

April 2007

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This is the confidence level achieved after a day's training with Nigel Foster.

Auckland Canoe Club

Information

Postal Address:

P.O. Box 9271 Newmarket, Auckland

Clubrooms:

Marine Rescue Centre, Mechanics Bay

Website:

<http://www.aucklandcanoecub.org.nz>

Email event reminders, send blank email to:

subscribe@AucklandCanoeClub.org.nz

Officers:

Patron:	George Gerard	269 2042
President:	Ian Calhaem	579 0512
Vice-President:	Brian Strid	09 238 8084
Secretary:	Alissa Good	815-2266
Treasurer:	Gerard Fagan	832 9720
Trips:	Philip Noble	575 3493
Publicity:	Roger Lomas	579 8799
Safety/ training:	Erica Law	360 2872
Storage/kayaks	Gavin Baker	528 5188
Assist:	Roger Lomas	579 8799
Merchandising:	Alison Calhaem	579-0512
Vine House:	Trevor Arthur	817 7357
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Webmaster:	Claire Vial	

Email addresses

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Newsletter@AucklandCanoeClub.org.nz

Webmaster@AucklandCanoeClub.org.nz

Club trip/event policies

Visit the Club website for details of safety and other important policies.

Contacting trip/event organiser.

You must notify the trip organiser in advance of your intention to go on a trip. Organisers need to know numbers and to be able to contact you if the plan changes.

You must also discuss with the organiser in advance any medical or other conditions (such as your experience and ability) that might affect the progress of the group.

Cancellation

If the weather looks uncertain call the trip leader. The Newstalk ZB Cancellation Service is no longer being used.

Club Banking Details

Bank: BNZ

Branch: Newmarket

Account: 02-0100-0023453-000

Name: Auckland Canoe Club

IMPORTANT

If you are depositing money to the Club Account please ensure that you include YOUR name so that the Treasurer knows who deposited the money.

Internet Banking

All major banks have set up Auckland Canoe Club as a registered payee for internet banking. This means that you can pay to

“Auckland Canoe Club”

without having to enter the account number.

Check with your bank

Editorial

It is amazing what our active club members are up to this summer. On closing this issue, Coral Atkins reported about the skills course conducted by Nigel Foster only ten days ago. We are looking 'behind the scene' with Jackie Hillman and find out what made her to do the Coast to Coast. The Rangitoto swim was well attended and finished with a most enjoyable barbecue at St Heliers beach.

To further our skills and not forget about risk management, it is our aim to publish articles in future newsletters. We welcome your contribution towards this. Please email your stories to the editor. Colin Quilter started the ball rolling with his handy hint. I am sure someone will benefit from his experience. Have you any clever ideas or acquired skills you are prepared to share?

Happy paddling,
Peter Sommerhalder

Winter Lecture Series

Club Winter Lecture Series at the Marine Rescue Centre

3rd WEDNESDAY of each month.

20th June
18th July
15 August
19th September

Further details to follow later.

Meet at the Marine Rescue Centre (City end of Tamaki Drive) at 7pm for a 7:30 start.

A \$2 door charge will cover your supper and helps with a gift for our guests.

Need more info?

Contact Roger Lomas 579-8799

Regular Events

Vine House—last weekend of every Month

Working bees for the rest of the year will be held on the last weekend of every month. We are now mainly doing interior work i.e. sanding and painting. There are always lovely people that come along, so I promise you good company. We now have beds for 10, so I promise you a good night's sleep. *Bring food for a shared dinner on Saturday night.*

As always, be aware of the tides and bring a canoe trolley if you have one. Bring also a pillow case and sleeping bag

Phone: Trevor 817-7357 (home)

Tuesday Evening Paddles

A small group of informal paddlers usually meets at the Okahu Bay ramp at about 5:30pm on Tuesday nights.

Saturday Morning Paddles

If you are in to good coffee, good company and usually a leisurely paddle then these are the trips for you. A small but growing group meet about 9:00am on Saturday mornings to paddle to one of the beaches, St Heliers, Kohimarama or Mission Bay for a coffee.

