



WA SEAKAYAKER

JULY 2017

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Front page-Ian Hollick learns the art of greenland rolling from the Master, Turner Wilson Photo by Jacki



Welcome

Welcome to this July Edition of WA Sea Kayaker magazine

Thanks to the wonderful members who have contributed articles and stories to this club magazine. I encourage all members to discover the writer within and to tell their stories of their development as a sea kayaker or their adventures in sea kayaking. Perhaps you do other adventure activities, we would love to hear about it!

How do you get the skills to become a confident sea kayaker, one who enjoys paddling more adventurous conditions? Paul Cooper is offering a skill development day each paddling calendar. Read about how Paul will teach you skills to increase your confidence.

Sea skills training 2017 is currently underway with Sandy Robson passing on her extensive knowledge to a very happy and at times wet group of members. Gaining the Sea Skills qualification is a great way to empower your kayaking and increase your awareness of how to keep safe on the ocean.

How would you like to be personally coached by the masters of rolling, Cheri Peri and Turner Wilson? Jacki and Ian Hollick flew halfway around the world to do so. They came home with new knowledge, new skills and unexpectedly, new kayaks!

Kim Palmer had a blast of a paddle from Lancelin to Ledge Point last summer. Read why they all ended the trip with great big smiles.

The seventh wave, is it really the biggest one in the set? Richard Lailey investigates if the seventh wave is fact or fiction.

What is grass roots kayaking? Sandy Robson explains and in doing so, highlights a beautiful secret on Australia's doorstep.

Ever dreamed of paddling a kayak around beautiful Greek Isles? Pete and Heidi Hutton spent an amazing summer in Europe doing just that. Dream and plan your next trip as you read about Heidi and Petes' adventures.

The club now has a social media presence with a Viber chat group for Perth paddlers. It will allow sea leaders to communicate changes in the paddling plan and for individuals to organise peer paddles at short notice. If you want to join, get the Viber app on your phone and let Callan know you want in.



Our other social media presence is face book at <https://www.facebook.com/groups/SKCWA/>



Don't forget to visit the web page <http://www.seakayakwa.asn.au> (note the new URL) which is regularly updated with photos and details of club events.



Some of you may notice a slight difference in the presentation of the magazine. I have put this magazine together with free open source software called Scribus (<https://www.scribus.net>). It is a desktop publishing program and makes putting the magazine together easier, or thats what I thought.

Using new software comes with an overhead of having to get to understand its ways. I wonder if sometimes I like making my life difficult but console myself by saying I simply like a challenge.

Some of the layout of this mazine has been inspired by Ben Flora, Editor of the Victorian Sea Kayak Club magazine. Ben kindly allowed me to copy some of his layout techniques and I hope it gives the magazine a fresher look.

There are some mistakes in the layout but like a Where's Wally, I will let you discover them.

I hope you enjoy the magazine
Andrew



Training Day

Paul Cooper
30 April 2017

I am always interested to see who rocks up for the training, and more so with this session being held on a Sunday, the past few lessons has been conducted on a Saturday. Held on the Saturday works in well with the Hillarys group and they are always keen to participate. Although Sunday is the club paddling day and club members normally have this day set aside to get out on the water.

As it was a perfect day I had an idea that we could have a good attendance and a number of people had contacted me to say that they would be coming along, in all a total of fourteen people were in the days training session and they included, Sandy Robson, Wolfgang Wetzig, Al Hale, Lindsay Joll, Jo Foley, Peter Douglas, John Radovich, Vanessa Clark, Glenn Partridge, Kim Palmer, Pel Turner, Bruce Pilgrim, Jill Sievenpiper and myself.

It was great to see a good number people make an effort in attending the day's session, and was pleased that Al Hale came up from Mandurah and others that travelled from the South of the river, also nice to see my friend Rado who I haven't see for some time. It was also good to have Sandy in the training session as

she has many years of training experience and can add to various skills that helps out with the training. The first thing I did was to get everyone to select a partner this was done by drawing out a coloured pop sick from a plastic bag. This way we all get to buddy up and paddle with someone new each time we work in pairs. Over the past few training sessions we have been working on strokes and manoeuvres, the purpose of working on these skills is to have paddlers responding quickly to any emergency that may arise and also to respond in a quick and safe manner. Responding to a situation quickly can be very important.

So to start the days training, we all headed out the harbour to the north side to conduct our exercises. Firstly we all warmed up by running through the forward and reverse sweep strokes, plus the draw and sculling strokes. Sandy ran though the finer points of the above moves and explained it very well, many thanks Sandy.



Capsize drill : Photo Pel Turner

Next with our partners we practiced paddling around them using the strokes we had just done, working on speed and skill. Firstly using the sweep stroke and then using the draw stroke. This proved to be interesting and a little challenging, but very rewarding.

Next came the part that we all dread, getting wet. But it's a fact of life if you intend to go Kayaking you are bound to end up in water sometime. As we know, getting back in quickly and effortlessly is the most important thing.

The two rescues planned for the day were the scoop and the hook and heel. Firstly we demonstrated the rescues and then working with our nominated partner we all took turns running through the exercise. This also proved interesting as many had not done these rescues before. All had fun doing the rescues and after a few goes really got the hang of it.

The last exercise for the morning was for all paddlers to work with their partner as a team. The idea was to both exit their kayaks and re-enter in any manner they desire, and leave all the water that remained in the boat until they reached the beach.

Working with a partner it was up to the partner to assist if one was having a problem in getting into their kayak. Plus conducting the rescue with the boat full of water made the exercise a lot more difficult and challenging. Once each paddler was back in the Kayak it was now time to paddle to shore and empty the craft. Once again working as a team and discussing the best way to land.

I am pleased to say it was a fruitful exercise and we all enjoyed the task. As you can see the exercises of the day are real life experiences that can happen to us all and it is always great to have a plan, and understand what is required of us in any situation that may happen out on the water.

To finish off the day we all did a relaxing paddle around Cow Rocks and headed back into the Harbour for a well earned coffee.

Well done all the new paddlers that did the training exercises you all did extremely well.

Once again, thanks to all that came along and made the day a heap of fun, I look forward to catching up with you at the next training day.



Assisted rescue was practised : Photo Pel Turner

Sea Skills Course 2017

Written by Andrew Munyard

Being a member of the SKCWA is a way to improve your sea kayaking skill in a friendly and supportive club environment.

participants.

Of course once having attained the Sea Skill or Intro to Sea Skills qualification, there is a need to practice and refine the skills so they will become second nature and be put into practice when needed. Paul Cooper offers this opportunity every two months by running a training day at Hillarys



Chris Mawson gives the CY Oconner statue a hug whilst the Sea Skills trainees hang off his strong arm : Photo Sandy Robson

This year Sandy Robson, has taken on the challenge of teaching the Sea Skills course. In addition, she has taken under her wing a couple of trainee Sea Instructors and a trainee Sea Leader. Participants have been getting used to wet exits, self and assisted rescues and all of this in winter! After the first week, all participants came with a few extra layers of clothing just in case Sandy called out 'wet exit'.

With Les Allen's move to the east coast it is great that Sandy has stepped up to create this opportunity for the

(see the two articles in this magazine). Paul's training days are a great way to have fun and make sure you have the skills to paddle confidently and to get more out of your paddling.

It's great that we have club trainers who are prepared to give so much time to the development of others.

