



**December 2014 /
January 2015**

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Lots of fun at the recent Christmas party.

PHOTO PHILIP NOBLE

Auckland Canoe Club Information

Postal Address

P.O. Box 9271, Newmarket, Auckland

Clubrooms

Marine Rescue Centre, Mechanics Bay

Website

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

Officers

<i>Patron</i>	Jim Mason	
<i>President</i>	Philip Noble	575 3493
<i>Secretary</i>		
<i>Treasurer</i>	Matthew Crozier	817 1984
<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 Editor</i>	Claire O'Connor	521 1769
<i>Webmaster</i>	Ian Calhaem	579 0512

Email addresses

patron@aucklandcanoeclub.org.nz
president@aucklandcanoeclub.org.nz
secretary@aucklandcanoeclub.org.nz
treasurer@aucklandcanoeclub.org.nz
trips@aucklandcanoeclub.org.nz
publicity@aucklandcanoeclub.org.nz
merchandise@aucklandcanoeclub.org.nz
vinehouse@aucklandcanoeclub.org.nz
newsletter@aucklandcanoeclub.org.nz
webmaster@aucklandcanoeclub.org.nz

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

storage@aucklandcanoeclub.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

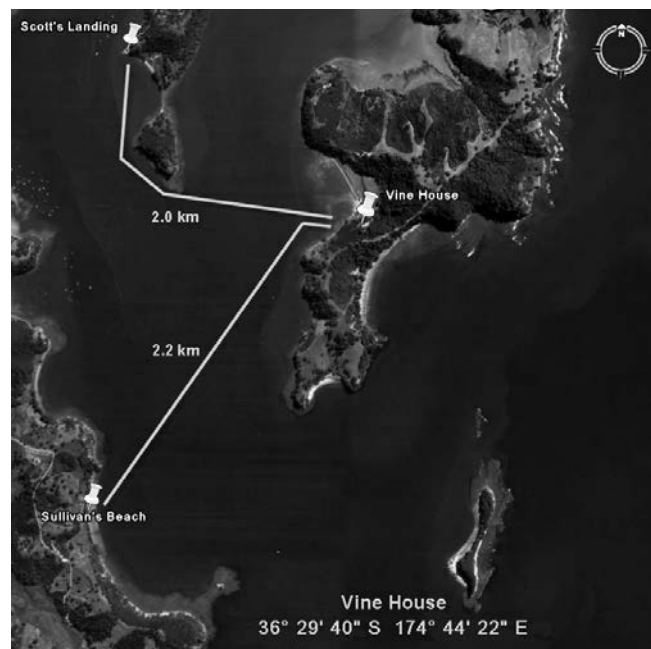
Daily hire – out am, back pm \$30.00

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.

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 Sullivan's 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, e.g. 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 Sullivan's 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 or Matt 817 1984.**

Saturday Morning Coffee Cruise

Most Saturday mornings some club members do a short paddle from the club lock up at Okahu Bay.

We set off from the lock up at 9.00, returning by 12.30. The level is fairly easy and you can nearly always hire a club kayak. The route depends on the tide and the weather. We often paddle out to Bean Rock lighthouse and then stop at Kohi Beach for coffee in a local cafe before paddling back.

Join us for a relaxed paddle. It's a great way to meet people in the club.

Be aware: People don't go every week. You might go one week when no-one else happens to turn up.

You should have basic paddling skills to join this group, you will be responsible for yourself.

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

For more information, go to:

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

NEW MEMBERS



Welcome

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

Gavin Osborne
and Lachlan Boyle.