Volunteers wanted

John Hieatt helps a group of disabled people to learn sailing. Some of this group have the potential to participate in the Para Olympics.

He is looking for more volunteers to help with the boats, mainly on Saturday mornings and early afternoons. They do not need to go along every Saturday, just when they are free to help.

If you are interested and available, please contact John Hieatt, phone 818 5563, or email: handcraftsupplies@xtra.co.nz.

Scheduled Club Trips

Thank you for those who have suggested trips, and offered to co-ordinate some; this is much appreciated, especially Saturday mornings.

Any members who have ideas on trips or would like to lead a trip please contact Philip on 575 3493. You could also call a friend and meet at a convenient launching spot and have some quality time on the water.

30 March – 1 April at Judy's Whangamata Bach

Judy Beggs has kindly offered her bach to the club for a weekend. There are a variety of kayaking opportunities either in the tidal estuary or up or down the coast, and in all weather conditions

Phone Philip 575 3493 or Judy at 07 8673414 for further details.

6 to 9 April Easter weekend

Kawhia Harbour

Come and explore Kawhia Harbour. There are many interesting arms of the harbour, and different rock formations to keep everyone interested. Bring good food and wine which you can enjoy while soaking in outdoor baths under the stars.

Justin's bach sleeps 7 others comfortably so be in quick to explore an untouched area. \$10 per person per night.

Phone Justin on 0274 868 177

Rawhiti – Bay Of Islands

Join the Northland Canoe Club at this great destination for a residential camping/kayaking weekend.

Phone Sue or Warwick at (09) 438 9021 for further details and what to bring

Sun 15 April : Whangaparaoa

Come and paddle the Peninsula, we may even get to Tiri Tiri Matangi. The trip will be dependent on the wind direction and strength. I'll decide on Saturday or Sunday morning the best meeting place.

Phone Gerard Fagan 832 9720 Mob 0210715917

22 April Beach Landings

Who wants to practice Beach landings through the surf (Small surf!!) or show us their technique?

If there's no surf we'll pick a convenient destination for some social paddling.

Phone Philip on 575 3493 for details on Thursday evening to see where the surf's up.

29 April: Paddle the Eastern Beaches and Islands

Use the outgoing tide to paddle out to Motuihe for a superb relax, swim and lunch on my favourite beach, return after lunch via Rangitoto and Bean rock. Alternatively if the weather is unfavourable we'll keep close to the shore and paddle as far as the group wants to go.

Phone Philip for details, 575 3493.

Kayak Rental Rates

To book a kayak, enter details in the diary.

Check diary before taking a kayak.

KAYAK HIRE RATES

Single kayaks

Daily hire - out am back pm \$20.00

Half day - out am back am / out pm back pm \$10.00

Double kayaks

Daily hire - out am back pm \$30.00

Half day - out am back am / out pm back pm \$15.00

Please enter details of hire in register and on envelope

Put money in envelope & place envelope in honesty box

No I.O.U's

Carry or wheel kayaks to water.

No seal launching

Please wash kayaks before returning to rack

Report faults or problems on the faults / problems sheet

Safety



High Visibility Vests

To be seen in our kayaks by other crafts remains a main safety issue. The club now has for sale a light-weight safety vest with reflective stripes, in fluoro orange and fluoro yellow. These sleeveless vests are worn over the buoyancy aid and available in sizes XL to XXXL. They are the similar to those used by road workers, cyclists and truck drivers. Price for club members is \$5.



Air Horns

Air Horn complete with pump \$30.00

Air horn without pump \$25.00

Can be inflated using any garage air supply to 80psi. One fill lasts approx 50 blasts. Total weight 100gm \$6.00 post and packing

Order your vest or horn NOW from Alison, Merchandising Officer, ph 09 579-0512, or email

Merchandise@AucklandCanoeClub.org.nz

Annual General Meeting

The Club Annual General meeting will be held at the Marine Rescue Centre on the 3rd Wednesday of May

So please keep the 16th of May Free!

Lost Buoyancy Aid

Hi there!

