



# Newsletter

# August 2004

Hello Folks,

The end of winter is always a quiet time. It is difficult to plan trips because the weather is often unpredictable, yet winter paddling can be spectacular. Good days are usually very good, calm, little wind and stable conditions that last all day. Remember that if you are planning a trip at short notice, you might still have time to ring a few friends who might want to join you.

The planned Whanganui trip in November is progressing well and over thirty members have already registered with Peter Sommerhalder. I will not be surprised if our final numbers are close to one hundred! That will take some organising to avoid continually fall over each other, but the river can support that number. (We will probably divide into several groups for travel during the day to ease launching and landings).

Regards,

*Ian*

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**Deadline for next month's newsletter: 14 September 2004**

# Useful phone numbers and addresses

<b>Club address</b>	23 Spinnaker Drive Te Atatu Peninsular, Auckland	<b>Safety &amp; Training</b>	Ken Marsh	828 0701
<b>Patron</b>	John Watts	444 4006	<b>Storage &amp; Club Kayaks</b>	
<b>President</b>	Matt Crozier	817 1984	Lindsay Sandes	522 3344
<b>Vice President</b>	Lindsay Sandes	522 3344	<b>50th Anniversary:</b>	Peter Sommerhalder 815 2073
<b>Secretary</b>	Rona Patterson	834 3399	<b>Vine House:</b>	Andrew Frances 021 142 4857
<b>Treasurer</b>	Des Matthews	575 5804	<b>Committee</b>	Margaret Thwaites 818 9609
<b>Trips Officer</b>	Gavin Baker	528 5188	<b>Committee</b>	Wayne Fitzsimons 298 5087
<b>Publicity Officer</b>	Roger Lomas	579 8799	<b>Newsletter Editor</b>	Ian Calhaem 579 0512 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](mailto:auckland-kayakers-subscribe@yahoogroups.com)  
For event reminders, send a blank e-mail to: [auckland-canoe-club-subscribe@yahoogroups.com](mailto: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 \$155, overnight Ocean Kayaking Course  
\$245. Surfing Courses also available. Courses run by  
professional SKOANZ Assessors/Guides. Details on  
website [www.odnz.co.nz](http://www.odnz.co.nz)

**Positively First Training Ltd, Jo Piggins and Chris Gulley,**  
ph 09-813-9494 email [www.pft.co.nz](http://www.pft.co.nz) Check our  
website for details.

Two-day OSH certified outdoors first aid course - \$140

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.

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## Regular Evening Paddles

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Remember... 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. As discussed in a previous Newsletter, the Coastguard, do not recommend the use of flashing lights. It is apparently difficult to judge their distance and they are also used to signify danger. Also, it is advisable before going out on an evening paddle that you attend a basic skills course and ensure you are fit enough to be able to paddle for one hour.

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 for non-members/guests. ( At all other times, Club boat hire is \$20/day or part day , for members and guests.)

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## Saturday Morning Paddles

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**Saturdays Morning Coffee at Caf'e at Kohi.** Meet at Okahu Bay by 9am, all skill levels welcome. Paddle duration will be about 2 hours, a great chance for new/novice/slow paddlers to mix and mingle with older/ experienced club members. Club boats can be hired. **For more details please phone Gavin Baker on 528 5188 or email [gavinbaker@clear.net.nz](mailto:gavinbaker@clear.net.nz)**

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## August

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**August 21st - 22nd Motuihe Island Project.** Over the years many Auckland Canoe Club members have enjoyed the ambience of the Waitemata Harbour and its Islands, and now here is an opportunity to put a little something back through the Motuihe Project. The Island is at the Canoe Club's back door, this 180-hectare Island is just a short paddle away from Auckland City, it has beautiful sheltered beaches, fascinating Island walks, either around the foreshore or through the farm, and there is a minimum-facility campground with water and toilets, many of us canoeists have had pleasure in using it. So please join us, helping to plant native tree's, either on the Saturday or Sunday or stay the entire weekend and enjoy a little social evening on Saturday night. For more information please **contact the trip coordinator Rona Patterson on 834 3399**

**Tuesday 24th August - Auckland Stardome.** Night navigation for sea Kayakers, for an experience that is truly out of this world, sit back in the Observatory Planetarium, an all-sky, 360\* panoramic theatre and enjoy a multimedia experience featuring 3500 brilliant stars, delivered by special effects projectors linked with stunning digital sound, learn about what a Kayaker should look for when paddling at night, how Celestial navigation works, about the Moon, Sun and tides, there affects etc, etc, etc.