Deadline for Next Newsletter

15 January 2015

Poet's Corner

*Into the wind
On a fine Spring day
White horses prancing
Out in the bay
Daunting.*

*A kick from these
Is grist to the fray
All for the fun
Of salt water play
In a kayak.*

*And turning around
Wind and tide at my back
Riding those horses
Many meanings of hack
I'm thinking.*

*I surf with a joy
Well known to paddlers
Maybe the same
For riders on saddles
On bikes.*

*In spite of because of
The turbulent mayhem
I'll do a few rolls
In case I forget them
Quite possible.*

*If this sounds intrepid
I assure you it ain't
It's done by a guy
Whose heart's often faint
Well sometimes.*

*And thinking of hearts
As Christmas draws near
Mine goes out to you all
So be of good cheer
Mostly.*

Mike Randall

For Sale – Southern Skua Sea Kayak

Kevlar, very good condition, stored indoors.

\$2800.00

Phone Bev on 021 0272 7233 or 09 428 0501



Trip to Dacre Cottage and Weiti River – 9th November

Will Hendon

We were blessed with a beautiful sunny day for our trip. Chris, Jodi, Sue, Philip, Linda, Chantal and I left Waiake Beach (Torbay) at 9:00 am. We had a 3.4m high tide at 9:50 am.

Dacre Beach (not sure if this is its official name), can get pretty shallow anything about 40 minutes of high tide, so we decided to stop on the way rather than the way back from the 'Wade'/Weiti River.

Does Mt Egmont still exist? If you haven't been to 'Dacre Beach' It's a beaut place. An isolated beach between the Okura River and the Weiti River. So far the only access is by boat preferably kayak due to the shallow conditions, or a walk in from either Stillwater at the north and Haige access road to the south.

Although sometime in the probably not-too-far future you will be able to drive to it, directly from State Highway 1 via the Weiti interchange through the

gated community, Raquet club, fitness club, golf course, equestrian centres. So if you are a paddler who enjoys quiet out-of-the-way places, get there soon.

After leaving our morning tea spot we paddled up the Weiti River past the Stillwater campground and assembled just upstream from a large mangrove island to have our photo taken. A misjudgment about the tidal flow resulted in the group involuntarily rafting up and being pushed into the mangroves. Watch out for that one?

A stop spot was discovered at the end of one of the 'fingers' that protrude into the river from the Stillwater side opposite the Weiti Boating Club. Jodi braved the wild mud crabs and cockles and had a swim, after which we had a short sit in the sun, then set too and began our paddle back to Torbay.

A really enjoyable paddle.



On the waterfront

Roger Lomas

During the wild windy months of October and November, the lads of early morning kayak group went out on quite a few blustery spring weekends. We always try to arrange for the homeward leg on these paddles to be a downwind run. A little bit of careful planning will ensure that the outward leg is not too arduous. This can usually be achieved by sneaking upwind, by running close in to the lee of the coast. On a recent wild weather paddle, we were racing back on the downwind leg at 14.5 kilometres per hour. I don't think that I can run that fast any more now. If you would like to have regular early morning paddling workouts, then give me a call.

Some of the surf ski lads based at Okahu Bay also look out for these windy conditions. When the wind is in the right direction, they arrange for Fergs Kayaks to transport them up the harbour to a suitable launch site. It's then a rapid one way downwind run back to the bay. Whilst it may sound like an easy paddle, it actually something that demands a high degree of fitness. It requires a lot of sprint paddling to run with the waves at speed.

Actions involving the development of The Landing area at Okahu Bay have all gone a bit quiet lately. Our webmaster Ian Calhaem and club president Philip Noble are keeping an eye on things and attending any related meetings. A recent gathering discussed modification of the main western road entrance to The Landing area and the possible reopening of the old mid entrance. There have been on-going concerns about traffic safety at these areas.

It was great to see the many new members who fronted up for the swim escort duties. Around the barbecue we were able to meet a few of them. Matt Crozier was busy promoting the Vine House weekend to one of our newer lady members. He was quick to mention that a full sized stove with oven was part of the well equipped kitchen at the holiday house.



The barbecue breakfast is well under way at Judges Bay.



Gather round for the swim escort briefing from Philip.

Our delightful new lady member was very interested and made some inquires about the availability of cooking utensils up there. Just as I was called away to tend to the barbecue grill, I'm sure I heard her mention the magic words of 'a bit of home baking'.