QAJAQ ROLLING CLINIC WITH CHERI PERRY AND TURNER WILSON

Jacki Hollick

Many of us have watched 'This is the Roll' and 'This is the Roll 2' DVDs by Cheri Perry and Turner Wilson over and over again in an attempt to learn a range of wonderful rolls. Many of us have been found in strange positions attempting 'land practice' of these rolls on our front lawns, hanging off the edge of the bed etc. In fact, if you go to Spinnakers Café on a Saturday morning after the Hillarys paddlers' regular Saturday paddle you will probably see a spectacle of arms and legs in different positions attempting to demonstrate to each other how we do it, where we put our legs, arms and head in attempting these rolls.

I've thought for a long time that it would be great to be able to talk to Cheri and Turner in person to check if we've actually understood what they've been trying to tell us through their DVDs.

Fortunately, Ian and I had the great opportunity to do just that. We were planning to visit family and friends in the UK during June 2016 when I realised that Cheri and Turner were contemplating a Euro tour around that time. So we waited for the tour dates confirmation and booked our flights around that!

This article is the story of an amazing experience with the Greenland stick under the instruction of gurus Cheri Perry



The Master and the Apprentice : Photo Jacki Hollick

and Turner Wilson on the North Devon coast of the UK in June 2016.

We booked in to two days of the three day weekend clinic due to time pressures but on experience this was the



Cheri Perry and Turner Wilson : Photo Jacki Hollick

best decision as just two days were exhausting and I don't know how we would have coped with three.

Let the planning begin. We weren't sure how cold it would be although we suspected not warm. When we asked Cheri by email, she responded that the water is COLD! We got the picture.

So we hired a couple of dry suits in preparation but as I'll describe later that wasn't all that was required!

The clinic was based in a place called Nethercott Farm in North Devon and I knew that Reed Chillcheater (where we have purchased most of our paddling gear) was somewhere in the west of the UK. It turned out that their factory is in Braunton just a 5 minute drive from the Farm. So, our planning now included the purchase of some Reed gear, tuiliqs, thermal tops and pants, which was a good job as all were required.

hire car loaded with paddling gear and the dry suits with more to pick up from Reed. It took 4.5 hours to get to Braunton and surprisingly Devon was reasonably warm. We pulled up outside the Reed shop to find Dion and Chris Reed enjoying ice creams in the 'heat'.

After a tour of the factory and picking up our gear we drove to our B&B called the Potting Shed which fitted the bill perfectly as it had plenty of areas for drying wet paddling gear.

And so the learning commenced.

On the first day, we drove to the Farm to commence the day with land drills and yoga which really helped in my understanding of the extent of the rotation required through the hips for rolling. We spent some time exploring yoga movements



Jacki practising rotation

We talked to Dion at Reed who was really helpful and very impressed with our trip half way around the world to attend the clinic. We became known as the 'Australians'.

Five months later in June after much anticipation and excitement we found ourselves on the journey from Kent (after visiting family) to North Devon. We had a

and hanging around on the lawn practising and watching different manoeuvres in and outside of boats.

Learning no 1- extensive rolling of the hip is required.

I learnt that starting rotation from your feet meant that you have much more

ability to move the boat off. If you practise this on a lawn, your water leg hip will end up on the lawn right over on the other side of

Turner's quote – 'where does your rotation start from = right down in your feet'.

your non water leg hip.

We had met Chris Reed's wife, Jo, at the Reed factory and followed her to the Farm. Jo ended up being my rolling buddy for the two days and we had such a lot of fun.

So, after land drills we drove to Lee Bay, a beautiful beach/bay to the west of Ilfracombe. We hired kayaks and used Cheri's Tide Race Explore S for rolling.

The best surprise was that the group consisted of only seven so we had full on one to one attention from both Cheri and Turner.

Before lunch, we split into two groups for some Greenland paddling techniques, so this wasn't just about rolling. This was very much about the fundamental Greenland approach to paddling in all forms.

Ian and I were with Turner and explored the bow rudder, cross bow rudder, sweep and draw side stroke.

Learning no 2 – get rid of the Euro 'twist'.

Turner quickly recognised my Euro 'twist' with my left hand, left over from feathered Euro

paddle strokes, which Turner spent some time on correcting. It has made a huge difference to 'clean' paddling.

Turner's quote – 'no splashing required and cant forward whilst your wrist moves across your eyeline'

The difference between high and low tides in the UK is much more pronounced, so at the end of the morning session we had to land at a cove further out and walk back to the original beach. By the end of the day this



Turner, Cheri and Chris carrying boats back to beach

meant that we had a fair hike to carry the boats back.

Back at the beach, we enjoyed a much needed lunch.

In the afternoon, we paired up with our rolling buddies. I with Jo and Ian with Dirk. The afternoon session for Jo and I focused on lie back rolls, bracing with the avataq, butterfly rolls and some work on hand rolls. Ian focused more on forward finishing norsaq and hand roll techniques.

This is where we



Ian and Turner

acknowledged the temperature of the water and true to Cheri's words the water was COLD. We dressed up big time – double thermal top and pants, followed by the dry suit. You'd think that would be enough. But no, we then wore a tuiliq over the top of the whole lot!

Turner's quote – lie big and flat on the water.

Michelin man was the feel but it was well worth it when standing in the water spotting for our partner.

Learning no 3 – you cannot arch enough for lie back rolls. You need to arch and arch some more.

Learning no 4 – whilst your water leg (for example right leg) rotates over as far as possible to push the boat off, the non water leg needs to move forward to enable you to arch on to the back of the boat.

This was very obvious in the land

drills.

So, at the end of day one, which finished at approximately 5pm, you can imagine how exhausted we were. We returned to our B&B with some fish and chips. We hung the paddling gear up to dry, ate our fish and chips and fell in to bed.

Day one had certainly lived up to our hopes and expectations. In fact, it exceeded them. I had no idea that we were going to have such individual attention.

So, what did day two have in store for us?

We drove to the Farm and practised land drills and discussed aims for the day. This day we had a group of eight with some



Jacki and Turner walking to the beach at Lee Bay

changes. A couple had left and Chris Reed joined us and paired up with Ian for rolling. We also had a guy from Scotland join us who felt the Devon water was much warmer than that in Scotland. So, consequently he



Jacki, Jo and Cheri exploring the forward finish technique only wore a short sleeved and knee length wet suit. My look of shock meant that Cheri had to explain 'don't worry, they're from Australia'.

To my surprise, the aim for Jo and I was to start some forward finishing roll techniques. I had not progressed to anything forward finishing before so this was going to be interesting! Cheri assured us it would all be ok!

We drove to Lee Bay with even better weather welcoming us. The morning session, again with Turner, focused on the techniques of day one plus some work on a faster forward stroke and techniques for turning in

the wind (although there wasn't a lot of wind to practise that). He also demonstrated a Greenland draw stroke.

After lunch, Jo and I commenced our forward finishing roll techniques while Ian and Chris focused more on the forward finishing norsaq and hand rolls again.

Jo and I initially used the avataq to practise the final section of the reverse sweep roll and then progressed to using the paddle. We both had difficulty to start with but eventually got the hang of the movement through the use of some very 'scientific words' of description as below.

Learning no 5- roll your bum, inspect your right hip, move arms across the boat, keep pressure on your left hand and keep your right shoulder up, left shoulder down.

For me the most relevant part is to inspect your hip as this prevents you from lifting your head.

Learning no 6 – now having experienced the feel of a forward finish, Cheri's earlier description made



Group at Jo and Chris' house

sense. That is, rear finishing rolls require open hips, whilst forward finishing rolls require closed hips.

