

# NEW ZEALAND SEA CANOEIST

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(NZ) Inc - KASK



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**Thanks to all the contributors**

**Deadline for articles and  
photos for next Newsletter**  
**25 November 2011**

**EDITORIAL**

**Membership Renewals**

Our KASK Administrator Kay Pidgeon notes the local branch of Westpac has advised the following changes have been made to Westpac's banking policies:

1. All cheques must now be made, 'Payable' to: Kiwi Assn. of Sea Kayakers. In future, the abbreviation KASK on a cheque will not be accepted.

2. Members who make payment in person at their local Westpac bank (Bill Payment or deposit of their subscriptions) are not permitted to use their Name and Initials as a 'Reference'. They are only permitted to use a numerical reference eg. phone numbers.

3. If asked to use a phone number as a reference, please email or post this information to the Kay so she can more easily identify the payment shown on the bank statement.

4. On our bank statement dated 12 September 2011, a Renewal/Deposit was made on 8 September of a single subscription. The reference used was '63774169' - if this is your phone number, please get in touch with Kay contact me via email to confirm this is their payment.

5. If you haven't received an email receipt from Kay after 20 days, please email Kay at: admin@kask.org.nz. Once payment has been made, if you can please advise Kay either by email or post.

**New Zealand Bank**

The committee has agreed to make a change from Westpac to Kiwi Bank, and judging by the above, the sooner the better.

**KASK President**

John Hesselting has blamed work commitments for stepping down as

KASK president, a role he has held for the past two years. Thanks to John for being at the helm for that time. If anyone has time to pick up this role until the next AGM in March 2005, please get in touch.

**Safety – Be Safe Be Seen at Night**

In early September, I appeared as an expert witness for a coronial inquest into the drowning of two young Frenchman on Lake Wakatipu in December 2010.

If there is one key recommendation to come out of this sad incident it is this - if there is a chance of you capsizing and losing contact with your kayak at night, ensure you have a PLB and/or waterproof light source attached to your PFD. On a pitch black night, full overcast, in choppy conditions, the task of a searching helicopter or rescue boats is exceedingly difficult, very much like the proverbial needle in a haystack. The 'be safe – be seen' daytime message for wearing high visibility clothing/PFD/paddle blades/kayak, to avoid being run over by powered craft, must be always considered for night running, not only with a view to collision avoidance, but also if a capsize and out of boat event occurs.

Carriage of an all round white light in congested harbour waters is necessary, or at least a torch capable of signalling to an approaching vessel. However as a bright white light destroys a paddler's night vision, in more remote areas without motorized boating traffic, I strongly recommend the attachment of a rescue light or cylalume tube to your PFD, or the wearing of a waterproof head-torch with red and white bulb/lens ability. The use of a red light at night does not interfere with night vision capability, but the ability to show a white light can ensure quicker spotting by searching boats or a helicopter. If you are in the water, and away

**PHOTOGRAPH CREDITS**

**Cover:** After Sim Grigg and Tara Mulvany were stuck in Dagg Sound, Fiordland, by a serious, cold front with snow to sea level, a cold, frosty start greeted their next morning with a hard frost covering their kayaks. Photo: Sim Grigg  
**Opposite page, top:** At the head of Long Sound in Preservation Inlet, Fiordland, the Long Burn flows into the sea via a massive and stunning waterfall. Photo: Sim Grigg.  
**Opposite page, bottom:** At the head of Charles Sound, Tara is paddling in cold, dark conditions, with the river mouth of Irene River in the background. Photo: Sim Grigg.

## The Webmaster's Picks

A varied collection this issue. Back in 1985 when I was cycle touring up the west coast of USA (everyone else went the other way due to the prevailing wind), there was Steve Roberts cycling across the country from 1983 to 1991. His recumbent bike had half the US computing power aboard it or so it seemed at the time. Kayaking? After switching to a trimaran for a year or so he bought a 45 foot yacht. For a tender Steve eventually got an inflatable kayak and on the link you can see a picture of it at the end of a 6 day solo trip. "Solo" is relative as there is so much linkage to the rest of the world that is is hard to term it "really out there". It makes the Coastguard's request for carrying two means of communication seem minor:

<http://microship.com/resources/harsh-environment-aprs.html>

A couple of New Zealand trippers, if we can use that term - Tim pulled the plug on his circumnavigation of New Zealand. After waiting for three weeks at the south end of 90 Mile Beach and no sign of a break in the weather he went home:

<http://www.nzkayaker.com/journal>

And another rather optimistic paddler, Jaime Sharp, seems to have vanished having done half of what he set out to do. This paddler was going to paddle from North Cape to the bottom of Stewart Island. He started halfway through the season so obviously ran out of time. Brian Roberts started his South Island circumnavigation in October. Jaime Sharp with Dave Briggs started in January this year, missing three months of the season and therefore their target:

<http://kayakdownundernz.blogspot.com/>

Those with an interest in building skin boats, try this:

<http://www.skinboats.org/skinboats/home.html>

They are a source of materials and have instructions. It looks like the site is slowly increasing its information as paddle making isn't there yet.

Hobie make a pedal powered kayak and it seems obvious that legs should be able to put out more power than arms. The Hobie uses flappers but the craft below uses propellers:

<http://adventuresofgreg.com/blog/about-the-adventures/24-hr-distance-record-water/>

That looks fantastic until you check and see that the record for an ocean surf ski was only 3 km less! Maybe someone like Lance Armstrong is needed.

To finish with, what about the old ways:

<http://kinngusaqattaarneq.blogspot.com/>

"All things kayak" is what it titles itself as. There are some videos of Harvey Golden and other showing rolling and more. Information on Maliaq Padilla, Dyson's baidarka and more on this site too. How about a "Harpoon Head" by Maligiaq. What with the increase in the seal population, how about a bit of sneaky hunting?

How about the forward stroke, also on this site? There is comparison of the Euro stroke vs the wing paddle stroke with comments by Greg Barton included:

<http://kinngusaqattaarneq.blogspot.com/2007/09/forward-stroke-2.html>

It is a blog so the information is always increasing.

Sandy Ferguson

from your kayak, you must have this light source attached to your PFD, or if a head-torch, securely around the top of your noodle with no chance of it being washed off in choppy seas.

### Overseas Paddlers

[www.sandy-robson.com](http://www.sandy-robson.com)

Sandy Robson has completed her first stage of retracing Oskar Speck's 1932 paddle out to Australia, finishing on the island of Cyprus.

On 30 August, Freya Hoffmeister commenced her attempt to paddle around South America, and as of 6 October, had been making good progress down the coast south of Buenos Aires. See:

<http://qajaqunderground.com/expeditions/south-america/>

## KASK SUBS DUE

Thanks to those paddlers who have renewed promptly and also for the kind words and feedback in your letters and cards that have accompanied cheques.

Please pay promptly. Those who have yet to pay, will receive a second notice of subscription renewal due.

If you chose not to renew, thanks for your past support, and be advised this will be the last wonderful KASK newsletter you will receive.

Paul Caffyn

## KASK COMMITTEE CONTACTS

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# SAFETY

**Some comments with regard to the Safety Section in KASK Newsletter Number 153.**

**from Iona Bailey**

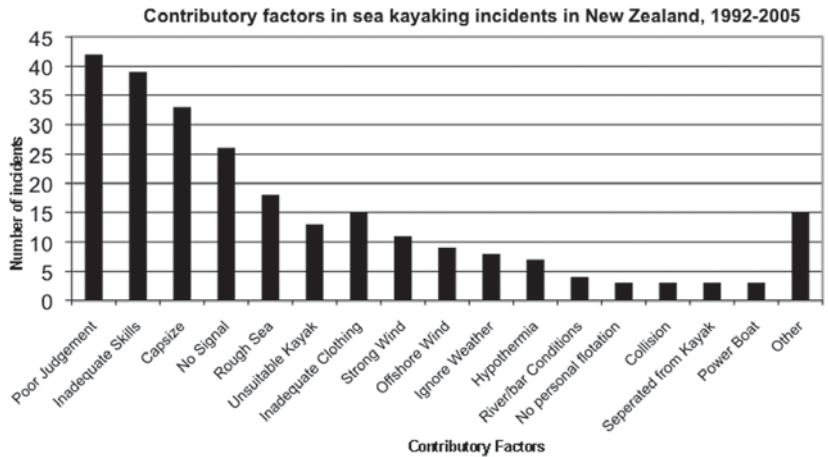
The debate regarding which safety devices should be carried has highlighted some really interesting issues. I have learnt a great deal talking to, and reading articles written by, experienced sea kayakers. It is helping me to make decisions regarding safe management of my kayaking forays.

What I have also learnt though, is that it is important be informed about any good research-based publications. Otherwise, my decisions may be based on an emotional reaction to a story or an article and not on good peer reviewed evidence.

With regard to good quality evidence-based information, regarding sea kayak safety management, there is - not a lot. BUT, the good news is that two of the best such publications originate in New Zealand (1,2). Cathye Haddock's book about safety management is excellent and a 'must read' for any outdoor enthusiasts. In 2010, a NZ study of sea kayaking incidents between 1992 and 2005 was published in the *Wilderness and Environmental Medicine* Journal.

The New Zealand study (1) found that the most common contributory factors were poor decision-making and poor judgment. Some common psychosocial reasons for this have been studied by Cathye Haddock and well described in her book (2).

