



Newsletter

October 2002

Hello Folks,

Is your First Aid certificate up to date? If you were to come face to face with a real emergency could you cope?

Consider a situation where you could have saved a life, but did not have the knowledge to do so. You would regret this for the rest of your life. A little quality first aid knowledge can go a long way - even if it is to insist others do not move a patient with a suspected neck injury. Your input might make the difference between full recovery and a paraplegic!

A subsidised First Aid course has been organised on November 10th at our Clubrooms in Okahu Bay.

Like last year our instructors are from Positively Outdoors. They are an experienced lively bunch mixing classroom sessions with realistic scenarios outdoors. To get the First Aid Certificate, it is essential that candidates attend both days. Course fees are subsidised by the Club and will be similar to last year, about \$55-\$60 per person, depending on numbers.

Cheers,

Jan

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Deadline for next month's newsletter: 12 November 2002

Useful phone numbers and addresses

Club address	PO Box 147-282, Ponsonby, Auckland		
President	Matt Crozier	817 1984	Publicity Officer Roger Lomas 579 8799
Patron	Colin Quilter	630 2219	Safety & Training Officer Peter Sommerhalder 815 2073
Secretary	Rosie Thom	376 8636	Storage & Club Kayaks Lindsay Sandes 522 3344
Treasurer	Alisa Good	846 2622	Merchandising Jonathan Jarvis 578 1545
Membership	Matt Crozier	817 1984	Newsletter Editor Ian Calhaem 579 0512
Trips Officer	Morgan Lewis Morganl@xtra.co.nz	620 4005	IanCalhaem@xtra.co.nz

The Club maintains two e-mail groups:

To subscribe to the discussion list, send a blank e-mail to: auckland-kayakers-subscribe@yahoogroups.com
For event reminders, send a blank e-mail to: auckland-canoe-club-subscribe@yahoogroups.com

Where can you go to get training?

Auckland Canoe Centre, phone 815 2073

Basic confidence course, Henderson Pool, Tuesday evenings - \$120 for four sessions.

One-on-One rolling, Henderson Pool, Tuesday evenings - \$149 for three sessions. \$55 for single 90 minute lesson. Multisport Grade 2 Certificate, white water, sea kayaking one and two-day courses run frequently.

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)

Outdoor Discoveries Ltd, Chris Gulley, phone 813 3399

Intro skills, overnight at Mahurangi - \$225. Details on web site www.nzkayak.co.nz

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

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

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

10% discount if four or more club members enrol 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, John Maynard, Mike Randall.

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 capsize 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.

Regular Evening Paddles

Because winter is here, evening paddles will be returning after dark and you MUST have either an all-round white light on a pole, or else a large-lens (eg. Dolphin) torch, in good working condition, mounted on the outside of your kayak. This is actually a legal requirement, so, no light, no paddle. It is also 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 paddlers MUST provide their own night-lights. 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. Club boats can be hired at the subsidised rates of: \$5 to club members, and \$10 to non-members/guests. (At all other times, club boat hire is \$20/day or part day, for members and guests.)

Daytime Paddles

Tuesday Morning Paddle

Tuesday morning group will now depart from Okahu Bay at 9.30 am.

If weather doubtful to contact Rona Patterson on 834 3399

October

Friday night, Saturday Sunday (18, 19, 20) Trip Leaders Course (Club subsidy - you pay only \$30) For enrolment, please phone Peter Sommerhalder at work, 815-2073, or by email peter@kayak.co.nz.

Friday night 18th October Caving Trip to Rangitoto Island: Explore a relatively unknown cave on Rangitoto Island. Descend down a ladder into a lava tube. Bring overalls or old clothing with good cover, garden gloves, knee pads, torch. We should be able to book the Bach at Rangitoto wharf to stay the night. Please ring Kevin Jose, 624 4522, for more information.

Sat 19 Oct Bouys, Beacons and Brown's Island. Aimed at the beginner paddler wanting to gain confidence on the harbour, learn some basic navigational aids and safety, and have a sunset dinner on Brown's Island. Lights are essential. Meet at St Heliers 5.30pm for 6pm start, returning approx 10pm. Alan Edwards ph (021)528417.