This will be a great evening, so please make an effort to come along, the cost will be \$10 per head, and there will be also an opportunity to purchase things at the Observatory shop. Be there at 6.45pm for a 7 o'clock start, there is seating available for up to 85 people. The Stardome Observatory is situated on the lower southern slopes of One Tree Hill.

Enter One tree Hill domain from the Manukau road, the Stardome Observatory is approximately 100m into the park.

**Cost:** \$10 per person, your most welcome to bring family and friends. Please register your interest early, contact **Morgan Lewis on 6204005 or email [morganl@extra.co.nz](mailto:morganl@extra.co.nz)**.

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## September

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Where are are our members going this month?

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## October

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## November

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**9-14 th of November. WHANGANUI RIVER JUBILEE TRIP.** Thirty people so far have registered to come on this scenic cruise. It is a five day trip where you bring your own kayaking and camping equipment with food. We are also offering a shorter 3-day option. More details will be available as the project develops. For information and registration contact **Peter Sommerhalder at work, phone 815-2073** .

Paddling will be 3-4 hours per day only. This a brief outline of the Whanganui River Trip:

- Tuesday, 9 Nov:** Set up first camp at Oinepane, 22 km downstreams from Taumarunui. Drive vehicles to safe parking (Taumarunui or Ohakune) and return with arranged shuttle back to Ohinepane.
- Wednesday:** Ohinepane-Maharanui, 31km, first day on river
- Thursday:** Maharanui-Mangapapa, 15km (passing Whakahoro at 5km)
- Friday:** Mangapapa-John Coull Hut, 32km
- Saturday:** John Coull Hut-Tieke Marae, 30km, Maori Welcome
- Sunday, 14 Nov:** Tieke Marae-Pipiriki, 22km, last day on river.

Arriving in Pipiriki early afternoon, shuttle (people and canoes) back to parked cars. Returning home same night.

For people wanting to paddle for three days only, a trip from Whakahoro to John Coull Hut, Tieke Marae and then Pipiriki is another option. This group will need to stay at Whakahoro on Thursday night and then join the main party at John Coull Hut for the **reminder of the tour**.

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## Preliminary Swim Escort Dates

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It has been noted that the first swim date clashes with the Wanganui River trip. The swim organisers have been notified so that data may change.

**1st Swim HERNE BAY SWIM 1.2k**

Herne Bay Beach to Curran Street

Sunday 14th November 2004

Assemble 8.00am Start 8.45am Tide 9.24am

**2nd Swim CHELSEA SUGAR SWIM 2.36k**

Curran Street to Chelsea

Sunday 5th December 2004

Assemble 12.00noon Start 1.00pm Tide 2.10pm

**3rd Swim EAGLE TECHNOLOGY BAYS SWIM**

St Heliers Bay to Tamaki Yacht Club

Sunday 13th February 2005

Assemble 9.15am Start 10.15am Tide 11.49am

**4th Swim EAGLE TECHNOLOGY RANGITOTO SWIM 4.45k**

Rangitoto to St.Heliers Bay

Sunday 27th February 2005

Assemble 5.45am Embark 6.45am Sail forRangitoto 7.15am

Arrive Rangitoto 7.55am Start 8.30am Tide 10.38am

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## Prez Sez

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### Club Rooms

A couple of months ago the Multi Hull Yacht Club, from whom we rent the club rooms for every Tuesday night, decided to vacate and move elsewhere – terminating their lease of the premises. This was rather short notice for us and a result was that the winter series talks have had to be put on hold. We are optimistic about retaining a similar arrangement with the new leaseholder, but for now there is no furniture available to make it useable for large groups.

### Trips

Our trip calendar is looking rather light at the moment, but that is not totally strange for this time of year. Still, if there is a destination that you would like to visit then have a chat with our Trips Officer to work out a plan of attack.

### New Members

We would like to extend a warm welcome to new members:

Gavin Barker, Christine & John Fryer, John Hunter, and Roger Simmonds.

