



March 2013

Club Information	2
Club Trip/Event Policies	2
Club Banking Details	2
Kayak Hire	3
Regular Events.....	3
ASKNet Reunion Reminder.....	3
Up-Coming Trips and Events.....	4
Poet's Corner.....	5

New Auckland Canoe Club	
Website.....	6
Tiritiri Matangi Island Trip.....	11
Kaipara Exploring	12
First Aid kits.....	13

Final Swim Escort – Rangitoto to St Heliers



Sunday 3rd March in the morning

A great paddle with Roger's barbecue to look forward to.

See page 4 for details and start times.

We need numbers, so please contact Matt, Jackie, Gavin, Trevor or Neil Scott if you can come and enjoy a great paddle while supporting the swimmers.



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@aucklandcanoecub.org.nz

Officers

<i>Patron</i>	Jim Mason	
<i>President</i>	Ian Calhaem	579 0512
<i>Secretary</i>		
<i>Treasurer</i>	Matthew Crozier	817 1984
<i>Trips</i>	Jackie Hillman	634 5042
<i>Publicity</i>	Roger Lomas	846 6799
<i>Storage/kayaks</i>	Gavin Baker	528 5188
<i>Assistant</i>	Roger Lomas	846 6799
<i>Vine House</i>	Trevor Arthur	817 7357
<i>Newsletter</i>	Claire O'Connor	521 1769
<i>Webmaster</i>	Ian Calhaem	579 0512

Email addresses

patron@aucklandcanoecub.org.nz
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treasurer@aucklandcanoecub.org.nz
trips@aucklandcanoecub.org.nz
publicity@aucklandcanoecub.org.nz
merchandise@aucklandcanoecub.org.nz
vinehouse@aucklandcanoecub.org.nz
newsletter@aucklandcanoecub.org.nz
webmaster@aucklandcanoecub.org.nz

hire@aucklandcanoecub.org.nz
(for kayak hire, or any related questions)

storage@aucklandcanoecub.org.nz
(for questions about storing kayaks in the locker)

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 co-ordinator.

Club Banking Details

<i>Bank</i>	BNZ
<i>Branch</i>	Newmarket
<i>Account</i>	02-0100-0023453-000
<i>Name</i>	Auckland Canoe Club
<i>Particulars</i>	Your FULL name (Initials are not enough to identify some members with common names)
<i>Code</i>	Either SUBS, STORAGE, HIRE, OTHER (depending on what you are paying for)

If your payment is for several items, then please make **separate** payments for **each** item.

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.

Kayak Hire

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 an envelope.
- Put money in envelope and 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.

ASKNet Reunion – April 6th

Meet up with all your sea kayaker buddies from the 1990s! Milford Cruising Club lounge, Craig Road, Milford 6.00pm onwards. Door charge (to cover venue) to be confirmed.

Shared dinner – Please bring a plate (salad or dessert).
Cash bar available (reasonable prices). Sorry no BYO. Bring your old trip photos for the slide show.

Please confirm you will be attending as soon as possible to debbie@cslnz.co.nz. There is also an event set up on Facebook. You can register your interest there. Just search facebook for “ASKNet Reunion” to find the page.

NEW MEMBER



Welcome

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

Kjeld Parkin

Deadline for Next Newsletter

20 March 2013



Regular Events

Vine House Weekends

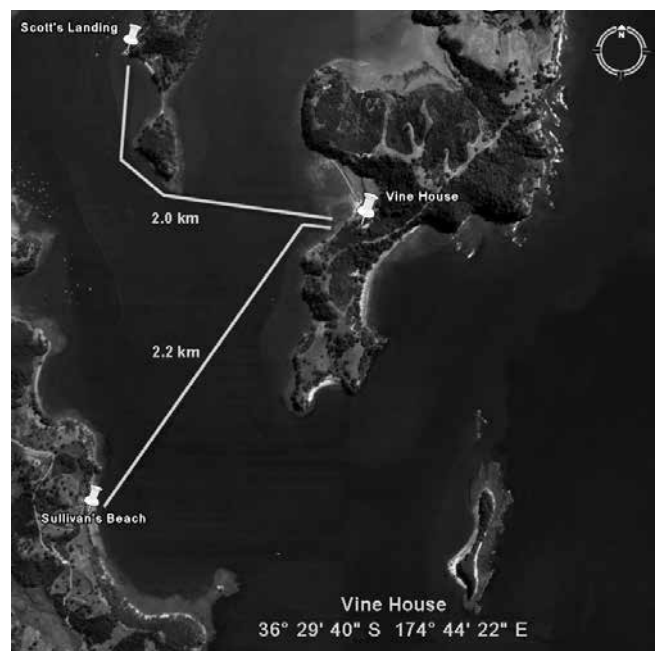
On one weekend each month we have the use of Vine House.