Earlier in the month the tides and weather conditions were perfect for a paddle out around South Head near the Kaipara Harbour entrance. It was a very early start and we were on the road well before sunrise. We were planning to launch from a tidal lagoon up near the heads. Access to the lagoon area was via a gravel forestry road. Unfortunately for us, when we arrived the forestry road was closed due to a high fire risk danger. We compromised with a paddle exploring the muddy lower reaches of the Kaipara River and a meander around the Helensville wharves.

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It would have to be one of the muddiest boat ramps in the Auckland region. Parakai ramp on the Kaipara River.

PHOTO: MATT CROZIER



The sunny sandy north facing beach at secluded Coalmine Bay out near the end of the Whangaparaoa Peninsula.

Another favourite haunt for our early morning group in difficult conditions is the Whangaparaoa Peninsula. In the gusty sou'westers, the northern shores are a safe haven. The sandy secluded beach at Coalmine Bay is perfect for that mid-morning cuppa stop. And if the wind is anywhere from the north, then the southern side of the peninsula beckons. We often sneak up the coast from Matakatia Bay towards the mouth of the Wade River. This is usually in millpond-like conditions, whilst the northern side is taking a hammering. The last time we were up that way, we were entertained by a pod of playful dolphins. We also startled an amorous couple frolicking in their waterfront bach boudoir near Wade Heads.

After months of inactivity down at Westhaven Marina, we were delighted to finally see the arrival of the new all-tide launching pontoon. Another pleasant bonus noted here was the provision of a wash down tap as well. The new pontoon is a tad higher in the water than the old one, but it doesn't take long to master the launching technique. Westhaven Marina will be undergoing some major expansion work soon. This will entail building a whole lot more pontoon piers and removing most of the old pile moorings. There are also controversial plans afoot to close off the western entrance channel into the marina.

Sea kayakers are great ones for gear and gadgets. We also like our creature comforts when we come ashore. Food and comfort items are easily stowed into the large storage hatches of our craft when we head off on camping trips. Many of us have tramping backgrounds and well remember the sacrifices that we made to save both weight and space in our packs before heading off into the hills.

Our sea kayaks can carry more than twice the gear that our backpacks could. So when we head off in our craft now, it's nice to indulge a little. I've just splashed out and ordered a little bit of luxury. It's a lightweight camping chair that's only available via the internet. After reading many favourable reviews of this Australian made product which has been on the market for a few years now, the order was placed. Compact, sturdy and light weight, the folding camp chair is not cheap, but what price comfort. It is called the Helinox Chair One camping chair and details can be viewed on www.helinox.com.au



Is this the perfect camping chair?

The suggestion to create some new club awards was well received. The idea was to enhance our AGM evening with the presentation of these new awards. If you have some good ideas about the new awards, then let the committee know about your thoughts. Some that have already surfaced include: Trip Leader appreciation awards, Best newsletter article/ photograph, Club person of the year, Wooden spoon/paddle award, Safety/ Instructor recognition awards and a big slap up banquet diner for all the committee members.

If we had an attendance award for club paddles and events, then that title would have gone to a former member who was also our editor and secretary. Margaret Thwaites would have romped home for that title. A couple of possible new contenders for the title could be another two of our lady paddlers. Linda Frey in the bright orange Penguin is out and about with a cherry smile on just about all of our advertised events. Jodi Yeats, in the yellow Squall sea kayak, is another one of those diehard regulars. Jodi is also a much valued trip organiser and leader. It's this sort of good regular grass roots support which makes all the effort of planning and organising worthwhile. Perhaps we could bestow two 'good keen paddler awards'.

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Cuppa time on a shell bank island in Shoal Bay.

A couple of weeks ago we were poking around in the shallows of Shoal Bay over on the North Shore. Up near Akoranga, we spied a sunny shell bank beach and stopped for a cuppa. This was on one of the small mangrove islets that crowd the headwaters of the bay. Nearby we could see a fisherman tending to a string of set nets out in the main channel. Curiosity eventually got the better of us and we had to paddle over to his boat to investigate. We inquired as to what was being caught, and were informed that it was mainly flounder and parore. He then held up the net to show a large gaping hole that had been ripped right through it. A monster stingray had just burst out of his net it as it was being hauled in. We quickly paddled away in trepidation with our paddle tips barely touching the water.

