

sea trek

Against the elements...

Bass Strait crossing

Paddling with the Master...

Murray 200 Marathon

West by South West Tassie...

Strahan to Cockle Creek

AGM details

...the best ever

Good practice for next time...

Maatsuyker Island

"Paddledise"...

Marlborough Sounds NZ

Paddle Dates

and lots more



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****DEADLINE
FOR
NEXT ISSUE
EARLY - SEPT**

My turn...

Issue number three of the new-look mag and so far so good. I hope you all enjoy reading/looking at it as much as I enjoy putting it together.

Problem is though, (just a moment... I have to get my soap-box out) most of the articles and photos come from a small group of dedicated contributors. This mag would be nothing without your contributions - just lots of blank pages...

A more diverse range of contributors will make the Mag more interesting and informative, as well as take some pressure off the 'regulars'. Anything really. Sick jokes. Your experiences/comments/views on a particular product. Photos - lots of photos. Letters to the editor. Your favourite paddle venue, etc...(eMail: rogeringram_au@yahoo.com.au).

Don't go away, I haven't finished yet.

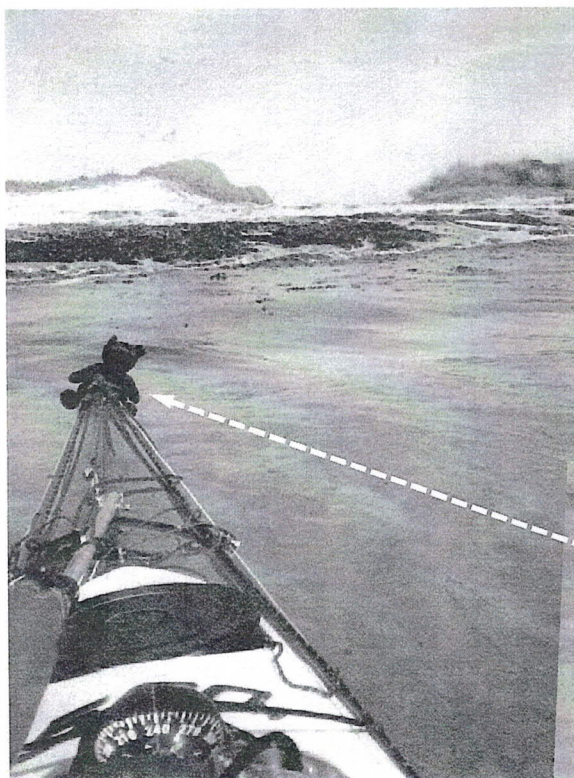
We were totally underwhelmed by the response to the embroidered-thermal-special-offer that was included in the last issue. Carn guys, they're top quality and they look really classy. I could say "put your money where your Club is", but it's reeks of emotional blackmail, so I won't.

However, in order to redeem yourselves, the order-form has been included AGAIN herein.

This issue has lots of great reading and some fabulous photos - thanks to all contributors. It looks like this year's AGM will be a great time - p16. Hayley has written, in her own unique style, a veritable tome on her perspective of the Bass Strait crossing - and it's a great read.

There will be another issue in the month before the AGM, so I look forward to your many contributions...

happy reading... editor-in-training



COVER PHOTO: Tina, Julian, Greg and Hayley, mid-Bass Strait in March this year.

Congratulations... a triumph of courage, stamina, endurance and meticulous planning.

Read Hayleys perspective of the trip on page 6.

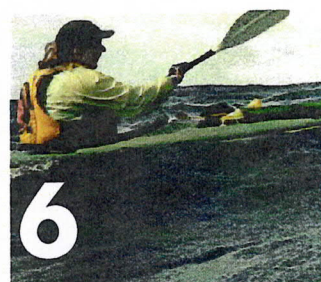
LEFT: Landfall Tassie!
Greg's teddy saw to that!



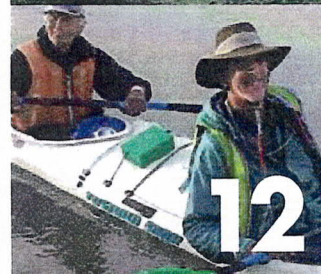
seatrek

Official newsletter of the Victorian Sea Kayak Club

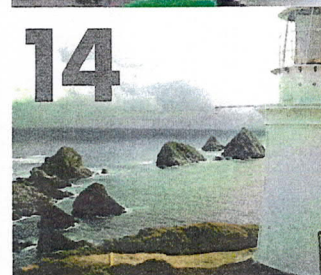
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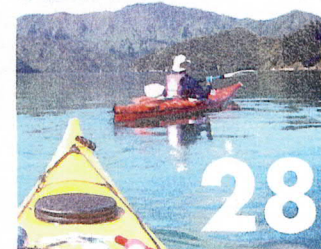
12



14



25



28



Congratulations... Peter@Costello.com.au
*Peter wrestled, coerced and organised
 into existence our fabulous new web site...*
www.vskc.org.au



www.vskc.org.au

Hello Cyber Paddlers.

What *am* I on about? (I wish I knew).

You know how it is to feel mentally drained after a hard day at the office. All you want to do is get on the water for a bit of therapy, get away from the rat-race. I am a carpenter who struggles at the computer. Friends say, "educate yourself, catch up with the modern world". All I want to do is go paddling, I think they're the ones who need to catch up with us.

So the electronic age has caught up with the VSKC and made it possible for that to happen.

With the launch of our own web site, **www.vskc.org.au**, hopefully it will take some of the pressure off the Committee Members so they can spend less time in the office (and more time on the water).

A lot has happened in the VSKC in six months, new mag - "onya Rog", more proficient paddlers taking trips and now a website with full credit being given to Pete Costello. Pete has made a magnificent recovery from ill health and it is great to have him as a driving member again.

So, have you been paddling? Make sure you have appropriate gear, the ocean temp is about 12 degrees at the moment and dropping. Our brothers in the northern states have the pleasure of warmer water around 18 degrees.

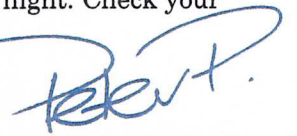
No aching cold headaches after rolling for those guys.

Sea Proficiency. We had five successful members do the assessment in May and are now proficient to VSKC standards. Another assessment is in July. If you would like to do the course, ring me and book in for the next intake.

A.G.M. The dates for the AGM are the 8th and 9th of November. A new format has been introduced giving you a choice of partaking in various classes or doing the usual paddle trip to Rhyll and back.

The annual meeting will be in the afternoon from 16.00hrs to 18.00 hrs leaving the evening free for a seminar on expedition preparation followed by slide shows and videos into the night. Check your Sea Trek for full details.

See you on the water...



"Thanks"

A special thanks to **Canoes Plus, Electric Water and Outsports**, who have generously donated products for the "Bluey Day Paddle", held on 19th July. The Products were raffled on the day to raise funds for the Royal Childrens Hospital. Many thanks again. *Ian Jones*

(These retailers are supporting the VSKC, I think it's only fair we support them - Ed)

the Treasurers amble...

100% personal, genuine Guru.

There are rare and precious moments in life, when someone does or says something that may alter your thinking, or even your whole way of life.

My own personal guru is a gentleman called Ross Chenoweth. When I was twelve he put a paddle in my hand pointed me at a boat and said have a go.

Of course there was a lot more to his encouragement, he turned up with boats and took us the length and breadth of Australia, to attend races. I was one of probably hundreds of people he had introduced to canoeing. He was passionate and principled he had a deep belief of the true amateur values of sport and fought fiercely to maintain those values. He served and represented the sport of canoeing at all levels, he ran the canoeing events at the Melbourne 1956 Olympics, established one of the biggest and most successful racing clubs in the world. He held numerous official positions including president of what is now Australian Canoeing. He also established the beginnings of the Red Cross Murray Marathon. His story is a book in itself.

Bill Robertson a fully certified Guru himself, has discovered his own personal guru in the form of Ted Jackson [see the article in this edition].

As usual with this column, if you have got this far you are wondering how I am going to link this Sea kayaking. The VSKC has its share of gurus, there are many people that have been involved with this club before my time, that contributed to what the club is today. There are also many people currently involved, imparting their inscrutable guru-like knowledge and skills.

People who are running rolling nights, skills days , proficiency courses and producing magazines and web sites .

Canadian Bay Sunday paddles have been well attended with many skilled paddlers turning up and helping the newer members. The dynamics are pleasing with new members being encouraged and then closely monitored. If someone comes out of a boat they are swooped upon quickly and put back in their boat. There is no truth in the rumour going around, that some of our keener skills-practitioners are luring members into potential capsize situations just so they can practice their rescues skills.

Personally, now I have many paddling gurus, everyone that paddles with me contributes to my knowledge and skills. If you are involved in the club you will be sharing this experience and if you aren't maybe you should come along and find enlightenment.

See you on the briny Mark Heggie.

BELOW: Mark in his shiny new Nadgee, heading off into the wild (mild) blue yonder from Tidal River recently.



Port Welshpool to Hobart

March 2003

Story - Hayley Shields, photos - Greg Murray

BELOW LEFT TO RIGHT:

Greg Murray	- Mirage
Tina Smith	- Raider
Julian Smith	- Mirage
Hayley Shields	- Pittarak

I started marathon paddling at school in '97 and got hooked. From the outset, self-propelled expeditions and the ocean's horizon appealed to me, in particular the Bass Strait and the

Greg Murray and I had been planning and training for the last six or so months for a return crossing of Bass Strait in March 2003. Tina and Julian had done Norman Bay to Little Mussleroe in February 2000 and spent 2.5 days on the Matthew Flinders getting back, concluding a long paddle was better than the ride on the flat bottomed stock boat.

I had been getting back into marathon paddling and concentrating on sea skills, but a broken pelvis in November put a bit of a dent in the training and I only bought my boat at the end of January. I wasn't feeling super fit and was stressing out getting gear, supplies and myself ready. We were due to leave on March 1st and the others had four weeks off work to play with.

Between us we had 2 GPS's, a Sideband radio, 27 meg, flares and strobes, we all had epirbs, compasses, sails and the standard emergency, spare and repair gear. We all carried about 12 - 14 litres of water, with muesli and nut bars, scroggin sort of stuff, rice and millet, dehydrated veges, oats and a few odds and ends; about 3 weeks worth of food, give or take depending how you rationed it, as well as two Trangias and 2 MSR stoves. I have a non-waterproof bivvy plus a tarp.

Julian was in a Mirage 580, Tina her Raider - same as on their last trip, Greg a Mirage 530 and myself a Pittarak Expedition, a lovely gumleaf green colour that camouflages perfectly in the water.

