

www.vskc.org.au

# Sea Trek



Summer 2011



Issue 71



## VICTORIAN SEA KAYAK CLUB

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Inc. #A17985B

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COVER CREDITS: Bob Fergie  
*Jeff Jennings's 2011 Paddle Fest photo award winner. Safina and Brandon Stewart at Point Roadnight, Anglesea observing the sets before Safina's first experience of sea kayak surfing under Brandon's tutelage (paddling a Maelstrom and a Nordkapp).*

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## EDITORIAL



Welcome to another issue of Sea Trek, our fourth for the year. We feature our recent Paddle Fest in this issue-- one of the best I'm sure you'll agree. It's also been fantastic having again a great variety of articles and photos to include. Even better I think, we'll be producing a hard-copy Sea Trek Annual incorporating all four of this year's issues. All going well, this will be ready for distribution just before Christmas. On the topic of Christmas, let me offer my best wishes to all club members for a meaningful, safe and joyous Christmas. As I like to say to my parishioners, don't forget in amongst all the commercialised glitter that 'Jesus is the reason for the season'. Thanks again to all contributors to this issue. I look forward to more of the same in the new year. Bob (Editor)

PS. My humble apologies to Sandy Robson whom we featured in the last issue. While her recent exploits are very 'Robinson' Crusoe-ish, she still prefers Robson not Robinson as her surname. Yes Sandy, I owe you one!



Welcome to summer! It's hard not to get excited about the warm weather (& water) and dream of sea kayak adventures.

I'm sure many of you including me were disappointed that Stuart Trueman had to cancel his talk for the 8<sup>th</sup> October.

The good news is we have a new date – Saturday 25<sup>th</sup> February. Full details elsewhere in this edition as well as on the web.

Please email [terry@shadexblinds.com.au](mailto:terry@shadexblinds.com.au) to book your place in what promises to be a cracker of a night.

Unless you were hiding under a rock you would be aware by now that we had a great weekend at the Philip Island Paddle Fest. The weather really turned it on for us with calm warm conditions. It was great to see so many of you there (about 106 I believe) and opportunity abounded to socialise and have fun. A very special thanks to Jeff Jennings for

his wonderful presentations as well as all others who presented, displayed and helped to make the weekend a success.

I'm delighted to be able to serve as VSKC President for a further term. A warm welcome to all new (& old) committee members, I'm sure we will be busy throughout the year taking care of VSKC business.

There has been a change since the AGM in the line-up of positions on the committee.

Scott Reid and Vojin Miladinov have swapped portfolios following changes in Scott's circumstances. Vojin is now our Communications officer and Scott our Special Projects Coordinator.

Planning has already begun on next year's AGM event and will be advertised as details are sorted out.

The VSKC is holding a Basic Wilderness First Aid for members, we would especially like to encourage our trip leaders to undertake this training but it is open to all members. Basic Wilderness First Aid is fun, practical and loaded with scenarios. It is the ideal introduction to the field of Wilderness First Aid for those playing in the outdoors. The course will be tailored to Sea Kayaking and is being run by Equip First Aid Institute. The normal cost of this course is \$350 but the club is subsidising fees so that all you will pay is \$125.

Details of the venue and dates are still being finalised but the course will run over a full weekend including Saturday night. There are no prerequisite requirements for entry.

Greenland paddle experts Cheri Perry & Turner Wilson from the USA are coming to spend time with the club between the 5<sup>th</sup> to 15<sup>th</sup> April. Over Easter they will be passing on valuable knowledge to our club instructors while paddling the Nooramunga Marine Park and Wilson's Prom National Park.

After this there will be opportunity for club members to book private coaching lessons, culminating with a Rolling competition and demonstration event on the 13<sup>th</sup>. There they will both demonstrate their outstanding rolling skills and act as the chief judges for the rolling competition. This should be a fun and educational event not to be missed.

Even if you don't use a Greenland paddle the balance and skill used is readily transferable to your normal paddle. I would encourage you all to make the most of this wonderful opportunity.