On Saturday of March 4th I decided to take my wife out for her first trip in a double kayak. This was the first time we had hired a kayak from the club, seeing we only joined this year, and one of the members had just arrived back so he showed us the proper procedures, and was very helpful.

We had a pleasant trip as the weather was great, and paddled up to St. Heliers, had coffee and a snack, and paddled back. Did all the proper stuff, hosed off my buoyancy aid, the skirts, hung them up to drip and dry, then hosed off the kayak, sucked up any water inside, and stored it back where it came from. Signed back in, shut the roller door, locked it securely, and went home.

Next Friday evening we thought we might have another look at the harbour so I went to get my gear. Oh oh. Left my buoyancy aid in the club shed, hanging up to dry! Imagine my disappointment when I arrived down at the club shed, unlocked and opened the door to discover it was no longer there. Had a good look around but no luck.

So, if anyone inadvertently took it home for safe keeping, could they please get in touch with me? It's basically black with bright yellow inserts and reflective stripes - and it's brand new - only been worn once by one careful (or not so careful if he can lose it) owner. it is made by RFD

My work phone is 579 6849 during the day, or in the evenings 626 3610.

If anyone has it, I would be grateful if I could have it back please.

Thanks, Brian.

Brian Morrell, Medallion Graphics Ltd
Ph 579 6849, Fax 579 2771

From Couch to Coast

25th Anniversary Coast to Coast

By Jackie Hillman

How, I wonder, did sitting in a cafe with friend Fiona Heenan in 2004, discussing if we should enter one of the Special K triathlons, lead me to scrambling up to Goat Pass in this year's Coast to Coast event. What a journey.

Humiliated by this first attempt where I wheezed, red faced and overweight, to the finish with the words overheard from a small boy talking to his father "you wouldn't think anyone could go that slow" still ringing in my ears – I vowed I would never enter another event until I could run. Fiona gave me the 'couch to 5 km running program'. Unbeknown to me she was quietly guiding me down a path, always coming up with another program I should try!

We completed a few short triathlon distances before attempting the sprint distance. We started early cycle rides to prepare us for the round Taupo cycle race in 2005.

During a post ride coffee stop, critical for all training programs, she said "You always said you wanted to do the Coast to Coast – why not enter it as a team next yr"?

We had the time to train - it seemed possible as I knew I could never run 33km and I wouldn't have to run more than the first 3km off the beach.

I enjoyed sea kayaking, I just had to overcome my fear of going upside down which seemed more likely in a river with rapids.

The early morning rides continued on a borrowed road bike until I purchased my first road bike with (matching clip on shoes) prior to the round Taupo race – how grand I felt.

The grade 2 kayaking course was my goal but kept putting it off, still anxious, but time was pressing so I just had to do it to for us to enter. The course was to introduce me to instructor Sam Dearlove, who would assist me all the way to the 2007 event.

Sam made the course fun and easy, always positive and made you believe anything was possible.

His drills approaching rapids have kept me honest and confident but respectful of the rivers. More importantly he reckoned we would enjoy the rapids – well I overcame my fear -and I just love it.

Proudly complete with grade 2 certificate we met to discuss heading south to train before the event. Fiona was hesitant (not thinking I would go for the cert) as the event was a lot of \$ and if either was injured the other couldn't continue. She suggested maybe we should look at doing it as individuals the following year. I agreed but was gutted as I never believed I would go it alone. Fiona's real interest was Ironman (a goal she has put on hold becoming a new mum).

So away sailing that Christmas I made the decision to go it alone - entering the 2007 event. I was unaware how this decision was to completely change my life.

I still had not admitted to many what I was up to, still doubtful I would make it as I now had to run - just a short 33km !!

Its incredible how your whole life can be consumed by a single focus. Everything was geared to the 2007 event.

There was no spare time to sail, that had to go, evenings out went (I needed more sleep to get up for 6am kayak sessions) my diet changed and weight had to come off and I no longer seemed to manage alcohol which I initially reduced but later stopped altogether.

Work got used to me turning up and eating my breakfast there.

