

WA Seakayaker

Issue 46: Jan ~ Feb 2004



Newsletter of Sea Kayak Club WA Inc. 2a Braunton Street Bicton WA 6157
Phone: Pres. Eric Pyatt 9339 2952 Sec/Treasurer Roger Lloyd 9339 6860

PRESIDENT'S REPORT



DECEMBER 2003:

Since our AGM it has all been happening:

- A visit from the Education Manager of Australian Canoeing, Ian Dewey
- The invitation and resulting visit of Training Director Les Allen to NSW Sea Kayak Club's weekend seminar.
- The administration restructure sub-committee have prepared drafts of the following:
Promotional Flyer.

Information for Prospective Members.

Members Handbook.

Application for Membership and Declaration Form.

All of which contributes to the Club improving in the areas of training, safety and efficient management. All is fitting into place and progressing a lot quicker than expected.

Club activities, such as our Sunday programs, Rottneest weekend and Xmas party are well supported. The sub-committee have put together the annual program which looks most interesting and has the expectation of continuing support.

"Support" is what it's all about. It makes it a pleasure being your President. The committee at this early stage of the year is working as a team and shows a heck of a lot of promise. I'm sure they will serve you well!

Eric.

Deadline for next issue :

Midnight WST

Friday 13th February 2004

Cover Picture:

Roger Lloyd shows how it's done at the flare demonstration at Woodman Point

Photograph © Marian Dixon

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NOTICE BOARD



Welcome to the following new members

Rodney Coogan
Susan Hobbs
John Wass

Russel Hobbs
Rodney Slinn

Guest Speaker

The guest speaker at the February meeting will be *Alwyn Duke* who will be talking about boat repairs.

Trip Leaders Wanted

Les Allen will be holding a training course in January / February for anybody interested in becoming endorsed as a trip leader.

For further information please contact
Les on 9456 2129

Club Colours

The committee has been discussing the design of club tee shirts and would like to decide on some club colours. Eric would like to see colours similar to those in the proposed Australian Flag. Blue to symbolize ocean and sky, green for the environment, yellow for the beaches of the golden state and red for the red earth.

Some think light blue with dark blue lettering while one wants DEAD BORING WHITE.

Communicate your ideas to a committee member!

Placid Water Kayaking Skills

A training course will be held at and by the
Swan Canoe Club Johnson Parade Mosman Park

Saturday 17th January 2004
For more details contact the leader:
Brad Reed on 9430 4540
B.reed@bigpond.net.au

Paddlers wanted

To accompany swimmers on the

Rottnest Swim
Saturday 21/2/04

Contact Megan at work on 9481 1611 or 0411 885 604

Make Your Year!



You can now book your paddling holidays for the year. On the back of the paddle program you receive in each newsletter you will now find all the over-night trips, long week ends away and multi day trips for 2004. If you would like any more details on any of the trips phone John on 0407 050 0011.

As each trip gets closer more details will appear in the club news letter.

Stainless Steel Anchors

Does anybody make stainless steel anchors suitable for kayaks? If so contact Eric

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Letter to the Editor

A couple of years ago I did the paddle from Coral Bay to Exmouth. I did that trip alone and although a very enjoyable experience I promised myself that I will do it again in less hurry and with company if possible.

To this end I am seeking any interested person(s) who may like to join me, or visa versa. The plan is for May next year using about 8 days. I am intending on a casual paddle with a view to a stop, look and laz' approach. It will be a glass of wine at sun set sort of trip.

I can be contacted on 9021 8087.

Rod Slinn

****LATE NOTICES PAGE 9****

Flares Demonstration

Story by Eric Pyatt



Photograph by Marian Dixon

The Club should be pleased with the close cooperation we have with Fisheries/Marine safety. On approaching them about a "Flares Demonstration", their enthusiastic response was welcomed. Nothing was too much trouble. However, there was an expression of disappointment. In the past, flares that had passed their use-by date could be used for these hands-on demonstrations. Despite this setback, they pressed on and at taxpayer's expense, spent \$200.00 on new flares. This limited the opportunity of maximizing individual participation, as well as missing the chance of seeing the Parachute Flares in action.

"Be careful" was emphasized. The heat generated was to be closely watched; holding the flare correctly being so important. Who wants burnt fingers?

The strong Sou' Sou' Westerly gave us the typical, local conditions to demonstrate the effect it has on the "Smokers" on land or sea. Despite the flat trajectory, they could still be seen from afar. Les and Phil played their part well, paddling off-shore to demonstrate their effects on the water. It was nice to see a response from a "Boatie". Out there, we were left with the impression that the canister "Smoker" was the way to go!

The roll-up of members [12] and guests [3] was gratifying. The wind, being so strong, it was decided to abandon the scheduled Carnac Island trip, so, all headed South around the point into the Ship-builder's Harbour. At the mouth, Les spontaneously decided to exercise a capsize and rescue. This threw confusion amongst the ranks. All we can hope is that we learnt something from the chaos. Some explored the harbour, while others languished on the beach near the boat ramp where all finished up with morning tea. A vigorous paddle back finished a good morning's work for all concerned.

