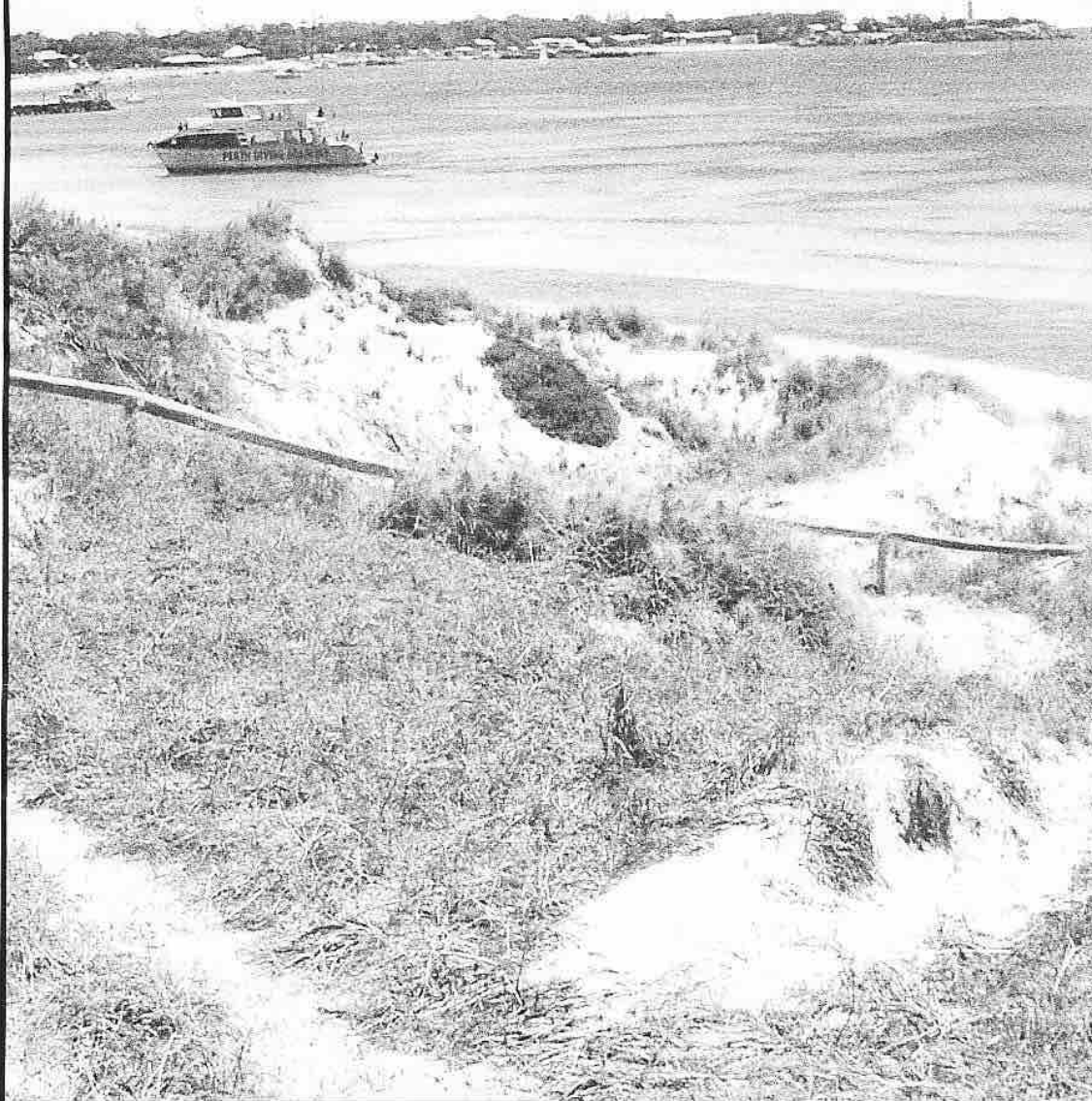


WA Seakayaker

Issue 58: January ~ February 2006



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.

