

# THE SEA CANOEIST NEWSLETTER

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*The 2009 KASK Forum at Anakiwa.*

*Top: JKA (farthest away) with a big turn out for his paddling skills session.*

*Photo: Paul Caffyn*

*Bottom: Sue Levett teaching Martin Fraser the finer points of hand rolling.*

*Photo: John Kirk-Anderson*



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## EDITORIAL

### KASK Forum 2009 Anakiwa

What a superb weekend this was, with a combination of superb venue, brilliant guest speakers and instructors, and great weather for the both on the water instructor and overnight campout.

### Auckland Regional Council Nav. Safety Bylaw Clause 2.17

An eight page, KASK submission re a proposal to amend Clause 2.17 of the ARC Navigation Safety bylaw was completed and delivered by the deadline of 16 March 2009. Much of the initial section focused on the absence of consultation with appropriate paddle craft groups and the mantra of 'education and liaison, not regulation', with the final section accepting the Colin Quilter submission if the bylaw is not rescinded.

Kevin Dunsford spoke to Christiaan Moss, Deputy Harbourmaster, who said ARC had received about 480 submissions, with 30 people wanting to speak. I think we can say that the campaign has been an unmitigated success so far. It will be interesting to see how the ARC handles this.

Kevin established a website initially for background information for those paddlers making a submission, but it now includes paddler submissions: [www.kayaker.org.nz](http://www.kayaker.org.nz)

### Apology/Correction

An apology from Jillian Wilson to Peter Sullivan for changing his surname to Sutherland, in the caption of the photo of 'Fitting out your kayak' workshop, p. 17, in newsletter No. 138.

### Report on the WSNZ Non Powered Craft Forum 11 March 2009

Held in Wellington 11 March 2009 The forum was hosted by WSNZ with representatives from KASK (PC), MNZ John Marshall and Colin Sonneveld, Neil Murray CBE, Pete

Townend and James Fitness from Canoe & Kayak, Outdoors NZ, Matt Cant NZOIA, Waka ama, water boarding, tourism industry, Paul Richards Skillsactive (formerly SFRITO); ARC deputy harbourmaster Christian Moss was in attendance till midday.

1. John Marshall and Colin Sonneveld presented their finalised strategy of Safety in Kayaking and Canoeing 2009-2014. Discussion at the 2008 forum and submission following, were incorporated in this finalised strategy which sets out priority areas for MNZ safety initiatives in the area of kayaking and canoeing over the next 3 – 5 years.

The strategy is being viewed as a living document that is subject to review and development. The strategy has support from all those present at the forum, and if I can provide a PDF file copy for any KASK paddlers who would like to view it.

### CBE Sea Kayak Module Update

Neil Murray of Coastguard Boating Education used a PP show to present the latest (2009) edition of the Sea Kayak Module. Kerry Howe penned the original module back in 2006, and for updating Neil sent the module out to some 20 organizations or individuals, or which only four responded. This 2009 edition was reviews by Jim Lott of MNZ, David Fisher (Wellington paddler and Coastguard vessel skipper), John Kirk-Anderson and myself. The new edition is much more appealing to the eye with the additional of colour graphics, which were supplied by Paul Hayward, Mike Scanlan, Guy Folster and Ian Calhaem.

For availability and courses, see:

[www.cbcs.org.nz](http://www.cbcs.org.nz)

### Hawkes Bay Contact needed

Duties would be as a contact only so you may get an email question occasionally replaces to paddle or paddlers to join up with. Contact Evan Pugh: email: [sheepskinsstuff@xtra.co.nz](mailto:sheepskinsstuff@xtra.co.nz)

### Cover Photograph:

Aussie expedition paddlers, Sandy Robson and David Winkworth checking to ensure that Picton is crocodile free. They were both superb instructors and speakers at the Anakiwa Forum. Photograph: John Kirk-Anderson. Insert: Sandy with a crocodile lolly on her shoulder Photo: Natasha Romoff.

# KASK

## **President's report** **22 February – 22 March 09** **by Beverley Burnett** President Pro Tem

In the absence of other candidates coming forward at the AGM, I agreed to serve as President pro tem of KASK for three months, and was elected unopposed. My term ends May 22<sup>nd</sup> 2009 and the search for a new president is underway.

I completed and delivered funding applications to Water Safety NZ requesting funds for creating and printing a Safe Sea Kayaking Brochure for sit-on-top kayakers, updating and printing a 5<sup>th</sup> edition of the KASK handbook, and funds to hire part-time Safe kayaking ambassadors to visit outfits, such as accommodation providers which provide kayaks, to promote good safety practices.

Paul Caffyn provided a KASK submission to the Auckland Regional Council on their draconian bylaw regulating paddle craft in their waters. This bylaw is of national significance since Maritime NZ has said that if passed, they will take note of it and propose it for national use. On KASK's behalf, Paul mounted a vigorous response which, in conjunction with Auckland paddlers, has resulted in ARC slightly toning down their proposed regulation. Please see Paul's report for further details.

Paul Caffyn will apply for funding from WSNZ to continue updating the KASK sea kayaking Incident database.

The Committee has agreed to hold the 2010 forum at Manaia Baptist camp on 17-18 April, 2010. There is discussion that for the week following the forum, a base camp will be established in the Bay of Islands where people can hook up with others for paddling expeditions.

Committee members Beverley Burnett and Martin Fraser will be added as signatories for the KASK cheque account, with continuation of two signatures per cheque.

There are no Committee members representing the Auckland region, which is detrimental to effective operation. The Committee urges members from the Auckland area to either stand for the Committee or act ex officio in matters regarding the Auckland area.

Martin will try to get consultation documents from Government and Regional Councils regarding regulation of local waterways.

## **President's AGM Report** **2008 - 09**

### **Julie Reynolds**

It has been an interesting experience to be the President of KASK. There has been a lot on the agenda and numerous days taken up in meetings and forums. This year has been about the battle to be heard, and the drive to increase support from other kayaking groups. As president I attended all the meetings with the governing authorities, took up the fight against unwelcome and unworkable bylaws being put into place and opened communication with other clubs, all numbering well in excess of the KASK membership.

We gained unprecedented support from New Zealand's largest kayak retail group and associated clubs with a move to free advertising in the New Zealand Kayak magazine and an offer to encourage KASK membership across their counters by selling the KASK Handbooks as memberships rather than a retail item.

This success has been tempered with disappointment, firstly the lack of suitable response to a letter addressed to the editor of the Sea Canoeist Newsletter in which a personal attack was made on me for reporting on and fighting the new ARC Bylaw clause 2.17, this fight was on behalf of KASK members and in fact all sea kayakers using Auckland waters. The attitude taken by two committee members that what happens in Auckland (ARC

Bylaw 2.17) is of no interest to KASK members, however KASK supposedly represent sea kayakers and it is a certainty that sea kayakers from other parts of the country occasionally kayak in Auckland waters, it is also a certainty that if a bylaw such as this is successfully passed other regional authorities will look to adopting it in their regions.

The publishing of an article which pointed out that kayak retailers are only interested in making a profit from kayakers, this following the new support from New Zealand's largest kayak retail group and with the knowledge that in fact the two people doing all the battling against the recent bylaw introductions, attending Maritime and Water safety NZ meetings and working to unite all paddle groups are in fact retailers. Finally needing to debate the insertion of Yakity Yak Club details into the back of the Sea Canoeist Newsletter because space is limited.

It has become crystal clear that KASK as a representing body of Sea Kayaking is ineffective at the political level, the membership is too small to command a voice and kayaking has moved on from sea kayaking into a far more accessible and inclusive style. That of sit-on-tops. KASK does not have the ability to resource a full time representative to work with the governing authorities and disseminate the information and learning's gained from their involvement. Effectively rendering the organization impotent.

The answer to this is a simple one. If Kayakers are to be heard it will need to be through a body that represents all paddle sports with KASK a supporting member. Ultimately the governing authorities need to have a body that can reach their area of concern. This would require manufacturers and retailers of paddle craft to be a part of the way forward. KASK has no influence with these two major groups.

I have achieved as much as I can and am choosing to leave KASK in order to continue encouraging development and growth in paddle sports.  
Julie Reynolds

## **2009 KASK AGM Publication, Safety, Administration Report by Paul Caffyn**

### **KASK Newsletter**

The printing and distribution arrangement with Petone based company Format continues to work well. PFD file distribution, both to New Zealand maritime agencies, paddle craft organizations, commercial operators and overseas contra exchanges is working well. File size of the screen resolution PDF file ranges between 800 and 950k.

### **KASK Website**

A full redevelopment of the KASK website was undertaken by Nelson-based website designer, Leon Dalziel, and the new site was switched over in October 2008. Feedback to date both local and overseas has been very positive.

### **KASK Handbook**

575 copies in stock as of 20 Feb 2009. 175 copies have sold or been mailed out since the 2008 reprint of the 4<sup>th</sup> edition in April 2008.

### **KASK Membership**

KASK currently has 411 financial members.

### **KASK Finances**

As of 9 February 2009 the KASK cheque account stands as \$5,515.55. The KASK finances were audited by a Greymouth accountant, Alice Noble, with a report dated 10 May 2008 supplied. For a 12 month period to 31 July 2007, the KASK financial stated was stated as giving a true and fair view of the operations for that period. No irregularities were found.

Excel spreadsheets, with cheques paid out and handbook invoices sent out, are regularly exchanged between KASK Administrator Linda Ingram and Paul Caffyn. This system is working well.

### **KASK Administration**

Linda Ingram continues with her efficient role as administrator. For those who pay by direct credit for member-

ship, bank statements are received only every two weeks, hence there can be a delay in confirming paid membership before care packages are mailed out. For newsletter printing, Linda forwards a membership database via email to the printer, which is up to date as of the time of newsletter printing.

