

WA Seakayaker



Sandy Robson in the jaws of the crocodile.

OFFICIAL NEWSLETTER OF THE SEA KAYAK CLUB WA INC. – Issue No. 67 August 2007

PRESIDENT'S REPORT

The last couple of months has been a busy one by the club, with training sessions being held by the club. These were coordinated by our Instructor Phil Evans, along with Rod Coogan, Roger Lloyd and Kevin Piper. It was the first time that sessions had been run by the club with the aim of assessment at the end, by Les Allen. This involved quite a lot of effort from the Instructors and on behalf of the members I would like to thank them very much for their efforts.

Since March, when Gary Smith joined we have had five more club members enter our ranks. Welcome to Bart Huntley, Paul Cooper, Alan Hale, Tim Hale and Paul Sutton. It was heartening to see that 4 of the new members plus Steve Foreman attended the training sessions with the intention of going for their Sea Skills Award. Martin Burgoyne and Russ Hobbs attended as they wanted to improve their skills and to go through specific sea kayak skills as opposed to white water.

The new website is filling up with Russell Hobbs doing a great job keeping it updated. We are keen to have news, articles, photos from all members of the club as we don't want anyone to get burn out from overwork or worry. Phil Evans has nearly achieved legend status after the photos taken by John Radovich were taken and put on the website. Please continue visiting the website to check on updates on the new site www.seakayakwa.org.au. The only difference with the old site is that the word canoe has been removed.

This winter the river paddles have been fun and are a great way to keep the fitness level up. Looking forward to the spring weather for more ocean paddles. Catch you on the water.

Judy Blight

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NOTICEBOARD

Duck for cover award



What were they thinking?

Sandy Robson

Sandy Robson has continued her journey from Broome after her frightening experience with the crocodile in Northern Australia. After the crocodile damaged the rear of her kayak she was lucky that it didn't get her in a death roll. We were very pleased when she decided to leave the northern waters to a later time. We all send our best wishes and continue to admire her from afar. Hopefully, people will join her in paddling at a later stage.

Meeting

A General meeting of the sea kayak club will be at the home of Judy Blight on Tuesday 28 August at 7.30 pm. We are hoping for a large turnout of members as it is a great forum to put forward opinions and ideas for the future. Martin and Phil will also be giving and showing their expertise on the making of dry bags and waterbags.

Some thoughts on club training

While I was on the Kent street weir paddle, Judy asked if I would like add to the club news letter, expressing my thoughts on the Skills training, that is currently being run. Not being one to put my hand up and volunteer, I reluctantly said yes.

As we approach the end of the training I thought back about all the skills that we had been shown. From paddling correctly, to surfing small waves At Port Beach plus many other skills that I am certain we will all use at times while on the water. The training session has been run over three months, and at each session we have learnt many new skills plus had a lot of fun as well.

Over the years I have belonged to other clubs and associations to do with water sports and have to say that the Sea Kayak Club is the only sporting body to conduct comprehensive training to all members.

The skills training have been very interesting, well explained and always demonstrated by one of our instructors at each session.

As to our instructors Phil, Roger, Rod and Kevin I would like to say from all of us in your training group thanks for giving us your time and we appreciate all that you have taught us over the past three months.

Looking forward to the next session.

...By new club member, **Paul Cooper**.



Paul, Steve and Norm at Leighton Beach - Photo by Russ Hobbs

Training for Nepal

In support of the members going with Martin to Nepal in October to paddle the Sun Khosi, on 16 June a cheerful group of members and partners headed to the Himali Gurkha Restaurant in Applecross.

We were treated to a selection of Nepalese dishes, including the staple Daal Bhat Tarkari (lentils, rice and vegetables), which our travellers will get to know too well. This dish has good potential as a no-fuss meal for kayaking trips.

We also sampled other tasty offerings with exotic names - Sabjee Ko Parikar, Golbheda Ko Achar, Gulio Kuraharu and others. We couldn't say the names of the dishes even before we started on the good Aussie fermented grape juice! It was a great night, with lots of laughs. It is also good to see what our fellow paddlers look like wearing something other than neoprene!

We wish Martin and Val, Rod and Carolyn, and the other international paddlers a fantastic and safe adventure and we will look forward to being able to say 'Namaste' on their return.

