



Newsletter

July 2001

Hello Folks,

Not only has the last month been a month of flu, but it was also a month of "big" birthdays. Did you know that our "legend" Ryan Whittle had his 40th on the same day as Wolfgang Pohl had his 50th? Ryan's party was a quiet affair, by his request, so Ann Schofield only invited a few. Unfortunately, half of the group were knocked-out by the flu, but that was all right because the rest could all eat enough for two! Wolfgang's party was at his restaurant late one night, where he put on some coffee and cake. Roger Lomas said he was going to turn up early to beat everyone to the cake, but didn't show up at all. When I mentioned this to Wolfgang, he said "Well you know Roger, any excuse will do. The cat was probably sick!" It turned out that Roger's wife and son had the flu.

Jonathan Jarvis has been lobbying to get the membership form changed, maybe we should ask him to add birthdate, then we'll know when all the parties are coming up and we can add them to the social calendar! I'm sure that our new social secretary would approve of that.

When I put the trip calendar into the newsletter last month I thought it looked a bit sparse so I added a few trips of my own. On the days leading up to my trip to Mercer I went through the usual "leader's jitters" and wished that I had kept my big trap shut! On the Wednesday before the trip, I did a reconnaissance trip and paddled up to Mercer to check out the strength of the current. It was a brilliantly sunny, calm day and although it took me 1 ¼ hrs to paddle up, it only took 1hr 10mins to paddle back down, and that included stopping to rescue a sheep! So, I thought things looked good, until I saw the weather map that night and then the jitters really set in. After brilliant weather, for nearly a week, the forecast was for strong easterlies for the next three days. On Friday night I made the decision to call off the trip, but after letting everyone know, Roger refused to let me quit. He wanted his lunch of bacon and eggs, and nothing was going to get in his way. He even suggested an alternative plan, one that would use nature to full advantage. We agreed to meet as per the original plan and then do a car shuttle and paddle from Mercer to Tuakau, one way, with the wind and current behind us. It ended up being an enjoyable day with a few surprises thrown in. Still determined that we should be in Mercer for lunch, Roger talked us into paddling upstream a bit to see some old riverboats rotting on the bank. On the way up we came to the entrance of the Whangamarino River which we decided to explore. We passed under the motorway and the foundations of a new bridge before paddling under the floodgates and on into farmland. The river meandered for some distance before we came to a stone weir. Unable to resist, Pelham Housego carried his boat to the top of the weir and paddled back down through a white water shoot. As we returned to the Waikato and I passed under the floodgates again, Roger kindly remarked "I wonder how fast they come down?" Who needs friends like that? Back on the Waikato we found the old wrecks, we even went for a walk on one rusting hulk. To Roger's relief we were back at Mercer in time for lunch and I think it was unanimous that the bacon and eggs were divine. After lunch we had an easy paddle back to Tuakau, easy being the operative word with tums so full, where we finished the trip. The moral of this story: If you want Roger to turn up, offer him Pokeno Bacon Co bacon and eggs!

Cheers,

Margaret

In this issue...

Pushing the Envelope, by Lindsay Sandes; Whatipu with Colin, by Rona Patterson, Ebb and Flow, by Roger Lomas; Equipment Checklist, by Rob Gardner.

Useful phone numbers and addresses

Club address PO Box 45020, Te Atatu Peninsula, Waitakere City

President	Trevor Arthur	817 7357	Treasurer and Address List	Matt Crozier	817 1984
Vice-President	Rob Gardner		Safety and Training Officer	Peter Sommerhalder	815 2073
Patron	Colin Quilter	630 2219	Storage and Club Kayaks	Lindsay Sandes	522 3344
Secretary	Rona Patterson	834 3399	Merchandising	Jonathan Jarvis	366 6805
Trips Officer	Rob Gardner		Publicity Officer	Roger Lomas	625 8924
Social Officer	John Hieatt	828 9673	Newsletter Editor	Margaret Thwaites	2927 883

The Club maintains two e-mail groups:

To subscribe to the discussion list, send a blank e-mail to: auckland-kayakers-subscribe@yahoo.com

For event reminders, send a blank e-mail to: auckland-canoe-club-subscribe@yahoo.com

Newsletter articles should be sent to: Margaret Thwaites, 38A William Potter Lane, Karaka, RD1 Papakura.

Or e-mailed to: m.thwaites@xtra.co.nz

Where can you go to get training?

Auckland Canoe Centre, phone 815 2073.

Basic confidence course, Henderson Pool, Tuesday evenings - \$95 for four sessions.

One-on-One rolling, Henderson Pool, Tuesday evenings - \$149 for two sessions.

Sea Kayaking intro skills (one day) and Sea Kayaking skills weekend, at Waiwera

Auckland Wilderness Experiences, Chris Gulley, phone 813 3369

Intro skills, overnight at Mahurangi - \$225

Details on web site www.nzkayak.co.nz/awk/awskills.htm

Rolling, Surfing, White water and Navigation courses run on request.

Canoe and Kayak, phone 479 1002

Sea Kayaking intro course – Friday pool session, plus Sat/Sun 9 – 5, \$230

Rolling sessions, Northcote College Pool - \$150 for four sessions.

White water, Multisport, Advanced Sea Kayaking, First aid and First aid refresher courses available.

