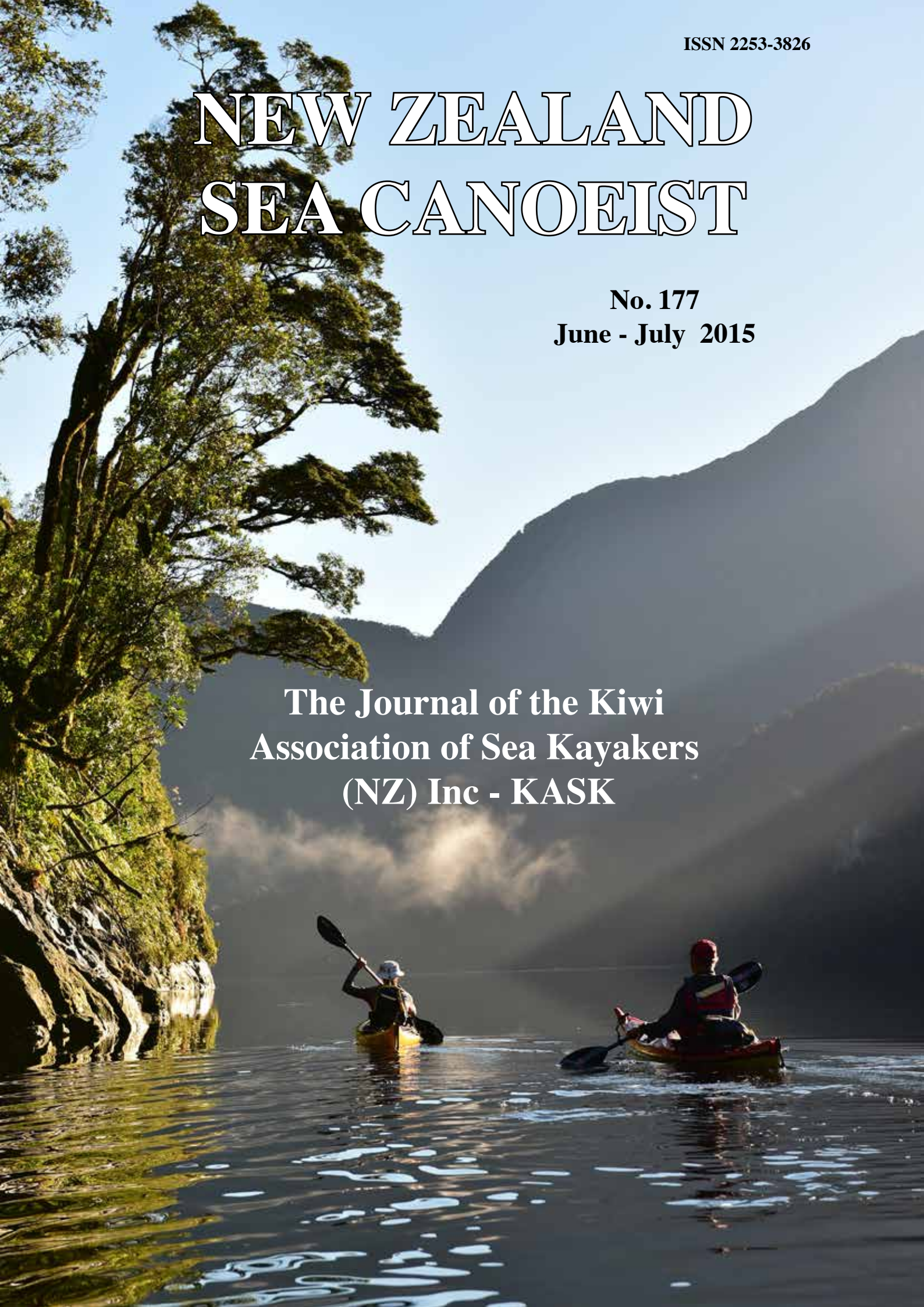


ISSN 2253-3826

NEW ZEALAND SEA CANOEIST

No. 177
June - July 2015

**The Journal of the Kiwi
Association of Sea Kayakers
(NZ) Inc - KASK**





INDEX

EDITORIAL	p. 3
SAFETY	
Out of Your Comfort Zone?	
How to Deal with Bumper Dumpers?	
by John Gumbley	p. 5
More on Bumper Dumpers, Buoyancy & PFDs	
by Paul Caffyn	p. 7
THE 'BUGGER!' FILE	
Complacency & Skill Erosion	
by John Kirk-Anderson	p. 8
NEW ZEALAND TRIP REPORTS	
Doubtful Sound	
by Stanley Mulvany	p.11
TECHNICAL	
Using DSLRS on the Water	
by Belinda Mulvany	p.13
OVERSEAS REPORTS	
West Island Bits July 2015	
by David Winkworth	p.15
The Sacred Ratio	
by Vincent Weafer	p.17
What Camera Kit Does Vincent Weafer Use?	p.19
BOOK REVIEWS	
<i>Down the Mississippi with Stinky</i>	
Author: Dorie Brunner	
Review: Paul Caffyn	p.19
<i>The Emerald Mile</i>	
Author: Kevin Fedarko	
Review: John Gumbley	p.20
HUMOUR	p.21
Editing & Layout: Paul Caffyn	
Proofing: Lynda Ferguson	
Deadline for material for the next magazine:	
25 September 2015	

EDITORIAL**KASK Forum 2016**

Many, many moons ago, I did a 'Living Legends' talk to NSW kayakers at Ettalong Beach, and the co-presenter was expedition paddler Larry Gray. If you have a look at his website: www.primalvision.tv, you can see what this bloke has been up to by way of paddling expeditions and film making. Larry was one of four paddlers on the 1986 East Greenland expedition, and he subsequently returned to Greenland to film a kite-surfing crossing with 'kayaks', east to west across the icecap. He is a talented speaker and musician, thus we are in for a treat for the Saturday night at the forum.

Dave Winkworth has also confirmed he will be joining us, and is planning 'fireside chat' sessions, sort of low key panel discussions on various aspects of sea kayaking.

If you have a session to present, either on the water or on shore, or can help with the forum organization please get in touch (see email address contacts on page 3).

For those of your travelling from overseas (Aussie or the North Island) if you can allow the following week for tiki-touring in the Sounds or circumnavigating D'Urville Island?

Photos and Cameras

Boy there are some skilled paddlers and photographers out on the water. I was spoilt with choice this magazine with so many superb scenic and gripping action pics to chose from.

NSW paddler Vincent Weafer's surfing photos are dramatic, although he is reluctant to divulge where his favourite surf break is located. JKA's 'Bugger!' file photos are superb, especially when comparing his big grin on page 2 to the nose dripping

'back upright' grim photo on page 10. Belinda Mulvany's Fiordland landscape pics are evocative, capturing both soft early morning light and squally afternoons. I leaned on both Belinda and Vincent for tips on how they achieve such superb photos.

Next Magazine

Held over for next time, John Dowd's 6th edition of *Sea Kayaking* and Justine's *Kayaking the Aleutians* DVD. I have watched Justine's DVD twice now; it is up there as one of her best in terms of the story, the variety of the shots and the music. My apologies to Justine for being slow to include a review, but you can buy directly from her website at: CackleTV.com

Paddle Leashes

Two recent sit-on-top fatalities have again highlighted the importance of wearing a PFD and led to quite a bit of discussion as to whether sit-on-tops should be equipped (when sold) with paddle leashes or at minimum with an attachment point for a leash near the bow. In both instances, PFDs were not worn, no emergency comms were carried and the paddlers were knocked off their sit-on-tops and lost contact with them. Paddle leashes were not used.

There is concern when surfing in a sea kayak with a paddle leash, that entanglement after a capsize is an issue. Feedback from Aussie paddlers Vincent Weafer and Dave Winkworth is that entanglement is a non-issue (see page 16 for Dave's comments). Feedback from Peter Townend raised concern with the bigger and heavier two person sit-on-tops paddle leashes can put too much force on a paddler's shoulder in surf.

For over 25 years I have used a (stretchy coiled) paddle leash on my wave ski. After a missed roll and a

COVER:

A beautiful still morning in Doubtful Sound. Photo: Belinda Mulvany

How does Belinda takes such magic photos? See her technical tips article on page 13

Top left: Thompson Sound, Fiordland, Stanley Mulvany paddles in front of a fresh northerly chop.

Photo: Belinda Mulvany

See Stanley's trip report on p. 11

Bottom left: John Kirk-Anderson punching into a fresh southerly polar blast in Lyttelton Harbour. This was before the "Bugger!" incident. Photo: JKA.

See John's story on p. 8

sound thrashing in breakers, I release the waist belt and just hang onto the paddle. When the wave subsides, I reel the wave ski in and climb back on. My worst leash situation occurred in a big offshore break when the leash snapped and although I wore a thin full ankle to wrist wetsuit, it was a long swim back to shore with bugger all buoyancy from the wetsuit.

In my sea kayak, I do carry a paddle leash but use it only when the wind is strong enough to wrench the paddle out of my grasp. Also a leash is great for situations require both hands, ie for filming or snacking on the water.

PFDs and Wetsuit Buoyancy

Greymouth polytech student Ruby Mitchell describes (page 7) the difficulty of donning a PFD when in the water – her learning experience was in a swimming pool and Ruby challenges paddlers to try the same. Her message is simple - never be on

the water without wearing your life-jacket.

After my big swim when the wave ski paddle leash broke, I was shocked by how little buoyancy the wet suit provided; mind you it was an el-cheapo from the local red shed. I have promised myself to do a check on how much buoyancy that wetsuit in fact provides. In Terry Bolland's latest weekly CDU email newsletter (Canoeing Down Under), he described race rules for the annual Avon River descent in WA, one of which notes:

The PFD must have sufficient buoyancy to float a 6kg lead weight and be in good condition. Prior to race commencement, each paddler's PFD was tested in a water-filled bin. It was placed in a 6 kg cage and placed in the bin.

If the PFD didn't come to the surface, it was failed! No racing allowed for that competitor.

For the full set Avon Descent race rules, see:

http://www.avondescent.com.au/?page_id=111

Given the amount of kit that paddlers do carry on their PFDs, VHF radio, watch, EPIRB, knife, light, and some with camelback water pouches, I do wonder how much positive buoyancy such laden PFDs provide. Perhaps we can try tank testing of PFDs at the Anakiwa forum.



