Issue 54: May ~ Jun 2005

# WA Seakayaker





Newsletter of the Sea Kayak Club WA Inc. 2a Braunton Street, Bicton, WA. 6157. Phones: President Helier Beardsley 9299 6509. Secretary/Treasurer Roger Lloyd 9339 6860.

## PRESIDENT'S REPORT

Firstly, hello the new members. We are seeing a steady trickle of new starters who have discovered one of best ways to discover your oceanic surroundings.

With the onset of the cooler months the air and water temperatures are going to start dropping, and we're going to have to start paying more attention to what we are wearing to ensure that we are safe from not only general 'chill' but also hypothermia. Once you are wet, it doesn't take much of a breeze to make you feel like you are standing in a cold wind tunnel, and the effects can rapidly escalate into a serious situation. Remember the 'rule of layering' and always make sure that you've got warm, dry clothing to change into. A beanie in winter makes a big difference to how much body heat you lose and even when you're dry and effective wind protection is essential. Symptoms of hyperthermia include lethargy and slurring speech (of course many paddlers demonstrate these same symptoms on club trips after consuming quantities of alcohol). Have you got a thermal blanket in your first aid kit? Do you know what to do?

Last report I put out a call asking for club members to step forward and volunteer themselves as trip coordinators. The response was absolutely deafening ... Silence!

I have spoken to some kind, brave it very hard to plan a 2 month calendar when you only have 2-3 people you can call on. Help us out here and learn some new skills at the same time.

The time is rapidly approaching (ie. the end of April) when everybody that wants to paddle will have to have a Sea Skills Grading 1 or 2. This is for your benefit and as a result can only make us a better, more responsible club. If you haven't got a grading yet call me or Les Allen (0417 445 149) for details.

Congratulations to the paddlers on the last Shark Bay trip. From all reports the scenery and wildlife was spectacular and the wind assistance was almost divine. I've seen some of Judy's photos and the sunrises looked magical. I will publicly admit I'm green with envy and can't wait for my next big adventure up north....ahhhh the sweet smell of fresh queenfish a la Trangia.

That's it from me for now. I look forwards to seeing you all on the water very soon.

Best Regards Helier



## **EDITORIAL**

The consistency of numbers attending Club Paddles is a pleasure to behold! We still have consistent good weather ahead of us for a while yet. This is the time of the year! We, as a Club have progressed unbelievably with our group dynamics over this recent period of putting in place our "Safety Guidelines and Operating Procedures" coupled with the programme of Skills Assesssouls and they have agreed to help. It makes ment and Accreditation led by Les Allen. Some will have to be patient to get their accreditation while others will have to make the effort, even though they are "Gun Paddlers", they need to gain that accreditation to participate in Club activities. At the Kwinana Wreck/ Historic Site paddle the other day all ten participants were accredited. There has never been a more pleasurable day with all being so compatible; understanding what Club is all about.

> COVER PICTURE Ian (Queensland) and Rod (Tasmania)

First Experience North in WA Shark Bay Trip.

#### NOTICE BOARD

#### NINGALOO REEF EXCURSION

2nd to 13th July, 2005

Trip Coordinator: Roger Lloyd

Phone: 9339 6860

Minimum Qualification: Level 1 Introduction to Sea Skills Award

Closing Date: 31st May, 2005 To cover expenses: \$30.00 each

All participants <u>must</u> attend pre-trip briefing in early June
Trip will be conducted in accordance with Club's "Safety Guidelines"

Signing of "Conditions of Participation and Liability" disclaimer will be necessary

# PROSPECTIVE TRIP COORDINATOR'S MEETING

Wednesday, 4th May, 2005

7.00 pm @ Eric's Shed, 28 Aurelian Street, Palmyra

Promised to attend are: Graeme Lee, Kevin Piper, Eric Pyatt (P), David Oakley, Roger Lloyd (P), Helier Beardsley, Adrian Grose, Judy Blight, Phil Evans, Ian Rawlings, John Radovich

Any member, not on the above list, who is interested in adding their name: CONTACT ERIC: 9339 2952.