Sunday October 20. Crusoe Island. A tiny but interesting island in the channel between Motuhie and Waiheke Islands. Two beaches, and just room for a dozen kayaks. Meet at Bucklands Beach 9.00am for a 9.30 departure; bring lunch and snacks. We'll paddle out via Motuhie and back via Browns Island, so you get three islands for the price of one! Both outward and return trips will be tide-assisted; paddling time about 90 minutes each way. Suitable for everyone in calm weather, but not for novices if the southwesterly is forecast to get up in the afternoon. If in doubt contact **Colin Quilter 630 2219.**

Labour weekend, October 26th to 28th Northland Canoe Club is organising a trip over Labour Weekend to Tauranga Bay holiday park, inviting Auckland Canoe Club to come along and join us staying at the entrance to Whangaroa Harbour, beachfront sites at Tauranga Bay. Great sea kayaking, short walks, hiking, swimming if you're brave, fishing.... Plenty of room for friends and family. Please let Alissa Good know if you are interested on agood@peace.com or 021 608 448 or 846 2622ah.

November

Sunday 3rd First Aid Course - day one phone Peter Sommerhalder at work, 815-2073, or email peter@kayak.co.nz.

Saturday 9th Sunday 10th Ngunguru River Ramble, Northland. Join Sue and Craig for a ramble up in the far north, enjoy a leisurely paddle upstream with the current, stop somewhere for morning tea and explore and then paddle back with the changing tide. A great trip for beginners, novice and people who are new to kayaking. For more details please Contact Sue or Craig on 8468024 or Email fatcatz@ihug.co.nz.

Sunday 10th First Aid Course - day two phone Peter Sommerhalder at work, 815-2073, or by email peter@kayak.co.nz.

Friday 15th Sat 16th Sun 17th Administration Bay, Motutapu Is. The Auckland Canoe Clubs family camp and Roger Lomas inaugural Club Kayak fishing championships. This should be a great weekend for Club members and their families, the main camp sleeps up to 184 people, it will be a self catering weekend so please bring some food and bedding with you. Equipment and facilities at the camp are second to none, Club members can travel over to Motutapu Is from Friday evening, either by Kayak or by the Rangitoto ferry service. Those who choose the ferry service ie Mum and the Kids, a camp truck can be arranged to collect them along with luggage etc etc from the Rangitoto wharf, Administration Bay is also wheelchair friendly, the cost per person, per day is \$10.50 incl gst Main Camp. Contact Morgan Lewis on 6204005 or morganl@xtra.co.nz.

November 24th 2002 Swim Escort It is from Herne Bay to Curran St, approximately 1.2km. Club boats are available hire free for the swim escorts. Please do phone Matt Crozier, on (09) 817 1984 or matt@vsl.co.nz, to let him know that you will be able to assist with this. The Coastguard insists that there must be a minimum of 30 kayakers present before the race can go ahead so please, please, please support this event. Roger will have the barbecue going at Curran St after the race.

December

Sunday December 1. Manukau Heads: Whatipu and South Head. This trip is an old favourite. Meet at Cornwallis Wharf at 9.00am for a 9.30am departure; (don't take the turn-off to Cornwallis Beach). We will be carried by the ebb tide down to Whatipu, land and climb to the top of a nearby hill which gives great views out over the harbour entrance and bar. Then we'll paddle across to South Head for a picnic on the grassy slopes below the Signal Station. After lunch those who have the energy can take an unforgettable walk (which includes "Rona's Leap") over the headland. The trip home will be tide-assisted. Paddling time will be one hour each way; return time about 5.00pm. Bring drinks, snacks, lunch, shoes or sandals, and a camera. The landing at Whatipu can be tricky; bring a change of clothes in case you go for a little swim with your kayak. This trip is suitable for intermediate and experienced paddlers; (if in doubt phone Colin to discuss). **The trip will only go ahead if the forecast is for winds not exceeding 15 knots.** All those coming must phone **Colin Quilter 630 2219** on Saturday night or early Sunday morning (6.30 - 8.00am) to confirm that the trip is on.

December 8th 2002 Swim Escort Chelsea Sugar Swim 2.36km, Curran Street to Chelsea Sugar Factory

First Aid Course

We are running an Outdoors First Aid Course again for ACC members. Dates are Sunday, 3rd November and Sunday 10th November, from our clubrooms at Okahu Bay. Like last year our instructors are from Positively Outdoors. They are an experienced lively bunch mixing classroom sessions with realistic scenarios outdoors. To get the First Aid Certificate, it is important candidates will attend both days. Course fees are subsidised by ACC and will be similar to last year, about \$55-\$60 per person, depending on numbers.

For enrolment, please phone Peter Sommerhalder at work, 815-2073, or by email peter@kayak.co.nz.

Swim Escorts - For Your Diary

Dates for the Swim escorts this summer, please keep these dates in mind. The club benefits from acting as Swim escorts so it is important to get at least 30 people as escorts on the water per swim.