### **Forums and Meetings**

Julie Reynolds attended the last two National Pleasure Boat forums and also the non-powered paddle craft forums sponsored by Water Safety NZ. Beverley Burnett attended the WSNZ AGM.

### **2009 AGM**

The resignation on 17 February 2009 of president Julie Reynolds has caused a few problems. We have no 2008 AGM minutes, or 2009 agenda, as Julie was minute taker at the Ohope AGM, and the standing president has always provided the paper work for KASK AGMs.

Julie's resignation has resulted from two key issues, firstly a 'point of view' in the KASK newsletter with a comment re kayak retailers, and secondly a four page letter to the editor of the KASK newsletter from the president of the Auckland Canoe Club (ACC), which I chose not to publish. Ian Calhaem then printed his letter in a special issue of the ACC newsletter. Ian's letter contained several untruths and stated that Julie was unable to separate her commercial role as kayak shop owner from that of KASK president. Accusations between high profile committee members are not good for the image of either ACC or KASK, or NZ sea kayaking and it detracts from the very successful work KASK is doing in promoting and encouraging safe sea kayaking.

### **Ahead for KASK**

What I would like to see happening in the next 12 months:

- work on initiatives for promotion of KASK
- work with MNZ and WSNZ on a Safe Kayaking Guide
- work with MNZ and WSNZ on a light reflective sticker
- updating of the KASK incident database

- proactive dealing with regulatory bodies attempting to establish rules and regulations that will affect sea kayakers, eg. Auckland Regional Council

- liaising with other recreational paddle-craft organizations to assess the need for a united body to tackle national wide issues that would affect paddlers

### **Thanks**

My thanks: to the KASK committee members, Beverley Burnett, Evan Pugh, Martin Fraser and Sandy Ferguson for their help and support this past 12 months, to Linda Ingram for her efficient administration, and to all those who have contributed photographs and articles to make the newsletter such a stunning read.

Paul Caffyn

KASK Publications/Safety

## **2009 KASK FORUM**

### **KASK ANNUAL PHOTOGRAPHIC COMPETITION**

**from Tim & Jacqui Anderson**

The four categories were open, outstanding pics where the subject dominated, sea kayaking action, seascape (kayaks or people did not dominate), and coastal marine flora or fauna. First, second and third prizes were awarded per category plus the prestigious award is titled 'Paddler's choice' which is based on a secret ballot by forum attendees.

The rules were tightened this year for entries only from paddlers attending the forum. Tim and Jacqui Anderson arranged a superb display of the 77 entries in the four categories on sheets of black plastic. No bribes were offered to the three judges, Dave Winkworth, Helen Woodward and Paul Caffyn.

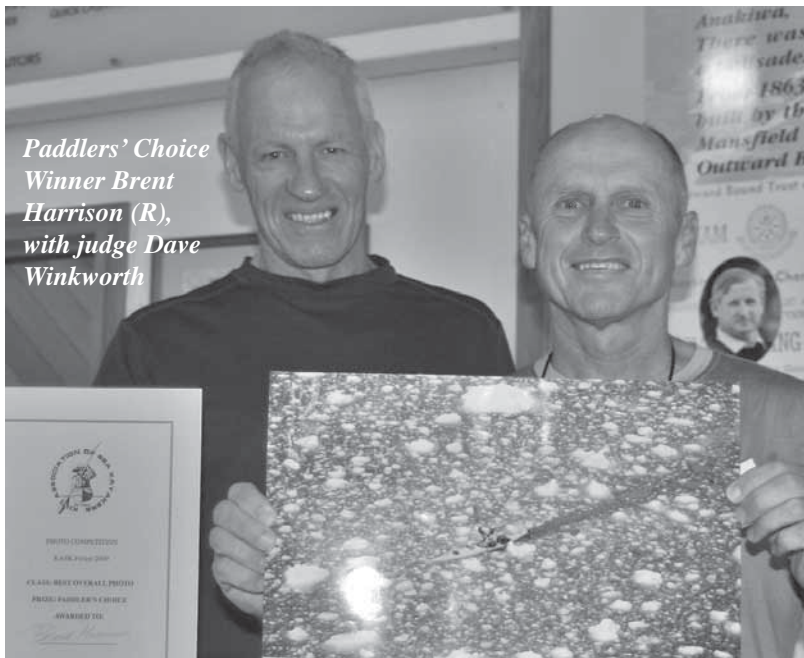
### **The Awards:**

#### **Open:**

- 1<sup>st</sup>, Lynnis Burson,
- 2<sup>nd</sup> Renee Olivier,
- 3<sup>rd</sup> Lynette Hartley



First prize open section winner, Lynnis Burson (right) with two of the judges, Helen Woodward and Dave Winkworth.



Lynette Hartley with coastal marine winning photographs



Sandy Robson with her seascape photograph

**Action:**

1<sup>st</sup> Paul Hayward, 2<sup>nd</sup> Brent Harrison, 3<sup>rd</sup> Brent Harrison

**Seascape:**

1<sup>st</sup> Jillian Wilson, 2<sup>nd</sup> Renee Olivier, 3<sup>rd</sup> Sandy Robson

**Coastal Marine:**

1<sup>st</sup> Lynnis Burson, 2<sup>nd</sup> Lynette Hartley 3<sup>rd</sup> Renee Olivier

**Paddlers' Choice:**

Brent Harrison

Thanks to all those who entered their stunning photos, the judges and Tim and Jacqui Anderson. The prolific award winners, dubbed in for judging the 2010 competition are: Lynnis Burson, Brent Harrison, Lynette Hartley and Renee Olivier.

## KASK 'Bugger!' Award

The 2009 award was presented to Dave Winkworth. Sadly there were no nominations received in New Zealand but last minute word filtered through from Aussie of two minor 'Bugger!' incidents and an exceedingly close shave that was an absolute shocker.

During his recent 2008 kayaking trip from Karumba to Darwin, Dave had a fall on slippery rocks and tore a ligament in his left thumb. For the last few weeks of the trip, he paddled with a floppy thumb and painkillers.

This alone would have been insufficient for the award, but while subsequently camping on the NSW coast in strong winds, a storm warning was current with 50 knots from the south-west.

Unable to sleep through the howling of the wind, Dave was shocked and stunned when a stout tree branch fell and speared vertically through the tent vestibule. A moderately close shave, which led to the absolute shocker. Any blokes with high blood pressure should stop reading now and skip to the next award!



Dave Winkworth with the prestigious 'Bugger!' Award

At home, Dave had a sewing machine and very sharp surgical scissors ready to effect repairs to the torn tent. Dave's father had been a GP and often told Dave not to drop these scissors as the points were sharp, thin, and would break off.

As Dave was cutting sewing thread, the scissors slipped out of his grip and fell. And what does a bloke do when an object is dropped when you are sitting down – you bring your knees together very quickly! All would have been well if the pointy bits had been orientated away from Dave's groin.

By a quirk of gravity, and a touch of the Coriolis force, the razor sharp points targeted an artery in his thigh. The scissors were embedded in the leg. Instead of forming a donut bandage, and leaving the scissors in situ, Dave removed the scissors.

As a very fit young fella, non smoker etc., and no arterial thinning, it was

like a red fountain suddenly turned on. Applying hand pressure failed to staunch the flow - Dave limped from his workshop to where (very fortu-

nately) his wife was home, and even more fortunately for Sue is an experienced nurse. As Dave noted, there was more blood than when Arunas Pilka was attacked by the 4m crocodile on the Queensland coast.

This 'Bugger!' moment is a salutary lesson for all bloke paddlers when tent repairs are necessary. Either leave the sewing to your better half or use your teeth to cut the sewing thread. With equivocation, a standout winner for the 2009 KASK 'Bugger!' of the Year Award.

## Graham Egarr Annual Paddle Trophy Awards

For an outstanding contribution to *The Sea Canoeist Newsletter* in the past 12 months, the award was presented to Wellington paddler Sandy Winterton for two well written and illustrated articles, the first of a paddle around Great Barrier Island (A Week on the Barrier, No.135 p.16) and the second detailing a visit to the Rescue Coordination Centre New Zealand (Wellington Forum and Visits to RCCNZ and MOC, No. 137 p.8).

Susan Cade and Sandy Winterton with the Graham Egarr paddle trophy award for outstanding contributions to The Sea Canoeist Newsletter.



For an outstanding contribution to sea kayaking, the paddle trophy was awarded to Waikato paddler Evan Pugh – see profile below.

## PADDLER PROFILE

EVAN PUGH  
by Evan Pugh himself.

I was born 29 January 1960 in Wellington but moved to Auckland's North Shore before I turned one. I have three sisters who are all older than me and supposedly wiser, but we won't go there. From the age of 19, I worked in the motorcycle industry for the next 13 years, and enjoyed the thrill and freedom of speed and a large variety of bikes travelling throughout NZ and Ozzy.

Life went on as it does, marriage (to Lovely Linda ) family and pets kept things ticking over and for some reason on the third of February 2001, I was talked into hiring a kayak on lake Karapiro with a buddy and after about 5 kilometres, it was all over - a few days later the same trip then talk of adventure, paddle around lake Taupo! So we did, three of us. I bought a Tui XL and on 12 March five weeks after I first sat in a kayak, three of us spent four days on Taupo covering 124 kms. Two of us shared the grotty old tent with tinned food and basic gear between two kayaks while the third, much more experienced paddler, had all his own kit.

The rough half metre waves scared the wits out of me but on we went with a final 40 km day. My right arm was seized up from bad paddle technique and I was buggered, but after a few days I was so stoked to have completed the trip.