PRESIDENT'S REPORT

On behalf of the Committee I wish you a happy and healthy Festive Season and may it continue throughout 2006. Our celebratory party on Sunday, 4th December was enjoyed by the fourteen that attended. Despite the strong wind, from which we managed to shelter, a good time was had by all.

Even though it detracts from the attendances to our programmed Club Paddles, the training sessions have been popular and beneficial. Members attendances have always been in the double figures. As from February until Easter they will carry on. Refer to the Notice Board and the Programme. Each individual needs to keep in close touch with the trainer/assessor (Les) to check your level of accreditation, particularly if you are not sure of where you stand. If you feel that your level has not been recognised, press your case. There is an addition to the training schedule; assessments to be carried out on Programmed Club Paddles to fill the requirements to achieve the levels of Sea Kayak Skills Award, Sea Leader and Instructor Level 2. Again refer to the Notice Board and the Programme.

At this point in time in our development, the Sea Leaders are having a problem. Some members, following directions in the Programme, phone in and have trouble making contact; leaving messages on the answering machine seem impractical; there is a chance of leaders changing days, so messages are not passed on; most regularly, paddlers just turn up without phoning. With all this confusion, paddles are unnecessarily cancelled. Confusion reigns! In other words, the system is just not working! The Committee in its wisdom has passed following two resolutions: The first, it was moved and seconded that "In future, Sea Leaders must attend paddle start points and remain there until 8.30am where the trip will either proceed, be cancelled or relocated." The second that "Paddlers are encouraged to phone the trip leader before the trip." Relocation is something that will work no matter the weather and is to be encouraged.

Keep an eye on the Notice Board regarding Programmed Overnighters, LWE's and Excursions. **PLAN AHEAD!** Let me know as far ahead as you can. Please don't rely on telling me on the beach or on the ocean. Email or phone me!

Regards, Eric.

EDITORIAL

The committee has decided to share the editorial around and so it is with pleasure I take first turn.

The club seems to be moving along very quickly into a more organized, safety and skills conscious unit. It is great that everyone wants to im-

prove their skills and gain their certification but it has meant that our Sunday paddles have not been as well attended. For full time workers it has meant that they have had to choose between the Saturday or the Sunday as most people cannot afford to spend their whole weekend paddling. Les, Kevin, Graeme and Sandy have been doing a great job for the club on alternate Saturday mornings as instructors and thankfully will be continuing on in 2006.

The club has been in need of women members and so it has been wonderful to welcome Sandy back after recovering from her hip replacement. She has added a new enthusiasm with her desire to improve her skills, her interest in teaching and her bubbly personality. She has also considerably lowered the average age of the women in the club and has given some of the blokes a twinkle in their eye. The Somerville Theatre paddle organized by Sandy was a great success, even though the thought of getting back into wet gear after the movie was a bit daunting to some of us. Arriving home at 1a.m. or in Dave's case 1.30 (I hesitated to ask John Wass what time he arrived home in Rockingham) was something different but paddling on a moonlight night with smooth water and only the glow of our individual lights was exhilarating. Needless to say, John Wass lost his garden light overboard—he couldn't come at buying a light that would attach more simply!!!

Judy Blight is Guest Editor for this issue ..Ed.

OFFICE BEARERS

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David Oakley.

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DEADLINE FOR NEXT ISSUE

Midnight WST, Monday, 20th February, 2006

COVER PICTURE

Thomson Bay from Unit 152
Rottneest Island

Club Weekend 11-13 November 2005

Photo' curtesy of Eric Pyatt

NOTICE

A SOCIAL PADDLE

8.00 for 8.30am, Sunday, 15th January, 2006
Launch: Palm Beach Jetty, to Point Peron; a
brief surf; return by noon.
Off to John Wass' Home for a BBQ—BYO.
2 Peron Close, Cooloongup.

WEST COAST KAYAKS

TRAINING SCHEDULE

9.00am Saturday Mornings

11th and 25th February, 11th and 25th March,
8th April, winter recession until next season.