This gem in Mahurangi Harbour is a 2 km paddle from Sullivans Bay, which is the ARC park at the end of the Mahurangi West Road, first on the right past Puhoi.

The house sleeps 10 and has all creature comforts. Bring sleeping bag, pillow case and food. A shared meal and nibbles is the norm for Saturday night, so bring your goodies.

Lagoon Bay is very tidal, so bringing a kayak trolley is a good idea. The range of paddling is endless, eg Waiwera, Warkworth, Kawau Island, Motuora Island – your choice. Or just rest and read and enjoy this tranquil and special place. We recommend you take a carry bag to get all your gear up the track to the house. Secure parking is at Sullivans Bay. Leave a note on your dashboard reading “Vine House Volunteer” when you park in front of the ranger’s house.

Please ring to book a bed, and for detailed directions.
Trevor 817-7357, Matt 817-1984.



Saturday Morning Paddles

If you are into 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 coffee.

Note: Paddlers under 18 to be accompanied by a guardian!

For more information, go to:

<http://www.mapmyrun.com/routes/view/127561>

Up-Coming Club Trips and Events

If anyone has trips they have always wanted to do but don't know how to go about it – we can find someone to co-ordinate for you or help you if you just need a bit of extra support. Just Get Involved – it's what makes it fun. I would be interested to hear if people are keen on doing some moving water (river trips).
Happy Paddling – Jackie – phone 634 5042.

Sunday 3rd March Last Swim Escort – THE BIG ONE!! Eagle Technology Rangitoto 4.45km Rangitoto to St Heliers

Race briefing at 10.00 am on Rangitoto Island.
Race starts at 10.20 am

Kayakers meet at St Heliers at 8.30 am to leave at 9.00 am

Please watch out for email announcements for any changes or for details of any club members planning to camp over on Rangitoto Island the night before.

The Swim Escort time is approximately 2 hours.

Please assume that the swim is on unless notified that it has been cancelled. You can find out if it has been cancelled by calling Neil's home phone number 09 846-4004 (add it to your cell phone), and listen to the greeting. Neil will change the greeting as soon as informed of cancellation by the swim organisers.

We really need an idea of numbers as 35+ swimmers are required for this swim to go ahead.

Please contact: Neil Scott 846-4004, Matt 817-1984, Jackie 634-5042, Gavin 528 5188 or Trevor 817-7357 if you will be available for this escort

Roger has promised he will be there will his barbecue fired up to greet the kayakers on their return to St Heliers, so we can meet and debrief while enjoying some sausages.

8th, 9th, and 10th March KASK Sea Kayak Forum

At Raglan – so it's local this year!

For details, go to www.kask.org.nz – there are still a few places left.

See notice in Dec / January Newsletter for details or contact Evan Pugh at: sheepskinsnstuff@xtra.co.nz

Saturday 9th March Morning Tea on top of Rangitoto

Join Trevor for an early morning paddle to Rangitoto, walk to the top and put on the coffee pots or make a brew of tea. Bring yummy cakes etc to share!!

Enjoy the morning light, explore a bit of the island before returning to Okahu Bay by lunchtime.

Meet at Okahu Bay at 7.00am, on the water by 7.30am. Suitable for all comers

Contact Trevor for details or to express interest on 817-7357

Sunday 17th March A Kayak fishing trip to Waiheke with Dorothy

Yes this is a kayaking trip!

Catch the 8.00am ferry from Half moon Bay to Kennedy Point taking kayaks on kayak wheels.

Pack a picnic and your fishing gear. If weather permits aim to explore from Kennedy Point to Park Point.