The next trip a year later was the Whanganui river with five of us and me in an Ecoberzhig this time with gear sticking out everywhere. We had torrential rain and a very flooded river and had paddled from Ohinapane to Whanganui - 206 kms. After one stop, getting back on the water Ron next to me spun his paddle around to get the correct grip and managed to smack me full force with the edge of the blade on

my head - some people may say, "Oh that's what happened is it?"

I had the bug by this stage and have since organised around 20 week long trips around the country as well as many day trips in the central North Island area. I joined up with the Bay Association of Sea Kayakers (BASK) several years ago and am now trips and safety officer, the club having around 55 members and a club trip every fortnight as well as other trips for individuals. I get out once or twice a week and have many other friends or club members that I can paddle with in different conditions.

One trip several years back was the Waikato river from near Aratiatia rapid to Port Waikato - 303 kilometres portaging over seven dams - five of us spent several 12 hour days during this 7 day trip in great weather, it was a neat trip.

Embarrassing moments ? As in taking a surf training day for the club, then going out myself only to do an endo and flip to everyones delight but at least I wasn't the only one that day.

After the 2009 Anakiwa Forum five of us did a lap of D'Urville as we did

last year and I have to say it is one of the best paddles in New Zealand in my view - the western coastline is studded with caves and arches, with two lovely harbours to explore! But the weather can be unforgiving and timing going through French Pass and Stephens Passage at the top of the island is paramount.

I now own a Barracuda Albatross and it has covered over 6,000 kms in the last two years, and I have clocked up over 18,000 kms in the last eight years. I enjoy the kayaks handling in wind waves and on long trips such as the Coromandel and other coastal areas of our country.

Sea kayaking is becoming more and more popular and I found it particularly great, when we camped at French Pass, to have the company of 20 paddlers from different areas, all camping there at the same time with different trip intentions for each group.

Also it was great to be awarded the Graham Eggar trophy at the Forum - many thanks for that. I knew it would be gone by the end of the day paddle ! Hidden by a fellow paddler only to be returned to the lost property box later on. Great to have good friends!





## 2009 KASK FORUM FEEDBACK

### FROM PEDALLING TO PADDLING Alex Koh

It was the evening of the 8 of October 2004 and I had just pedalled into the New Zealand Kayak School in Murchison. I had planned for the 'Meet The River' course at the NZKS as a break for myself having started my cycling some 25,000km ago from Trafalgar Square, London in April 2003.

At the NZKS, I met Richard Cowan, a local from Nelson. Though Richard and I were differentiated by an age gap of more than 30 years, it was actually over a wood fire (and some Chardonnay courtesy of Richard) in the lounge area of NZKS where we both discovered that we shared the same yearning to sit by a log fire under stars while being consumed by the great outdoors. It was there, on the carpeted floor, when Richard first mentioned the wild Fiordland National Park to me! And that was to spark off my love for kayaking in New Zealand. That evening, while all the participants of the MTR course slept in their comfortable rooms, I took my spot by the log fire. It was to experience something I had never had for I live most of my life a degree north of the equator.

Richard and I subsequently spent 10 days kayaking the Abel Tasman coast, Lake Rotoroa and a wee bit of the Marlborough Sound in December 2006, to be followed 6 months later with a trip in the Doubtful Sound Area where we had 13 days of rain out of 16.

In winter 2008, when Richard, May and I were paddling the Preservation Inlet, he told me about the KASK Forum. It had sounded a good idea to be able to expose myself to so many aspects of the sport in a single location over a weekend. It was there when I made the decision to come for the forum.

With hindsight, I could tell myself I made the right decision to be at the forum. The check in on the Friday evening was well organized. The food served was succulent and the range of topics made available was simply impressive. On top of that, I felt that the instructors doing the delivery were highly professional and enthusiastic about imparting their knowledge.

I had signed up for at least half a dozen different topics. And felt that all the topics I had attended had all been time well spent. The usage of a video camera for the 'Remedial Rolling' was a good and effective way to fine-tune one's Eskimo Roll. I felt like a superstar, when my rolls were being filmed and scrutinized by the very sharp instructors standing on the pier who later played the recording on a TV to show and fine-tune my Eskimo Roll. My roll was all sorted out and I do not think the entire process took more than minutes!

I had also attended the presentations on 'GPS' and 'Gadgets' and both topics had expanded my horizon. But what I found most impressive was the amount of effort the instructors had put in to prepare the lessons!

The paddle to Mistletoe Bay was pleasant and the camp ground was definitely much lovelier compared to some of the sand fly infested sites in Doubtful Sound which were all soggy wet and moss covered. Someone said to me once, that the sandflies were good, for they keep the masses away, preserving the tranquility of the place for those who would 'go always a little further'.

It was a first for me, being able to put up my tent with possibly 40 others of all shapes, colours and make at Mistletoe Bay. It was an impressive sight. If I had my camera with me, I would have walked up the little slope (does anyone still remember those braying donkeys?) to take a picture of this amazing display of tents.

Sleeping in my tent that evening, I was pleasantly greeted by the singing sessions staged by my fellow kayakers. Not only was I totally mesmerized by

the melodious music; I experienced a beautiful sense of inner peace. I slept well that night! (*I will be putting my tent up right next to those musicians at the next KASK Forum!*)

When I was cycling through the Stewart Highway in 'West Island', the locals warned me repeatedly not to come over to New Zealand for the people can be real dodgy. I have since been here five times and I guess I definitely will be making more pilgrimages here for I haven't quite finished with Fiordland NP yet:

*"We are the pilgrims, master; we shall go always a little further; it may be beyond the last blue mountain barred with snow."*

Alex Koh  
from Singapore. March 2009

### MORE OVERSEAS FEEDBACK

#### From Dave Winkworth, NSW:

The KASK Forum was a hoot - one of the best I reckon. What is it with New Zealand? Lots of girls participating and paddling at the Forum - way more than here, where they are probably intimidated by Aussie macho shit! Whatever you're doing keep it up - it's great to see! There are a lot of nice people in KASK.

At the Sydney domestic terminal REX check in desk for Dave's flight back to his home airport of Tarthra:

"You're checking in a paddle... been doing some paddling?" enquired the attendant.

"Yes," I said

"Whereabouts?"

"New Zealand - a bit of sea kayaking."

"Find any sandflies - they're buggers on the West Coast?"

"Mmm - a few."

#### From Sandy Robson, WA:

I have loads of sandfly bites to remember the West Coast. The airline hostess saw the Stingose on the bites on my arms and asked if I had visited the West Coast!

**MORE KASK FORUM  
FEEDBACK**

**Feldenkrais workshop  
by Diana Parr**

I had no idea what a Feldenkrais Workshop was about but it didn't require cold water immersion (aka learning to roll). So, I turned up slightly late to the Feldenkrais workshop in training room 2.

We spent the session sitting on chairs in a circle following David Blake's instructions. Such as 'Sit forward on your chair, slide your right foot forward'. 'Now make a circle with your right foot, keeping your foot on the carpet'. Some tasks seemed perfectly reasonable. 'Now move your pelvis back' was a little more difficult. Sometimes he reminded us to breathe. Most of the time the group was quiet. Each person concentrated on the task.

The view of the trees outside and noisy cicadas was pleasant. However, there were some giggles of frustration and group laughter when someone broke from the intense concentration into a joke. The subtitle for the Feldenkrais workshop was 'Learn basic body balancing to assist co-ordination'. David didn't talk about it, we just did it. The session seemed a bit odd but it was no odder than some of the other sessions where we were learning to retrain our mind and bodies from their bad kayaking habits and to control our bodies to work counter-intuitively from normal:

- hula hooping (balance basics)
- sitting on a bench with bent knees (paddling technique)

My last water session was 'Rock solid low brace' and we did some edging. It was just like Feldenkrais but on a wobbly boat rather than a solid chair and had greater consequences of lack of balance - another cold swim. I'm sure Dave Blake is very good at edging.

**Feldenkrais Workshop  
hosted by David Blake  
by Sue Levett**

David held his workshop on Sunday morning, so of course I just had to pop in and 'give it a go'. It was very interesting as I could see the benefits the Feldenkrais Method would give to both recreational and passionate kayakers.

Firstly, before I talk about David's workshop, at KASK 2009, I went on-line and Google'd Feldenkrais website which gives a good explanation on what Feldenkrais is:

**'About the Feldenkrais® Method'**

The Feldenkrais Method uses slow and precise movement sequences to engage your brain through your body and nervous system. Through your neuromuscular system, it activates more parts of your brain by helping your muscles move outside of their habitual pattern.

Feldenkrais movement sequences are all about learning to make movement easier, all the time. They have a practical focus and result in better functioning in everyday activities.

Feldenkrais practitioners complete an intensive four-year professional training programme. They also have annual accreditation and ongoing professional development requirements.

**Benefits for kayakers**

Kayakers could benefit from the Feldenkrais® Method can be successful in improving:

- \* improving lower back problems
- \* preventing repetitive strain injury

Expect to improve your:

- \* breathing
- \* coordination
- \* flexibility
- \* reduces muscle tightness enabling greater freedom of movement
- \* strength and stability

After reading the website my question was: 'How would Feldenkrais®

Method help kayaking?' Briefly:

It is the concentration on joints, muscles and their movements, the range and direction of motion – back to basics:

- rotation when paddling
- alignment of elbows & wrist; knees & feet
- leg movement (activating your quads & hamstrings)
- right down to your ankles/feet
- core strength
- posture
- and very important breathing!