So, we came to the end of our second day soooo exhausted but also full of the feeling of anticipation, hope and excitement that seems to happen after you have been on a huge learning curve. And the curve of the last two days had been extreme.

After all the boats had been secured on to the cars, we were invited for a cup of tea at Jo and Chris Reed's new holiday home on the hill overlooking Lee Bay. So, we followed the group up to this amazing house through some very very narrow lanes. We had become accustomed to the 'rules' of passing on these narrow lanes but were extremely relieved that nothing was coming the other way on this occasion.

A group photo seemed fitting. The photo attached reflects the relaxed nature of the clinic and our pleasure of having achieved so much. It was a great group to be a part of.

After goodbyes and an amazing offer from Chris to try to get the Rebel Ilaga and Greenland T boats from Poland to us in Australia (but that's another story), we drove back in to Braunton and had dinner at the local pub.

The two day clinic with Cheri and

Turner in North Devon was certainly a turning point for me in understanding the techniques of rolling but also an appreciation of the Greenland approach to paddling generally. It makes so much sense and reinforces the connection of paddling with nature.

I hope that I have given justice to the intent of Cheri and Turner's teachings. I have used my own words to interpret their teachings and so whilst they make sense to me they may not to everyone and cannot be taken as scientific fact on my part!

This article has attempted to give a taste of our experience with Cheri and Turner's clinic and as a result may spark interest for others in the future. I would thoroughly recommend attending one of these clinics. They seem to be running them in the UK and Europe each year and in fact as I finish this article, Cheri and Turner are again in Lee Bay running a clinic with some very lucky paddlers.

That concludes this story of an amazing experience with the Greenland stick under the instruction of Cheri and Turner on the North Devon coast of the UK in June 2016.

Happy paddling and even happier rolling.

Jacki Hollick

June 2017



Rebel Ilaga and Greenland T at Hillarys

Lancelin to Ledge Point

Saturday 25 March
Trip Leader: Kim Palmer

A group of eight paddlers took advantage of the ideal conditions to participate in the club paddle from Lancelin to Ledge Point and return on Saturday 25 March - Jo Foley, Al Hale, Paul Cooper, Glenn Partridge, Glen Colledge, Wolfgang Weitz, Pel Turner and Kim Palmer.

After a tricky launch from the storm eroded and seaweed encrusted beach, the group formed up in the company of a family of dolphins before passing in the lee of Edward Island for the 12 km journey south. Under blue skies and light southerly breeze, a path on the outside of the reef was chosen to avoid the breakers from the rolling 2m swell on a 16 second wave period. Nearing our destination, we picked our way back in using Paul's knowledge of the area, making it to the Point for an early lunch where each paddler performed a nice bongo onto the beach.

For the return journey, in a wind that had lifted to 15 knots SSW, we decided to



take a chance a run inside the reef. Paul and Kim took advantage of the conditions to supercharge their kayaks, hoisting their Flat Earth sails.

Despite a few close calls with breaking waves and unplanned surfing over a bombie or two, the return, while fast, was surprisingly uneventful apart from the silly grins on everyone's faces. The coffee, pies and cakes at the bakery completed a fine day before hitting the vehicles for the drive home.

Kim



The Seventh Wave – Fact or Fiction?

Richard Lailey

Anyone who has read Henri-Antoine Charrierre's book titled "Papillon" (meaning Butterfly), first published in English in 1970, will be aware of Papillon's attempted escape from Devil's Island in the French penal colony of French Guiana. Many prisoners had previously died attempting the escape, either by drowning or eaten by sharks.

His plan was to escape by flinging himself into the ocean from a cliff, and using a bag of coconuts as a raft. Prior to jumping he'd observed that as the waves rolled in, they arrived in a particular succession: every seventh wave appeared larger and stronger than the others - strong enough to reflect off the cliff face with sufficient force to break through the incoming waves behind. The seventh wave would therefore push him away from the island into the deep ocean, and hopefully to freedom. After several experiments using weighted sacks to prove his theory, he picked his day and attempted his escape.

Ever since this story emerged there has been much speculation about the seventh wave. Is it really bigger than the others? And

why should we care?

As sea kayakers, we care because breaking out through surf from the beach or around a reef, or attempting a beach landing can be a painful or costly exercise when you get crunched by the biggest wave in a group - as many of us are only too aware!

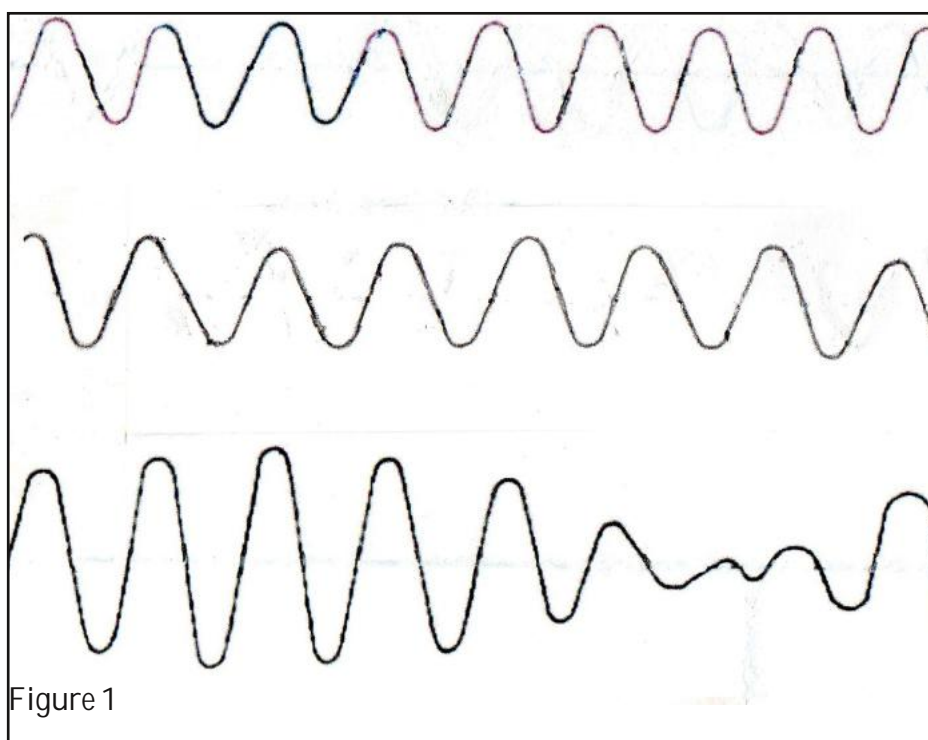
This topic of conversation arose, as do many interesting conversations, one evening at the pub during a 3 day club paddle in Jurien Bay organised by Paul Cooper in September 2015!

In answer to the first question – is the seventh wave really bigger than the others – we first have to look

at why waves form into groups in the first place!

The reason is that when waves are initially created by the wind, waves of various wavelengths (and hence wave periods) are generated. As the wind strength increases, waves grow in size and their wavelengths and periods increase. This effect can be enhanced when the wind has been blowing in the same direction for a long time (known as the "duration") or the distance over which the wind is blowing (called the "fetch") is large.

And here's the important point - waves don't all travel at the same speed! Their wave speed (in deep



water) is determined by their wavelength (in shallow water it is determined by water depth). So the longer the wavelength (or period) the faster they travel – in scientific circles this is known as “dispersion”. The formula in metric units is wave speed (in m s^{-1}) = $1.56L$ or $1.56P$ where L = wavelength in

differing wavelength (or period) initially travelling together (a wave train is simply a single procession of waves). As their wavelengths are different, one wave train is travelling slightly faster than the other (see Figure 1).