Return ferry options: check out Sea Link website for times and pricing <http://www.sealink.co.nz/timetables-and-fares/timetables.html>

Contact Dorothy for details by Friday, home 376-1986 mobile 021 0278-3343 or email fitzcox@yahoo.com

22nd to 24th March Vine House Weekend

Note this is a change and not the last weekend of the month.

Take the chance to get away from the crowds for a relaxing weekend with good company and good food.

Call Trevor on 817-7357 to book a bed and for detailed information.

Easter Weekend 29th March to 1st April Coromandel

Wally and Sue have offered to host ACC members at their home/garden in Coromandel Township.

There is room to camp in the garden and a few mattress opportunities on the floor of their home.

First come, first served!

There are a variety of paddling opportunities from Coromandel and these will be determined on the day depending on the weather and sea conditions.

Coromandel offers many activities if anyone wants a break from their kayak one day.

Continued on page 5 ➤

Up-Coming Club Trips and Events

Continued from page 4

Depending on numbers there are several local campsites that you can check out.

<http://www.coromandeltown.co.nz/tent-sites--powered-sites.html>

The top 10 resort is a few minutes from Wally and Sue's house.

Please contact Wally to book and get location details on 07 866-8833 or email mapagilmer@hotmail.com

6th or 7th April

To be confirmed

12th to 14th April

Tawharanui

Maybe the last camping trip of the year.

With summer nearly over, time to give the tent a final check and pack up the kayaks again.

Plan to book for Friday & Saturday nights.

Some might like to leave early Saturday morning and stop off at Matakana markets, so book just the Saturday night.

A close-to-Auckland gem, with access to some wonderful paddling.

Plan: You will need to book your own site and aim for a shared barbecue meal Saturday night. Plans to walk or kayak on Sunday.

Campsite bookings are per person. Phone ARC on 366-2000 to book. \$12 per night for adults, \$6 for children and there's another rate for infants under three.

Email or phone Jodi Yeats on 445-3639 (h) or 021 942-896 or editor@pharmacytoday.co.nz

20th /21st April

To be confirmed

26th – 28th April

Vine House Weekend

Take the chance to get away from the crowds for a relaxing weekend with good company and good food.

Call Trevor on 817-7357 to book a bed and for detailed information.

Poet's Corner

*We humans seem to have the urge to float
On anything we call a craft
It has to have a fore and aft
Except a coracle you say
But even these may have a point.*

*Sit ons sit ins kite or sail
Stand up kneel down all avail
Of our need to levitate
On water.*

*Sups have caught on fast
A simple board to get a fix
In being out there
Guys and chicks.*

*Sit on tops awash with gear
To catch that fish
Blokes are strongly into this.*

*Kites have just about eclipsed
The sails on boards*

*Blowing up and heaps of string
Even were I brave enough
Not yet my thing.*

*Of course the well and truly tried
Old surfboard long or short
Has been around for ever
Never died.*