Fergs Kayaks, phone 529 2230

Basic paddling skills – paddle strokes, rescues – Sunday morning, Okahu Bay - \$30 for Club members.

Learn to roll, one-on one, heated pool - \$60 per hour.

White water, and Multisport River Racing courses also available.

George Gerard, phone 814 8989 (hm), 367 0959 (wk).

Pool Training, Kelston Girls, Thursday evenings - \$95 for first three sessions, \$10 thereafter.

Intro Sea Kayaking, White water, and Down River Racing courses on request – courses are designed to fit what the participants want - \$100 per day (approx), plus boat hire (\$10 / day)

Positively Outdoors, Liz Maire and Christine Mcloed, ph 473 0027, fax 473 0731.

Two-day OSH certified outdoors first aid course - \$130

10% discount if four or more club members enroll for a course.

There are also a few club members that are experienced instructors and with a bit of encouragement (bribery and/or arm-twisting!) might be coaxed into giving a training session...

Ian Calhaem, Rebecca Heap, Ken Marsh, David Poolman

Safety Policy for Club Trips.

- 1 Any Club member who has any doubt about whether or not their skills are sufficient for a particular trip MUST contact the trip leader ahead of time to discuss safety issues.
- 2 It is your responsibility to wear a buoyancy aid, to be suitably dressed for the conditions, and to carry any other personal safety equipment necessary for the trip.
- 3 You must make a realistic assessment that your strength and endurance are sufficient for whatever is planned.
- 4 You must be able to re-enter your kayak (with help from another paddler if necessary) after a capsiz in deep water.
- 5 With night paddling it is everybody's responsibility to provide their own large lens flashlight, or fixed all-round white light on a one metre high pole, in working order and mounted on the outside of the kayak where it can be seen at all times.
- 6 Use a craft appropriate for the trip. A kayak with water-tight bulkheads is essential for open sea kayaking. Sit-on kayaks are usually too slow to be able to keep up with sea kayaks, therefore, are not recommended on trips planned for sea kayaks.

Trips and Events Calendar

Remember to contact the trip leader before you set out. This is important because the leader needs to know the capabilities of those who are coming and to be able to contact you if the plan changes. **Please be aware that you paddle on a Club trip at your own risk. Read the safety policy (page 2). If there is any chance that you may be a liability to the rest of the group or to the leader be sure to inform the leader of this before you set out.**

TRIP CANCELLATIONS

The Club is now using "Newstalk ZB" cancellation service. This can be listened to on 1080AM or 89.4FM. The service runs on Saturday and Sunday from 7:00am. This should eliminate the multitude of phone calls to trip leaders when the weather looks suspect.

Trip Leaders – to cancel a trip phone Rob Gardner, on 025 303 508, with trip details.

Regular Evening Paddles

It is now getting dark early in the evening and everyone intending to go out on an evening paddle must bring either an all-round white light, or else a large-lens (eg. Dolphin) torch, in good working condition, mounted on the outside of the kayak. It is recommended that before anyone tries to go out on an evening paddle that they attend a basic skills course and that they are fit enough to be able to paddle for one hour.

Tuesday, Okahu Bay. All skill levels welcome. Meet at Okahu Bay by 5:30pm, ready to be on the water by 5:45pm. An experienced paddler will be rostered on to look after new/novice/slow paddlers. Fitter and more-experienced paddlers can form their own group(s). Trips usually last 1 – 2 hours, destination dictated by tide, weather conditions and skill levels.

Wednesday, Castor Bay. No longer happening! Send a message on the eGroup if you want to start this paddle again.

Thursday, Okahu Bay. Not recommended for new/novice paddlers because we have not set up a roster of leaders for new people. These trips currently do not have a huge following, therefore, be prepared to paddle on your own. Be at Okahu Bay by 5:30pm, ready to be on the water by 5:45pm.

July

Important notice: Subsidised First Aid Course.

The Club is offering to subsidise a first aid course to Club members. The course will be run by Positively Outdoors and is a 2-day OSH certified course designed specifically for people who use the outdoors for recreation. It uses scenario-based training in first aid, risk management and leadership and should be of benefit to all Club members. Participants will be under no obligation to the club but it would be good to see them participating in other club activities. Dates have not been finalised but will hopefully be two consecutive Saturdays in August. The cost will be \$55 (normally \$130). To register your interest contact Peter Sommerhalder, on 815 2073, by 30 July.

Sunday 15 Waikato River Tour Stage One – Karapiro to Hamilton. Approximately 25 kms. Out of the three Stages, this will be the swiftest part of the river, but is still easy to paddle. Because this part of the river can get reasonably fast, especially after rain, it is very important that you listen to, and follow, the instructions given by the leaders. Buddy-up with someone and keep an eye on your buddy. Do not let yourself drift into overhanging trees, stay in the main current until the leaders give the OK to land. See advertisement below for meeting times/places. The leaders are Peter Sommerhalder and Ian Calhaem. To register for this trip and get further info phone Peter at Auckland Canoe Centre 815 2073.

Tuesday 17 Special Club Night – Graham Charles, Adventurer. Since completing the Antarctic paddle, Graham has been receiving sell-out audiences at his presentations. Although we are not sure if Graham will be talking about Antarctica tonight, it is sure to get a mention. Whatever Graham does decide to talk about, he should have some spectacular slides to show and stories to tell. See the article written by David Lomas for more details on Graham. Meet at the clubrooms, by 7:30pm. Phone Roger Lomas, 625 8924, if you need more details.