Young men and inexperienced kayakers in rough seas and offshore winds were most commonly involved. Young men often feature in other studies of outdoor recreational incidents and may indicate either that this is the largest group involved in the sport at the time, or that this group takes more risks. In any event, it is a group worth targeting (with



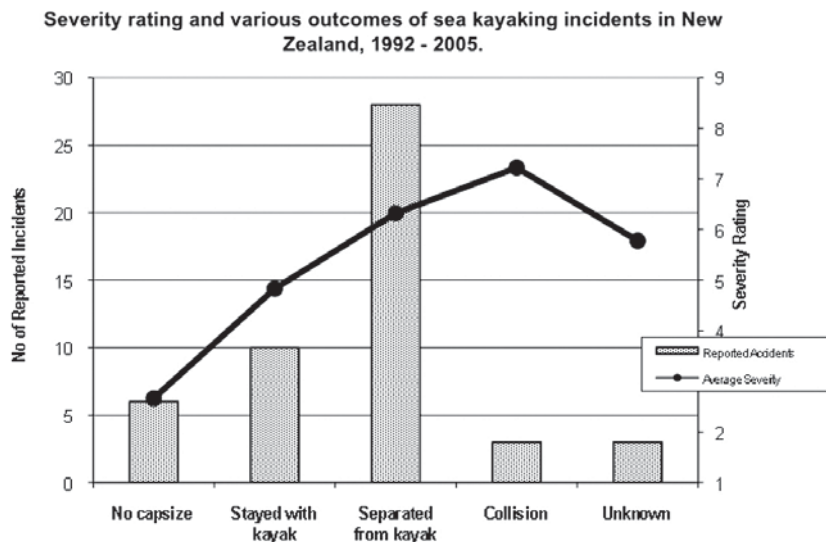
safety advice). There are a few other studies looking at sea kayaking injuries worldwide (3,4,5,6), but the NZ study is the only one where multiple contributory factors leading to incidents and their severity were investigated.

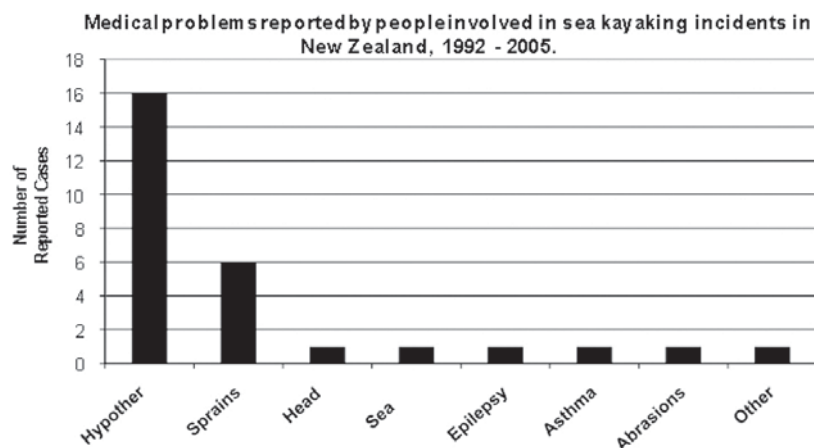
The 50 incidents occurred in many parts of the country; there were 14 fatalities. All incidents had multiple contributory factors, working in various ways over time. This is important to understand; it means that carrying a PLB, or wearing a PFD alone does not prevent something going wrong. In fact, there is good evidence that people may think that carrying a safety device (like a PLB) will protect them and therefore take more risks (2). Thus, whilst a debate about PLBs and PFDs is great, it is very important for a kayaker to question whether they should be out there in the first place.

In the Early Summer 2011 edition of the *Adventure Kayak* magazine, there is a debate about technology. Self proclaimed 'luddites' Shawna Franklin and Leon Somme (friends of Justine Curgenvin) have yet to embrace technology favouring common sense. They were quoted in the magazine:

Our hope is that our skills and knowledge of our limitations will get us through without having to pull other people into endangering their lives for us. We start to rely on this equipment and we rely less on our judgement. There's some danger in that.

The severity was highest in calm conditions, light winds, when the kayaker became separated from the kayak, was inexperienced and when not wearing a PFD. Collisions with powered boats resulted in deaths; we need to avoid them! Kevin Dunsford is wise to consider how he can maintain contact with his kayak because





this was significantly associated with a higher severity. If everything goes wrong and we end up in the water, a PFD will keep us afloat and help us stay warmer thus helping to avoid hypothermia.

Carrying a signalling device (like an EPIRB, marine radio, phone, flares etc) also resulted in a lower severity, whilst NOT carrying a signaling device was a common contributory factor. Kayakers who were able to call up a rescue once capsized survived; those who had no signalling device did not fare so well. When a signaling device was used to expedite a rescue, it was usually carried on the PFD or around the neck.

Paul Hayward discussed first aid items to carry in a PFD. The most common paddler injuries in various studies (1,3,4,5,6) were cuts, blisters, and sprains (especially wrists, shoulders and backs). Shoulder dislocation is quite common for river

kayakers and is not uncommon for sea kayakers, especially in surf. There was one incident involving sea sickness in the NZ study when 2 men were crossing Cook Strait and one became incapacitated due to the medication his mate gave him for the sea sickness. So we must always know how and when to use whatever we carry in our kit, especially if we are going to share the drugs!

The most common medical problem in NZ was hypothermia and this often contributed significantly to the fatalities. A PFD may have helped prevent hypothermia, but wearing clothing unsuitable for immersion was an important contributor to incidents. How frequently I have noted how New Zealand sea kayakers underestimate the risk of hypothermia in NZ.

Only a few of the incidents involved experienced kayakers, but these incidents had a lower severity. Mostly

these people were able to call for a rescue because they were carrying signalling devices. Wearing a PFD may have helped their situation. One example is an incident in Wellington Harbour at night when one kayaker in a group of two capsized. The kayaker, still in her kayak, paddled to Soames Island and released a flare, which prompted the rescue. The capsized kayaker's rescue was made easier because he was carrying a large floatable torch and managed to stay with his kayak.

In conclusion, the research informs us that we should be very clear whether or not we should be kayaking at all in a given situation, and experience will help us make the correct decision. To survive in a crisis, a PFD with signaling devices, and staying with the kayak will reduce the severity of the outcome.

Iona Bailey

**References:**

- 1] Bailey, I. An Analysis of Sea Kayaking incidents, 1992 – 2005. *Wilderness Environ Med.* 21,208-218(2010)
- 2] Haddock, C. *Outdoor Safety. Risk Management for Outdoor Leaders.* NZ Mountain Safety Council, Wellington. 2003.
- 3] Powell, C. Injuries and medical conditions among kayakers paddling in the sea environment. *Wilderness Environ Med.* 2009; 20(4) :327-34 (ISSN: 1545-1534)
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- 5] Fiore, D.C. Injuries associated with white water rafting and kayaking. *Wilderness Environ Med.* 2003; 14(4):255-60
- 6] Fiore, D.C. Houston J.D. Injuries in white-water kayaking. *British Journal of Sports Medicine.* Aug 2001.35(4) 235-241.

**Experience level of people involved in sea kayaking incidents around New Zealand, 1992- 2005**



All figures from Bailey, I. *Wilderness & Environmental Medicine*. 2010 (1)

## TECHNICAL

### Learning to Roll in Your Living Room by Colin Quilter

Many years ago I attended an Eskimo rolling class in a swimming pool. With help from the instructor I rolled successfully a few times, and went home confident that the problem was solved.

A month later, in a practise session in the harbour, everything went wrong and I failed repeatedly. I realised then that my success in the pool had been based on brute strength overcoming poor technique. In the harbour, upside-down, disoriented, eyes shut, air running low, and sinuses filling with salt water, my brain was too confused to generate the correct sequence of movements. I am recounting this because it may be that others have had a similar experience.

#### How the Brain Controls Complex Movements

The breakthrough for me occurred some years later when I learned more about how the human brain generates instructions to muscles for complex movement sequences such as an Eskimo roll. The decision to roll is generated in the cerebral cortex, the thin crust of grey matter which forms the outer surface of the hemispheres.

Then a number of other brain centres generate the detailed sequence of motor commands which instruct the muscles. These centres, which I will call "skilled movement centres" include supplementary motor areas of the cortex, the basal ganglia and the cerebellum. Taken together, they contain a databank of movement sequences, one sequence for every skilled movement you have learned in your lifetime. For example, you don't have to think consciously about the exact sequence of muscle contractions necessary to open a door, swing a tennis racket, or shake hands. You just think "open the door" and the skilled movement centres automatically generate a

complex program of instructions which will extend your arm, grip the door knob, rotate it, and pull the door open. Our goal is to add 'Eskimo roll' to the databank in the skilled movement centres.

How do the centres learn these programs? By repetition of the movement sequence over and over again. You practise it 30 or 50 or a 100 times, and the program gets implanted. (Think about how you learn to play a musical instrument). You cannot implant the program just by thinking about it. You must move your limbs deliberately in the correct sequence, over and over again. Then once the program is learned by the skilled movement centres, even if you are disoriented, confused, or short of air they will output the correct sequence of instructions.

#### Learning to Roll on the Living Room Floor

Now I knew why my lesson in the swimming pool had failed: not enough repetition to implant the sequence in my skilled movement centres. I knew exactly what I had to do. From the city library I borrowed Derek Hutchinson's book about how to Eskimo roll. I chose the simplest and most powerful roll, the Pawlata. I broke it down into four separate movements, which I named:

- Reach
- Sweep
- Lean back
- Pull.

I took half of a split paddle and I sat on the living room floor with my eyes closed, pretending that I was

upside-down in the cockpit of my kayak.

Then I repeated the sequence of movements over and over again, chanting, "Reach, Sweep, Lean back, Pull". (It's best to use half a split paddle because if you swing a whole paddle you will take out the living room lights).

Then I put some music on and did the sequence some more. Then I did mental arithmetic (the seven-times table backwards) while doing it some more. Soon I could think entirely unrelated thoughts and still perform the sequence correctly. I reckoned my skilled movement centres had memorized it.

The next weekend, upside-down 100 metres offshore from the Auckland waterfront, I put my learning to the test. Reach, Sweep, Lean back, Pull - and to my surprise and delight I was upright. In fact I came up so fast that I nearly overshot and capsized the other way.

The final training came on a club trip to the Moko Hinau Islands. Knowing the islands' reputation for underwater scenery I took a face mask, wore my wetsuit, and spent the day repeatedly rolling to look, and take photographs, underwater. I must have rolled 50 times during the day. I tried to see how little effort I could use and still come upright. By afternoon I felt completely relaxed. I could stay inverted until I was almost out of breath because I knew the roll would always work.