1st Swim AUCKLAND CENTRAL MASTERS SWIM 1.2k
Herne Bay Beach to Curran Street

Sunday 24th November 2002
Swimmers Assemble 9.30am Start 10.15am Tide 11.09am

Swim escorts - continued

2nd Swim **CHELSEA SUGAR SWIM 2.36k**
Curran Street to Chelsea
Sunday 8th December 2002
Swimmers Assemble 9.00am Start 10.00am Tide 11.19am

NOTE:- CHANGE OF COURSE

3rd Swim **EAGLE TECHNOLOGY BAYS SWIM** 
St Heliers Bay to Tamaki Yacht Club
Sunday 9th February 2003
Swimmers Assemble 11.00am Start 12.00noon Tide 1.54pm

4th Swim **EAGLE TECHNOLOGY RANGITOTO SWIM 4.45k**
Rangitoto to St.Heliers Bay
Sunday 23rd March 2003
Assemble 6.15am Embark 7.15am Sail forRangitoto 7.45am
Swimmers Arrive Rangitoto 8,25am Start 9.00am Tide 11.15am

Manukau Heads

While browsing the Net I came across this site which gives the weather for the Manukau Heads in real time. It has been set up by a farmer who lives at the Heads and he has built his own weather station. Well worth a visit by paddlers who frequent this area on a regular basis. The site is <http://ps.gen.nz/~windy/otherdat.htm>

Vincent Maire

Urapukapuka Island

I have just been informed by Tony Dumper of the Yakity Yak club that camping facilities are now available for sea kayakers on Urapukapuka Island. This is the largest of the seven islands located in the south-east of the Bay of Islands. Sea kayakers were always prohibited from staying at either of the campsites on island because of the need to have your own chemical toilet. The facilities at Zane Grey camp (Otehei Bay) are now under new management and a paddock has been set aside for sea kayakers. It is also possible to hire one of the cabins there. The people to contact are Penny or Jamie at Paradise Bar and Restaurant on (09) 403-7009. Cars can either be left at Rawhiti motorcamp (\$3.50 a night) or find someone or somewhere to leave them at the Russell / Long Bay end of the Bay of Islands.

This is great news for sea kayakers. This area of the BoI offers at least two days of easy exploration in well protected waters. It is also an ideal end / start point for Cape Brett.