Tuesday 17 Ferg's Kayaks Big Sale, 5:00pm – 7:30pm. Exclusive to Auckland Canoe Club members. Have a look through the shop before going upstairs for the club night. 15 – 50% discounts off selected kayaking accessories. Some kayaks also offered at special rates. See advertisement for more details.

Saturday 21 Local Bays. Meet at Okahu Bay 9.00am for a 9:30 departure. This trip will take us via Bean Hook, on to Rangitoto and hug the coastline into Islington Bay for morning tea. Then across to Browns Island for lunch at Crater Bay and a climb to the trig station. We plan to beat the winter sun strike and head home via St

Heliers, Kohimarama and Mission Bay arriving back at the club house at about 3.30pm. Paddling time about 4.5 hours. **Lindsay 522 3344, 021 895 940 and Jane Robinson 521 1896**

Sunday 22 White Water Practice session on the Manukau Harbour. There will be a 4.1m high tide at 11:39am, which should provide some good eddies and standing waves to practice some white water skills on. Phone Margaret Thwaites, on 2927 883, for more details.

Saturday 28 Whau River – Span Farm Kelston. This will be a tiki-tour day depending on the group so phone Trevor beforehand to let him know you're coming and to confirm meeting place and times. We'll need to work around the tides on the day. Trevor Arthur 817 7357 or 634 4410

Saturday 28 Putiki Bay, Waiheke. A full tide soon after lunch, suitable to explore the bay's inlets. Be prepared for the 7km crossing of Tamaki Straight. Meet at the east end of Omana Beach, near Maraetai, to leave at 10a.m. Leader Pelham Housego, phone 575 5865.

Sunday 29 Waikato River Tour Stage Two – Hamilton to Ngaruawahia. Easy paddling with the current assisting you. A trip suitable for all skill levels. See the advertisement below for more details, and don't forget to contact Peter Sommerhalder, 815 2073, to register your interest.

August

Sunday 5 Waikato River Tour Stage Three – Tuakau to Hoods Landing. The last stage of the "Tour". This trip finishes in the island clogged delta region of the river, on which you can see some novel baches and collections of "discarded" street signs. If you are lucky you might even see a floating pub! See the advertisement below for more details and contact Peter Sommerhalder, 815 2073, to register your interest.

Tuesday 7 Club Night – Guest Speaker is Ian Fergusson, New Zealand's Olympic kayaking champion. Meet at the clubrooms by 7:30pm where there will be a barbecue and hot drinks. There will be a \$2 cover charge. Contact Roger Lomas, 625 8924, for more details.

Weekend (10?) 11-12 Lake Taupo, south to north. At the time of putting this newsletter together the trip details were not available, but if their last Taupo trip is anything to go by, it should be a good one. Contact Bill Hayes, 8338462, to find out more details.

Sunday 12 Matakana River. Meet at the Sandspit boat ramp at 9:30am for a 10am departure. Plenty of secure parking is available. The plan is to cruise, with the tide, up to Matakana village where we have the options of: lunch at the Rusty Pelican, walk 15 – 20 minutes to Morris & James pottery workshop and café, lunch on the riverbank, explore the craft co-operative, etc, etc. A leisurely cruise will see us back at Sandspit by mid-afternoon. If there is a good N.E. performing we could go and have some fun at the estuary mouth. Some nice long runs can be had on the smallish waves. Contact Trevor Arthur, 817 7357. This trip is suitable for all skill and fitness levels in all but 15+knot winds.

Sunday 19 Mahurangi. A tiki-tour of the camp sites and picnic areas in the Mahurangi area. If the weather looks good we may extend this to a weekend trip starting on Saturday. Destination and duration of this trip will be dependent on conditions and who turns up, so please call the leaders, Margaret Thwaites and Ray Clark, on 2927 883 or 025 626 4786, if you want to join in. On Sunday, meet at Sullivans Bay, by 9:30am, ready to be on the water by 10am.

Saturday 25 Weiti River. Meet at Arkles Bay boat ramp by 9:00am for a 9:30 departure. Please ring to confirm beforehand as we may choose a different start point. High tide is at midday so this will be a pleasant paddle that will include Silverdale and Duck Creek. Suitable for all levels. Margaret Law (09) 424 0114

Saturday 25 Te Atatu. Meet at the bottom of Beach Road, Te Atatu by 10:00am for a 10:30 departure. We will paddle to Henderson Falls Hotel park for a BYO lunch before returning by about 2:30pm. This is a lovely paddle up the Henderson Creek. Suitable for all levels but phone Rona beforehand to confirm. Rona Patterson (09) 834 3399

Sunday 26 Wenderholm to Puhoi. Meet at Wenderholm on the estuary side at 11am for an 11.30am departure. This trip will be a leisurely paddle suitable for all levels. The distance is about 7km each way and we will stop either at the Puhoi pub or the Devonshire Teas place a bit further up the river. After lunch we will return to Wenderholm with the outgoing tide and arrive back about mid-afternoon. John Hieatt 828 9673(hm) or 828 9834(wk) or email handcraftsupplies@xtra.co.nz

WAIKATO RIVER TOUR WINTER 2001

Auckland Canoe Club is organising a Waikato River Tour in three stages of approx 25-30km each, assisted by the current. This is not a race, but an opportunity for future Coast to Coasters and seakayakers to develop river skills.