*Colin inverted in the clear waters off Moko Hinau Islands*



**The Pawlata Roll**

This is the version I learned. It's not a textbook account, but it works for me. The description in normal font is a living room tutorial; italics relate to a real roll at sea. The notes are for a right-handed paddler who will rotate the kayak to the left, (left-handers should reverse all instructions). The cartoons show a bird's eye view of the paddler sitting on the floor (legs omitted for clarity).

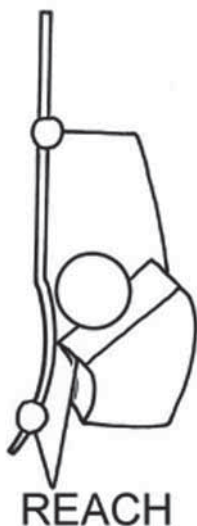
**Step 1: the Set-up**

Sit on the floor with the half-paddle across your lap, blade to the left. Imagine you are hanging upside down beneath your inverted kayak.

*At sea you will have to brace your knees against the underside of the deck to stay in the boat. You might need to glue closed-cell foam pads there to lock your knees in place. A roll is impossible without good knee braces.*

**Step 2: Reach**

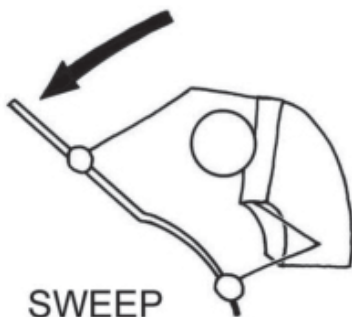
Swing the paddle blade around so it sits against your left hip, edge upwards, convex surface against your leg. Your left hand is cupped around the lower edge of the blade near its tip, knuckles on the carpet. The shaft runs parallel to the floor and alongside your left leg. Your right hand grips the shaft some distance (perhaps 20 cm) from the blade. To do this you will need to twist your torso to the left and bend forward. You are looking at the floor alongside your left knee.



*The aim here is to "reach" for the surface of the water with the distant paddle blade. You want to push the distant blade up onto the surface of the water so that it rests there with concave surface facing downwards. You can slap it a few times on the surface to feel that it's in the right place. The shaft will be lying on the surface along the left side of the kayak. You will be twisted to the left, face looking upwards towards the water surface. Your left hand is above the surface, gripping the top edge of the near blade beside the canoe.*

**Step 3: Sweep**

Keep your left hand and the blade more or less where it is. Using your right hand, sweep the shaft outwards, away from your leg, keeping it as close to the carpet as you can. This feels very unnatural. You have to bend and twist your torso even more. Go on, it's good for you. As you sweep further you won't be able to bend your torso enough, and the shaft will start to rise up from the carpet. Let it come. Now the shaft is sticking out at right angles to your



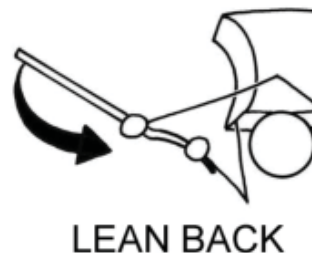
legs, and the end of the blade is digging into your hip. Your right shoulder is touching your chin.

*As you sweep, the distant blade slides across the surface, away from the side of the kayak, then starts to slice obliquely down into the water.*

**Step 4: Lean back**

This is the hardest bit to remember, and also the most important. Lean back. Imagine the canoe backrest pressing into your back. Lean back further. You are looking at the ceiling. Notice that your right hand is lifting higher above the floor, bringing the paddle shaft with it.

*The distant blade is travelling deeper below the surface, and the kayak is starting to rotate to the left.*



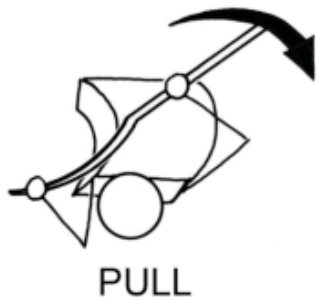
**Step 5: Pull**

This is easy, just pull the shaft across in front of your face with your right hand. As it comes across, your left hand will start to rise up off the carpet alongside your left hip. Let it come. Now your right hand is moving towards your right hip, and the shaft is lying across your lap. The end.

*Photographed in the Moko Hinau Islands, while Colin was hanging upside down in his kayak as a big kingfish cruises past.*







*The kayak is rotating faster as the blade drags deeper. Your torso rotates up into the air. Your head is tilted backwards; you are looking at the sky. Five seconds have elapsed since you capsized. It sure beats stuffing around with a paddle float!*

**Some additional points:**

When practising at sea, use a face mask or nose clip. Otherwise, when you are inverted, air will escape from your facial sinuses via your nostrils, and the sinuses fill with sea water. Hours later about half a cupful of sea water will pour out of your nose when you least expect it. This happened to me once at St Lukes Shopping Centre; it was embarrassing.

After a capsize, don't hurry. The roll is going to work. Take your time to move the paddle into the starting position. Relax. Haste destroys a good roll. (This is not true for white-water paddlers in a rapid who must roll quickly, from either side, and without changing their grip on the paddle. They need more advanced skills than sea kayakers).

The account I have given here is as simple as I can make it. Elements such as the 'hip flick' and lifting one knee to speed rotation of the kayak are omitted. Depending on your style, you may find them important. The instructions above are the bare minimum to get you upright, and you can add your own refinements later. Good luck!

Colin Quilter

## TECHNICAL

### KAYAK TIPS by Max Grant

The other day I was asked if a light polyethylene kayak is as strong as that of a darker colour, and why certain colours cost more? Initially my answer would be, "No," but often this can depend of the environment the kayak is subject to.

Ultraviolet rays from the sun have an effect on all kayaks, no matter what they are constructed of. With polyethylene, the darker colours such as black, dark red, green and blue, do become warmer out in the sun. The hotter they get, the more chance there is of the kayak distorting or attracting sinks. These sinks will take shape where there are pressure points on the kayak, from being left on bumpy ground, a badly designed roof rack, straight trailer racks, etc.

Even being tied too tightly onto a good roof rack for a long period on a hot day will cause some distortions. You should always 'cradle' a polyethylene kayak using as wide a support as you can when it is not on the water. This is because there are no composite fibres in polyethylene to give it that extra stiffness. Using two wide webbing straps as support slings about two thirds along the hull is the best method of storage.

Many different grades of polyethylene are produced to suit the many different applications the end product is to be used for. When making plastic kayaks, we use a very high quality polyethylene that includes a high amount of UV stabilizers. This grade can cost about twice the price of polyethylene used to make containers, rubbish bins etc. In fact, these products are often made from reground polyethylene made from plastic off cuts and waste that would normally be thrown out.

To help keep the price down, we buy the polyethylene one tonne at a time. The plastic is pre-coloured, so we have to stick with the popular colours that sell. Colours like black,

white, purple, etc., do not sell well so we do not stock these colours in large quantities. If we receive an order for a colour which is not in our normal range, we have to charge extra to cover the cost of having to buy in smaller quantities of polyethylene. The colour makes no difference in the quality of the plastic. They are just as good as those kayaks that are from our specified range of colours.

With composite kayaks, the colour has no effect on the fibreglass. If the kevlar or carbon is exposed, as in kayaks with clear or no gelcoat, then the sunlight breaks down the fibres very quickly - especially kevlar. Any composite kayak should not be stored outside as the sunlight is continually breaking down the resin until it becomes brittle and crazes. (small cracks on the surface)

To a lesser degree the same thing happens with wooden kayaks. You simply shouldn't store them outside.

### New Kayak Store in Christchurch Introducing KayakWorld from David Welch

The devastating earthquake of February this year brought an end to many businesses in and around Christchurch. Though their building was not damaged, Canoe & Outdoor World became a victim of the quake. At Easter, after being open for nearly 20 years, they ceased trading. The end of an era for one of Christchurch's best known kayak stores.

Out of the dust has come a new business - new ownership, with a new name, and still centrally located within the Four Avenues. The team at KayakWorld have created a familiar looking store with most of the brands carried forward from the old business into the new, and a few new lines added to the range as well.

You will find us at 35 Moorhouse Ave, (the Hagley park end), in the same building as the relocated MapWorld, with parking right outside the door. Phone: (03) 366 9305.

David Welch

Email: [info@kayakworld.co.nz](mailto:info@kayakworld.co.nz)

## KAYAK SYMPOSIUM KALENDAR

### Western Australia 3 – 5 February 2012

The first ever Western Australian Sea Kayak Symposium is being held at Rockingham, WA (in the southern suburbs of Perth). Details to come: [www.seakayakwa.canoe.org.au](http://www.seakayakwa.canoe.org.au)

### KASK Forum - Akaroa 9 - 11 March 2012

The Canterbury Network will host the national KASK Sea Kayaking Forum at Wainui on Akaroa Harbour, Banks Peninsula. It will be based at the YMCA's facility a short distance from the beach with bunkroom accommodation and all meals included in the cost. This is a great opportunity to mix with sea kayakers from all over the country. Activities will include presentations by guest speakers, on water instruction sessions and trips, as well as the chance to paddle in an area you might not regularly get to. For more details: [www.kask.org.nz/events](http://www.kask.org.nz/events)

### New South Wales 23 - 26 March 2012

The New South Wales Sea Kayak Club have fixed a date for their next RocknRoll weekend, at Currarong, near Jervis Bay, about three hours drive south of Sydney. For more details: [www.nswseakayaker.asn.au](http://www.nswseakayaker.asn.au)

### Coastbusters - Auckland 23 - 25 March 2012

Friday and Saturday at the YMCA Shakespear Lodge, located in Shakespear Regional Park at the end of Whangaparoa Peninsula. Sunday, on the water activities at Sullivans Bay. An International Kayak Week will follow from 25 March.