<http://www.feldenkraiswellington.co.nz/index.php?midid=6>

**From Natasha Romoff, Auckland:**

I just wanted to say a 'Big Thank you' to you and your team for a wonderful few days at Anakiwa. What a great opportunity to improve skills and knowledge about kayaking, to meet new people and catch up with old friends.

The weather, the venue ... all added to the mix. A lot of hard work goes into running such an event – so thank you all for your efforts! I must say I am feeling miffed that I had to come home while the others are cavorting about French Pass and D'Urville.

**From Lynette Hartley:**

Thank you for a great KASK forum. The organization was impressive. Thank you to all the other organisers as well - it was a wonderful event.

*Blair Anderson at the four letter word kayak propulsion session*

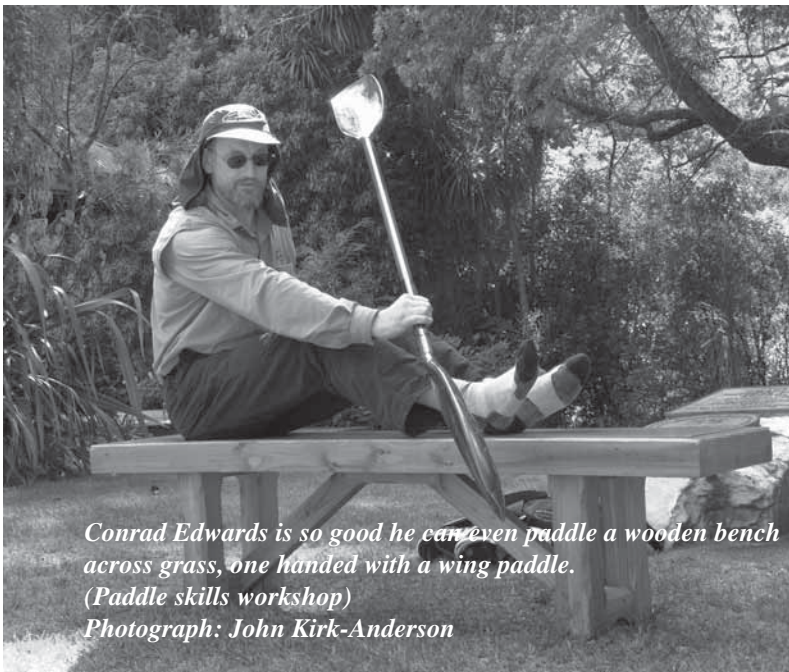




Record attempt at fitting paddlers in JKA's hula hoop; front from left, Sandy, Renee, Sue, rear: Bob, Steve and Dave; Penzance in Marlborough sounds.



Dave Winkworth at Anakiwa  
Photograph: John Kirk-Anderson



Conrad Edwards is so good he can even paddle a wooden bench across grass, one handed with a wing paddle.  
(Paddle skills workshop)  
Photograph: John Kirk-Anderson



Sandy Robson feeding Willow at the Mistletoe Bay campsite.

### Women in the Wilderness Session by Jacqui Anderson

Several men were keen to go to this session if the giggling and nudging at the notice board was anything to go by.

I had already been impressed by Robbie Bank's headstand in her kayak in a recent KASK magazine so I was pleased to meet her. I wondered whether the session covered secrets like how to keep your hair silky during a day in the briny, but she said no and that my hair looked fine (all stiff with salt and sticking out).

Robbie introduced herself and discussed her motivation for paddling which encouraged discussion about the reasons we women get into the great outdoors in small boats.

Motivation included adventure, physical and emotional challenge, and the reduction of life to a simpler focus.

Robbie's message was that adventure is out there for all of us. That we may be inspired by the accomplishments of others but should not feel daunted. Every journey is significant.

For some reason, A.A.Milne comes to mind (James is a snail):

James made a journey with the goat's new compass and reached the end of his brick

Robbie herself has battled fear after entrapment in a grade 5 rapid - the kind of experience that would keep the average woman out of water for life. Instead she took up solo sea kayaking which she considers a spiritual as much as a physical experience.

It is only as a solitary being on the water that she feels she is one with her surroundings - 'an environorganism'.

When Robbie decided on the 'where' of her recent trip up the east coast from Tutukaka to Cape Reinga, the discouraging word 'how' prevented plans developing for some time. She knew she had the full support of her 80-year old mum and two young daughters but was that going to be enough?

Out went the hopeful call to the universe and who should swoop in like

a fairy godmother with a paddle but Lynn Burson. Not only generous of spirit but a paddler herself - Lynn knew what a woman needed at the end of the day.

Lynn made sure Robbie was met at each landing with a home-cooked dinner and when required, a shower and soft bed too. She knew the territory and had contacts. What perfect support. This was an uplifting example of two women working together to make the dreams of each come true. It is proof to all of us that if we surround ourselves with the right people anything is possible.

As we talked, women started to share experiences of being pushed too hard in the company of male paddlers, and hated being the first to say they felt tired or cold or scared. I must say I've found that sometimes the men are quietly relieved to turn back when someone in the party admits that they are not comfortable with the conditions.

Everyone in a group has a responsibility to communicate honestly (see pod rules)

The decision that looks after one member of the party protects everyone.

It made me think, as a woman. I need to take more control and create the conditions that work for me.

Have all my own equipment (radio, pump, paddle float) and be practiced at using it.

Continually work on up-skilling myself, so that I am not relying on the strength or competence of my partner or friends.

I was starting to understand why some women paddle solo.

I thought all the way home about why I love paddling and it is hard to define. It may come into the spiritual realm that Robbie speaks of.

## Canterbury Sea Kayak Network Report

by Ann Schofield

Okains Bay mini-forum was a major highlight for the summer here in Christchurch, with a lot of organizational effort from Sandy Ferguson, JKA and Peter Sullivan. There were close to 70 registrations. Canterbury Sea kayakers were also very well represented in the recent Marlborough Sea Kayak forum, which attracted 23 kayakers from this region, including Martin Fraser, Darcy and Jillian. One of the highlights was Sandy Robinson's presentation on the half-Australia trip - she got half way around Australia before her kayak got bitten by a crocodile, calling an abrupt end to the voyage.

On the expedition front, Martin, Fiona, Dave and JKA are furiously preparing for the Fiordland trip to Preservation Inlet. Fiona has been experimenting with different foods to take along - and has done at least 5 different fruit cake recipes as trials! They plan to take a boat into Preservation Inlet. To get there they have to head round the infamous Puysegur Point, which

is the furthest most southwest point of New Zealand. Shane Davidson and his paddling buddy from Dunedin will accompany these guys on their boat trip, keeping the costs down for all. Preservation Inlet is the place to be this autumn - Jeff Hall, Lynette Hartley, Susan Pearson, Ron Keble, Pat Holland and Clive Marsh are also heading there over Easter for 8 days with a mother ship. So, all being well, there could be 3 trip reports of Preservation Inlet over the next few weeks.

Other recent trips include Lynette Hartley, Jeff Hall, and Clive Marsh who went around D'Urville Island over Waitangi weekend (4 days kayaking); and Annette and 2 others from Diamond Bay headed over to Quail Island on March 8 to meet up with folk who launched from Cass Bay (the town side of the harbor) for a few hours on and around the island. Tony & Ann have discovered the joys of living close to the Waimakariri river over in the north east corner of Spencerville. It is an excellent spot for some kayaking

after work or first thing on a Sunday morning. Also it is wonderful living in the same street as fellow kayaker, Gabi Torkington.

Jillian has very kindly started sending out our email circulars to the network every couple of weeks, she is also doing a Wed eve presentation this month about her recent travels, and is writing an article on paddling in Greenland - thanks Jillian for all your efforts.

On the out of town visitors front, Auckland kayak legend Vincent Maire came to visit for the evening before heading off to discover the delightful west coast of the main land. He was last seen hanging onto his hat in Arthur's Pass in a 90 knot nor-wester, making rude noises about the south island climate!

The main trip on the horizon at the network level is Martin's trip to Nydia Bay at Queen's Birthday. More on this next time.....

## NEW ZEALAND TRIP REPORTS

### A Southern Lakes Tiki Tour by Ross Brunton and Dennis Hynes

(see also colour photographs on p.23)

On 19 December three very lucky paddlers, Dennis Hynes, Chris Baker and Ross Brunton packed a ute with camping gear, paddling gear and Kayaks and headed south. Why were we lucky? All three of us had been given leave passes from their families for 16 days over the Xmas/New Year period to go kayaking.

Our aim was to paddle some of the southern lakes and anything else that fitted between the weather and ferry crossings, also check out logistics for some longer trips in the future. We intended to keep paddles reasonably short so we could paddle as often as possible without wearing ourselves out.

First stop, Lake Brunner. Maybe we could beat a cold front moving across the South. No such luck. With whitecaps all across the lake at 6.30 am, we were unable to get the kayaks wet, other than in the rain so continued driving south to Lake Ellery, near Jackson Bay, on the West Coast.

North Islanders reading this will have to close your eyes for this section. Paul Caffyn told us about this hidden gem, so long as we didn't tell 'all those other North Islanders'. Fantastic location, surrounded by bush-clad mountains, and completely isolated. Or so we thought. As we were loading the kayaks a hoard of jet boaters beat us to the ramp and roared off up the river onto Lake Ellery. 20 minutes later they were back, having 'done Lake Ellery'. Back on the trailers and they were gone. Peace descended again. Not a detergent bottle in sight. What chance is there of stopping the spread of Dydimio?

Access to Lake Ellery is via a short, easy paddle up the river. Only one shallow rapid, easily walked if you

can't make it against the current - first wet exit for the trip. As there wasn't even a walking track to the far end, it was an ideal location to camp for the night. Nature turned on a magical slow motion movie, to entertain us for the evening as the shadows crept up the mountainsides, the colours of the sunset continually changed and the lake calmed to a mirror. Spellbinding - pity about the sandflies.