Sue Harrington



Himali Gurkha banquet -Photo by Rod Coogan

Sea kayak recipes

The recipe for this issue is from John Radovich, which will no doubt be of great use to those members embarking on the Nepalese trip soon.

SPICY INDIAN TEA (Masala=spice Chai=tea)

Masala Chai : A typical Indian variety. Aromatic masalas are added to loose tea to make spiced Chai, and this has been the Indian drink of choice for hundreds of years. It is a perfect blend of freshly ground spices (masala) like cloves, cinnamon, nutmeg, ginger, cardamom and pepper, added to a boiling pot of loose leaf tea and milk to make a delicious, satisfying and healthy beverage

Ingredients:

3 - 4 Tea Spoons Tea
A Tsp Tea Masala
Fresh ginger
3 - 4 cardamom pods, crushed
3 Cloves
Small piece of cinnamon
1 or 2 whole black peppers (optional)
Sugar to taste
Milk (Hi Low)

Brewing:

Add all the ingredients + 2 cups of water to boil. Simmer for a few minutes. Add milk approx 1 cup bring to boil then simmer for a few minutes, then serve. Play around with quantities to suit personal taste. Tea masala contains all the spices you require but additional ginger and cardamom pods add to flavour.

Tea is the most prominent drink of India. Today, India is the world's largest producer, exporter and consumer of tea. Today's popular drink **Masala Chai** is more common in Northern India. It is sold in trains, bus stations, or by vendors (called "Chai wallahs") GARAM CHAI (meaning hot tea. The vendors serve Chai in low fired clay cups called "kullarhs", which is hand made out of native clay in open fires. An average Indian has four chai breaks in a day and at about 4p.m. chai is usually served with *farsan* or *nashta* which are savory snacks

DIRK HARTOG ISLAND

May 10 to 17

by Helen Cooksey



Photo by Judy Blight

We all met at our booked cabin at the Caravan Park in Denham on **Thursday** afternoon. I picked up Judy on Wednesday afternoon after she'd done a days teaching and we drove as far as Dongara for the night. My nephew, who is a keen boat fisherman, warned us about shoals that extend out from the North East end of Dirk Hartog Island which sometimes have large swells breaking over them forcing boats to take large detour around if they want to get to Turtle Bay. He also mentioned strong north running currents that sweep around both ends of the island. We travelled on to Denham the next day after a stop in Geraldton for last minute supplies. Jim had spent Wednesday night in Geraldton en route. Martin left home at 4.30am on Thursday towing the club trailer picking up Laurie, Matt and Kevin en route.

Friday morning we were down at the jetty at sunrise. The 10m twin hull fishing charter boat Jim had organised to take our boats, gear and us to **Withnell Point**, 10ks south of Turtle Bay, looked awfully small. How could everything fit on? No problem. Five boats were put crossways on the overhead canopy and one on top of the other lengthways on the deck beside the hold. Fortunately the sea was calm and there was no wind. We



Photo by Martin Burgoyne

all piled on plus 4 or 5 paying fishing charter people and off we went. The Skipper off loaded us onto the beach around the bay a little from a fishing shack which had a large sea eagles nest on the flimsy looking roof. We each paid \$170 for the ride over.

By the time we set up camp and had lunch there didn't seem to be time to paddle the 10ks across the bay and around to Turtle Bay and 10ks back so we explored the bay on foot and by boat, surfed on some small waves on the point and practiced some Eskimo rolls and self rescue. I discovered an interesting minor complication when I tried to do an upside down re entry and roll. I found it took longer to thread my legs into the cockpit under water with a 10 litre water bag strapped to the floor suspended in the water. The things you don't know about until you practice! In the late afternoon the fisher people got their gear out. Kevin took to his boat with his squid jigger, Jim tried his luck with big hooks and heavy line and Matt and I used light gear and small hooks. We won the tally catching small whiting, flathead, brim and trumpeters on Friday and Saturday evenings. Fish was on the menu for the first 2 nights.

The most disappointing thing about our idyllic camp site was the amount of rubbish in the bush. It was everywhere we set up camp along the island. Everyone who camps on the island is charged \$16.50 a night (we paid \$50/head) but there are no services given for the charge. Behind our camp, among other things we found a toilet seat and a kitchen sink which was promptly put in Judy's boat.