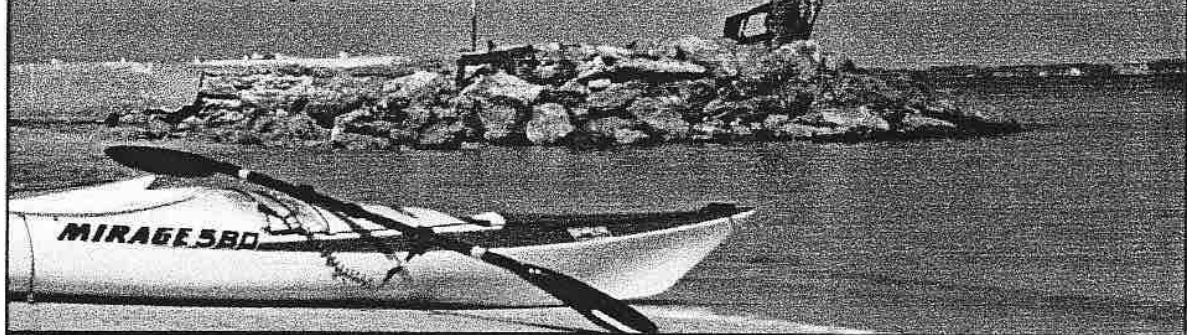
Our thanks to David Philpott and his assistant, Peter, for being on site so early on a Sunday morning and their genuine approach to wanting to assist in giving us the hands-on experience so necessary for our safety and well-being.



Photograph by Marian Dixon

Shipwrecks, Settlements & Sea Critters

Photoes & Text by Marian Dixon



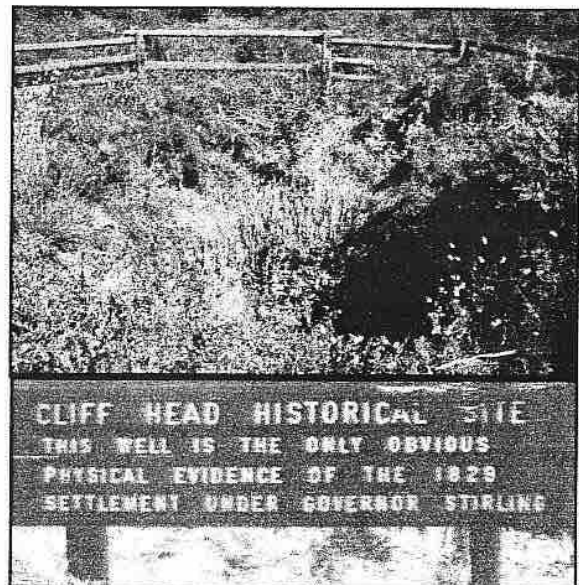
Kwinana Wreck (Hands up those who saw it!)

I was supposedly guiding the paddle on 9th November and I had ordered good weather well in advance. We got it! There was a light south easterly giving some assistance as Eric, Charlie, Roger, Graeme, Barry and I departed from Kwinana Wreck to visit another historical site; the first European settlement in Western Australia on Garden Island.

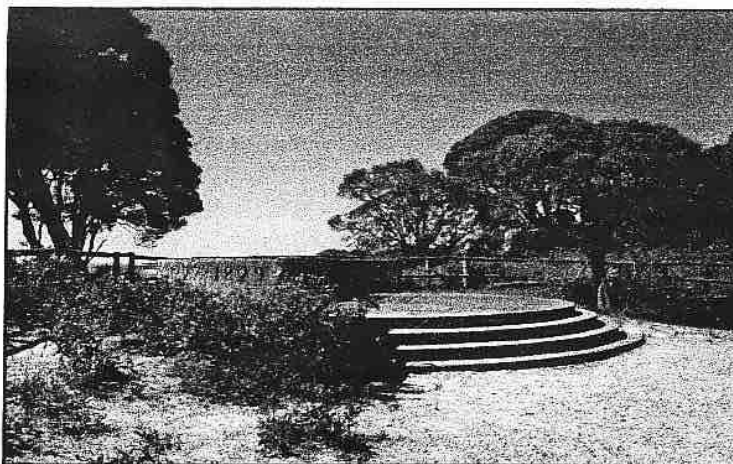
The Kwinana Wreck is a significant landmark, from which the town of Kwinana derives its name. The steel steamer "Kwinana" caught fire off Carnarvon on Christmas day 1920 and was escorted back to Fremantle for a refit. However, after being involved in a collision with another vessel in the harbour, it was decided to convert her into a hulk. She was towed to Garden Island and moored until being washed ashore on 30th May 1922. The stricken ship was blown up in 1941, but remnants are still visible on the beach.

The Garden Island we have come to know and love was originally named "Ile Buache" by the French explorer, Nicholas Baudin. It was later renamed Garden Island by Stirling when it became the site of the first settlement in Western

Australia. Stirling dug a well, built storehouses, shelters and a bakehouse. There is a monument at Cliff Head and a damp hole in the ground, now overgrown with weeds marks the site of the well.