## TECHNICAL

### WEST ISLAND BITS by David Winkworth

"Where's all the stuff you promised to write for the KASK newsletter?" demanded Paul (it was a polite request).

"It's coming mate...it's coming," I pleaded. "I have started writing all the stuff...really I have. I keep it on the computer in a file called ARTICLES UNDER CONSTRUCTION." "Well that is one humungous file!" laughed the editor." (Thank goodness he was laughing).

#### PFD Improvements

I've been working on my little PFD project through the winter. I've always thought that modern PFDs are just shapeless lumps of body armour. What has happened to the lovely soft foam jackets we used to be able to buy? Victims of cost cutting and marketing I suspect!

Anyway, I took to my PFD with the unpicker, by opening up the front foam panel and removing all the foam which was in two layers. I discarded one layer completely and cut the other in half horizontally, putting the lower section back in. Then I made two carefully measured pockets, one for my camera and one for the radio, which I stitched to the upper part of the PFD. I even canted the radio pocket outward to make insertion and removal easier and added a couple of 'S Biner' clips to the straps. You can do all this stuff yourself but you certainly can't buy it off the shelf!

I suspect I've lowered my PFD buoyancy slightly below the Australian standards, but the lift is still acceptable for me. Of course I'm not recommending it to you, but I now do have a really comfortable PFD that doesn't stick out a mile in front, making it much easier for me to climb onto kayak decks. I've also got pockets custom made to suit my gear. Now, I'm happy!

#### Sprayskirt Damage

We had a situation here recently where a fellow paddler pulled a kayak up onto his deck as part of a rescue drill - and it neatly sliced his sprayskirt wide open! What do you think about this practice of pulling boats up on decks? Here was one guy getting his boat emptied while the other potentially puts himself in a tough situation, possibly having to negotiate big surf later in the day, virtually having no sprayskirt!

If you're practicing rescues, you should think carefully about this. Is this a reasonable and practical drill for sea kayakers? Do please discuss it with your friends - send your thoughts in for the newsletter.

#### Sunglasses

I found some great sunglasses recently. Called Barz Sunglasses (Google them up!), this Queensland company makes polarizing sunglasses with small magnifying sections built in for close up reading. But wait, there's more! You know how LCD screens (GPS, mobile phones etc) go black and are hard to read through polarized lenses? Well Barz do polarized sunnies with non-polarized magnifying inserts for reading screens. Isn't that neat!

#### PFDs with Water Bladders

Here's an interesting little piece; a friend of mine paddles sea kayaks and also paddles ocean racing skis in one of the Men's Health Series. When he jumps onto his ski, he wears his sea kayaking PFD with a water bladder in the rear pocket.

*Dave at the sewing machine, adding pockets to his PFD*



So what you say? Many of us wear those. Well, his adventure marathon mates reckon they lose 5% in speed and energy when carrying water bladders on their backs. I wonder if sea kayakers lose anything when doing the same?

### Storm Force Winds

How strong is your tent? We had some really strong winds come through in early July. If you're doing a Bass Strait crossing from Wilson's Promontory in Victoria heading south east, your first island stop is most likely going to be Hogan's Island about 55 kms out. It's a treeless, windswept lump of rock populated by a few cattle and a squillion rats.

Winds of 169 kmh were recorded there on 5 July. A week later, a large pressure difference between a deep low south of Tasmania and a strong high south of Western Australia generated storm force winds, which kicked up large swells on the west coast of Tasmania. A wave buoy off Cape Sorell on the NW coast of Tasmania recorded a wave of 18 metres and an average wave height of 10 metres.

### Lithium Batteries

I wonder how many paddlers use lithium batteries in electronic devices they carry on trips? Not many I suspect! Price is probably the reason with lithium batteries costing maybe five or six times the price of bulk alkaline batteries. Mind you, they perform up to five times better than alkalines and are 30% lighter. I recently found Woolworths brand lithium batteries at my local supermarket for about half the price of brand name lithium batteries - so it seems they are getting cheaper. Keep an eye out for them.

### Kayak Tethers

Here's a gnarly little story with which to end - there are lessons here for us all. Last weekend, our October long weekend, a few friends of mine - all experienced paddlers except one - did a paddle from Bermagui south to Tathra where I live. They camped at Hidden Valley in Mimosas Rocks National Park - a beautiful

campsite with a sometimes-nasty exposed surf beach.

Bad weather and a big surf locked them in there for a day, but on Monday morning, most of them decided to have a go at getting out. One of the best paddlers took half an hour to exit through the surf break.

With the group in the surf, was a less experienced paddler in a borrowed boat. Unable to roll, he was knocked out of his boat in the surf. The bailer pump ('yabby style'), which was tethered on a cord in his cockpit, had come loose during the capsized. Beside the kayak in the water, he jammed the pump back in beside the seat. As he did so, a loop of the tether cord became wrapped around his thumb. At the same time a wave came through and wrenched the kayak from his grip.

The loop of cord around the base of his thumb pulled tight and "degloved his thumb." "Most of the flesh was pulled off - bone was clearly visible," said one of my friends. Luckily, one of the paddlers was a doctor who immediately took charge. The poor fellow was taken to Sydney for surgery.

This is a truly catastrophic injury for a paddler - for anyone. Here are some points you might like to discuss with fellow paddlers:

- assessment of surf - ask yourself, do I have the skills to do this?
- rolling in surf, a skill worth pursuing?
- loose items in the cockpit. Is entrapment a possibility?
- paddle leashes and end toggles. Use in surf? Hang on or let go?

Dave Winkworth



*Signs sighted in a wildlife park at the Noosa coast, Queensland. Top one is pretty obvious, but bottom one has the wrong wording - it should read, 'Always jet ski in crocodile territory.'*



## New Zealand Trip Reports

### Fiordland in Winter by Sim Grigg

(Colour photos on the cover and p.2)

Tara and I have completed our trip from Te Waewae Bay in the south to Milford Sound and are back in the real world. This is the report on the second half of our trip.

Leaving Doubtful Sound we were both feeling good, we'd had some hut time and with fresh supplies dinner prospects were looking much better. We made a quick stop at the Gut Hut to collect gear we had stashed there then paddled through to Thompson Sound and Deas Cove Hut, with a visit from the resident pod of bottlenose dolphins along the way.

Both these huts are huge assets for kayakers, as they are both right near the water and make fantastic bases for exploring Doubtful, Thompson and Bradshaw Sounds. After an evening of rearranging food supplies, the next morning we headed back out to the coast on our way to Nancy Sound. At the mouth of Thompson Sound we met up with a crayfishing vessel, the *Zayla Jay*, and came away with two good sized crayfish for dinner. These were much enjoyed at our campsite that evening in Nancy Sound.

As we made our way further up the coast, there are three spots that really stood out. The Irene River in Charles

*Sim living off the sea at George Sound. Photo: Tara Mulvany*



Sound, Cats Eye Bay on the coast and George Sound. When we arrived at Irene River, we badly misjudged the tide, which resulted in us dragging boats through knee-deep mud flats to get them away from the tide. This gave us a negative mood but this quickly changed next morning, when we paddled up the river itself. You can paddle up the river 5 or 6 km and half way up you meet a huge waterfall flowing into the river.

When we pulled into Cats Eye Bay on the coast, the Tasman Sea, renowned for being one of the wildest on the planet, was swimming pool flat. It was a clear sunny day and the huge beach was spectacular. We paddled up the river, exploring up as far as we could go before heading back down closer to the beach to make camp. It was an awesome evening sitting in the sand dunes and watching the sun go down as we ate dinner.

Our time in George Sound was some of the best spent on the trip. This was in part to picking up a small food drop and being invited onto one of the local charter vessels for a roast and a few drinks! The sound itself was one of our top picks. Lake Alice, a few hundred metres above George Sound, was one of the real highlights of the trip. In the bush at the edge of the lake, we found an old fibreglass canoe (which apparently had been carried up through the bush about 30 years ago!) We paddled down the length of the lake to the Edith River. Under snow-capped mountains and on mirror-flat water, it was a pretty special day.

We kept hopping our way up the coast, stopping in at Bligh Sound be-



*Tara and Sim at George Sound*

fore heading into Sutherland Sound. Getting into Sutherland Sound requires a fun little surf in, so conditions need to be reasonable. The entrance is so shallow that it is almost not a fiord, making it a unique environment and the whole fiord is a marine reserve. We spent a few days there exploring and waiting for good conditions to continue onto our last stop before Milford, Poison Bay.

We would have liked to spend some more time at Poison Bay, but with the weather about to turn nasty for a number of days, we made a decision to head into Milford. Neither of us could handle being, 'so close, yet so far' from Milford. We paddled from Poison Bay right into Milford Sound.

It was an awesome feeling to have completed the trip, just over 11 weeks of paddling and exploring Fiordland's amazing coast. It was a very relieved mum who got a call from Milford that night and two paddlers were very excited to be exchanging damp sleeping bags for clean sheets.

Fiordland is a very special part of the country. The few people you do see out there are fantastic and the scenery is second to none. If you ever get the chance to go paddling down this way, take it. If you're planning a trip from two days to months, and want some local knowledge or want to get out on a guided trip to Milford, Doubtful or Dusky Sound, get in touch, you won't regret it!

Sim Grigg  
Email: sim\_45@hotmail.com

## Overseas Trip Report

**British Columbia, Canada  
June 2011**

**by Mike & Chris Neason**

Driving the last few kilometres into Telegraph Cove, past browsing Sitka deer and a Black bear with two cubs meandering unhurried along the roadside, Chris remarked with growing excitement and anticipation that, "the plan was coming together rather nicely". It was Sunday afternoon; we had all but completed the first 2,700 km leg of our road trip from San Francisco - and bears were very much on the agenda.

'The Plan' was hatched many months before, whilst considering our forthcoming winter holiday; Chris spotted an internet site promising a week of relaxed, fully catered kayaking amongst some of the most spectacular wildlife on the planet. A quick phone call confirmed that the trip was available during our time frame but sadly we were unlikely to see any Orca, mid-June being about three weeks too early for their annual northern migration. The promise of it being the first trip of the season, and most likely very quiet on the water, was appealing though and it seemed logical to me to combine it with a road trip along the western seaboard of the USA through northern California, Oregon, Washington and the length of Vancouver Island. Logic is a very personal thing.