PFD floatation testing in WA prior to the Avon Descent race.

The 'Bugger!' File

John Kirk-Anderson's article on missed rolls in the chilly mid-winter waters of Lyttleton Harbour (page 8) is a timely reminder for us all. He titles the story 'Complacency and Skill Erosion' and chides himself for failing to maintain his rolling skills.

I was impressed with John's elapsed time for four failed rolls, a failed re-entry and roll and his successful paddle float roll - two minutes and 48 seconds. But with the water temperature at 10°C, even then John found his hands were surprisingly cold after that short time.

The 27 July Escape section of the Christchurch Press carried a three page story and photographs titled *Wet and Wild - The Joys of mid-winter sea kayaking*.

West Island Bits

Nice to have Dave Winkworth back with his regular report on what's happening over the ditch.

Thanks

To all the contributors and photographers, Belinda and Stanley Mulvany, Vincent Weafer, JKA, John Gumbley and Dave Winkworth.

Paul Caffyn

KASK Committee 2014 - 2015

Tim Muhundan	- President	email: tim@paddler.co.nz
Ian McKenzie	- Committee	email: mckian@xtra.co.nz
Sandy Ferguson	- Webmaster	email: kayakamf@gmail.com
Paul Caffyn	- Publications	email: kayakpc@xtra.co.nz
Shawn Walsh	- Committee	email: Shawn.Walsh@codeblue.co.nz
Robert Brown	- Committee	email: yakityyak1@hotmail.com
Lois Cowan	- Committee	email: loisc@paradise.net.nz
KASK Administrator (Karen Grant)		email: admin@kask.co.nz

2016 KASK NATIONAL SEA KAYAK FORUM

Friday 26 - Sunday 27 February 2016
Overnight campout Sunday evening, at Mistletoe Bay.

The registration form will be included in the next KASK magazine and on the KASK website soonish.

If you can help with on the water sessions; please get in touch with John Kirk-Anderson: jka@snap.net.nz

If you have ideas for on shore sessions, or can help with the forum organization, please email Paul: kayakpc@xtra.co.nz

Experienced Aussie expedition paddler and film maker Larry Gray is our Saturday night keynote speaker.

SAFETY

Out of Your Comfort Zone? & How to Deal with Bumper Dumpers?

by John Gumbley

This is the third in a series of safety questions posed to sea kayakers.

John Gumbley in his role as the BASK (Bay Association of Sea Kayakers) Safety Officer, emailed several experienced kayakers with two safety questions on safety for inclusion in the *BASK Bulletin*:

Are you able to briefly reply to the two questions below. The 'comfort zone' question I pose was prompted by my recently organizing a surf training exercise and finding that many find surf, and other aspects of kayaking, intimidating e.g. choppy seas and the fear of tipping out.

John chose four very experienced women paddlers for his questions this time:

- Ruth Henderson (Kawau Island)
Ruth is one of the wonderful characters of Kiwi kayaking. A talented writer and photographer, Ruth has a car on the North Shore, and kayaks out to her home on Kawau Island.

- Tara Mulvany (Svalbard)
Tara, the barefoot kid who has become the first woman to paddle

around New Zealand, is now paddling around Svalbard, way north of Norway

- Justine Curgenven (Wales)
Justine is renown worldwide not only for her laugh, which gave rise to her film production company (Cackle.tv) but also as one of the most experienced sea kayakers in the world. Her trips include around Tasmania, South Island, Tierra del Fuego and her most recent trip was along the Aleutian Island chain.

- Babs Lindman (Sweden)
Babs first serious expedition paddle was around the coast of Norway. She wrote a book on the trip (in Swedish) and then became the first blonde to paddle around the South Island.

QUESTION 1:

What puts you out of your comfort zone and how do you manage those situations when they arise?

Ruth:

'Piss poor preparation' puts me out of my comfort zone. Even if I am not the trip leader, I like to look at the maps, and weather forecasts, and have a back-up plan. I do NOT just 'go with the flow' and blindly follow others.

Two examples - when rock-gardening through narrow slots with the potential of a 'rogue' wave catching me out

- I sit and watch the pattern first and may choose to go around rather than through a gap. If crossing a channel on a return trip and the forecast has changed to say 20 - 25 knots rising - I look at the sky, gauge the actual weather, distance, tide and make a judgment - I may be feeling fit and energized and go for it or I may elect to not go then, to stay put till the wind drops even if it means being late and missing an appointment.

Tara:

There are plenty of situations when I have been out of my comfort zone, most often when I'm on a committing stretch of coast with limited landings and its windy and rough. For me it's really important to always be aware of all my bail-out options, and following my instincts. I focus on all the things that I can manage and control, and am always prepared to change my mind at any moment.

Babs: [from a conversation at the Ohope 2011 KASK forum]

I don't take risks - rather I look for and take opportunities. When on a surf beach it can be easy to fret because in the wider beach landscape, it can look too rough but if you narrow your focus at what's in front and if you are comfortable and prepared go for it and keep focused (on what's in front).

Ruth Henderson



Tara Mulvany



Babs Lindman





Justine Curgenven

Justine:

Anything that gets my heart beating fast, and where I'm not confident what the outcome will be, puts me out of my comfort zone, even if I think I can handle things but have a small element of doubt.

This level is different for everyone, and my comfort zone varies from day to day, depending on how much paddling I've been doing, my frame-of-mind etc.

When I'm nervous, I try to ignore things like how loud the pounding surf is or how scared my friend is. I try to analyse what is in front of me. OK, it sounds loud but what is actually going on? How powerful is that wave? How long do I have between waves and can I get in my kayak and get away from the surf zone in between waves? How quickly can I get in my kayak and out from the shore? If I think I can time it so that I don't get my hair wet then I concentrate on that task and try not to think about the pounding waves if I get it wrong. If the consequence of getting it wrong is a real trashing, then I'm more cautious than if I'll just get a bit wet.

I believe you can work up to everything, given practice and good judgment. I practice useful skills that will help me deal with tricky situations and build up gradually to bigger waves. You can practice getting into your kayak and getting your spray deck on really quickly on the beach. You could even time yourself so you have an estimate how long you need. Then practice doing it in small waves and work up to it.

QUESTION 2:

How do you manage 'bumper dumper' surf, of the kind you would have experienced in the South Island. Does it require a different approach to getting in and out of 'normal' surf?

Ruth:

I avoid 'bumper dumper' stuff. I'm a wimp, but I have old injuries to take care of and being mangled, twisted and shunted about in an uncontrolled way in the water is not wise. I aim to stay in my boat, so chose my launching and landing spots carefully. If necessary I'll paddle on. I don't mind choppy, washing-machine seas – I have learnt to trust my sea-kayak (Q-K *Southern Skua*) and have reasonable balance. I practice getting back on and in my various kayaks and when in what could potentially be capsize situations – I talk to myself, reminding myself to pay attention, 'to be alert, the world needs more lerts' and run over in my head what to do and how to do it, if I do get tossed out.

Tara:

Dumper surf is a bit of trial and error. I'm personally a big fan of going for the 'sprayskirt off' launch, where I wait for a 'lull' then drag my boat down quick, jump in and paddle as fast as I can and hope for the best. Usually I'll end up with quite a bit of water in my boat, which is annoying, but not the end of the world. Landings about riding the back of a big enough wave that I'm washed high up the beach, then jumping out quickly and grabbing boat even faster! And again hoping for the best!

Justine:

When Barry and I paddled around the South island, we experimented with the best way to deal with the bumper dumper surf. Usually we would take it in turns to help the other one to launch, as this was a lot easier.

If I launched alone, I would often stand in the water with my kayak, trying to keep it pointing out to sea and trying to avoid getting water in the cockpit. In a break between waves, I'd sit in the kayak with my legs on either side of the cockpit and paddle out to sea as quickly as I could, put-

ting my legs into the cockpit as I paddled, one at a time. I'd hope to get over the next wave before it broke, or if it broke, hope I could still get out over it and then pump my kayak out with help from Barry.

Once safely out of the surf zone, I'd pump out if necessary and put on my spray deck. This often worked well and I found it easier than trying to get in my kayak and put on my deck on the beach then launch. I usually got turned sideways by the next wave when I tried this - although if I was able to put my deck on really quickly, this could work well. If anyone wants advice, then I'd practice in smaller waves and see what works for you!

Below, photos by Mary Kirk-Anderson of JKA (helmet) and Martin Fraser (red shirt) helping Freya Hoffmeister launch through powerful bumper dumpers at Birdlings Flat, south of Banks Peninsula.



She's in there somewhere!

SAFETY

from Paul Caffyn

More on Bumper Dumpers

These are the waves generally found on steep-to beaches, where the gradient of the inter-tidal zone plunges steeply into deep water – no shallow offshore sand bars to absorb the energy of breaking swell. Commonly there will be only one breaker at a time, rearing up and smashing into the gravel with unbridled force. It is the power of the breaker that paddlers respect, not only when the face of the wave topples, but also when the vicious surge churns up the beach, then sucks back at great speed.

The sequence of graphic photos on the opposite page show how two strong blokes were necessary to launch Freya Hoffmeister through a line of bumper dumpers at Birdlings Flat, south of Christchurch during her South Island attempt. In the final photo of the sequence, Freya is buried in gravel-loaded white water. If you look really close, just the tip of her black wing paddle can be seen.

John Gumbley's questions and answer section has feedback from several experienced women paddlers, but I thought I would add a couple of my learning experiences as well. Bligh Sound, Fiordland, January 1977, Max Reynolds and I were entering the fjord after the sun had set. We headed for what I thought looked like a sand beach in the gathering gloom, and I rushed the landing.

The beach was not sand but a steep wall of solid boulders. I was too slow to exit the cockpit and drag the bow clear of the surge. We (me and the kayak) were sucked back into the face of the next bumper dumper, and looped end over end. So lucky I had the helmet on. My head took the upside down impact with the boulders. I had a smashed helmet, blood pouring out where a tooth had gone through my lip and two cracks in the bow.

Treat bumper dumpers with absolute reverence - never under-estimate the power of a bumper dumper.