1st step – a ½ marathon – yet another program quietly slipped my way. I completed the Woodhill off road event in 3 hrs getting lost in the dark - but had done it.

Training was now in earnest.

Base was built with regular gym work, Triathlon training squad Saturday morning where eventually I gave away the swimming to paddle first and later altogether as the cycle and run distances needed to increase.

The Girls on Top Tues/Thurs morning kayaking group from Westhaven provided a multisport group to paddle with. Initially I trailed behind in my sea kayak until I found the right boat for me, settling for a JKK eclipse (my lightweight armchair) - comfortable with amazing stability that always pops up

seemly regardless of what I do. I just love her.

The Ferges training squad Wednesday evening and Sat morning changed my paddling technique and provided the opportunity to meet similar paddlers who became training partners with the same goal, who, with Sam all improved our moving water skills on the Mohaka and later down the Wai-makariri River in December.

Conditions in the South Island had been challenging for months with competitors frustrated by lack of paddling and running opportunities over the course. There were stories of people being rescued, with warnings to watch the weather posted on the web and in newsletters.

So mid December four of us met Sam in Christchurch finding a small weather window to paddle the Waimak. Six of us headed out as we had an extra safety guide. What a trip that was. Most of us had hired sea kayaks and our first test was to negotiate braided rivers not easily found in the North Island. Low cloud made decisions tough, as it was hard to see where the main flows went. We'd all read the guide book so looked out for the rock gardens but the higher flow hid these with just a few bumps along the way. We had good railing practice as the braids joined the main flow and we searched for the fast water.

Then came the gorge – scary stuff with large buffer waves and gaping holes looking to suck you in. “Just look at the exits and paddle hard” - too scared to argue we just followed Sam and paddled like mad. A few spills by some provided us with good ferry gliding practice to get back to them and find eddy's to rest in.

One rock was to haunt me until I paddled the river again in January. The guide book showed it sitting proud in the centre of the gorge before a left hand bend. On our trip it was covered, a standing wave to show its presence. I made a late decision to pass to the left, but the flow was too great forcing me to straighten up and pray. I went over the top clipping the right side landing on a huge mushroom of water. I heard Sam scream “paddle hard Jackie”. Later he told me how I could have been sucked back into it. It never happened but gave me nightmares until I saw that stretch again in January at lower river levels looking more like the guide book. We had plenty to reflect on after that trip, not least the willows on the lower reaches of the river. I was to see 3 kayakers snaffled in these during our January trip – terrifying and was pleased we avoided these braids during the race. You can be taught about willows and strainers but to see someone caught reinforces the respect to never have a casual approach on a river.

Practicing the river again in January in my own boat proved a far more relaxing trip. Each time the river changed its character with different flow rates and the varying lines the river takes.

Never under estimate the work done by support crew, something not lost on Trish Lewis who volunteered early to assist me. She had no idea what a commitment she was undertaking. She lost her sailing crew and then spent hours planning my food during training and on race day. (I am sure I was the only competitor with a cow nutritionist – I did well with the roughage)

She met me for training runs and came south in January including walking the run course which took us over 10hrs.

I was recovering from my only training injury, a stress fracture to my lower left leg and it was still uncertain if I would get to race, having lost 8 weeks of my build up during October / November, and the leg was still unproven. I'd promised the Dr's I would not run, so just went to check out the course with legs tightly bandaged. It was not until late January having completed the Lactic Turkey off road ½ marathon in the Waitakeres that I was confident the leg would hold out.

By the start of the race I knew I had done the preparation to complete the event. My goal was a simple one – just get from Kumara to Sumner in the best condition I could.

Someone told me that your 1st Coast to Coast event has no pressure with no time to chase, so just enjoy it - so I did.

The support crew, now three worked their butts off for the two days of the event including very early starts, to keep the pressure off me and give me the best chance to finish. This event demands so much from so many people just to get you there, and I have so many to thank.

I also had the bonus of paddling with Peter Sommerhalder most of the kayak leg.

The Buzz coming up the finish chute is to die for !!