Dave & Sue Winkworth have for the past two years organised a wonderful and popular weekend at Mallacoota. The next event is changing location to Twofold Bay. Although a little further to drive this new location offers a truly great area to paddle with water to suit all abilities. Put it in your diary now! Sat/Sun 21<sup>st</sup> and 22<sup>nd</sup> April. That's a fortnight after Easter and a couple of days before Anzac Day (following Wednesday). Sure to be a highlight of the VSKC calendar. More details will appear on the trip calendar in due course.

Safe paddling and all the best for a terrific Christmas season.

Terry Barry

VSKC President



# 2011 VSKC PADDLE FEST REFLECTIONS by Bob Fergie

A great deal of work went into the staging of this year's annual get-together and it would be very poor form not to acknowledge the great efforts of Derek (Delhi belly) Wilson, and Rob-in (round-up) Boundy. Of course Terry (trivia teaser) Barry carried much of the MC duties for the weekend, and Neil (sparky) Brenton managed all things electrical with many others jumping in to lend a helping hand as well.

However, it was Derek and Robin who carried the lion's share of the planning, preparation, set up and management work of the event and we owe them a great debt of gratitude to be sure.

The weekend was indeed well named a 'Paddle Fest' with some of the best weather one could hope for and a terrific variety of paddling trips out from a range of launching spots around Phillip Island.

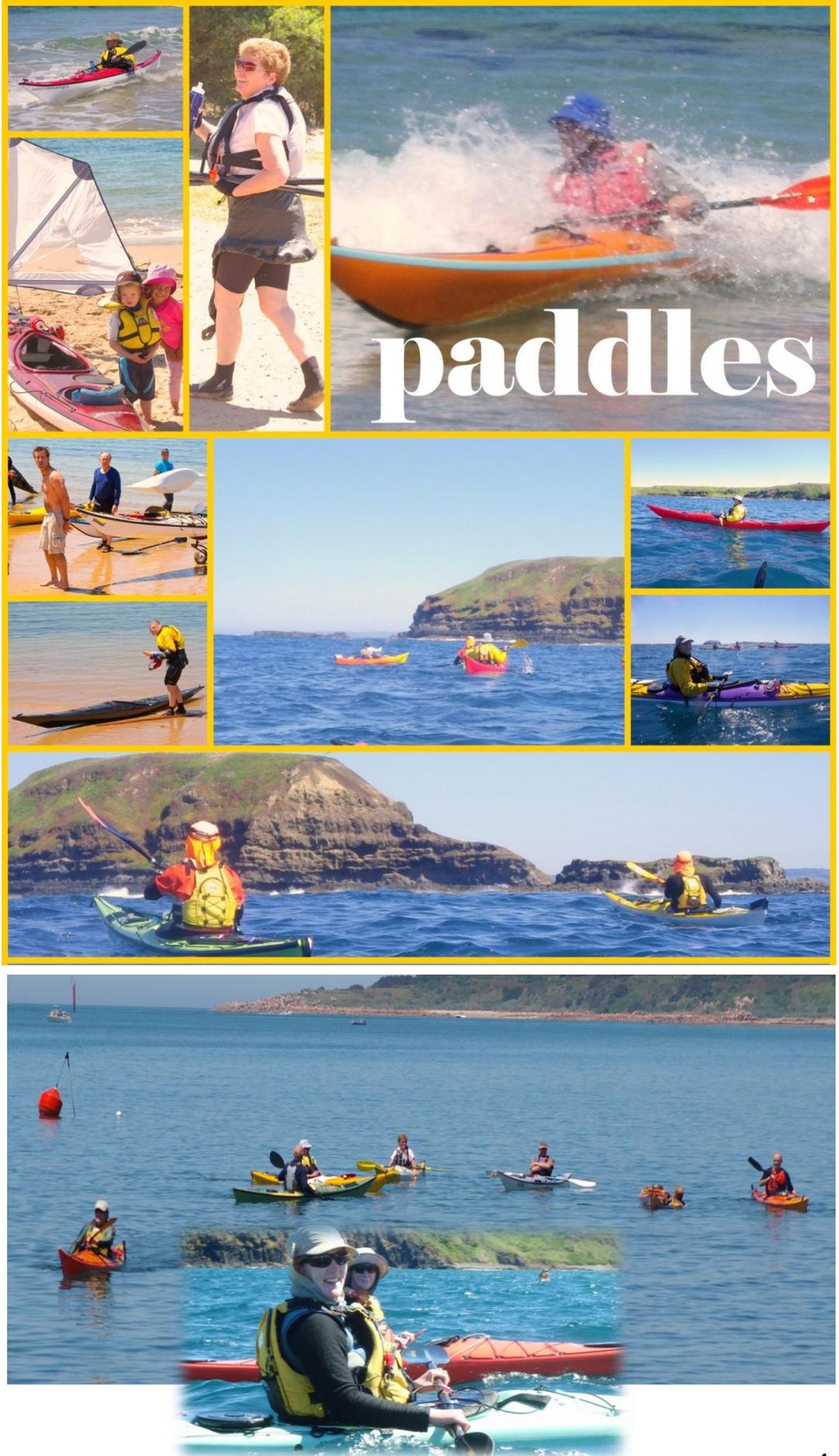
The YMCA campsite, with its magnificent ocean outlook, serviceable facilities and ample grassy space for tents, boats, cars and sea kayaking displays worked a treat.