After exploring the monument and visiting the well, we settled on the beach for our usual chow down before heading back. There was still very little wind and we paddled up the inside of the island towards the Stirling Naval Base before heading back across Cockburn Sound. I was pondering on the past and speculating on the future of Garden Island when we spotted two little penguins. Apparently nobody had told them they are supposed to be nocturnal feeders. They are now learning to share their aquatic territory with all manner of strange objects including frigates and submarines.



Memorial to the First Settlement at Cliff Head

WILDLIFE HAZARD WARNING!
The March flies at this spot are
F E R A L

Rottnest

By Roger Lloyd



Photograph by Marian Dixon

21st—23rd November 2003

Friday morning dawned fine but breezy as six intrepid channel crossers, Eric, Brad, Judy, Robyn, Jim and Roger gathered at Beach Street groyne, Cottesloe. By 7-00am we were off for Rottnest with an 8-10 knot easterly blowing us across an initially calm ocean directly towards Rottnest Island, 16 km away. We were soon out of the wind shadow of the land and bowling along in 1.5 mtr. choppy wind waves with occasional breaking crests. There is something slightly weird about surfing away from the beach!

"There is absolutely no truth in the rumour that Diane sabotaged the steering"

An hour out Jim reported that his rudder was not working due to a broken fitting on one side and that he would be using his sail for the rest of the trip so that he could steer with his paddle. Jim had commandeered his wife, Diane's brand new Mirage for the trip but there is absolutely no truth in the rumour that Diane sabotaged the steering in revenge, some people will use any excuse to get their sail up!

We split into two slightly separated groups of three and soon after Jim, Judy and Brad were approached by a Fisheries inspection vessel and were asked whether they had the regulation safety equipment on board. With straight faces they all said they had, due to the weather conditions they were not asked to prove it; it could have been a different story on a calmer day!

"A submarine passed behind us"

As we approached the shipping channel four large warships seemed to materialize out of nowhere and we were forced to back paddle for 10-

15 minutes while they passed in front of us. As we crossed the channel a submarine passed behind us also bound for Garden Island. One can only assume that they had heard about the big post footy party programmed for the following night at Garden Island, but the last ship was the Kiwi frigate HMNZS Te Kaha; seems a bit extreme to come all that way for a party!! The rest of the crossing was uneventful and after an interesting three-hour paddle we drew up on the beach near the main jetty on Rottnest Island where we were joined by Delton and Mandy Chen and Diane Bramley who had come across on the ferry.

After collecting the house key and downing a refreshing coffee at the café we paddled across Thomson Bay to Kingston Barracks where we had rented house No 152. It has to be one of the best houses on the Island as it is located on top of the sand dunes directly above a beautiful beach with expansive views across the bay and to the mainland. The rest of the afternoon was spent cleaning up and settling in.

"Brad astounded those who know him well by producing large quantities of food"

Brad astounded those who know him well by producing, out of his boat, large quantities of gear and, dare I say it, food and interesting looking bottles, including a delicious fruit cake which he later generously shared with the group. That evening most people barbecued dinner and an amazing variety of wine bottles appeared on the table stimulating a loud philosophical discussion on World affairs which was largely incomprehensible to the writer as his blood alcohol level was still below .08%.

Saturday morning again dawned fine but with a

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brisk easterly breeze and an ocean covered in wind blown white caps. A decision was made to circumnavigate the island clockwise with the expectation that we would have some protection from the wind once we paddled out of Thomson Bay to the South and West. This proved to be so as we paddled along in relatively calm conditions passing a seemingly endless succession of beautiful beaches, bays, rocky headlands and shallow reefs. Without a doubt, this really is the best way to see Rottnest Island.

Eleven a.m. brought us to the very pretty and secluded Eagle Bay which we accessed through a channel between the shore and a large rocky outlying island where we were greeted by a friendly sea lion. This beautiful lunch spot was spoiled somewhat by large swarms of very friendly flies which seemed to really savour my insect repellent. Robyn decided that she would do some Eskimo rolling in the champagne-clear water of the bay, she said, to get away from the flies but we knew she was just showing off in front of we lesser mortals.

As we left Eagle Bay to paddle up the western side of the island the wind of course shifted to the north so that we were paddling straight into it. The wind had however decreased in strength and six hours after leaving the house we arrived at Little Parakeet Bay where we were greeted by Mandy, Diane, John Ross and Megan Thomas. John and Megan had had an exhilarating two hour trip across from Cottesloe that morning flying kites the whole way. People returned to the house over the next two hours after relaxing, socializing and snorkeling at Parakeet. The footy was watched and suitable sentiments voiced. Most people were in bed by 10-00pm after a more moderate wine consumption than the previous evening due mostly to the fact, I am sure, that full bottles were in short supply.

"I was awoken at 2-00am by the sound of a chain saw being operated, in the lounge!"

I mention the following incident only to present the true facts rather than have a distorted version of events appear in the "Duck For Cover" section of this rag as was subsequently threatened. I was sleeping on the lounge floor and was awoken at 2-00am by the sound of a chain saw being operated, *in the lounge!* Several seconds elapsed before I realized that it was in fact *snoring* that had awoken me. I will not mention any names here but it was emanating from one of two people who had not been there the previous night.