- Stage 1 Sunday 15 July** Karapiro to Hamilton approx 25km
Meet at 9:15am at the take-out, Hamilton Harriers Club jetty area, to arrange kayak/car shuttle. Then, meet at 10am at the Cambridge Superloo corner to drive to the put-in
- Stage 2 Sunday 29 July** Hamilton to Ngaruawahia approx 23km
Meet at 9:15am at the take-out, Ngaruawahia Rowing Club, to arrange kayak/car shuttle. Then, meet at 10am at the Hamilton Harriers Club House, corner Grantham St and Hillsborough Terrace, on the riverside towards Victoria Bridge.
- Stage 3 Sunday 5 August** Tuakau to Hoods Landing approx 25km
Meet 9am Tuakau Port Waikato Bridge (Les Batkin Reserve). Possible visit to the pub at Hoods Landing. Details to be announced later.

Peter Sommerhalder and Ian Calhaem will lead each stage. They will assist with a trailer for shuttle services, but paddlers are encouraged to share transport between put-in and take-out points. Bring warm, waterproof paddling gear, lunch and nibbles. Hire kayaks available from Auckland Canoe Club and Auckland Canoe Centre. For further information and to enter, please phone Peter at the Auckland Canoe Centre 815-2073.

Mr Adventure for Special Club Night

By David Lomas.

Graham Charles - special speaker at the Auckland Canoe Club on Tuesday July 17 - is one of New Zealand's true modern day adventurers.

Many have heard of Graham in recent times after he and mates Marcus Waters and Mark Jones paddled for six weeks along the Antarctic Peninsula. But there is a lot more to Graham than his recent paddling exploits.

A dip into Graham's C.V. reveals he is perhaps New Zealand's top all round outdoorsman. He is as at home dangling from the icy face of one of the rugged mountains of the Southern Alps as he is in a grade six white water cauldron. He was for three years a New Zealand representative at the World Cup Slalom and is a whitewater rodeo champion. And strap Graham in some running shoes and hand him a bike, and a canoe of course, and you have a man who has been one of the top performers in that bit of Kiwi madness - the Coast to Coast.

On his serious side Graham is a qualified mountaineering instructor, a rock climbing instructor and kayaking instructor. He has been a member of, and led, alpine search and rescue teams at both Mt Cook and Ruapehu. In Antarctica he's been the survival trainer for the New Zealanders at Scott base.

Graham has in recent years evolved into one of New Zealand's top outdoor photographers and writers. Whitewater enthusiasts will be aware of his definitive "Whitewater - a guide to 100 great kayaking runs" and sea kayakers will, probably later this year, be able to buy a magnificent, Craig Potton published, New Zealand Sea kayaking guide. Graham is currently finishing off writing and taking wonderful pictures for that book.

And, if all that is not enough, Graham is also a sought after motivational speaker.

Update on Club Boat Hire.

By Lindsay Sandes.

The club boats are proving popular with more than 37 hires during June. It is good to see club members braving the slightly chilly conditions and making use of club amenities.

Just a reminder that you need to be a financial member of the club to enjoy the subsidised hire rates, so for the few that have forgotten, send your subs in quickly. The lockup combination hasn't changed just yet as I have concentrated on gaining support from forgetful members to renew memberships. So, don't tempt fate, new today!

We have 1 last space for hire in the lockup. This is a great facility and a brilliant convenience at the end of a long paddle. Just carry your kayak up the ramp, wash down and store. No difficult lifting onto car racks or time consuming packing up. If you know a fellow paddler who wants to utilise this facility, please refer on to me.

There have been a few people leaving IOU's instead of paying - do we really need to do this? How about taking your credit card into Ferg's instead?

Thanks for assistance with keeping the club boats washed and dry after each use. See you on the water.

Did you know ... ?

This column is in response to a number of enquiries, comments, and incidents that I have witnessed or heard about over the years. It will be a list of helpful hints, mainly aimed at the new paddler, and anyone is welcome to submit to it.

How to paddle faster!

Many people have asked me how do I paddle so fast when I'm obviously not very strong. The answer is technique! The best way to improve your paddling technique is to get some coaching, either from an experienced paddler or from one of the instructors listed on page two, and then get out there and practice. Listen to the comments provided by other paddlers, and try out their suggestions. It took me many years to develop my current paddling technique, and many hours out there paddling in all types of weather conditions. The Tuesday evening paddles are an excellent way to do this.