"LED" PADDLES

8.00 for 8.30am, Sundays, 19th February, 5th (at
Jurien Bay) and 19th March, 2nd April, launch-
ing sites as per programme. Excursion training
to achieve Sea Kayak Skills Award, Sea Leaders
Award and Instructors Level 2 Award.
Club Members only! Usual programmed paddle.

PRACTICE

Judy and Eric, at 7.30am every Thursday morn-
ing, in the summer months, go down to Wood-
man Point Boat Harbour and practice skills.
Any club member is welcome to join in.

BOARD

JURIEN BAY

4– 6th March, 2006

Be there at the caravan park Friday night for
early morning start to explore islands on way to
Hill River to camp. Sunday, depending on
weather, explore Hill River or head north, is-
land hopping to prime camping site. Monday,
return to vehicles by noon.

DIRK HARTOG ISLAND

10th to 17th May, 2006

Six days on the water, two days travel.

Make sure you get your Sea Kayak Skills Award
There's time enough, but do it now.
Phone Eric, 9339 2952, to help you with your
theory.

PERON PENINSULAR SHARK BAY

30th August to 5th September, 2006

Five days on the water, two days travel

Introduction to Sea Kayak Skills Awardees are
eligible. The shoreline is followed all the way.

CLUB TRAINING SESSION

9.00am, Saturday, 14th January, 2006, at Woodman Point Boat Harbour.

Leader for the day is Instructor Kevin Piper

Club members only! All facets will be catered for, with an emphasis on those who want to progress
to Sea Kayak Skills Award, Sea Leader, Instructor Level 2.

INSTRUCTOR SUBSIDY

The Committee is keen to encourage
"Club Instructors". For those that
don't have aspirations to go part or full
time commercial and are willing to
dedicate their time in a voluntary ca-
pacity the Club will subsidise their
training to a level of 75%.

The breakdown is: the Club- \$187.50,
the member-\$62.50, equalling \$250.00.

The same applies to becoming a Sea
Leader: The Club-\$49.50, the member-
\$16.50, equalling \$66.00.

A LIGHTER MOMENT

"WAITER! This soup isn't fit for a pig."
"I'll take it back and get some that is."

"WAITER! This soup tastes funny"
"Well, start laughing."

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: Rottneest Island-speaks for itself.

THE ROTTNEST ISLAND POEM

**THE ISLAND OF ROTTNEST
 LIVES OUT AT SEA
 THE DEEP BLUE WAVES
 CRASHING AMONG THE KEY
 THE BOATS PASS BY
 AS QUIET AS A MOUSE
 OR SOMETIMES AS LOUD
 AS A DOWN CRASHING HOUSE
 THE PEOPLE MOVE
 AROUND ON THE BIKES
 THE SILVER SPOKES SPIN
 REFLECTING STRONG LIGHT
 THE HIKE OVER THE HILLS
 ARE TREACHEROUS YET FUN
 THE GREY GRAVEL ROADS
 THE SCORCHING HOT SUN
 RIDING DOWN QUICKLY
 PASS THE YELLOW LAKE
 THEIR WATER IS FULL OF SALT
 A NEVER CAN BE DRANK
 SKIDDING TO A HALT
 THE BIKE LEAVES GREAT BLACK MARKS
 THE BEAUTY OF THE BEACH
 THE VIEW PUTS DOWN ITS MARK
 THE SUNSET OFF THE COAST
 BRINGS BEAUTY OF ITS LIGHT
 OF ORANGE, PINK AND BLUE
 A SMALL MOMENT OF TWILIGHT
 AT NIGHT THE LIGHTHOUSE SHINES
 AS BRIGHTLY AS A SUN
 HITTING THE DEEP BLUE OCEAN
 HITTING THE MOMENT OF FUN
 AT NIGHT THE DUGITE SNAKES
 ARE NOT HERE AND READY
 ALTHOUGH THE HIDE AT MIDNIGHT
 THE BITES ARE VERY DEADLY
 AND SO STAYS THIS ISLAND
 HIDING IN THE WEST
 REITERATE A FINAL TIME
 THIS ISLAND'S NAME IS ROTTNEST**

BY SAM EAKINS

Pre-launch briefing, at Beach Street Groyne, for crossing to Rottnest Island



Sandy (seated), Judy (Leader), John W, John R and Jim.