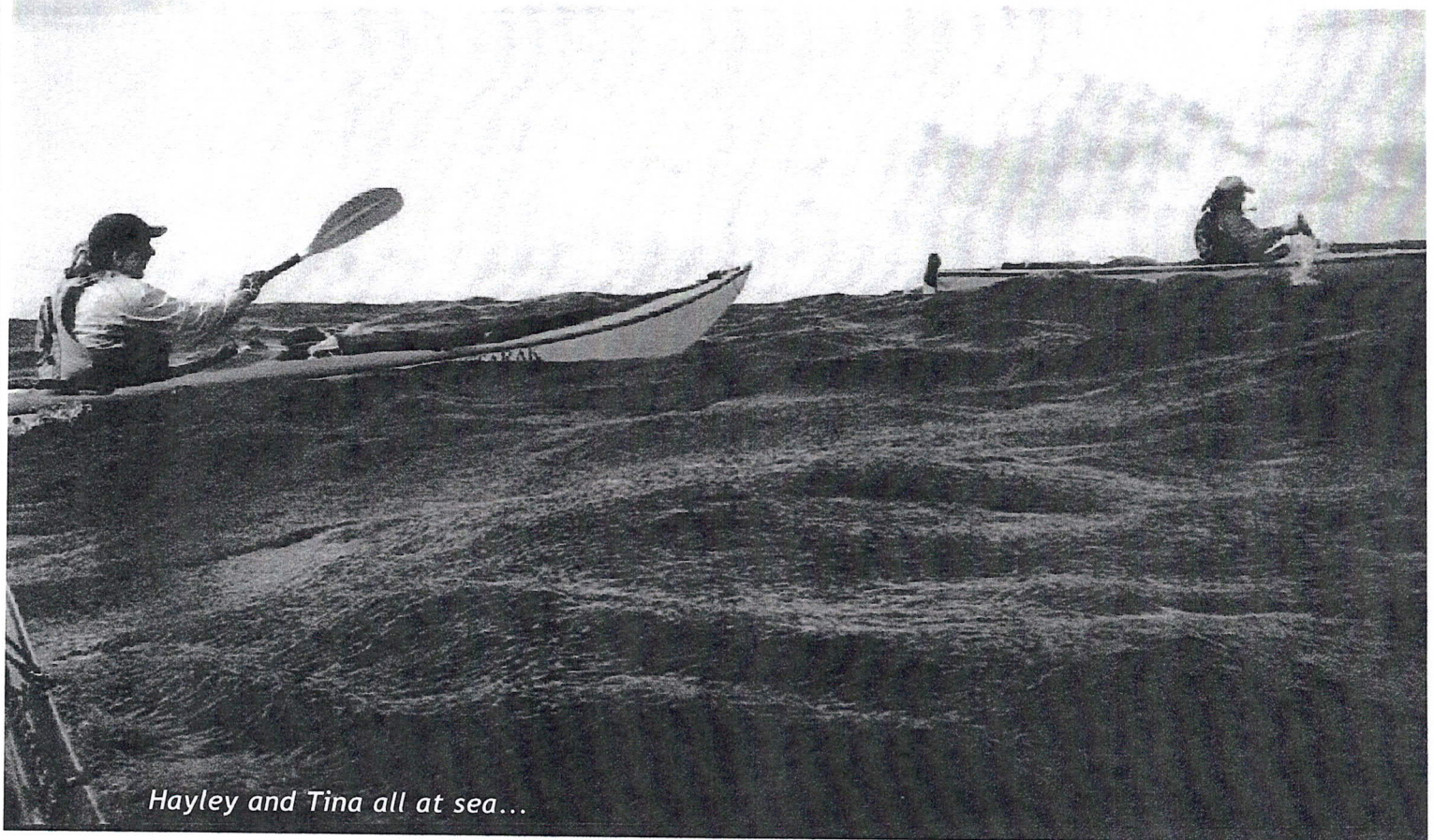
4th March: Bad weather didn't let us leave Melbourne until Tuesday the 4th. At Pt Welshpool we were on the water at 3pm heading for Johnnie Souey Cove. Bit of SW wind notably in face. Got a brief sail in with the new mast; had just added about a foot to it so it was out of the way and I could paddle properly, also hoon along better, but a gust or high wind'll probably flatten me and I can no longer

reach the boom to pull it down quickly. Starry and dreamy night with march flies not as bad as last visit.

5th March: Up at six, on water at eight. Pass Rabbit Is. and decide against going for Hogan as S-SW forecast to come up and late start left with less time up our sleeve. Fine all day, headed to Refuge, where there is water, via Sealers. Tina and I walked up-hill towards



notion of cutting big distances powered by paddles. The kayak, like the pushbike, is bloody great technology. I have received a lot of guidance and encouragement from certain people in Patterson Lakes Canoe and Vic. Sea Kayaking Club's over the years, which has given me the opportunity and confidence to further my paddling Tina and Julian Smith,



Hayley and Tina all at sea...

Waterloo to spot Hogan on horizon, about 50 km away. Damn nice Bay with plenty of hikers passing through. Julian had caught a Salmon in a boil, which we poached for tea. Mozzies inhibit the nightly stretch and Brushytails raiding camp and boats.

6th March: Up at five, coffee, oats and salutes to sun, on water 6, just before light. Soon spot Hogan, with pink clouds over it, then it disappears with the sunrise. Fine morning, tiny sort of SE and SW swell with soft NE-E breeze in face. Must be a bit of a stealthy current against us, though it feels like we're moving along alright we're only clocking about 5k/h, as GPS informs us, pull in after 9 hrs on water. Still getting used to boat. Something akin to heartburn or a rock stuck above tummy. See a few ships at distance and Julian spots a Port Jackson shark in wake of a passing smaller ship.

It is a calm landing with smelly yet cute penguins hiding in the rocks, Cape Barren Geese and cows – any spare sq inch of space in Australia, whack on a cow. Walk up to beacon, Can see Kent group big and clear. Julian rings up Peter, there's a front forecast for tomorrow arvo or Saturday, with winds to NE. Plan to head to Deal in am. Fat ratus rats round huts after dark, very unmusical penguins all night. Rain in wee hours but I sleep like a log on comfy grass.

7th March: Up 5ish, Julian unsure about winds so can stuff around, get a weather 7.30. Overcast, messy chop, Albatrosses and Gannets

galore. Settles into E and SW swell, soft SE breeze in face all day. Smoko with a heap of Albatrosses sitting on water. Rock stuck in oesophagus all day, food keeps coming up as I shove it down. Spirolina + Power bar seems to keep me going.

Put sails up for a bit, then hit pass between Erith and Dover to cop flood tide pushing us south. Very spunky granite cliffs in the bay, a good climb perhaps. Have to portage through pass, 'bout 2pm now and not yet high tide. Across Murray Pass to Deal, after Julian tells us about Hovell's seal skin boat attempt to cross the pass after being wrecked on Erith, aborted after sharks started having a nibble.

Swim, cuppa and cake, squiz at museum. Overload of friendly, nay, scabby wallabies helping 'em selves to boats. Set up tarp on jetty, others in house up top. Big Eagle ray at dusk. Wind and rain all night, penguins making racket across water, brushytails raiding, one comes up jetty so I'm warily watching gear. Not paddling tomorrow coz SE to 20kn in arvo forecast and front may be coming through, rest up and explore, Tina's wrists playing up too. Well I can sleep in tomoz, pretty lush evening with crescent moon over Dover - Erith pass.

8th March: 10.30 Others have already headed to lighthouse and I head off after them. Can just spot Flinders outline, behind Wright and some other rock. Back down to herd wallabies out of the compound. Paddle over to Erith (no wallabies here), unload, I leave my

Trip Report

bed on a grassy ledge above rocks, and return to Deal for dinner. Front comes through around 7pm after a fine day, SE 20-30kn with lots of rain; bugger! I didn't set up my bed properly for the wet.

Listen to Lionel's forecast on the big radio.

The pass with combined wind and ebb was wavy and interesting, we land just on dark. Only the head of sleeping bag is wet, not too bad. Weather looks crap for next few days, blows and rains hard all night. Bastard wallabies have chewed hole in my deck bag to get to a grape fruit peel and gnawed the end of my drink valve.

9th March: Crawl out 10ish and go exploring. Doesn't seem to be any tracks around here so find myself on a bit of a bush bash up the peak Nth of the hut, then west across the top, could see a cave in the next rocky bay and just make out the Prom behind the next rise I was heading for. Vegetation getting a bit slappy for shorts and bare feet, and feeling the sun burn



Large ray at Deal Island

so turn back for now. We are spending another night here, so move bed up to a flat spot near the main camping spot. Julian catches 2 salmon. Then sun again before dark brings southerly winds and lighter rain, we play cards

10th March: Wind has dropped a bit and coming from south ways. Back to Deal for a look inside lighthouse. Easterly tries to pin you to the wall up there, hold door open so we aren't locked out. It's a good walk over to Squally Cove, bit of a snorkel and a fish off the rocks. Julian got a big pike and we cooked em on the bbq. Beaut night coming up to quarter moon, with a big fat beam on the water from Erith to me on the jetty. Little blue crabs and

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Bass Strait

sea lice around the steps.

11th March: Off to Winter Cove around the top of Deal. NE winds, pretty chopped up and surf coming into beach. The guys are negative about making for Flinders and there is talk of turning back to the Prom. NE 10-15 kn, possibly 30 later, is forecast for the morrow. Hopefully we'll head out 'bout 5.30 am with the option of turning round if it goes to shit. Yoga and a good nights sleep.

12th March: Well, up at 4.30, no wind but still negative about last night's forecast, so back to bed. Julian gets the 6.30 and 7.20 forecasts for NE 10-15 with calm reports from all the wind stations. It's now 8.00 and Greg reckons it's too late to leave, but Julian is keen now and Tina and I wanna go. Bit of surf gives Tina a roll on the way out and we're all paddling at 9.15, feels good to be on the water and still heading south. Sails up in a NE, turns N with a bit of variance. NE swell and the ebb takes us past Wright, so we do 22 odd km this side of 3 hrs but Greg reckons the girls up the back need a tow and clips Tina on till Craggy Is. Julian clips me on, after 10 mins of slack and jolting and getting paddle caught in the line, I reckon f--k that and get to paddle my pace again. Julian and I get out on the rocks at Craggy, must keep a hold of boats though and swells pushing them on the rocks. Try to eat a bar and throw it back up.

We bear for Killiecrankie, just north of the bay as the tide's pushing us south, GPS has them doing up to 10 km/h under sail. Last 4 or so km really feel the tide, go round the top of Little Is. and get into the beach about



ABOVE: Home sweet home, Preservation Bay.

BELOW LEFT: Hogan Island.

OPPOSITE: Julian and the one that didn't get away.

5.30 - Scoff the day's food down then a cold shower and up to the shop; icecream and coke for dinner.

I'm relieved 'cause we'll make it to Tassie now. The others might paddle to Devonport and I'm thinking of continuing to Hobart, sticking with the fine days. Hmmm! Lots of mozzies and marchies here.