In recent years we have witnessed the dramatic rise in popularity of two forms of paddle sport. Stand up paddleboards and racing skis have both boomed in numbers. Perhaps the key to their phenomenal rise in popularity lies in one simple factor. They are both very easy to remount. The racing skis have proliferated at the expense of the many classes of super skinny racing kayaks. These tippy craft lacked bulkheads and a capsize often resulted in a swim to shore or a complicated rescue. The need for speed brigade has quickly embraced the much more user friendly racing skis. It's a similar story with the stand-up paddlers. They are mainly into the recreational side of things and encompass a much wider age range. It could be said that it is the sheer simplicity and ultra-light weight of these craft which appeals, but most admit that it is also the safety factor. Just being able to climb back on-board them is one mighty huge plus.

As sea kayakers, we all know of the perils of capsizing. When we started out in kayaking it was probably our biggest concern. Those of us that went on and learnt how to roll may still have cause for concern. A practice roll can be easily accomplished in benign conditions, but many of us have nagging doubts about doing the real thing in adverse conditions. It's a well-known fact that most of us that have learnt to roll don't practice much or even at all after making that initial effort. And then there are those who believe that a paddle float rescue and re-entry will suffice. It will probably work well in sheltered calm conditions, but it's much harder and sometimes near impossible in big squally seas. That's just when you'll need it most. Perhaps now it is time to see the emergence of a new breed of sea kayak. It could negate all of these safety concerns and boost our sports popularity too. The new sea kayak would be a cross between the short sit on top type craft that are popular with the fisher folk and the sleek six metre long racing skis. This new craft would not have a decked over cockpit. The remounting technique would be as simple as the one with the paddleboards and skis. Barracuda Kayaks pioneered the concept here some fifteen years ago. This was with an open top version of their Safari sea kayak. It was a fully-fledged ocean going craft with fore and aft watertight storage compartments. It had a self-draining cockpit device and a robust pedal operated rudder system. Provision was also made for a large spray skirt to be fitted if required. They were probably way ahead of their time back then. Sadly the safety and user friendly advantages of the concept were not fully grasped.

Our swim escort season is well under way. November saw the first two events completed. Somewhat surprisingly, both races were redirected to start at the Judges Bay stand by venue. President Philip did a splendid job in rejigging our support team to the back-up course at very short notice. Peter Sommerhalder was also on watch at the abandoned Curran Street venue and did a sterling job redirecting a few who missed the alert. It was a very early start for our paddlers, but those that rallied to the call were rewarded with a pre-race barbecued bacon breakfast and fresh orange juice. The Rangitoto swim on the 22nd of March next year will also be a very early start. Another pre-race barbecue breakfast will be provided, this time under the pohutukawas at St Heliers Beach.

The beach at Judges Bay looked a treat with all our brightly coloured sea kayaks lined up at the water's edge. I took a quick stroll along the beach to view the fleet. One that caught my eye was a big old white Sea Bear double. It had an unusual green gunnel stripe down each side with small elliptical loops at various intervals along the lower edges. Colin Quilter informed me that the kayak belonged to John Hotham. He also mischievously mentioned that the mysterious gunnel loops were just a cover up for John's erratic runny paint streaks.

Newsletter Editor Claire O'Connor is looking forward to having a well-earned break from duties next month. You can make her a very happy editor by sending in all your summer holiday paddling stories and trip reports with a photograph or two. These can be published in the New Year edition of the next newsletter which is due out in February.

Well done Claire and a big thank you from all of us.

See you out there, Roger.