Please, bring along your copy of the "Safety Guidelines and Operating Procedures"

#### **GENERAL MEETING**

Wednesday, 15th June, 2005 @ 7.00 pm Venue: "Eric's Shed" 28 Aurelian Street, Palmyra

Guest Speaker: A CALM RANGER.

Subject: METROPOLITAN AND NINGALOO COASTAL REGIONS

#### SKILLS AWARDS

<u>Insert</u> in Newsletter: A list of all members denoting qualifications known by the Club are in columns against each individual's name. Any errors, anomalies or omissions, please, notify Secretary Roger on 9339 6860.

#### WEBSITE

Sea Kayak Club WA Inc

www.seakayakwa.canoe.org.au

Opinions expressed in articles in this Newsletter are <u>not</u> necessarily the view of the Sea Kayak Club WA Inc.

#### OFFICE BEARERS

PRESIDENT: Helier Beardsley.

Also: Training, Promotions; Inductions; Programmes.

Phone: 9299 6509.

Email: helier\_beardsley@iinet.net.au

VICE PRESIDENT: Eric Pyatt.
Also: Newsletter Editor.

Phone: 9339 2952 Fax: 9319 9987.

Email: ericjopyatt@bigpond.com

SECRETARY/TREASURER: Roger Lloyd.

2a Braunton Street, Bicton. 6157.

Phone: 9339 6860.

Email: rogioanlloyd@optusnet.com.au

COMMITTEE: Judy Blight.

Phone: 9433 3719, Email: carita@iinet.net.au

# SHARK BAY TRIP

23rd to 29th April, 2005

by Ian Rawlings.

Getting there!

driven the 800 odd kilometres that day.

I had intended to spread the trip out over two days staying overnight in Kalbarri. However best laid plans were disrupted by a disaster that occurred to the fish population of my aquarium.

This cost the best part of the extra day that I had up my sleeve. Having ensured the survival of the remaining fish 1 had time to pack and intended to make a good start on the Wednesday morning.

The drive was uneventful except for the arm of my sunglasses falling off just short of Geraldton requiring a quick "pit stop" at a chemist shop to purchase a new pair of sunnies...cheap Polaroids this time. At least this minor setback occurred on close to civilisation and not in the wilds of Shark Bay.

I reached the turnoff from the Great Northern Coastal Highway out to the Peron Peninsular about 6.00 pm. And drove almost due west, blinded by the setting sun reflecting through the collection of insects that accumulated on the windscreen during the day. Forced to stop and clean the windscreen there was no hope of reaching Denham before dark.

However, even the long trip up was better than a day 'driving' my desk at work.

I found the rest of the gang at the caravan park: Roger (our trip leader), Eric, Judy, Rod and Kelvin already set up at in a great spot under trees at the edge of the beach. Even the boats appeared loaded and ready to go. I quickly made camp and organised gear ready to leave the next morning.

Over a quiet beer I was told that when Roger went in to the local Police station to advise them of our itinerary, the head honcho from CALM happened to be there as well. We had planned to follow the route that Roger took on his solo trip a few months earlier. To cut a long story short, the ranger objected to a couple of our intended campsites. Particularly the spot for our first night inside the western edge of Big Lagoon and instead marked the location of a designated camp site on the opposite shoreline using marks that, as Roger said, were about a kilometre long.

Day 1

Our tents shook in the breeze on Wednesday night and we awoke around 6.00 am to find a fresh breeze from the South...an excellent start to our journey round the peninsular. We paddled across the wind for the short stretch from Denham round Lagoon Point and then set off to cross to Middle Bluff

and Big Lagoon.

Our flotilla consisted of three Mirages, a Raider X, Rod's Dagger and Kelvin's boat...a British Baidarka Explorer, straight out of the pages of Hutchinson's sea kayak book. Kelvin's boat was a three-piece version that he picked up from a travelling English paddler. It had no rudder or skeg.