6 February 2015
The gravel beach of Lake Ferry Spit in Palliser Bay faces south. These are the biggest bumper dumpers I have ever seen!



Luckily we do not have too many areas in NZ with bumper dumper beaches; Gillespies Beach in South Westland, Birdlings Flat and Palliser Bay are well known for inflicting grief on paddlers. In calm weather and seas, these beaches look so benign, with just a gentle surge working on a gravel berm face, but the photo of the soon to be submerged *Landrover* on Lake Ferry Spit (Palliser Bay) gives a scale reference to the massive bumper dumpers in the background. Back in late 2013, two Wellington paddlers who attempted to land through Palliser Bay bumper dumpers survived big swims, but lost for ever their expensive kayaks and kit.

PFDs vs Wetsuits Buoyancy

Two recent paddlecraft fatalities have again highlighted the paddler buoyancy issue. A sit-on-top paddler drowned in the surf off Muriwai Beach on 3 May. The 51 year old male was wearing a wetsuit but not a PFD. The sit-on-top had grab handles on the bow and stern, but no decklines or paddle leash.

On 6 July, a 21 year old Maori lad drowned off Waiotahi Beach in the eastern Bay of Plenty. He had gone out fishing on a sit-on-top, but was wearing only shorts and a T-shirt – no PFD, wetsuit or paddle leash.

Would PFDs have saved either or both men? In both instances emergency comms were not carried but emergency services were called reasonably promptly, by either family or on-shore watchers. In my view the wearing of a PFD would have greatly increased their survival once they were swept away from their sit-on-tops, until rescue services arrived.

Donning a PFD in the Water

I was asked by one of the local Grey-mouth polytech outdoor students to

help with paddlecraft incident statistics. Ruby Mitchell related a learning experience when she was in her final year at Nayland College. It was during a course run by Swimming NZ for an assistant swim teacher award:

This was two years ago I still remember one task in particular very clearly. It was a task which sounded simple and yet challenged us all. We were to tread water for about two minutes (in a swimming pool that was actually shallow enough to safely stand in) then were thrown a pile of lifejackets to put on. Trying to sort the appropriate sized lifejacket whilst treading water, was challenging enough in perfect conditions, let alone trying to put it on in challenging conditions I'm sure. As I tried to put on the lifejacket I would sink to put my arms in and was confused on how to put on a simple lifejacket.

For something that sounded so simple, I remember it so clearly two years later. As a kid I grew up fishing with my family on a boat and remember how the men would take their life jackets off when we were fishing to be more comfortable. Their life jackets would be thrown in a pile in the front of the boat. After this experience in a safe swimming pool I have realised the reality of if anything happened out on the water in a real situation it isn't likely to be calm, warm water, with no wind or swell and I personally think it would be near impossible to put on a life jacket then when you needed it most.

I challenge each and every one of you to try putting on a life jacket in a safe situation, and use this experience to ensure you are never on the water without a life jacket on in future.

THE "BUGGER!" FILE

Complacency & Skill Erosion.

by John Kirk-Anderson

The mission was simple: Get a self portrait while paddling in strong winds for a newspaper article.

Why then was I floating alongside my kayak as waves broke over my head?

Previously a journalist had interviewed me for an article on my preference to paddle in rough conditions rather than the more common perception of sea kayaking as being a benign activity. The only thing lacking was a photo of me paddling in windy conditions as when I go out I'm normally concerned more with paddling than selfies!

I had been waiting for a good southerly blast in Lyttelton Harbour to coincide with a day off, and the time had arrived. I had made a selfie-stick and mounted it on the front of my Nordkapp, with a GoPro camera looking back at me. A previous attempt hadn't been successful as the wind died suddenly, and my wife, Mary, also said I looked too grim!

So I headed off, with a camera shooting a photo of me every half second, capturing the manic smile plastered on my face (see photo on page 2).

My usual drill is to paddle straight into the wind until I run out of water or energy, depending on the wind strength. When its over 30 knots I can't make headway, and in 40 knots I have to hunker down in a low brace as life gets interesting. The forecast was for 30 knots, gusting 40, and the tide was two hours into the flood, creating a wind over tide situation, which causes the waves to steepen. The water temperature at this time of year in Canterbury is about 10 degrees C.

While the odd gust lifted sheets of water, for the most part the wind was only about 20 knots, and the waves weren't as steep as I'd hoped.

I was wearing a GoreTex drysuit over two layers of Merino undergarments, booties, a paddling jacket, a Peak UK buoyancy vest, and a helmet over a fluffy rubber skull cap. I've never paddled with gloves, have very occasionally used pogies, but was not this time.

In my buoyancy vest I was carrying a PLB, a VHF radio, an LED torch, an LED strobe, and a knife. My Nordkapp has a small 'ocean cockpit' and a 'pod style' seat, and a bilge pump supplements a foot-operated pump. Spare paddles on the rear deck are secured in a net bag, which also holds a two-chamber inflatable paddle float, which is secured with a long tether.

I was also wearing a Suunto sports watch, which has a chest strap to measure heart rate and a GPS to log distance.

After 2.4 kilometres, which took 26 minutes, I turned around to surf downwind. As is also a normal practice, I did a quick roll when broadside to the waves as I turned, just for the fun. The return run was disappointing, with the waves too low to

get much of a surfing run. As I got close to home I headed to an area where the waves steepen, as the wind pushes over the incoming tide. After a bit of a play there I did another roll, again using the wind and waves to push me over and help to come up.

Happy that I had covered every direction of wind, light and expression for the camera, I headed home. As I paddled into the waves I did another roll, this time facing directly into the wind.

My rolls are completed without thought, as I'm happy that I've reached a level of unconscious competence. This time I came up into the wind, and the waves pushed me back under. I automatically swapped sides and set up for another screw roll but this also failed.

At this point I started to take note of what was happening, and decided to do a reverse screw roll, as I was leaning back from my failed attempt. This also failed, and I was aware that I had lifted my head so I tried again, with a screw roll from the front. This also didn't work and so I made a decision to bail.

As I grasped the release tape for my spray deck I paused, and consciously thought, "Is this the right thing to do? Yep, I'll catch my breath and

Desperate for a breath, my head comes up, the paddle dives, and there is no hip-flick. This is a roll destined to fail.





With no hip-flick, this roll wasn't going to work either.

re-entry roll." That was a very clear decision, made because I was out of breath.

I surfaced with the kayak on my right, holding the cockpit rim in one hand and my paddle in the other.

I quickly orientated my paddle for a re-entry roll, my preferred and practised recovery procedure if a roll fails. I train this as a drill, and if I'm facing the stern with the kayak on my right then the paddle is orientated with the right paddle blade forward. As a re-entry roll is a half roll I needed to be on the up-wind side, to allow the wind to assist my roll.

I quickly slipped into the cockpit, locked my knees into the braces, and rolled up. Except I didn't, my roll failed again.

On wet exiting, I kept the Nordkapp upside down, locked my legs into the cockpit and removed the paddle float from its storage bag on the rear deck. Fitting it to the left paddle blade I made sure to attach it properly and inflate both chambers fully.

My preference is to do a paddle float re-entry roll rather than use it as an outrigger, as I'm faster and have fewer complications.

As usual when rolling with a float attached, I extended the paddle, doing

a very slow roll as the blade doesn't move through the water. As I surfaced I was hit by another wave and braced on the float, which was on the down wind side, as the Nordkapp had turned while I was setting up. This roll was also ugly, but, aided by the float, successful.

My cockpit was half full of water, but as I had moved the front bulkhead to suit my short legs, and it has a pod-style seat, there isn't much flooded volume. I am well practiced paddling with a cockpit full of water so stability wasn't a problem. As I went to fit my spray deck I suddenly discovered my hands were very cold, and I couldn't feel the deck at all. The paddle float was on my down-

wind blade, which made bracing a little difficult.

I decided to leave the spray deck off and just keep paddling, while I took the paddle float off. Once this was done I turned up into the waves, which were no longer breaking, deflated it and attempted to put it back in its bag behind the cockpit. My hands were too cold to feel the bag opening so I just stuffed it into the net bag in front of me. I managed to refit the spray deck and started draining the cockpit with my foot pump as I paddled to sheltered water, which was only about 300 metres away.

Once ashore I packed up quickly, very keen to check the photos!

After downloading the data from my Suunto watch, I analysed what had happened. When I capsized I had been paddling for 1 hour 8 minutes, and had covered 6.7 kilometres. My heart rate was 150 beats per minute, which for me is quite high, indicating my level of exertion.

The time from when I first capsized to when I was back in the cockpit having done four failed rolls, a failed re-entry roll, and a successful paddle-float re-entry roll was 2 minutes 48 seconds, and my heart rate on completion was 160 beats per minute. A nearby weather station showed wind speeds at the time I capsized as 28 knots with gusts to 38. They were not that strong where I was.

The paddle float re-entry roll. Again my head is up and there is no hip-flick, but an extended paddle with a float saves the day.





Well, that wasn't quite what I was expecting!

I honestly can't remember when I had last swum a kayak, and Mary said I must have been pissed off that my rolls had failed, but I was actually elated that this had happened!

I looked on it as an audit of my current competency, and it showed that I had become complacent and my skills had eroded. As an instructor I am regularly assessed, and I often demonstrate rolls while teaching others. I usually finish a paddle with a couple of lazy rolls, and as I did this time I will play around when the waves get up.

I haven't paddled in decent surf for a long time, and I think this was important, as that is an environment

where multiple, confused capsize are common.

To be in a situation where a series of rolls failed and I had to dig deep, showed that I had allowed my skills to slip. Looking at the photos on the GoPro showed awful technique, with no hip flick and a lifting head. This had obviously crept in over the years and as the pressure came on, I discovered the tipping point, pun intended.

I am pleased that I was very clear with my decisions and my drills once I had wet-exited were good. My equipment, which has been well-tested over the years, performed well.

My hands got cold surprisingly quickly, and I may consider wearing gloves. I will revisit my method for carrying a paddle float, with ease of replacing it a priority

Given that I was working hard, had already been for an hour's run before paddling, was in cold water in strong winds, I could probably invent some excuses or casual factors as to why I was swimming rather than rolling, but the truth is my skills just sucked!