Tropical trips presentations to Lombok and Tonga on the Friday night were terrific. Then special guest speaker Jeff Jennings from Tasmania provided a most memorable presentation of paddling treats from the Apple Isle on Saturday night.

The AGM on Saturday afternoon was executed with seamless military precision by VSKC's commander-in-chief with reports, elections and presentations going off without hitch.

The various commercial displays of boats and paddling gear were exceptional as were the two Sunday morning workshops led by Bob Mitchell and Jeff Jennings. All this was capped off on Sunday with a BBQ and presentation of photo competition prizes coordinated by Adam Fritsch.

What a fantastic weekend with lots of great memories to savour.





## YOUNG FAMILY DAY-TRIPPERS by Brandon Stewart



With three year old Arieta and three week old Samuel, our family made their way down to the AGM paddle fest at Phillip Island. We arrived a little dazed from sleep deprivation (life seems to be a constant cycle of short sleeps, nappies and feeding at present). However, we had been looking forward to the paddle fest and were keen as ever to enjoy a beautiful day out at the beach with other keen sea kayakers.



Our first activity was the family paddle lead by Peter Costello. We were part of a pod of ten or so boats, including two and a half year old Haydon Pollock and mum Melanie. Arieta (our 3 year old) and I tandem paddled my Nordkapp equipped with homemade milk bottle stabilising sponsons with her snug in the back hatch.

Grandpa, Bob, caused the group to laugh when he snapped his recently repaired Greenland paddle in half while attempting a roll. He managed to roll up with half a paddle, but it wasn't a pretty sight!

For me, the highlight after the paddle was relaxing on the beach, getting our feet wet and trying out some of my newly crafted DriftWOOD Greenlander paddles.



My wife, Safina enjoyed a quieter pace to the day keeping her feet on firm ground and cheering on the kayakers from the shorefront.



It was lovely seeing friends from the club gather around our family to meet Samuel and offer their congratulations. Arieta soaked up her share of attention too along with her new best friend Haydon. Ellen and Alex Boundy along with Andrew Farram were fantastic baby sitters in all of this.

We have been involved in the club for three years now and have found it to be a warm environment which encourages families to not only get out and be active together, but also to build good friendships with other families along the way. It's great to share the same appreciation of our beautiful ocean environment and the fun of paddling long skinny boats.





# 2011 instructor and level three graduates

## NEW LEVEL 3 CROP

**BART DE VRIES:** I fell into sea kayaking by accident. A mate mentioned he was building a cedar strip sea kayak. I had no idea what a sea kayak was, but thought, that sounds like an interesting project so the two of us built one each. That was three years ago. Now, thanks to dedication and commitment of the VSKC instructor group, I've progressed to level three.

**BOB FERGIE:** About 4 years ago my GP suggested I take up some gentle paddling exercise to help reduce weight. Neither he nor I envisaged sea kayaking let alone the demands of level three in a club like the VSKC. But I was hooked

and have grown to love the camaraderie and the challenges of all dimensions of our club activities. Being able to lead club trips now (with 'sticks') is an extra pleasure.