Telegraph Cove is a small fishing village, built mostly on stilts and very nearly at the northern extremity of the road linking communities along the eastern side of Vancouver Island, close to the ferry terminals of Port Hardy and Port McNeill. There is only a bare skeleton of roads on the Island as the Western, Pacific side, is heavily indented with fiords (sounds) and most access to remote areas is still by boat or floatplane. The mountainous interior rises to 2200 metres in the Strathcona Provincial

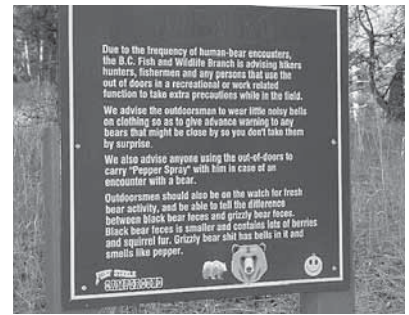
Park. With a rich maritime heritage and such diverse and prolific fauna, it is no wonder that sea borne ecotourism is a fast developing part of the British Columbian economy.

We drove into the North Island Kayak base to meet the team and tick any remaining boxes prior to departure in the morning. Spitting on a brand new Seaward Passat G3 double, we proclaimed it to be ours for the voyage and promised to be back in the morning ready and raring to go.

The most memorable part of the next morning was the safety briefing regarding possible close encounters with bears, cougars or whales and then discovering how bloody heavy the already packed kayaks were.

It wasn't until dinnertime that night when Dave produced a rather large cooker complete with full sized gas bottle that we understood why. Forgiveness was quick though when he served halibut fillets, veges and freshly baked cookies for dinner, a dinner complete with tablecloth and "proper" crockery/cutlery.

As well as being an excellent guide, he was a pretty fair cook for three meals each day. Coffee from a real coffee pot with canned milk and sugar is an absolute luxury after exercise in the fresh Canadian air



*Warning sign for avoiding bear attacks*

and a great palliative for, fresh off the hard ground, stiff back syndrome in the early morning. We were completely self-contained for the trip carrying everything including water, food and tents.

I should really repeat our briefing for those who may venture into the BC bush in the future, the conventional wisdom for bears is; make lots of noise when travelling as they react badly to being surprised and if attacked don't run but fight back. For cougars; cover the back of your neck with both hands to fend off their lethal spinal bite, don't run and fight back with kicks and punches.

The next bit of advice is always; don't worry about cougars because they are very secretive and presumably well fed, as most Canadians have never seen one. On the water, for whales, stay together in a very tight group so that they don't lose sight

*The adventure begins; final loading at Telegraph Cove. Photo:Chris Neason*





*Dave discussing inter-tidal life, huge Kina and starfish.  
Photo: Chris Neason*

of a stray kayak and do it a serious mischief with that big tail.

The trip initially took us along the coast of Vancouver Island to lunch at Little Kaikash Creek, then the first night's stop at Kaikash. As we suspected a gentle day, as Dave got a feel for his new charges and was no doubt planning how adventurous our itinerary could be over the days to follow. Chris and I, with a few years paddling behind us, were more paddle-fit and kayak savvy than Georgia and Jamie in the other double, so we were always going to be paddling at a less than frenetic pace, a relief to us and certainly enhanced the prospect of a relaxed holiday.

During our first on-water chats we discovered that Dave is a bit of an eco-warrior, very conscious of treading as lightly as possible on the environment and as we paddled quietly along he explained the house rules. No fishing, no approaching marine mammals, no peeing above the high tide line, number twos only in a composting toilet, only two squares of tissue each time, be very careful with hygiene, all food or anything that smells (toothpaste, sun block, medicinal creams or ointments, snacks) to be locked in the kayak holds at night, on the beach and well away from our tents.

The composting toilets were rather regal affairs usually a few minutes trek from each campsite and I think we cheated occasionally, I might

have used more than two squares. Some habits are hard to break. We also discovered that Dave had previously guided Abel Tasman from a base at Old Macdonald's Farm behind Marahau. He thought Kiwis were pretty cool so that was a good start to our client/guide relationship.

Day two, we planned to cross Johnstone Strait at our previously calculated time to catch the slack tide through Blackney Passage and access to our prime objective, the Broughton Archipelago Marine Reserve. North Island Kayaks arrange their trips so that each day is planned, on the day, according to the weather and tidal currents, but generally tracking north-eastwards and deeper into the islands of the reserve. We listened to fresh forecasts every evening and morning and chatted on the VHF to whale watch boats during the day for updates on wind and whale sightings.

The tidal rips are very strong and in places, notably Blackney Passage, reminiscent of French Pass in the Marlborough Sounds with dangerous whirlpools and eddies that have sunk quite large vessels. The weather is as fickle as it is in NZ and returning across Johnstone Strait from the sheltered islands around the reserve might not be possible

for days on end so, at the end of the trip we will be picked up by water taxi. It's all part of the package and a good strategy, as we never have to consider the time to turn around, every day is upward and onward, or is that outward perhaps?

At the height of the tourist season crossing Johnstone Strait is like crossing Queen Street on Friday night, it's a case of looking right then left then right again before making a beeline for the other side when the way is clear. It is a very busy seaway with log booms, fishing boats, pleasure craft, billionaire's motor yachts, whale watching boats and the dreaded cruise ships travelling at boy racer speeds leaving their huge wakes to make life pretty exciting for kayakers.

Mid-June is pre-season and as we push our noses out into the strait to get a view, look right left and right again, nothing man made in sight to either horizon. Two thirds of the way across the strait, Dave signalled to stop as an impossibly loud boom burst over the water. We watched spellbound for a few minutes as a few hundred metres ahead, two humpbacks make their way past Cracroft Point and across the entrance to Blackney, 'breathing' with their own sonic boom each time

*Shoreline of Hanson Island paddling towards Blackney Passage.  
Photo: Chris Neason*



they surface. It appeared that we must be on converging courses - this was getting very exciting. In fact, so exciting that we reached the coast of Hanson Island way too soon for our rendezvous with the tidal rip in Blackney Passage and decided to land for a coffee off-load and a quick energy on-load.

Bugger, five minutes after beaching, one of the humpbacks surfaced right in front of us, no more than twenty metres off the beach and just where we had been a short time before. A mad scramble back onto the water, but she had had her fun with us and we didn't see her again. I say her because only a female knows how to tease like that.

Through Blackney we held onto the bull kelp for a while waiting for the rip to die down and then past a seal colony and across to Whitebeach for a red checked tablecloth lunch. After lunch, a pleasant afternoon paddling around Berry Island to our overnight camp at Maggies. We all agreed that Maggies was such a lovely campsite that we would spend two nights there and do a day trip the next day to see the remains of a long abandoned First Nation village with very old totems and the remains of a mission and ancient longhouse. "First Nation" is the accepted and common terminology for the indigenous Indians and Inuit of Canada.

The days to follow were very similar in format and yet quite different in what we saw. Day three however, our visit to Village Island, was to be the most memorable and will remain sharply etched in my memory forever. Dave is an avid and obviously proud student of Canada's pre-European culture and the visit to see the totems was to be one of the highlights of the trip. We were also looking forward to being out of the kayaks for an hour or so and to stretch a few non-paddling muscles.

Dave described a broken down jetty where we would probably land, adding that he would land first and we would leave the kayaks floating attached to one of the jetty piles. We did this, storing our kayak gear



*Dinner at Kaikash, left to right: Chris, Mike, Dave and Jamie.*

*Photo: Georgia Hybner*

above the high tide line on the remains of the wooden planking; boots on and off up the track. A call of nature saw me catching up with the others a hundred metres or so into the bush and past Chris who was photographing some old cedars, their bark harvested many years earlier. Cedar was the staff of life for the indigenous residents, providing them with many of life's necessities. It was used in every facet of their existence including food, shelter, transport and clothing. Essential oils were distilled from the red cedar for use during religious ceremonies and as an antiseptic. Hilary Stewart wrote a very interesting book called *Cedar: Tree of Life to the Northwest Coast Indians*, detailing all of its many and varied uses.

A few seconds after passing Chris to rejoin the group we heard a couple of un-Chris-like expletives as she bounded up the bank above the track landing amongst us, briefly incapable of normal speech. I was certain she had seen a bear until she managed to catch her breath and tell us - but better in her own words, from an email sent home after the trip:

'On the third day, we called in to uninhabited Village Island to see some very old native totem poles, an ancient longhouse and more recent missionary buildings. Picture a narrow track leading up into the forest from the beach, that's where we left all our kayaking gear, just inside the

trees we saw some old cedars that had been farmed several hundred years ago by the locals. I stopped to take a photo and the others carried on walking.

As I moved to catch them up, I looked down at the side of the path and there crouched less than a couple of metres away was one of the most beautiful animals I have ever seen and it was looking straight at me, its eyes locked into mine!!! It is magnificent was the first thought that went through my head followed very, very quickly by OMG expletive, expletive, it's a cougar! I yelled out a few more

*Cedar bark harvested by First Nation residents long ago.*

*Photo: Chris Neason*





*The cougar on Village Island. Photo: Chris Neason*

choice swear words to the others to get them to stop and scrambled past the cat to catch up with them. They thought I had seen a bear until finally I managed to stop swearing long enough to tell them that a cougar was stalking us.

Dave was great. He got us all together and we backed off down the path back to the beach. Cougars typically attack from behind so the defensive strategy is to bunch up with someone looking in each direction. When we got to the beach we still had one small problem, all our gear was in the corner right beside where the cougar was watching us and it didn't look like it was going anywhere soon.