The poem is by a 13 year old high school student inspired when he attended a school organised excursion to Rottnest Island.



John R
Looking the Part



Crayfish Rock

Rod and Judy passing through Crayfish Rock



ROTTNEST ISLAND WEEKEND

11th to 13th November, 2005

by
Judy Blight



Finally, we were on our way to Rottnest. Two weeks before it looked like it was not going to be viable but a quick roundup at the AGM worked and my favourite weekend was on. We always hire the big house on the hill with magic views over Thomson Bay. There were twelve of us which

made it only \$50 a head for the two nights.

The forecast on Thursday showed that Friday morning was up to 10 knot southerly winds and so it was, with the trip over only taking 3 hours. It was by far the flattest ride across ever with John Radovich, John Wass, Jim Bramley, Sandy Robson and I enjoying the pleasant conditions. A couple of ships passed through in front but no submarines surfaced as they had 2 years ago.

Eventually, after coffee, we paddled our gear around to the house and laid claim to our beds—along with a couple of quokkas who wanted to share our accommodation. We had to be very careful where we trod, as quokka poo has a tendency to spread nicely on the bottom of your shoe.

In the afternoon, Sue Harrington and Russell Hobbs arrived with their double, Adrian Grose and Rod Collinson with their singles.

Eric Pyatt (still out on recovery), Dianne Bramley (resident photographer) and Jen Radovich and son made up the rest of our group. Jen spent the whole day getting to Rottnest and she wasn't even paddling. Apparently, it took a whole day to get home as well but I dare not ask!!!

Friday evening was spent imbibing, barbecuing, discussing (some more animated than others). Thank you Eric, Rod and Adrian!!!

As the forecast for Saturday was for strong S/SW 20-25 in the afternoon, plus some of us wanted to surf in the morning, and didn't want to leave "at the crack of", so it was decided to break with tradition and spend most of our time on the

northern part of the island.

The surfing was great fun and Jim had some very useful hints. Adrian decided he wasn't feeling well after being thrown about in the surf and he decided to remain at base (probably wanted to continue the discussion with Eric from the night before).

We glided around Longreach and Geordie and were able to paddle close to shore and weave in and out of the reefs as there was minimal swell—compared to last year when the swell was 4-5 metres and forced us to travel about 2 kms. off shore to get around West End. We saw the occasional dolphin and a beautiful osprey protecting its nest from the marauding kayakers. Russell and Sandy braved the water for some snorkeling.

We found a great spot for a tea break and proceeded to land our kayaks one by one on to the shore of a beautiful secluded beach. We noticed a pair of men's speedos on the rocks next to us and didn't think anything of it until a woman calmly walked into the centre of our group and collected them. The poor bloke had obviously been stranded in the altogether behind the rocks!!

We continued to Rocky Bay and then turned around as we could feel the wind strengthening to the forecast 20 knots. We paddled home fast with wind waves and some swell and sailors were able to put up sail for a while. We decided to cut through on the coastal side of Duck Rock at Bathurst Point and weaved our way through the reef. John Wass almost ended up smashed on the rocks when a wave picked him up and threatened but with a little



concentration and skill he escaped the danger.

After studying the weather for Sunday it was deemed too risky to paddle home so Sandy and many of the paddlers practiced skills—various rolls, bow draws before heading over to put our kayaks on the ferries.