All in all, a really useful exercise, and proves again the Japanese proverb, 'Saru mo ki kara ochiru - Even monkeys fall from trees.'

John Kirk-Anderson

2016 KASK FORUM

2016 KASK NATIONAL SEA KAYAK FORUM

26 - 27 February 2016

Registration form in the next KASK magazine

**Anakiwa Cobham Outward Bound School
Queen Charlotte Sound**



NEW ZEALAND TRIP REPORTS

Doubtful Sound by Stanley Mulvany

photos by Belinda Mulvany
see also cover photo & pages 2 & 23

Summary: A 10-day sea kayaking trip on Doubtful Sound 13-23 February 2015 by Lisa McCarthy, Mark Dabbs and Belinda and Stanley Mulvany.

From 13-23 February our party of four paddled most of the arms of Doubtful, Bradshaw and Thompson sounds. Mark and Lisa were experienced paddlers from Sydney and Belinda and I were locals. This was a shakedown trip for our upcoming Greenland expedition this July. I first met Mark about 10 years ago at Esquillant Bivy on Mt Earnslaw, when Simon, Tara and I arrived from Pluto Col, after climbing up from Spaniard valley. We'd stayed in touch off and on since then. Sea kayaking and mountaineering being a small world, we had several mutual friends in Australia in the paddling and climbing scene.

We had an early start from Invercargill and drove to Manapouri where we met Tara, who was taking some clients over to Doubtful. We loaded the kayaks onto the Real Journeys boat to West Arm and then Tara drove us over to Deep Cove. It was a gorgeous day as sorted out our gear on the beach.

Then we got away, paddling down Doubtful Sound. Near Elizabeth Island the offshore wind came away and built rapidly. We decided to cross over to the south side and once into Crooked Arm conditions were much easier and we paddled on for a few kilometres and camped.

Next day we kayaked out of Crooked Arm into a strong easterly in the main channel but it was too rough for us so we retreated back into the arm and paddled to the head of it.



Deep Cove at the head of Doubtful Sound. Mark, Lisa and Stanley setting off from the road end, on their 10 day paddle.

On the way we noticed spouting in the distance and this materialised into a pod of dolphins. We beached at Haulashore Cove and walked over to Dagg Sound. We had portaged across from Dagg Sound on our 2006 Gumotex 1 expedition but I hardly recognised it with the amount of regrowth since then. It must have taken us nearly an hour to walk over and once there, we had a swim, that is the Kiwis not the timid Aussies in our party. On the paddle back up Crooked Arm we had a headwind and camped at the same place.

On 15 February we left Crooked Arm with little wind and kayaked down Malaspina Reach. Near First Arm we headed across to the Gut Hut. As the weather was fine we circumnavigated Bauza Island and cruised around the Shelter Islands into Gaol Passage returning to Gut Hut. The hut was a bit run down but OK. It even had a cold shower but the sandflies made sure this was executed with haste. We had a pleasant evening and planned on climbing Mt Grono next day.

Before the trip I'd been given a map of the DoC trap lines on Secretary Island so I had an idea on the routes there. We left next morning at 8:00 am along a rough track to Blanket Bay. After about 1.25 hours we took another track that led steeply uphill towards the ridge to the north of us. After four hours of steep climbing, we reached the bushline.

On the way we had a wonderful display of several kaka who followed us screeching and showing off. We heard rather than saw tuis and bush robins.

Once above bushline, we walked along the ridge to point 1022 m but beyond it, a deep technical breche barred our way. To the north of us in a valley was Secretary Lake with several DoC huts beside it. It looks like the best route to Mt Grono is from Secretary Lake or north from Thompson Sound. From Point 1022, a more direct track led us down a spur to near Gut Hut.



The view west from the bushline over the entrance to Doubtful Sound



The team: from left, Stanley, Belinda, Mark and Lisa.

On 17 February we left at 8:30 am and paddled to Blanket Bay where we got a weather forecast off a fishing boat - 15 knot NW freshening to 30 knots in the evening. On rounding Common Head into Thompson Sound, we paddled into increasingly rough seas and a headwind. We followed along the side of Secretary Island and just north of Surgeon Bay, Mark and Lisa stopped to put on their dry tops. B and I decided at that point to head across, assuming the others had seen us, streaming out into Thompson Sound, making for the far side.

Unfortunately, we had not specifically told them our intentions. It was a bit rough crossing maybe getting up to 20 knots and it was no place to linger. Once across, we landed on a beach and waited expecting to see Mark and Lisa but they never showed. All the time the seas were getting worse as we paddled north to Lyall Bay. We tried to paddle along to Deas Cove but by now the wind and seas made this difficult so we turned back and found a sheltered beach and campsite in the middle of Lyall Bay. Earlier on, I did see the others on the other side heading north so had assumed either they had camped opposite us on a beach or made it to Deas. As it turned out I was wrong on both accounts.

It was pleasant enough where we camped out of the wind, dry and

sheltered. On 18 February we got away at 8.00 am as the wind had died down quite a bit though still blowing from the NW at about 15 knots. It took us two hours to reach Deas Cove where there was a big white boat moored, but no sign of Mark and Lisa. We got our gear up to the hut, which was a lot nicer than the Gut Hut, and had breakfast.

Then at about 11:45 am, just as we were leaving to look for Mark and Lisa, they paddled around into Deas Cove. They had missed us the previous day and not knowing where Deas was, had returned to Gut Hut.

In the afternoon a group of divers arrived and they were very considerate and kept to themselves, cooking outside and not filling up the hut with their gear. Our plan was to head to Bradshaw Sound next day.

We woke to rain and wind outside. Mid-morning our diving companions went off for a dive. Then the rain eased and the wind dropped so we set off at lunchtime down Thompson Sound. It was a bit rough on the headlands but nothing desperate as we made rapid progress towards Bradshaw Sound. It was a nice run up to Macdonell Island in Bradshaw Sound and we camped on an old campsite on the other side of the island. We did explore the Rum River delta but it was shallow and stank of ammonia from the salt marshes.

The 20th was a lovely clear day as we kayaked around Precipice Cove. The reflections were amazing of bush, rock and ferns reflected in the still waters as we paddled past the cliffs. Then, we turned up Gaer Arm and paddled up the Camelot River to the rapid where we stopped for lunch. Again B and I had a swim in the crystal clear waters while the Aussies skulked on the rocks. On the way back we went up a narrow creek on the true right to a spectacular waterfall. At the head of Gaer Arm we camped on the true right in a lovely spot. Just as I was landing my rudder pin sheared off. Later, Mark jury-rigged it back in place with spectra cord and this held till we finished the trip.



Lisa and Mark were prepared for the voracious Fiordland sandflies with headnets

We got away at about 8:30 am to an overcast day with cloud right down on the peaks. I did not use my rudder, as I was concerned it would fall apart. I rarely paddle without a rudder and I found it surprisingly easy to manage without one. B and I set off first and made good time down Gaer Arm and Bradshaw Sound in light airs. Mark and Lisa came later and we had arranged to rendezvous (now more organized) at camp 6 before Pack Point.

Once out of Bradshaw Sound into Pendulo Reach, it became very rough with a strong onshore wind and I had to stern rudder to get in towards the beach that was a bit of a tricky landing. We thought we'd camp there but it looked pretty dismal and exposed, so after discussion with Mark and Lisa we elected to carry on to Crooked Arm which was much more sheltered. Mark offered to paddle my kayak, as I was not confident I could manage the seas without a rudder. However once deployed, my rudder worked fine. Once we got into Malaspina Reach, the seas calmed and we had the wind behind us and it was much more enjoyable.

On rounding Ranson Head into Crooked Arm, we were surprised to see disturbed water ahead of us and sheets of spray lifted off the crests. Quite rapidly this advanced on us and in no time we were hit by a ferocious squall and driven along almost out of control. Mark and I were in front and B and Lisa who were cruis-

ing along leisurely about 100 m behind us. We rounded a headland in front of us and waited for the girls. They eventually arrived somewhat shaken and recounted how they had been suddenly hit by the same squall and had been submarining at one point. We estimated the wind strength at 35-40 knots.

Close to our old campsite we could see the waves crashing in to the bush as it was right on high tide and this made for another tricky landing. By now it was bucketing down, the heaviest rain I've ever seen in Fiordland just like being under a waterfall.

We rigged up a tarp and pitched our tents underneath it. Then we stripped off our wet clothes and got into the tents. I cooked the evening meal, relieved to have made it all the way back to Crooked Arm. In the evening it cleared up and we could see numerous waterfalls dropping out of the clouds all around us (the magic of Fiordland!).

The 22nd dawned fine and we had a pleasant paddle into the main channel. Ahead of us the dolphins were back, spouting and breaching some spectacularly. They cruised by several times and even gave the tourists

in the Real Journeys boat a display. We did paddle some of the way into Halls Arm and saw two parties of commercial sea kayakers. As the wind was behind us, we did not want to have to struggle out later, so headed back and camped on a flat area on the north side of the entrance. Close to our campsite was an open stream bed and we had our meal there.

On our last day we had a short paddle back to Deep Cove as we were due to be picked up at lunchtime. Again it was a lovely clear day and all went to plan and soon we were cruising effortlessly across Manapouri.

TECHNICAL

USING D(digital) SLRS ON THE WATER

by Belinda Mulvany

SLRs are great if you are used to using one, and if you don't have an accident. Compact cameras meet the same fate if not waterproof or in a housing. They are just easier financially to replace.

I agree that most paddlers use a compact waterproof camera these days. They are all fairly good quality for what they are. Panasonic have an excellent one, which Tara is very pleased with. Stan has the older model which is good as well.

The day I dropped my SLR camera in West Greenland was perfectly calm. That is why I was using it. I had it on my lap in a large soft drybag.

Don't use a bag that appears to be the right fit, as when you want to grab the camera in a hurry, or put it away quickly you need that extra large opening. I was using the camera so frequently that I just had it wrapped in the drybag and forgot it wasn't actually in it. Upon reaching shore I leapt out with great gusto, grabbed up the drybag and watched my camera arc out into the waves. SOB!

So - my mantra is: if you want to take photos on the water, the camera has to be readily and quickly available. Otherwise keep it locked away

in a drybox in a dry hatch and only use on land. Boring!