### MICK SHANKIE

Mick has been paddling with the VSKC for a number of years now. Always one to be pushing beyond his comfort-zone, Mick has paddled a broad range of sea scapes including a recent expedition to Indonesia. Mick continues to diversify his fleet of kayaks to accommodate his need for speed and easy portage.

## NEW VSKC INSTRUCTOR

### ROBIN BOUNDY

Robin writes, 'I was keen to achieve my instructor ticket to be able to give back to the new members entering the club what I got from the club at the same stage, particular through the Canadian Bay, now the VSKC monthly paddle. Teaching is not only rewarding seeing new paddlers progress but it also helps reinforce what you have already learnt.'

I spent the previous year observing the other instructors, teaching under their guidance as a trainee instructor, participating in this year's Level 3 intake assessment and training weekends.'

**ACTION: joint winners**

Raft-sailing in sea kayaks  
David Golightly



Self-rescue, self-portrait  
Andrew Campbell

**FLORA AND FAUNA winner**

Tiger shark company  
Gloucester Island, Northern Whitsun-  
days  
Adam Fritsch



## SEASCAPE winner

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Sealers Cove, Wilsons Prom  
Tony Chick

## HUMOUR joint winners

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Nadgee ..... 'solo'  
Robin Bound



Never too young for 'sticks'  
Bob Fergie

## JEFF JENNINGS AWARD

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The breakout 'wait'  
Bob Fergie

# 2012 VSKC MANAGEMENT COMMITTEE AGM APPOINTMENTS

## PRESIDENT

Terry has a long history in outdoor education and scuba diving. He joined the VSKC in 2000 and is now one of the club's senior training instructors. Terry credits Larry Grey as a major motivator initially for him, but adds, 'so many people helped me learn which is why I continue to be keen to give back to the club whatever way I can'.



**Terry Barry**

## VICE PRESIDENT

Grant joined the VSKC in 2008 with a background in TK1 paddling, triathlons, sailing boat building (Olympic class Finns and the first ever fibre glass America's Cup yacht). He has a keen interest in strip & skin on frame boat building and is an avid Greenland and Aleut paddler/craftsman. Rolling with 'sticks' is a bit of an obsession as is his Melbourne Storm Chaplain role.



**Grant Stewart**

## TREASURER

Adam joined the VSKC in 2009 having had a long term interest in outdoors adventuring. He was introduced to sea kayaking by friends on Port Phillip Bay. A subsequent trip to Freycinet Bay sunk the paddling hook deep. Early in 2011 he completed an extended 4 month solo paddle along the Queensland coast.



**Adam Fritsch**

## SECRETARY

David was first introduced to kayaking through scouting in Scotland, fuelled by a sense of adventure. He became more seriously involved in 1968 on a West Coast of Scotland expedition. David's contribution to the club has been immense over a number of years now (as all who know him will attest).



**David Golightly**

## MEMBERSHIP



**Raia Wall**

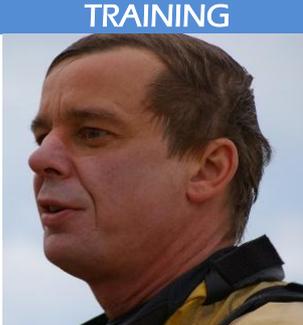
Raia and Neil started sea kayaking in 2004 after a number of 4WD trips to the outback. Visiting places like Shark Bay, Cape York and the Kimberleys they wanted to explore beyond the end of the track. After a couple of guided sea kayaking trips they decided to focus on sea kayaking. Neil comments, 'I thought we would kayak once a month! Little did I know seven years and six kayaks later, we paddle whenever we can. Raia is a club instructor and Neil invents all things electrical for Sea kayaking (pumps, lights etc),

## TRIPS



**Neil Brenton**

In his early 20s board surfing was John's passion until overcrowded surf breaks became a frustration. So John bought a sea kayak and the rest is history! 'Lifestyle or obsession', says John, 'all I know is I seem to be very happy when I am floating around in the ocean' (still surfing, we observe, Ed.).



**John Evertze**

## COMMUNICATIONS



**Vojin Miladinov**

Vojin is a recent convert to sea-kayaking. He wanted an exercise activity just a little more interesting than pacing the gym treadmill. He reflects, 'sea-kayaking well-surpassed those desires and introduced me to another world filled with wonder, excitement and like-minded friends.