Anyway, Mike and I armed ourselves with large sticks and backed Dave up as we retrieved our gear and then, courage and face colour slowly returning, took some photos. Jamie and Georgia were probably more sensible staying well back in the defensive, observation zone. Anyway, gear retrieved, we beat a very hasty retreat onto the water with a story to tell. Never did get to see those totem poles! (Yes I know the guidebook said never to run, I didn't run I scuttled sideways).

Back on the water there was 'that inevitable moment' when we all looked at each other knowing that we had been very lucky to escape unscathed, that moment when the adrenalin is dying off, when the conversation gets louder and the giggling starts - a very strong bonding event that we shall remember forever. Hindsight is wonderful and even though we were definitely being stalked, looking at the photos now, we believe that the cougar was probably a young male just feeling his way in the world and was just as curious about us as we were of him. Would we have been attacked had he been able to single

one of us out? Probably, but not sure. We discussed it with the RCMP and wildlife staff and they all agreed that the experience and photos were remarkable and that it was time to buy lottery tickets.

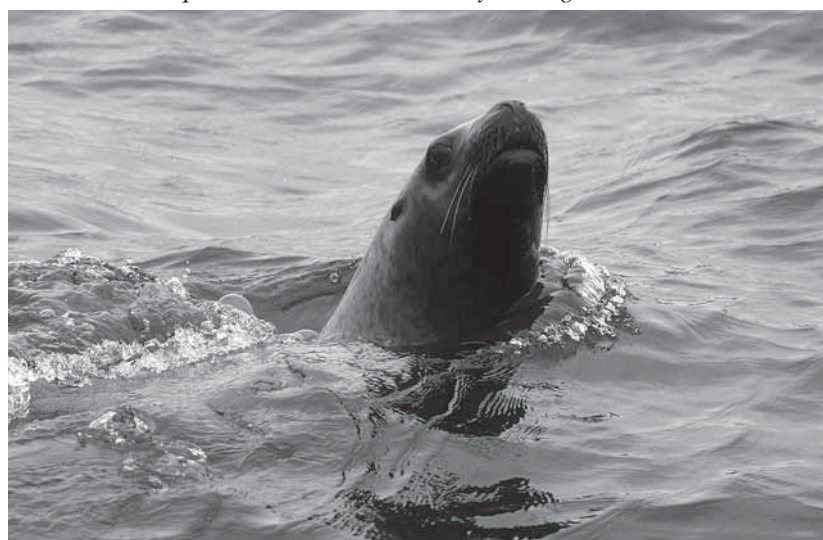
The rest of the trip was fantastic, the weather and water ideal for paddling, the scenery wonderful, the wildlife amazing, visitations by eagles, whales, seals, sea lions, minks etc memorable; but somehow it seemed a bit hum drum after our chance meeting with the big pussycat on Village Island.

**Vital Statistics**

- Road trip: 7000 kms
- Paddling distance: 100 kms plus
- Water temperature: 7°C
- Most northerly point: 50°40'N the same latitude north as the Auckland Islands are south of New Zealand
- Companions: Dave from BC, Georgia from Sydney, Jamie from Squamish, my wife Chris

During the road trip home, we visited the west coast of Vancouver Island, spending some time at Tofino and enjoying a day's kayaking on Clayoquot Sound. Later in the trip, we were introduced to a Canadian canoe to paddle around the Creston Wild Life Refuge, just north of the US Idaho border. We had hoped to see a moose at Creston, but they were elusive that day, in fact, of all the animals that we had hoped to see, we only missed out on moose, otter, wolf (although we saw fresh tracks)

*Inquisitive sea lion in Blackney Passage. Photo: Chris Neason*





and of course the Orca. From the car and on walks we saw black bears, a grizzly and cub, a Canadian Lynx, many, many deer, elk, big horn sheep, eagles, ospreys, beautiful black ravens, a solitary beaver and a few other friendly fellow travellers - great holiday.

**Resources:**

Just Google really, and because we travel overseas most years, a lot of info is picked up from other travellers. This year we had planned to go to Alaska but wanted particularly to go in August - because of work commitments and the RWC - that wasn't possible so we opted for BC instead. One of our airport operation's staff is a Kiwi, but she had lived and worked in Alaska for many years and she was our prime source and also a motivator for British Columbia, an area she also loves to talk about. See also:  
[http://en.wikipedia.org/wiki/List\\_of\\_fatal\\_cougar\\_attacks\\_in\\_North\\_America](http://en.wikipedia.org/wiki/List_of_fatal_cougar_attacks_in_North_America)  
[www.kayakbc.ca/default.htm](http://www.kayakbc.ca/default.htm)  
[www.seawardkayaks.com/index.php](http://www.seawardkayaks.com/index.php)

**Mike Neason Paddling Bio**

I met a couple of silly buggers paddling around Fiordland in the late 70s and they certainly opened my eyes to the possibilities of kayaking on the sea. Following the fortunes of one of them, as he kayaked around the world, kept sparking the interest but bringing up a family probably stopped us from taking it up ourselves. On one of many family summer holidays at Karamea, we had a rather exciting trip down the Karamea River in hired kayaks when I tipped out twice, both times swimming the kayak ashore to empty it out and start again - great fun!

A few years later, my youngest son played canoe polo at high school and did a white water course at Murchison. To celebrate his achievements we hired three doubles and did a week at Abel Tasman with son Ben as the leader; wife Chris, myself, Ben, other son Paul, Martin a French exchange student who stayed with us for a year, and son's girlfriend. We did a second trip shortly after and then

bought our own gear turning up at the Canterbury Network forum at Okains and haven't missed a year since. We try to have a holiday in New Zealand every year somewhere off the beaten track, and have in recent years bought a caravan to tow behind our exploration vehicle. Last summer was Jacksons Bay and the previous Okarito.

All this is fortunately paid for because I chose many years ago to become a pilot (approaching 40 years since joining Mount Cook Airline) Five years flying ski-planes at Mount Cook then six on floats in Te Anau a year back at Mount Cook and the airline part of the airline since 1983.

Mike Neason

*Lunch stop on a rock near Owl Island. Photo: Chris Neason*



**With apologies to Edward Lear**

The Owl and the Pussy-cat went to sea  
In a beautiful pea green boat,  
They took some honey, and plenty of money,  
Wrapped up in a five pound note.  
The Owl looked up to the stars above,  
And sang to a small guitar,  
'O lovely Pussy! O Pussy my love,  
What a beautiful Pussy you are,  
You are!  
What a beautiful Pussy you are!'



# BOOKS

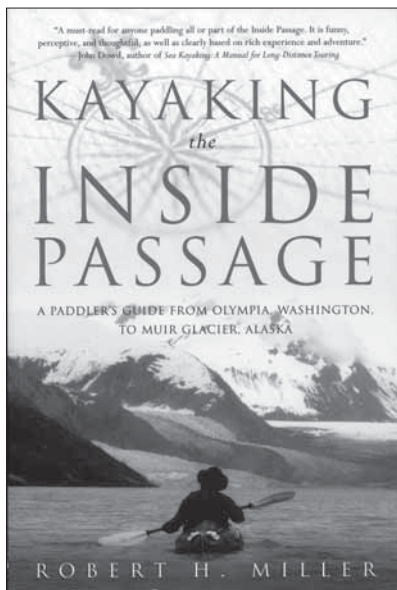
## Guides and Narratives for Paddling the Inside Passage from Puget Sound to South-East Alaska

by Paul Caffyn

As the coast of British Columbia and south-east Alaska are common destinations for Kiwi paddlers escaping the gloom of a New Zealand winter or respite from the Christchurch earthquakes, I have listed books that are worth a look at when deciding where to paddle, and when to go. When I was asked recently to dig out books on the 'Inside Passage', I was surprised at how many titles there are.

Long gone are the days of haunting second-hand book stores for rare paddling tomes. Today, new and secondhand book websites allow the ease of picking and choosing titles from an office chair. Be warned, these sites can be financial traps with such wonderful treasure troves of titles.

For secondhand and new titles:  
www.abebooks.com  
is in my view the best book search site, while the best for new overseas paddling titles is:  
www.amazon.com



The following are not full book reviews as such, but give a thumbnail overview of the information contained, including the publisher's website. Prices are as listed on the book covers.

**Title:** *Kayaking the Inside Passage*  
**Subtitle:** *A Paddler's Guide from Olympia, Washington to Muir Glacier, Alaska*

**Author:** Miller, Robert H.

**Published:** 2005

**Publisher:** Countryman USA

**www:** countrymanpress.com

**Contents:** 459 pp, s/b, maps, photos, bibliography, index

**ISBN:** 0-88150-642-7

**Price:** US\$ 18.95

This is the most comprehensive paddling guide. The first chapter provides general background on the natural history and ethno-history, while the second has more detail on when to go, weather, ferry services and safety including the author's encounters with bears and how to avoid becoming bear tucker. There is also information on navigation and recommended equipment.

The next five chapters contain maps and paddling information on geographic areas working from south to north, Puget Sound to Glacier Bay. The maps are easy to read, show paddling routes and campsites and all, bar a few, have a scale. The final resources section of the book has excellent lists of maps and where to source them, contacts for accommodation and ferries.

The bibliography is excellent and broken down into sections: guidebooks and maps, how to kayak books, voyage accounts, history and anthropology and natural history. Identification charts for salmon and mustelids are included, and the book finishes with a comprehensive index.

I was intrigued to find no reference to cougars and can understand how lucky Mike and Chris Neason were in getting so close to a young cougar with their recent trip to B.C.