After pondering this dilemma for several moments (or was it hours?) I decided to visit the outhouse, yes we actually had one of those, only to find that a marauding Quokka had come in through the back door, which had been left open, or maybe it was a really smart Quokka who was able to open the door itself because everyone said later that *they* had not left it open, and attacked the kitchen rubbish bin.

"I grabbed the nearest weapon which turned out to be a packet of cracker biscuits"

So, there I am, not exactly a lover of little furry critters, in my Speedos and grubby tee shirt, with my little torch, at 2-00am thinking "why couldn't this little Rott have stayed at home in it's Rottnest" or words to that effect. Trying not to waken the whole house up I gave the fur ball a tentative nudge towards the back door with my finger, the athletic little Rotter sprang into the air and spun 180 degrees taking a snap at my finger in the process. Now call me a craven coward if you will but I was not going to put my hands or feet anywhere near that little snapper again. I grabbed the nearest weapon, which turned out to be a packet of cracker biscuits, off the kitchen bench. As I approached the enemy again it had a kind of interested look on it's face, they can probably read words like Arnotts and Jatz, because it no doubt thought I was making a peace offering. Imagine it's surprise when the corner of the box nudged it in the rear end! It gave a startled leap towards the door, two more nudges before it could recover and it was outside and the door closed. The chain saw was still going full bore as I dragged my bedding into the next room.

Sunday morning and Eric caused some consternation by sleeping in until 7-00am instead of his usual 5-00am rising but I will plead the fifth amendment and not delve further into that. There was a strong NE wind blowing at probably 20 knots plus and some noises were being made about having to get back early for a variety of reasons. Ferry bookings were made, the house was swept and tidied, boats were packed and after a short but stiff paddle across the bay to the ferry jetty the weekend was over. Some good paddling was done, exceptional scenery viewed, nature communed with and good fellowship enjoyed. What more could you ask for ??



Roger Lloyd

Training – Important Information

By Les Allen

Now we have adopted the Award System we need to look at how it will affect us on the water, as this is a training and management system for paddling. Limiting liability and insurance are side benefits not the main reason for adopting the system. In the past the responsibilities of paddlers and leaders have not been clearly defined. Now they will be, which will make managing a paddle much easier. We will have five types of people in the club. Introduction to sea kayak skills award (yellow) paddlers, sea kayak skills award (blue) paddlers, advanced sea kayak skills award (black) paddlers, trip leaders (Green) paddlers and instructors (red) paddlers. They will be denoted by a small coloured plastic disk on the PFD. (This has been passed by committee and will be bought up at the next general meeting)

Instructors

They will be responsible for all training and assessment. All new paddlers will be under instructors till they gain their Introduction To Sea kayaking Award. We are currently looking for people who want to be instructors. You don't have to be a good paddler at the moment, just prepared to learn the skills.

Trip Leaders.

This is a new award that will be coming out after Xmas. The Guides Award is designed for commercial operators who are taking unskilled people onto the water. Canoeing Australia recognized that there was a need for an award for club trip leaders who will be working with skilled paddlers. The new award will concentrate on managing the group only. This means the leader does not do rescues and towing, as that job will be delegated to people in the group, so the leader can concentrate on managing the whole group. This will be possible because all adventure paddlers will have the skills to do these jobs competently. Leisure paddlers will only be in conditions where it will be possible for the trip leader to rescue and keep control, as leisure paddlers will not have the same skill level as adventure paddlers. If you are interested in trip leading just let us know and you will receive all the training and resources to make trip leading a rewarding experience.

Adventure Paddlers.

People who participate in peer group adventure paddles will have to have a Sea Kayak Skills Award and do the following modules.

1. Perform simple canoeing, kayaking or sea kayaking skills to high standard of technical correctness.
2. Apply complex sea kayaking skills in moderate conditions.
3. Navigate in difficult or trackless areas.
4. Interpret weather conditions in the field.
5. Implement minimal environmental impact practices.
6. Apply weather information
7. Undertake risk analysis of activities.

These requirements are based on past incidents where it appears that with all major incidents people were either isolated from the group, the group fragments or the group is struggling with the conditions and have limited ability to assist others. So in that context I don't think these are unrealistic expectations to place on people who regularly paddle 9 kilometers off the coast. Also how each person in the group acts will effect the reputation of the whole group both professionally and privately. You must ask yourself would the average person think my actions are irresponsible? An example of that would be to paddle 9 kilometers off shore without being able to reach your safety gear from the cockpit. Most people would consider that irresponsible and that label would effect the whole group. This could then effect other group members employment and standing in the community. So the group has a right to refuse someone who has not done adequate preparation the right to paddle. In fact you won't be considered competent with the Sea Kayak Skills Award unless your boat is set up correctly, you can raise the alarm and self rescue in 2 minutes. The Award Scheme will ensure minimum standards are reached before people can paddle on club trips.