Here are some of the points that I have used to improve my forward paddling technique and to paddle faster:

- Sit up straight, and lean slightly forward. Women may need to lean further forward than men!
- Keep your arms reasonably straight at all times. Imagine that there is a piece of string tied to the centre of the paddle shaft, and that you are holding the other end of the string in your mouth. The string should have the same amount of tension on it throughout the paddle stroke.
- The paddle blade should go into the water near your toes (as far forward as possible), and come out at your hips. For racing, the most efficient forward paddling stroke keeps the paddle blade in close to the boat, rather than the wide sweeping stroke used by most sea kayakers. If you keep the paddle in the water past the hips, this becomes a steering stroke rather than a forward stroke. The greatest power in the forward stroke is achieved in the first half of the stroke, i.e. when you start the "pull".
- The entire paddle blade should be submerged before you start the "pull" phase.
- The top hand should be pushing forward, at eye-level, at the same time as the lower hand (the one with the paddle blade in the water) is pulling.
- Twist the body (= body rotation) to spread the load over more muscle groups. If you don't know what body rotation is, try paddling without bending your arms and only using the twisting of your body to move the paddle.
- Push the boat forward with your legs! Imagine that instead of pulling the paddle through water, that you have planted the paddle into cement and you are trying to lever the boat forward. You should be pushing with the foot that is on the same side of the kayak as the paddle blade that is in the water. You will need to have a solid foot brace to be able to do this, but if you haven't got this, try pushing with both feet on the rudder controls.
- For racing, keep your knees together! This is a flat-water racing technique and enables you to push with your feet more easily. However, I would not recommend it to sea kayakers until they have developed good balance and support strokes. In rough conditions, and surf, I still recommend that you lock your knees into the knee bracing (i.e. knees splayed out) so that you can rail the boat when required.
- When lifting the paddle blade out of the water at the end of the stroke, try to slide it out without lifting water.
- Buy an Albatross! Just kidding, but, as with all sports, good equipment does make a difference and some kayaks are definitely faster than others.
- Do some sprint training. If you want to paddle faster, then you need to push yourself occasionally.
- Practice, practice, practice! Get out there and do it. (And then send me an article telling me about it!)

Paddling Etiquette.

Over the years I have seen some hair raising near-misses when people have not followed a simple paddling rule... When in potentially dangerous conditions, eg surf landings, sea caves, rock gardens, etc, give other paddlers ample room. For example, when landing through surf, there should be one kayak on a wave at a time. Make sure that the paddler in front has passed through the surf zone before you enter it. Just because you might be an excellent surfer does not mean that the person in front is too. When exploring small or narrow dead-end sea caves, it is best to have only one boat in the cave at a time. If there is a swell running, leave at least two boat-lengths between kayaks when following through rock gardens and caves.

Fitting a Buoyancy Aid.

Most retailers will give this advice to customers, but in case you missed out...

When buying a buoyancy aid it is essential that you get one that fits you correctly. A buoyancy aid that is too large or not fitted properly could ride-up over the face, restricting breathing and/or movement, or even slip off completely when you are in the water. To check that your buoyancy aid is fitted correctly, reach up with both hands, grab the shoulder straps and pull upwards. If the buoyancy aid rides up more than 5cm, then either it is too large or it is not done up tight enough.

Pushing the Envelope

By Lindsay Sandes

Recent discussions at Club night, plus Robs suggestion on 3 Islands paddle has prompted discussion on paddling in challenging conditions and increasing skill levels. This is a brief account of paddling in challenging conditions and what Jane & I gained from this.

On a recent May weekend, all club trips were cancelled as weather conditions rapidly deteriorated into stormy, wind warning times with gusts advised between 55 – 65 knots. On the Saturday morning Jane & I visited the lock up, gazed at white topped choppy waves and considered paddling the inner Okahu Bay to 'put ourselves and kayaks to the test'. This was after carefully considering the risks, our exit strategy if things went wrong (hold your breath and don't try to breath underwater), however as the wind was gusting on shore, we would be blown onto the beach rather quickly.

On off we went, kitted up with hard hats and warm gear, into the face of howling winds, white capped nasty swells and a tide on the turn. Each run took about 15 minutes to paddle to the end of Tamaki wharf, and 2 minutes to race back, necessitating a range of paddling skills. High brace when the peaking swells tried to bury your kayak trying to knock you out of the boat, low brace when the wind picked up the front of the kayak as we crested the swells almost flipping us backwards, railing to steer across the wind and turn, straight line paddling racing down the huge swells trying not to broach and generally just trying to stay right side up.

Our efforts were exhilarating, frightening at times as we raced into the beach but our confidence grew as we mastered many runs, each one becoming progressively easier. We learnt a lot about the capabilities of our kayaks and ourselves, dug deep to find enough energy to sprint 100 meters out of potential swamping and generally mastered many more skills we would not have experienced if we had sat in the coffee shop.

That afternoon, while the weather continued to beat Aucklanders into warm cosy places, we headed off to Hatfields Beach at Orewa and paddled fantastic, wild swells into the beach. At times conditions produced lazy, lengthy swells giving rides of up to 100 meters. These conditions allowed us to sharpen up surfing techniques, broaching and side braces, rolling and despite conditions we were always within our own levels of risk and safety (pushed into the beach on all runs)

So, when the weather kicks up a bit, we recommend gathering up a few friends, accessing the risk and giving it a go. Skill levels increase dramatically, you gain a better appreciation on limitations of yourself and your kayak, and when you discover the extreme positions your boat will tolerate before it rolls, confidence is boosted. A number of club members have commented about the club leading up-skilling sessions, however I believe all this is possible just be pushing the envelope yourself with a few kayaking buddies. Take the plunge and see you on the water.

Colin's trip to Whatipu and Rona's Leap.

By Rona Patterson.

The morning of 30 June dawned fine and cold, and thirteen paddlers arrived at Cornwallis Wharf beach, eager for a gentle paddle to Whatipu. Nine singles and two doubles launched into calm water; the fishermen kept to the coast while the others opted for an easy ride down the channel.