A HARBOUR RAMBLE THAT WAS NOT TO BE

Saturday 29th November

'The canoeist with the wooden leg walked along the rough wooden decking. You would not have known he had a wooden leg, other than for the slight irregularity in this step – tip tap tip tap. His face was fixed with a grim expression, as if he was suppressing some profound emotion.'

OK just relax, I'm actually reading Ken Follett's *'Flight of the Hornet'* and I just thought I'd like to share the opening of the book with you!

This trip was supposed to be a cruisey harbour ramble. We were promised a 'first ever canoe excursion into tuff crater on the north shore, under the harbour bridge, a cruise through Westhaven looking at the boats, morning tea at Swashbucklers, passing through the Maritime Museum and a fancy lunch at a Devonport cafe. All of this was not to be, the marine weather forecast was predicting 25 to 30 knots in the harbour for Saturday.

Leader John came up with a brilliant 'plan B' and there we all were, assembled at Wenderholme reserve at 10.30am.

John had assured us that this would be a sheltered trip out of the wind and rain – well, how wrong was that! It was absolutely pouring with rain as a group headed upstream to our lunch stop at the Puhoi Pub. OK I have to admit that the scenery on the way up was wonderful and Philip Noble did put on some great entertainment for everybody by attempting a shortcut through the mangroves and got well and truly stuck in the mud, very good Philip, we very much enjoyed that. Owen was able to name a lot of the natural fauna along the way but struggled to identify a Rewa Rewa! I spotted a number of native birds and could put names to every one of them much to the surprise of the group!

Typical of most canoe trips we were starting to spread out, with Chris pulling ahead with his racing paddles and Philip still back there stuck in the mud – John calmly managed to keep us all together and when we reached the bridge turnoff to Puhoi Owen expressed a desire to explore the side creek to the right. It really was quite an amazing surprise as it went inland for around 3 kilometres and we later found out that it has never been canoed before – ever! so it really was more than exciting. Of course as happens when you paddle right to the end of an ever diminishing stream you finally become firmly stuck – i.e. you cannot go forward or sideways or even backwards as everybody else is crammed up behind you and of course there were cows looking at us thinking – 'what in hell do they think they're are doing? Well, after quite a long time really we managed to extricate ourselves and finally arrived at the Puhoi Pub landing in time for the promised lunch.

For a bit of fun we decided to draw straws to see who would pay for everybody's lunch – now, looking at the lunch stop photo can you guess who drew the short straw? Of course we were forced to have quite a long lunch as we had to wait for the tide to turn at 1.32pm. The boys had beer while we girls were drinking some mysterious cocktail which the barman said was the house speciality. I don't know the name of it but I can't even remember paddling back to Wenderholme! Apparently the outgoing tide whisked us back to our cars without hardly any effort on our part and we even had a following wind!

What a great day, we all had smiles on our faces and surely this is how all trips should end, thanks to our leader John for making all this possible, what feat of organisation.

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A harbour ramble that was not to be

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The cast: Linda Frey (Scribe??) – Chris Dentith, Philip and Sue Noble, John Hotham (leader) and Owen Sprosen.

Brilliant photos by Sue Noble.



*Paddling up
'Owens Mistake'*



Linda bird spotting



Waiting for lunch to arrive

Home Made Bread

Chris Dentith

The subject of bread making came up while a group of us were sitting in the sun at McKenzie's Bay. It was decided that, as I had extolled on the subject, I should write an article about it.

The basic ingredients you will use are flour, yeast, sugar, salt and water along with some additives which you may use for various recipes and these include gluten, other grains/flours and improvers.

FLOUR: You need to use flour with a high gluten content so use High Grade Flour. The gluten content in N.Z. flour is not particularly high but it is fine for white bread. If you make a wholemeal loaf you will need to add gluten.

YEAST: I use D.Y.C Surebake which is dried yeast with added dough conditioners. You can use their Active yeast. This has no additives. Dried yeast kept in the freezer will last forever!

Most people are aware that dough will rise faster in a warm place but did you know that it will also rise overnight in the fridge or in a covered container outside in cold weather? Just make into a ball and lightly coat in oil to stop it cracking.

