon 24th. Nev joins the paddle, Gary's sore wrist puts him out. We start off into the a heavy headwind and it only gets worse as the day progresses. Welcome to the real world Nev! Stop at a lovely "private" spot at Breton bay. They said the wind offshore was 30 - 40kts, Yuk. At lunch Nev's showing signs of tiring, and the others ask if he can continue. He thinks

he has a few more hours left in him and plods on. Luckily the wind dies down to a reasonable level, and we make it to our campsite just short of Ledge Point. What a campsite!! Gary, Carolyn, Tess the dog, and young nephew, found this amazing sand amphitheatre, just off the beach. We put the boats up at the entrance to the campsite, as it was like Le Mans with 4wd traffic, buggies, motorcycles, lots of action for the long weekend. We were oblivious to them all, soaked up a few rays, went for a swim, set up the tents, told some stories. Another big night in Paradise, campfire, steak, vegies, beer, wine! Who said you have to rough it!

Tuesday 25th. Big winds again, we launch into breaking surf, get wet, and paddle past Ledge Pt into the strongest headwinds so far, heavy rain and



dark storms are getting closer from the north west. It was very hard slog, the wind kept getting stronger, the chop got worse, held onto a cray pot rope for a bit of rest. The steep narrow beaches were too rough to get into, and they had big waves crashing on them. After about 2 ½ hours, (getting nowhere slowly) of this we decided to turn back.

What a ride, surfing the waves back, fantastic feeling after the headwinds, John was in his element, back and forth, and he went chasing the big ones near Ledge Pt. Don and I had a few good rides but decided to play safe and watch John have fun. Landed at Ledge, whistled up Don's mate on the mobile, packed the truck, picked up Nev's car and back to boring old Perth.

PS. John has the record for towing a lure from Burns Beach to Ledge Point without catching a fish! Where were you??? See you on the next trip, EH !!!



Easter Albany Trip

During the Easter break I went down to Albany to paddle with the Albany Canoe Club as they do not have experienced sea kayakers in the club to lead trips. It was an excellent weekend with some very sociable people and perfect weather.

The Friday night we set out at 7.00pm for night paddle down Oyster Harbour to the Kalgan bridge to have supper at a picnic spot and return. The night was still and cool as the moon rose on the "loony moonys". There were 8 paddlers in these perfect conditions and a top paddle was had. These Albany people always surprise me with the amount, variety and quality of food that they bring on club trips.

The next day we escorted the Harbour swimmers on the cross Harbour swim and then in true Albany style we had a huge breakfast at a

rougher water most of the Albany paddlers had paddled in. It was not a problem for them just good experience. As we rounded the point and headed through the channel between the headland and Bald



The incredible cliff line we paddled past.

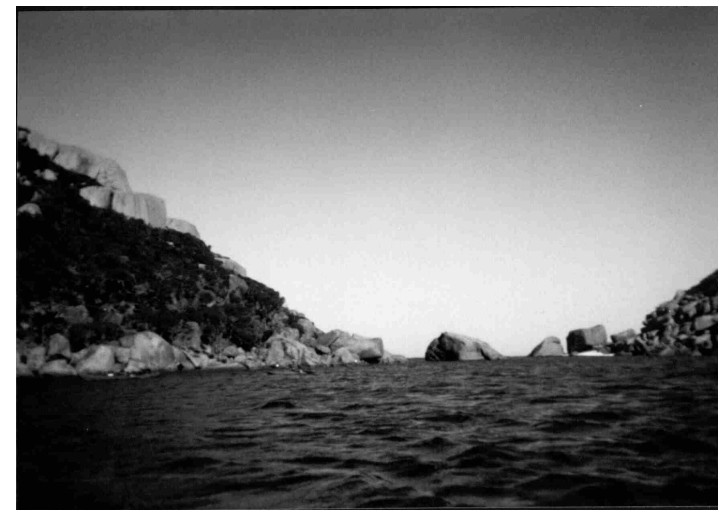
Island the seas were behind us and the paddling more pleasant.

The rest of the day was spent wandering down the magnificent coast line. We stopped at Honeymoon Cove for lunch and I was surprised to find a lot of the sand was missing. Still a magnificent spot.

That night we camped in the gorge and were treated to large salmon coming up to the light about 1mt away.

The next day we inspected the crash site of a light aeroplane and paddled the cliffs of Mannypeaks.

It was a top paddle and hopefully the first of many with the Albany paddlers and the magnificent southern coast line. L Allen



The entrance to Wachinicup Gorge from the inside

restaurant. After breakfast we paddled back to Emu Point.

The next day 6 of us set off from Chainey Beach to paddle to Two Peoples Bay with an overnight stop at Wachinicup Gorge. The Sunday morning we started off into a 15 knot head wind and a choppy sea. This was the