The trip to Whatipu normally takes a little over an hour, but this time, for some reason, it took much longer. By the time we were about half way, a head wind had come up, and while this was no bother to most, it put some of the paddlers in an 'uncomfortable' state. For myself, I only became uncomfortable once I was swimming as one breaking wave overtook another breaking wave while I was doing my best to land at Whatipu in a ladylike manner.

(Herein is a lesson - do not wear expensive sunglasses if there is a chance you might get into surf). I am now awaiting an insurance claim form, and am sporting some rather large and very colourful bruises.

Once changed and looking in my hatch for my thermos, a surf sneaked up and had mobilised three kayaks at 100 feet. It is not easy trying to hold on to three boats and keep your only dry clothes dry.

Once we realised we were having morning tea at lunch time, it became obvious that stopping any length of time at Whatipu was not possible. We had also noticed the surf getting stronger, and leaving this place was not going to be as easy as on previous occasions. One of our party decided to wait here to be collected later in the day. (I believe she was rewarded with a muscle man carrying her kayak right up the beach for her).

One by one, we launched into a rolling sea, and braced up while waiting for the rest of the group to join us. Once moving, the crossing to South Head was relatively easy, but Mother Nature had a surprise for us. Our normal safe landing beach had gone! Undaunted, we landed where the beach once was and boats were carried out of reach of the tide, and tethered to a rock.

As a veteran of five such ventures, I have learned to carry as little as possible on the climb up to the lunch spot (and the climb gets higher every year). Lunch was very welcome, and soon after, Trevor, Rob and Bill left us to return home. The rest of us set off for Rona's Leap, and the pit in my stomach didn't occur until we were actually at the top of the climb. This is possibly because gasping for oxygen took precedence! Looking

over the edge is very sobering. However, I have been down twice before, and I am still alive - just how bad could it be?

I managed to remain in control all the way down to the leap, concentrating all the while on where I placed my feet. It soon became apparent that sinking my feet into other footprints wasn't possible - my legs are too short to reach. I swear the terrain changes from year to year and the leap becomes deeper. Once here, our men showed us just what they are made of. Brian and Jimmy anchored themselves into the bank, linking wrists, and one by one the women linked on to a wrist as they lowered themselves over the edge where Mike guided legs below to where Colin was standing guard. The final part of the descent was a piece of cake (almost).

With the excitement over, and all were safely at the bottom, it soon became apparent that we were running

out of beach. Thus began an hour's climb over large rocks, which became more interesting by the minute as the surf began pounding onto the rocks. However, as the surf comes in waves, there was time for a quick scarp between each set. Jimmy and Brian had scurried on ahead of the rest of us, and reached our landing place to find our boats afloat.

When the group arrived back we found the men had carried our boats even further up the beach, and the tide was coming closer by the minute. There was only time to swap a few clothes before we were pushed back out into the Manukau, and a very speedy trip home. Darkness fell just as we rounded Puponga Point.

We saw no fish, no seals, no penguins, but this was a once-in-a-lifetime, never-to-be-forgotten day. Sun, sea, and good company - what more could a person ask for. Thank you Colin.

CLUB T-SHIRTS AND.....CAPS!

We have a new exciting range of T-shirts available for \$20.00 each. The new colour ranges are Teal and Airforce Blue and come in sizes XL, L, M and S. There are still some Ash and Navy T-shirts in stock and they will also sell for \$20.00 each.

Also, caps have been added to our club wardrobe. These are designed for the salty and sunny conditions and come with brass fittings. The colour of the cap is terracota and looks very trendy. The cost of a cap is \$20.

To order your club cap or T-shirt phone Jonathan or Denise on 3666 805 and they will arrange for payment and delivery.

Everwarm – Polypropylene & Thermostat Underwear

Available at **10%** discount from:

Canvas City

Great Outdoors Centre

171 Hobson Street. Phone: 09 373 2675 Customer parking available.

Deadline for next month's newsletter: Tuesday 14 August. (= committee meeting)

Thank you very much to the people that contributed to this newsletter, your stories are much appreciated. If anyone has any ideas for the "Did you know" column or a question they would like answered, please let me know and I'll see what I can do. I know that at this time of the year there are not many "big" trips happening, but I would still like to hear about the little trips. I don't need a minute by minute account of the day, highlights will do. For example, I believe Rona left out a small incident about a another lady at Whatipu trying to perfect her lady-like exits from her "new" X-Factor when instead she did a non-lady-like wave assisted exit! Or, on the Hoteo River trip I believe that it started to hail so hard that the group had to shelter under overhanging trees. We could start-up a Blooper File to compete with KASK's Buzzer File. I hope to hear from you soon!

Send articles to: Margaret Thwaites, 38A William Potter Lane, Karaka, RD1 Papakura.
Or e-mail to: m.thwaites@xtra.co.nz

The Ebb and Flow

By Roger Lomas

Want to be seen in your kayak at night? Check out the light system that Kevin Jose uses. He was spotted recently by the police launch midway between Rangitoto and our homeport at 1.45am. Our nocturnal navigator was returning from a caving trip on Rangitoto and the police were responding to a burglary callout at the Hobson Bay Moorings. Kevin is one of the clubs leading lights in night paddling and has led many moonlight excursions including one epic journey to Manukau Heads.