13th March: Up 8.30, on water for low tide near midday. Strong 20 kn SW in face for ages. A bit of fun with swell getting up to 3m around Cape Frankland, then we turn left to cop it from the beam, that's quite annoying and has me zigzagging all over the place. Once past the Roydon Is. we have calm water so Tina and I raft up and sail double for a while, the guys are out front doing 10kmh without having to paddle. Pull into wrong beach, surf free and into the next bay at Emita, steep and tiny dumpers put sand in the boat. Heartburn. Lush scene with pink sky, moon and calmer seas. Walk and chat with four fishermen around a

welcome fire. Should be SW 10-15 with less swell for a Whitemark run tomorrow.

14th March: Woke on beach to a fine windless day. On water 10.30, dawdling along the coast, round settlement point, mazing through the rocks on still brine, clear enough to see the bottom. At Long Point, wind comes up from the E - 15



Bass Strait crossing

maybe 20 kn. Again, made mistake of eating and copped the consequences. Extremely



shallow around corner, well it was low tide, so last 5 or so km had wind on nose and boat kept bottoming out. Strzleckis look impressive. Pulled into Whitemark about 3 near a grassy area.

The infamous Matthew Flinders was anchored waiting for high tide: good spot for the Islands main port. Did the round of shops, supermarket is good, but couldn't get shellite anywhere. Draught and cake at pub, sleep on comfy grass near water to locals walking and driving past; Friday night in Whitemark.

15th March: Cloudy, drizzle and coffee and cake after tofu and mushies for brekky. Left 11.30. 10 kn E-NE sails us to Trousers Point then died off. The guys reckon it's too late to walk up the mountain, but Tina and I headed off and scored a ride to the start. Lush bush, smells good in the wet, ferns, mountain pepper, wet forest, mossy stuff up higher and rocky scramble bits. All in clouds up top with rock pools of rain. Ran back down to get a ride with Dawn, who walks it weekly and runs a gallery

TO BE CONTINUED...

Don't ya hate it when they do that !?? Hayley is obviously a budding Hemingway, and there is way too much to include in one issue of Sea Trek... Normally you'd have to wait to find out what happens to Hayley in the next exciting issue...

But now you can go to the VSKC web site to read how she killed a shark with her bare hands... it's all there on the little screen @

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sea proficiency - why you should do it...

When I first heard about such a course being offered I didn't think I would be good enough to have a go. I couldn't roll reliably, and always seemed to be towards the rear of the group on a paddle feeling like I was working hard to keep up.

It was with encouragement from other club members that I put my name forward to participate in the club's first intake of a 'Proficiency Award'. I thought that at least I could find out what was the standard I would need to attain in the future so I figured it wouldn't be a complete waste of my time.

The intake day was fantastic. With eight eager guinea-pigs, the morning was spent on dry land learning about what is the required standard for a seaworthy kayak, looking at charts & navigation, tides, camping gear & how to pack it, and a host of other good info. After lunch we got on the water, learning new strokes, practiced towing each other and trying rolls and rescues and self-rescues.

The day seemed to unlock many mysteries of the art of sea kayaking and was lots of fun. At the end of it I felt confident 'Proficiency' was an achievable goal.

After this day it was a matter of being self-motivated to practice, attend some rolling nights, network with the others doing the same thing, maintain a log book, update our first aid qualifications and practice, practice, practice. Around six months later finally it all came together in early May when Peter Provis held the first assessment weekend. Five of us attended. Peter chose **XXXXXXXX**, (*I could tell you, but then I'd have to kill you - Ed*) which allowed us to demonstrate our competence in reading charts, tide guides and working out compass bearings for accurate ferry glides, we each lead a leg of the paddle and Peter Treby volunteered his services as 'the clown' (*it comes naturally - Ed*) with sea sickness, falling out of his boat, wandering off and a range of other stupid but realistic scenarios we may have to deal with when leading a group. We camped at **XXXX XXXXX** where we also completed a **XXXXXXXXXXXX**.

Peter kindly allowed us to demonstrate our self-rescue techniques at the end of the second day keeping us dry for most of the

time (the water was chilly).

The next challenge was day in the surf, to demonstrate competency in going in and out, rolling in the surf zone and surf etiquette. Nothing too hard, just some basic skills and a lot of fun. All five of us passed; myself, John Woolard, Roger Tayler, Geoff Brewster and Mark Heggie.

Be assured that if you want to improve your enjoyment and skill in a sea kayak, gaining your Proficiency Certificate is the way to go. It is not difficult, it is very rewarding, great fun and run in a very professional manner by the club. It is not elitist or rocket science and it is well within the reach of anyone willing to put in a bit of practice.

Most of all you gain a great sense of personal satisfaction and will be able to competently lead club trips, which will benefit us all. So get out there and have a go, Peter is having a new intake in the near future.

The class of '03 would like to sincerely thank Peter Provis for all the organising, encouragement, time and effort he voluntarily put into running our course.

Terry Barry.

ABOVE: True or False?: Terry demonstrating his newly discovered surfing skills just off the jetty at Canadian Bay - Ed.



PADDLING WITH THE MASTER

MURRAY 200 MARATHON

Over the three days of the Queens Birthday weekend, I had some of the most enjoyable paddling time of my career, competing in my 11th consecutive Murray 200 marathon in South Australia. It is considered by many to be possibly the most demanding of the major marathons in Australia (Just ask Peter Provis who competed last year). The water is dead, it is cold and often with strong headwinds, there is a portage each day and we start well before dawn each morning. However, the scenery and countryside is fantastic and the friendly nature of the event brings many paddlers from interstate..

I have always competed in my single sea kayak, but this year there was a very special man with whom I had always wanted to paddle with. I searched high and low to find a double sea kayak that I could get my size 15 feet in to. Peter Costello very kindly lent me his Tasman Max, and after a few minor modifications I managed to get the 25 ft craft on the roof of my car and we headed to South Australia, where it was promptly christened the QE3 by the locals. I met up with my

paddling partner Ted Jackson, and as we had never paddled together before, had a short trial paddling on the day before the start and decided that we could make it to the finish.

Before I discuss the race I would like to paint a brief word picture of what the QE3 looked like - up front was me - 59 y/o, 6ft 6in, 87 kg and grandfather. In the back was Ted - just a young bloke (82 y/o), 5ft 6in, 60 kg and great grandfather.

THERE WAS 141 YEARS OF EXPERIENCE SITTING IN THE ONE BOAT!

I thought I have had a reasonable amount of experience in marathons and sea trips over the decades, but I am in the minor league when compared to Ted. We must have looked the odd couple from the shore as Ted has a rapid short stroke, whereas I have a long slow stroke. We tried to synchronise, but eventually found that we could make the boat go well by paddling at our own rates, even though our timing was not perfect.

Ted is a truly remarkable man, and I feel that it was a great honour to be able to paddle with him, and over those 3 days I learnt a



Murray 200 Marathon

great deal about him. I hope that I can convey something about him to the kayaking community at large, because I believe he embodies many of the qualities, which I feel should make us proud to be Australians.

Ted was born in 1921, long before all of us were thought of. His father was an original Anzac and he grew up in the rainforest country around Lamington in Southeast Queensland. He was a bushman from his childhood and tells of how he lived on his own in the bush for weeks at a time when only 12y/o.

He and his father worked horses around the district and in 1937 he was involved in the rescue of the survivors of the Stinson aircraft which crashed in the Lamington Plateau. He tells me of his earliest kayaks, which he made out of corrugated iron!

He joined the Australian Navy soon after the outbreak of war in 1939, and was posted to the Mediterranean in 1941. He was on the destroyer Stuart which was one of the famous "Scrap Iron Flotilla" which was involved in the siege of Tobruk. In his capacity as a gunner, he managed to down several enemy aircraft and somehow managed to survive many attacks from Stukas of the Luftwaffe.

He was involved in several major battles in the Mediterranean and then was in the Persian Gulf where he would go ashore in small boats seeking out German U-Boat supply bases. He was on the destroyer Yarra, and was taken off at Bombay due to a fever and the ship went on to Java in 1942, where it was sunk with only 13 survivors. Many others of his contemporaries died in the sinkings of the Canberra, Perth and Sydney - luck seemed to be on his side. He spent the latter part of the war in the Pacific and was involved in many of the campaigns such as Borneo, Morotai and Okinawa.

In 1945 he returned to civilian life, and his wife Noni and young daughter who he hardly seen during the war years. He became a signwriter specialising in high rise work and took great pride in his ability to rig ropes and cradles on the tallest buildings in Sydney to carry out his work. Ted has never smoked or drunk alcohol and has always kept extremely

fit - he ran many marathons, and since he took up marathon kayaking has managed to log up 22 Murray Marathons, 9 Hawkesbury Classics and 11 Murray 200's. However it is his river journeys, which I believe are some of greatest achievements.

In his 60s he entered the Guinness Book of Records for the longest solo unsupported canoe journey in Australia when he paddled the Murray - Darling from Killarney in Queensland to the mouth of the Murray. When he turned 70 he and his son Norm, went to America and paddled a double sea kayak from the headwaters of the Mississippi in Minnesota, down the full length of the United States to New Orleans. In his 80s he has been across to Europe and paddled hundreds of km on the Danube

During the Murray 200, Ted and I did a lot of talking and the hours and distance just slipped by. He even managed to break his paddle on the second day, and local mythology was that the old bloke just did not know his own strength.

He trains every day and is usually out of bed before dawn for a 15km paddle in his TK1, which he follows up with a 15km walk on the beach in the afternoon. His endurance is remarkable and I have seen men many generations younger than him give up in conditions similar to that we paddled in.

I hope his example will encourage sea kayakers to have a go at some of the river marathons, which are yet another avenue to explore in the rich diversity of our sport. I also believe that Ted's background and his approach to kayaking in his later life should be an inspiration to us all.

Thanks Ted - it was an honour to paddle with you.

Bill Robinson.



IMPROVE YOUR WORD POWER

Abdicate (v), to give up all hope of ever having a flat stomach.

Esplanade (v), to attempt an explanation while drunk.

Willy-nilly (adj.), impotent

West by South West Tassie

STRAHAN TO COCKLE CREEK

Rex Brown --- Tasman Twin
Brian Wallace --- Pittarak

Maatsuyka Canoe Club Members
Jeff Jennings --- Tasman Twin
Graeme Soden --- Greenlander
Sue Shearman --- Greenlander
Jamie Fergusson --- Greenlander
Anthea Hills --- Greenlander
David Slowitzky --- Current Designs Storm
Matthew Watton --- Greenlander
Sarah Boyle --- Greenlander
Jean Jackson --- Southern Raider

After paddling the best that the east coast of Tassie had to offer last year, the chance to paddle the southwest coast was an offer too good to pass up.

The south west area of Tassie is renowned for having some of Australia's most rugged

and spectacular coastline and is also exposed to some of the most extremes of weather from the Southern Ocean.