I am proud I was able to fulfil my dream, whilst losing 13kgs, changing my body shape, becoming the fittest of my life and get to enjoy some magnificent South Island scenery. Most of all I got to enjoy the company during training and at the event of the most positive, motivated energetic people I have ever met in my life. What a pleasure !

Anyone can do it – you just need to want it badly enough – maybe you should try it for yourself sometime!

There was no going back

25th Anniversary Coast to Coast

By Peter Sommerhalder

The seed was planted many years ago, but last winter it sprouted. I did not have a valid excuse ready when Juddy asked me (again), on his pub pilgrimage around the North Island, to enter the 25th Anniversary Coast to Coast. Obvious obstacles and concerns raised in the past, such like high entry fee, no time for training, finding a partner and support crew, getting approval from wife (and family), this time seemed to be surmountable. So I entered as kayaker with my partner Joe Scott-Woods as mountain runner. Of course both of us had to do a fair amount of cycling as well. With our entry confirmed we started training, or so we thought. That was at the end of June last year.

Right from the beginning our aim was to finish the Coast to Coast. We entered the two-day event as a Veteran Team. Joe has a solid background as a marathon runner. My strength were endurance kayaking and rusty white water skills. Most of our training was done separately. During last winter I did relieving work in Napier, with my bike and Swallow kayak left in Auckland. After my return to Auckland in September, Joe and I concentrated on our bike training. I was not confident riding a racing bike and Auckland traffic terrified me. On the advice of another competitor, I built up my training to two-hour rides, rather than learning how to bunch ride. We met twice a month for bike rides or runs. I also did kayak time trials once a week, with some longer training sessions on weekends. It was a serious struggle to get regular training sessions in. How does everyone else do it? I heard reports from other competitors about their long bike rides, trips on the Waimakariri river prior to the event, and so on. Am I doing enough? Then in early November, Des Matthews, who joined me on some paddle training and had done the Coast to Coast before, told me he just postponed his entry for 2007, as he felt he was not prepared well enough for it. His decision did not help my confidence, as I regarded him as my yard stick.

Not having been on white water for several years and my only trip on the Waimak in a stable seakayak was a few years ago, I began to have doubts about my confidence to do the paddling leg. Four weeks before the race, Des and I enrolled for an Aniwhenua trip with Donald and Natalie from Sunspot in Rotorua as guides. We both were nerv-

ous, but this boosted our confidence and restored our skills. In the meantime we studied the well set out instructions in the Coast to Coast Handbook. Needless to say that all this, and race day approaching fast, created lots of worries and many sleepless early mornings. Then we met up with Laurie Bugbee, our support person, and headed for the Kumara race course. There was no going back.

Camped amongst all other competitors made us feel like belonging to a big family. We shared in the pre-race banquet and took in Robin Judkin's race briefing. He talked to us as if he knew each one of us personally. I met many familiar faces from Auckland, and Su and Des joined us that evening with a campervan as supporters. We started at dawn the next morning, running, cycling and mountain climbing. Temperatures had dropped, with low clouds hanging in the mountain valley and a rather fresh southerly wind blowing. Joe and I managed to finish without injuries or mishaps. Race rules state that if a competitor does not finish his leg, his partner is not allowed to continue, and the team will be disqualified. I felt I held my own in the run and transition to the bike, but other competitors passed me on the bike. Joe managed to make good a few places on the mountain run. It was a tremendous effort lasting 7 ½ hours. We were a happy family again camped on Klondyke Corner after a demanding and very satisfactory first day of competition.