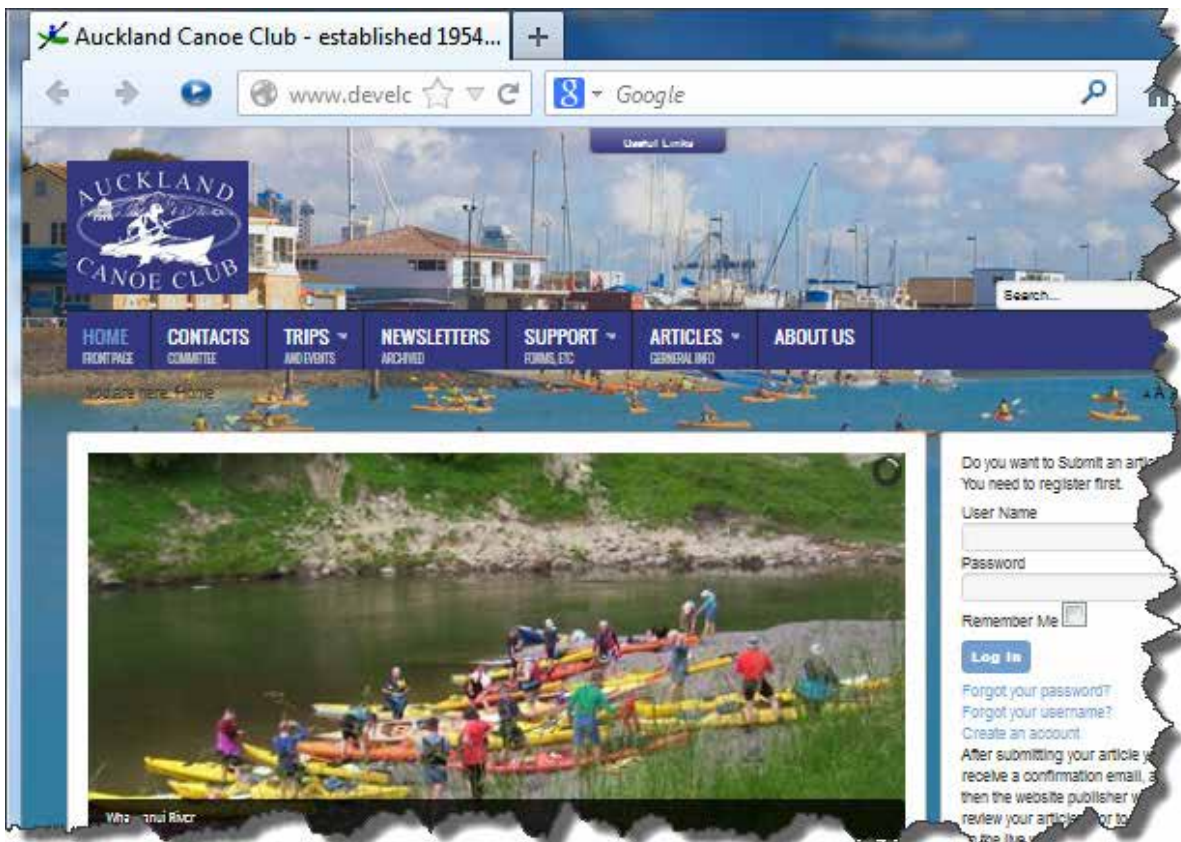
*Few of these have I tried out
Just the simple hunter boat
The kayak which I rather like
Though seal meat I've yet to bite.*

*But what's to love about all this
Is people simply seeking bliss
In or on these floating things
That work with paddles kites and sails
Or use the surf to tell our tales.*

Mike Randall

New Auckland Canoe Club Website

Ian Calhaem



At the December Committee meeting your Committee reviewed the requirements for the Club website. For some time comments had been made that it was not modern and was difficult to negotiate. That was fair comment as it was designed nearly 10 years ago. It has stood us well over that time but technology as changed and it was time to upgrade the website.

In order of importance the Committee decided the requirements were...

1. Initial photo(s) giving a flavour of what the Club was about
2. Club contacts
3. Services offered by the Club
4. Trips
5. Vine House
6. Articles
7. Trip reports
8. Newsletters

In the early days of the Internet every website had to be hand coded by an expert. That is not the case any more, as commercial programs are available which design and manage the website.

Web Site Design

Background

We are all familiar with the Internet and websites – they are part of our everyday life. In the early days of the Internet – not that long ago – the content was text messages only. Then “gui” interfaces were developed and programmers started creating “web pages” with images and graphics to support the text.

A new language was defined, HTML, and programs called web browsers were written to read and understand this language. In those days building web pages was a skilled and time-consuming task.



Continued on page 7 ➤

New Auckland Canoe Club Website

Continued from page 6



However things developed and we now have reached the situation where web pages are themselves created by programs which perform two distinct functions

1. The “super User” can define how they want the web pages to look and behave.
2. The user is able to add information according to the predefined rules set up when the web pages were designed.

Recently the programs that create web pages have been upgraded to allow the pages to be displayed in different ways on different size devices – from wide screens to smart phones – and this happens automatically!

The Club Website

The new club website has been developed using commercial programs with the overriding criteria of “Keeping it Simple”.