Once an avid DSLR user, always one. I found my wee Canon Powershot S-110 with a waterproof housing (which negates the compactness) in Greenland so frustrating, especially when trying to deal with awkward lighting.

When in Doubtful Sound I used a Nikon D4s with a Nikon f2.8 24-70 mm lens with mostly a polar filter attached. To get the lovely soft early morning or evening lighting, I remove the polar filter. I did not take the Canon. I shoot in 'JPEG & RAW'. This necessitates a whole new discussion.



I have found the 24-70 mm to be the most useful professional lens to use. If not using a professional lens, then a big range zoom is the best option. I rarely take a flash (the D4s does not have a built-in-flash), or other lenses now; unless I am hoping to photograph birds on the water, or am accessing a place via my kayak or packraft specifically for other photography.

I have yet to find a drybox that will fit my set-up so I cut the lid open on a previously used 'International' box which I'm not sure is still available. It is more cuboid in shape to any other boxes I have looked at. For smaller camera bodies and lenses, it will be easy to find the appropriate sizing. But make sure it has room for a spare memory card, a removed filter, a spare battery and a cloth to wipe yours hands, and one for the front of the lens.

For extra water safety you can also put the camera in a soft drybag inside the box. I built up the hole in the lid to cover the camera with closed-cell foam (ie., insulator sleeping pad) and Ados F2 glue. This glue is not for long term immersion.

Left: Belinda's DSLR camera box



Above: The camera box mounted on the kayak foredeck

Below: view from the cockpit; shows the wedges of blue foam to stabilize movement of the camera box.



I have also done some modifications so I can attach it to my front deck, midline and horizontal. I have glued two pieces of closed cell foam on the base. I cut them roughly, glued them onto the base, stuck some 80 grit sandpaper onto the deck with double sided sticky tape where I want to sit the box, and sand the final shape by rubbing the box back and forth on the sandpaper until satisfied. Remove the sandpaper and sticky tape.

I drilled two holes in the back 'ribbing' and tied two cord loops through



Taken from the cockpit looking forward. Note the cord loops and stainless steel karabiners and the cord loops on the catches. Also the lid extension which I had to put on due to the height of my camera. Tara's camera only just fits into a more compact box.

these holes. I then have short pieces of tape with snap buckles, which feed through the loops and around the deck lines. I drilled holes in the handle and tied long cord loops **through these and also onto stainless steel karabiners**. These click onto the decklines further back towards the cockpit rim. I found it very difficult to pop the latches in a hurry, especially with cold fingers and thumbs so I drilled two more holes through the latches and tied small grab cord loops onto these as well.

You soon get used to the 'unsteady/top-heavy' weight and adjust your paddle stroke accordingly.

I like to use a Q-Kayak sail (sorry for the swear word, Paul) when conditions permit but I have to be very careful with the lines as they could potentially rip off my closed cell foam lid!

While in Doubtful Sound there were wonderful gloomy, moody, rainy times out on the water. But there was also a sloppy chop which knowing my bad luck, would have slopped straight into my open drybox. I didn't have the extra drybag in the box at the time. So those potential scenes are only memories. A compact camera would have struggled to cope with the lighting.

On overseas trips I do not take a laptop. I have a Colospace UDMA 2 hard drive which also has a Compact Flash, and an SD card slot. You can

Belinda Mulvany with an earlier deck camera box on Okarito Lagoon



Colospace hard drive which Belinda uses for back-up, to store photos when her cards run out. It is also a card reader. It just fits into this drybox. The pen shows how big it is.

buy them (via the USA) at differing storage capacity. I can download the cards straight onto the hard drive, as a back-up or when the cards run out. It has a poor resolution screen and somewhat crude interface, but I do not edit my photos using this device. I wait until I get home. (I carry the Colospace in a drybox).

Greenland:

Belinda and Stanley Mulvany are currently paddling in SW Greenland. Before leaving Belinda advised:

I have decided to invest in a waterproof sport housing which is for surface use, rather than diving. I am taking it to Greenland where the theory is to have the camera always at the ready - ready to use. Unfortunately it does not appear to have an option to turn the camera on and off whilst inside the housing! I was hoping to just put my camera in the housing and leave it there. But I am going to have to continually pull it in and out to turn it on and off at the start and end of the day. GRRR!!!

Belinda (and Tara's) Photo Website:
<http://lightbeamphotography.photoshelter.com/gallery>

Overseas Reports

West Island Bits 07/2015 by David Winkworth

2016 KASK FORUM

I don't think I'm letting the cat out of the bag to say that one of the guest speakers at next year's Anakiwa KASK Forum will be Aussie paddler and film maker Larry Gray.

Larry was a member of the Australian Kayak Expedition to Greenland in 1986. He is also the designer of the iconic Aussie sea kayak the *Pit-tarak*. Larry is an award-winning film-maker and I understand that some of his films will be shown at the Forum.

Larry is an entertaining speaker with many good stories to keep you entertained and amused. So put it in your diary - next year's forum is an event not to be missed! Guaranteed!

Keppel Sea Kayak Symposium

This event – 4 days long this year – is held on North Keppel Island about 15 kms offshore from Yeppoon in early August each year. I attended last year and had such a great time that I'm heading back again this year! Paddle Capricornia is the active and keen group which hosts the event at the Environmental Centre on the island. Tim Morris is the VP and driving force behind the event. He runs the Farnborough Store at Yeppoon - it's a general store which sells just about everything including lots of quality sea kayaks and gear. If you're planning a trip in that area you should definitely call in on Tim for help and advice about his local area. He's a great contact for paddling the Queensland coast.

Winky's Weekend at Mallacoota

A couple of months ago I ran my annual weekend at Mallacoota Lakes for the Victorian Sea Kayak Club and our local 'SCARPPERS' paddling group. Mallacoota is in Victoria just across the border from NSW. It's virtually part of our Nadgee Wilderness and a great paddling venue.

We have a Navigation Challenge Trophy event on the Saturday in which teams of two paddlers have to find checkpoints around the lake system using a supplied topo map and a list of grid references. When they find a checkpoint they have to answer two Australian trivia questions. 15 checkpoints make it a good day on the water!

Saturday night is a catered dinner and the following day we paddle out to Gabo Island offshore right on the Vic-NSW border. This year was a standout as we saw many seals, penguins, Fairy Prions and about 20 humpback whales all around the island. The wind dropped to calm on our return paddle to cap off a great weekend!

If any Kiwis plan on coming over for the weekend next year, we'll even throw in a few NZ trivia questions to give you a chance of taking the trophy home!

Forward Paddling

Over the years, plenty of paddlers have asked me about my thoughts on upgrading their kayak to a faster model. In reply I have often suggested that they look to improving their forward paddling stroke to pick up a bit more speed rather than spending lots of dollars on a new boat.

That's the way it is, isn't it! If you can buy speed then many paddlers will do so.

Problem is that they can swap their 'all round' OK handling, no vices, honest-to-goodness kayak for a specialized piece of equipment that will go fast in a straight line but gets all sullen when asked to turn through the rock gardens or catch a wave to the beach without pearling. Worth thinking about.

So, if this might be you, have a close look at your forward paddling stroke, or get a friend to video you – that's a good idea.

Look to a straight arm catch, torso rotation that has your top hand rotating right across the kayak and blade moving OUT from the boat. Work at



Dave Winkworth and Kristin Nelson at an earlier Anakiwa KASK Forum

it a bit and it will become your natural stroke. We might do a session or two on this at the Forum next year.

Kevlar

Stephanie Kwolek died late last year in the USA aged 90. Who was that you ask?

She was an American chemist and inventor who created the first in a family of synthetic polymers that would later be spun together into Kevlar, which of course is most famously used in bullet-proof vests.

It wasn't long before someone said, "Hey, lets cement these fibres up with polyester resin and make boats with it." The rest, as they say, is history.

We have been paddling Kevlar kayaks for many years haven't we? The fibre is light, has great tensile strength and toughness and works well in a hybrid lay-up for kayak construction.

I must say though that I've 'gone off' the product for kayak manufacture in recent years, preferring instead hybrids of carbon and stitched 'glass' fabrics. Kevlar is relatively expensive, suffers UV degradation over time, difficult to work with and great care needs to be taken to ensure the fabric is wetted out well with resin during lay-up. In addition, it appears not to take up resin anywhere as well as 'glass'. My main concern is that, as with any woven fabric, weaknesses are created by the very weaving of the fabric and the crimps created as the warp fibres run over and un-



Paddle leash in use on a sea kayak.

der the wefts. In impacts, I've seen fractures predictably running along weave axes which concerns me.

Stitched fabrics get around this fracture problem by not being woven, the fibres instead being held together by lines of fine polyester thread. I'll write more about this type of fabric in a future newsletter.

Here's a little story though which illustrates the 'toughness' qualities of Kevlar:

Some time ago I purchased a roll of Kevlar in a stitched fabric form (double bias).

As I do with all my new fabrics, I laid up the Kevlar with some 'glass in a test panel. I then tried to trim the test panel with the usual diamond blade in the angle grinder. Result? Wouldn't cut it. Had to resort to the metal cut-off blade.

Now, that's tough!

Paddle Leashes in Surf?

Is this the most controversial topic in sea kayaking? I think so. I stand on the side of the fence that says paddle leashes are OK in the surf.

The issue is of course potential entanglement with the leash in the event of a capsize.

Over many years I ran commercial sea kayaking trips along our surf coast for school groups. The kids paddled fully loaded double sea kayaks and had to contend with surf entries and exits every day. Leashes

were fixed to all paddles for the duration of all our trips. We didn't ever have an entanglement - and we had lots of capsizes and wet exits.

What we did have though - and our trips were all in the winter months with cold water - were the kayaks coming ashore with the paddles every time. No one had to be sent out to retrieve a floating paddle!

I generally don't use a leash but I think I'm careful in predicting a capsize or an endo and I try to keep my paddle along the kayak for these events to ensure it's not whipped out of my hands. 'Never lost one yet.

Freya Hoffmeister lost her non-leashed paddle in some West Coast surf a few years ago. It can happen.

New Gear

Am I a gear freak? I don't know - but I do like to watch developments in outdoor gear. I also like to go into the shops and stroke the products!