SUGAR: Adds flavour and helps the yeast to "work". You can substitute Golden Syrup, Treacle, Malt, Honey etc

SALT: Controls fermentation and adds flavour. Too much salt slows down the rising of the dough.

WATER: Should be at blood temperature. Stick your finger in the water, it should feel neither hot nor cold. Two parts cold/One part boiling is generally about right.

OTHER GRAINS: Bran, Wheat Germ, Kibbled Wheat, Rye, Soya, Cornmeal and many others.

IMPROVERS: Ascorbic Acid (Vitamin C) acts as an oxidizing agent, speeds up the maturing of the dough and improves the texture of the bread. Use 50 mg/400 gms flour

If you are making your bread by hand firstly measure the warm water, add half a teaspoon of sugar, then stir in the dried yeast and leave for five minutes until it starts to work (bubbles will appear). Add this to the dry ingredients and mix thoroughly in the bowl adding more flour if necessary until it is a bit sticky. Then put it onto a flour dusted bench and knead it by pushing downwards with the palms of your hands and then fold the dough over itself. Keep doing this until the dough feels smooth, springy and elastic. This will take about 10 minutes. Kneading stretches and folds the dough and strengthens the gluten.

The dough now goes into a greased bowl. Cover the top of the bowl then put in a warm place until it doubles in size. This can take about an hour. (Or do these steps in the evening and put the covered dough in the fridge. It will have risen by the time you get up in the morning. Let it return to room temperature.)

Knead the bread again to expel the excess gas and shape it into buns, rolls or put in a bread tin and then allow it to double in bulk in a warm place. Use your hot water cupboard or warm your oven to 50 degrees. (This doubling could take up to an hour.) Put it into a hot (220 C) oven for 10 minutes then reduce the heat to 180 C for the remainder of the cooking time. It should be a nice brown colour and sound hollow when tapped.

When baking, putting a bowl of boiling water at the bottom of the oven gives a better crust.

If all this sounds too complicated use a Bread Maker and the recipes that come with it!!!

RECIPES:

This is the recipe that I use for white bread.

300 ml water
1 dessertspoon oil
1.5 teaspoons sugar
1.5 teaspoons salt
3 teaspoons Surebake
425g high grade flour

With a "Breville Ultimate bakers Oven" it takes 3 hrs 20 mins, set at 1.25kg, Basic, Medium Crust. This recipe is also good for hand made bread.

Keeps well, freezes well (but slice it first)

Another good recipe is "Grant bread" a pure wholemeal loaf. No kneading required

425 ml water
1 dessertspoon oil
1.5 teaspoons sugar
1.5 teaspoons salt
2 teaspoons gluten flour
500g wholemeal flour
4 teaspoons Surebake

Add ingredients to the whole meal flour and mix together. Put into a greased loaf tin, dust the top with white flour and put in the oven, set at 50 degrees C until it rises close to the top of the tin.

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Home Made Bread

Continued from page 11

Then set to 200 degrees C and bake at for 35 minutes. After turning out onto a wire rack put it into the oven for 5 minutes to crisp the loaf.

I also do this in my Bread Maker, with changes to the recipe:

400ml water
1.5 teaspoons sugar
1.5 teaspoons salt
2 teaspoons gluten
500g wholemeal flour
4 teaspoons Surebake

Set at 1.25 kg, Whole Wheat, Dark Crust.
Easier, but you get a better loaf when done by hand

Here's another version, from the Net:

DIY Vogel's type Bread

It keeps fresh for at least three days and freezes well, though I do advise slicing it before freezing for ease of thawing.

600g flour – half strong white, half wholemeal, with perhaps a little rye thrown in for luck
40g (about half a cup) rolled oats
2 teaspoons dried yeast
1 ¼ teaspoons salt
1 teaspoon sugar
750ml lukewarm liquid – a mixture of water and milk, or just water
1/2 cup sunflower seeds, optional (you can use other seeds too)

Put everything into a large bowl and mix well – it will be like porridge. Scrape into a very-well oiled loaf tin and smooth the top. (Fill the tin $\frac{3}{4}$ full as it won't rise a lot.)