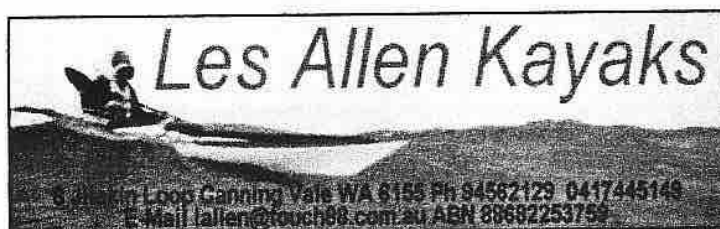
Leisure Paddlers.

As leisure paddles are in safer environments so the skill level does not need to be as high. As these paddles will be in flat water environments an Introduction to Sea kayak Skills Award is all that is necessary to paddle. These paddles will also be the training ground for new paddlers who want to be adventure paddlers but have not had the experience just yet. They will still do the following.

1. Demonstrate simple canoeing, kayaking or sea kayaking skills.
2. Navigate in tracked or easy untracked areas
3. Implement minimal environmental impact practices
4. Apply weather information
5. Undertake risk analysis of activities.

By clearly knowing what to expect from all paddlers including a minimum skill level it is possible to do even more adventurous paddles safely. The training and teaching aspects of the Award System offers different and rewarding aspects to paddling. T.A.F.E. qualifications obtained through the club will be accepted in any T.A.F.E. or University studies you may do in the future. There will be a cost to getting T.A.F.E. qualifications but they will be kept at a minimum as the club will make no profit from club members and all instruction will be free.

The benefits of the system will far outweigh any problems, as the system is very user friendly. People will train at their pace and as they are ready for assessment will be assessed at that level and certificates issued through T.A.F.E. Once all existing members are assessed both existing and new members can either stay at that level or progress right through to Sea Kayak Instructor level 3, opening up job opportunities as Canoeing WA courses have paid



Xmas Specials (While stocks last)

Marine Compass

Marine compass to suit Mirage Kayaks and most boats. \$95.00

Carbon Shafted Paddle

Ainsworth carbon shafted isometric paddle \$120.00

Aqua Pack

Use your mobile phone to raise the alarm or let people know you will be late from the water with a waterproof mobile phone case. \$30.00

Mirage Kayaks

Mirage 530	Glass	\$2580.00
Mirage 530	Kevlar	\$2800.00
Mirage 580	Glass	\$2680.00
Mirage 580	Kevlar	\$2900.00

Remember, the equipment I sell is the equipment I use Les Allen

LATE NOTICES

Australia Day LWE 24th-26th Jan 04

Jurien Bay Caravan Park-Paddle around Jurien Bay exploring Bollinger Is, Escape Is and North Pt. Phone Eric on 9339 2952 for details

Labour Day LWE 28th Feb-1st Mar 04

Rest Point Caravan Park-Walpole-Explore Nor-nalup Inlet, the Southern Ocean, Deep River and the Franklin River. Phone Eric on 9339 2952 for details

OFF the rails

by Martin Fish



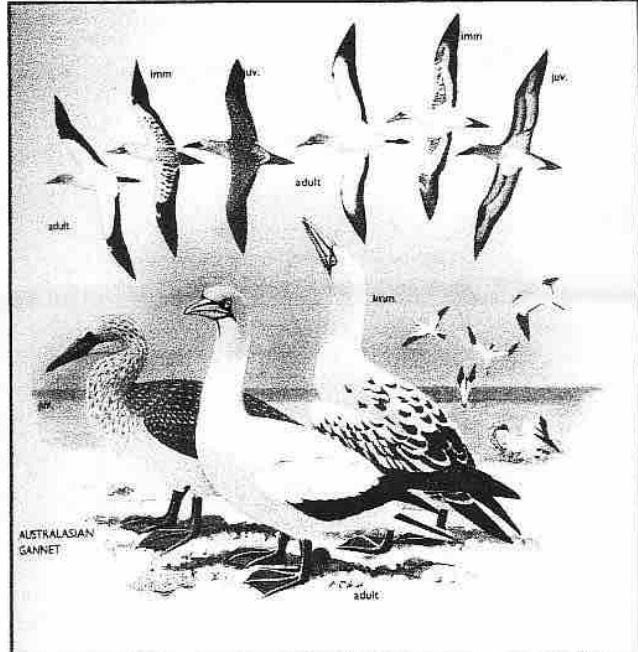
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Eric's Birds