The Fergusson Container Terminal is being expanded and the first visible signs of this are the solidified dredgings (mudcrete) offshore from the heliport. The real fun for us will arrive when the new wharf is built along the northern edge of the extensions. Just imagine the increased tidal flow and the rebounding waves from a ship berthed there. Fun for some and a gauntlet run for others.

Further up the harbour the new Hilton on the wharf is busy doing business. Closer in if you are under the wharf is the water window, worth looking up.

Over the water apartments are very desirable and expensive but there is a cheaper alternative not far from our homeport. Just around the corner in Hobson Bay at the start of Ngapipi Road is a row of old boat sheds. Possibly inspired by Sam Hunt, habitation has taken place. One is quite obvious, but you will have to look very hard to find the other two. Be wary as illegal dumping may occur at any time.

Watch out Albatross and X Factors, the new mid sized Barracuda is about to make its debut. Gordon Robinson has been putting the prototype through sea trials out the back of Kawau and it will be down at Okahu Bay next week.

The Auckland Canoe Club will be 50 years old in 2004. The committee will no doubt organise something, but what do you want? Please tell. A full year of Jubilee events would be in order and the Club's first President Jim Mason is keen to hear from former members of the era.

With a little bit of healthy promotion and a raising of the clubs profile our membership has boomed over the last few years. Just prior to the A.G.M. earlier this year it was at an all time high with over 500 names on the membership roll.

Colin Quilters recent Manukau Heads excursion was so close to mid winter that a couple of keen X Factor paddlers decided to mark the occasion with a dip.

Jet ski's are to be banned from Sydney Harbour. We tend to be about 10 years behind the Aussies so maybe 2011

*The winter guest speaker talks at the clubrooms have been well-patronised and next week we have been extremely lucky to secure the talent of Antarctic kayaker Graham Charles (see promotion in newsletter). Please note the date. **Tuesday 17th July at 7.30pm.** If you arrive early you can check out the special club members only sale at Fergs Kayaks running from 5-7pm. And then hop upstairs to the clubrooms where hot drinks and a B.B.Q will be on offer.*

Our Minister for merchandising, Jonathon Jarvis unveiled the latest club apparel at our last speaker night. New club logo tee shirts (new colours too) and the hot new pumpkin head caps.

Who were the two club members who received speeding tickets from the water police after hooning around the harbour in the Ruahine Kayaks Adventure Duet?

Back in the early nineties, Dave Robertson organised and ran the first Coastbuster Sea Kayak Symposium at the old Mon desir at Takapuna. Now Dave is organising a new event, a Wooden Boat Symposium and it will be held on the shores of Lake Rotoiti in late November. If you design, own or paddle a wooden kayak you're welcome. Have a peek at the website www.woodenboat.net.nz

Calling all social butterflies. The club social calendar has been neglected in recent years but now that John Hieatt has been appointed as Social Co-ordinator, things will change. As with the trip calendar it's up to you to make it work. If you would like to organise, help or offer some good ideas, contact John. We have the use of the clubrooms every Tuesday night. The committee uses them on the second Tuesday of each month and the rest are free.

Something to look forward to. Next months guest speaker – New Zealand's Olympic Kayak Legend – Ian Fergusson.

A Checklist of Equipment and Supplies for Sea Kayak Expeditions.

By Rob Gardner.

With summer just around the corner (?) there has been some discussion of late about what we should take with us on our longer trips into the great blue yonder. The following list is one I picked up some years ago and have found to be quite a comprehensive guide to use when packing:

The Good Gear Guide

Originally devised by Nick Gill

- * = Essential
- + = Desirable
- o = Optional
- = Marginal
- ? = Questionable
- x = Unacceptable

What the hell? Let's do it!

- * Exciting trip plan and reasonable schedule
- * Contingency plans, alternative stops
- * Rescue procedures, towing procedures
- * Reasonable weather and sea conditions
- * Experienced and responsible trip co-ordinator
- + Assistant trip co-ordinator
- * First aid qualifications
- * Fit and competent trip followers
- o Sympathetic deserted family / significant others / shore support team

Getting to the scene

- * Roadworthy car
- * Sturdy roof-rack (or trailer)
- * Slings or hull-contoured supports
- * Tie-down straps or ropes
- + Foam padding
- * Red overhang flag
- + Shade tents, camp chairs, tables, etc.
- + Road map and a full tank of automotive propellant

The boat

- * Seaworthy kayak
- * Watertight hatches and bulkheads
- * Buoyancy / airbags / sea sock
- + Rudder, rudderlines and pedals
- + Skeg, control lines
- + Comfortable seat and backrest
- * Tow rope / bow line
- * Decklines / deck straps
- + Deck storage nets
- + Hand / electric pump
- + Foot pump
- Sail (or parafoil)

The drive-shaft

- * Favourite paddle
- o Reflective tape
- * Paddle-leash
- * Split / spare paddle
- + Spare paddle-leash
- + Paddle float

Basic paddling gear

- * Personal flotation device (PFD)
- o Spare PFD
- * Sprayskirt
- * Paddling jacket / spray jacket
- * Bailer (2)
- * Sponge (2)
- + Helmet (essential for surf or rock conditions)
- * Waterproof dry-bags (2 - 6)