After paddling out next morning, we headed to Te Anau where we would base ourselves in the deep south.

With both marine and mountain forecasts looking good, we decided to paddle Milford Sound out to the sea the following day. After a super early start we were rewarded with mirror conditions for the start of the paddle. Hard to make much progress though with Mitre peak and other snow-capped peaks all around, perfectly reflected on the still water, it was hard to put the camera away. We were further blessed with close encounters with seals and a pod of dolphins. 13 km later we made it to the open sea - dead flat, no swell and only a slight ripple on the surface.

Completely different story less than two hours later - 25+ knot winds channelling down the sound and whipping up, following seas, 1.5m steep short period chop, breaking everywhere, bouncing off the sheer bluffs at all angles of the compass, with most of those breaking as well. Added to all this, were 40+ knot winds dropping vertically down the cliff faces and coming from all angles. The waterfalls weren't reaching the water, being blown sideways. Crazy. Every stroke had to be a brace, often from both sides at once. It was hard enough for Ross and Dennis, with all their years of paddling, let alone a nightmare for Chris who was only new to the sport last year. Following two wet exits, two textbook assisted rescues, we decided to stay rafted up and let the wind and waves blow us back to the car park.

All this on a day when there was a large high over the South Isle, with isobars well spread and marine forecasts for 10-15 knot variable winds -it

shows the importance of consulting local boaties, harbour master etc. for local conditions, as this is apparently not an uncommon occurrence on Milford Sound in the afternoon. Not life-threatening in this situation, as we had four tour boats stacked up behind us, giving their passengers a bit of excitement. Different story I suspect in some of the more remote sounds further south.

One of our most enjoyable, and relaxing morning paddles was on Lake Gunn. Only 3.5 km long, but nestled between the towering mountain peaks, near the top of the road to Milford Sound. Mirror like conditions again and the cameras were working overtime. The clarity of the water was unbelievable - it made us feel like we were flying. Halfway round the south shore, we spotted the remains of an old jetty. We could hear what sounded like a large waterfall, so followed the stream and came to an impressive waterfall tumbling down through a large gash in the hillside. There were also the remains of some long ago abandoned tourist venture. Intriguing.

Xmas day, we rang family then drove to Lake Monowai. Packed the boats and headed for the far end. We called into Rodgers Inlet Hut for lunch, which we had with a lone American tramper. It was great to be able to give her a piece of Xmas cake which Chris's wife had given us. This made hers and our Xmas a bit special. After lunch we paddled to the lake's far end, to the DoC hut where it was great being the only residents, apart from the sand flies and deer. The sandflies were even worse than at Lake Ellery - the grassy areas along the lakeshore were so heavily grazed and trampled, it looked like a mob of cattle had been fenced in for winter feeding.

On the paddle back we stopped for the night at the DoC huts at Rodgers Inlet and learnt why they weren't charging for the accommodation. Not one of our better night's sleep. We hiked up the ridgeline behind the hut to the bushline for a view. Four hours later, we appreciated why we prefer kayaking to hiking. The moss-covered bush though was magical and the views made it

worthwhile. We expected Gollum to pop out at any time.

One of our aims for the trip was to spend a few nights out on Lake Hau-roko. However due to a poor weather forecast and a pending return to catch the ferry, giving us no time for laydays, we decided to head north and see if we could stay ahead of the front. So off to Lake Wanaka. Unfortunately the wind was up again, so we decided to tramp into the Rob Roy Glacier in the Mount Aspiring National Park. This 3 - 4 hour return walk has to be one of the greatest short walks around and to see a hanging glacier and watch the icefalls over the edge like this was great.

After a good sleep we were up early and on Lake Wanaka at Glendhu. The lake was flat and weather was clear. With Mt. Aspiring reflected in the waters, the cameras were in action again. We paddled out to Mou Tapu Island and then decided to continue onto Mau Waho Island. We were not aware there is a DoC/Community Board campground on the island, and an extensive forest regeneration project. We had a break there, looking at the history of the island, and made a mental note for a future overnight trip, and then circumnavigated this wildlife reserve before heading back to Glendhu.

Once back to Wanaka, and after a cup of tea with a campground resident, we were off to Lake Paringa on the West Coast, north of Haast. More sandflies, another mirror lake reflecting even denser bush clad mountains.

With the wind and rain again we drove up the coast with an interlude to catch up with Paul Caffyn and Punakaiki, then on to Lake Rotoroa.

New Years was quiet, as we sheltered from the rain under a taurpaulin and fought off even more sandflies. We were all in bed early. Once again, we were on the water early for the paddle to Sabine Hut, pouring with rain most of the way. Another local kayaker, Richard Cowan and several trampers were already at the hut. The day was spent with a tramp to a picturesque gorge, a hike up an even steeper



*View out the window of a Lake Monowai DoC hut, through a screen of sandflies. Photo: Dennis Hynes*

ridgeline and generally enjoying the surroundings.

Once we returned to Rotoroa the next morning and the gear was put away it was off to Picton. As we drove on to the ferry, we realised we had not showered for a few days. OK, so we just avoided crowded places. The paddles ranged from 13km to 34 km. The scenery was fantastic and the people we met had some great stories. This trip was a good relaxing break for all. We thank our wives and families for allowing us to disappear over this time. Others we need to thank are Dennis' sister-in-law, Janet for the use of her house on the way down, and back and Paul Caffyn for the paddling ideas.

### **Tips for Surviving Sandflies by Dennis Hynes**

Being able to manage the sandflies is a must for anyone wanting to enjoy the outdoors, especially in the South Island, Nelson lakes, West Coast and Fiordland areas:

- 1) Don't get out of the air conditioned car - not much chance then of enjoying the outdoors so
- 2) When kayaking, keep paddling (the little suckers are ready for you as soon as you stop)
- 3) Just ignore them. (We tried that and lasted all of 30 seconds) - see photo

4) Give up on shorts and tank tops. Cover every mm of exposed skin with clothes thick enough to stop them biting through - leave paddle gloves on, hats with neck and ear flaps work well when combined with a decent insect repellent sprayed onto the flaps. Gauze headnets are good for stopping the sandflies, but remember to lift the front up when imbibing medicinal potions post dinner.

5) Spread plenty of decent insect repellent on any exposed skin. Insect repellents are not all born equal. The only ones that really work are those with Diethyltoluamide. Unfortunately they also tend to have the most health warnings (shades of thalidomide).

6) Spray the insides of tents, huts with insect spray just before you go to bed. Keep zips done up and check for any defects in the gauze. They will find any opening. At times the sound of sandflies banging against the tent sides sounded like persistent rain.

7) Instead of cursing them, give thanks that they have kept humans from commercialising some of our most pristine settings. Without the sandflies, the Nelson Lakes would no doubt be built out with holiday homes, much like the Rotorua Lakes. Instead the tourists climb out of their buses, start waving their arms around like madmen, take a few photos and move on. Heaven.

## NEW ZEALAND TRIP REPORTS

### D'Urville Island Not too Shabby by John Gumbley

Following the Anakiwa KASK forum, five of us travelled to French Pass to embark on a circuit of D'Urville Island. The trip was organised by (award-winning) Evan-the-Pugh for his fellow BASK members. The intention was to follow the coastline as much as possible and with the generally ideal weather and sea conditions over the 5 days we were able to chalk up 158 km of island kayaking.

We had a delayed start with Evan fretting about whether his recently acquired trophy (*for services to sea kayaking*) could be packed - could it serve as a spare paddle or handy clothes-line and what would his mother have to say if he again misplaced it?

Anyway, on 23 February we set off across the Pass towards Te Akau Point to then head northward along the coastline on the counter-clockwise journey. Due to a favourable tail wind we cut across Catherine Cove - one of the few bays we did not stick close to shore. The coast is scenic with a mix of steep pasture land, regenerating scrub, and secondary native forest. A few caves, stacks and arches were explored along the way in very clear water. At Whareata Bay there is a plaque on the rocks describing the site as being the departure point for Captain Cook when he returned to Britain at the end of his 1770 voyage to NZ.

After 31 km we made our first campsite on the gravel beach at Garden Bay. Garden Bay has freshwater but there is stock in the catchment. The Bay is a great place to catch cod from the shore - we caught two and nearby fishermen gave us three beauts so dined well. Life is not all gravy though, swine weka made off with two bananas and shotgun-blasted the apples. "That is

the last time we ever trust nature" was the determination of the two Department of Conservation (DoC) members of the party.

On the second day we made the trip around The Sisters in somewhat confused seas, clearly not the place to be in rough conditions - Hell's Gate and Bishops Cauldron says it all. For the whole trip we were on the water between 0630 and 0730 hours - a great time of day with light winds and slight seas, especially around those Sisters.

At the peninsula near Rakiura Rocks some of us headed to Victory Island (and Fleet Rocks) and others continued following the coastline. The Rocks have some good caves and rock gardens.