We all were up very early the next morning. This was going to be judgment day for me. It was still and very dark at 4 am. One hour later most tents had been quietly taken down, and a string of car headlights was slowly moving along the road towards Mt White Bridge. All supporters had to be out of the camp before seven, to clear the road for the 25km bike race to the start of the kayaking down the Waimakariri River. We were lined up in groups of ten, and every minute another group started biking towards Whites Bridge, were our support team had the kayaks ready on the river bank. I soon followed other paddlers on the braided river. The first task was to choose the correct braids with enough water to avoid getting stuck on a shingle bank. The shingle on each side was fairly high, so I could not see what lay ahead. Within the first ten minutes of paddling, I passed two capsized paddlers and flicked a wing paddle onto the shingle bank, which I found floating in the main current. The river bed widened as I wound my way downstreams, with hills in the distance. It was not difficult to choose the correct line in the ever changing river, with bends and longish wave trains. I caught up to other competitors and felt confident following their moves. Soon I was leading a small group. I had studied a river guide and tried to remember names of rapids and trying to identify where I was. Am I still in the Rock Gar-

den group of rapids, or was this last swift shoot the dreaded Hamilton's Rapid? Or is Hamilton even more difficult than this last one? I did no longer know where I was, nor could anyone else tell me. I had to judge each rapid by its merit, and that was not too difficult. Having other paddlers within sight helped deciding where to go. It was a low river flow, therefore all the water squeezed into the same channel, creating quite fast flowing long wave trains with large haystacks. But true to a Grade 2 river, there was always a line visible where I could go. How far to the entrance to the gorge? I caught up to Jackie and other paddlers, and we shared the scouting and leading. The banks on each side got steeper and came in closer. The start of the gorge, Jackie told me. She had done a training run on this river, but said the conditions were very different now compared to her previous descent. And here it was, the first section where the current shot into a vertical cliff at right angles, with boiles and a strong back eddy on the opposite bank. I recognised the serious situation too late, and got swept VERY close to the cliff. I managed to keep my cool and paddled along the eddy line with barely enough water on my right between the kayak and the cliff to put my paddle in. Jet boats appeared around some corners close to the river bank. A sure sign of photographers hoping to get spectacular shots. And an indication of yet another tricky river section. By now I had been paddling for over two hours. Low cloud was hanging over the Waimakariri, and a southerly, rather cold headwind blowing. Will the sun eventually break through the cloud? I reckoned that I had still two hours paddling ahead of me. I pulled onto a shingle bank, still in the gorge, and put another layer of polyprop on under my paddle jacket. That meant Jackie got well ahead of me, and dozens of other competitors passed me while I got changed.

Two bends further downstreams river marshalls with signs guided us to the river right for a compulsory portage. Large boulders in a narrow passage with a bad undercut downstreams made that rapid unsafe to paddle. However I believe the competitors in the Longest Day Race were paddling that section. Eventually the gorge opened up and the river bed widened again. The water meandered and twisted left and right. I had to change swiftly from one side to the other after each bend to avoid shallow shingle banks. The paddlers were stretched far apart and at times it was tricky to find the correct course. The headwind got stronger and still was cold. Mid afternoon the landscape around me took on the shape I remembered from photos indicating that the Waimakariri River Gorge Bridge couldn't be far away. What a sight rounding the last bend under the bridge! Lots of people, other kayaks on the bank, flags and bill boards. Des yanked me out of the kayak. On wobbly legs I ran through the shoot and handed the race bib over to Joe. Ahead of him was the last leg, a 70 km bike ride into Christchurch

and Sumner Beach. The kayaking took me just over 5 hours for the 67 km.

After a change into dry clothes and a hot drink it was off to Sumner Beach in the support van with Laurie. We wanted to be there in time to see Joe crossing the finishing line and receiving the famous handshake and a cold can of Speights from Robin Judkins. A very supportive crowd welcomed every finisher across the line. The Red Chequers from the NZ Air Force performed their stunning aerobatics overhead. The atmosphere was electrifying. Over the loudspeakers came a live report announcing the immediate arrival of Gordon Walker, the winner of the Longest Day. Imagine that he and his colleagues started this race at six that morning, covering the same distance which took us two days of racing! Within one minute of Gordon arriving, Joe finished as well. No wonder he commented about the enthusiasm of the crowd, seeing he finished so close to the overall winner. We did it! Now, we become 'normal' persons again.

Kayak Support Wanted

Eastern Bays Fur Seals Bean Rock Swim
Saturday 24th March 9.45 - 11.30am

By popular demand we just have to keep on running this fun swim but of course we need the usual flotilla of kayakers out there to keep an eye on the tail end charlies.