When the waves combine we can see there are times when they are perfectly

groups are formed and, in this particular case, the largest wave in the group is in fact round about the seventh!

But is the seventh wave always the biggest? Well, even in the above simple example, it turns out that the number of waves in the group can vary from 2 or 3 up to 20 or more, depending on the size of the wavelengths and how close or apart the periods are! For example, two waves of 7 and 8 seconds would indeed result in Papillion’s wave group of about 7 waves (as would possibly a few other combinations); however, two waves of 4 and 4.5 seconds would result in a wave group of about 8 or 9 waves and two waves of 14 and 15 seconds would result in a wave group

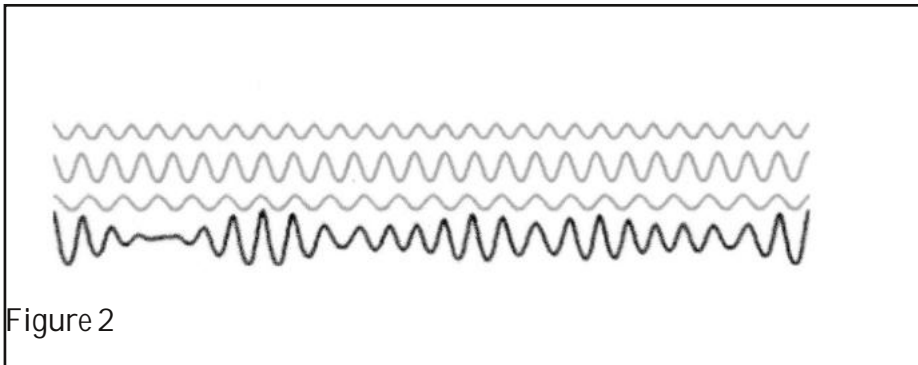


Figure 2

metres and P = period in seconds.

The fact that longer waves travel faster than shorter waves can be likened to a horse race. At the start the horses are all lined up together but as the race progresses they become strung out in a long array, with the fastest horse in the lead (in our case the longest wave) and the slower ones following behind. So when waves of different wavelengths are generated from the same source, e.g. a storm or other form of wind disturbance, the longest ones will move ahead of the shorter ones and arrive at the coast first.

So let’s take a simple example of two wave trains of the same height but slightly

in phase, in which case they add together, times when they are completely out of phase so they cancel each other out,

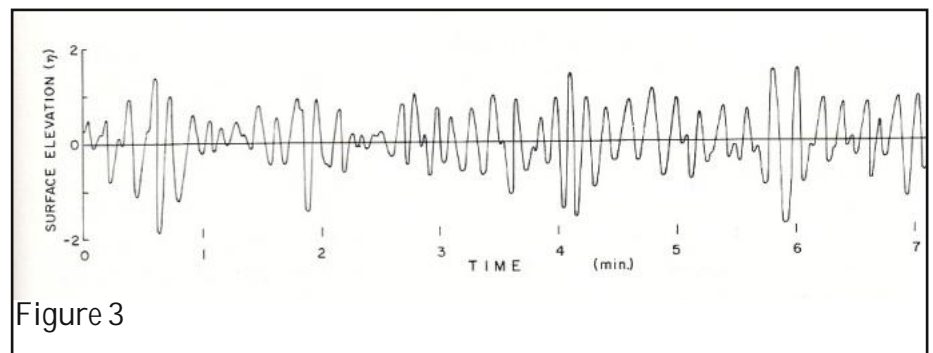


Figure 3

and the rest of the time they are somewhere in between. When the wave trains add together, the waves are big (this is the middle of the group) and when they cancel out they disappear to almost nothing (this is the time between groups). This simple example of “wave interference” shows how wave

of about 14 waves.

Secondly, in reality, most wave systems consist of not just two, but several component wave trains with not only differing wavelengths, but different (and irregular) heights as well – and they may not necessarily be travelling in exactly the same direction. An example of what you can get if



Figure 4

you combine three wave trains is shown in Figure 2 (from https://en.wikipedia.org/wiki/Group_velocity). Here you can see the wave grouping is more complex, and the lulls between sets are less defined.

So the chances of the seventh wave consistently being the biggest in a wave group at any particular time or location are small. Nevertheless, natural wave grouping can clearly be seen in Figure 3 (from *Introductory Dynamic Oceanography* by Pond and Pickard, 1983) which shows some real waves measured over a 7 minute period.

Can we actually see wave groups? Within the fetch, especially close to the storm centre (where things

can get pretty chaotic), wave groups would be very hard to see. Towards the end of the fetch and beyond, where the group forming mechanism has had more of a chance to operate, they might be more discernible – but even then, they can still be hard to see, partly because of the way they travel (individual waves can appear at the back of the group and disappear out the front - see the previous article on Swell Waves in the March 2016 edition of the newsletter). The best way to observe wave groups is from the air (see Figure 4). More aerial photos of waves can be found by typing “aerial photos of the ocean” into your browser.

As wave groups travel further and further beyond their fetch, waves moving at

more or less the same speed tend to group together and by the time they are thousands of kilometres away, there can be long stretches of time between wave groups when the ocean appears flat (assuming there are no local wind disturbances present).

And as they approach shallow water, the individual waves slow down as they “feel bottom” and “bunch up” (and steepen) as their wavelengths shorten and their heights increase - but their periods stay the same, and their “groupiness” often becomes more clearly defined.

Surfers frequently refer to wave groups approaching the coast as “sets” rather than “groups”. And, when the surf’s up, if you



Figure 5

ask a pod of surfers how many waves there are in a set, they will probably say somewhere between 2 and 10, with the most common number being 4 to 5. This is because when they talk about "sets", they are usually referring to the most surfable waves in the group.

Figure 5 shows a photo of a set arriving at the coast - Waimea or Jeffreys Bay maybe? No - our very own doorstep - "Surfers' Point" during the 2017 Drug Aware Margaret River Pro world surfing event!

In conclusion, then, it can be very difficult to predict the lulls between wave groups during a beach take-off or landing! And you can easily

get caught if there is more than one wave group present (or there is added confusion due to a local wind sea or chop), as big waves can seemingly come out of nowhere. The problem can be further complicated by the fact that bigger waves tend to break earlier and further out than smaller waves, so you can't assume the waves will all be breaking in exactly the same spot.

Nevertheless, spending a little time studying the surf to try and see what's going on, can be a definite help before making that final commitment! For example, counting the waves and noting their variability in period and height, especially

if corroborated by a local wave height and period forecast, can be useful in anticipating potential lulls between sets! A handy forecasting service for this purpose is Windguru which forecasts the total wave height, period and direction as well as the predominant swell, secondary swell and wind sea.

So did Papillion make his escape? Well, that would be telling – you'll have to read the book to find out!

Note: Figure 3 reprinted from "Introductory Dynamic Oceanography" by S Pond and G Pickard, 1983, second edition (Chapter 12 entitled "Waves", Figure 12.10) with permission from Elsevier.

Club Training Day at Hillarys Marina

with Paul Cooper
Saturday 24 June 2017
Written by Richard Lailey

The turnout for the morning was excellent, with a total of 14 paddlers including Paul. The weather was beautiful and sunny with winds between 5 and 10 knots, initially from the SE turning becoming more southerly and then SW'ly during the morning. The water was a bit on the chilly side (around 18-19°C), so everyone heaved a sigh of relief when Paul announced we wouldn't be getting wet.