Users are able to submit new Trips which will automatically be published so that trips can be announced at short notice (Selected Committee members will be alerted to new trips so that they can be moderated if required); and users can also submit articles for publication. Articles can contain images and tables but will not be automatically published as they do not have the urgency as a new trip. The Club Editor and Publicity Officers will review articles before publishing on the website and it may be that some articles are published in the Newsletter prior to being published on the website.

The Trips will appear under the COMING EVENTS menu item under TRIPS. Old trips are automatically moved to archive, but can still be viewed by clicking on the “archive” icon at the top right of the trips page.

Trips venues are linked to Google Maps and if Google Maps is able to find an address a map can be added automatically to the trip listing.

Club trips are a critical component for most members, so a notification system has been included in the Web page design. This is found under the menu item TRIPS.

What does the new website contain?

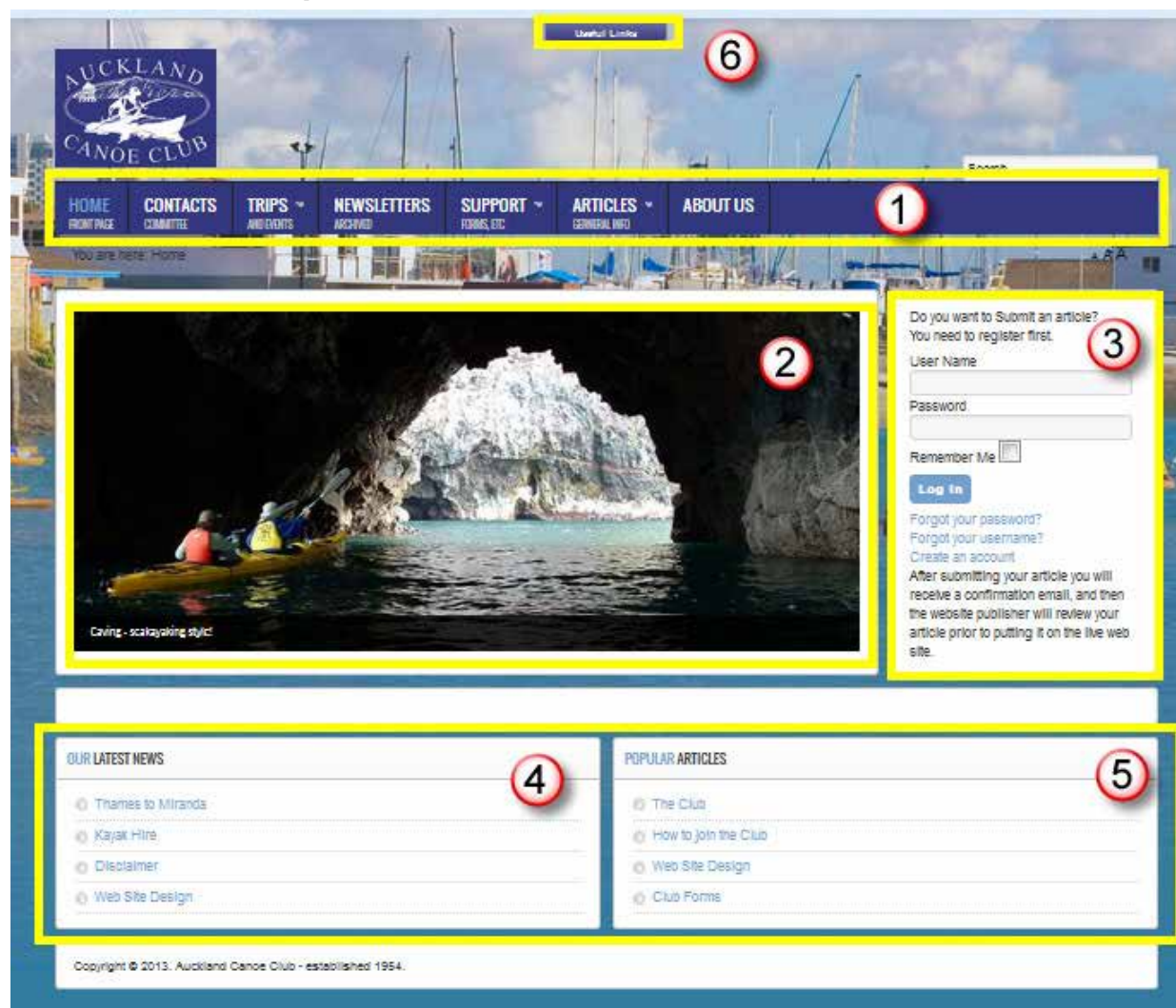
NOTHING

Well this is not strictly correct but the important message is:

***The website is only as good as the content,
and as it is YOUR website
YOU need to add content!***

Continued on page 8 ➤

What has been set up



The structure of the web site has intentionally been kept simple so that it is easy to navigate.