This is a totally non commercial, non competitive swim to celebrate the end of the summer swimming season.

You are welcome to either swim it with us or bring your kayak. We need at least 2 marine radios out there to satisfy safety requirements.

Alcohol and Easter Egg rewards for those who paddle with us.

If you are wondering who the Fur Seals are: We are the same old bunch who, for the past 15 years, have swam off St Heliers or Kohi all year round, and a couple of years ago were referred to as "an insane bunch of Fur Seals", which seemed highly praiseworthy, and so the name stuck.

Please contact me, if you are available:

Margaret Henley, phone 524 6020, or 027 662 4254, email: m.henley@auckland.ac.nz

Cheers, Margaret

Paddle like Nigel Foster

By Coral Atkins

Nigel Foster and his wife Kirsten have recently been in the country holding kayak-teaching sessions under the auspices of KASK. Erica Law organised a day for twelve Auckland club members which was held at Sullivan's Bay on Saturday 10th of March. This seemed like a perfect opportunity to spend some time together the night before at Vine House for a group of six plus the Fosters. As always Vine House seemed to weave a magic spell and the evening featured a sumptuous feast with plenty of food left over and great conversation. Charles and I had not been for about a year and the beauty of the view from the balcony once again entranced us as we ate snacks and sipped on a glass of wine. We were very pleased that we had brought our kayak trolley with us as the tide was out just as Erica had said it would be and it would have been a long haul carrying the kayaks without it.

It also offered a way of socialising with the Fosters and showing them a little part of New Zealand a few days before their departure for Seattle.

Saturday morning Erica got up bright and early and



attempted to find a vacuum cleaner that worked so we got up too to have breakfast and paddle back across to Sullivan's Bay for the session starting around 8:30 am.

After introductions Nigel explained about the structure of the day adding that he would finish about 4:30 or when he saw people's eyes glaze over. We started with some theoretical discussion on the beach around "locking" and "unlocking" the kayak

and the stern being an area of low pressure. There was then some time devoted to forward kayaking especially around the position of the arms and a technique for the paddle exiting the water to the side as the arm wanted to bend. Next Nigel had us railing our kayaks and experiencing how that felt and then he started on a number of techniques to turn and control the kayak without the rudder. He used a method of teaching that involved layering so that we started off at one point and practised that before we added on an additional step. We could also ask Kirsten for help if we wanted some additional instruction or to hear the point made in a different way.

After lunch Nigel discussed and demonstrated the qualities of different paddles pointing out which ones were better at "biting" the water and which were better for rolling or support strokes etc. I certainly appreciated this when I tried out Susan's wing paddle to try sweep strokes as it certainly "bit" into the water better than my diahedral paddle.

On the way back to Sullivan's Bay for a fun exercise at the end of the day, we all rafted up and some of us were brave enough to try standing up in our kayaks to demonstrate finding our point of balance.

The session finished at about 4:30 after a day of such intense concentration that we were in bed by about 9pm. We're now looking forward to our next time on the water, so that we can practise our skills.

New Members

Welcome

The Committee extends a warm welcome to the following new members...



Gillian Driver

Athanasius Santamaria

Mark Van DenAnker

Sally Margaret Johannesson

Maia Blenkinsop

Natolie White

Handy Hint

Good Stuff for Kayakers

By Colin Quilter

Hardware shops and Plastic Centres sell kitchen cutting boards made from a plastic called HDPE (High Density Polyethylene). The boards are usually white, and around 10mm or so thick. I have found they are ideal for making almost any small fitting inside or outside a kayak. The material is easy to cut with a hacksaw. It can be smoothed with a metal file or sandpaper. It is easily drilled. Edges can be smoothed with a carpenter's plane. Once on the kayak the fitting is waterproof, doesn't need painting, and seems to be resistant to UV light.