Paul quickly ran through the agenda, announcing this was to be a "no rudder or skeg" day, focusing mainly on "edging";

- Steering and turning strokes

- Reverse paddling

- Forward and reverse sweeps

- Short paddle around Cow Rocks to practise the above

An additional item on the agenda was to have been beach landings, but this was cancelled due to the low wave conditions.

Training commenced just before 9am with Paul sitting in his kayak on the grassed area behind the beach and demonstrating how to keep a straight line, when you're on a wave, for example, perhaps surfing or down-winding).

This is done using a stern rudder, with the paddle angled down towards the stern (this gives the back of your boat some "bite"). The idea of the stern rudder is to help you steer with minimal loss of


speed. Keeping a straight line is achieved by quickly alternating side to side. You can significantly enhance your stern rudder by "edging" your kayak, which you do by lifting your knee, depending on which side you want your kayak to turn.

For "fine" adjustments to your steering you have your paddle on the same side as your raised knee. A detailed discussion of this technique can be found in Paul's training article - 17 December 2016 (see the March 2017 edition of the Newsletter).

For "coarser" adjustments to your steering you can have your paddle on the opposite side to your raised knee (so you lean into the turn). But beware, this can sometimes be too effective and, if you're on a wave, you may turn too far and start to broach!

We then grabbed our boats and paddled down the marina paddling 6 powerful strokes at a time, using our stern rudders (with edging) to keep a straight course. This was followed by backwards paddling to AQWA, edging again, to help maintain a straight course. We soon discovered that edging is "key" to keeping a straight course when it comes to backwards paddling. Again a full discussion of this technique is in Paul's article in the March 2017 newsletter.

We then practised our forward



and backward sweep stokes, using edging to make our turns more effective. This gave us the opportunity to see how far we could edge without a capsize or, in Kim's case, how far you can edge with a capsize – followed by a perfect C-C roll – well done, Kim! We also learned that locking your knee into the top of your kayak gives you more control on the degree of edging you want.

Next we played follow the leader (Paul leading), with everyone following in a large circle, forward paddling only – using edging to steer - first one way and then the other. Rob brought up the rear with his typical enthusiasm, thinking this was the start of a "congo" dance manoeuvre (without the music).

After some more backwards paddling down towards the entrance to the marina, we paddled out to Cow Rocks, practising our skills before returning to the marina beach for some rolling practice and coffee at Spinnakers supplied by our very own Megan.

Our thanks once again to Paul for organising a very enjoyable and focussed training session, and to everyone who participated. Although this session was largely revision, it showed once again that you can only acquire these skills by practise, practice and yet more practice!

Attendees. In addition to Paul, were: Craig Bosch, Debbie Erasmus, Jo Foley, Brian Gilbert, Linda Glover, Ian and Jacki Hollick, Richard Lailey, Rob McCracken, Kim Palmer, Glenn Partridge, Barry Roberts and Allesandra Traverso.



Tufi Welcome : Photo Courtesy Jan Hasselberg

Grassroots Kayaking

by Sandy Robson

A very strange morning indeed under the watch of the Banyan Tree with the boulder in its clutches. I woke up thinking about what in my kayak I could possibly give to this fellow living here in a remote cove. I wanted to express thanks for the campsite and to in turn make a difference in his world - the world that blessed me with kind shores. The answer came when I emerged from the tent. He came over with an empty bottle, asking for benzene (petrol). The poor fellow was living in a humpy made

from sticks and ripped tarpaulin. He must have thought I have a motor hidden away somewhere in my boat. I explained that I didn't have any benzene remaining, but that I did have money. I gave him 50000 Indonesian Rupiah, which equates to 5 bucks and would get him 5.5 bottles of benzene rather than one. He was so very thankful for my small contribution. The next time I turned around from packing up my tent, two new people had appeared. It was like my 5 bucks had made them appear like

a genie from a bottle. We chatted a bit, and I really needed help to launch the kayak over the rocks at low tide. I didn't ask, but the man I was chatting to just helped me push the laden kayak over the rocks whilst his wife watched on. I got in the kayak and moments later on the next look over my shoulder, that pair of people had completely disappeared and there was just the happy hermit sitting peacefully watching me paddle away. Was my mind playing tricks on me? Had those two people been there

difference. In India, one is reminded every day how lucky you are to be born into the life you lead. No matter how terrible your day or your situation, in India, there is always someone who is worse off than you. Although I traveled with just a few possessions inside my small kayak, there was many a time that I reflected on what I could give away to people to change their day around, to make a difference in their awful world, to see a light in their eyes and a smile or to feed an empty belly. So many