Photo by Martin Burgoyne

Kevin also found some drums and star pickets which he tied his tent to as he'd forgotten to take his tent stays. The only problem was they went bang in the night when he moved. After we went to bed the first night the camp site was over run by small crabs. They scratched around outside your tent and on anything metal like stoves that had been left out. Judy kept reaching out of her tent and shouting at them in murderess tones to go away as she attacked them with her shoe. I put my ear plugs in and tried to ignore Judy and the crabs.

Saturday the weather was beautiful again. Oily clear calm sea and no wind. We set off across the bay and rounded

Cape Levillian close to the beach and into **Turtle Bay**. Fortunately there were no breaking waves on the sand banks but we could see swells rising on them further out. The **Cape Inscription** light house was visible across the bay above the cliffs. We didn't stay too long. Gray clouds were building up and the beach had a high surge. As we paddled back Kevin was about 20mtrs from shore when he suddenly shouted excitedly that he had paddled over a 20' Tiger shark. He said he could see the stripes and it was longer than his 5.8m kayak. Matt, who was paddling beside him also saw it and said it was as long as 2 doors end to end and as wide as one. That gave us all a reality check and put any thought of practicing Eskimo Rolls out of our heads.

A short while later we saw Martin's kayak wobble alarmingly as a large Dugong dived under his kayak amid ship then headed straight for Matt amidships creating a huge bow wave. He also had to steady his kayak as it passed under him and headed out to sea.

As we paddled across the bay large black clouds gathered over our camp site. As soon as we arrived back the rain bucketed down. Everyone dived into their tents to sit it out except me. Some read and dosed, one person decided he might as well get stuck into his cask of port while he read. I sat out the storm having my daily ablutions in the warm sea, keeping an eye out for fins. The rain cleared, the sun shone and we emerged from our tents. Matt went around to the point for his daily feed of oysters off the rocks before returning to fish. Jim put his heavy fishing tackle away in disgust because he hadn't caught anything although something big did take his hook, line and sinker the evening before when he left it set with a Trumpeter on it.



Large shark circling close to our campsite - Photo by Judy Blight

Sunday the wind was blowing from the South East strong enough to blow the dog off the chain. Kevin checked the bay south of the Point and declared the wind was too strong to paddle into. We gladly agreed to sit it out for the day. All of us except Martin set out to see how far we could walk across the island. We slipped and sloshed along a track across a birridah, a salt clay pan, that had water in it from the previous evening thunderstorm then up a rise for a while before deciding some people didn't have suitable foot wear or long trousers to bush bash across the island so we returned to camp. Martin had his kite out and flew it successfully for a short while. The wind was so strong it broke a string so he had to put it away. We read and watched the sea life in the bay. A 2m shark with a long thin dorsal fin entertained us chasing fish on a sand bank not far from shore. Turtles popped their heads up to look at us occasionally. Judy and Kevin listened to the Dockers game on my little radio which always had good reception. At night we sat around Martins candles standing in sand in plastic sandwich bags and had a "show and tell" of our first aid kits.

Our 11 neighbours in the nearby fishing camp who had arrived on Saturday in 5

boats awoke on Sunday to find one boat missing from it's mooring. They found it over the far side of the bay on the beach and towed it back with one of the boats. Apart from that we didn't see them venture out in their boats all day.

Monday the wind was still ferocious but we packed our boats with all our gear which included water and food for the week, tent, chair, stove, fuel, repair kit, first aid, clothes etc. We rounded the point to be hit by 20 knot SE winds on our left front quarter. Judy's shoulder started to give her terrible pain so Kevin quickly hooked up a tow rope and all the guys took it in turn for 10 to 15 minutes to tow her. By the end of the second rotation they were all really tired. We landed at a wide white sheltered beach for lunch beside a sheep loading race presumably used by the station owners to load their sheep onto the barge to take to Denham. We discussed various contingency plans of what to do about Judy and her sore shoulder. She had been paddling with a high bag on her fore deck with her sail propped up on the bag so her paddling action looked very awkward. She re arranged the bag to her aft deck, put the sail flat on the fore deck and fortunately had no more trouble. We asked some guys fishing off the beach



Bird life feasting on fish in the shallows - Photo by Martin Burgoyne

for a weather forecast just as one pulled in a whiting as thick and as long as my arm. Unfortunately they weren't forth coming with either a free fish or a forecast. The wind had eased slightly but we still made slow progress arriving at **Louisa Bay** at 5pm. We had started at 8.30am. We reckon we must have had a current running against us as well as the wind. We were all exhausted and in bed by 7.30pm.