We rounded Lagoon Point with the breeze I arrived at Denham after 7.00 pm, having behind us; Kelvin and Judy set their sails and 'relaxed'. This was the first time I had put anything much more than myself and a few kilos of gear in my Mirage. Carrying about 45 kilos of gear and water, the boat transformed itself to something different from the way it handled without the additional weight. The loaded boats picked up runs from the smallest wind waves and we made good time.

> Due to the surrounding sandbanks, much of the shoreline of the peninsular is covered only by the twice daily tides producing amazing golden coloured water. As we paddled over these expansive sand flats interspersed with beds of sea grass and occasional outcrops of reef, small sharks and huge stingrays darted underneath our boats. Schools of fish occasionally sped past and turtles were also seen

> We made Big Lagoon by about 1.00 pm and found a narrow but relatively deep channel running all the way into its bowels. We paddled past the shore where Roger previously camped and travelled deeper into the lagoon with a strong breeze behind us. We searched for the location as given to us by CALM and found ourselves deep inside the lagoon but no campsite. We were forced to paddle back . We crunched our way against the wind and just as we had decided to give up searching and find our own spot we saw the corrugated iron roof of what turned out to be a public convenience at the CALM campsite.

> We were disappointed at being forced to camp at the end of a well used four wheel drive track complete with European backpackers but as the saying goes, it's an ill wind that blows nobody any good.

> The next morning Kelvin's three piece boat come apart because of a failed securing bolt...not having a spare 10 mm bolt amongst us Kelvin has resigned himself to abandoning the trip when help came from a couple of blokes who had camped in the same spot. They were able to find a bolt to fit and Kelvin's boat was able to continue. Rod and I amused ourselves considering how much trouble a bloke could get into at the pub in Denham waiting out the four days for the rest of us to return.

> A bolt mounting Rod's footrest and steering system had also worked loose, leaving a hole through which water entered. Eric and Rod fixed it with a bolt that ended up protruding from his boat like Frankenstein's neck....must remember not to raft up on Rod's port side ...

Cont'd Page 5

From Page 4...

Day 2

videoed by the two blokes who assisted Kelvin earlier. The wind was still blowing strongly and the paddle out by the tide. The flats are haunted by sharks, fish and of the lagoon took some effort. Once we turned north rays. At low tide birds cover the exposed banks. We again the southerly blew us on our way toward our saw various terns and what appeared to be small plovsecond destination; 8km's to Cape Lesueur and then ers resting and feeding. Before leaving I went down past about 11km's of sand cliffs. A great day, travelling with wind and waves behind us all the way.

This time we camped in the low dunes behind a deserted beach and everyone's boats were in working use a double stingray hole sink. order. I slept like a log, only woken by the scratching noises of ghost crabs checking out the tent. In the out about 50 meters and carried gear out to our boats. morning small tracks, presumably from the crabs, surrounded our campsites.

Day 3

This was an amazing day. We paddled across the large bay of Broadhurst Bight and toward Point almost back on the beach when we got in and shoved Peron stopping for morning tea on a low sandy point that was fringed with reef. We then paddled across the bay staying off the shore a bit and taking advantage of of fish, tuna, mackerel or perhaps tailor were feeding the tail wind.

The sand cliffs at the point itself descend into deeper water than the rest of the peninsular and there is a greater range of colour in the sands than elsewhere. Out of nowhere the cliffs rise along the shore, mostly red, there are layers of bright white sand and the beaches below were made of light rose coloured ting a quick pace in her Raider X. sand. The sky behind the cliffs held a few clouds and as we passed the breeze that had pushed us north died could see that it was mostly submerged except for a away leaving us to drift around the point and admire stretch of bank that only went under at the top of the the view. As we rounded the point, what appeared to tide. This point and the sand bar were very picturesque be water cascading off the edge of the cliff in fact and given the weather had a very tropical feel about it. turned out to be fine white sand pouring off the red The bank was almost like a coral sand cay. We saw cliffs just like small waterfalls...I had never seen any- many large rays birds and turtles in the region. We thing like it before...You had to blink to make sure it stopped here to stretch our legs and have a short swim. was not an hallucination.

as the beach at the tip of the peninsular was another travelling a bit faster than we were. location that CALM had declared off limits to camp-

flats.