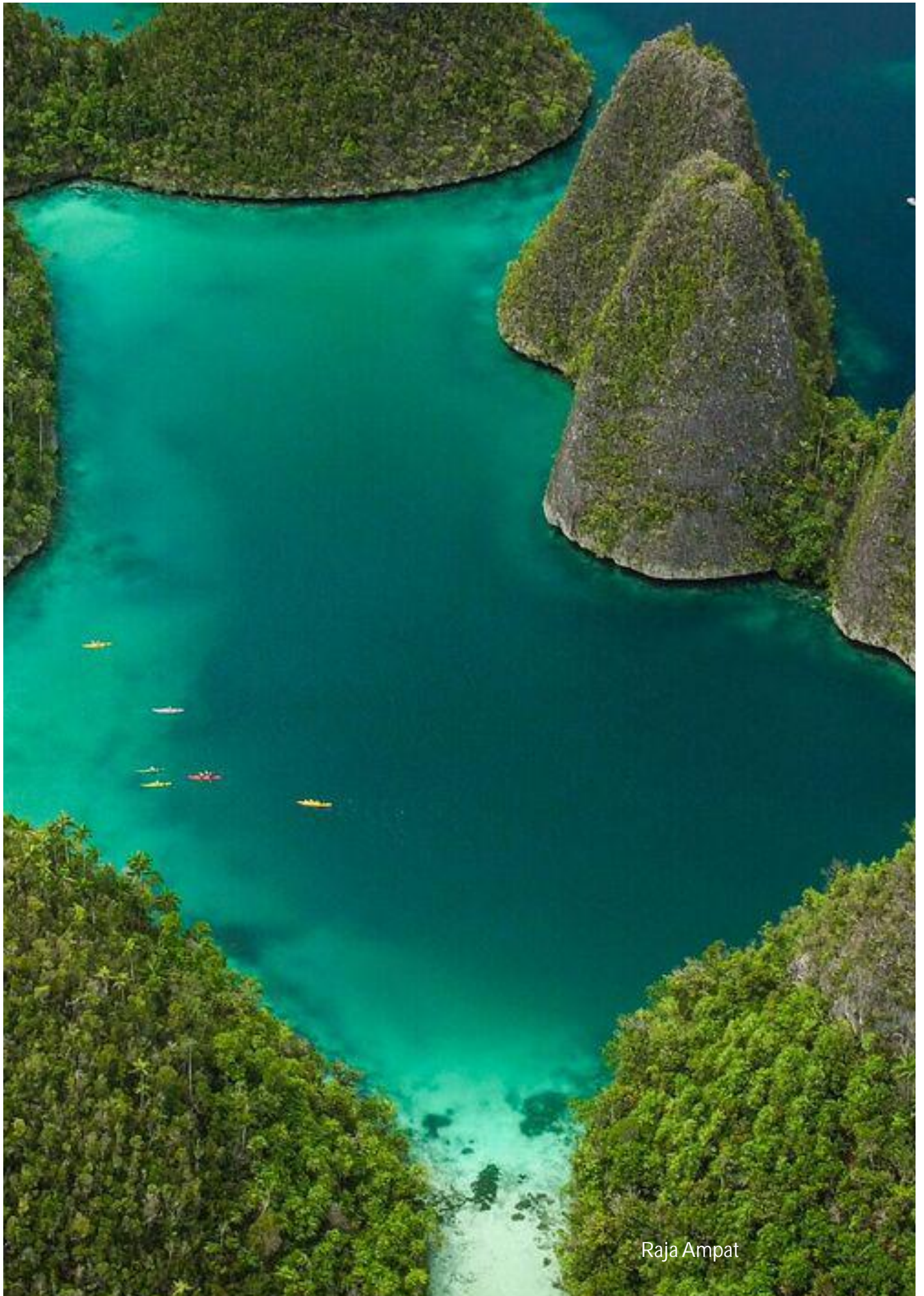
A Tufi Homestay : Photo Sandy Robson

really? Like a volcano on a Javanese skyline, one second there, and the next second I was left wondering if I had imagined it after all. Maybe the universe just gave me the help I needed in exchange for the help I gave to that man.

This was not the first time on my journey that I had reflected on the power of giving and a person's ability to make a

people with nothing had helped me along my way willingly and without expectation of something in return. Proudly invited me into their homes and treated me more like a gift rather than a stranger.

One of my staunch supporters in India, Jehan Driver, was a huge inspiration. He ran an outdoor recreation and tour company called Quest Expeditions. He had





Photos from Top left to right

A Tufi Welcome : Photo Sandy Robson

Govinda - One of the Guides at Quest Expeditions in India : Photo Quest Expeditions

Dinner being prepared at Tufi PNG : Photo courtesy Jan Hasselberg

The Beach on Which the story begins - how the other half live : Photo Sandy Robson

Raja Ampat kayaking : Photo Expedition Engineering

Locals paddling to the Tufi Store PNG

Homestay Perched up in the Fiord at Tufi : Photo Sandy Robson





A welcome in Oro PNG : Photo Sandy Robson

taken several boys who were orphans rescued from the streets of Mumbai and had given them meaning in their lives, training as adventure guides, a home, food, a family and an amazing life. This project opened my eyes to a link between kayaking and grassroots community. Making your adventure make a difference. What if you turned your adventures around and made it not so much all about you, but focused on how you could make a difference. I later went back to the Quest Expeditions base in the South of India and ran a kayaking basic skills course for those boys. On their Australian Canoeing forms, they wrote about how lucky they felt to get to do a course and be given training.

In the far east of Indonesia I came across another fine example of Grassroots recreation that is contributing significantly to social and ecological well-being. Max Ammer of Papua Diving Resorts was one of the first people to recognize Raja Ampat as a global marine biodiversity hotspot and the potential for world-class scuba diving. Max runs two dive resorts and was keen to contribute projects to the region that would preserve the natural environment and provide a source of income to the local people. Being human-powered, Kayaking seemed a perfect way to access wonder.

The local people traditionally would travel by dugout canoe.

Kayaks 4 Conservation was born. A Kaskazi sea kayak mould was imported from South Africa and locals were employed to build Raja Ampat's expedition style single and double kayaks. Local people were also encouraged and assisted to build small home-stays and given guidance in setting up and running a small grassroots tourism enterprise. The money they earn allows them to access basic services that we all take for granted, like being able to afford to send their children to school and buying school uniforms.

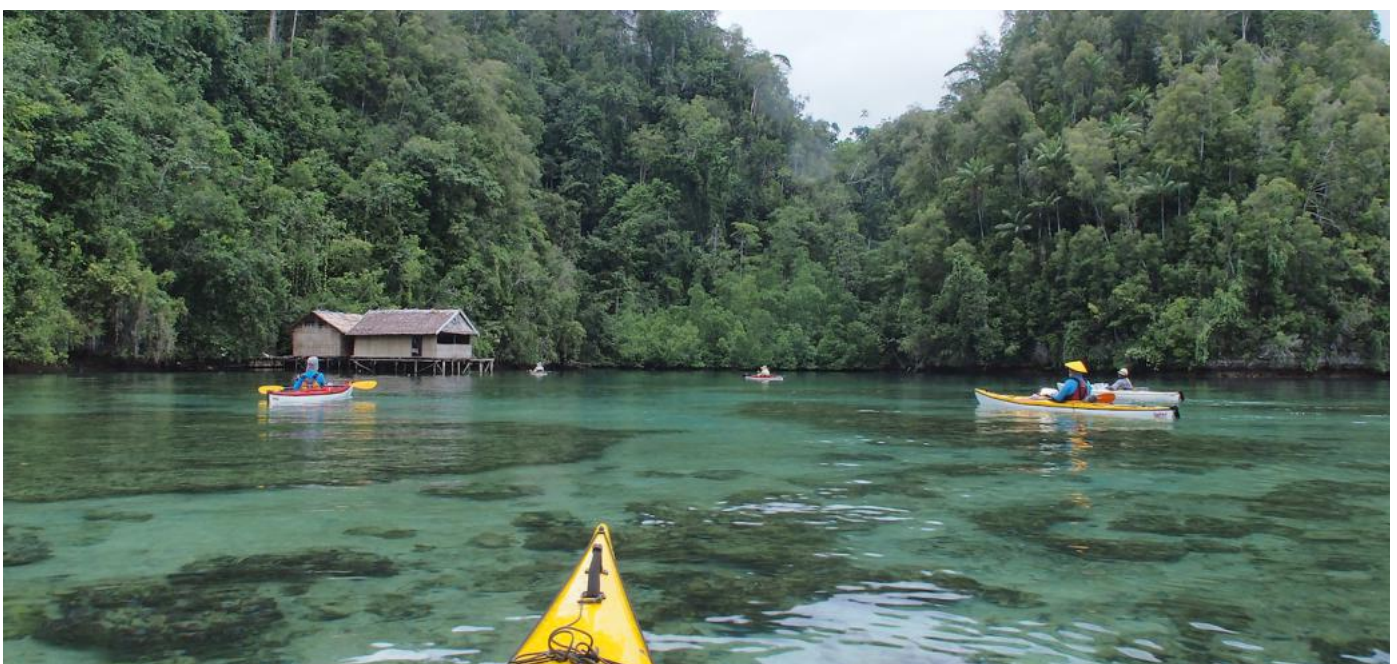
Booking on a Kayak 4 Conservation journey, you can paddle from home-stay to home-stay or camp out on a sliver of tropical sand on equatorial beaches. You will be accompanied by a local guide and





will be served simple and delicious local dishes for breakfast and dinner at your homestay. Some will even make you a packed lunch to take along on the next days paddle. This is world-class paddling territory, warm water, rugged and beautiful. If you take on the more advanced and longer journey to the outer islands, you will be rewarded with some of the most breathtaking scenery you could ever imagine. Upwelling of water from the depths brings

numerous Manta Rays. This was the only place in Indonesia where I saw signs on the reef basically stating, "This reef belongs to God". It means that locals are not permitted to walk all over it and take every fish, no matter the size. Areas are set aside as marine reserves in order to preserve the unique biodiversity. Scuba diving and Kayaking are resulting in an ethical change and generating conservation initiatives.