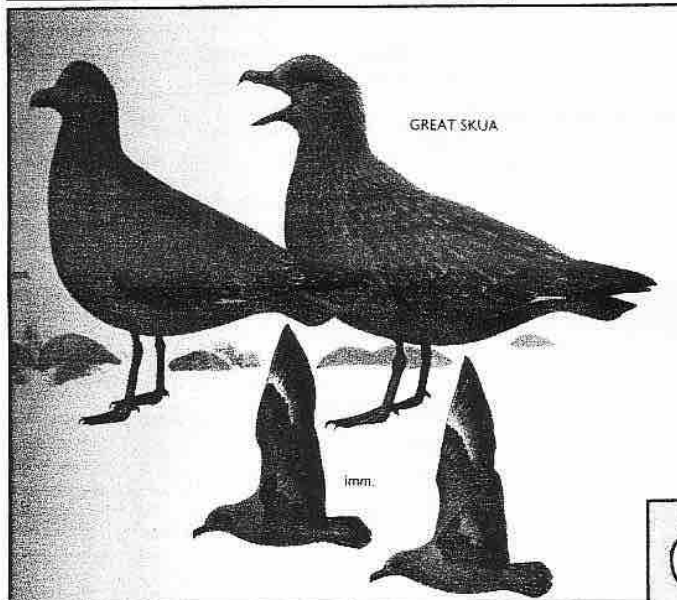


Two ocean going birds we see regularly in the vicinity of our club paddling activities.

That large broad-winged streamlined looking bird that dives into the water with a great splash and seems to stay under for an age; it's the "Australian Gannet"! After breeding on islands in the Southern Ocean and a small part of the mainland of the South Island of New Zealand, it matures off the southern half of Australia. Mostly we see immature developing birds.



Pictures courtesy of The Graham Pizzey & Frank Knight Field Guide to the Birds of Australia



The other one is the "Great Skua". To all intents and purposes, to us, it looks all black, soaring close to the water, where sometimes it settles. A powerful looking bird; a predatory scavenger of the ocean.



Murray Reefs to Palm Beach Jetty

Story by Jim Bramley

November 30, 2003

Eric John and myself met at Palm Beach. Diane was the spare driver and would drive the Nissan back, towing the club trailer and saving the tiresome backtracking to pick up vehicles. After a quick change over from our cars and with all the boats on the trailer, we were on our way to Mandurah leaving vehicles at Palm Beach for the trip home.

Only three paddlers attended the 30km paddle from Mandurah to Point Peron and there were no takers for the leisure paddle on the Estuary. This was a little disappointing.

We arrived on time at Mandurah and within half an hour we were paddling on our way. It was a beautiful morning with a light south-easterly.

Within 2 to 3 km. of leaving the beach, it became obvious to us that as we all had sails a little sailing would take some of the strain out of the trip and give us more time to enjoy the dolphins and the tranquility. A short time later, the wind went around to the south and picked up in strength, gradually changing the ocean from a flat calm to white capped waves and a long, low swell. Paddling was not required now and we sat back and enjoyed the trip, keeping our paddle at the ready for bracing or to pick up some small surf.

It was a magic two and a half-hour trip from Mandurah to Long Point. We had lunch on the Safety Bay side of the point and watched a couple of dolphins right in front of us only 10 meters out. We set off again and when we got out of the lee of the point, we realised that the wind had picked up considerably

while we were on the beach and that the white caps were now waves.

From Long Point to Penguin Island, it was a dream run, catching waves as you pleased all the way to the sand bar. Eric's comment was that this was the fastest he had even been and that his mark 2 sail was on the drawing board.

As the wind was quite strong now, about 15 knots, sailing through the reefs was tricky, as some of the gaps were quite narrow. We rounded Point Peron and into calm water. It was a good time for a snack and to notify Sea Rescue that we had arrived. This was where the paddle was supposed to end but it had only taken us one and a half hours from Long Point and the sight of that huge expanse of water ahead and the perfect wind behind was just too much for John and I.

Eric had his Ute at Palm Beach so he decided to call it a day. A phone call to Diane to pick us up at Woodman Point at 3.30 p.m. and we set sail.

By now the wind was blowing stronger and the waves and swell rolling along beautifully.

John was paddling Diane's kayak and was a little worried that the wind gusts would damage the front of the boat where the mast was attached, so he opted to use the kite.

It went up at the first try (unbelievable) and stayed up for the whole trip (even more unbelievable). Once under the Causeway Bridge to Garden Island, John let the kite out to its full height and we sailed and surfed straight to Woodman Point. Total paddling time for the 55 km was five and half-hours.

Frequently Asked Questions

How many men does it take to open a beer?

None -- It should be opened by the time she brings it.

Why is a Laundromat a really bad place to pick up a woman?

Because a woman who can't even afford a washing machine will probably never be able to support you.

Why do women have smaller feet than men?

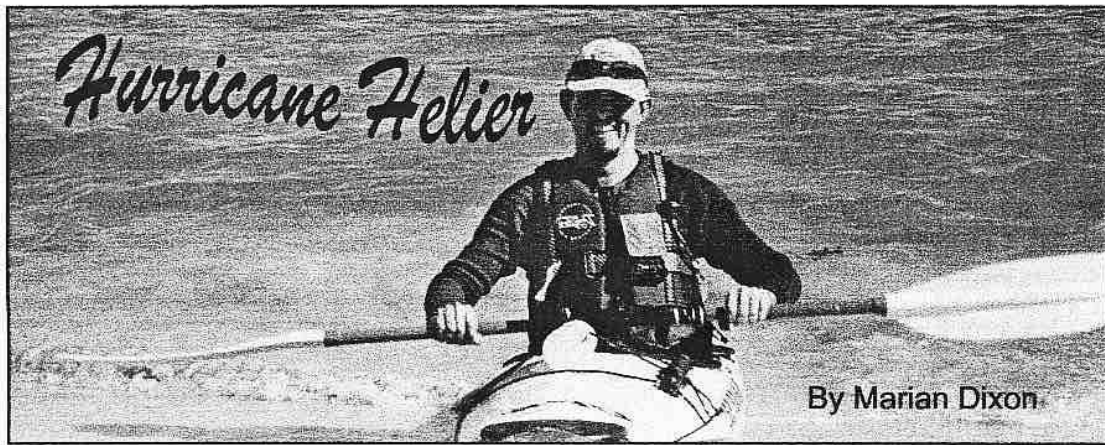
It's one of those "evolutionary things" that allows them to stand closer to the kitchen sink.