The trip duration was planned to be for a month to allow for exploring and bad weather delays, the trip was organised by the Maatsuyker Canoe Club and being led by Matthew Watton who has himself paddled solo around Tassie twice. Another paddler of some reputation is Jeff Jennings who is famous for his sea kayaking videos and photos of Tassie's coastline, Jeff always had at least two cameras hanging around his neck and was in the front seat of Rex's double, so he could do all the filming while Rex did the necessary manoeuvring.

After meeting the rest of the crew at Strahan we camped out at Macquarie heads, some feasted on their last junk food hit of fish and chips which after the long and bumpy trip back from Strahan really did fit into the junk

*The lighthouse on Maatsuyker Island.
(photo by Brian Wallace)*



West by South West Tassie

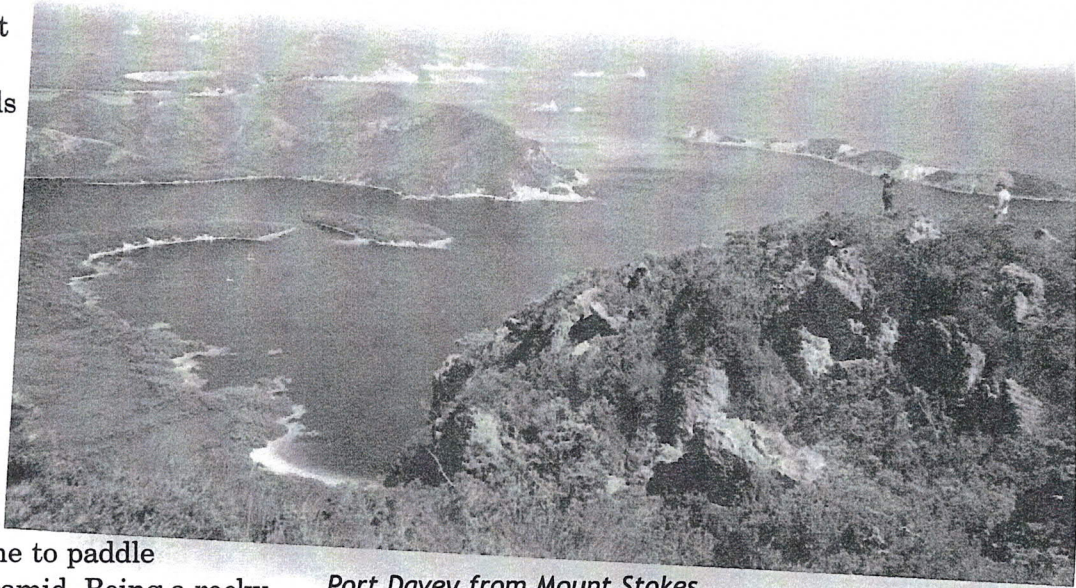
food category. The next morning, after just managing to fit a month's worth of food into my Pittarak and hoping that it was going float, we pushed out through Hells Gates and into a thick fog and a flat calm. With the calm seas prevailing for the first two days we were able to paddle close to the coast, Sloop Point was particularly scenic as we paddled amongst many rocky outcrops.

Camping on the beach at Hibbs Point, I had time to paddle out and climb Hibbs Pyramid. Being a rocky island 70 metres high, it gave good views up and down the coast. Abalone were plentiful here which was just as well as the water around these parts is a bit on the chilly side, Jamie also managed to catch us a cray for entrée.

Waking up the next morning, we were aware of a distant roar, which we soon realised were large swells breaking on Point Hibbs, as the swell had picked up to 3-5 metres over-night, but with very little wind it set the scene for the day, of now paddling well out from the coast. We did manage to pick our way between some huge breakers to land at the Wanderer River.

Heading down the coast, we approached Acacia Rocks which had an inshore reef where there were huge 6-7 metre waves breaking. Jeff had to stop filming and actually do some paddling as they got a bit of air time off one breaking wave, that made everyone nearby do a rapid change in direction. After paddling out and around these reefs and dodging a few others further south, we picked our way through some rocky outcrops to land at our campsite at "The Shank."

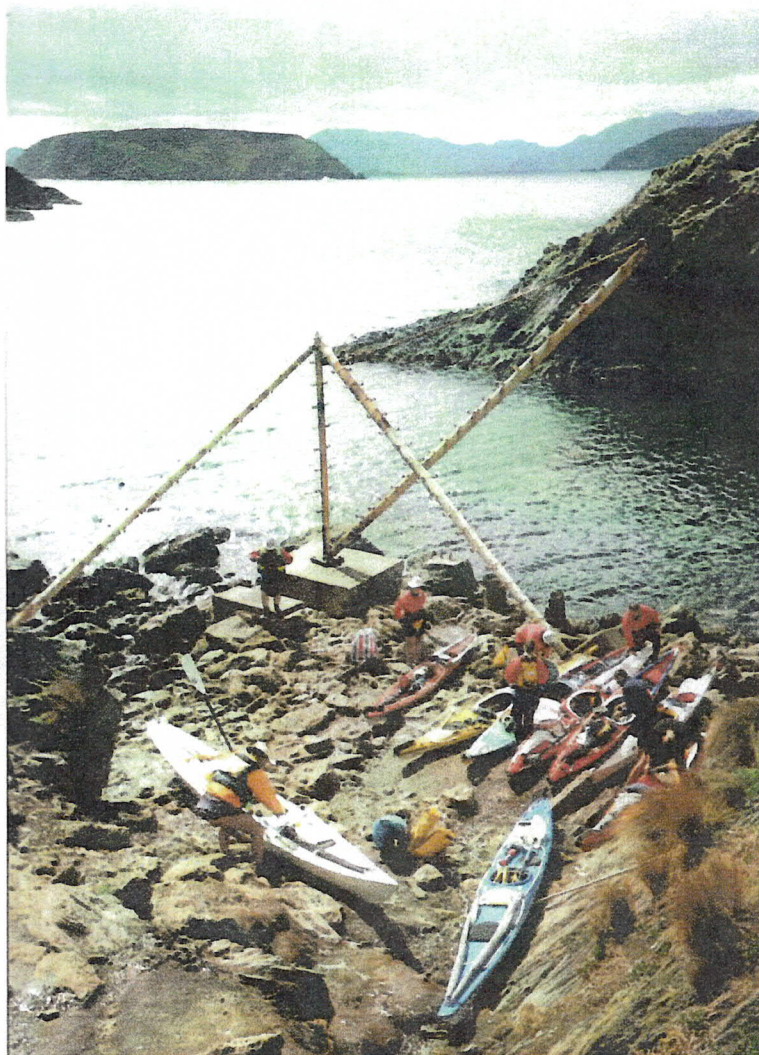
The next day we had a shorter day and paddled around Low Rocky Point and into a nice camping spot at Cowrie Beach in Elliot Bay. With the forecast of a strong cold change on the way we decided to make a run for Port



Port Davey from Mount Stokes.

Davey, with the swell at 3-4 metres and a strengthening north westerly wind we paddled and sailed our way south. On approaching Davey Head we entered an area of very confused water with lots of rebound as we paddled past the rocky outcrops of the Coffee Pot, we finally reached Bond Bay making this the biggest day of the trip being 65 kms . We made good use of the shelter at Bond Bay as we were there for four nights as we sat out some very cold weather with wind, rain and hail, but still managed to do some side trips to the beautiful Daveys Gorge and a walk to a large hill on the coast to see the wild seas up and down the coast. With the next ten days or so being spent in the Port Davey, Bathurst Harbour area we did lots of exploring with the highlights being, climbing the many peaks {Mt Stokes, Mt Berry, Mt Rugby, Mt Pandora, Mt Beatie} in the area for superb views of the harbour and surrounding ranges of the south west, paddling the many caves and tunnels of the Breaksea Islands provided a few exciting moments for some, and some very wet moments for others, feeds of abalone and mussels at Bramble Cove, relaxing in the armchairs by the cosy fire at Claytons old house, a day of cooking and eating at Meleleuca as everyone picked up there food drops, Dave's home done smoked chickens, and just enjoying the sheer rugged

Trip report - West by South West Tassie



beauty of an untouched and little known waterway.

With the forecast of fine weather ahead and the seas fairly calm it was decided to continue our journey south. After an early start from from Spain Bay we had a near perfect day for the rounding of South West Cape with a 1-2 metre swell and very little wind, we were able to paddle close to the shore and land in the areas of Window Pane Bay, Island Bay and Mckays Gulch, before finally rounding South West Cape and heading into make camp at the beautiful Ketchem Bay. Jamie, while exploring a cave, spotted some crays on the bottom so he quickly leapt over the side of his boat and appeared with two crayfish. Some of us did a walk to Mt Karamu which is on the south west cape range for great views of the cape and up the coast. While paddling around to New Harbour Bay, Matt paddled easily through a gap in the rocks, Jamie followed, but as with paddling these gaps timing is

everything, Jamie timed it perfectly for getting munched as he got hit by a mass of white water which he survived but another wave from the side wiped him out, Matt did well to finally get a line to him and towed him out minus his hat. With some more settled weather on the way we headed for a cloud covered Maatsuyker Island about 20 kms away, with a swell of 2-3 metres and little wind it was a comfortable paddle, till we met quite a bit of rebound coming around the bottom end of the island to the sheltered landing stage area, which is also a seal haul out area, so we had to wait till the 100 or so seals returned to the water before we carefully landed on the rocks one at a time and stacked the boats up out of the seals main pathway. From here it is about a 2 km walk to the lighthouse, mostly up hill, where the two weather observers Wendy and Richard where about to have six months worth of visitors in one day. Maatsuyker Island is the most southerly lighthouse in Australia, it is also in the direct route of the westerlies that blow uninterrupted by any land mass between here and South America as well as being exposed

to the bitterly cold weather that comes from Antarctica. The main light was brought into use in 1891 and was serviced by up to three families, all goods were delivered by boat and then hauled up the haulage way which was a cart on rails that was operated originally by a two horse powered windlass, later to be replaced by a motorised windlass.

Communication back in those days was by carrier pigeons to Hobart. The lighthouse is one of only a few left to still have the original clockwork mechanism still left intact and in working order. Like most lighthouses these days the original light has been replaced by a separate fully automatic "Tupperware" light. Richard and Wendy made us feel most welcome by letting us stay in one of the three houses, even making us some yummy local potato soup and fresh bread rolls, which disappeared very quickly. After spending two days relaxing and exploring the island we

headed off to the islands of Flat Top and Round Top, Flat Top has a tunnel going right through the middle of the island, Jamie then Rex and Jeff were the only game ones to paddle through, with Jamie losing yet another hat. Paddling by the huge cliffs of Dewitt Island we came across a great blow hole which drenched Dave and Sue who got a bit to close. We eventually arrived at the beautiful anchorage cove in Louisa Bay which has a view of the Ironbouds Range. The next day we had very strong northerly winds which at times blew sheets of spray off the water, so we hugged the shore line around to Deadmans Bay for the next nights camp. With a forecast of a major front on the way it was decided to make a run for it to Cockle Creek 55 kms away, with stormy looking skies about and raining on and off we rounded the spectacular cliffs of south cape and then headed straight across to South East Cape and eventually nosed up onto the beach of Cockle Creek twenty five days and 520 kms after leaving Strahan. The next two days produced heavy rain and strong winds and we were glad that we weren't still out on the south coast.