## SPECIAL EVENTS

Scott took up sea kayaking in 1984 in order to keep up fitness for sailing in the summer months. Interestingly, this order of priority was soon reversed once the freedom, independence and interaction of sea kayaking was experienced. Scott adds, 'genuine friendships within the club have been a highlight for me'.



**Scott Reid**

## SEA TREK EDITOR



**Bob Fergie**

With early-onset rigor mortis about to set in 5 years ago, Bob's GP recommended 'gentle paddling exercise'. Bob struggles to explain what happened next, except that ten boats later, sea kayaking has become a wonderfully life-giving tonic (especially when sticks & rolling are included). Bob credits the 'Red-Eye' as pivotal in his paddling progress.



It's 6 pm Monday evening (2 days after the VSKC, Bob Fergie, Inverloch Cape Paterson return trip), I have just paddled in from a surf session, swell was about 1.5 to 2 metres. After two hours of rolling, being swallowed up and spat out by the ocean I have the biggest grin on my face and I'm thinking to myself, "That was totally awesome, probably the best fun I've had in a kayak ever". However, that is the thought I have after most sessions in the kayak.

It's hard to think just two days earlier on Saturday 3<sup>rd</sup> of September, nine of us had an fantastic time together paddling the same area in conditions that resembled Lake Placid, possibly the calmest waters I have seen along the Bunerrong coastline.

The conditions for this weekend trip were ideal. Our journey began at Inverloch Angling club located on Anderson Inlet. The trip up the beautiful inlet was aided by a fast moving outgoing tide.

Crossing the bar into the open water was easier than blowing bubbles in 'ya bathtub', and after 30 minutes of paddling west towards the Cape about 700 meters off shore the sails were up. Later that evening while sharing a great meal at the pub, Terry suggested the group more resembled a sailing regatta than a hardened group of sea kayakers.

After an hour or so of smooth sailing, good conversations, Bob's (every 15 minute) mandatory head wetting sessions, and Terry's impromptu demonstration of how to perform a wet entry, we

arrived for lunch at Cape Paterson.

On the return to Inverloch we decided to stick close to the rocky shore to avoid the headwind. We paddled into caves, across bommies, through the inside of the majestic Eagles nest, and closer to the edge of the cliff face than any paddler who valued their kayak or skin had paddled before. The ocean was so calm that the suggestion of setting up afternoon tea on Petrel Rocks sounded possible.

With about 5 km to go on our return, something mysterious was in the air, some may even call it divine, but as Derrick steamed past us all with his sail full of wind and heading directly for Inverloch, we realized that Bob Fergie had either planned the perfect trip or that greater powers were at work giving us the best opportunity to explore my backyard 'sturf'.

Whatever the answer may be, but as we paddled back through the entrance into Anderson Inlet I had the biggest grin on my face thinking to myself, "That was totally awesome, probably the best fun I've had in a kayak ever".



## INVERLOCH TO CAPE PAT- ERSON and return (29km)



**A great trip indeed!**

*Nathan lives in Inverloch where he teaches children with special needs (Ed)*



Gippsland Lakes Paddle: Marley Point to Paynesville (about 70 km). 29/10/ 11 to 1/11/2011

Paddlers: Neil Brenton, Raia Wall, Terry Barry, Robin Boundy, Gerard O'Reilly, Arthur Papakotsias, Richard Rawling, Bill Zombor, Ian Tovey, *Emily Gasko & Ollie (for the last night)*



The aim of this trip was for newbie's (Grade 0, i.e. Gerard and Arthur) with minimal kayaking experience to enjoy the pleasures of Kayak camping. In all three nights of camping and four days of paddling was planned with precision by Club President Terry Barry. We started from Marley Point, the western most point of the Gippsland lakes at 9.30 am. Terry Barry our pod leader had planned our four day one way trip down the lake system to finish mid-day at Paynesville on Melbourne Cup day.

Our kayaks were packed with all our food, water and camping gear before cars were shuttled to Paynesville (punctuated by a quick lunch at a local bakery). Upon return to our launching place at Marley Point around noon we quickly launched into a head wind.