Cheers,

M@ (matt@vsl.co.nz)

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## Rangitata victory

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### NZRCA SI Conservation Officer, Maree Baker

After 4 years of hard work, Fish and Game, with the support of the NZRCA and local kayakers, rafters and outdoor professionals have won the case for a Water Conservation Order on the Rangitata River.

Relevant to white water recreation are the Court's findings that the upper Rangitata, the Gorge, and the Arundel section are outstanding on a national basis: the upper Rangitata for kayaking, the Gorge for kayaking and rafting, and the Arundel section for "water based recreation" as one of the best examples of its type of grade 2 to 3 white water with easy access and safe boating, making it ideal for instruction, team building, personal growth/development courses, multisport and simple recreation.

The Court also found that these and other sections of the river are outstanding for salmon habitat, angling amenity, and native bird habitat. In order to protect all of these values as a whole, the Court recommended that no further abstraction above what is currently taken be allowed at normal flows. Currently approximately a third of the Rangitata's flow is abstracted for irrigation and stockwater.

The NZRCA took part in the Environment Court hearing which spanned 7 weeks of hearing time in 2003 and 2004. Expert evidence was presented by Doug Rankin, Wayne Keenan (Peel Forest OPC), Hugh Canard (NZRCA Patron), Jonothan Hay (UCCC), Anna Williams (Aoraki Polytech), Grant South (Hidden Valleys) and Tussock (Rangitata Rafts) The Environment Court issued its decision on the 6th of August. The decision largely confirmed the original findings of the Special Tribunal, in front of which the NZRCA also presented its case in support.

This is a great outcome for the NZRCA and reflects a lot of hard work over the last four years from both the NZRCA, its supporters, and those who took their own time to give evidence at the hearing. The WCO recommended by the Court will only take effect once the appeal period has expired, and once the Minister for the Environment makes it final."

New Zealand Recreational Canoeing Association at <http://www.rivers.org.nz/nzrca/>

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## Remember those old photographs

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How many of you have used the cold winter months to sort out your old photographs?

As long as you can identify the people and places in the photos, I am willing to convert them into a digital form so that we don't lose this valuable historical data. Photos without the data are of limited use so I will be concentrating on those where the history is known.

**Contact me on 579-0512** if you need for more information, or have some photographs ready for digitising.

**Ian Calhaem.**



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## 3 day trip to Three Kings Group of Islands

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*Ten Kayakers from the Auckland Canoe club celebrated the clubs 50th Jubilee in style recently with a 3 day trip to The Three Kings group of islands north of Cape Reinga.*

*Morgan Lewis, Alissa Good, Trish Lewis, Andrew Francis, Ryan Whittle, Brian Strid, Margaret Law, Stephen Solomon, Wendy Muircroft and Mike Hall.*

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### ***This is Mike's account.***

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It was a great day. A circumnavigation of Three King's Great Island by kayak, a mid-afternoon scuba-dive near our anchorage in north-west bay, and a dazzling night sky to count the constellations by.

The good ship R. Tucker Thompson got us there. Ten kayakers and five crew setting off from the Bay of Islands under the cover of darkness and the assistance of a sou-wester.

Dawn the next day had us rounding North Cape. The new day sun lit the tips of the dark green headlands with a domino affect: First North Cape, then Spirit's Bay then Cape Reinga. Our destination lay a further 60 kilometres northwest across a beam sea and a lifting sky. Our cargo of kayaks sat expectantly on deck. All except two which were roped outside the port and starboard aft rails. Mine – on the leeward rail – had become an unwitting spittoon for those finding their sea-legs while losing their lunch. I made myself a mental note: next voyage, store kayak on deck.

A much brighter note was the sight that lay ahead. Great Island's shape leant it the air of a well-laden platter – presented on the finger-tips of the Tasman. Its fishing grounds are known as the supermarket because of the variety and availability of fish, but for the amateur naturalist the pickings looked just as rich above the surface.

The deep rich-blue waters of Great Island's Northwest Bay sitting in late afternoon shadow took on the colour and consistency of a sapphire slick. As we slid our kayaks in for the first time, the water slid off their sides like a good dessert wine does off the side of a glass. New experiences boded well for our first full day kayaking at Three Kings.