Myths and Lessons learnt from being at sea for a month

Problem: Kayak volume does not equal contents volume. Solution; stay two more nights at Melaleuca and eat food.

Surprise Peas are not a much of a surprise any more after the third week.

What was that huge thing that the monster rat was dragging across the floor in claytons.... Rex ?

Never camp within 50 meters of Rex's tent unless you are deaf.

Does Rex really snore ?

The surf always sounds louder and bigger as you lay in your tent at night.

Ticks aren't too fussy about what they latch onto, are they Jamie.

True or False: Rex holds the record for the fastest ascent and decent of Mt Rugby.

Instant Puddings made with cream are yummo.

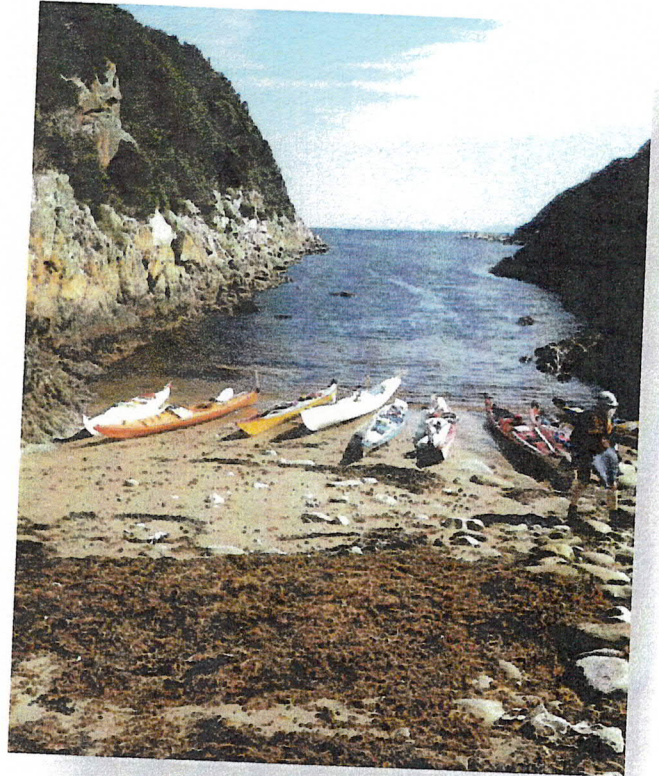
The first sign of being at sea for too long: When your wetty boots start to smell better than your clothes.

For those that want to wet their appetite for Tassie paddling, check out Jeff Jennings web-site at...



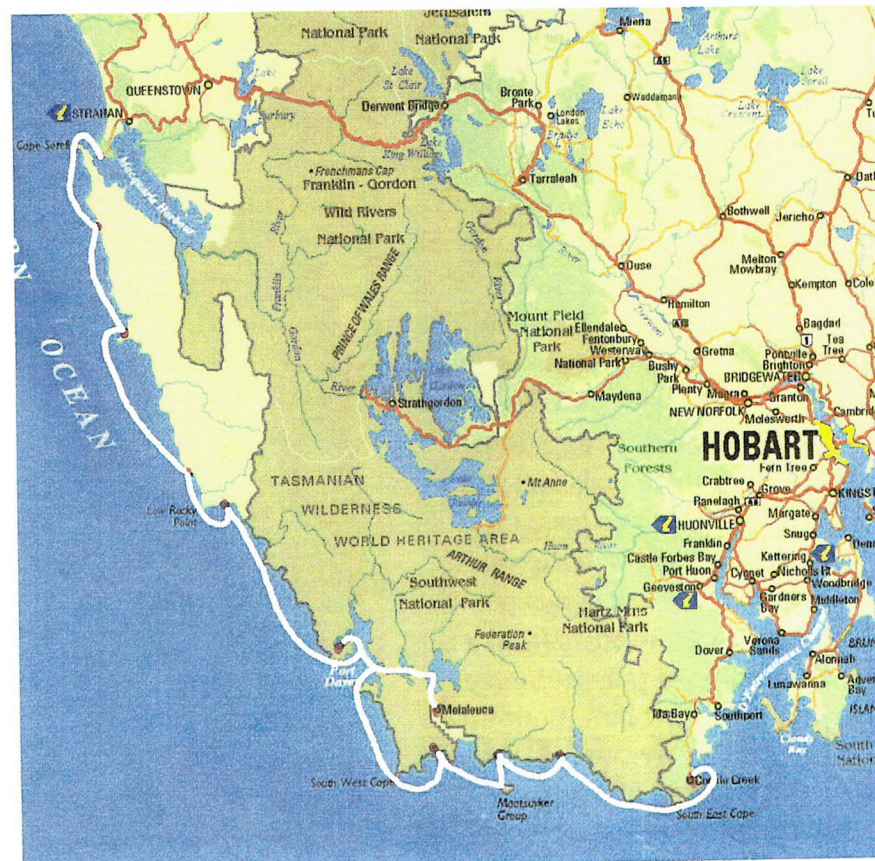
www.vision.net.au/mjennings

Brian Wallace.



ABOVE: McKays Gulch - SW Cape

OPPOSITE PAGE: Landing Stage Maatsuyker Is.



I recently went for a short paddle with my 18 year old daughter. We borrowed a Millennium 174 for her. I had a short paddle of it at the end.

The boat leaked unacceptably into the hatches. The spray skirt would hardly stay on the rounded coaming. I rolled the thing, the skirt imploded, and I came up with the huge cockpit one-third full. The spray skirt would surely implode in surf. This boat is one of the heaviest lumps of Tupperware I have man-handled.

Here are some selected comments from owners of the boat at... <http://www.paddling.net/Reviews/showReviews.html?prod=415>

- "there are some severe drawbacks: bulkheads are leaking from the very beginning - hatches are more a dust cover than really watertight - some screws were loose and not sealed, so I had water coming in from many places"
- "I would not buy it again due to the low craftsmanship."
- "Finding a spray skirt that would stay on was an expensive problem."
- "I was totally disappointed with the poor craftsmanship applied to the final (out of the mold)

fixtures. We purchased two Millennium 174 and both required considerable detailing. Bulkheads, fore and aft leaked and required re-caulking. Two hatch covers seal gaskets ends were absent of bonding material and adhesive, leaving a 1/4 inch gap on one of the kayaks. The other kayak's forward hatch cover was warped to the point where a tight seal may never be achieved.

All of the fittings fastened to the deck with rivets (24) were not sealed and required caulking."

"You must use an Old Town spray skirt, other after-market spray skirts tend to come off the cockpit's lip"

- "when you lift the kayak by the cockpit to carry it, the bow is heavier than the stern, so the bow tends to dive toward the ground"

There are many positive comments as well, as you would expect from people who have already paid up for the thing. But perhaps I am not being balanced and fair here, with a bland "Sea Kayaker" type review designed to maintain a working relationship with an advertising manufacturer.

I didn't like it. I would only recommend the boat to cashed-up jet skiers with suicidal tendencies.



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SNAPSHOTS OF AGM 2002



ABOVE: Ian Hill and Cap'n Matchbox. Nerdy hats and white beards... it's either contagious or they're twins. **OTHER PICS:** Much peering, paddling and mucking around. Red wine and tall stories enjoyed in large quantities in the evening. A weekend not to be missed.

PHOTOS COURTESY OF MICK MACROBB.



Great NEW format this year!
Learn heaps, have fun, just DON'T MISS IT.

THE TIDE IS HIGH
DAYLIGHT SAVING CALC.

COWES 1.00 SATURDAY.
1.50 SUNDAY (spring - full moon)

DAY COURSES AVAILABLE

FACILITATOR/S

➡ PADDLING TECHNIQUE	2hrs Cowes	<i>Peter Costello, Mark Heggie</i>
➡ SURF SKILLS	4hrs Cat Bay	<i>Peter Provis</i>
➡ ESKIMO ROLLING	2hrs Cowes	<i>Julian Smith</i>
➡ KAYAK AND GEAR SET UP, choosing the right equipment for your needs with emphasis on light weight	1hr Campus hall	<i>Dave Winkworth</i>
➡ FERRY GLIDING AND NAVIGATION OF CROSS CURRENTS	4hrs Newhaven	<i>P. Treby, R. Tayler, T. Barry</i>
➡ PADDLE TRIP	4hrs Cowes	<i>Robbo, Geoff Brewster</i>
➡ KIDDIE ACTIVITIES	Cowes	<i>Peter Costello, Mark Heggie</i>
➡ PADDLING DOUBLE SEA KAYAKS	2hrs Cowes	<i>John & Annie Woollard</i>

Due to strict application of Health Regulations, we are no longer able to use and abuse the kitchen and refrigeration at the AGM venue.

We are able to use the BBQ, the hall/eating area, but we are not able to use the kitchen or fridges.

As you can understand, correct food-handling protocols must be strictly observed at a venue such as this... it's OK if we give ourselves the shits, (or even each other - which I'm sure we do from time to time) but we run the risk of contaminating the kitchen and fridges with our own not-so-strict food handling practices. It would be unfortunate to bring Derek Harbison's good name into disrepute by carelessly throwing our sausages in the fridge.

So. Bring your own prepared food, as the food preparation areas are also off-limits. And bring your own refrigeration facilities (esky or the like).

Although the crockery and cutlery are available for our use, we ask that you be as self-sufficient as possible please.

November 8th & 9th

PROPOSED TIMETABLE - Saturday

ARRIVAL AT VENUE	08.00
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WELCOME BRIEFING BY CLUB PRESIDENT	08.45 - 09.00
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ON-WATER COURSES:

PADDLE TRIP - COWES TO RHYLL AND RETURN	10.00 - 15.00
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PADDLING TECHNIQUE, RESCUES AND TOWING - COWES	10.00 - 12.00
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TIPS AND SET-UP FOR DOUBLE SEA KAYAKING - COWES	10.00 - 12.00
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FERRY GLIDING COURSE - WOOLLOOMAI WATERS	10.00 - 14.00
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SURFING SKILLS - CAT BAY	10.30 - 14.00
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KIDDIE ACTIVITIES - COWES	PM
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All activities to be off the water and returned to campus by 15.00 hrs sharp allowing for showers etc.

AGM and PRESENTATIONS	16.00 - 18.00
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DINNER BREAK / BBQ	18.00 - 19 30
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EXPEDITION SEMINAR - Campus Hall	19.30 - 20.15
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SLIDE SHOWS (45 min each approx)	
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<i>Dave Winkworth - Top End Trip</i>	20.30 - 21.30
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<i>Julian Smith - Bass Strait Crossing</i>	21.30 - 22.30
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VIDEOS	<i>Larry Gray - on into the night...</i>	22.30 onwards
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PROPOSED TIMETABLE - Sunday

Clean and exit the premises by 10.00 am.