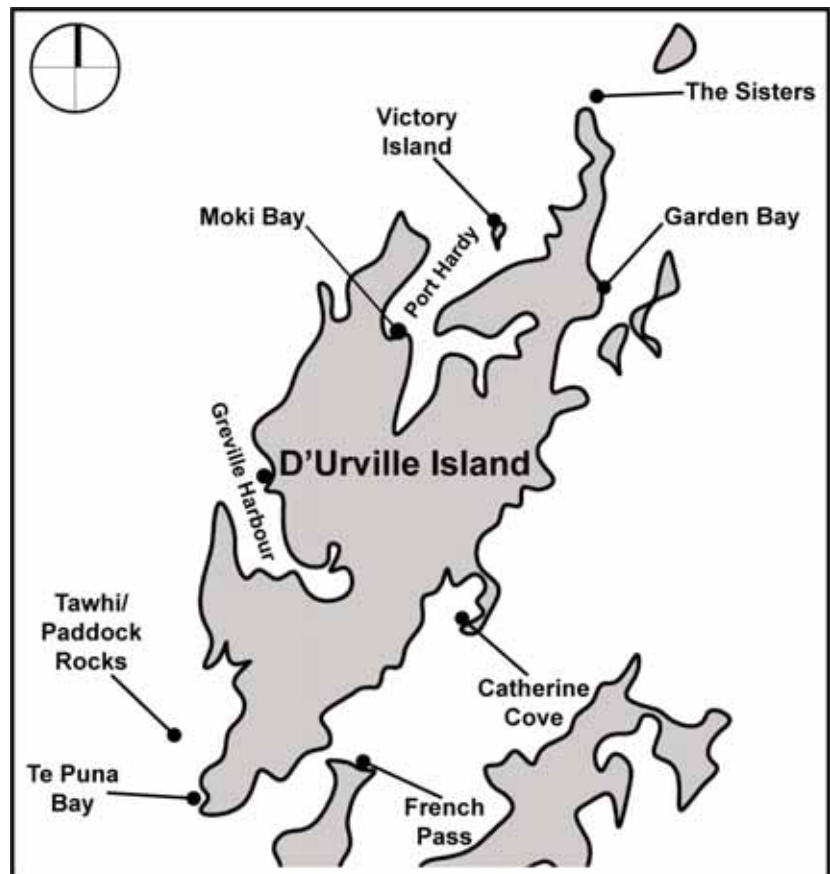
We then did a full circuit of Port Hardy (excluding the East/Wells Arm) looking out for our next campsite. The two DoC campsites located in the South Arm we considered to be *Grade C* and not in keeping with our status in life - the sites rather rocky damp affairs on alluvial fans. Instead we camped at the more salubrious south end of

Moki Bay, on the west side nearer the entrance to Port Hardy. The water was *clear as* and we clocked 38 km that day.

Next destination Greville Harbour, but as we leaving Port Hardy we noted, for the future, a couple of other camp spots northward of Moki Bay.



John Hesselning reeling in blue cod for dinner.  
Photo: Rex Barlow



A rest stop at Otu Bay saw our white-water kayaker and probably most technically experienced member get rolled when making a landing. What goes on the trip stays on the trip apparently so there you go, enough said, but a cue for the novices amongst us to check the wave sets before making a landing. Seals nonchalantly checked us out as we zig-zagged amongst the rocks.

A full circuit of Greville Harbour was completed and after 50 km we camped at the south end of the large sandy bay that adjoins the farm purchased by DoC. Our campsite was near a track beside the stream outlet to the lagoon. A great site but again shifty-eyed weka (with chicks) had their noses in hatches and even tried to swipe the plastic hammer that was chucked at them. This is an ideal campsite for kayakers but consideration is needed for the private property nearby. The DOC campsite in the middle of the Bay is over the dunes and it is not possible to drag kayaks to the designated tent sites.

Greville Harbour is in a bush catchment, pretty and provides for good exploring and fishing. We kayaked through the harbour entrance at Boulder Spit Point easily enough. The DOC campsite at Mill Arm looked good. There is a well hidden cave at the point near the lagoon outlet that can be accessed at low tide and when entering it late afternoon the sunlight allows you to get right in to see very unusual sponges on the seabed.

Our next destination was the south end of Te Puna Bay. *En route* we checked out a number of caves (one with several exits), very rugged tall cliffs, terrific geology, lots of seals. It was worthwhile nosing out and through the arches on Tawhi Island and the Paddock Rocks.

At the Te Puna camping site it is a short walk up the hill to then look over French Pass. The horse mushrooms gathered were nothing short of *bloody marvellous*. So, a 28 km day completed with heaps of exploring undertaken.

Our last day was a short 11 km paddle along the coast and across French Pass



*Improvised washing line on a treeless beach on D'Urville Island. Evan Pugh must have very strong teeth. Photos: John Hesselting*



*Kayak caving on the west coast of D'Urville Island. Photo: John Hesselting*



from the *not recommended* side. We crossed about 1 hour before high tide with a 5 knot current against us. In the route we followed, it was important to follow single file and not crowd each other out. Some of us then did a 20 km circuit of Admiralty Bay later that day.

We met several other kayak parties

on the western side and others at the French Pass DoC campsite and no doubt about it, we all thought D'Urville is *not too shabby*, a privilege in fact.

Oh, and Evan's paddle trophy award was still safe and sound as it always was.



## ENVIRONMENT

### 'Island Bagging' Wellington Sea Kayak Network Shore Clean Up by Sandy Winterton

On Saturday 7 March 2009, a small band of dedicated Wellington Sea Kayak Network members packed bags, gloves and sustenance for an afternoon foray to a small island that is passed, probably unnoticed, by thousands of inter island ferry passengers every year. Their mission – to collect the rubbish that had blown, drifted or been left there.

A few hundred metres off shore from Island Bay is the feature that provides the suburb with its name. An exposed rocky outcrop, it provides the bay with shelter from the southerly storms that can lash the Wellington coast. The wreck of the HMNZS Wellington was sunk nearby in November 2005 to make an artificial reef and within three months it had been broken apart by a violent storm.

The island is properly called Tapu te Ranga and has at various times been occupied by Maori who would have enjoyed the abundance of kai moana. The rich and varied population of sea life is due in part to the deep trench and unusual bathymetry of Cook Strait contributing cold nutrient-rich upwellings from the southern ocean to the warmer local waters. The area around the island was declared a marine reserve in 2008.

These days the island is uninhabited but gets occasional visits from kayakers, beach goers and boaties who spend a while exploring its rocky shore and may scale its peak to gaze over the southern vista under the raucous supervision of the black backed gulls who are now the island's only permanent guardians.

The team was led by Wellington network member and City Councillor

Celia Wade-Brown who had managed to get Council backing for the project. WCC provided great help by way of an inflatable dinghy with outboard and a rubbish truck to take away the spoils. Joining her were three other members from the Wellington network and three council staff, one of whom brought along the whole family.

The team quickly got to work and found the majority of the rubbish to be bottles and other packaging of various types. Some of the plastics had decayed in the ultra-violet and sometimes a particularly hard-to-get-at piece would crumble to flakes in the hand when finally reached as if the island were mocking the efforts being made on its behalf. The remains of a cray pot, two sections of fishing net and several polystyrene fish bins were removed along with the everyday junk.

Despite the rubbish, a reef heron and several oystercatchers were in residence as well as the ever present gulls. In two hours the island was relieved of 24 bin liners of rubbish and a pile of non-baggable items.

It was a nice feeling to think that a small part of the world had been left a better place and other sea kayaking and similar organisations are encouraged to pick a location and do likewise.

Things to bear in mind other than the normal kayaking considerations:

- Reconnoitre the area first – you need to know what to expect when you get there
- Safety – in particular gloves and suitable footwear should be taken
- Plenty of rubbish bags and a large container for sharps such as broken glass
- A stick with a wire hook or similar device for hauling stuff from under bushes would be useful
- Suitable means to get the rubbish to the tip
- Chose a time when the location is not going to be busy with people
- Wildlife disturbance – chose a time when birds are not nesting and seals are on holiday
- Children will find this a fun activity and they can be useful for getting rubbish from places that are too small or too dangerous for adults.
- Recycling – the waste will probably include a lot of plastic bottles that can be recycled

Sandy Winterton  
12 March 2009

*The clean up team and collected rubbish. Photo: Sandy Winterton*



## MY FIRST TIME

### My First Time in a Canoe by Alan Bye, age 11

The first time I sat in a canoe was August 1939. On the west coast of Scotland is Oban, 'The Gateway to the Isles' A mile or two north of Oban are Ganavan Sands where people went on Sunday afternoons in their cars with picnic hampers strapped to a metal frame by the spare wheel. There was a stone jetty at the end of a sandy bay. The sun shone. In Europe the next bloody war snarled. Of that I knew nothing.

On the beach by the jetty a man had three canvas-covered canoes for hire, six pence the half hour. There was

a slatted floor, a bent plywood seat; two upright slats made the backrest. Around the bathtub cockpit was a shining coaming frame. I ran back to our car, a Hillman Minx new that year. It had a sliding roof. "Dad, can I have sixpence to have a go in a canoe?"

The newly varnished canoe reeked sweetly in the hot sun. The sandy grit on the seat abraded my backside. Overside the bright sun on the sand bottom rippled in bars of light. After half an hour I returned to the car through the crowded car park where a woman shrieked continuously. I hurried.

Mum, hysterical with laughter, was half in and half out of the car. Dad sat in the driver's seat with the Sunday paper laid out on the steering wheel. He rubbed his head. Dad was shiny

bald. The sunshine roof was open a hand's width to let out the hot air this sunny afternoon.

He repeated in puzzled tones, "What is it? What is it?" Mum could not speak but sobbing waved a limp hand at the trans Atlantic seagulls circling the car park looking for scraps of food. Albatross might describe them. There were streaks of brown, green and white dripping down his face and onto his shoulders and collar. The car stunk horribly of fish. His Sunday paper was stained and dripping. The cloth lining in the car was ringed with avian ordure. The point of impact was dead centre on his head.

Do I remember my first time in a canoe? Oh yes. The next time was 11 January 1958 when I launched my PBK 20 canvas covered barge.