Day 4

Another amazing day!

boat over the bar in the dark. We were anxious not to are versatile craft.

miss the tide and have to paddle many kilometres round the sand bar

When we awoke, we had to wait until about We left about 8.00 am the next morning being 10.00 am for enough water to paddle out. I found the sandbanks to be incredibly interesting, when covered between the tide marks to wash my breakfast gear and was able to use two side by side holes left by a stingray, one to wash and one to rinse. Not often you get to

> In a hurry to leave, we carried/floated our boats Don't think Swedish furniture companies ever thought of putting their carry bags to this use. Roger used medium sized grow bags designed for potted plants just as effectively.

> The tide began pouring in and our boats were off to paddle across Herald Bight. As we paddled the breeze died and a hot still morning greeted us. Schools on the surface, chopping up the water and presumably smaller fish with it. A few dolphins were also spotted. Maybe the dolphins get enough human contact in Monkey Mia as we only saw dolphins from a distance for most of the trip.

We made good time across the bight, Judy set-

As we approached the infamous sand bar we We met up with a couple of paddlers from Geraldton We stopped on the beach at the point and had and chatted with them for a while. They were doing lunch before pushing on to find our next spot to camp much the same paddle but in fewer days and were

It was only about 11.30 am when we reached the sandbar and Roger thought we should take advan-We took advantage of the still weather and tage of the still conditions and paddle past the whole pushed on in case the stiff southerly we experienced of the next section of sand cliffs. These low cliffs on the first two days returned. We paddled about an- stretched unbroken for about 20 km's with nowhere to other 12 or 15 km's to camp on a white beach with the camp. We headed for a crescent of sand in the disred sand cliffs behind. We watched the full moon rise tance; paddling along the base of the brick red cliffs and were lucky enough to see a 'stairway to the moon watching white-breasted sea eagles and wedge tailed effect' created by moon light over the exposed sand eagles as well as the sharks and stingrays. The contrast in colours between the blue of the ocean, kilometres away, and the golden sort of camel coloured water over the sand flats against the brick red of the cliffs, blue skies and cloud was truly awesome. The water Those who read Roger's prior trip report will here is only as deep as the tide and therefore, given the remember his troubles rounding the sand bar at wide expanse of the flats, few boats or people, would Guichenault Point, ending up with him walking his ever have been this close to the shore, kayaks really Cont'd Page 6

#### PADDLER PROFILE

by Judy Blight

Ken Miller is the manager of Mainpeak Paddle Sports and is one of the experts that can be approached when you want to find out that little bit extra about sea kayaking and relative equipment.

Ken is wonderful to chat with if you are undecided about the type of boat to suit you. He is a paddler with a love of ocean and rivers and will spend time talking to you about the type of boat that best suits your physical shape, size, and intention on the water.

Ken became interested in kayaking at the age of 10 when he made a boat with his father. He joined the Ascot Kayak club in his early teens and went on to become a slalom and down river specialist. He won Australian championships in 1988,1995 and 1996 in Down River and Sprints.

Most of his knowledge comes from his competition background as a sprint racer where the knowledge about shape of bow and stern and shape and size of paddle was essential to give him the extra edge on his opponents.

Ken has also enjoyed sea kayaking and has owned and paddled a huge variety of kayaks. He has recently returned to Mainpeak after taking time off to work with Capricorn Kayak Tours where he took group tours along the coast (including Shark Bay and Exmouth) as well as in Bali.

From Page 5

We paddled on having travelled about 30km's over the day to a spot near Point Rose leaving only a short section of about 10-15 k'ms to Monkey Mia on the last day.

Day 5

Having used up most of the drinking water, the boat was now almost empty and it reinforced the difference in handling that the extra weight caused, I'm going to have to put some lead under my seat for day paddles. As we paddled into Monkey Mia a light breeze came from our beam and a few drops of rain fell. A few of us laughed spontaneously as we simply could not have had better weather for our trip.

We returned to Denham and after a refreshing ale and a clean up we went to the local hotel for dinner. Being back inside an air-conditioned room really spelt the end of the trip. We had dinner and a few laughs and all prepared to get up early next morning to paddle over to Dirk Harthog Island for another week of paddling...oh sorry better make that a drive home to Perth.