Paddle from Woolloomai Waters around to Cape Woolloomai and back, off the water by 15.00. Coffee and cakes at San Remo



ENERGY TO BURN



For energy paddling, you need sugar and water and oxygen - really, that's it. Because of something called the "Glycemic Index," complex carbohydrates (starches) are better for the long haul than simple carbohydrates (sugars). Some of the "Power Bar" type of stuff some athletes eat contain a lot of protein (or its building blocks - the aminoacids). Unless you can drink large quantities of water, you are better off eating carbohydrates than protein.

While you are actively exercising you are not building up muscle, that happens after the exercise. You will not break down muscle if you have enough carbohydrates in your system while you exercise. Therefore, if you exercise for hours and eat proteins, your body goes through a complex process to convert that nice protein into energy to burn (basically turning the protein into sugar) - and the process produces more waste than eating carbohydrates.

Your body can only store maybe 2 hours worth of carbohydrate energy, then if you have not been replacing it along the way, your body goes into catabolism - it starts breaking down protein and fat for fuel. Now I can hear you saying, "Oh yeah!" - but you should know that the first target is the easier to burn protein, not the fat. That is why body builders trying to get huge eat from 6-8 small meals per day.

What fluid should I drink?

Gatorade? Plain water? There is a large misunderstanding in this area. It comes from not knowing how we sweat. When one does light to moderate exercise (kayaking or peddling a bike on level ground) in a cool to moderate climate (as we normally kayak in) then if you break out in a sweat, you are losing 5 mEq (milliequivalents) of salt in your sweat. If you exercise heavily (football linemen, construction workers) in a high heat environment (temperature and humidity) then your sweat contains 120 mEq of salt. That is why the former type of exercise never leaves salt rings on your clothing like the latter does!

When the climate is comfortable and you exercise lightly, you can get away with water. But if you are pushing it on a hot, humid day, you will understand why they needed to invent that beverage if they were going to play football in Florida in the sun - (that's right, it was invented in place of lemonade for the Florida Gators in the Gator Bowl). **By the way, the human is the only animal we know of that cannot rely on thirst to tell him when to drink.** The average adult will have lost one to two pounds of water before becoming thirsty. Force fluids! Drink more than you think you need.

Paddler Safety - Nutrition.

What causes fatigue?

A lot of things, but one important one is not delivering enough oxygen and fuel to muscles. If you sprint, you can easily experience the fade out of power when you can't deliver enough oxygen to your muscles as fast as they burn it. Well, the same thing goes for fuel (carbohydrates). If the muscle runs out, fatigue sets in. But another big factor in fatigue is dehydration. As you sweat (or pee) you lose water. This results in your blood actually becoming thicker.

It does not flow as fast, and will not supply fuel to your muscles as well. One of the signs of dehydration is having no appetite (and having a bad attitude).

Ever "been there - done that?". How about a deck bag of grapes?

If you are going to exercise for more than 15 minutes, you need to drink. If you are going to exercise for more than 2 hours, you need to replace fuel. You can drink it in a sport drink, killing the proverbial 2 birds, or you can bring along water and then have some sort of carbohydrate at hand to nibble on while paddling.

Personally, I am not into endurance kayaking - (sorry, George, paddling to Anacapa is not in my future). But, on searches I have hiked from dawn to well into the night. Long distance hikers know the value of a good breakfast. Then, lunch is the meal that stretches from breakfast till dinner - and should be eaten in that manner, a little at a time - the same way it is burned - every hour of the day.

Adequate hydration and adequate food intake will make your paddling seem nicer, and less like an ordeal - it will even improve your attitude. It will also keep you safer - when you need that burst of energy to get yourself out of trouble.

The rule for kayaking - never paddle out farther than you are able to paddle back.

As well, in kayaking, add that the wind will turn and be blowing in your face on the way back. Don't ask me how the wind knows when to do that - it just does! Maybe it listens to the Laws of some guy named Murphy.

(Article courtesy NSWSKC)

all things bright & beautiful...

Sport Phillip Marine is a kayakers heaven...
all sorts of things to make your life on the water safer and more fun!

Safety equipment...

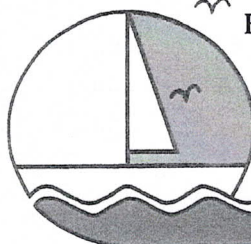
- Flares, Glo sticks, epihrs,
- PFD's, GPS, VHF & UHF radios
- Sunglasses, marine watches
- Compasses - large and small
- All types of rope
- bungy cord - various thicknesses

- stainless steel fixtures & fittings
- Screws, nuts & bolts, washers and other hardware
- Pulleys, cleats, padeyes and all sorts of marine fittings
- Stainless steel tools
- Bote Cote™ epoxy system.
- Fibreglass tape, marine paints

and varnish and lots of boat building bits

- Diving and snorkelling gear
- Fishing gear
- Wet-weather gear, wetsuits, booties, deck shoes and clothing
- Books, maps, charts.

and all sorts of Good Stuff!



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A PARTICIPATORS PERSPECTIVE

VSKC Sea-Proficiency Course

When I first joined the club, I heard people talking about sea proficiency courses and I wondered why they would want a piece of paper to say that they were proficient paddlers. I also thought that as a comparative beginner this standard would be above me. However after a lesson in the pool with Julian and a bit of practice in the local creek I had the beginnings of a roll happening. This gave me a huge boost of confidence and allowed my all-round paddling skills to take a jump forward.

I enjoy acquiring skills and was looking for something to push me further, so that when Peter announced the in house proficiency course it seemed like a good opportunity and I signed up.

The intake day was inspirational - not because of any stunning insights provided by Peter Provis, but because here it all was laid out before me, everything from the safety requirements of a kayak and paddler at sea, how to pack a boat, through to strokes, rescues, towing, and into weather reports, reading weather maps, navigation, rescue services, first aid, leadership skills.

A presentation of Peter's practical, theoretical and philosophical approach to sea kayaking and camping.

There were no areas that I had not at least touched on and my overall impression was of a process of joining up the dots and filling in the spaces to give a complete picture.

Working as a group towards a common goal provides a level camaraderie and being at sea with a group of people is a great way to find out who you get along with, this developing peer group has been a great bonus for me.

I enjoyed all aspects of the course, even the swim on a cold overcast winters day in Westernport Bay became pleasurable, after I had warmed up - and been told that I had passed.

Looking back, the Sea Proficiency course has been challenging, a lot of fun and I am very proud to have completed it successfully.

BELOW: The legendary (infamous) Cap'n Matchbox in his remarkable handcrafted kayak that has seen fair weather and foul (Malacoota to Eden - January 2003).

John is pictured here preparing for a dry-run at a hand roll - NOT part of the Proficiency course.



I now know why people wanted that piece of paper, it is acknowledgement of effort put in to acquire skills and achieve goals.

I feel that I have become a more complete paddler, with a broader understanding of what it takes to paddle out on the big wide oceans.

The Sea Proficiency Standard is not as high as I at first thought, it is achievable for almost everyone in our club and is tremendously rewarding in its self.

My thanks go to Peter for his efforts, to the V.S.K.C. itself and all the Members of the Club who have helped me, encouraged me, and provided the environment where such great things can happen.

John Woollard (aka Cap'n Matchbox)

Rolling Professors needed at the Uni.

We need more instructors for the Latrobe University pool nights. Teaching rolling can improve your own roll a lot, and help others to breathe again. If you can roll, come along and show someone else how.

Maatsuyker Island... good practice for next time.

End of March 2003

PARTICIPANTS:

Dave Winkworth Raider X (just kidding)
Peter Provis - Nadgee (with tape
modifications)
Ian Dunn - Raider X
Peter Treby - Nadgee
Geoff Brewster - Raider X

South Cape, or was it South West Cape, in Southwest Tasmania was known as Australia's Cape Horn to mariners of yesteryear. The five cockleshell stalwarts who set out in at the end of March 2003 would have to paddle around it to get to the goal, Maatsuyker Island.

Maatsuyker Island is situated about 13 km off the coast from Cox Bight, Southwest National Park Tasmania, one of the world's last remaining wilderness frontiers.

The trip officially started in a very civilised manner with the coming together of the brethren in Port Melbourne consummated with the sipping of various beverages in a sea front café in Port Melbourne.

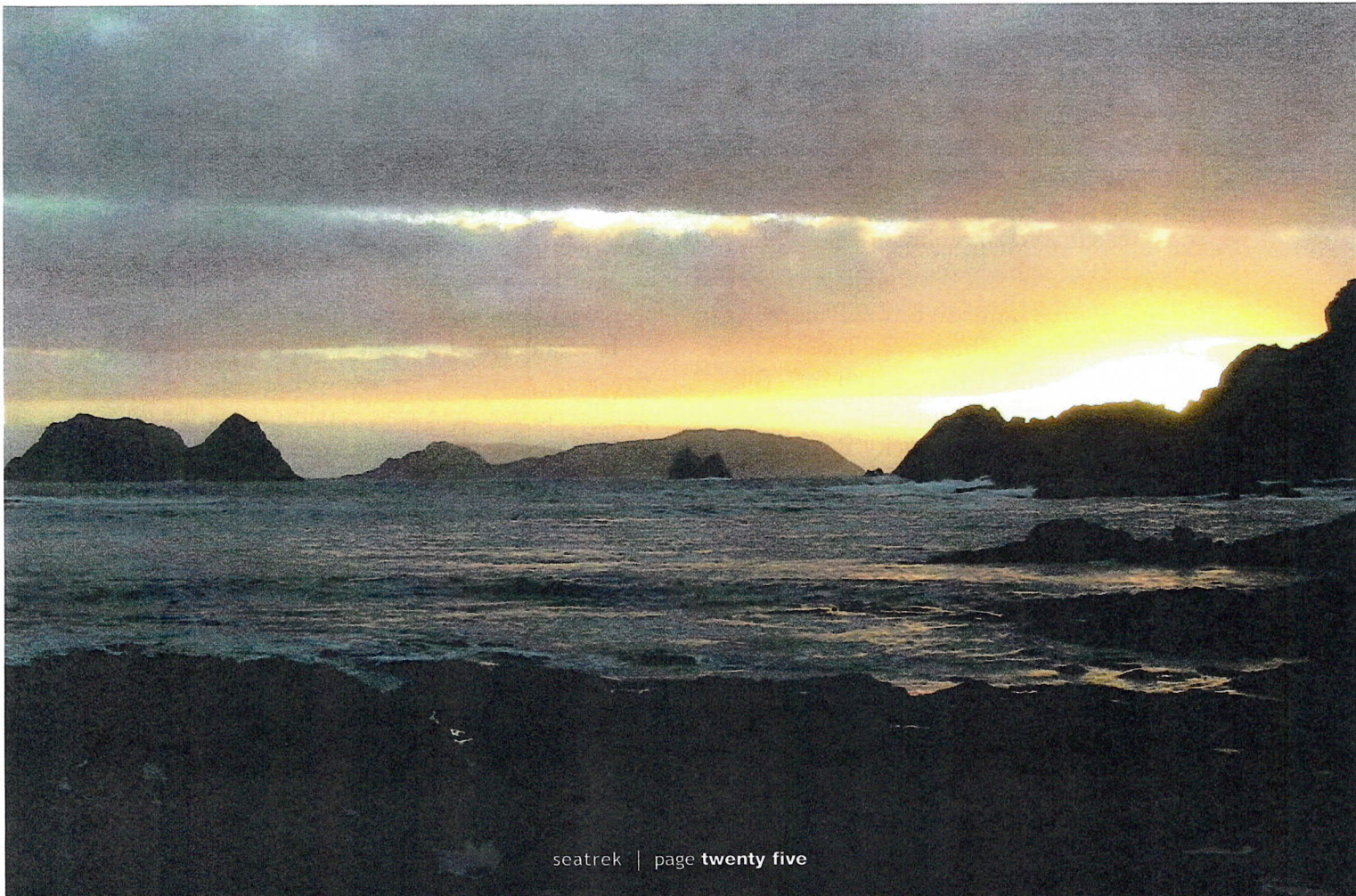
Prior to boarding the ferry for the trip across Bass Strait, stomachs were fortified with a feed of fish and chips at Rex Hunts establishment adjacent to Station Pier.