The first day's paddling was planned to be a short hop across the lake to Plover Point to our first camp site. The compass bearing was communicated and those with electronic gizmos activated them. Progress was slow as the weather closed in, with rain squalls sweeping across the lake. At this point our leaders' earlier bearings instructions were adjusted as we needed to be heading a little more to the West to compensate for wind drift. We were in good hands with all the paddlers except Gerard and Arthur being at Grade

3 or Instructor level. This was very reassuring.

Even so, the planned camp site (sheltered, gentle sloping beach) proved unsuitable with a decaying dolphin on the beach and badly churned up sand, evidence of quad bike hoons. Fortunately, a good alternative site was only a short paddle away at McLennan Straits. It proved to be a great camping spot although we could have done without the horrible sand flies who insisted on sharing our spot.

The next day camp broke at a leisurely pace, although for Arthur and Gerard the realisation that kayak camping gear requirements are a little different to caravan camping. So what do you need? The answers would come quick enough!

We set out on a peaceful paddle down the strait taking in all the bird life until we turned the bend at Seacombe to head up to Hollands Landing for lunch. A light but favourable following breeze saw sails emerge from deck cocoon sleeves and the regatta began. These were perfect sailing conditions, and paddles were now used as rudders with occasional support bracing when things got out of hand.

Following lunch and regatta made short work of the next leg onto Storm Point, our camp spot for the next night.



Storm Point turned out to be a lovely sheltered camp site and tarps were strung up to make a very serviceable communal area for cooking, yarns and fire gazing (farmer's TV). Our leader, Terry's "coup

de grace" came in the form of a "Happy Camper" package. Lamb Shank in gravy looked delicious as it quietly simmered away on the Trangia. This was very much in contrast to Arthur's Jet powered cooker drowning out the serenity of Storm Point that Sunday evening. When Arthur had finished cooking the banter returned lubricated by cask wine, port and Richards twelve year old single malt whisky (he was very generous in sharing).



Monday brought fair winds and great sailing conditions (just look at the pictures on the VSKC web gallery). Conversation on the water during this leg noted the unusual 16 km run of straight sailing.

It was not all 'plain sailing' however. Gerard's rudderless kayak broaching out of control every now and then just to keep the other 'ruddered' sailors on their toes. Periodically we rafted up for conversation and to give those without sails a rest as we continued down Lake Victoria to Sperm Whale Head. After a snack and a stretch we heading off to Bunga Arm, stopping off at Ocean Grange before reaching our camp site, "Pelican" for Monday night.

By the last day we had perfected the tent and kayak packing process and both Gerard and Arthur had held animated discussions about the relative merits of kayak sailing. Unlike the rest of the pod they did not have sails. 'Did you paddle or sail?' became the good-humoured jibe directed at the 'sailors'. It's a moot point.

We all had a great time with forgiving weather, great company and terrific conversation. On the last day we paddled a lazy 16 km on to Paynesville in a 10-15 kn headwind. Finally no sails! Upon arrival we downed some pies, unpacked the boats before heading home. It had been a terrific trip, and for those new-

bie's out there in VSKC-land we would highly recommend the overnights as a great introduction to both Kayak Camping and to kindred spirit sea kayaking community. We learned a great deal from the experienced paddlers who very willingly and generously mentored and encouraged us.



Gerard Reilly and Arthur Papakotsias (beginner kayakers with much enthusiasm)



## UP-COMING VSKC EVENTS FOR 2012

### Stuart Trueman



Meet the man and hear of his history-making 16,000 km unsupported solo expedition around Australia over 18 months

### SATURDAY

25<sup>th</sup> FEBRUARY 2012

**MORDIALLOC SAILING CLUB**

12 Bowman St., Mordialloc

**7pm for 8pm start**

\$20 single, \$35 Family, payable at the door (Non-VSKC members, \$30 each)

**VSKC members please bring a plate of finger food**

For bookings, e-mail:

[terry@shadexblinds.com.au](mailto:terry@shadexblinds.com.au)