What's worse than a Male Chauvinist Pig?

A woman who won't do what she's told.

Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are beautiful.

Sorry ladies but I had a space to fill and I usually give the guys a roasting! (Marian)



Helier, Les, Eric, Judy and Marian turned up for the trip programmed as a circumnavigation of Garden Island. The weather forecast was not promising and only Helier and Les wanted to go on the outside of the island. The rest of us were more responsible and decided to remain in the lee of Garden Island.

By the time we left Woodman Point the forecast had been amended to a 25 knot wind. It was already a 10-knot southerly and it was a hard 2.5-hour paddle into the slowly strengthening wind. We decided to stick together as a group and stay on the inside of the island. After a hasty snack, we headed south to put ourselves in a better position for paddling back, using the following sea to our advantage.

"Eric tried to paddle under the ammunition jetty in the naval restricted zone"

Eric sneakily tried to paddle under the ammunition jetty in the naval restricted zone like we all used to do. He didn't get very close before the navy arrived with their megaphones to repel boarders. They have really lost their sense of humour since September 11th. I'm sure we're under video surveillance from the time we leave Woodman Point and we really make their day when they get to yell at us through their loud hailer. It's a power thing common to people who wear uniforms!

We landed near Cliff Head for a lunch break, then headed back across Cockburn Sound expecting a quartering sea initially, then a 25 knot following sea. I wasn't looking forward to it, as I prefer a good honest head wind any day. One always knows exactly where one stands with a head wind.

"Les is our secret weapon of mass instruction"

The wind failed to live up to expectations and by the time we turned towards Woodman Point it was still only about 18 knots and I began to really enjoy the conditions. We surfed happily and for once, all

stayed close together.

Earlier in the day I'd been discussing with Les, (our secret weapon of mass instruction), the need to practice self-rescues in strong wind and rough sea. I can do it easily in calm conditions but the "What ifs" such as: What if I can't get back in and become exhausted trying? or What if I just keep tipping out again? always strengthen my determination not to capsize. A sort of skills versus spills quandary!

If Les had told me to capsize and execute a self-rescue under those conditions I would have been so not interested, and probably would have expressed my disinterest to him by using my favourite expletive. But I hadn't counted on intervention from Hurricane Helier.

I had spotted two penguins and was gazing dreamily at the spot where they vanished, hoping they'd resurface, when I heard a cry of "Look out Marian!"

"Helier, wearing a demonic grin skimmed down the face of a wave"

I turned to see Helier skimming down the face of a big wave, and wearing a demonic grin. I veered to the left, but so did he. The collision was inevitable and his boat rode up over the top of mine. For a few moments I fought to regain my balance but it was not to be. I was in the water, mentally chanting the mantra "Hold on to your boat, hold on to your boat"

Helier earned my gratitude by taking the decision to practice self rescue out of my hands. I was surprised to find how easy it was to re-enter quickly before rafting up while I pumped out the water. It was a sort of semi-self-rescue, but it did prove there is life after immersion. Perhaps we should immerse ourselves in immersion so we will emerge as immensely more confident immersionists in an emergency. By the next day, the whole club knew I'd taken an involuntary swim but nobody was told how it happened. *I didn't jump, I was pushed!*



The Not Naked Chef

Sandy Robson

*** Vente Caliente ***

(Or the hot wind from the south!)

This is a basic Mexican chilli bean recipe that is easy to make & delicious to eat.

It may be served with pasta, cous cous, toast, pita bread, soft taco shells, baked potatoes or the chapatis described below...

Serves 3-4, depending on how ravenous you are.

This meal is also ideal for freezing, so an alternative is to make it before your trip, freeze it and eat it on the first night out. I have also found it suitable for dehydrating.

1 can (400g) Diced Tomatoes

1 small onion, chopped

1-2 cloves garlic, chopped

1 tomato paste sachet (50g) or 1 dessertspoon tomato magic

1/4 tsp ground cumin

1/2 tsp dried oregano

1/2 tsp chilli (add less if you don't like it hot, more if you do)

1 can (300 - 400g) red kidney beans

Place all ingredients except the kidney beans into the Trangia bowl.

Bring to boil, then put on the simmer ring at about 1/2 closed and simmer for 20 minutes. Then add the kidney beans and simmer for a further 10 minutes or so.