A couple of really nice products are appearing on the shelves about now, that deserve a mention. Check them out sometime:

There is a new *Jetboil* stove coming onto the market in a couple of months. *Jetboil* have been around for 15 years or so and have some great gas canister stove products on the market. I like my *Jetboil* because it all clips together (I can use it in the tent), it's very efficient (bring it to the boil and turn it off and it continues cooking) but the pot is long and deep and it's difficult to set on simmer.

Now *Jetboil* have produced a new model called the MiniMo which addresses these deficiencies - the pot is lower and wider - and it has a new valve to make setting it on simmer much easier. Google them up for a look.

Sea to Summit have a new line of sleeping mats on the market. I did lash out and buy one and ...wow... it's the most comfortable mat I've ever slept on. They are worth checking out.

Things I'd Like to See

Would you like to see some trade displays at future KASK Forums? I would.

They're pretty much standard over here at NSWSKC Rock'n Roll Weekends and VSKC AGM Weekends. They work well too. The displays add a focus to the weekends - people naturally congregate around them as members endlessly discuss the pros and cons of products or try on paddling gear. The Victorian club doesn't charge for vendor displays except that vendors donate the odd prize for raffles etc. The NSWSKC have taken it further and charge vendors for space at the event. 'Expedition Kayaks' usually sponsor the whole weekend and get naming rights for the event.

It doesn't have to go that far of course - the fact that a vendor is there implies no club endorsement of the products on sale. I just think it's nice to see what products are on offer out there without me having to trawl the outdoor shops.

Commercial Sea Kayaking Businesses and Operators

Should they be brought into the KASK fold? I think they should.

They fit right into Points One and Two of the KASK Objectives - namely, promoting and encouraging the sport of sea kayaking and promoting safety standards.

I would like to see them all receive (free) the same PDF copy of the newsletter that I receive. I print mine out in two secs on the printer, pop in a few staples and I have a coffee table edition to read for the next two months. It costs KASK nothing to do this. What a nice free service that would be for businesses doing it tough out there! They're helping us. Can we help them?

Enjoy your paddling as the days lengthen! Roll on to Spring!

Dave Winkworth

Overseas Reports

The Sacred Ratio By Vincent Weafer

Well everyone's sacred ratio is different but my sacred ratio for kayaking is paddling time (bum in kayak seat actually paddling/sailing/surfing/rolling) versus **all** the other logistical stuff to get you there.

I estimate my paddling/logistics ratio is currently at (perhaps optimistic) 2:1.

What's yours?

I'm not putting a stopwatch with a time and motion study on everything I do which is related to kayaking, **but** the more efficiently we do the logistics, the more time we have to paddle - or other fun stuff like watching your kid's soccer games.

The logistical stuff is huge and all encompassing.

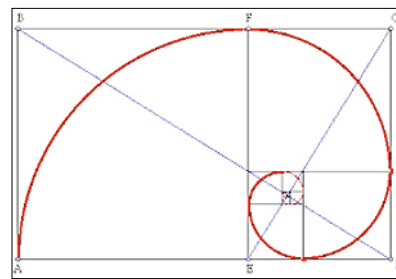
It includes checking and packing all the gear, checking and loading the boat, consulting weather and possibly maps (GPS), liaising with paddling partners, driving to paddling destination (avoiding peak hour), unloading boat, dressing in paddling gear, boat adjustments (hatches, rig-

ging etc), packing stuff like food, water, electronica (don't forget the spare batteries) into the boat or PFD, carrying it all to the water, skirt and paddle leash on - paddling time - ah-hhh (how sweet it is) - and do it all in reverse at the end of the paddle - do we need a debrief? Don't forget the freshwater rinse and hanging up gear, storing the kayak - and the muesli bar wrappers in the day hatch.

Should the logistical stuff include researching, discussing, trying out gear, deciding on techniques? How about trialling different paddling gear and boats, purchasing (and possibly re-selling further down the track)? Should it include outfitting, repairing and maintaining gear and boats? Or is this fun? Would you be doing it, if you had no intention to paddle? I haven't yet met a non-paddler obsessed by kayaks/paddling gear/gadgets yet, but I'm sure they are out there in the wild somewhere.

At the very great risk of being accused of teaching paddling grannies to suck eggs.

We can extend the paddling time part of the sacred ratio easily by going on more frequent, longer paddles; paddling around one more headland, catching one more wave, doing an extra circuit, etc.



The Sacred Ratio

How can we reduce the logistics part of the sacred ratio?

We all sub-consciously become more efficient in the logistics - it may be hard to remember yourself as a beginning paddler, but try surreptitiously observing how long it takes a newbie to get his/her kayak on water with bum in seat.

If we consciously think about each little step and how we could delete/modify it to save time - even a few seconds multiplied it by the number of future paddles can accumulate to be a considerable time saving.

Here are some of the logistical steps I have changed over the years in no particular order. I'm **not saying** this will be right for you, but perhaps it will stimulate a small time saving of your own.

Vincent with a superb Go Pro photo - just one more wave





All gear drying in the one spot

1. Get in the habit of paddling at least once a week – the logistical steps become automatic, gear doesn't quietly rot in storage, you are less likely to be caught out with the wrong gear with the change in seasons, and no instances of, "Now where did I put that paddle?"

2. Have all your kayak gear in one place – I hang up all my wet paddling gear (including booties hanging in cable tie loops) in the one and same place, and pack the dry gear into the one and same box. Paddling gear should only be used for paddling – a paddling friend once turned up with his wife's (too small) booties.

3. Storing the kayak – I used to hang up my kayak on pulleys - it was an engineering wonder of the world - but also very time consuming. Now my kayak rests on old cushions on its gunwale – it's plastic (the gunwale and also the rest of the kayak). That



deafening 'riffing' sound is multitudes of carbon/fibreglass kayakers simultaneously turning onto the next page. My hatch covers and paddle, all lie on top of the kayak and my sail hangs nearby so I don't forget them.

4. Transporting the kayak – in the past I used a trailer but 'lost' too much time hitching and unhitching the trailer. Now I use roof racks with kayak cradles and 'just the right length' webbing straps staying on top of the old Corolla (with or without kayak) – there is a 'hit' from UV degradation but it saves a lot of time. I wash down the car, straps and cradles when I'm washing down my boat and rinsing the gear.

5. Combining trips – my son is very understanding when I drive him to soccer with my kayak on top of the

Well maybe just one more wave car. I tell him I may be a little late for his pick up after the game - how many kids' soccer games must a kayaking parent endure?

I can see the egg sucking-granny vultures circling – might just squeeze in another quick paddle!

blog

<http://vincentkayak.blogspot.com.au/2015/07/sunrise-with-surfers.html>

videos

<https://vimeo.com/vincentkayak/sunrise-with-surfers>

(best downloaded first for glitch-free play back)

<http://vincentkayak.blogspot.com.au/2015/07/playing-with-waves-whales-and-water-and.html>



What Camera Kit Does Vincent Weafer Use?

I use a GoPro 4 Hero Black. (GP4HB). I have in the past used a GoPro 2 which abandoned ship, after it discovered it wasn't tethered (gremlins hiding in the kayak) and a GoPro 3 which mysteriously stopped working, after the same gremlins left a anti-fog insert in the rubber seal of the water proof door. Videoing with gremlins can be an expensive habit.

I take a lot of footage and try to chuck out lots of uninteresting clips. The GP4HB does seem to have better video footage in darker conditions than its predecessors. This is an advantage when your camera, hopefully attached, goes underwater. Clear water and a strong light also helps. I also use Kayalu mounts which allows me to get a variety of angles – sometimes the more interesting shots are those obtained accidentally when the mount is slewed due to wave action or a heavy wipeout.

I also film at 1080 x 1920 pixel resolution running at 60 frames per second (fps), which allows me to grab interesting frame stills. I would like to try higher fps rates or higher resolutions but am stopped by the power of my laptop.

I edit my footage on my laptop with a video editing program, Adobe Premiere Pro CS 5.5 which is getting a little dated (but I prefer to the newer releases which you hire for one year and don't own outright).

I enjoy filming and editing because it helps me relive the buzz of recent trips and also hopefully gets other folk out there thinking, 'I might just try that' and grow our sport.

Underwater selfie of Vincent



BOOK REVIEW

Title: *Down the Mississippi with Stinky*

Subtitle: *Two Women, a Canoe and a Kitten*

Author: Dorie Brunner

Published: 2000

Publisher: Prairie Oak Press, Wisconsin USA

Contents: 136pp, 1 map, 9 b&w photo plates

Cover: softcover

Size: 153 x 230 mm

Price: US\$ 15.95

ISBN: 1-879483-69-6

Availability: AbeBooks.com

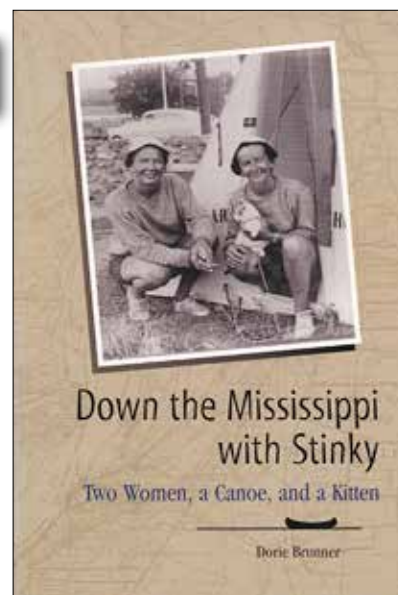
Review: Paul Caffyn

So many of the narrative paddling titles published in the USA in the past 15 years are what I call 'Vanity' print runs. Authors paying for print runs that are top heavy with up to 550 pages of diary style text, whole pages without a paragraph break, very light or totally deficient with maps, clumped together photograph sections (sometimes), cheap paper quality and no bibliography or index.

When buying such narratives via new and second-hand websites, it is not the same as picking up and fondling a book in a bookshop, getting a feel for the ability of the writer to spin a good story, and viewing the illustrations and maps. These websites are a trap for paddling literature bookaphiles such as myself. But occasionally the rural postie delivers a wee treasure of a book.