The trip was excellent and special thanks to Roger for his leadership.

#### The Passing of a Dampier Identity

by Marian Dixon & Mitch Kerr

Those members who have paddled the Dampier Archipelago will no doubt remember Sam Ostovich, a local identity who lived alone on Tidepole Island with his twenty three year old cat. He was 82 years old and of Serbian origin and had made the island his home for many years. Sadly, Sam passed away recently. The castle he built of stone and shell was a well-known tourist attraction.

It had always been Sam's wish that he be buried on his beloved island. A funeral service was held at the Dampier Sports Club by the boat ramp. Mitch attended and she sent the following details.

"After the service they took his coffin to the boat ramp and carried it out to his island on the sea rescue boat accompanied by a few invited guests and close friends of Sam. Twelve young men that used to visit Sam when they were young were his pall bearers. At the burial service there was a replica of a Greek orthodox cross erected at his grave. Friends then laid stones on his grave and retired back to the sports club for a sausage sizzle and drinks."

The cat, Tiger, was rescued by local cat lovers and re-homed with an old lady. He will be returned to the island for burial when he dies.



Sam's Castle on Tidepole Island, Dampier Photo' by Marian Dixon

#### MUSCLE CONTRACTION

From AC's E-News

The timing of the muscle contractions and movement of the muscles throughout the forward stroke is essential for an effective stroke. Slow down the stroke into the three basic components; the Catch, Power and Exit phase. Concentrate on individual muscle contraction during the stroke. An example are abdominal muscles, they should transfer the contraction from one side to the other as the torso rotates. If one side of the abs are dominant there is potential that they are overused and prone to strain.

Work on a strengthening programme to build the weaker muscles.

#### **AUGUSTA**

Labour Day Long Weekend 5<sup>th</sup> to 7<sup>th</sup> March, 2005

by Kate Watson and Eric Pyatt

Hamelin Bay would have to be one of our favourite destinations, both for paddling and for camping. This trip was no exception, except for the fact we actually camped at Augusta!

For Helier and I, the weekend started after work on Friday night. That saw us arrive at the Caravan Park at about 11pm, much to the disgust of the caretaker (for those who haven't been there before - they have boom gates that prevent you from going in after hours without a key). It was a long day, but the following morning we were rewarded with a stunning South-West morning and the smiling faces of Bill, Dave, John Wass and Eric. Who could ask for more?

Saturday morning saw us heading for Hamelin Bay for a trip towards Cosy Corner. The weather was perfect and we had a nice calm paddle down the coast. First stop was Foul Bay, where I had an unexpected birthday baptism while misjudging a wave on landing. Foul Bay is a lovely stretch of coast, which hides a surprisingly large campsite in the dunes just off the path from the car park.

From there, we paddled past quite a few fishermen and out to the islands off Cosy Corner before heading south to find our own private piece of paradise. We found it not far away and settled down for a long lunch. Just off our beach was a decent surf break, which Dave and Helier took advantage of. When it was time to leave we all debated about whether or not to play in the waves. The last thing I heard John say was "I'll be happy as long as I don't fall out" right before he did indeed fall out. At least I wasn't the only one who got wet that day.

On the trip back to Hamelin Bay we stopped on Hamelin Island for a swim, a hike to the old lighthouse, and a spectacular view of the coast. That was only topped by paddling among the stingrays feeding on the beach at Hamelin Bay. Such amazing creatures.

We finished the day with dinner at the Karridale Tavern (a must if you're in the area). After a small amount of bribery, we finally managed to get a table and enjoyed a lovely meal, in a nice environment, with good friends.

Helier and I opted for the tourist scene on the Sunday and spent the day fishing (Helier), reading (me) and sight-seeing. In all, it was a perfect weekend.

The tales of Sunday's paddles I leave to .

The weather forecast available at the caravan park office didn't tell us much other than it didn't look too bad. As it turned out the conditions were perfect. Even when we were confronted by an imposing surf at the mouth it was noted that the boats were ploughing out through the centre of the break. There it was! A channel – which we obviously followed without a wave breaking over us.