**It was a great weekend---
the best yet.**

<<

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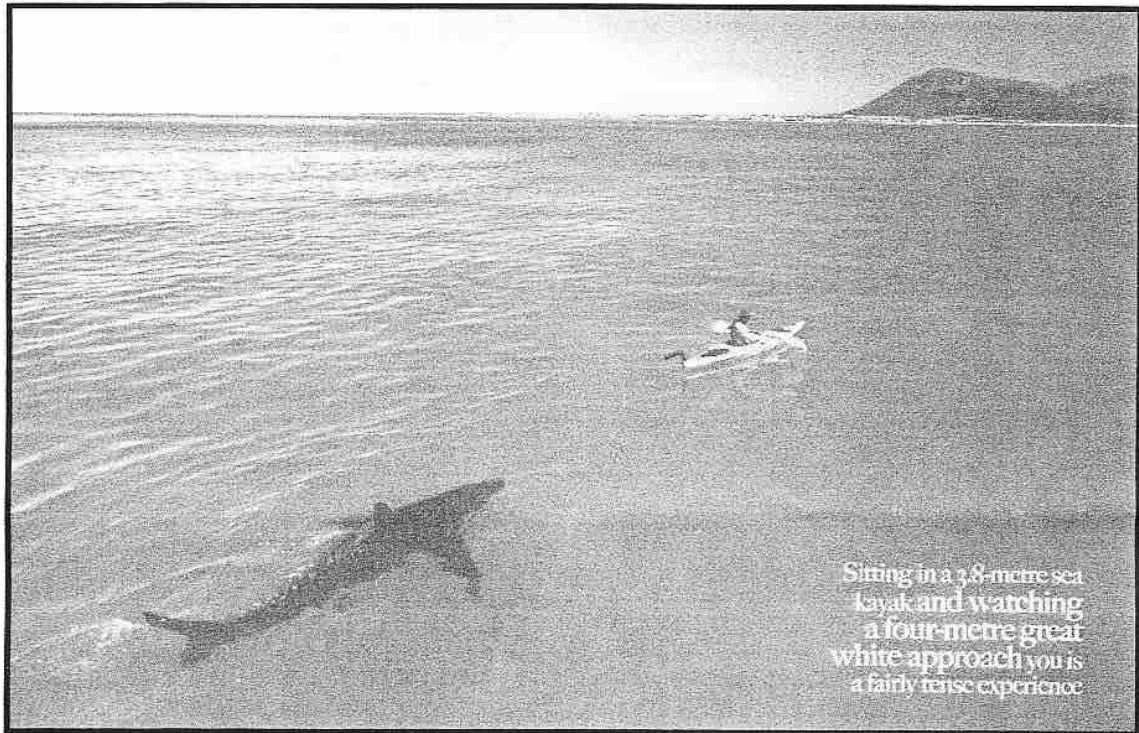


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**It was a great weekend---
the best yet.**

<<



Sitting in a 3.8-metre sea kayak and watching a four-metre great white approach you is a fairly tense experience

ROTTNEST SWIM

A self explanatory email I received. If anyone wants to volunteer, make contact.....Ed.

Hi,

Just a long shot, but we are hoping to secure an entry in the 2006 Rottnest Island swim; 18th February, 2006. We were trying to track down a local who might to paddle the race for us. The paddler is extremely important for guiding our swimmers from the water level, particularly while we do swimmer change overs from the escort boat.

We will have a team that will be competitive in the 150 year age category. It is a similar team to the one we took over this year maybe a bit Quicker), And we managed to win the teams race overall this year. We used a Sydney paddler last time, but he is not available this year, so I thought I might see if anyone was keen over your way.

Thanks for any help you may be able to give us.

Regards, Peter Thiel. 0403 267 600

A motorbike constable pulled alongside a little old lady knitting while she was driving.

He calls to her, "Pullover".

She kindly replies, "No, a scarf!"

From our "ON WATER ACTIVITY—PRE-LAUNCH BRIEFING NOTES": *Detail any foreseen hazards eg: reef, rocks, surf, strong currents, surf landings and launches, shipping hazards, etc, but no mention of **wildlife hazards**.

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PADDLING BASICS

BASIC STROKE: NONFEATHERED

A nonfeathered paddle has its blades set parallel to one another and requires a minimum of shaft rotation. A feathered paddle has its blades offset from 60 to 90 degrees to one another and requires shaft rotation for each blade to meet the water at the desired angle. The choice between the two is subjective. The success you have with one over the other has to do with your level of comfort and the use of proper technique.