The title – and subtitle – of this one intrigued me, and what a corker book. It is the story of two teachers, Dorie and Lou, who decide to paddle a Canadian canoe down the 2,300 mile length of the Mississippi River in the North American summer of 1960. For the two lasses, it was choice of teaching jobs in North Africa or the Mississippi paddle – the long paddling trip won out.

The author Dorie Brunner must have been 34 years old when the duo started the paddle. Although neither



Dorie nor Lou Germann kept a dairy, the text is based on Dorie's 40 year old trip memories and some notes penned on map margins. As the author writes in her preface, it was a rescued kitten that provides the 'main driving force' for the book. Not long after launching their red fibreglass canoe from Lake Bemidji, an unusual mournful cry was heard from a mud flat. The women turn back to find a scrawny kitten stuck in the mud, covered with insect bites and perhaps not much longer to live. They called the kitten *Stinky* for where they found him.

This was quite an ambitious challenge back in 1960, especially for two young women. There is not a lot of background, up till when they started the paddle, aside from brief mention of prior paddle training in Canada, seeking sponsorship for a canoe and kit, and research for maps and background information on the river. Aware of the nasty affects of encounters with poison ivy, both women took a pill for three months prior to gain immunity from the 'miserable poisonous plant'. And it worked.

Encounters with river bank dwellers and boaties are described. From a little newspaper publicity on the way, most folk were aware of the trip but were most interested in meeting and hearing stories about Stinky. It was not all smooth paddling; a night encounter with a rabies-ridden skunk,

and two occasions when the women had to bring out their hand guns for protection from male 'river rats'. A warning shot fired in the second encounter, sent two rats scurrying for their dinghy.

In the lower part of the river, they were nailed on several occasion by very powerful and swift moving tornados, having to dig themselves, Stinky, the canoe and paddles from under layers of river sand - frightening encounters.

Dorie and Lou (and Stinky) made quite a team, with only one minor disagreement when tempers frayed and Dorie hurled the chart book into the river. Fortunately the book floated and was quickly recovered. The women had a terrible night with Stinky missing from the tent, but made up by recalling stories of their 'Canoe Commander'.

They get almost royal treatment when they finish at New Orleans, and even Stinky gets to stay in the hotel's baggage room.

Nine black and white photo plates bring the story to life; the single map show the states, the major cities and major tributaries. A nice cover design also, a photo of the two women with Stinky, with a background 'watermark' of a river map.

An 'Afterword' provides advice for anyone considering paddling 'The Father of Waters'.

BOOK NEWS

Lynette Ramsay Silver has written a third book on the WW2 foldboat raids on shipping in Japanese occupied Singapore harbour. Titled *Deadly Secrets - The Singapore Raids 1942 - 45*, this well illustrated 464 page book is the most comprehensive to date on Operations *Jaywick* and *Rimau*.

Canadian Canoe author John Jennings has a superbly illustrated book (2012) titled *Bark Canoes - The Art and Obsession of Tappan Adney*. Tappan Adney was co-author of the classic *Bark Canoes and Skin Boats of North America* (1983).

BOOK REVIEW

Title: *The Emerald Mile*

Subtitle: *The Epic Story of the Faster Ride in History Through the Heart of the Grand Canyon*

Author: Kevin Fedarko

Published: 2013

Publisher: Scribner Book Co.

Website: Scribner Book Company

Contents: 413 pp

Cover: both soft & hardcover

Size: 23.11 x 15.24 x 4.06 cms

Price: NZ\$39.50 HB, \$24.95 s/b

ISBN: 978-1-4391-5986-6

Availability: Fishpond, TheNile

Review: John Gumbley

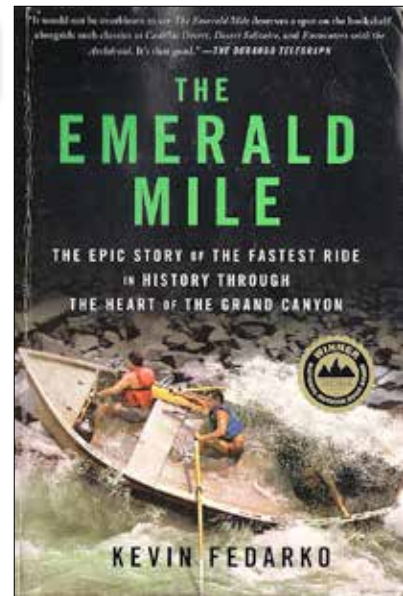
This is a great read and was chosen as the best adventure book of 2013 by several outdoors magazines.

In the winter of 1983 a large El Nino event resulted in massive snowmelt runoff racing down the Colorado river toward the massive Glen Canyon dam which is located at the head of the iconic Grand Canyon.

As engineers struggled to avoid one of the most dramatic dam failures in history, they began releasing massive amounts of water that caused a maelstrom so powerful that the river became a disaster zone for the many craft that privately and commercially raft the river - from traditional dories and kayaks to large commercial inflatable rafts.

The book describes this iconic landscape and briefly describes the landforms, geology and natural history. Indian and European history is also described, in particular the huge debate about whether dams should be built on this huge unique river system. The history and characters associated with rafting is particularly fascinating from the early explorers - Major John Wesley Powell first surveyed the river in 1869, to modern-day adventurers.

In the midst of the crises rapidly evolving with massive winter 1983 flow, a trio of river guides secretly launched a hand-built wooden dory named *Emerald Mile* into the



Colorado at night. The conditions on this 277 river mile adventure, negotiating nearly 200 rapids, was considered suicidal. The trip leader, Kenton Grue, planned, if all went well, to hurl himself and his two companions through the rapids in the heart of the Grand Canyon in the fastest time.

I started reading this book before going down the river in May this year and could not put the book down on my return. Regardless of having the privilege of experiencing this mighty place, this book is a fascinating and thrilling read. Its flowing prose during the *Emerald Mile's* epic run is spot on. Thirty six hours, 38 minutes, and 29 seconds - what a race.

My only gripe, check this out on page 64:

It may not be much of an overstatement to say that, along with splitting the atom and sending the Voyager spacecraft beyond the solar system, Hoover (dam) is the most remarkable thing this country has ever pulled off.

Mind you seeing those images of Pluto from *New Horizons*, the United States can be forgiven just this once.

HUMOUR

Good Night Kiss

One night a young bloke takes his girlfriend home. As they are about to kiss each other goodnight at the front door, he starts feeling a little horny. With an air of confidence, he leans with his hand against the wall and smiling, he says to her, "Honey, would you have sex with me?"

Horried, she replies, "Are you mad? My parents will see us!"

"Oh come on! Who's going to see us at this hour?" he asks, grinning at her.

"No, please. Can you imagine if we get caught?"

"Oh come on! There's nobody around, they're all sleeping!"

"No way. It's just too risky!"

"Oh please, please, I love you so much!"

"No, no, and no. I love you too, but I just can't!"

"Oh yes you can. Please?"

"No, no. I just can't."

"I'm begging you..."

Out of the blue, the light on the stairs goes on, and the girl's older sister shows up in her pyjamas, hair dishevelled, and in a sleepy voice, she says, "Dad says to go ahead and have sex with him, or I can do it. Or if need be, mom says she can come down herself and do it. But for God's sake, tell him to take his hand off the intercom!"

Duck Hunting in Aussie

Curly went hunting one day up in The Northern Territory. And bagged three ducks. He put them in the back of his Ute and was about to drive home when he was confronted by a surly Territory game warden who didn't like smart alics. The warden ordered Curly to show his hunting license, so Curly pulled out a valid Northern Territory license. The game warden looked at the license, then reached over and picked up one of the ducks, sniffed its bum and said, "This duck ain't from The Territory. This is a Queensland duck. You got a Queensland huntin' license?" Curly reached into his wallet and produced a Queensland license.

The game warden looked at it, then reached over and grabbed the second duck, sniffed its bum, and said, "This ain't a Queensland duck. This duck's from West Australia. You got a West Australian license?"

Curly reached into his wallet and produced a West Australian hunting license.

The warden then reached over and picked up the third duck, sniffed its bum, and said, "This ain't a Western Australian duck. This duck's from South Australia. You got a South Australian huntin' license?" Again Curly reached into his wallet and brought out a South Australian license.

The game warden was extremely frustrated at this point, and he yelled at Curly, "Just where the hell are you from?"

Curly smiled turned around, bent over, dropped his pants, and said, "You tell me, you're the expert!"

Invoice Help

The owner of a golf course in the Bay of Islands was confused about paying an invoice, so he decided to ask his secretary for some mathematical help. He called her into his office and said, "You graduated from the University of Auckland and I need some help. If I was to give you \$20,000, minus 14%, how much would you take off?"

The secretary thought a moment, and then replied, "Everything but my earrings."

Subject: Lady Dentist

A guy with an aching tooth rushes to the closest dental surgery to have the tooth extracted.

The female dentist pulls out a large syringe to give him an anaesthetic shot.

"No way! No needle! I hate needles!" the guy hollers.

So she starts to hook up the nitrous oxide tank.

But the guy again cuts in, "Forget it! Not that gas thing! Just the thought of a mask on my face suffocates me!"

So, the female dentist gives him two little blue pills and, after he quickly swallows them, he asks, "What kind of pills did you give me?"

"Viagra," she replies.

"Well, I'll be darned," he says, "I didn't know Viagra worked as a pain killer, too."

"It doesn't," the dentist replies, "but it will give you something to hold on to as I pull your tooth out."

Forgetful Actor

There was once an Irish actor who did Shakespearean plays, but he had aged and could no longer remember his lines! After many years, he finds himself in the Globe Theatre in London, where they were prepared to give him a chance to shine again.

The director says, "This is a most important part, and it has only one line. You walk on to the stage carrying a rose. You hold the rose to your nose with just one finger and thumb, sniff the rose deeply and then say the line, 'Ah, the sweet aroma of my mistress.'"

The Irish actor is thrilled. All day long before the play he was practicing his line over and over again.

Finally, the time came.

The curtain went up, the actor walked onto the stage, and using just one finger, as directed, he delivered the line, "Ah, the sweet aroma of my mistress."

The theatre erupted, the audience was screaming with laughter and the director was steaming! "You bloody fool!" he cried, "You have ruined me!"

The Irish actor was bewildered, "What happened, did I forget my line?"

"No!" screamed the director. "You forgot the bloody rose!"