- ① Menu showing the main types of information.
- ② Pictures representing the activities of the Club.
- ③ User login panel. You need to register on the website in order to submit an article for publication, to submit a new trip and to receive notifications of new trips.
- ④ A list of the latest articles that have been published on the website. This is generated automatically.
- ⑤ A list of the most popular articles on the website.
- ⑥ Useful links to other sites:
 - Live shipping details for any area (for Auckland select port = Auckland)
 - Marine weather forecast
 - Wave height information from Maritime NZ
 - Tide information for Auckland and Onehunga
 - VHF radio channels

Continued on page 9 ➤

Discussion

I am sure members will have a number of questions when they start to investigate the site. We will try to answer these questions both directly to the member and also through update articles in the newsletter. Meanwhile here is a brief outline of some of the features and how to access them.

Menu options

HOME

Will always take you back to the starting page. Just below the menu bar you will find a one line map showing where you are in the website.

Eg **You are here: Home // Trips // Coming Event**

You can also click on either Home or Trips to take you back to either of these pages.

TRIPS

Will show options to select...

- A list of coming events,
- add a new event,
- set up a new trip alert (email),
- list the trip reports.

New trip

To add a new trip you must first login or register on the HOME page, and then go to the TRIPS page and select Add a new trip.

Here you can give your trip a title, choose a venue and select a category. You can select the date and starting time.

New trip Alert

You will be able to select how you want to be informed of new trips.

When you have logged on to the website you can access the NEW TRIP ALERT page under TRIPS.

You can subscribe or unsubscribe to the trips alert, and when subscribed you can choose the type of trip and venue that you are interested in. You can also select how often you want to be emailed any trip notification.

An example of the email you will receive is...



Note that to obtain details of a trip that you are interested in; all you need to do is click on the event name – eg “Saturday Morning Coffee Cruise”.

NEWSLETTERS

Will allow you to browse old issues of the newsletter.

Note: that the on-line newsletters are only available 6 months after publication.

SUPPORT

Has details on

- how to join the Club and obtaining the membership form
- access to all the club forms
- Banking details on how to send payment to the Club

ARTICLES

This is where you will access most of the club information. The articles are divided into 4 categories

- Club Information
- Safety
- Trip Reports
- General Information

When you submit an article you will be able to select which category you think your article is best suited for. Remember in order to submit an article you need to login to the website on the HOME page.

Continued on page 10 ➤

New Auckland Canoe Club Website

Continued from page 9

When you have logged in, 2 additional menu items will appear on the menu bar. NEW ARTICLE and EDIT AN ARTICLE. You will be able edit your own articles but not one submitted by another member.

Hi ianA,

[Log out](#)

Filter:

- Select Category - - Select Status -

Title	Published	Category	Author	Created date	Hits	Edit	Trash
test	<input type="radio"/>	Articles	ianA	2013-02-13	0	<input type="checkbox"/>	
Thames to Miranda	<input checked="" type="radio"/>	Trip Reports	Webmaster	2012-12-27	11	<input type="checkbox"/>	
Kayak Hire	<input checked="" type="radio"/>	Club Information	ianA	2012-12-26	9	<input type="checkbox"/>	
Disclaimer	<input checked="" type="radio"/>	Articles	Webmaster	2012-12-25	2	<input type="checkbox"/>	
Web Site Design	<input checked="" type="radio"/>	General Information	Ian Calhaem (ianA)	2012-12-24	26	<input type="checkbox"/>	
Think before you Leap!!!	<input checked="" type="radio"/>	Safety	Philip Noble (Webmaster)	2012-12-24	10	<input type="checkbox"/>	
Club Forms	<input checked="" type="radio"/>	Club Information	Webmaster	2012-12-23	23	<input type="checkbox"/>	
How to join the Club	<input checked="" type="radio"/>	Club Information	Webmaster	2012-12-23	38	<input type="checkbox"/>	
Services offered by the Club	<input checked="" type="radio"/>	General Information	Webmaster	2012-12-22	13	<input type="checkbox"/>	
The Club	<input checked="" type="radio"/>	Club Information	Webmaster	2012-12-15	49	<input type="checkbox"/>	
Club Introduction	<input checked="" type="radio"/>	Club Information	Webmaster	2012-12-12	11	<input type="checkbox"/>	