The trip across the strait with sea kayaks was uneventful (what's the big deal) and the two vehicle convoy set off from Devonport towards Hobart early Sunday morning. In true Sea-Kayak tradition of independence the convoy soon split up, got back together split up, got back together, split up and eventually arrived at our kick off point of Cockle Creek.

We set up camp for the night in the well serviced camping area, with the sight of chimneys sticking out through the side of caravan annex's as an indication of the temperatures expected, rugged up for a cold night.

On Monday morning we were presented with calm conditions, so loaded up and got onto the water early. We paddled easily out and around Fishers Point, then out into the open ocean with some trepidation of what was in front of us. The swell was insignificant but nevertheless the sea became more and more

BELOW The Maatsuyker Group from Rocky Boat Inlet



Maatsuyker Island

restless as we rounded Second Lookout Point, passed Little Trumpeter then Big Trumpeter Bay, rounded Whale Head and doubled South East Cape the most southerly point of mainland Tasmania.

The cape is fully exposed to swell from the SW which has a few thousand kilometre fetch in which to build up strength so the rebound off the sheer cliffs of the cape made things interesting. From South East Cape we cut across South Cape Bay and made a landing at South Cape Rivulet.

The landing at South Cape Rivulet was easily achieved through slight surf as was the launch following lunch on the beach. We pushed on from the Rivulet with the intention of getting as far up the coast as we could, in order to launch our assault on Maatsuyker.

As day wore on the going remained reasonably good, however rebound waves from the cliffs and headlands took their toll on some of the group, necessitating an unscheduled landing, undertaken through moderate surf. We rested up for a time, enjoying a walk along the pristine beach and then set out again mid-afternoon. Some excitement occurred as we recommenced our journey with Peter Treby demonstrating backwards surfing, half rolls and carrying of paddle while wading.

We decided to stop overnight at Rocky Boat Inlet which would be the end of about 50km of paddling for the day. The group suggest that Rocky Boat Inlet should be re-named Seakayaker - Terror Inlet.

The entrance to the inlet is disguised by a clutter of islands immediately off-shore (including Hen and Chicken Islands). These islands seem to channel the swell into the inlet with the result that a 1m swell off-shore ends up 2 or 3 metres at Rocky Boat. The swell turns into crashing surf as it curls around the rocks at both sides of the 300mt wide Inlet and breaks all the way across if the swell is big enough (you don't know if the swell is big enough until you are on your way in) We also found out that even if the swell does not break right across it sucks back to reveal thick kelp beds designed to tangle up Sea Kayakers crashing down the waves.

Peter Provis was first to head in, immedi-

ately disappearing in a trough to reappear a few minutes later paddling calmly around the kelp beds waving their fronds in the glassy calm water of the inner Inlet.

Geoff Brewster was next to go commencing on the right hand side and angling sharply across the bay through the deepest section between the crashing surf to left and right. Always in complete control, Geoff remained very calm (*I'm writing this, so who can argue?*) as he paddled in with time to observe the kelp beds laid bare by the back-suck. Geoff was unaware that he was followed by a huge swell which had the paddlers remaining off shore planning how to retrieve his remains.

The swell that Geoff was blissfully unconcerned about had Dave demonstrating extreme rapid backwards paddling as he reversed so fast he became air-born as he punched backwards through the wave. Dave and Peter Treby soon negotiated their way in OK leaving us all to watch Ian Dunn come in. At a later de-brief Ian said he considered not coming in and had seriously contemplated paddling to a beach some kilometres further along the coast. Ian very un-sportingly got in without any mishaps and spoiled the groups entertainment. We set up camp on the shore of Rocky Boat Inlet and enjoyed the rugged isolation and fascinating rock formations... what a magnificent place!!

Peter Treby's side-band radio informed us that while the next day would be OK on the water, the forecast was for swells increasing to 5 m with 3 m seas in the next day or so.

It was decided to beat a retreat back down the coast and look for somewhere else to paddle rather than risk getting stuck for days on end on the Southwest Wilderness Coast due to high seas.

We were up and away next morning and as the sea had dropped we had no trouble getting out and made good progress back down the coast. The confused seas off the rocky shoreline took its toll and one of the group needed some assistance in the final stage back to South Coast Rivulet. We again landed easily running in through moderate surf and then paddled some 200 m or so up the rivulet and



camped the night in a well defined place used by walkers on the South West track.

The forecast was for rising swells so we packed up early launched into the rivulet and headed down to the sea. Things went a bit pear shaped at this point.

The swell had increased, and was increasing noticeably by the minute. The enlarged size of the waves pumped water over the sand bar guarding the entrance and up the river. This stored water periodically discharged sending great volumes of water back out to sea in a very strong torrent.

Peter Provis used this current to propel himself out to sea but unfortunately got caught in a very large set of waves crashing in, the end result was Peter ended up out of his boat, and onto the rocks of the headland smashing holes in his kayak. The situation was very serious and we could easily have been holding elections for a new Club President. We all managed to get back to the beach in the very turbulent water and mounted a recovery effort to get Peter and his boat back off the rocks. The rest of the day was spent re-establishing camp, repairing Peters boat and laying about. The following day was also spent on alternative activities and the sea was now crashing to shore with swells every bit of the forecast 5m. A number of walkers came out of the bush and we were entertained by their antics in getting across the rivulet.

Peter Treby's theory that if you wait long enough on a deserted beach sooner or later a blond will walk past, was proven correct.

ABOVE Ian Dunn and Precipitous Bluff - which one's which?

Thursday morning we decided to have another go at getting off the beach, Ian Dunn and Peter Provis punched out through the surf with great timing and skill.

Geoff decided he would put to use his surf experience gained in growing up on a surf beach (Seaspray) and after convincing Peter Treby of the merits of the idea paddled inside the surf zone to the eastern end of the beach. We then carried the boats around some rocks launched in a thick bed of kelp and paddled out through a gutter where the kelp had killed the surf, turning sharply to the W to avoid a crashing bombora 100m off shore.

Crocodile Dave watched all this then proceeded out through the surf snapping 8 rolls as he negotiated the wash. Dave dislodged his spare paddle in this operation so watch out for a design change in the Nadgee.

Peter Provis was having some reaction to his altercation with the rocks at South Cape Rivulet and required some assistance on the way back to Cockle Creek but we all arrived safe and sound mid afternoon and decanted our gear, loaded the cars, and headed off.

Peter, Ian & Dave conducted a stock-take of most major Tasmanian outdoors shops over the next day or so while Peter Treby & Geoff paddled to the Candlestick near Port Arthur and then the Freycinet Peninsula.

We all met back at Devonport on Sunday evening for the ferry ride home.

Maatsuyker Island is now on the must do list ... but allowing more time to sit out weather next time.



Marlborough Sounds - New Zealand

In late November last year, Mark and Helen Shelley took time out during a working trip to the South Island of New Zealand to explore part of the Marlborough Sounds, in particular the Queen Charlotte Sound. They spent 3 days exploring this vast and intricate sound by sea kayak.

The Marlborough Sounds are located at the north west of the South Island at the entrance to Cook Strait. With 1500km of sheltered waterways to explore the Sounds provide perfect year round paddling for the novice or experienced paddler. To put it simply the sounds are a sea kayaking paradise. The area consists of three major sounds surrounded by many islands and promontories; the region boasts the sunniest climate in the New Zealand. The outer islands and sounds are a picturesque wilderness and very remote. One could spend 2 or 3 enjoyable weeks exploring the sounds by kayak and still not navigate all the waterways. The area is also famous for the renowned Cloudy Bay wines.

HISTORY NOTE:

Captain Cook discovered the Sounds in 1770 and hoisted a flag on Motuara Island and took formal possession of the island and the adjacent lands. There is a Captain Cook monument at Ship Cove, located on the outer-Sounds.

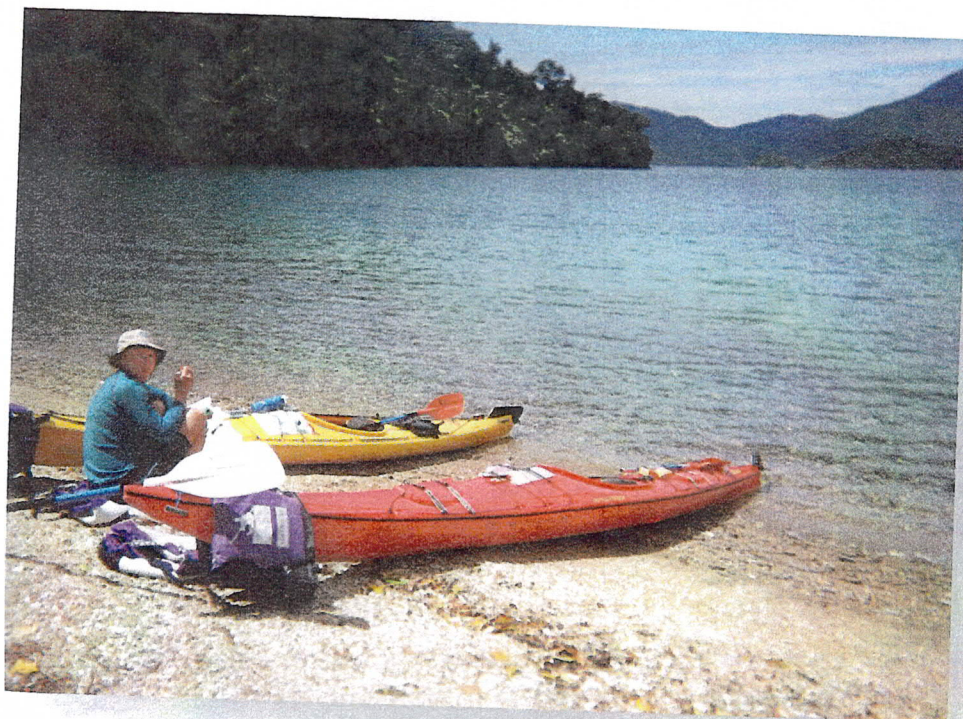
Mark and Helen hired equipment from the Marlborough Sounds Adventure Company located at Picton at the south end of Queen Charlotte Sound.