That day dawned crisp clear and calm (well, on our lee side of the island anyway). We set off on our circumnavigation of Great Island dwarfed under the magnificence of the dawn-lit cliffs of Northwest Bay. Both the cliffs and sea were to prove much more imposing on the other side. The remoteness of our location fully sunk in as we rounded the southern end of the island, and into a fresh sou-wester. The beam wind and sea made for true ocean-going kayaking. Huge swells rolled in unchecked from the Southern Ocean, filtered only in the last seconds by massive beds of giant sea kelp before carving their story in the brooding weathered side of Great Island. From there they continued their journey broken, but right back at you. The conditions forced plenty of bracing strokes from our clutch of kayakers. One moment you felt secure in the company of nine other boats less than five metres away... the next you sat alone at the bottom of an ominous dark-blue trough. The ride was rough, but rewarding.

We escaped the confused sea-state of the southern side through a large hole in the eastern peninsula. Awaiting us was a piece of history and tranquillity. The beauty of Tasman Bay seemed more akin to the Coromandel peninsula than 60 kilometres north of Cape Reinga. Rock pools and caves lured our kayaks, like the cliff-face plateaus of deep green puka plants lured our gaze. Falling from the centre of the main cliff face was the very same feature that Abel Tasman had admired more than 350 years ago.

In 1643 Tasman sent men ashore "to get water from a small safe bay where fresh water came in abundance from a high mountain." However the crews reported that "there was a great surf on the shore which would make watering there troublesome and dangerous". Tasman also noted that "upon the highest mountain of the island they saw 35 persons who were very tall and had staves or clubs.... When they walked they took giant strides."

This time, there were no giant Maoris- or surf - there to greet us, just a lone seal. Still, the waterfall offered a tangible connection with Tasman. Sitting in the same spot looking at the same path the water had taken for 350 years, I felt as humbled as I did fortunate. I paddled forward and let history wash over me.

Continuing our "round trip" we squeezed between Great Island and some outlying rocks which turned up the day's most pleasant encounter. We weren't the only ones in the lee of the island. As we glided into the nicely obscured channel, four seals frolicked only metres ahead of us. Spiralling, rolling and basking on their backs they were as unperturbed by our presence, as we were delighted by there's. Kayaks, no doubt, presented quite a novelty for the Three King's seals, and like ocean-going mere cats they propped themselves up for long inquisitive looks. Their Gollum-like eyes saw us looking back just as intrigued.

After sharing their company for 15 minutes or more it was time to head out of the narrowing channel. One of the seals had stopped ahead of me – diving and surfacing just off my bow as I approached the gap which opened into the

next bay: a gap barely big wide enough for my kayak and paddle. I lined up my approach waiting for the next surge to slip through on. The swell emptied with a rush from the rocky gap less than two metres ahead of me to reveal the said seal partially beached on the gaps exposed rocky bottom. Like me now – it was waiting for the next surge to slip through on: Problem was, I was riding that surge. Our collision was as inevitable as the swell. Despite its imminence, it was no less alarming. Surge, seal and kayak all arrived in the apex of the gap at the same time. All of a sudden the seal burst out of the water only to have its trajectory shortened by my kayak's port deck. The thud was as unmistakeable as the moment our eyes met. If it's possible for a seal's eyes to bulge more than they already do... they did.

I flung my paddle out to brace against the fast approaching gap-wall, but the action was as futile as it was instinctive. I was moving far too fast with the surge for it to have any effect. As Gollum-of-the-gap disappeared off my port bow as quickly as he'd arrived, my kayak lurched violently to starboard only to be thrown back to port with the same gusto by the rocks it hit on the other side of the gap. Fortunately by this time I was clear of the channels confines and able to brace in open water – steadying my boat, but not my heartbeat. All I was left with was a tale of my first close encounter at sea, and the uniquely pungent smell of seal on my deck. Both would linger.

We soon returned to the sanctuary of the R. Tucker Thompson, where my adventures above the water that day were soon perfectly complemented by the tranquillity I found beneath it. Scuba diving provides a breathtaking escape from normality, but when your "normality" is The Three Kings, the scuba experience is usually much more rewarding. Giant rays, sea eels, countless school=fish and the odd cray reminded me why fisherman have dubbed the spot the supermarket.