Anakiwa KASK Forum photos: top left, Steve Levett mastering the hula hoop; top right, the editor and Karen Jacobsen going for the world record attempt at kayak headstands, at Mistletoe Bay. Photo: Sandy Robson.

Paddler pod on the way to the Mistletoe Bay campsite.  
Photo: passing tourist



## KAYAK CALENDAR

**KASK Forum 2010**  
**Whangarei**  
**16 - 18 April 2010**  
**(Friday - Sunday)**  
**19 - 25 April -**  
**Bay of Islands paddling**

KASK now has confirmation from Northland Canoe Club that the Manaia Baptist Camp has been booked for the 2010 KASK forum. The site is superb, on the edge of Whangarei Harbour, cabins, bunkhouses and camping. Planning is also underway re a base for the following week somewhere in the Bay of Islands.

**Annual Sea Kayaker's**  
**Pilgrimage to Marlborough**  
**Sounds**  
**2 - 3 May 2009**  
**Ratimera Bay, Queen**  
**Charlotte Sound**  
**Dress theme from 6 pm**  
**2 May: Pirates**

(paddlers failing to dress up will be flogged with strands of bull kelp, and then keel hauled under a wooden kayak)

## Secret Aussie Mission Defeated by Cunning Kiwis

By: Our Special Correspondent

Australian Tourism officials are furious after a recruiting mission to New Zealand by two of their agents was foiled, leading to their famous campaign, "Where The Bloody Hell Are 'Ya?!", becoming instead, "Why Would Ya Bloody Come?"

Secret documents leaked to *The Sea Canoeist* show that KASK's mysterious rulers, known as "The Committee", are "really chuffed" that their plan to thwart the Aussie takeover was so successful. The sea water-stained papers, sent to this fine organ in a plain brown paper wrapping, lay out the details of the mission, known as "Secret Operation - Defeat Australian Missionary Paddlers" (SO-DAMP) which involved teasing the Australians into believing that their attempts to lure Kiwi paddlers over the ditch were successful.

Several NZ paddlers, carefully trained to resist Australian indoctrination, were sent as bait to attend various functions in Oz, ranging from memorial unveilings, Rock and Roll weekends, and even memorial dinners. One of these agents, identified in SO-DAMP documents only as Juliet Kilo Alpha, was almost compromised after trying to attack possums in Australia, forgetting that the filthy, bush-destroying little bastards are much-loved in their land of origin. On returning to NZ his debrief involved a visit to the bush with a rifle, the documents reveal.

Sensing victory, two missionaries were selected to spread the Aussie Gospel to the unwashed Kiwi savages. Fit, tanned, confident, they didn't wear suits or dresses and were forced to leave their bicycles behind, but they had the strength of belief.

The trap was sprung soon after their arrival, when the unsuspecting Aus-

tralian, David Winkworth, of New South Wales, and Sandy Robson, of Western Australia, were taken to a series of remote safe houses where they were brain-washed; "Easy as, Bro, took hardly no soap", the report states. The locations of these were not identified, but one has been described as "The Snuggery" where water torture was allegedly used.

The re-programming was deemed a success when the Kangaroo-eating Aussies began demanding "a feed of fush und chups".

The rest, as they say, is history.

With demonic zeal in their glazed eyes, Australian Tourism's finest regaled those attending the KASK Anakiwa Forum with tales of kayak-munching crocodiles, sharks that used 220 cm paddles as tooth picks, parched paddlers being forced to dig down to China to beg for Melamine-tainted water, and, most shocking of all, group bloke nakedness on remote beaches.

The horrors of the Australian Sea Kayaker's Psych were further revealed by their photographs showing body-painting and scarification rituals. It is believed that some members of the forum audience fainted in their seats, but because of their facial hair it was hard to be sure, according to reports in the SO-DAMP documents.

Describing their homelands as New Zealand's West Island earned the Aussies a standing ovation.

Winkworth and Robson then tried to teach their mysterious "Pee Ladder Reel"\*\*\* to a group of bemused KASK'ers, many who had just come from a session on Greenland-style rolling, where they found the Inuit commands easier to understand. Kayaks used in this lesson were identical twins, Australian-made Mirages, and later in the evening Sandy Robson had a bucket of cold water flung over her after making improper suggestions to the two kayaks.

The long-term conversion of the Aussies was assured when, after the forum, they were taken to other secret locations and engaged in "Traditional

Kiwi rituals, involving shee....." **This section was censored, to protect the guilty, but included hula hoops, livestock and pirate paraphernalia at the secretive location known as "Penzance".**

Captain Caffeine, spokesman for "The Committee", speaking through a mouthful of sand flies from his underground bunker, said, "We had to treat it seriously moving forward. We had good intelligence that these two were actually agents for Australian Canoeing, and we didn't want their over-regulated methods here. It's enough that we will have to wear fluoro underpants and mount strobe lights on our paddle blades. I can live with that and see the safety benefits, but twin over-head fox tails, that's going too far.

"I'm proud of what has been achieved here today, full credit to all involved in SO-DAMP. It was a team effort and..."

The rest of the call was lost when a local hunter shot the carrier-wave pigeon.

"Peesed Orf, that's how I'm feeling, Cobber", snarled Aussie tourism chief, Lorry G'hemann. Speaking to *"The Sea Canoeist"* by sat-phone from his hill-top lair, G'hemann said he was, "Gutted that a couple of seasoned paddlers like (David) Winkworth and (Sandy) Robson could be so easily turned by those damn Kiwis." "Sheet, they'd both been over (To New Zealand) before, no worries. They've battled bloody crocs, how could a mob of sheep-shaggers get the better of them?"

"Sandy, yeah OK, she's pretty sweet and innocent, but Dave was there to look after her, and he's harder than a keel-strip on a Nadgee kayak, which, by the way, I'm now manufacturing. Can I send you a brochure? We do all black ones; we can even line the cockpit in sheep wool.

"What? Oh sorry. Naw mate, that crap the Kiwis are spouting about Australian Canoeing behind this, that's all rubbish. We can't deal with the rules we already have, without trying to

invent some for you Kiwis. Besides, I reckon you've got enough of your own coming up."

SO-DAMP documents are less clear on what happened to the converted Aussies on their return home. There is a confusing reference to Winkworth seeking the KASK el'presidante role, but this is noted, "Too much resin fumes." There is a suggestion he has been spending less time with the NSW Sea Kayak Club and instead travelling south to Victoria, after being shunned for his "Kiwi-fixation", manifested by a dislike of regulations.

Robson has vanished from the KASK surveillance teams at her Perth workplace, and seems to have gone bush with small groups of youths. A planned expedition to the Whitsundays seems like cover for connecting with Kiwis living on the Gold Coast. KASK

agents there have been told to be on the lookout for a Mirage kayak fitted with a proper rudder.

The SO-DAMP documents close with a short section titled "Future Threats". This says simply, "They'll be back."

**FOOTNOTE:**

"Pee Ladder Reel"\*\*\*\* - even the editor was confused by this Kiwi Speak interpretation of Aussie Speak for Pawlata Roll. Austrian Edi Pawlata was long believed to be the first European to perform an Eskimo Roll on July 30 1927, however a recent *Sea Kayaker* magazine article credits one of Nansen's First Crossing of the Greenland Icecap team for performing Eskimo rolls at Sandviken, Norway in 1889. But then, a Dietrichson roll would be even more difficult to understand when translated from Aussie speak.

*The editor outmuscled by Anakiwa Forum guest speaker Sandy Robson. Photograph: Dave Winkworth*



**Wellington Seakayak Network  
Women's paddle, 21 March, Haitaitai Beach  
by Diane Morgan**

Nine women met for 2 hours of enjoyable paddling- skills training and a short paddle, in good conditions. Fortunately, Vic Brown, a visitor from England with a great knowledge of kayak training joined us, providing training.

Heidi was in a seakayak for the first time, Judith had a hired boat which fitted her well- yeh!, Sarah was keen to learn to roll, Karnn darted around with words of wisdom in her greenland styled kayak, Christine was warming up for a river paddle the next day, Beverly dispensed knowledge on loading kayaks onto cars, Kirtsy found a single kayak so much lighter than the double she is used to paddling. I as leader was delighted to see so many attend and receive such positive feedback. These sessions will continue over the winter:

Email contact Diane at: [morgan.fisher@xtra.co.nz](mailto:morgan.fisher@xtra.co.nz)

Saturday May 9<sup>th</sup>, Monday June 1<sup>st</sup> (Queens birthday) Sunday July 26<sup>th</sup>, Sunday August 23<sup>rd</sup>, Sunday Sept 20<sup>th</sup>- all 9 am Haitaitai Beach

**HUMOUR**

**5 Minute Management Lesson**

**Lesson 1:**

A man is getting into the shower just as his wife is finishing up her shower, when the doorbell rings.

The wife quickly wraps herself in a towel and runs downstairs. When she opens the door, there stands Bob, the next-door neighbour

Before she says a word, Bob says, "I'll give you \$800 to drop that towel."

After thinking for a moment, the woman drops her towel and stands naked in front of Bob, after a few seconds, Bob hands her \$800 and leaves. The woman wraps back up in the towel and goes back upstairs.

When she gets to the bathroom, her husband asks, "Who was that?"

"It was Bob the next door neighbor," she replies.

"Great," says the husband. "Did he say anything about the \$800 he owes me?"

Moral of the story: If you share critical information pertaining to credit and risk with your shareholders in time, you may be in a position to prevent avoidable exposure.

**Lesson 2:**

A priest offered a Nun a lift.

She got in and crossed her legs, with her habit lifting to reveal a stocking clad leg. The priest nearly had an accident. After controlling the car, he stealthily slid his hand up her leg.