**Title:** *Sea Kayak Around Vancouver Island*

**Author:** Alderson, Doug

**Published:** 2004

**Publisher:** Rocky Mountain Books

**www:** rmbooks.com

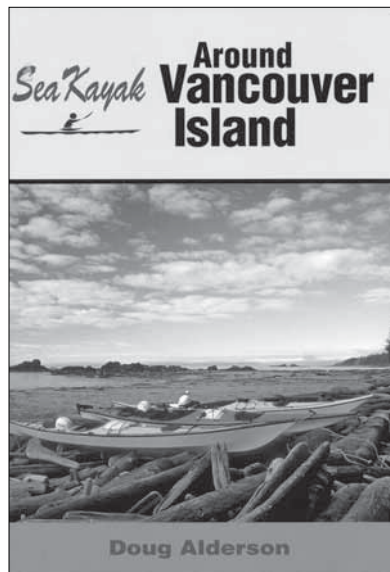
**Contents:** 176 pp, maps, photos, index

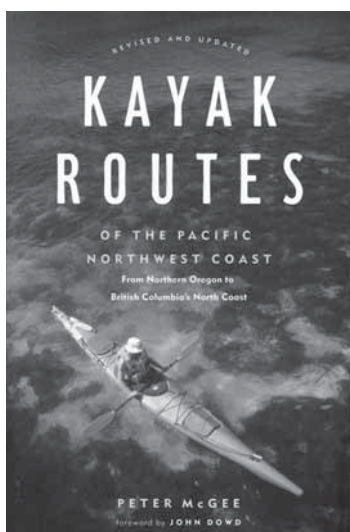
**ISBN:** 1-894765-50-8

**Price:** Can\$ 16.95

This 'pocket' guide is for a circumnavigation of Vancouver Island and judging by its size and weight, it is designed to go into a parka pocket. The brief introductory section on marine weather, campsites, tides and currents (tidal streams), safety, rescue and encounters with animals is brief at 22 pages, however cougars do get a mention with a figure showing paw prints and there is a side bar with a cougar encounter. The bulk of the book covers nine paddling areas around the island, working in a anti-clockwise direction, with geographic descriptions notes by miles from the start point.

The section maps showing towns and campsites are good, and the final few pages contain a list of websites, a comprehensive reading list and a geographic place name index. The only disadvantage for this pocket guide is the small point size of the text. The maps are easily read and all have a scale. The photographs unfortunately have captions, which require a magnifying glass for reading with older eyes. In summary, a comprehensive on the water guide for paddling or parts of, or around Vancouver Island.





**Title:** *Kayak Routes of the Pacific Northwest Coast*

**Author:** McGee, Peter

**Published:** 2004 2<sup>nd</sup> ed.

**Publisher:** Greystone Books, Canada

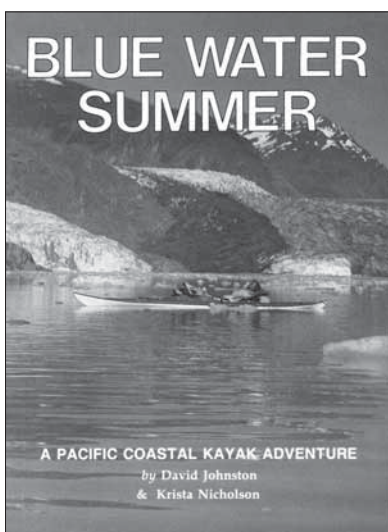
**www:** greystonebooks.com

**Contents:** 336 pp, photos, maps, index

**ISBN:** 978-155365-033-1

**Price:** Can\$ 22.95

The brief introductory section on kayaking the Pacific Northwest coast is followed by 18 regional chapters, each of which details specific paddling trips. This book is not a guide to paddling the Inside Passage, but lists specific paddling trips from as far south as the lower Columbia River in Oregon, USA to Prince Rupert and the Queen Charlotte Islands in the north. Although McGee is noted as the author, there are 27 contributors listed at the back of the book, who were involved with writing each regional chapter. Each regional chapter used an initial format with a map, background, how to get there, weather and hazards, special conditions, trip summaries, trip descriptions and additional routes. Although the maps show launch sites, the paddling routes are not shown. The text is easily readable but the fine print of place names on the maps is hard to read. Lists of useful contacts for each region are at the end of the book, along with a two page reading list and place name index. I found the writing style tedious with a first person style 'as you leave so and so bay, you will find on your left....' In summary, a good backgrounder to paddling in specific areas, but not one to take on a trip.



**Title:** *Blue Water Summer*

**Subtitle:** A Pacific Coastal Kayak Adventure

**Authors:** David Johnston & Krista Nicholson

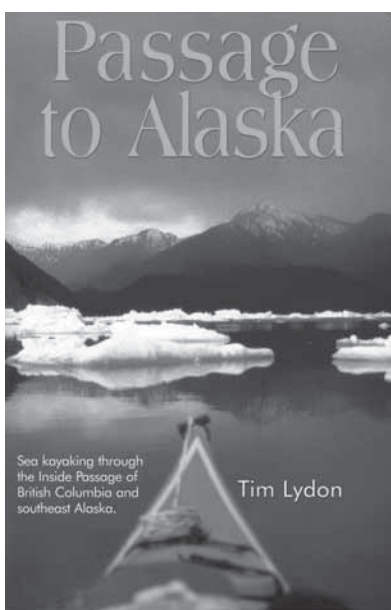
**Published:** 1986

**Publisher:** Orca Publications, UK

**Contents:** 167 pp, maps, photographs

**ISBN:** 0 9511842 0 2

This is not a paddling guide but a very readable narrative by a couple in two single kayaks spending a northern summer paddling from Vancouver up the Pacific north-west coast to Glacier Bay in south-east Alaska. Written in a chatty, daily diary format, the book offers a great insight into the ups and downs of paddling this coast. Section maps show the route followed, with readable captions and scales, unfortunately the black and white photographs have reproduced rather poorly.



**Title:** *Passage to Alaska*

**Author:** Tim Lydon

**Published:** 2003

**Publisher:** Hancock House, USA/Can

**www:** hancockhouse.com

**Contents:** 336 pp, central colour plate section, index

**Price:** Can \$19.95

**ISBN:** 0-8839-523-X

This is a narrative of two blokes who set off in 1996 from the northern end of Vancouver Island to paddle to Juneau in South-east Alaska. Although not a paddling guide to the coast, sidebars throughout add to the readability of the book – most of these focus on paddler safety and skills, but there are several on early coastal history, such as 'Dug-out canoe use and construction in the Inside Passage.' The narrative is very readable and is enriched with historical insights to the prehistory and early maritime exploration of the Pacific coast. Maps are on the lean side, but several show historical journeys of maritime exploration. The colour plate photos seem to be an afterthought with vague captions and the choice of cover photo is underwhelming – a fuzzy kayak bow with bergy bits which are also out of focus. Despite the qualms of visual appeal, this book is an excellent narrative of a paddle up the coast with excellent insights into those who had voyaged these waters earlier on.

**Title:** *Homelands*

**Subtitle:** *Kayaking the Inside Passage*

**Author:** Byron Hicks

**Published:** 1999

**Publisher:** Avon Books USA

**www:** avonbooks.com/bard

**Contents:** 370pp, no photos, bibliography

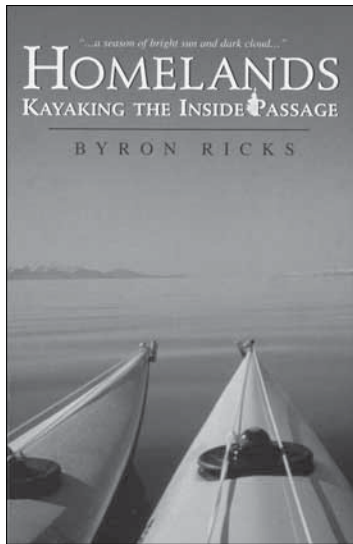
**Price:** US\$ 13.50

**ISBN:** 0-380-80918-4

Another narrative of a 1996 paddle by a couple, but heading south from Glacier Bay to Puget Sound. There are no photographs, no maps showing the route followed and the author notes he was, 'deliberately elusive to guard the places we found to camp and the sites where traditional peoples dwell and visit.... To name particular places so readers would be able to unflinchingly plot our nightly

stops would be to dismantle the spirit of our journey and affront those who have long paddled these waters.' Then why on earth did he write the book? He should have stuck with a personal diary.

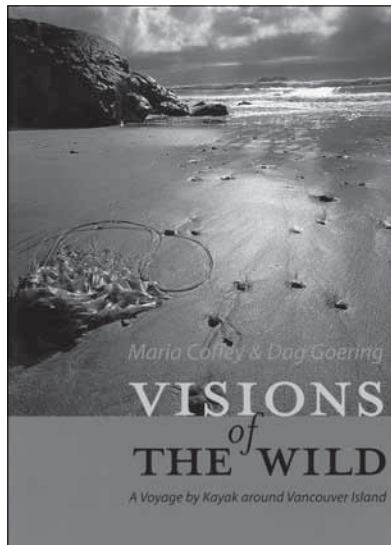
The writing style is the first person, 'We paddle... we pause... we are ready to abort..', a style which I dislike. I am not sure why no photographs are included. A mugshot of the author is included inside the rear cover, but there are no photos of his paddling partner, no photos of the trip – the cover features a fuzzy pic of two kayaks bows on a glassy sea. It could well have been a fictional paddle.



**Title:** *Homelands*  
**Subtitle:** *Kayaking the Inside Passage*

**Author:** Byron Ricks  
**Published:** 2001  
**Publisher:** Harbour Publishing, BC  
**www:** harbourpublishing.com  
**Contents:** 182 pp, HB, maps, colour photos throughout  
**ISBN:** 1-55017-264-6

A trip by double kayak around Vancouver Island; rather well written in a daily diary-style narrative. Almost a coffee table book, as it is illustrated throughout with high quality colour photos ranging from double page to smaller thumbnails. A hardcover book, it has an excellent layout with easy to read section maps, which help follow the trip. Maria has penned several other books on climbing and sea kayaking, includ-

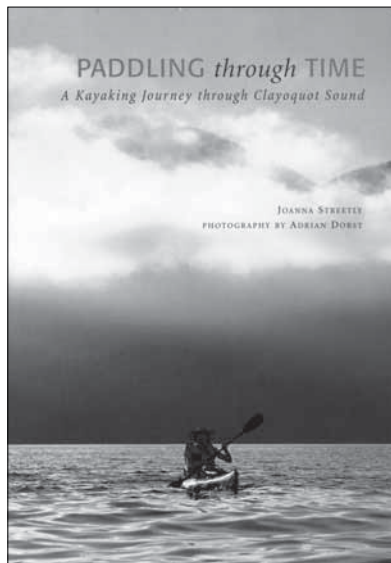


ing *A Boat in Our Baggage*, paddling a double folding kayak in various parts of the world.