Display Num 20

You will see a list of all articles. If you click on the edit icon on the right hand side you can make changes to your article.

USEFUL LINKS

This button is intentionally “hidden” at the top of the page so that it does not detract from the main content. However, it is easy to access and when clicked will cause a new drop down window to appear.

To close this window click on the button at the bottom of the drop down window and it will close again.

Multi-Device access

For those with Smart phones and other devices such as tablets, you can also access the website, and you will find that the display has automatically changed to better suit your device.

For example you can access the contacts page on a smartphone and when you click on the committee member’s phone number it will be rung for you!

Reminder

The website is only as good as the content that YOU are willing to share with others. Trips are important but so are reports of those trips, articles about safety, and “how to” articles. Amongst our members we have a wealth of knowledge. Let’s share it with new members and encourage them to participate actively in all club activities.

Webmaster
February 2013

Tiritiri Matangi Island – Feb 17th 2013

After seemingly many attempted trips in recent times to cross the Whangaparaoa Passage, we finally had a great day with little wind to get to Tiritiri. So nine of us met at Army Bay for departure mid morning – Matt Crozier, Mike Gresham, Dave Coleman, Lianne Battcher, Terry Price, Gavin Baker, Jackie Hillman, Kathy Engelbrecht, and David Ward.

Just over an hour's paddle to Hobbs Beach on the island, in a light south-west wind. On arrival, the water was a brilliant light blue and very tempting for a swim. But the clouds hadn't burnt off yet, and the cool wind was blowing in our faces, so thought best to leave that till the heat of the day later. After a quick discussion of whether to walk or paddle, everyone was keen to circumnavigate – so we set off anticlockwise. A bit choppy on the southern side, but the classic archway at the very south-eastern corner was still navigable.

The eastern side of Tiritiri is a kayaker's paradise, especially today. We were now out of the wind, and the tide was just the right height to explore amongst the towering rocks with a clear view through to the sea floor below. Some landed at Fisherman Bay, but it looked too rocky for the glass boats so we looked further on, eventually settling for Pohutakawa Cove – a picturesque semi-circular bay. The beach looked smooth from further out, but was probably just as rocky coming in.

We decided to have a snorkel around first before the tide got any higher. The sea floor is mainly rocky in the cove, so lots to explore. But it wasn't until we ventured outside that we saw any fish! The smooth round pebbles on the beach were warmed just right to dry off when we got out of the water. When the time came to leave the tide had risen to the steep part of the beach, so we had a slight dumping surf to contend with as the cove focused what little swell there was onto the beach.

Rounding the northern side, it all seemed to be over a little too early. So as the sea had calmed noticeably, we decided to complete our circumnavigation back to Hobbs Beach. From there we'd catch what there was left of the southerly blow back to the mainland. Gavin proved that even this slight breeze could power his sail enough so that no paddling effort was required to stay in front of us. We were lucky to have timed the return so that there was enough water above the shelf along the northern Shakespeare coast to paddle along close.

A great time was had by all. Thanks to those above for coming along and making the trip possible.

M@



Kaipara Exploring

Roger Lomas

The majority of the early morning kayakers lead restricted paddling lives. Even though we are the most active group of club paddlers, many of us have tight time constraints. Being out of town for an extended paddle is not possible. Sometimes it is family commitments, for others it is the restrictive nature of running their own business or being a key person at work.

For all of us though, the early morning concept works well. Up early and on the water at sunrise. After a brisk healthy paddle and a couple of cuppa stops we are all on our way home for other commitments about midday.