Find out which type of paddle you feel most at ease with. To do this use a take-apart paddle that lets you switch from nonfeathered to either right- or left-hand-controlled feathered. For this lesson set the blades for nonfeathered.

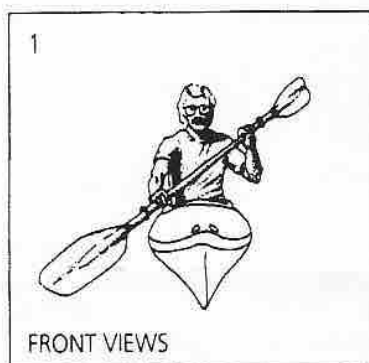
All paddling is a complex cycle of separate components that build on each other. Within each stroke there is a pushing and pulling of opposing arms, wrist motion, and twisting of the body (torso rotation). Start with the basic pulling motion of the arms (we'll add the important motions of your wrists and torso in subsequent lessons).

You may want to take your inaugural strokes on land or while standing in hip-deep water to add a touch of authenticity and resistance as you pull on

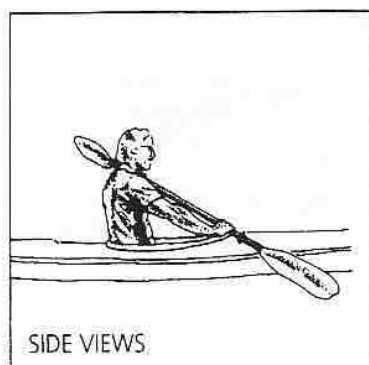
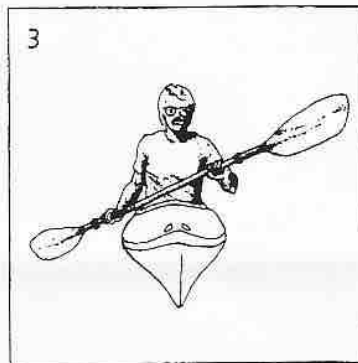
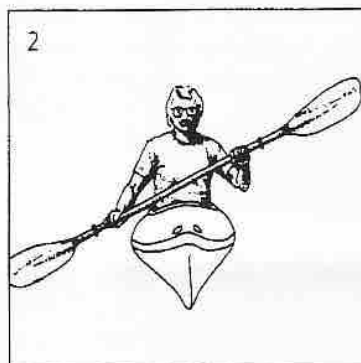
the blade. When you're ready to try it in a boat, head for an open stretch of protected water, not a swimming pool. You'll need a lot of room to paddle so you can have time to make mistakes, correct them, and get a feel for what you are doing.

When in the boat, wedge your knees under the deck, and put light pressure on the foot braces to hold your lower back snugly against its support. Don't slouch, and do keep your head up and eyes on the horizon. Hold the paddle shaft away from you at chest height, with your arms slightly bent and your elbows pointing out and down.

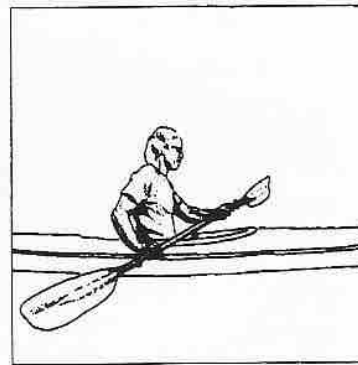
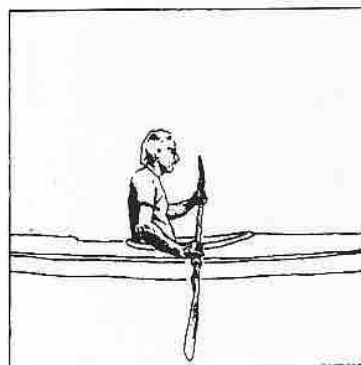
You can start off on either side, but for the sake of this lesson, begin on the right. Extend your right arm so it is straight; keep your left hand held close-in, up around your shoulder. Place the blade gently in the water, making a clean entry with no splashing (illustration 1). To get a good long stroke, you'll want to set the blade in the water as far forward as possible without having to lean forward. You can extend your reach, and reduce wrist strain, by straightening your last three fingers so the shaft is momentarily being held by the thumb and forefinger. Aim for a spot near your foot and put the