It was decided that we would follow the coast to the Cape and assess from there whether we would go round. Even though there seemed to be very little swell, there was a feeling of awe as the seas churned around the rocky projections. "Lets keep away from there!" On giving it a wide berth we rounded the cape and found, near the water wheel, a little rocky beach where we took a break.

Setting out on the return it didn't feel so awesome rounding again. We couldn't have better conditions; it was a very leisurely paddle, stopping off at the boat ramp for lunch. The only daunting task that lay ahead of us was tackling the surf to get back into the estuary. It's a lot harder recognising the channel looking from the outside. There was no life threatening situation but the challenge was there. Dave and Bill took to the inside of the break when up came a big curly one tipping Bill into the drink. Dave was first to his aid with an assist rescue. Eric stood by outside the break watching proceedings in case being needed. While rafted up three big waves crashed over them but they stuck to there task and Bill climbed aboard with little effort, quite pleased with himself.

All being well Eric found the channel and uneventfully paddled into the estuary on a strong incoming tide; beached and ran back to watch Bill wend his way through the surf. Dave wanted more, so we left him playing around, exercising his skills (as he can) in some great "play waves". Bill was ecstatic; it being one of the better paddles he had experienced.

A great day and a great weekend!



Looking up the Black wood Estuary from Turner's Caravan Park Photo' by John Wass

# A Hole of a Problem by Allan Lee

How do you fix a hole in the side of your kayak when you are in a hurry and want to keep moving? This is the dilemma I found myself facing earlier this year on the shoreline of the aptly named Riddles Bay on Cape Barron Island. We were keen to see the shipwreck, 'Farsund', before crossing Franklin Sound to Flinders Island at slack tide to avoid the 6 knot-plus current which rushes through the Sound and to beat the cold front which was due to pass through later that day.

No problems you think as you pull your rarely used repair kit out of the flooded front hatch. It pays not to bury your repair kit right up near the bow, as everything that was not wet becomes so when it rains! I applied some two-pack epoxy putty on the inside of the hull to plug up the hole. It is great stuff as it adheres to a damp kevlar hull surface and cures even when wet. However, it takes time to cure and we were in a hurry. It was pouring with rain and cold, which would increase the curing time. What I needed was something on the outside of the hull to keep the water out until the epoxy set.

This is where the multi-use grey duct tape is useful but unfortunately the hull was wet and duct tape just won't stick to wet surfaces. Toilet paper is good for drying things but that was a soggy lump sitting in my front hatch (which created an emergency of a different nature!) Rick suggested that methylated spirits will do the trick but we had shellite stoves on this trip. The answer was then obvious as Rick started his Coleman stove and gently dried the outside of the hull while John and I hovered over the top to keep the rain off and keep warm as well. The duct tape patch had no problems sticking to the dried hull and covering the hole so that we were able to keep moving. When we stopped for lunch about four hours later, the epoxy had set but I was not game enough to remove the duct tape until we had completed the crossing of the Sound.



Yours truly doing some repair work!

Afterwards I thought, what would I have done if we did not have a stove to dry off the hull? If you like gadgets, you can purchase a tiny butane gas soldering iron and flame torch from any electronics supplier, which will fit into your boat repair kit (and also good for starting your Trangia if you are snow camping). Whatever method you use, it had better be easily accessible as what happens if you cannot land and you have to do the repair on the water?

As for how I put a hole there in the first place, well that's another story...

