

Issue 57: November ~ December 2005

# WA Sea Kayaker



Newsletter of the Sea Kayak Club WA Inc. 2a Braunton Street, Bicton, WA. 6157.  
Phones: President Eric Pyatt 9339 2952. Secretary/Treasurer Roger Lloyd 9339 6860.

## ANNUAL REVIEW

2004/2005

Compiled by;

Secretary, Roger Lloyd.



Twenty members met in "Eric's Shed" on 19 October for the club AGM. It was good to see several people who have been conspicuous by their absence of late amongst the group.

In many ways the last twelve months has been a period of consolidation for the club with some new initiatives coming

into play.

In October 2004 the draft Safety Guidelines, Risk Assessment And Management Plan and various governance policies were ratified by the committee and passed for club use. Probably the most significant outcome from this has been the need for members to henceforth hold a relevant Australian Canoeing sea kayak award qualification as a prerequisite for participation in club paddling activities. At the end of the year more than half of our members have attained the level 2 Sea Skills Award, we have nine qualified Sea Leaders and five Level 2 or 3 Instructors. Members are participating in regular ongoing training to either gain basic skills, an award qualification or to move on to a higher level. Those who have actively embraced this process have improved their skills, knowledge and confidence levels and are consequently stronger, safer paddlers and have had some fun getting there.

Sunday paddles were generally well supported during the summer and early winter months with up to seventeen people on some trips. The usual decline in attendance has recurred over the cooler August - October period, the intention is to schedule more sheltered water trips during these months in the future in the hope that people will be lured out of hibernation. Long weekend camping trips scheduled during the year were not well supported. The extended trips to Shark Bay and Ningaloo were excellent with good weather prevailing on both occasions. The committee is endeavoring to find new trips that will be of interest to members and any feedback or suggestions members may have would be well received.

Les Allen of West Coast Kayaks is continuing Saturday morning training sessions for novice paddlers and all levels of award qualifications. The venue is Woodman Point boat harbour at 9-00 am every second Saturday. Club members are invited to attend and there is currently no charge for this. Let Les know if you wish to participate

The club library is now located in Eric's shed. Additional books and DVD's were purchased during the year and have been well used already.

The club web site was established during the year as a sub domain of the Australia Canoeing web site. This is a free service provided to canoe / kayak clubs by A.C. The web address is:

[www.seakayakwa@canoe.org.au](http://www.seakayakwa@canoe.org.au).

Congratulations to Eric Pyatt for the excellent newsletters he has provided during the year, along with the many other chores that he does for us. He is always looking for interesting news items, trip accounts and photographs so please help by sending in anything you have that may be of interest to members.

The new 31 October deadline for membership renewal fees came into effect this year. This has meant that the bulk of fees and insurance covers have been processed over a two week period instead of over three months making life much simpler for the treasurer. It also means that members who have renewed are insured from the start of the club and insurance year instead of over the first quarter of the year.

The club finished the year in a sound financial position. It appears that our membership will be in the range of 40 - 50 people in the 2005 - 06 year. Many of the people who have maintained memberships but have never or rarely paddled in recent times do not seem to be renewing. This will leave us with a smaller but hopefully more active group of well trained, skilled people on which to base the clubs future activities.

### 2006

#### LONG WEEKENDS

Mar 4-6: Jurien Bay-best time of year for here.

Jun 3-5: Donnelly River/Broke Inlet-beautiful.

Sep 30/Oct 2: Hamelin Bay-plenty of scope.

#### Weekenders

Jul 29-30: Bunker Bay-lots of options.

Nov: Rottnest Island-speaks for itself.

#### DEADLINE FOR NEXT ISSUE

Midnight WST, Monday, 19th December, 2005

#### COVER PICTURE

Saturday Morning Training  
Woodman Point Boat Harbour

25 participants this particular session  
14 were Club Members.

Photo' curtesy of Eric Pyatt

## NOTICE BOARD

### XMAS PARTY

The Woodman Point venue is not available this year because of renovations.  
We've found a great alternative:

A Picnic Park, end of Mc Taggart Cove (Road), off Cockburn Road, Hamilton Hill.  
UBD Roadmap Book: Page 346, B 10.

Alongside the north border fence of the old South Fremantle Power Station.

BBQ's, shelter, toilets, big expanse of lawn, handy to the beach, big car park.  
There is seating and tables under the shelter, but just the same, bring your own.

Steak, Sausages and limited Red Wine supplied. Bring your own Salad

Great chance to socialise: new to meet the old; old to meet the new. Make it a family occasion.

Love you to be there:

*Noon, Sunday, 4th December, 2005*

Need to know the numbers for the catering: Phone Eric—9339 2952.

## 2006

### HEADING NORTH

#### *SHARK BAY IN MAY AND SEPTEMBER*

**MAY:** Peron Peninsular, Denham to Monkey Mia; just over 100 k/m's, following the shoreline all the way. 5 days on the water.

Open to Introduction to Sea Kayak Awardees (Level 1) and above.

**SEPTEMBER:** Dirk Hartog Island, Denham to Herrison Prong (19 k/m crossing); 2 other short crossings; visit homestead; secluded bay to camp from where to make day trips. 7 days on the water.

Open to Sea Kayak Skills Awardees (Level 2) and above. If we can persuade an Instructor to support, perhaps lower levels may have a chance.

To qualify for these excursions, it is expected that in the previous 3 months participants will need to attend at least four programmed club paddles. For participants who have had no previous kayak camping experience, perhaps a dry run could be organised down at Harvey Estuary.