### Cheri Perry & Turner Wilson



<http://kayakways.net/>



**Internationally renowned Greenland rolling experts & instructors from USA**

**EASTER HOLIDAYS  
4<sup>th</sup> - 15<sup>th</sup> April 2012**

#### PROGRAM:

**VSKC INSTRUCTORS' TRAINING**

Friday 6<sup>th</sup>, to Monday 9<sup>th</sup>), at the PROM

**PRIVATE ROLLING COACHING**

Wednesday 11<sup>th</sup> & Thursday 12<sup>th</sup> by appointment and @ \$50 per hour of coaching

**GREENLAND ROLLING DEMO & COMP**

Friday evening, 13<sup>th</sup> at Mentone Grammar indoor School pool

**HALF DAY TRAINING TO GROUPS OF 6**

Saturday 14<sup>th</sup> and Sunday 15<sup>th</sup> for VSKC members, by appointment only

**See VCKC web site for details**

All bookings to Scott Reid  
[scott.reid@jemena.com.au](mailto:scott.reid@jemena.com.au)

# EXPEDITION PLANNING (part 4) by Robin Boundy

This is the fourth of a series of articles by Robin Boundy adapted from a lecture presentation to the 2010 VSKC forum. It was developed from a Bass Strait expedition early in 2010 with a number of other VSKC paddlers, including Robin's 18 year old son Tom. (Ed)



## NAVIGATION TOOLS

The navigation tools used during our earlier trip across Bass Strait were primarily charts, compass and GPS.



Personally I like charts and compass best as they are dependable and not subject to failure. A GPS can stop working for a whole range of reasons from flat battery, excessive moisture or even over heating in the aqua pack.



When using your GPS, you should have already inputted into the GPS unit prior to the trips commencement your:

- waypoints or destination coordinates for your planned destinations
- bail out points
- locations of interest
- alternate campsites

Like all your equipment on your expedition, you need to be competent at quickly punching in the correct inputs to come up with the information you need whilst on the water.

## CHART TIPS

It is important to remember when plotting a new course from your charts, to convert from True North on the chart compass rose to Magnetic North on your boat compass.

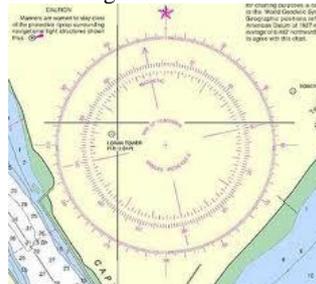
The current magnetic variation between true north and magnetic north in the Bass Strait is approximately 12 degrees East. I should add that it is critically important to check the particular magnetic variation on the appropriate chart for other locations you are planning to paddle.

You will need to deduct 12 degrees to get your magnetic bearing on your kayak deck compass. When converting from a compass or magnetic reading to the chart, you need to add 12 degrees. A helpful way to remember this is the following ditty:

*Variation East, compass least (subtract)  
Variation West, compass best (add)*

For our Bass Strait trip this meant:

**FROM CHART to compass – subtract 12 degrees**



**FROM COMPASS to chart - add 12 degrees.**



## WEATHER FORECAST REPORTS

There are a variety of methods for getting your weather reports during the expedition and the Australian Bureau of Meteorology

weather reports are amazingly accurate these days. These can be obtained via short wave radio, mobile internet on your phone, marine radio, mobile or satellite phone calls or from locals and other boaters if in the area.



On any paddling trip you must have the capabilities of getting the weather reports via short wave radio as you will not always have mobile coverage.

If you have any mobile coverage at all, I highly recommend obtaining the report directly from the BOM web site. The short wave radio invariably sounds like Donald Duck, can be easily missed and can lose its signal at the very worst moment.

The BOM report is exactly the same report, in text on your phone where you can read it slowly, take notes and recheck the information.



Before the expedition begins, you need to be aware of the reports required for the different locations as the trip progresses.

Before each day commences, it is important to outline the route and expected weather conditions and the effect this has on the sea state as the day progresses. A long day on the water will include one or more tidal changes and the affects should be made clear to the pod prior to the day's commencement.

**In the next Sea Trek Issue, Robin will continue his tips for planning expeditions.**

## SEA KAYAK SURFING TIPS by Terry Barry

The surf zone is one of the most dynamic and dramatic parts of the sea. As ocean swells approach the coast they encounter the sea floor. As the depth gets around twice the height of the wave the swells steepen, as it gets shallower the waves brake unleashing their energy. Sea Kayakers who wish to paddle in the ocean safely must learn how to deal with this environment.