Still my day wasn't done. We had paid just over \$800 for the privilege of the R. Tucker Thompson to take us to our Three King's destination, but perhaps the grandest entertainment came for free that evening. The magnificence of a clear night sky not needing to compete with any other lights provides nature's greatest show. Sirius - the brightest of them – held centre stage. Below it lay "The Pot" framed by Rigel and Betelgeuse: all together, according to Maori legend, they composed the Snare of the Kereru. And as if not wanting to be reduced to a bit-part, Great Island's ridge-line saddle formed the perfect supporting role for the swoosh of Scorpio's tail.

Unfortunately a building sou-easter overnight cut short our anchorage time at The Three Kings. By day three what was to have been a kayaking trip with some sailing, quickly turned into a sailing trip with some kayaking. We were forced to head back down the North Island's east coast before the barometrically driven sou-easter prevented us from doing so. Averaging just two knots per hour with one hundred miles and a stubborn wind on the nose can be quite the prison sentence. What took us 18 hours to sail up... took us 48 hours to sail down. It's times like this one tries to take the positives from a situation. My only comfort lay in the comparison that poor old Captain Cook averaged two knots per hour around the entire world! Even though that didn't remove us from our wind-blown predicament, at least this time it was someone else's kayak hanging off the lee rail. What's more, we'd had experiences which allowed us to empathise with both Cook and Tasman, along with a royal time at The Three Kings in the process.

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## Weather Forecasts: how to use them

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**Bob McDavitt, Weather Ambassador**

The first rule of safe boating is "watch the weather". Here in the roaring forties, winds from the warm tropics clash with winds from the chilly Antarctic. The resulting weather is a mix of pattern and chaos, but weather maps only follow the pattern. Look on a weather forecast as being an idea-from-isobar-land that needs to be fine-tuned to your location.

Our forecasts are averaged out to cover the whole area and should not be taken literally. Do your finetuning by applying local knowledge and keeping an eye on the sky. Your barometer helps you adjust the weather map back to the real world.

- **Wind warnings** are issued and updated whenever the need becomes apparent. They are given sequence numbers (e.g. Alpha 42, is A42, the A stands for Auckland) that restart at 1 each month. When you hear that a wind warning is in force, check it out... it may only apply to part of an area and may be issued as much as 24 hours in advance. A **Strong** wind warning is issued (in Auckland) when GUSTS are expected to exceed 33 knots. Gusts are an extra 50% on the average. A **Gale** has AVERAGE winds exceeding 33 knots and **Storm** has AVERAGE winds over 47 knots. (Hurricane warnings are only issued in the tropics) A Squall warning (only for recreational areas) is issued when showers may be accompanied by sudden brief gales.
- **The Situation** is a brief word-description of the key players on today's weather map: such as lows, highs and fronts. If this mentions many features then lots can happen. The forecast only picks the most likely outcome, but if you know the situation you can ascertain the alternatives.

- **Wind Direction** is in degrees true, and given to the nearest octant with a plus-or-minus of one octant. Speed is in knots to the nearest 5. For example northwest 15 knots means FROM between north and west, between 10 and 20 knots. Wind speeds for LAND forecasts are given in km/hr. (Sometimes abbreviated to "k"). This helps you pick a land forecast is NOT for boaties.

Only the general wind (as computed from smoothed-out isobars) is given. Terrain effects can swing the breeze a lot and may halve or double the speed. Wind over land acts like water flowing over rocks: it runs round corners, gallops through gaps, contorts along coastlines, and dips and dives over hills and dales.

During quiet summer days, air is drawn onshore by any hot land (sea breeze). On clear nights, cold air drains down valley slopes and along rivers out to sea (katabatic winds). Also at night, air near the ground decouples itself from that above resulting in a calm dawn. Be especially wary of **rivers of wind**; these occur offshore and downwind of the ends of main mountain ranges. When there is a High on the weather map, the airflow around hills becomes concentrated to only a few passages.

- **Sea State** refers to waves formed by the local wind and tide. Quoted wave heights refer to SIGNIFICANT HEIGHT; the average of the top third, **Smooth** is less than half a meter (m). A **slight** sea has waves up to 1.25m, moderate up to 2.5m, **rough** up to 4m and **very rough** up to 6m. When wind opposes tide, waves steepen. This poses problems for bars and passages.
- **Swell** refers to waves rolling in from the ocean. The significant height is given for swells of 1m (metre) or more and the direction they come FROM.
- **Weather** is included if it drops the visibility.
  - FOG implies less than 1 nautical mile (nm)
  - POOR VISIBILITY: 1 to 3 nm
  - FAIR VISIBILITY: 3 to 6 nm
- **Forecast Period:** The forecast covers the next 18 or so hours to midday or midnight. An outlook is given for the following 12 hours.
- **Observations** OBSERVED WINDS from key places are given in degrees true and knots + BAROMETER readings. Coastal reports are updated every 3 hours. Recreational areas have reports updated hourly during the day and also carry high tide times for main ports. Auckland Coastguard members can arrange direct (auto) text messages to their cellphone.
 