*Plan well ahead! Organise your holidays! Speak to Eric or Roger.*

## Salute to the Sun

The sun salutation is a series of 12 gentle, flowing yoga poses that are often performed as a morning wake-up routine. Each movement is coordinated with the breath. Inhale as you extend or stretch, exhale as you fold or contract. *The sun salutation can be performed as a warm-up routine prior to paddling.* This series of movements enhances flexibility of the spine and legs and chest, while strengthening the arms and shoulders and enhancing the body's sense of balance and coordination. Try to hold each pose for 5 to 15 seconds before transitioning to the next pose in the sequence. Perform the series of 12 poses three to four times. When performing each repetition of the lunge position, be sure to alternate legs. Concentrate to maintain an awareness of your breath while entering and exiting each pose. Be sure to inhale and exhale deeply.

**Step by Step...**



Stand tall, feet hip width, hands in *prayer* position.



**Sandy**



*Inhale & Reach upward* with both arms. *Deep forward bend* from the hips, bringing your hands to touch the floor (or as close as you can get to the floor). *Exhale* as you bend forward.



Place your hands flat on the floor and step back with one foot to form the *lunge* position. *Inhale* as you move your leg back.

From the lunge position, bring your other leg back, keep your torso and legs straight so your body resembles



a *plank*. From the plank position, bend at the elbows and knees lower until your chest



almost scrapes the floor. *Inhale & press* your chest upward and forward of your arms as



your legs straighten in the *upward facing dog* pose. *Exhale & push your body into the downward-facing dog* pose. Try to point the sit bones at the sky and push your heels down for a great hamstring stretch.



9. From the downward-facing dog pose, bring one leg forward to repeat the *lunge* position, this time with the alternate leg to Step 4.

10. Bring your foot forward returning to the *deep forward bend* position (same as Step 3)

11. Raise your torso and *reach upward* with both arms (same as Step 2)

Return your arms to the *prayer* position (same as Step 1)

Repeat the 12 steps three to four times.

**Note:** *Salute to the sun should not to be practised by people with high blood pressure, coronary artery disease, hernia, intestinal tuberculosis. Those with back pain should do it under guidance. Women should not practise it during menstruation.*

*Sandy Robson*

## Saturday Morning Training

by  
Les Allen

Saturday morning training is developing very quickly. We have had to formalize the event due to the large numbers of paddlers attending. The second day we had 25 paddlers, 4 instructors and 1 trainee instructor. This means everybody has a progressive path to go down. All paddlers when they first come down will be assessed and entered on a training card that has all the skills to level 2. The cards are in the hands of the person doing the registration and we will sort the cards depending on the number of instructors, so we can work on the skills people need.

This way you should be able to progress at your own pace but will know exactly what you need to work on. Also we have at least 6 instructors coming down regularly so you will get to tap a large knowledge pool. Every week we will be assessing people and recording the assessment on the training card. The outcome of this will be lifting of skill levels in the club. This should mean more fun and better paddles as people are more confident in rougher conditions or just playing on club trips.

If you are looking to become a sea leader or instructor this is where you need to start. We will be getting sea leaders to run the slalom and will have instructors helping sea leaders to build their knowledge and leadership skills. The long term effect will be highly skilled sea leaders and instructors coming through the club regularly. The training

Cont....Page 6



**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](mailto:info@finnkayaks.com)**

**W: [www.finnkayaks.com](http://www.finnkayaks.com)**

## CLUB PADDLE ATTENDANCES

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

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

To the 30th September, 2005 there have been 53 Club Paddles, Training etc, 7 of which have been cancelled, leaving 46 possible attendances.

## TIME FOR A SMILE

Pompous git at the gentlemen's club told the waiter he would have his coffee like he has his women, hot, sweet and stirred up.

"Black or white?" responded the waiter.

## EASTER

### ALBANY

*Something for everyone*

**Les has a programme to suit everyone  
There are paddling sites in Albany to suit all levels**

***Plan ahead. Phone Les for details  
0419 900 715***

*Cont. from Page 5:*

started at the Saturday morning sessions will be followed through on club paddles with instructors helping Sea Leaders towards assessment.

This is also the starting point for new paddlers. If you know anyone who is interested in sea kayaking and the club then send them down. I have 4 boats I am lending new paddlers who are interested in joining the club. They will learn basic skills in a controlled environment with lots of other paddlers to meet. It will give them some idea of what sea kayaking is all about and show how friendly and professional the club members are. Yes professional! This is all about increasing professionalism of paddlers sea leaders and instructors which ultimately a more professional club catering to all paddlers from the very adventurous to the more sedate social paddlers.



**West Coast Kayaks**

**Dry Bag Specials**

**Liquid Life Dry Bags**

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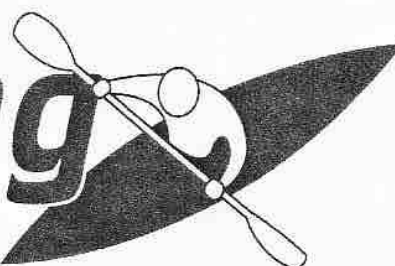
**35 JARRAD ST, COTTESLOE**

Phone (08) 9284 3759 Fax (08) 9384 0224

email [ken@mainpeak.com.au](mailto:ken@mainpeak.com.au)



# Canoeing DOWN UNDER



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## 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 with.
- 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 Inc. and other organisations.
- To represent sea kayakers in consultation with government departments at all levels.

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

## SURFACE MAIL