The nun said, "Father, remember Psalm 129?"

The priest removed his hand. But, changing gears, he let his hand slide up her leg again.

The nun once again said, "Father, remember Psalm 129?"

The priest apologized, "Sorry sister but the flesh is weak."

Arriving at the convent, the nun sighed heavily and went on her way.

On his arrival at the church, the priest rushed to look up Psalm 129. It said: 'Go forth and seek, further up, you will find glory.'

Moral of the story: If you are not well informed in your job, you might miss a great opportunity.

Lesson 3:

A sales rep, an administration clerk, and the manager are walking to lunch when they find an antique oil lamp. They rub it and a Genie comes out. The Genie says, "I'll give each of you just one wish."

'Me first! Me first!' says the admin clerk. 'I want to be in the Bahamas, driving a speedboat, without a care in the world.'

Puff! She's gone.

"Me next! Me next!" says the sales rep. "I want to be in Hawaii, relaxing on the beach with my personal masseuse, an endless supply of Pina Coladas and the love of my life." Puff! He's gone.

"OK, you're up," the Genie says to the manager. The manager says, "I want those two back in the office after lunch."

Moral of the story: Always let your boss have the first say.

Lesson 4

An eagle was sitting on a tree resting, doing nothing. A small rabbit saw the eagle and asked him, "Can I also sit like you and do nothing?"

The eagle answered, "Sure, why not."

So, the rabbit sat on the ground below the eagle and rested. All of a sudden, a fox appeared, jumped on the rabbit and ate it.

Moral of the story:

To be sitting and doing nothing, you must be sitting very, very high up.

Lesson 5

A turkey was chatting with a bull. "I would love to be able to get to the top of that tree," sighed the turkey, "but I haven't got the energy."

"Well, why don't you nibble on some of my droppings?" replied the bull. They're packed with nutrients."

The turkey pecked at a lump of dung, and found it actually gave him enough strength to reach the lowest branch of the tree.

The next day, after eating some more dung, he reached the second branch. Finally after a fourth night, the turkey was proudly perched at the top of the tree. He was spotted by a farmer who promptly shot him.

Moral of the story: Bullshit might get you to the top, but it won't keep you there.

Lesson 6:

A little bird was flying south for the winter. It was so cold the bird froze and fell to the ground into a large field. While he was lying there, a cow came by and dropped some dung on him. As the frozen bird lay there in the pile of cow dung, he began to realize how warm he was.

The dung was actually thawing him out! He lay there all warm and happy, and soon began to sing for joy. A passing cat heard the bird singing and came to investigate.

Following the sound, the cat discovered the bird under the pile of cow dung, and promptly dug him out and ate him.

Morals of the story:

(1) Not everyone who shits on you is your enemy.

(2) Not everyone who gets you out of shit is your friend.

(3) And when you're in deep shit, it's best to keep your mouth shut!

**Scottish Romance**

Who said Scottish Romance is dead! These are REAL advertisements from the lonely-hearts columns somewhere in Scotland.

Grossly overweight Buckie turf-cutter, 42 years old and 23 stone, Gemini, seeks nimble sexpot, preferably South American, for tango sessions, candlelit dinners and humid nights of screaming passion. Must have own car and be willing to travel. Box 09/08

Heavy drinker, 35, Glasgow area, seeks gorgeous sex addict interested in pints, fags, Celtic football club and starting fights on Sauchiehall Street at three in the morning. Box 73/82.

Bitter, disillusioned Dundonian lately rejected by longtime fiance seeks decent, honest, reliable woman, if such a thing still exists in this cruel world of hatchet-faced bitches. Box /41

Ginger-haired Paisley troublemaker, gets slit-eyed and shirty after a few scoops, seeks attractive, wealthy lady for bail purposes, maybe more. Box 84/87

Artistic Edinburgh woman, 53, petite, loves rainy walks on the beach, writing poetry, unusual sea-shells and

interesting brown rice dishes, seeks mystic dreamer for companionship, back rubs and more as we bounce along like little tumbling clouds on life's beautiful crazy journey. Strong stomach essential. Box 12/32

Chartered accountant, 42, seeks female for marriage. Duties will include cooking, light cleaning and accompanying me to office social functions. References required. No timewasters. Box 3/45

Bad-tempered, foul-mouthed old bastard living in a damp cottage in the arse end of Orkney seeks attractive 21-year-old blonde lady with big chest. Box 40/27

Devil-worshiper, Stirling area, seeks like-minded lady for wining and dining, good conversation, dancing, romantic walks and slaughtering dogs in cemeteries at midnight under the flinty light of a pale moon. Box 52/07

Attractive brunette, Maryhill area, winner of Miss Wrangler competition at Frampton's Nightclub, Maryhill, in September 1978, seeks nostalgic man who's not afraid to cry, for long nights spent comfort-drinking and listening to old Abba records. Please, Please! Box 30/41

Govan man, 27, medium build, brown hair, blue eyes, seeks alibi for the night of February 27 between 8pm and 11.30pm

**Pancakes**

Brenda and Steve took their six-year-old son to the doctor. With some hesitation, they explained that although their little angel appeared to be in good health, they were concerned about his rather small penis. After examining the child, the doctor confidently declared, "Just feed him pancakes. That should solve the problem."

The next morning when the boy arrived at breakfast, there was a large stack of warm pancakes in the middle of the table.

"Gee, Mom," he exclaimed. "For me?"

"Just take two," Brenda replied. "The rest are for your father."

## KASK

**KASK, the Kiwi Association of Sea Kayakers (N.Z.) Inc., a network of New Zealand sea kayakers, has the objectives of:**

1. promoting and encouraging the sport of sea kayaking
2. promoting safety standards
3. developing techniques & equipment
4. dealing with issues of coastal access and protection
5. organizing an annual sea kayak forum
6. publishing a bimonthly newsletter.

**The Sea Canoeist Newsletter is published bimonthly as the official newsletter of the Kiwi Association of Sea Kayakers (N.Z.) Inc.**

Articles, trips reports, book reviews, equipment reviews, new techniques, letter to the editor, and moments when the word 'Bugger!' was said singularly or often {referred to by some as incidents} are sought to enliven the pages of the newsletter.

Send in a plain brown envelope, or via cybermail to:

**Editor: Paul Caffyn,  
RD 1, Runanga. 7873  
West Coast .N.Z.  
Ph/Fax: (03) 7311806  
Email: kayakpc@xtra.co.nz**

### **KASK Annual Subscription**

\$35 single membership  
(\$105 for 3 years; \$175 for 5 years)  
\$40 family membership.  
\$35 overseas

A subscription form can be downloaded from the KASK website.

Cheques should be made out to:  
K.A.S.K. (NZ) Inc. & mailed to:

**KASK Administrator  
PO Box 23, Runanga. 7841  
West Coast**

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**Send address changes for receiving the newsletter via email to Linda at:**

**KASK.admin@xtra.co.nz**

### **4th. Ed. KASK HANDBOOK**

#### **Updated to March 2008**

For trade orders of this mother of all sea kayaking handbooks, contact Paul Caffyn, RD 1, Runanga, 7873, West Coast. Ph/fax: (03)7311806

e-mail: kayakpc@xtra.co.nz

Shop RRP: \$34.90

Price to KASK members only, including p&p, \$22.50

Make cheques out to KASK (NZ) Inc.

and mail to KASK Administrator:

PO Box 23 Runanga, 7841 West Coast

New members: gratis

The fourth edition of the KASK Handbook, is a mammoth compilation on all aspects of sea kayaking in New Zealand, by many of the most experienced paddlers in the Universe. Following a brief introduction, the handbook is divided into six sections:

- Kayak, Paddle & Equipment
- Techniques & Equipment
- The Elements
- Trips and Expeditions
- Places to Go - Resources

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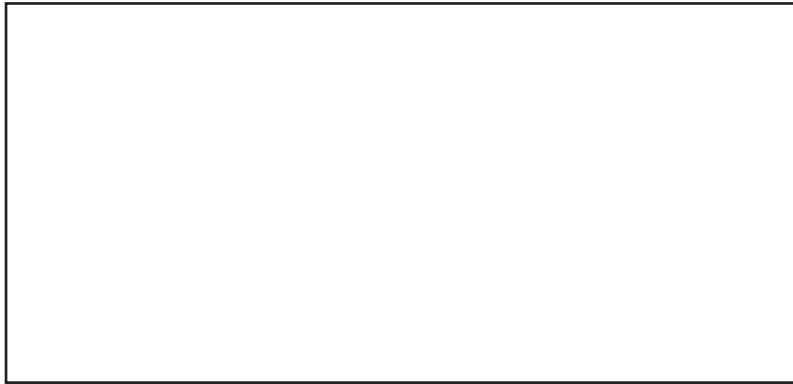
*Top: View towards the head of Milford Sound*

*Bottom: Paddlers on Lake Gunn*

*See trip report on page    Photos: Dennis Hynes*



MAILED TO



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*Early morning mist at Lake Ellery, South Westland. Photo: Dennis Hynes*

### **KASK MEMBERSHIP POLICY**

Current membership fees are:

- \$35 for ordinary membership
- \$40 for family or joint membership
- \$35 for overseas membership
- new members receive a free copy of the handbook
- members should endeavour to renew by 1 August
- the KASK financial year runs 1 August to 31 July the following year
- a subscription due notice and up to two reminders are sent out with the newsletters between June and October
- if a membership renewal is not received by 30 September, membership lapses
- new members who join between 1 June and 31 July automatically get their membership credited to the following year, receiving a 14 month membership
- the KASK committee puts its emphasis confirming renewals from existing members from July to October; and promoting new KASK memberships from November to February.