FRONT VIEWS



SIDE VIEWS





blade into the water close to the boat. Immerse the blade almost to the shaft but no deeper, and try to maintain this depth throughout the stroke.

To help you envision the forces involved, think of the blade as being inserted into something solid while you pull yourself and the kayak toward it. You are not pulling the blade back through the water as it might appear.

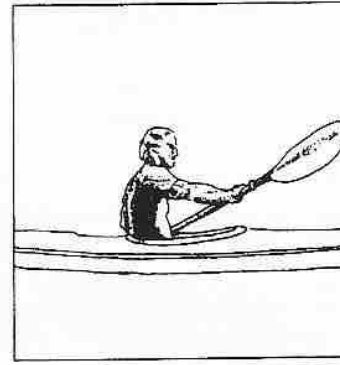
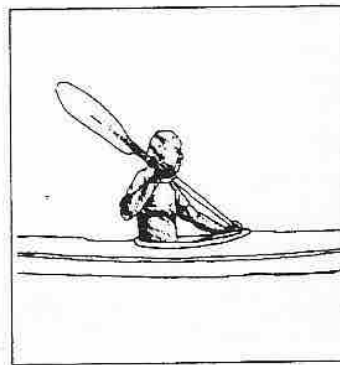
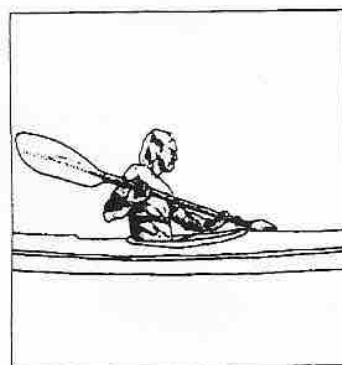
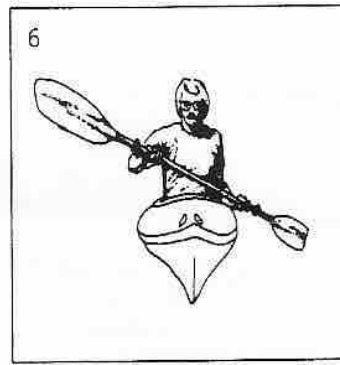
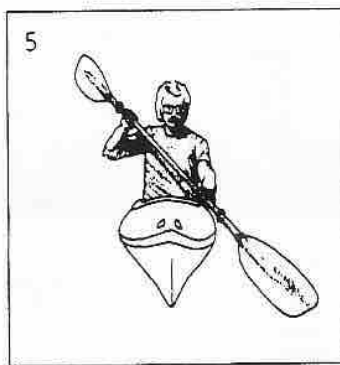
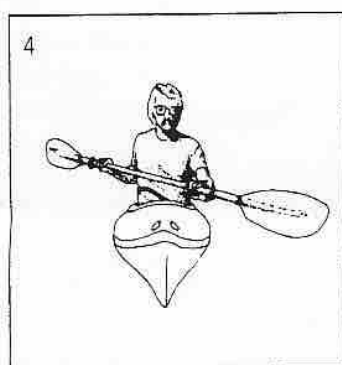
Only after the blade is completely immersed can power be applied by your right arm. As it comes back, your left hand simultaneously goes forward as if making a diagonal punch toward the bow, without crossing the centerline of the boat. The palm of the left hand faces forward with fingers relaxed. The shaft angle should be kept comfortably flat (2). This way the blade in the air is less apt to be caught by the wind, drips will not find their way to you, and the stroke will provide support as well as propulsion. Your left hand will have most of the responsibility for shaft angle. Let it go no higher than eye level.