#### CLUB PADDLE ATTENDANCES

	NAME		ATTEND
1.	Allen	Les	2
2.	Beardsley	Helier	15
3.		Judy	15
4.	Bramley	Jim	4
5.	Camm	Lionel	3
6.	Collinson	Rod	4
7.	Coogan	Rod	3
8.	Cooksey	Helen	1
9.	Cuthbertsor	ı John	I
10.	Dixon	Marian	7
11.	Evans	Phil	9
12.	Evans	Roz	9
13.	Harrington	Suzan	4
14.	Hitchcock	Tom	2
15.	Hobbs	Brad	2 5
16.	Hobbs	Russel	4
17.	Khorshid	Robyn	ì
18.	Kinzett	Don	8
19.	Lee	Graeme	5
20.	Lloyd	Roger	11
21.	McDermott		2
22.	Mee	Antony	
23.	Mullen	Austen	2
24.	Oakley	David	4 2 7 1 7
25.	Openshaw	Lee	1
26.	Piper	Kevin	7
27.	Pyatt	Eric	26
28.	Radovich	John	6
29.	Rawlings	Ian	8
30.	Reynolds	Bill	5
31.	Robson	Sandy	Ĭ
32.	Ross	John	5 1 1 1
33.	Stender	Kerstin	Ĩ
34.	Thomas	Megan	ĺ
35.	Wass	John	15
36.	Watson	Kate	2

This is being recorded, the Club year 1st October, 2004 to 30th September, 2005.

To the 24th April, 2005 there have been 31 programmed paddles, three of which have been cancelled, leaving 28 possible attendances. The Anzac Day long weekend was cancelled from this programme but there was a Sunday paddle programmed to cover it.

#### WELCOME TO NEW MEMBERS

Adrian Grose; Kelvin Lewis; John Radovich.

DEADLINE FOR NEXT ISSUE Midnight WST, Monday, 20th June, 2005

### **CLUB PADDLE REPORT**

We have eleven prospective Trip coordinators ready to attend a training programme next Wednesday (refer "Notice Board") As a lead up to this get together, last Sunday, the Trip Coordinator of the day went through the procedure with "On the Beach Brief" as spelt out in the "Operating Procedures and Safety Guidelines" booklet that has been issued to every member. It was well received by the ten certified participants, all of whom were quite happy to go through a short "De-brief" at the conclusion of the paddle.

The administration wish to emphasise that all members take heed of the contents of the "Operating Procedures and Safety Guidelines" and familiarise yourself with the detail.

Please, those that are not certified, if you need a hand with the theory, get in touch with Roger or Eric. If on the water is a problem, get in touch with Helier, Eric or Roger. If you are ready for assessing, get in touch with Les. It is all there! All you have to do is make the effort!



Finn Kayaks are pleased to offer an extensive range of Sea Kayaks, Racing Kayaks, Sit – Ons and Surf Skis. Included in this range are the Salamander

Expedition Sea Kayak, Gecko Sea Kayak, Fantasea Double Fibreglass Sea Kayak and new for production in 2005, an exciting 5.2 metre multisport kayak (name TBA). We also offer a full range of paddling accessories and advice to ensure your enjoyment and safety on the water.

Call in and see us at 17 Sainsbury Road, O'connor.

Ph: (08) 9314 3109

E: info@finnkayaks.com W: www.finnkayaks.com

#### PROGRAMME PROBLEMS

Please excuse me with the comedy of errors with this issue. My biggest fear is that I won't get the caravan park, where they will look after your vehicle programme information out on time. I won't bore while we're away, and you are on your way home in you with the details (excuses). All the rest is under the afternoon. control, the main concern being Foundation Day long week end (4th to 6th June) where, on the origi- Thursday, decisions will have to be made. nal issue, it said Hamelin Bay which was a misprint. It supposed to be Bunker Bay. However, there was a Throw away all previous programme communicamix up with the booking, so, we have missed out tions..... leaving a blank for the weekend.

All is not lost!

Experience has taught us that hiring accommodation is thwart with difficulty. A substantial deposit is required and if we don't make up the numbers the Club blows the money. Surely, we're campers at heart.....aren't we? We only need two or three and the camping is on. I've a suggestion for the June long weekend; we've done it before and it worked.

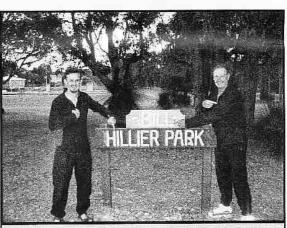
Early June is the tail-end of the autumn season so there is a good chance that the extremely windy season has not hit yet. The odds are our way! I'm suggesting Jurien Bay! Friday night in the caravan park. Pack our kayaks in the morning and head south to Hill River where there is a great spot for camping and opportunity for surf breaks on the way and plenty of islands to explore.