Tuesday. We were on the water by 8.30 again. We rounded the point to be hit by 20 knot SE winds on our left front quarter again. We struggled along beside the cliffs with steep sharp waves overhead high rising up on our left. You no sooner got over one wave and others rebounded back off the cliff on your right. It was like being in a washing machine. Kevin and I discuss turning back until the wind abated but it would have been too dangerous having those conditions as a following sea so we struggled on. After a couple of hours of these conditions we saw a small beach in a gap in the cliffs. Martin was the strongest paddler and always out in front with a bright orange hat. We were all very pleased to see the orange hat bob over the water towards the beach to investigate the possibility of landing.

After careful inspection he waved us in. There were rocks on the shore line and rocks in the water so all the heavy boats had to be lifted out of the water by 4 people at a time onto the beach behind. It was estimated we had been going 2.5km/hour.

After refreshment and rest Jim, Matt and Kevin climbed the cliffs to check the way ahead and try VHF marine radios and mobile phones but there was no reception. There was no sign of the wind abating so we struggled on. We lunched on a beautiful sheltered beach at **Quoin Head** on the southern end of **Herald Bay**. Before we rounded the point Kevin paddled out to a luxury launch anchored in the shelter and asked them if they had a weather forecast but they didn't. The wind had mercifully eased as we paddled past Egg Island over clear water where hundreds of cormorants took to the sky as we passed. Unfortunately we were downwind of their acrid aroma. We crossed the entrance to Tetrodon Loop and found a lovely sheltered camping area at **Notch point**. (In the dictionary tetra means four. The Loop does look a bit square on the chart. Maybe that's how it got the name).



Kevin praying for a change in weather-
Photo by Judy Blight

Wednesday. The wind had eased considerably the next morning as we paddled across the bay to the homestead. We were given a warm welcome by Ann and Tory Wardle with her 2 little boys. Geoff Wardle returned from the mill run joined us for tea and Anzac biscuits bought out by Ann. Tory printed off an up to date weather forecast from the computer for us. The weather was looking good for the following day so we decided to take the window of opportunity to paddle back to Denham the next day. We paddled from the homestead across to Cape Bellefin where we had lunch. Matt and I took childish delight jumping in the strong, cold, out flowing tidal current on one side of the point to be quickly carried around the other side. Then it was an hour to paddle to Cape Heirisson to camp the night. It was a nice sheltered camp site but the flies were thick until the sun went down. Some of us climbed the headland and had a good view of Denham and the aerial on the hill behind the town across the 19.5ks of water we had to paddle the next day. To the right you could see the super structure of the ship loading salt at Useless Loop we had seen passing down the channel during the day. Once again we cooked our evening meal together and dined under a canopy of stars by candle light with the last of our cask wines to help

conversation and laughter and relax tired muscles. Laurie never ceased to surprise us with stories about his long and full life. We all agreed we'd be doing pretty well if we could paddle as well as him when we reach our three score year and ten.

Thursday. Once again we were on the water by 8.30. As we rounded the point we noted the tide was going out with a strong current sweeping from east to west around the point. There was a light Easterly wind on our right front quarter which gradually swung around to a south easterly by the time we got to Denham. We had to re group on several occasions because discrepancy kept developing between those who were following the compass bearing of 63 degrees and line of site on the aerial and wind turbine towers and Martin on the GPS course who we were instructed to follow. He had his head down watching his GPS screen and dropping down wind on a more northerly bearing. (I'm curious to know why the difference occurs. Maybe we could ask Les to give the club a talk on navigation)

The weather Gods were kind to us and we were back in Denham by 11.45. While Martin, Jim and I went to get our vehicles from the caravan park a Marine Parks Officer quickly pounced on our group unloading their boats questioning Kevin about where we'd been.

Thankfully a cabin had been booked for us for the first and last night so we didn't have to put our tents up again as we did last year in the howling wind after the Denham to Monkey Mia trip. We had talked about having a soak in the artesian bore tank at Peron Station but somehow once you got out of your wet paddling gear you didn't want to get wet again. We spent the afternoon replacing carbohydrates and fluids, visiting the new Heritage centre and relaxing before

enjoying a final dinner together at a restaurant in the town.

It was a great trip. Kevin did a great job organising it and looking after us. Thanks Kevin.

Next time I must remember to take a detailed radio programme of times to hear the weather reports.