Throughout the pull, be aware of the blade's angle to the water as seen from the side. The blade should stay close to perpendicular to the surface of

the water. If the top of the blade tilts toward the bow of the kayak, the blade will want to dig deeper. If the top tilts toward the stern, the blade will want to lift out.

Maximum power should be exerted as your knees are passing the blade. Once your hips are level with the blade, the forward thrust of the stroke diminishes. This should coincide with your left hand being at the limit of its forward reach (3 and 4). So ease off on the pull and lift the blade up with a brisk slicing motion. After the blade is out, keep raising your right hand until it assumes a position similar to that for your left hand at the beginning of the stroke. This directs the left-hand blade forward and down toward the water so it is ready to start the stroke on the left side (5 and 6).

Once you've mastered the separate elements, concentrate on having a smooth, continuous action. If you think about it too much, you'll only get confused. Use your brain each time you put the blade in and take it out. Let your body fill in the rest. Hold down the pace while learning, but you can throw in an occasional sprint for excitement.



CLUB PADDLE ATTENDANCES

NAME		ATTEND
1. Allen Les		5
2. Beardsley Helier		1
3. Blight Judy		7
4. Bramley Jim		2
5. Collinson Rod		1
6. Coogan Rod		0
7. Cooksey Helen		6
8. Di Nucci John		0
9. Dixon Marian		0
10. Erkens Matt		4
11. Evans Phil		9
12. Evans Roz		8
13. Fuller Laurie		0
14. Gove Aaron		2
15. Grose Adrian		1
16. Harrington Suzan		2
17. Hitchcock Tom		0
18. Hobbs Brad		2
19. Hobbs Russell		3
20. Holden Neville		0
21. Lee Graeme		9
22. Lewis Kelvin		0
23. Lloyd Roger		6
24. Mullins Geoff		0
25. Nixon Gary		0
26. Oakley David		9
27. Openshaw Lee		5
28. Orum Maggie		1
29. Pexton Ian		5
30. Piper Kevin		5
31. Pyatt Eric		1
32. Radovich John		10
33. Roberts James		0
34. Robson Sandy		10
35. Stender Kerstin		0
36. Stocker Wayne		1
37. Thomas Charlie		11
38. Wass John		11
39. Watson Kate		0

This is being recorded, the Club year, 1st October, 2005 to 30th September, 2006.

To the 31st December, 2005 there have been 18 Club Paddles, Training etc, 1 of which have been cancelled, leaving 17 possible attendances.

WELCOME TO NEW MEMBER

Wayne Stocker

WEBSITE

Sea Kayak Club WA Inc
www.seakayakwa.canoe.org.au

A PERSONAL NOTE

Look whose **BIRTHDAY** it was:

Aaron Gove	20/11/2005
Adrian Grose	30/11/2005
Graeme Lee	22/12/2005
Roger Lloyd	17/11/2005
David Oakley	08/12/2005

Look whose **BIRTHDAY** it is:

John Di Nucci	12/02/2006
Maggie Orum	29/01/2006
Ian Pexton	11/02/2006
Sandy Robson	22/02/2006
Kirsten Stender	25/01/2006

Reflections and insights: "Choosing to live the creative life is a matter of sweat and tears. The creative life in short, is achieved by a constant effort to improve one's thoughts and actions, or perhaps we could say it is the dynamism involved in this effort." Daisaku Ikeda.



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.

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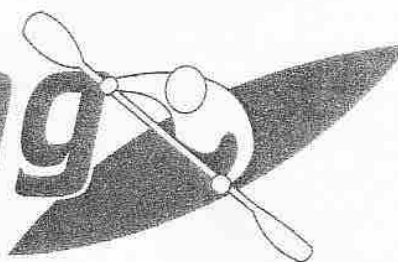


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Carriers, Lights, Flares and much more.

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 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.
- 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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SURFACE MAIL

Opinions expressed in articles in this
Newsletter are not necessarily the views
of the
Sea Kayak Club WA Inc



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