Serving suggestions - serve topped with grated cheese &/or sour cream.

*** Chapatis ***

Chapatis are a bit like a pitta bread. They are traditionally served with curries of vegetables or lentils. This recipe makes about 9 small chapatis.

1 1/4 cup fine wholemeal flour or roti flour

A pinch of salt

1/2 cup lukewarm water

1 spatula for turning them (optional)

Put a 3/4 cup of flour into a bowl for mixing, reserving about 1/2 cup of flour for rolling out the chapatis. Mix salt and flour together.

Add water all at once and mix into a firm but not stiff dough.

Knead the dough for about 10 minutes - the more it is kneaded, the lighter the bread will be.

Shape the dough into balls - each about the size of a walnut.

Roll out each one on a floured surface e.g. plate, Trangia strainer, Trangia lid, hatch cover.

You can use a water bottle as a rolling pin or pat them out flat in the palm of your hand.

Make them a circular shape about 10 or more cm in diameter.

Cook the chapatis starting with those rolled first.

They are traditionally cooked on a hot frypan/griddle for about a minute on each side.

On a Trangia, I cook them like pancakes, but with minimal oil/marg so that they do not burn.

A spatula makes it easy to flip them over.

Stack on a plate until they are all cooked and serve hot with your meal.

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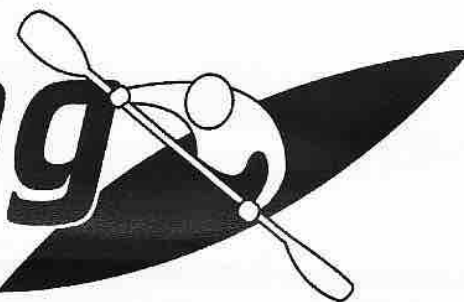
For those of you who have been asking
HERE IS YOUR SKC NUMBER
 To be displayed on the bow of your boat

SKC No		
1	Allen	Les
100	Barbour	Robin
42	Beardsley	Helier
111	Bell	Elizabeth
122	Blight	Judy
69	Bolland	Terry
104	Bramley	Jim
121	Bramley	Diane
87	Cappendell	Peter
115	Chen	Delton
114	Coates	David
102	Collinson	Rodney
131	Coogan	Rodney
126	Coulson	Ann
125	Cuthbertson	John
5	Di Nucci	John
17	Dixon	Marian
119	Eastwood	Timothy
6	Evans	Phil
7	Evans	Roz
66	Findlay	Robert
59	Fuller	Laurie
81	Geneve	Byron
77	Harlap	Nahum
108	Henwood	Paul
123	Hill	Phillip

SKC No		
117	Hitchcock	Thomas
128	Hobbs	Russel
129	Hobbs	Susan
11	Holden	Neville
13	Husband	Neil
98	Ingvarson	Frank
113	Khorshid	Robyn
46	Lee	Graeme
110	Lis	Basia
116	Lloyd	Roger
16	MacGregor	Ian
95	Mahony	Graham
96	Mahony	Daniel
68	McCarren	Brian
47	McDermott	Michael
120	Melville	Alan
94	Morrison	Peter
49	Mullen	Austen
56	Murphy	Warren
107	Newton	Laraine
18	Nixon	Gary
97	Nowne	Barry
109	Oakley	David
91	Padman	Trevor
85	Payne	Bruce
101	Piper	Kevin

SKC No		
20	Poulsen	Wayne
21	Pyatt	Eric
103	Reed	Brad
22	Reynolds	Bill
23	Roberts	James
78	Robson	Sandy
55	Ross	John
50	Satherly	John
51	Satherly	Fran
90	Shaw	Derek
130	Slinn	Rodney
88	Small	Barry
48	Sorley	Brad
105	Tapper	Lynnette
80	Thomas	Megan
57	Tregonning	John
99	Troy	John
106	Turnbull	Joanne
127	Wass	John
118	Watson	Kate
112	Wheeldon	Bill
82	Wheelock	Leanne
65	Whyte	Charles
27	Wilson	Warren
29	Wright	Wayne

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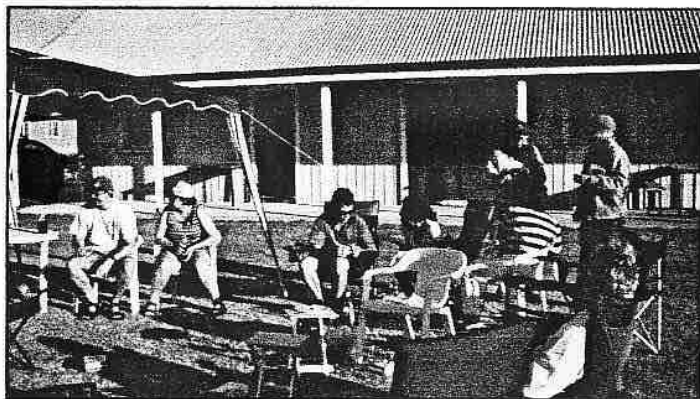
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Sea Kayak Club

Christmas Barbecue
Woodman Point
7th December 2003



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