- Photo by Martin Burgoyne

Paddling in Greece

by Judy Blight



I was lucky enough to have a friend who, after selling his house for quite a lot of money decided to shout half a dozen friends the air fare to any destination in the world. Where would I go? The Arctic had always interested me but I felt the cost of that trip might end our friendship. I had paddled in Canada last year so for a change in continent I chose Greece. I had always been interested in Greek Mythology and the return journey of Odysseus from Troy to Ithaca had stayed in my imagination-so a sea

kayak trip in that area was one of my choices. I went on the web and found a group called Monte-Nero activities and proceeded to look for a trip in the Ionian group of Islands. I settled on the trip around part of Kefallonia and the island of Ithaca or Ithaki. First time in an area it's often best to go with a company as you learn the pitfalls and rules associated with paddling in that area and also how easy it is to camp or to hire kayaks.

The other trip that interested me was the trip in the Aegean Sea from the island of Milos to Santorini. The trip is for more experienced kayakers like us as it has 20 km. Crossings and at time it can have very strong winds. Having

only recently paddled at Dirk Hartog with 3 consecutive big wind days I elected the more protected area in the Ionian Islands.



I am not going to give a day to day description but can definitely describe it as one of the greatest holidays I have ever had. The weather was hot, the sea was brilliant blue and perfect for swimming and snorkelling, the trip leader was friendly and professional and the fellow paddlers younger than me(not difficult) and wonderful company. A husband and wife from Denmark, a German fellow and a Swiss German guy. Fortunately, we all shared a love of beer, wine and good food.

We visited small fishing harbours and stayed in small tavernas and we also camped on deserted beaches(mainly small pebbles).The small boat accompanying us carried tables and chairs, tents, thick sleeping mats and delicious foods. Somehow, the Greek salads in Greece taste so much better. One of the things I really liked was the fact we had no flies and only a few mosquitos. Yes-we did have the odd wasp wanting to share our food but not having to wave your hand around your face or cough out the odd fly that always seems to find the mouth, was heaven.

The actual paddling was easy and I really had to slow my stroke down. I have spent so much time trying to keep up with men in Perth that as soon as I

hit the water I become frenetic. It was great to ease along and explore the wonderful caves and look at the amazing cliff faces that characterize the beautiful Ionian islands. I say the paddling was easy but we did have a couple of days in the middle of our 8 day trip when the wind came up and flew down the mountainside and sped along between two islands to give us a really difficult time. Along with one swim to Rottneest accompanying a paddler I did in over 25 knots, this was similar. The wind was side on and so you had to lean well over to prevent the kayak from tipping---it was hugely strong and the force of the wind waves was great. Other members of the group thought they were big waves but—no—they were not like our big waves that build up over great distances. I kept quiet though because it sounds sort of arrogant to say “you should see our waves at home sometimes”.



It was fantastic to be able to practice rolling in the warm water and to practice rescues. I must say they were pretty impressed with my re-entry roll. (Wait till I perfect the hand roll next summer.) Our trip leader, Pavlos(of course that would be his name), gained his certification in Britain and so had a bias to the British way of doing things. I still cant figure out why you have to push off with your paddle in one hand and other hand on the sand when you take off from the beach. We used Prion kayaks which seem to be popular over

there but I was pleased I took my Werner paddle with me. It did cause a few glances my way in airports and one man even asked me if it was a machine gun?



Was it better than paddling around Rottnest? I would have to say no. I love the pristine waters we have with the abundant marine life and the variation we have with our big swells and then the crystal clear see through waters on the outside of Garden Island.

Don't get me wrong, it was a wonderful holiday and the waters are the bluest I have ever seen but I think they have fished the Mediterranean to death. We did see small fish when snorkelling and the small dolphin that inhabits that region but nothing compares to our stingrays, dugongs and sharks that cruise by us here in WA on occasions or our wonderful large dolphins and whales. Lets keep it pristine.



Bits, Pieces and Gear

Rod Coogan

This is an article I will produce from time to time relating to varied items I have found useful in sea kayaking and other related activities. Readers, please be aware that any comment is entirely my own and does not necessarily reflect the views of club committee and/ or club members. Before acting on any information in this article you must thoroughly complete your own due diligence.

The measuring tape used for scale purposes is a 'run of the mill' 3-metre, \$2.00 tape from Bunnings.