Lurid fashion accessories

- + Neoprene boots / boating shoes
- o Cutoff paddling or cycling gloves
- o Neoprene gloves
- o Pogies
- * Shade hat
- + Spare shade hat
- * Sunglasses
- + Spare sunglasses
- * Sunburn cream
- + Bathers
- + Long-sleeved shirt/t-shirt
- + Padded lycra shorts / longs
- + Thermal vest(s)
- + Thermal longs
- o Wet suit

Additional clothing

- * Spare clothes
- + Hooded raincoat / poncho
- + Rain trousers
- + Beanie / balaclava / warm hood
- + Thermal vest
- + Thermal longs
- + Warm jacket
- + Warm trousers
- + Underwear
- + Socks
- + Handkerchief(s)
- + Towel
- + Personal toiletries
- + Soap / shampoo
- + Toothbrush / toothpaste / dental floss
- + Sandals / thongs

- + Sneakers / walking shoes / hiking shoes

Navigation gear

- + Waterproof wristwatch
- + Waterproof map case(s)
- + Maps (c. 1:25 000) / nautical charts
- + Protractor
- + Reliable compass
- o Handheld
- o Deck-mounted
- + Spare compass
- + Tide tables / pilot instructions
- + Waterproof paper log book and pencil
- + Head torch
- + Spare batteries
- + Spare bulbs
- + Waterproof torch
- + Spare batteries
- + Spare bulbs
- + Navigation light(s)
- + Light sticks
- GPS / Satnav

Safety equipment

- * Whistle
- o Boat horn
- * Duct tape
- * Spare rope / shockcord
- * Knife
- * Tool kit
- * Pliers, screwdrivers, wire, etc.
- + Machete, axe, camp saw, etc.
- + Throw line / tow line
- + Carabiners
- * First aid kit
- * Vinegar (for sea stingers)
- * Survival blanket / space blanket
- + Signal mirror
- + Distress signals
- + Aerial flares
- + Hand-held flares
- + Smoke cannisters
- + Flags
- Drogue / sea anchor
- + Strobe light
- Waterproof binoculars
- + Waterproof transistor radio
- + Headphones
- + Spare batteries
- ? Mobile phone
- ? 2-way radio
- ? Epirb

Daily sustenance	*	Toilet paper	*	Sweet biscuits
* Water bottles (2 x 750 ml)			*	Cheese
* Ready-to-eat food for the day		Food	x	Gorgonzola
* Sunburn cream	*	* 3-4 l water per day		Entertainment
~ Thermos flask	*	* Soups (dried or tinned)	+	Face mask, snorkel
Electrolyte replacement	*	* Oats / muesli / cereal	+	Waterproof camera
+ Nuts / sweets / chocolate	*	* Dried apricots, peaches, figs, dates, prunes	+	Camera leash
+ Emergency food bars	*	* Raw and roasted nuts	+	Film
+ Aspirin / paracetamol	*	* Eggs	+	Cassette tape
+ Sea sickness pills / patches	*	* Rice / pasta / noodles	+	Andre Segovia / Leo Kotke / etc.
+ Garbage bag	*	* Potatoes	x	Barry Manilow / Madonna / etc.
Camping equipment	*	* Bread / dry biscuits	+	Reading material
* Tent	*	* Peanut butter / jam	-	Frisbee / boomerang
o Bivie bag or tarpaulin	*	* Tea / coffee / chocolate / sugar	-	Kite
+ Sleeping mat	*	* UHT milk / powdered milk	-	Fishing gear
* Sleeping bag	*	* Salt / pepper / curry / herbs	-	Rod
+ Sleeping bag innersheet	*	* Soy sauce / chili paste	-	Reel
+ Groundsheet	*	* Olive oil	-	Line / trace / lures
+ Day pack / bum bag	+	* Ham / salami / pastrami	x	Pets / furry animals
o Foldable frameless backpack	+	* Tinned fish		Social lubricant
Cooking / eating equipment	+	* Tinned meat	+	Beer
+ Spirit stove / fuel stove	x	* Textured vegetable protein	*	Red wine
+ Fuel bottle	?	* Baked beans	+	White wine
Fire starters	*	* Fresh or dried tomatoes, mushrooms	x	Lambrusco
+ Bowl / plate / cup	-	* Tinned tomatoes, mushrooms, sauerkraut	*	Port
+ Knife / fork / spoon	*	* Onions, garlic, chives, shallots	*	Scotch
+ Water bottles / casks (4 l / day)	+	* Zucchini, beans, greens	x	Tobacco products
* Waterproof matches and container	*	* Cake		
+ Candles / candle lantern				

If you are missing any of the above gear then have a look at this ...

Auckland Canoe Club Members are invited to:

Fergs Kayaks Big Sale

Date: 17 July 2001

Time: 5pm till 7:30pm

Kayaks and Accessories for Sale:

20% off:	Contours, Swings and Minnows Perception Harmony 2 Buoyancy Aid Hiko
15% off:	Penguin – standard and lightweight New Carbon/Plastic Wing Paddles Thule Roof Racks and accessories
30% off:	1 x XL Topsport Expedition Buoyancy Aid
50% off:	Swiss Army Knives Oakley Sunglasses
Also on sale:	X hire kayaks X hire Sea Kayak Double from \$2500 Barracuda Discovery - \$2980 (NEW) Jagger Cutless 540 - \$2980 (NEW)