As an example, the photograph shows a small HDPE pad which I made to fit beneath a stainless-steel saddle on the deck of my kayak. The saddle



carries a deck line, and I wanted to route the thin steering cable under the saddle and separate it from the thicker deck line. HDPE is great for little projects like this; I've used it in several other locations. It's good stuff for kayakers!



Deadline for next Issue
FIRST Tuesday of the month
April 3rd

Poet's Corner

To Andrew McAuley

Well Andrew

The bite was huge you said

So little left to chew

Seen from a metre up

Our mountains

Oh so near so close to shore

What were you thinking of

With loved ones left behind

That optimistic understated

Talk of giant seas and wind

Capsizes and rolls

You said you knew quite well

What lay in store

And all your skills could count for naught

Which tells us nothing

Of why we do these things

(Well not me but infinitely braver souls)

That got us where we are

Each tiny step all adding up

(It's all been said before)

This new adventure Andrew

To come with you on that

We're ever in the wings.

Mike Randall

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President's Report

Young Children

There is a first time for everything and I certainly cannot remember when a Committee member had such a good excuse for not attending a Committee Meeting – having a baby! The Committee takes this opportunity to congratulate Alissa and Martin on their recent arrival.

I am sure that the timing was co-incidental, but the recent Canoe Day that I attended with Councillor Dianne Glen from ARC prompted me to think about the Club facilities for our younger members. We are starting to get a growing number of families with young children wanting to join in kayaking activities. The problem is that there are very few suitable kayaks for young children. The best available are small sit on top kayaks but these are not really suitable for anything more than a play on the beach. We need a kayak that children can learn to control in the sea – including learning to roll.

I have started to ask Club members for ideas about providing some small Club kayaks for children to learn with.

In the distant past Novacraft in Hamilton made a small kayaked called the Imp. Whilst not ideal, this was a true scaled down kayak and was capable of being rolled when fitted with appropriate spray skirts etc. Su and Peter Sommerhalder have offered to investigate the possibility of obtaining the mould for the Imp.

We also have considerable experience in kayak building, amateur and professional, within our members. Ron Augustin of Sea Bear fame tells me that he built some scaled down versions for his children when they were young. He has offered to see what has happened to those kayaks, and whether they could be used as plans for the Club.

If any one else has ideas about how we can obtain small kayaks suitable for our younger club members please contact me.

Club etiquette

On a more serious note it is perhaps timely to remind all members how the Club operates and specifically the use of the storage facility.

The Club rents a small lockup facility in Okahu Bay and this holds both the Club kayaks and personal craft of members (who pay for storage to offset the

rental). Access to the lockup is via a combination lock that should be known only by club members.

The system operates well but relies heavily on a trust relationship between members. The facility is overseen by your Gears Officer, Gavin Baker.

The Club kayaks exist so that you can try out different types of kayaks before purchasing your own, and so that you are able to invite a friend to come out for an introductory trip with you prior to joining the Club. It is not a source of cheap hire kayaks. The use of the club kayaks is a privilege and we expect that the kayaks are used carefully, cleaned on return and put away together with the supporting equipment. If you want to go out with friends for more than the introductory trip then, we would expect your friends to hire a kayak from Fergs Kayaks. If you do find something in need of repair – kayak, buoyancy vest etc; then you must write it into the hire book so that Gavin can get it repaired. Better still you could offer your assistance to Gavin to get it repaired. After all this equipment is yours as a club member!

Finally, please respect the other kayaks in the lockup. These belong to other members and represent their hard earned savings. We have observed personal kayaks being taken and used as hire boats. This is not fair to our members and jeopardises the whole concept of a club hire fleet. Remember it is the personal storage fees that pay for the rental on the facility. Without them the cost of hire of the Club kayaks would rise considerably.

Ian

Events

30th Annual Cambridge to Hamilton Kayak Race and Cruise

Sunday 6th May 2007. Entries close 30th April.

Entry forms available from most Kayak shops, or www.KayakRace.co.nz

For information phone or fax Su on
(09) 631-5344

Email: Kayakrace@slingshot.co.nz

Spot prizes include 3 kayaks & a sea kayaking holiday for 2 in Fiji. Total prizes over \$15,000