Raja Ampat Homestay : Top and Bottom photo: Expedition Engineering



The Beach on Which the story begins - how the other half live : Photo Sandy Robson

huts and you'll sleep under a mosquito net. It was so balmy that I just slept in a sarong, leaving plenty of room in my kayak for treats and gifts to dazzle my hosts with. A box of tea, a bag of sugar and a bag of rice brought much appreciation and meant everyone could drink tea all night as we gathered around in the Haus

Win (a thatched hut

Further along on my expedition I got acquainted with Tufi, which is a unique region of tropical fiords in Oro Province, Papua New Guinea. Once again, most of the tourism income of Tufi is generated from dive tourism and centres on Tufi resort. There is however, a magical and rewarding experience awaiting those who dare to venture around the Tufi coast by sea kayak. Hidden away on the top shelf in Tufi Resort's dive shop, is a small fleet of brand new sea kayaks donated to the resort by Tourism PNG. The kayaks have hardly been used. The resort has PFDs, paddles and kayaks. Everything else you would need to bring with you. Dotted throughout the fiords are homestays that have been set up by the local villagers. Not many people know about these basic accommodations that have some of the most welcoming and lovely hosts in the world. Life in Tufi is very traditional. Almost everyone travels by dugout canoe. Families have gardens that they paddle to each day and tend their crops. You'll dine on simple foods such as seafood and root vegetables poached in coconut cream and an array of tropical fruits. The homestays are simple thatched

for gatherings that lets the wind blow through). The cost of the homestays in Tufi included activities and my hosts would often accompany me by dug-out canoe to my next homestay, guiding me to sweet snorkeling spots, local markets and sometimes up a precarious track to show me their scull cave where rested the skulls of their ancestors. I tried paddling their canoes, ate freshly caught tuna and mackerel and heard stories of fishing with lines where stones are tied on with reeds to send the line right to the depths. It was here in Oro where I was physically carried in my kayak up a steep hill to a host's guesthouse. This is the highest mark of respect and acknowledged my voyage across many miles by human power. I told the elders of that community about you. About how you would love to sleep in the incredibly beautiful place that they call home and to hear them screaming Oro Oro Oro Kaiwa in welcome. Intriguing tattooed women's faces, tapa cloth clad tribesmen, babies swinging and sleeping in string bags, and a journey that is not just for yourself, but for making a difference -awaits.

Ionian Island Sea Kayaking Adventure

Pete and Heidi Hutton

August 2016

Images by Pete and Heidi Hutton





Introduction

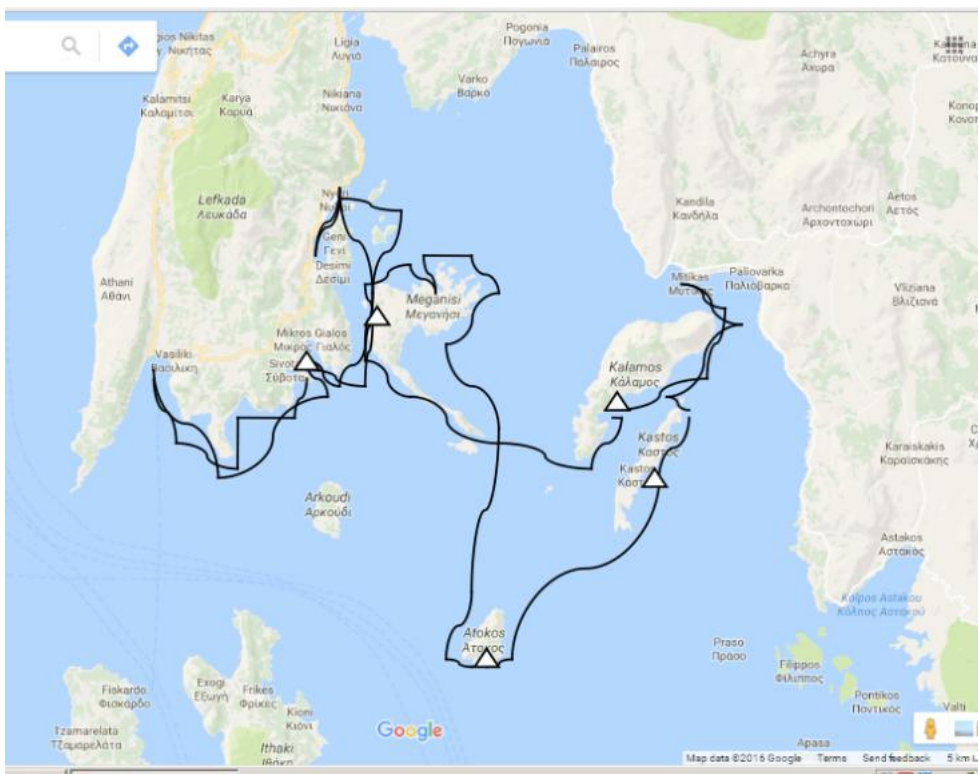
We had started our adventure by bicycle leaving Rome by the historic Appian way, before being lead through the Appenine Mountains to the coast at Brindisi, the heel of Italy. A mix of bike, ferry and bus got us to Vasiliki on the island of Lefkada. We got a nice B&B with Gus, our host and we whiled away the afternoon drinking Greek coffee and talking Greek politics with this retrenched academic, before heading into Vasiliki town. The township showed its

plans and realised it was so easy to do it our way with this expert group. The main question from George, "Do you want it rough or smooth?" and we said "Yep". He understood!

Day 1: Vasiliki to George's Taverna, West Coast Meganisi via Sivota

This was a beaut day. Heading out from Vasiliki it was all clear blue; the skies and the water (and the paddles also made us blue). We paddled along the rocky

coastline to an inlet that snaked its way to lunch at Sivota. A nice little downwind paddle to a pretty olive grove campsite on the West Coast of Meganisi. We swam and enjoyed the Greek Island experience before the wondrous discovery of "George's Taverna" 300m away. Cold beer and food soon followed.



gastronomical delights with cafes spilling out onto the street fronts and marina. We couldn't seem to get "unhungry" and "unthirsty" after our epic bike trip. Later we met with George and Rachel from "Ionian Explorers" to get our kayak gear and plan our solo trip. Our excitement built as we finalised our

Early start on glassy water and as we passed Thilia Island we saw goats coming down to the sea for a drink. There must have been a layer of fresh water on top. We then paddled around Skorprios Island (formerly owned by Jackie O and Aristotle Onassis) before heading to

Day 2: George's taverna to George's tavern (He, he, he)

morning tea at an inlet at the town of Nidri. The town spilled out onto the inlet and there was no shortage of places to stop for coffee. Then back across to Spartochori, a beautiful hilltop village on Meganisi. We bought bread, cheese and tomato and ate like Kings overlooking a clichéd Mediterranean vista. That night we found that there was no



gas in our cooker so had to revisit George's (he, he, he).

Day 3: George's Taverna to Myrties Beach

Another glassy, windless day. We explored caves along the west coast of Meganisi. Papanikolis was a cave used in WWII to hide a midget sub that attacked passing enemy ships. We crossed the channel to Kalamos and on to Porto Leone ruins. An earthquake in 1953 destroyed the water supply of Porto Leone. Coffee at "The Mill" and then onto Myrties Beach to camp.

Kalamos Village was a 20 minute walk from our Myrties Beach camp. We had paddled past a beautiful taverna on the way to our camp and just had to circle back there for a nice local seafood dinner. The village is like stepping back in time some 30 years. Tiny streets and a lifestyle that seemed to have been frozen in time. Only once we reached the harbour front was the spell broken where the restaurants beckoned to the international sailing

fraternity... and us. We found our beautiful taverna and tried the small fried fish where every part could be eaten, and if you couldn't eat it all...the local cats under the table could. The "Fisherman's Spaghetti" was so good no cats benefitted.