Here we go!

The following I believe are worthy of consideration:

FIRST AID KIT



ELASTOPLAST SPRAY BANDAGE

Spray-on transparent breathable film that seals out water, dirt & bacteria. Stays on for 2+days.

For use treating minor wounds and abrasions.

Have used it in the field and it works.

Where: Your local pharmacy

Price: Sorry, no record but it's in my kit.



MENTHOLATUM ICE GEL

Cold therapy for temporary relief from arthritic pain, muscular aches and pains. Just massage in until completely absorbed.

Can be repeated as often as needed.

Have used it on my shoulder with satisfactory result.

Where: Your local pharmacy

Price: Apology, same as above



ST JOHN FIRST AID INSTANT ICE PAC

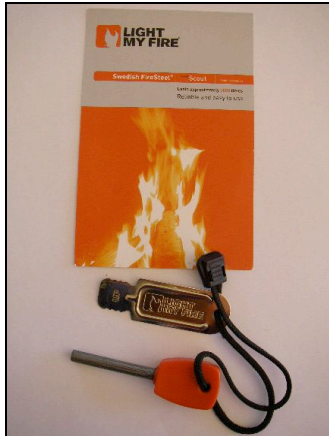
This ice pack is simple enough to use- just squeeze, shake & apply.

For a compact first aid kit it might be a tad bulky being a little larger than fist size. Best stored in a crush proof container.

I store mine in a plastic screw top 'Gatorade' jar.

Where: St Johns direct or your local pharmacy.

Price: Apology, same as above



LIGHT MY FIRE

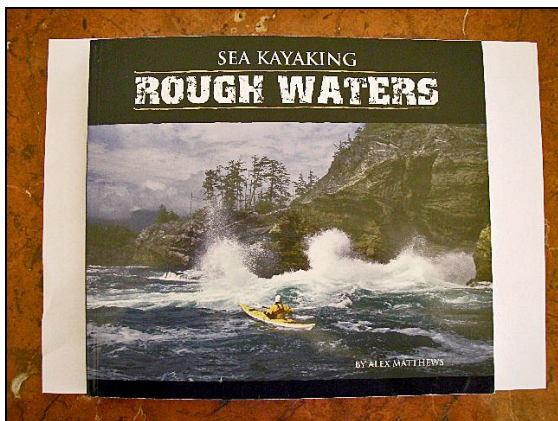
Here's a great piece of gear I think every sea kayaker should include in their emergency kit. Lets you start a fire in any weather.

Lasts for 3000 strikes, works when wet & cold, easily ignites any flammable material including my Trangia stove without removing the wind shield. Instructions indicate you can start a fire in 9 different languages. I now use this product in place of matches.

Highly recommended.

Where: BCF Stores. Price: \$19.90c

(Larger size- 10000 strikes@ \$30.00)



SEA KAYAKING ROUGH WATERS

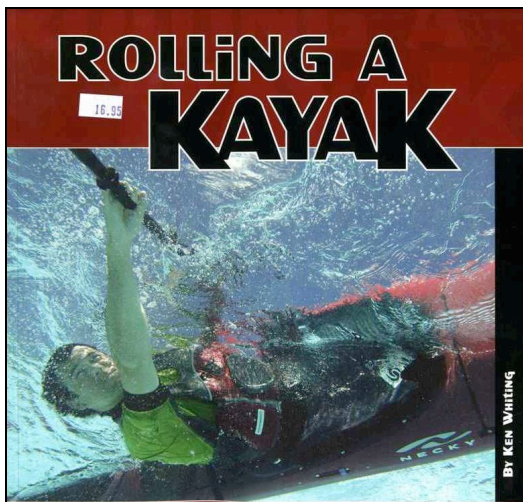
Alex Matthews

Very good publication, better than the norm. Finally an author who rates 'paddle float self rescues' as completely inappropriate in rough waters.

This book is in my library. To purchase visit:

<http://www.seakayakermag.com/>

Price; about AUD35.00 (From the US)



ROLLING A SEA KAYAK

Ken Whiting

Good publication, clear text with very good supporting photographs. Covers rolling in surf, holes and current plus bracing, sculling, hip 'snap' and shoulder safety. It's in my library.

To purchase visit:

<http://www.seakayakermag.com/>

Price: about AUD25.00 (From the US)

That's it for this newsletter.

See you all on the water.

Rod.