**Title:** *Visions of the Wild*  
**Subtitle:** *A Voyage by Kayak around Vancouver Island*

**Author:** Maria Coffey & Dag Goering  
**Published:** 2001  
**Publisher:** The Mountaineers Books USA  
**www:** mountaineersbooks.org  
**Contents:** 216 pp, HB, d/j, maps, sketches  
**ISBN:** 0-89886-744-4  
**Price:** US\$ 24.95

A book very similar to Maria Coffey's, but focussing on just the Clayoquot Sound area, halfway up the west coast of Vancouver Island - a beautiful area which is now recognized by the United Nations as a World Heritage Ecosystem. The book is illustrated throughout with



**Title:** *Paddling through Time*  
**Subtitle:** *A Kayaking Journey through Clayoquot Sound*

**Author:** Joanna Streetly  
**Published:** 2000  
**Publisher:** Raincoast Book, BC, Canada  
**www:** raincoast.com  
**Contents:** 153 pp, s/b, map, colour photos throughout  
**ISBN:** 1-55192-278-9  
**Price:** Can \$29.95

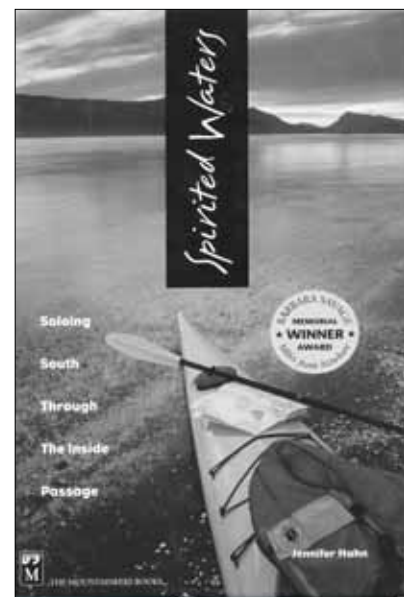
colour photos taken by Adrian Dorset – just a pity this book was not printed as a hardback.

**Title:** *Spirited Waters*  
**Subtitle:** *Soloing South Through The Inside Passage*

**Author:** Jennifer Hahn  
**Published:** 2001  
**Publisher:** The Mountaineers Books USA  
**www:** mountaineersbooks.org  
**Contents:** 216 pp, HB, d/j, maps, sketches  
**ISBN:** 0-89886-744-4  
**Price:** US\$ 24.95

Over 70 days, spread over two northern summers, sea kayak guide Jennifer Hahn soloed south from Ketchikan in South-east Alaska to her hometown of Bellingham in Puget Sound. A very detailed narrative, with scattered sketches of fauna, flora and places throughout, the only photos are a cover pic and an author's mugshot on the dust-jacket.

Small scale section maps with tiny captions do not show the route, only the general geography. Snippets of maritime and native history, along with encounters with locals (bears and blokes) add interest, however I suggest this is a book for night-time reading. It is not a book to be used as a paddling guide and is more of a spiritual journey, with much reflection on moods and feelings. A paperback edition was printed in 2009 by the same publisher.



## HUMOUR

### Sex for Old Timers

An elderly couple who were both widowed, had been going out with each other for a long time. Urged on by their friends, they decided it was finally time to get married.

Before the wedding, they went out to dinner and had a long conversation regarding how their marriage might work.

They discussed finances, living arrangements and so on.

Finally, the old gentleman decided it was time to broach the subject of their physical relationship.

"How do you feel about sex?" he asked, rather tentatively.

"I would like it infrequently," she replied.

The old gentleman sat quietly for a moment, adjusted his glasses, leaned over towards her and whispered, "Is that one word or two?"

### Police Checkpoint

An elderly man is stopped by the police around 1 am and is asked where he is going at this time of night.

The man replies, "I am going to a lecture about alcohol abuse and the effects it has on the human body."

The officer then asks, "Really? Who is giving that lecture at this time of night?"

The man replies, "That would be my wife."

### Donald & Daisy

Donald Duck and Daisy Duck were spending their first honeymoon night together in a hotel room and Donald was rather keen to have sex with Daisy. The first thing Daisy asked was, "Do you have a condom?"

Donald frowned and said, "No." Daisy told Donald that if he didn't get a condom, he could not have sex. "Maybe they sell them at the front desk," she suggested.

So Donald went down to the lobby and asked the hotel clerk if they had condoms. "Yes, we do," the clerk said and pulled a box out from under the counter and gave it to Donald.

The clerk asked, "Would you like me to put them on your bill?"

"Thit No!" Donald quacked, "I'll thuffocate!"

### Rugby World Cup

A man had two of the best tickets for the Rugby World Cup Final. As he sits down, another man comes along and asks if anyone is sitting in the seat next to him. "No", he says, "the seat is empty."

"This is incredible!" said the man, "Who in their right mind would have a seat like this for the Rugby Cup Final, the biggest sporting event of the rugby world, and not use it?"

He says, "Well, actually, the seat belongs to me. My wife was supposed to come with me, but she passed away. This is the first Cup Final we haven't been to together since we got married."

"Oh, I'm sorry to hear that. That's terrible. I guess you couldn't find someone else, a friend or relative or even a neighbour to take the seat?"

The man solemnly shakes his head.

"No. They're all at the funeral."

### Press Report on Dog Attack

Two boys are playing with a rugby ball on the street outside Eden Park in Auckland, when one is attacked by a vicious pitbull. Thinking quickly, the other boy grabbed a stick and wedged it under the dog's collar and twisting it he luckily broke the dog's neck and stopped the attack.

A reporter strolling by sees the incident and rushes to interview the boy. 'Young Warrior Fan Saves Friend,' he starts writing in his notebook.

"But I'm not a Warriors fan," the little hero replied.

"Sorry, since we're in Auckland, I assumed you were," and starts writing again.

'All Black Fan Rescues Friend from Horrific Attack,' he writes.

"But I'm not an All Black fan either!" the boy said.

"I thought everyone in Auckland was either a Warriors or All Blacks fan. So what team DO you go for?" the reporter asked.

"I'm a Roosters fan, and a Wallaby fan!" the child beamed.

The reporter starts a new sheet in his notebook and writes, 'Little Bastard from Australia Kills Beloved Family Pet.'

### Rugby Win Celebration

Jack wakes up with a huge hangover after celebrating a rugby win with his mates. He is not normally a drinker, but the drinks didn't taste like alcohol at all. He didn't even remember how he got home from the party. As bad as he was feeling, he wondered if he did something wrong.

He forced himself to open his eyes, and the first thing he sees is a couple of aspirins next to a glass of water on the side table. And, next to them, a single red rose!!

He sits up and sees his clothing in front of him, all cleaned and pressed! He looks around the room and sees that it is in perfect order, spotlessly clean. So is the rest of the house.

He takes the aspirins, cringes when he sees a huge black eye staring back at him in the bathroom mirror. Then he notices a note hanging on the corner of the mirror written in red with little hearts on it and a kiss mark from his wife in lipstick: 'Honey, breakfast is on the stove, I left early to get groceries to make you your favourite dinner tonight. I love you, darling! Love, Jillian'

He stumbles to the kitchen and sure enough, there is hot breakfast, steaming hot coffee and the morning newspaper.

His 16 year old son is also at the table, eating. Jack asks, "Son, what happened last night?"

"Well, you came home after 3 am, drunk and out of your mind you fell over the coffee table and broke it, and then you puked in the hallway, and got that black eye when you ran into the door."

Confused, he asked his son, "So, why is everything in such perfect order and so clean? I have a rose, and breakfast is on the table waiting for me?"

His son replies, "Oh THAT - Mom dragged you to the bedroom, and when she tried to take your pants off, you screamed, "Leave me alone, I'm married!"

### Punishing Jokes

The professor discovered that her theory of earthquakes was on shaky ground.

The batteries were given out free of charge.

A dentist and a manicurist married.

They fought tooth and nail.

## 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, trip reports, book reviews, equipment reviews, new techniques, letters 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**

**Ph: (03) 731 1806**

**Email: kayakpc@xtra.co.nz**

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- The Elements
- Trips and Expeditions
- Places to Go
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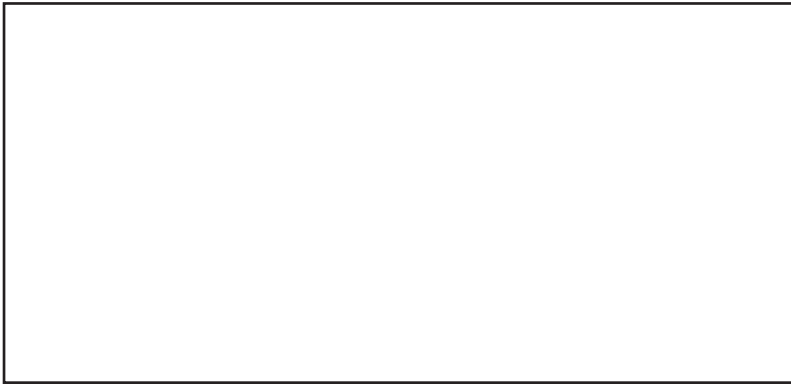


*Top: Bald Eagle, one of 10 in a group near Little Kaikash, Vancouver Island. Photo: Georgia Hybner*

*Bottom: Mike, Jamie and Dave and making kayaks safe above high tide at Maggies. Photo: Chris Neason*



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*Superb paddling conditions off the  
north coast of Vancouver Island.  
Photo: Chris Neason*

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Current membership fees are:

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\$50 for new o/s members plus cost of overseas postage for a copy of the KASK 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 on confirming renewals from existing members from July to October; and promoting new KASK memberships from November to February