At regular intervals throughout the year we like to venture a bit further afield. This will usually involve taking an early Friday work finish and heading out of town before the weekend rush. We all meet up at our designated overnight stop and do our usual Saturday morning routine the next day. It's not quite a week away but it does the trick for us and we come back feeling like we have had a holiday.

In early February the tides were suitable for a foray up to the Kaipara. We would use the small coastal settlement of Tinopai as our mini expedition base. Located just a few kilometres inside the harbour entrance, it would offer a diversity of paddling destinations depending on the weather.

My weekend away started early with a mid-morning departure from Auckland on Friday. I took time to reconnoitre some launch sites in the upper Kaipara Harbour waterways for future ventures. It was then on to Matakohē and the turn off to Tinopai. This is a pleasant drive with great coastal vistas from the hilltops.



Camp at Tinopai.



Our camp Beach.

After checking into the local campground I went for a wander down to the wharf. The water was running clean and clear beneath it and across the way was Pouto with the Kaipara Harbour entrance beyond.

Most of the group arrived late afternoon and set about making camp at our pre-booked absolute waterfront sites. Some of the resident campers had been out on the nearby rocky reef harvesting oysters. They were now enjoying them with their chilled wine sun downers. One of the locals told me that flounder were aplenty and easily speared from the little wooden jetties in the nearby creek.

We had our own sun downers after dinner. It was a pleasant evening sitting along the campsite seawall chatting as we watched the tide creep in.

Some of us were up very early next morning for a sunrise cuppa and leisurely breakfast at the 'bay view café'.

The high tide was about 11am and we were all on the water by 8.30. Our seven-strong flotilla headed off up the harbour towards our destination of Pahi, some 17kms away. After a few kilometres we came to an area called "The Funnel". This is where the channel narrows between the headlands and then diverges into two separate arms. The name sounded ominous but there were no problems. Along the way we passed several secluded baches tucked away in picturesque places. Most of them were only accessible by water. The hinterland was a mix of forestry and farmland and the shoreline was fringed with native trees, white shell bank beaches and mangrove inlets.

Continued on page 13 ➤



Pahi and time for a cuppa.

After about two and a half hours of pleasant tide-assisted paddling the twin settlements of Pahi and Whakapirau hove into view. Whakapirau was a busy sawmilling town in its day with a long wharf for loading export timber. Pahi just across the harbour inlet had the pub. The old hotel building (no longer trading) still exists and we came ashore for a cuppa break on the tidy picnic reserve in front of it. Nearby is a giant Morton Bay fig tree reputed to be one of the biggest in the world.

Whilst enjoying our cuppa break and a brief walkabout, the tide turned and a sea breeze sprang up. It was time to head back and we crossed to the leeward side of the channel. We stopped at a couple of headlands that had little sheltered beaches with flat grasslands behind that would be great campsites.

As we neared "The Funnel" the wind speed increased and we had to really dig in with our paddles to make headway. Perhaps herein lie the origins of the passage name. Soon we were through and Tinopai came into view. The return voyage was slightly longer time wise because of the wind and we just managed to land before the tide sucked all the water out of our campsite bay.

At the post paddle cuppa we all agreed that it was well worth the effort and would be back for more. Our paddling journey had covered 34kms there and back. The Kaipara has a tidal shoreline of some



Flounder creek, Tinopai.

3,350kms so there is still a bit more to do. The campground was great and we will use it again. Next time though we will come better equipped with our flounder spears and fry pans.

Fellow paddlers were: Kevin Woolcott, Matt Crozier, Jeff Amsden, David Lomas, Ryan Whittle and Ian Smeeton.

Occasionally there are opportunities for new paddlers to join the group. If you are an energetic paddler who is prepared to commit to a regular early morning paddling routine the give me a call on 846-6799.

Roger



Checking out a potential camp site.

First-Aid kits

Do you pack a First-Aid kit whenever you go paddling? This should be a standard part of your kit as you never know when you will need it. And remember that some of the contents have an expiry date and need to be replaced.

St John provide a variety of First-Aid kits, tailored for specific needs. These can be purchased online. Visit the following website for more information: <http://www.stjohn.org.nz/Shop/First-Aid-Kits-and-Supplies/>