Vincent Maire

Multi Sport 17 November 2002

68km Event

17 November 2002

Waiuku, Franklin District

\$2000 of Spot Prizes

Top Prize - Diamondback MTB

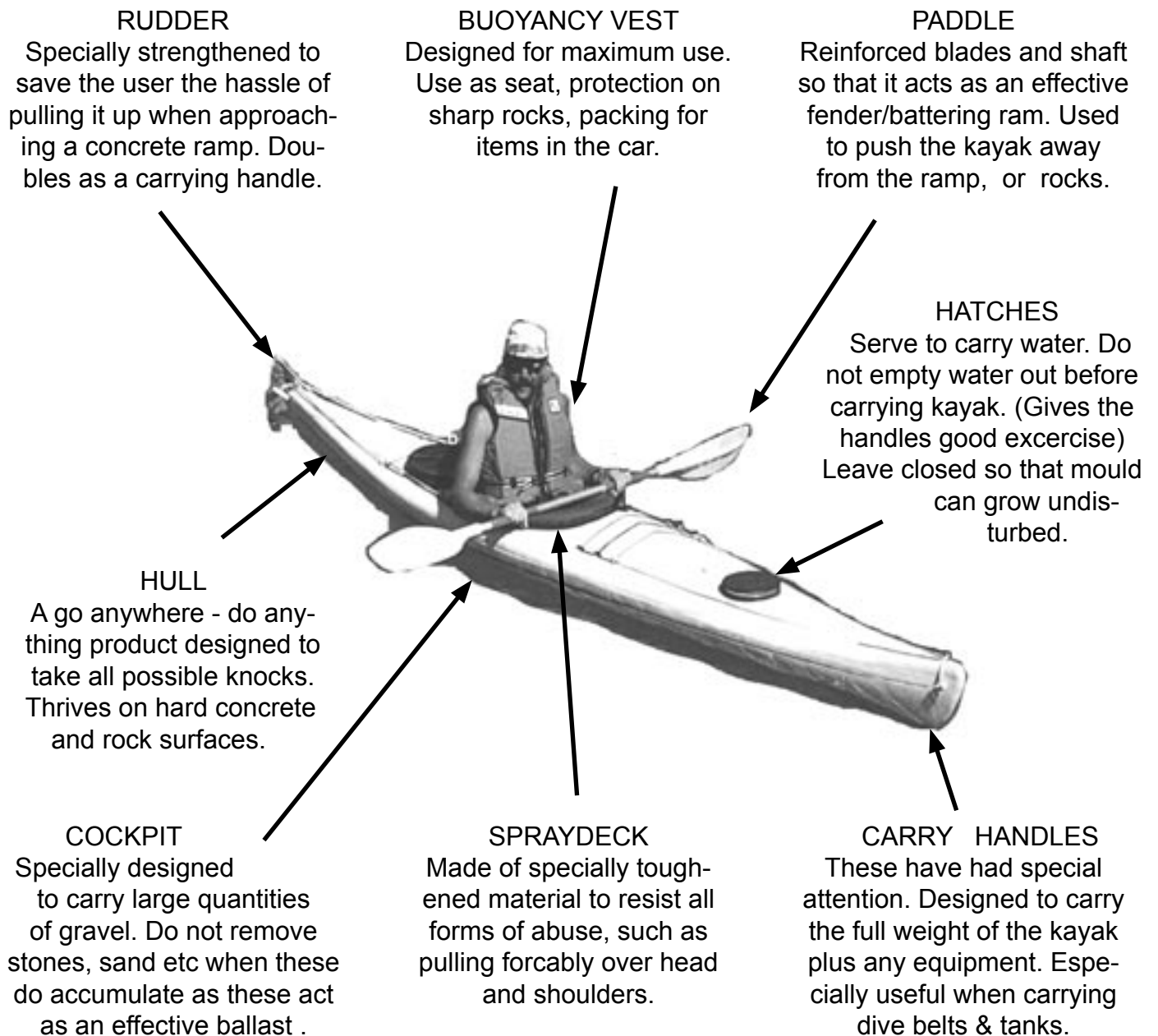
Category Winners Recognised

CONTACT DETAILS:Colin Ph/Fax 092352070 Email cj@stressfree.co.nz

Profits to the Waiuku Multisport Group and Manukau Outdoor Adventures Club

Anatomy of a Hire Kayak

The Auckland Canoe Club is please to announce that all its hire kayaks have been upgraded to special models with the following characteristics...



1 April 2002

Two More Days in the Life of

Swamp paddle.

We went for a little explore from the outlet of Lake Waikare, down the Pungarehu Stream, into the Whangamarino River.

The seven singles and one double started out with not much water; alternately paddling and towing the kayaks for the first kilometre or so, past set nets for eels and a bye catch of Koi carp and Catfish which both end up as pig food. In places, the route not being obvious, we wended our way through Pussy willow in bud and the dead Crack willow, while observing ducks and numerous hawks. A passing runabout giving the boys a chance for a wake ride and for Wayne to show us the underside of his kayak.

We all went over the Whangamarino weir and then into the Waikato River and on to Mercer.

Islands

More recently I did a solo from Kawakawa Bay past the bush clad cliffs of Ponui, Rotoroa and out to Tarahiki, another rock gardening paradise. I paddled through the fissures of the split island, nose full of the stench of guano from the dozens of Spotted Shag, and on to the only beach where I'm sure there is a camping possibility if one picked the wind and tide conditions. Then under the Pakatoa wharf to Frenchmans Cap where I disturbed a lone nesting Caspian Tern. She flew up circling, making plenty of noise, while her chick ran around calling for her and following me wherever I went to explore. I quickly departed and carried on along the west side of Ponui and back to Kawakawa.

Brian

New Members that joined Auckland Canoe Club last month

The Committee extends a warm welcome to our new members...

Leslie & Micah Bryant/Strong

Roger Finlayson

Shaun & Mia Gamble

Club T-shirts, Caps and Thermal Tops

We have a wide range of T-shirts available for \$20.00 each. Colours include Teal, Navy, Airforce blue and Grey. Sizes range from small up to XL.

Also caps, designed for the salty and sunny conditions (brass fittings and all) come in the very trendy colour of terracotta. Cost is \$20.00.

Thermal tops, just what you need for those crisp winter days. Navy, with white logo on each arm. \$35.

To order your club T-shirt, cap or thermal top, phone Jonathan or Denise on 578 1545 and they will happily accept your order.

Deadline for next month's newsletter: 12 November 2002.

Where are those articles....

Yes I know it is winter, but some of you HAVE been out paddling, so let's here about it!

Send articles to: lanCalhaem@xtra.co.nz



Sender: Auckland Canoe Club, PO Box 147-282, Ponsonby, Auckland