Making Friends Outside of Facebook

Presently, I am trying to make friends outside of Facebook by applying the same principles. Every day, I go down the street and tell passers-by what I have eaten, how I feel, what I have done the night before and what I will do after.

I give them pictures of my wife, my daughter, my dog and me gardening and spending time in my pool. I also listen to their conversations and I tell them I love them. And it works! I already have three people following me; two police officers and a psychiatrist.

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 to:

**Paul Caffyn,
1843C Coast Rd,
RD 1, Runanga 7873, West Coast
Ph: 03 731 1806
Email: kayakpc@xtra.co.nz**

KASK Annual Subscription

\$35 single membership.
\$40 family membership.
\$35 overseas (PDF email newsletter)
A subscription form can be downloaded from the KASK website. Cheques should be made out to: Kiwi Association Sea Kayakers & mailed to:

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

Payment can be made by direct credit (preferred) to:
03 1706 0010205 00
with your name and/or KASK membership number for reference.

Correspondence - Queries and Change of Address to:

**Karen Grant, KASK Administrator
PO Box 23, Runanga 7841
West Coast
or email Karen at:
admin@kask.org.nz**

4th Ed. KASK HANDBOOK

NOW OUT OF PRINT

A 5th edition of the KASK Handbook is planned. It is a mammoth compilation on all aspects of sea kayaking in New Zealand, by many of the most experienced paddlers in the Universe.

SEA KAYAKING NETWORK ADDRESSES

NORTH ISLAND

NORTHLAND Canoe Club
PO Box 755, Whangarei
Barbara Leslie, 17 Dolly Lane,
RD2, Kaiwaka, 0573, Northland
Ph: (09) 945 0935
email: mintmum@hotmail.com

AUCKLAND Canoe Club
PO Box 9271,
Newmarket, Auckland
email: secretary@aucklandcanoeclub.org.nz

HAURAKI Kayak Group
PO Box 46-146, Herne Bay, Auckland
email: kayak@hkg.org.nz
www.hkg.org.nz

WAIKATO KASK Contact
Evan Pugh, RD2, Putaruru 3482
email: evanlindap@gmail.com
Ph: 07 883 6898
www.sportsground.co.nz/bayseakayak

RUAHINE Whitewater Club
c/o Melanie Grant, 5 Waitapere Court,
Ashhurst, 4810.
P: (06) 326 8667.

BAY OF PLENTY - KASK Contact
Iona Bailey, Tauranga
Ph: 07 576 1492
email: bailhut@kinect.co.nz

BASK Bay Assn. of Sea Kayakers
Bevan Grant
bevanandbern@kinect.co.nz
Ph: (07) 576 8885
www.sportsground.co.nz/bayseakayak

ROTORUA Kayak Club
7 Mahana Place, Rotorua
Ph: 027 292 3138
email: Woolhouse.Clark@xtra.co.nz

GISBORNE Sea Kayakers Club
John Humphris, 3 Matthews Rd, Gisborne
Ph: 06 868 4657
email: thetrolls@xtra.co.nz

WELLINGTON Sea Kayak Network
John Andrews
(04) 472 8281 (021) 454 096
john.andrews@forsythbarr.co.nz
www.wskn.wellington.net.nz

SOUTH ISLAND MARLBOROUGH

Martyn Smith
Ph: 03 577 6256
email: blueskua@hotmail.com

NELSON Canoe Club
www.nelsonkayakers.co.nz
PO Box 793, Nelson 7040
Diane Winter
Ph: (03) 548 2026
dwinter@xtra.co.nz

CANTERBURY Sea Kayak Network
Andy & Deirdre Sheppard
53 Kent Lodge Ave,
Avonhead, Christchurch 8004
Ph: 03 342 7929
email: d_sheppard@clear.net.nz
www.sportsground.co.nz/canterburyseakayak

OTAGO Canoe and Kayak Club
Lesley Pijpker
email: lesley.pijpker@gmail.com
Ph: 027 7270811

SOUTHLAND Sea Kayak Network
Stan Mulvany
03 215 7263
email: eiger@xtra.co.nz
www.sskn.uniformnz.com

YAKITY YAK Clubs
www.canoeandkayak.co.nz
ph: (09) 476 7066

NZOIA Outdoor Instructors Assn
www.nzoia.org.nz

Coastguard Boating Education
P: (0800) 40 80 90 (09) 361 4700
E: info@boatingeducation.org.nz
W: www.boatingeducation.org.nz

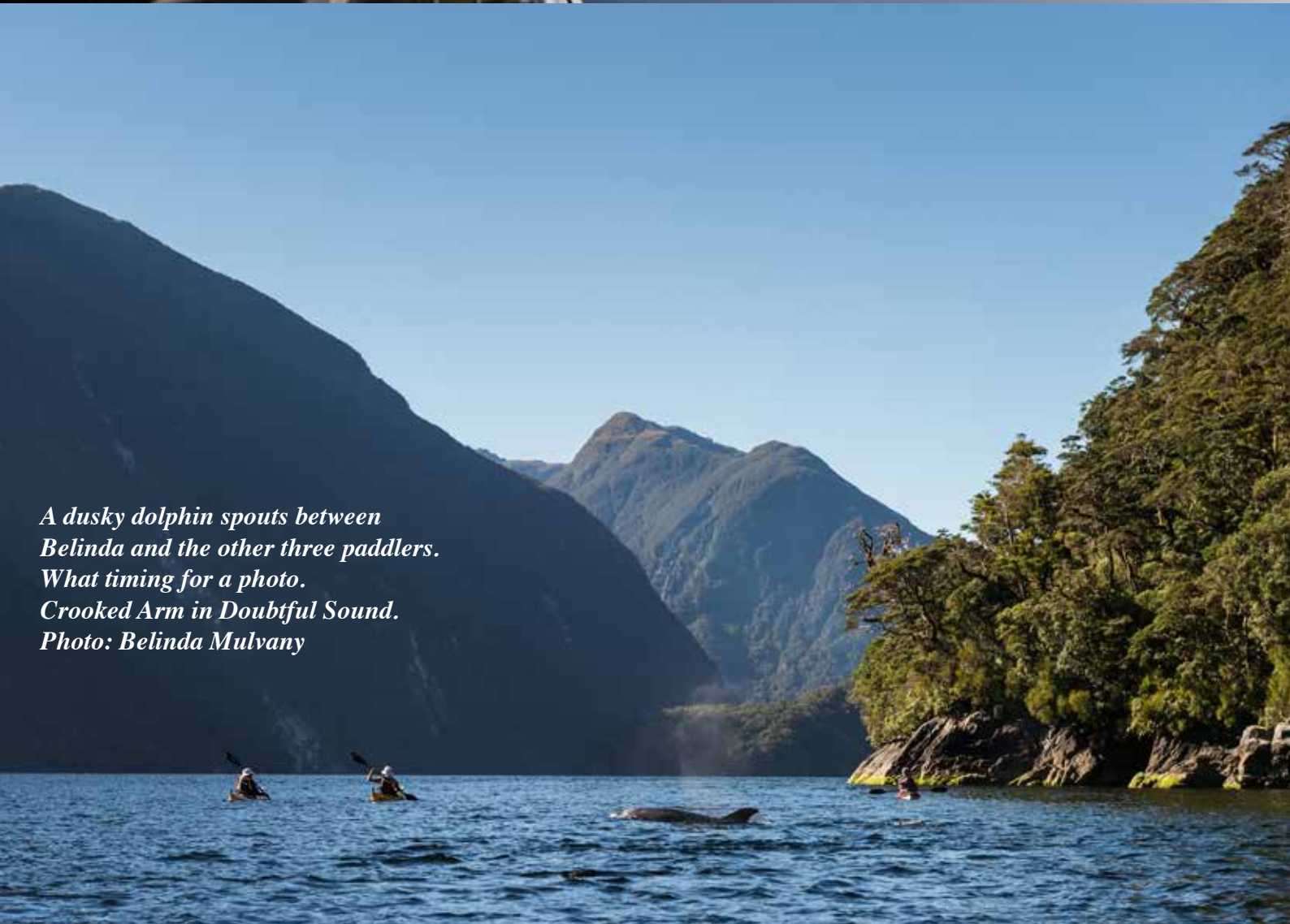
New Zealand Search & Rescue
www.nzsar.org.nz
www.adventuresmart.org.nz
www.beacons.org.nz

Maritime New Zealand
www.maritime.govt.nz

**KASK Website
Kask.org.nz**

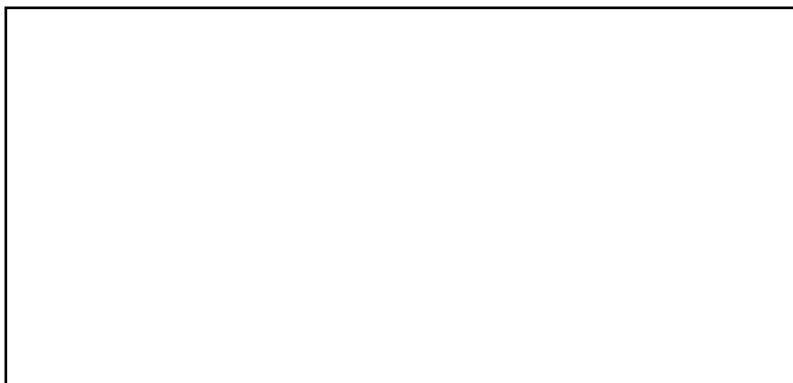


*A rare exceptionally still morning
in Doubtful Sound.
Photo: Belinda Mulvany*



*A dusky dolphin spouts between
Belinda and the other three paddlers.
What timing for a photo.
Crooked Arm in Doubtful Sound.
Photo: Belinda Mulvany*

MAILED TO



**If undelivered, please return to:
KASK, PO Box 23, Runanga, West Coast 7841**

2016 KASK NATIONAL SEA KAYAK FORUM

26 - 27 February 2016

Anakiwa Cobham Outward Bound School

Queen Charlotte Sound.

Registration form in the next KASK magazine



KASK MEMBERSHIP POLICY

Current membership fees are:

- \$35 for ordinary membership
- for new members \$35
- \$40 for family or joint membership
- \$35 for overseas membership (PDF newsletter only);
- the KASK memberships 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