Day 4: Myrties Beach to Kastos Island via Mitikas

We paddled to Mitikas which was on the mainland. In part for coffee, and in part for fresh food supplies and an ATM. The first two were easy to source, our advice for the third is to take enough cash at the start of your trip so you don't have to try and find an ATM. Too hard!! We then back-tracked to Kalamos before heading on to Kastos Island. We found a cool beach to camp on. Although it was only our fourth day we found ourselves falling into an Ionian rhythm of paddle, swim, snooze, swim, eat and drink. We also solved the problem of crusty salt on our skin by securing our two Camelbacks onto the kayak deck during the day and then taking turns at a warm shower each night. After our shower our skin buzzed with



fresh-water delight as we headed into the town for a nice dinner at John's Family Restaurant perched on the hill overlooking the harbour. We met a lovely NZ couple who were building a house in town. They helped us with Greek phonetics so that we could at least say "Good morning (Kalimera)",



the romance of this magical place as their masts gently swayed in the sunset swell and the deck lights became pronounced in the twilight.

Day 6: Atakos to Meganisi.....a long day

We rounded the south west cape of the uninhabited island of Atakos and pointed the nose due north in the direction of Meganisi. After rounding the cape the island fell away behind us and we entered the open sea. The

charts showed us that we were in about 320 metres of water. Our stomachs lurched when we stared down into the infinite aqua depths and imagined the bottom far below. Water somehow seemed inadequate to stop

"Please (Parlikahloo)" and "Thank you (Efcharisto)".

Day 5: Kastos Island to Atakos (pronounced Atako...sometimes, depending on who you talk to) Island

An early start and down the east coast of Kastos and then an 8km crossing to the uninhabited island of Atakos. We spent a lovely day and night camping on the beach, enjoying the relative isolation with just our tent and cooker, including a couple of nudey swims before the yachties arrived. The snorkelling in the warm waters was the best we had come across to date.

Small caves and swim throughs had been created by the ever-eroding cliff lines that towered sheer and dramatic above us. It was like swimming in an aquarium in the perfect clear water which was filled with small schools of fish drifting over the boulder strewn sand.

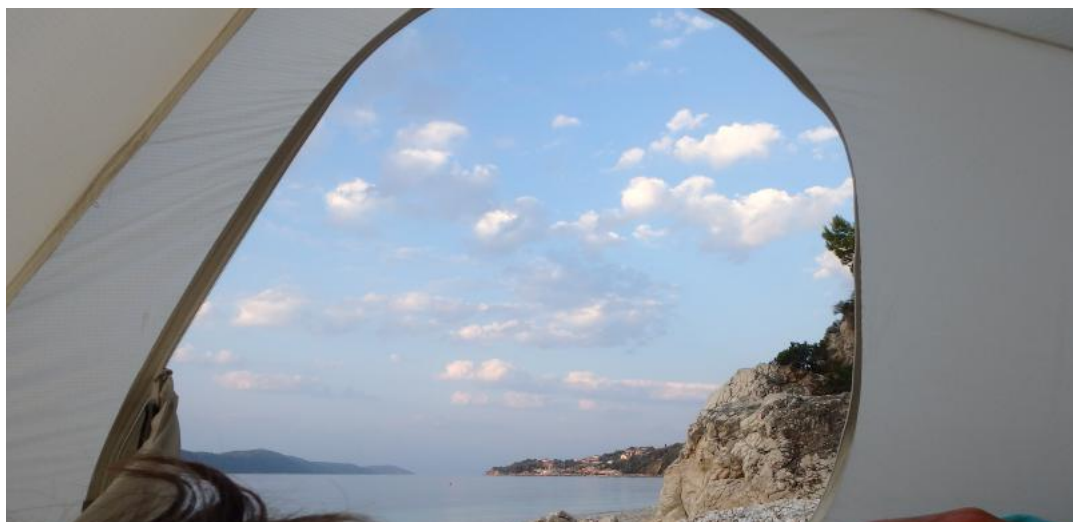
Throughout the afternoon yachts had periodically attempted to moor off "our" little beach but the light southerly swell had made the process difficult and at the end of the day we were left with just two. Rather than spoil the occasion the yachts added to



the unrelenting free-fall of gravity. It was about a 10km crossing to Meganisi and we were heading into a light breeze, enough to keep us honest, but the sea was calm and warm and we felt the sun on our backs as we eased our way into the work. A pod of three dolphins surfaced 100m away but unlike the dolphins that we encounter in WA they were shy and gave us a wide berth, taking no chances of ending up on someone's dinner plate. We moved into a game of singing songs from decade categories. Our voices were strong and the tones were weak as the Mediterranean slid along beneath the

taverna, or probably ever will again (according to the locals). Our satisfaction at this effort was even greater than the satisfaction of the days paddle. We stumbled home in the dark and fell asleep with the tent door open. The next day a young couple who were camping beside us were really worried for us because in the night they saw three foxes come into our camp and one actually put its head in our tent and sniffed at Pete's face.

Day 7: Meganisi to Poros via Spartochori for breakfast



boat.

On this day we ended up paddling further than planned. We could not find a decent campsite on the north-east of Meganisi or even further around on the inlets of the north side. So our 28km paddle turned into 40km and somehow we ended up back at our first campsite and, would you believe it, George's Taverna! Life could have been worse. We were tired but satisfied and how, by the beard of Zeuss, the beers flowed. The normally gruff owner, George actually shouted us beers, a gesture that has never happened before at this

A short paddle after we walked into the hill-top town of Spartochori for brekky and views. The walk into Spartochori was highlighted by Olive Groves and stone fenced paddocks. After brekky we began the slow belly-laden trudge home when we heard the screech of brakes behind us...a car door flung open and there was "George" the gruff taverna owner. "Get in" he grunts. "I haven't got all day you know". That's two things no one has ever experienced...free beers and a car ride. Later, feeling very self-satisfied we paddled into the bat cave on Lefkada Island before heading to



t



he tourist haven of Poros Beach for lunch. Out of control touristy beaches made us thankful that a 1km paddle out of town took us onto our own beach to continue the Ionian Rhythm.

Day 8: Poros to Vasiliki (home)

Our final day of paddling. We were a bit naughty and started paddling in the dark of pre-dawn. We were trying to reach Vasiliki before 8.30am so we did not have to pay for an extra days gear hire. It was great to be out there before the world woke but we had no lights so hugged the coast-line to avoid being cleaned up by a boat. The days were getting shorter and the sun just did not seem to want to come up. We arrived in Vasiliki in time for a nice breakfast and then we were off to the luxury of a B&B overlooking the harbour and getting our first taste of the Olympics on TV.

Day 9: Rest day (Vasiliki)



Oh yeah!!

Day 10: Vasiliki and on to Athena by bicycle (another story)

THE WASH UP

- Ionian Explorers – great operator. They are on to it. They will work with you to get your adventure right. They give phone support and probably will check on you in a motor boat at some stage

E: info@underwater.gr

- Hire gear is never as good as your own so bring what you can – we wish we had our own paddles

- Don't need to tell you guys but keep your eye on the weather – Ionian Explorers help you with this

- Gas cooker refills available at any local store

- Carry dry bags – as always do not trust hire gear

- Take your own tent if possible

- Take cash! Remember this country is in an economic crisis and cash rules.

- The Greeks are awesome – a little bit of a gruff exterior but soft on the inside