They were provided with quality plastic single sea kayaks (one was a Penguin), dry bags, safety equipment (hand pump, flare), maps, tent, sleeping bags and cooking equipment. The rental of the kayaks was NZ\$40 per person per day and the fee for camping equipment rental was nominal.

The Adventure Company also provided an informative pre-trip briefing as Mark and Helen were paddling independently. The Adventure Company specialise in guided group trips which mainly cater for the novice. However they are happy to hire their gear to experienced paddlers.



Marlborough Sounds - New Zealand



There are many well maintained campsites located at the many coves and beaches along the Queen Charlotte Sound, there are also a few more official campsites in the outer sounds islands. The area is famous for shipwrecks wrought during the early exploration and colonisation of New Zealand.

Helen and Mark spent 3 days exploring the Queen Charlotte Sound which is about 50 km long.

DIARY: DAY ONE:

Paddled SW to the very beginning of the sound due to a 20kt wind and unstable weather conditions. This end of the sound is the most sheltered. 10am Picton to Anakiwa (SW end of the sound) to Onahau Bay 4pm - Distance 20 km.

DAY TWO:

Checked weather forecast - favourable. Paddled NE towards the outer-Sounds. 9 am Onahau Bay to Kumutoto Bay to Ratimera Bay 4pm - about 20 km.

DAY THREE:

Paddled further NE towards Blumine Island in the outer sounds then returned via east shoreline of Queen Charlotte Sound back to Picton via Waikawa Bay.

Overall Trip Distance - 70 km

The vegetation along the sounds is very diverse, ranging from tall beech trees to endless waterside tree ferns, to open clear fells. Wildlife mainly consists of bird life and marine animals (dolphins, seals, penguins, shags, ducks and terns). The water can be very calm to small chop (the colour ranges

from turquoise to deep green). No ocean swell is apparent until the outer sounds are encountered.

WATCH OUT FOR...

- Ⓢ Daily ships and the Cook Strait Ferries transporting people and freight between the Ports of Picton and Wellington, they move very fast!
- Ⓢ Filter or boil all drinking water. Even when the locals inform you otherwise. Major culprit – weka (native woodhen) droppings in streams near campsites.

OTHER ACTIVITIES:

The area is ideal for the outdoor adventurer.

- Bushwalking – The 67km Queen Charlotte Walkway is popular with New Zealanders and overseas bushwalkers. The Abel Tasman track is nearby as well.
- Mountain biking is allowed on the 67km Queen Charlotte Track. There are plenty of campsites and lodge accommodation for those that need a bit more comfort.

(A map of the area can be viewed on the VSKC website www.vskc.org.au - Ed)



PADDLE

j u l y

Tuesday	1	Training & Skills Patterson Lakes - see below
Thursday	3	Rolling night LaTrobe Uni - see below
Friday	4	Rolling night Frankston - see below
Tuesday	8	Training & Skills Patterson Lakes - see below
Saturday	12	Mucking around in boats - see below
Sunday	13	Monthly Canadian Bay Club paddle - see below
Tuesday	15	Training & Skills Patterson Lakes - see below

Saturday 19th & Sunday 20th July **Port Albert to Port Welshpool**. Blue water trip with overnight camp on Snake Island. 7.30am departure from Port Albert. Suggest staying Friday night at Port Albert. Car shuttle needed. 30 km day 1, 12km day 2. Grade 3 paddlers or above. If conditions are not suitable an easier 'inside' route can be used. Details, Terry Barry: 5628 4210

Sunday	20	West Coast paddle - see below
Tuesday	22	Training & Skills Patterson Lakes - see below
Tuesday	29	Training & Skills Patterson Lakes - see below

a u g u s t

Tuesday	5	Training & Skills Patterson Lakes - see below
Thursday	7	Rolling night Latrobe Uni - see below
Friday	8	Rolling night Frankston - see below
Tuesday	12	Training & Skills Patterson Lakes - see below
Sunday	17	Monthly Canadian Bay Club paddle - see below
Tuesday	19	Training & Skills Patterson Lakes - see below
Sunday	24	West Coast paddle - see below
Tuesday	26	Training & Skills Patterson Lakes - see below
Saturday	30	Mucking around in boats - see below

Sunday, August 31st. **Flinders to Hastings** 30 km, grade 3. Car Shuffle req. Paddle up Western Port west entrance using tidal assistance. Details, Peter Provis a.h. 9787 1916

s e p t e m b e r

Tuesday	2	Training & Skills Patterson Lakes - see below
Thursday	4	Rolling night Latrobe - see below
Friday	5	Rolling night Frankston - see below
Tuesday	9	Training & Skills Patterson Lakes - see below
Sunday	14	Monthly Canadian Bay Club paddle - see below

Saturday, September 13th. **Bottom of Bay Tour** 25km plus, grade 3 Sorrento, Heads, Queenscliff, Mud Is, Sorrento. Get first hand experience of tidal effects in that area of the Bay. Details, Peter Provis a.h. 9787 1916

Tuesday	16	Training & Skills Patterson Lakes - see below
Saturday	20	Mucking around in boats - see below
Sunday	21	West Coast paddle - see below
Tuesday	23	Training & Skills Patterson Lakes - see below
Tuesday	30	Training & Skills Patterson Lakes - see below

DATES

Saturday, OCTOBER 11th. Western Port Tour - southern end. 25km grade 3, Somers, Cowes, Elizabeth Is, Tortise Head, Somers. Experience the complex tidal systems of lower Western Port. Details, Peter Provis a.h. 9787 1916

Christmas Holiday period, NSW coast.

Thinking of a trip starting around Jervis Bay and heading south along the coast.

Making the most of the usual NE afternoon winds. Give me a call and we can plan the details

Terry Barry: 5628 4210

o n - g o i n g p a d d l e d a t e s

POOL NIGHTS...

JUBILEE PARK POOL, FRANKSTON

FIRST FRIDAY OF EVERY CALENDAR MONTH 7.30pm.

Contact JULIAN SMITH 9776 9583

LATROBE UNIVERSITY POOL NIGHT

FIRST THURSDAY OF EVERY CALENDAR MONTH

Do you want to improve your technique of Eskimo rolling? Boats supplied free and long session in pool (2hr) If the interest level is there rolling nights will be held at the La Trobe Uni pool. Entry fee \$10 per person kayak is included. Contact IAN JONES 9304-3287

TUESDAY TRAINING & SKILLS PADDLE NIGHT - PATTERSON LAKES

Usually a return paddle to Mordialloc or Frankston etc Rolling and Rescues. Tea and coffee afterwards. **6.00pm** Launching Way, Patterson Lakes

Contact JULIAN SMITH 9776 9583

MUCKING AROUND IN BOATS

Short paddles, rolling, rescue techniques, surfing... all weather conditions. Third Saturday in the month - **8:00 am for 8:30 on the water.** Coffee afterwards, finish by 1:00 pm.

Sandringham Pier, Jetty Road, Hampton (Melway 76 E7)

FOR DATES CONTACT GEOFF BREWSTER on 0418 507 828

LONG DISTANCE PADDLE TRIPS - TRAINING RUNS ACROSS THE BAY AND RETURN.

Paddle in all weather, test skills and endurance. Various dates, time permitting register your interest. Contact JULIAN SMITH 9776 9583

WEST-COAST DAY TRIPS

On the third Sunday of each month - January to October 2003.

I am interested in doing a day trip somewhere on the west coast i.e. between Point Lonsdale and Nelson. Possibilities include:

CONTACT PETER TREBY FOR TRIP SUGGESTIONS/DETAILS

Dates are... **July 20th August 17th September 21st October 19th.**

Unsuitable weather might mean a paddle on the Barwon or around Corio Bay. Trips further afield would mean going down Saturday night.

Ring or email by the Thursday night beforehand to confirm arrangements and discuss the weather.

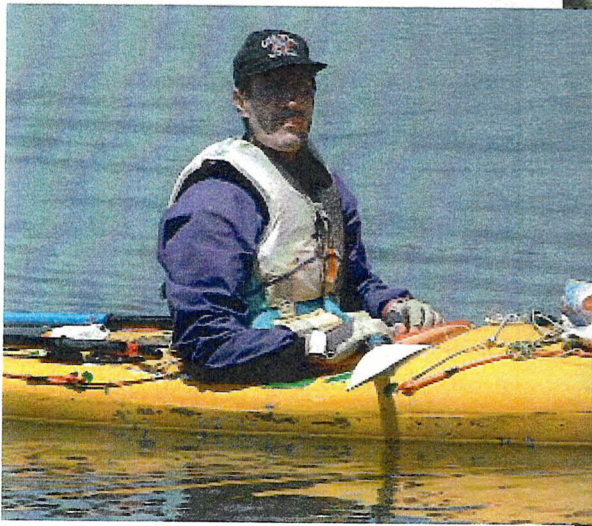
PETER TREBY 9439 5254 AH or 0419 361 428 mobile or ptreby@ozemail.com.au

MONTHLY CANADIAN BAY PADDLES

Usually paddle to Mornington for cappuccino, then on to Mt Martha for lunch. Return to Canadian Bay for coffee, cakes and tall stories.

Dates are... **August 13th, September 11th, October 8th.**

Contact MARK HEGGIE 9787 2878 or BILL ROBINSON 9787 4704



ABOVE: Famous and locally acclaimed web site designer, www.pete@costello.com at last years AGM.

BELOW: Bill R. dreaming of sweet-flowing compound curves (his Woodgee of course!).



BELOW: Is the paddler below:

- a) attempting to remove a few rough spots from the bottom of his kayak before a quick repaint?
- b) doing some deep breathing exercises to enhance his snoring abilities?
- c) scratching that pesky itch just like his dog scoots on the carpet at home?
- e) all of the above in some brilliantly conceived time and motion manoeuvre.



ABOVE: Boredom can be a problem during laydays on a long paddle, and playing little games can keep one distracted... here's some well known club members playing doctors and nurses at Merrica River.

BELOW: Kayaks come in many shapes, sizes and colours don't they



RIGHT: And we're meant to believe it's just water in that container. Anybody with dress sense like that is either a piss-pot or a sea kayaker.