Next morning we head north, island hopping; calling into Jurien for ice if you want, to another beach paradise for camping.

On the Monday, a short paddle back to the

If the weather forecast is negative, say on the

We'll put it in the enclosed programme!



Coincidental....Couldn't miss the opportunity....the 'i' could be an 'e'.....Helier and Bill.....Augusta Long Weekend Photo' by John Wass

# Autumn Specials!

Multi Tool - Stainless steel multi tool with pliers, knife, screw drivers etc only \$10.00 A must for your repair kit

Free paddle bag with Slipstream carbon propeller paddles. \$350.00

5lt pack tap water bags a must for all trips. Locking tap to stop the bag accidentally emptying. \$16.00

Why be an average paddler? Advanced sea skills course starting April.

West Coast Kayaks 041 9900 715

#### A PERSONAL NOTE

Congratulations to Kate and Helier on their Engagement

#### Look whose BIRTHDAY it is:

WHOSE DIRECTIONS IN	104
Jim Bramley	03/05/05
Rod Coogan	14/05/05
Helen Cooksey	19/06/05
Laurie Fuller	07/06/05
Tom Hitchcock	04/06/05
Brad Hobbs	08/06/05
Kelvin Lewis	17/05/05
Graham Mahony	28/05/05
Antony Mee	24/05/05
Warren Murphy	07/06/05
Gary Nixon	22/06/05

A doctor and a lawyer were attending a cocktail party when the doctor was approached by a man who asked advice on how to handle his stomach ulcer. The doctor mumbled some medical advice, then turned to the lawyer and asked, 'How do you handle the situation when you are asked for advice during a social function?' 'Just send an account for such advice, that normally stops itl' replied the lawyer. On the next morning the doctor arrived at his surgery and issued the ulcer stricken man a \$50 account. That afternoon he received a \$100 account from the lawyer.

G'day Rod and lan



Everything you need....

35 JARRAD ST, COTTESLOE Phone (08) 9284 3759 Fax (08) 9384 0224 email ken@mainpeak.com.au



Paddling Store 144 Railway Parade, Bassendean 93781333

www.canoeingdownunder.com.au

If you want the best advice on Sea Kayaks & Equipment

Just talk to Terry Bolland who has over 25 years of sea kayaking experience in all different conditions and environments.

Sea Kayaks, Paddles, PFDs, Cags, Spraycovers, Booties, Paddle Floats, Paddle Leashs', Pumps, GPSs, Radios, Dry Sacks, Water Carriers, Lights, Flares and much more.

#### OBJECTIVES OF THE SEA KAYAK CLUB WA INC.

The objectives of the Club are to act:

- Through the Club's Newsletter as a contact point for members' sea kayak activities.
- To promote and encourage sea kayaking to the general community as an enjoyable, social and environmentally responsible pursuit.
- To unite and co-ordinate the activities of members in their sea kayaking activities.
- To promote safe boating practices and endeavour to make sure that the Rules and Regulations concerning Sea Kayaking (if any) are complied
- To encourage respect for our environment and to foster a positive attitude towards the conservation of flora and fauna and the practice of minimum impact camping.
- To act on behalf of members in their relationship with Canoeing WA lne, and other organisations.
- To represent sea kayakers in consultation with government departments

#### CONTENTS

"First Time North"	Page	1
President's Report		2
Editorial		2 3 4
Notice Board		3
Shark Bay Trip		4
Paddler Profile		6
Dampier Identity		6
Muscle Contraction		6
Augusta LWE		7
A Hole of a Problem		8
Club Paddle Attend and R	eport!	9
Welcome to New Member		9
Programme Problems		10
A Personal Note		10

Sea Kayak Club WA Inc. 2A Braunton Street, Bicton, WA. 6157. SURFACE MAIL

SECRET ARY
SEA KAYAK CLUB
ZA BRAUNTON ST
BICTON
WA