Put into a cold oven and turn the dial to 50C. Leave for about 35 minutes, until the dough has risen to the top of the tin. Turn the heat to 200C and bake for another 40 minutes, until crusty on top and hollow when you tap it on the bottom.

Turn out to a rack to cool. I would put it back into the oven for a few minutes to crisp the bottom.

I have tried this recipe and would use half the sugar next time and add kibbled wheat too. Don't expect these wholemeal base breads to rise as much as a white bread. The loaf will be dense and moist. If the taste isn't quite right make small changes until it is OK.

These recipes use bread tins or the bread tin in the bread maker but this isn't necessary as you can use any heat proof container. It helps if the sides have a taper as the bread will come out more easily (spraying with anti stick helps). Terracotta flower pots work (new clean one) or, you can make the dough into a ball after the second rising, slash the top in a cross about 30 mm deep, bake as per recipe, and make a Cob loaf. Then there are Soda breads and dampers that don't use yeast. They are quick and easy but don't keep well. There's a lot more information on all types of breads in our great libraries or on the Net.

I always slice my bread after it's cold and has firmed up. It keeps well if it's in a sealed plastic bag in the freezer. A quick zap in the microwave and you have lovely fresh bread for sandwiches or toast.

Another Cup of Tea Stop

Rona Patterson

The Auckland Harbour is such a wonderful place with many little beaches only accessible from the water or some unknown track. One I have found and suspect has always been there is Wilsons Beach. It is only 30-40 minutes from our club lock-up. Paddle around The Landing, turning left then paddling under Ngapipi Road over-bridge then paddle to the end of the bay. In the far right hand corner is the railway bridge to go under and directly on the other side of the water is a delightful little beach – definitely a cup-of-tea stop. From here you can paddle along Hobson Bay and under Tamaki Drive and back to the club locker. Perfect if you need to get out but can't spare much time.

Swim Escort Update

Many thanks to those members who supported the club by assisting with the swim escorts to date. Your willingness to help is appreciated.

Please note: Remaining swim escorts (possible change).

The Masters Swim Association are currently considering changing the course for the swim on 8 February 2015 as swimmers have requested an open water swim. Please refer to website events for confirmation of the course as soon as this information is made available to the club.

Kayakers need to ensure they are on the water 15 minutes before the start of each event.

(If you have any queries please phone Philip or any of the committee members – numbers on page 2 of the newsletter.)

Event	Date	Swim Start time	High tide
Refer to website	8 February 2015	10:30 am ¹	11:22 am
Rangitoto	22 March 2015	7:45 am ²	9:42 am
10km Marathon Swim	26 April 2015	7:00 am ³ TBA	1:18 pm

1. This event may be changed to the Chelsea course – details to be confirmed on website or phone a committee member.
2. The Rangitoto Swim runs from Rangitoto wharf to St Heliers. Kayakers leave from St. Heliers Beach at 6.15am to paddle to Rangitoto for briefing at 7.25am.
3. The marathon swim runs from Mairangi Bay to Devonport Reserve. Details to be advised.

President's Message to Members

Festive greetings to all members – hope you all have a great time on the water and elsewhere over the end of year break. There are no scheduled trips over this period, however, take the time to go out yourself or with friends and enjoy the fantastic resource at our doorstep.

Notwithstanding that over the year some trips were blighted with poor weather we still managed a good number which were enjoyed by all.

In 2015 we will be holding Skill Courses for all those who want to brush up on their on-water skills, as well

as paddle and camping trips to enjoy the Islands and wider Hauraki Gulf, keep an eye on the club website.

If you are not receiving email notifications, please call Matt or myself to discuss possible reasons for this. All trips are weather dependent and it is always a good idea to call the Trip Leader, a day or two before the trip, to discuss details, possible changes and to confirm your interest.

I look forward to seeing you on the water.

Cheers, *Philip*