There is also up to the minute wind data on MetPhone on 0900 999 09 selection 7.
- **Trip planning.** You can now check the weather well in advance. MetService is experimenting with a forecast for next week ([at www.metservice.co.nz](http://www.metservice.co.nz)). The best idea for the next five days is available on MetPhone\* Metfax\* or at our website MetNet\*. There are many web sites linking to MetService for coastal forecasts, but our website is updated quickest. Always check that you have the most recent forecast.

For more information on MetService products call our free help line 0800 WEATHER (0800 932 843).

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## Colin's recipe for a comfortable kayak seat

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by Colin Quillter

Got problems with a numb bum? This recipe is sure to please.....

Optimising the fit of a kayak seat can be tricky. You know your seat's not exactly right, but how should it be changed?

Where are the high spots and where are the low spots? Generally you can't do much about the high spots, but it's easy to glue closed-cell foam on the low spots to build them up - but first you have to figure out where the foam should go. This is where my recipe comes in handy.

You will need:

- 500gm minced beef
- 1 onion, diced
- 1 packet of flaky puff pastry, frozen in separate sheets



Place a couple of sheets of pastry on the bench to thaw. Fry the mince on a high heat with a tablespoon of oil, stirring constantly, until it is brown and the grains are separated. Then add water, salt, tomato sauce (lots), soy sauce or other flavourings, and simmer for at least 30 minutes. During that process you can skim off the fat and add the diced onion part-way through. When the mince is tender, thicken it with cornflour and pour it into a glass baking dish which has been smeared with butter to prevent sticking. Put the dish in the warming drawer of the oven to keep warm.

By now the pastry will be at room temperature. It will be soft and floppy. Take one of the sheets and cover it with plastic kitchen wrap on both sides. Then carry it carefully out to the garage. Put your kayak on the ground, lay the pastry on the seat, (you might need two sheets to cover it), strip to your underpants (necessary to make an accurate impression) and sit in the kayak. Stay there for a few minutes. Think about how you will explain this if your neighbour or the meter-reader arrives.

Now get out of the canoe - carefully. Look at the pastry. Wherever there was a high spot on the seat, the pastry will be displaced or squeezed out very thin. Where there was a low spot, the pastry will have accumulated. Mark the low spots on the seat with a felt-tip marker. Tomorrow you can visit Peter and Sue at the Auckland Canoe Centre, buy a few pieces of closed cell foam, and glue them onto the low spots with contact adhesive. Then use a knife and coarse, sharp sandpaper to remove the excess foam, or better still a rotating wire brush fitted in your electric drill, (but be careful, you can rip off a lot of foam in a hurry).

Back to the kitchen. You might need to reform the pastry sheets a little. Take off the kitchen wrap, cut the pastry to fit the glass baking dish, and lay it on top of the mince. Bake until the top of the pie is golden brown and flaky. Enjoy!

If your kayak seat isn't exactly right after a first attempt - well you can repeat the process. This mince pie is good enough to eat more than once. Happy eating!

*Colin Quilter*  
*University of Auckland*  
*Department of Anatomy*

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## Kayak for Sale

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Here are the details of what we have to sell:

- 1 mango Looksha IV kayak, 2 years old, hardly used, price \$1600 ono
- 1 North West Passage, glass shaft SK paddle, price \$80 ono
- 1 paddle, price \$50 ono
- 1 spray skirts, hardly used, \$100 ono
- 1 Thule kayak Cradle-Old style (TH546), \$100 ono
- 1 Humble Trolley, brand new, \$150 ono

**Ute Engel [engele@paradise.net.nz]**

**Deadline for next month's newsletter: 14 September 2004**

Send articles to:lanCalhaem@xtra.co.nz Please include "Newsletter" in the subject.



**Sender:** Auckland Canoe Club, 23 Spinnaker Drive, Atatu, Auckland