The feeling of flying across the face of a wave is hard to describe, but it has to be one of the most thrilling sensations when paddling a sea kayak.



Kayak surfing is not just a chance to have fun, learning how to control your kayak in the surf also teaches many fundamental skills that enable you to paddle safely in a wide variety of sea conditions and places.

To paddle safely on the open ocean you will need to be able to launch and land through the surf zone, otherwise you will be restricted to protected areas with little or no surf. Without these skills you can seriously compromise your safety.

Some believe you don't really need to know how to surf, just be able to launch and land through the surf zone. This is inaccurate. In many situations you will need to surf into shore. You cannot outrun the waves and you may have to negotiate a narrow entrance.

Landing and launching through surf requires wave reading and surfing skills. Skills that require development over time spent in your kayak- in the surf!

There is no better place to learn how to handle rough water than in the surf. A small to moderate surf of 0.25 to 0.50 metres (surf height is measured from

trough to crest) with a gently sloping sand beach is an ideal learning zone. Be sure to choose an area free of obstacles and other water users. You may be surprised at how far your kayak travels sideways when broached and the last thing you want to do is injure someone else.



For this reason it is also vital that you never allow a situation where there is more than one kayak on a wave and you make sure the zone is clear before catching a wave. Also never paddle out close behind another kayak. If the front kayak starts being pushed backwards you could have a nasty accident.

Good kayak skills are important in the surf zone. Edging and leaning as well as balance and bracing are all required. As you spend time in the surf zone all these skills will be honed. If they don't it will result in a swim! Not to worry, all part of the fun.

A roll is a great tool to have when developing your surf skills; it will prevent lots of swimming and bailing out a cockpit full of sand and water.

A good way to start is to paddle part way out and sit in the white water zone (the area where the waves have already broken and are tumbling to shore). Here you can start to relax, keep your kayak pointed nose-on to the waves and get the feel for the water flowing underneath. Once settled, experiment by letting the waves hit you more side on and finally fully sideways.

Once comfortable with this go for a paddle for a kilometre or two parallel to the beach, in both directions, balancing bracing and edging as the waves hit you side on. You don't have to be far from the shore for this. After this you will be

ready to paddle out through the impact zone (the area where the waves first break) and catch waves in and paddle back out repeatedly. I've seen far too often kayakers paddling straight out through and beyond the surf zone and then struggling to make it back to shore. Far better to spend time in the white water zone getting a feeling for the waves and relaxing before committing to this.



To catch a wave, wait out the back and observe the swell. It will come in predictable sets. Choose a wave and paddle forward. Aim to catch the wave while it is still green (unbroken) as you feel the kayak tail lift, paddle hard and lean forward. Once on the wave most of the paddling is over, concentrate on keeping the kayak straight using edging and stern rudder strokes. You may have to paddle forward as well.

As the wave breaks don't be surprised if the kayak turns sideways (inevitably broaching). By bracing and edging into the wave you will find yourself moving sideways towards the beach without losing control.

Remember to keep your elbows tucked into your body at all times in order to avoid shoulder injury.

When paddling back out paddle along the beach a little so others don't have to wait for you to clear the area before they can catch a wave.

Over time you will become comfortable in the surf and can experiment in different conditions and larger waves. For example, put yourself deliberately in the impact zone and see what happens! Practice rolls and re-entry rolls in the white water zone as well as rolling under incoming waves as they are about to break on you. The more time spent experimenting in a controlled environment the better your kayak skills will become. All these skills are readily transferable to all other kayak environments and you will soon be expanding areas where you can enjoy sea kayaking safely.



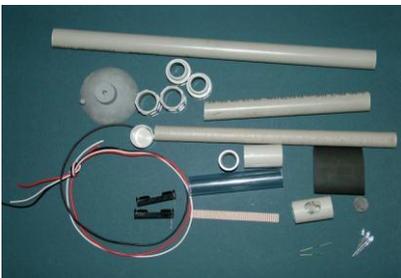
John Evertze in seriously big surf off Point Roadnight

# MAGNETX NIGHT PADDLING LIGHT SWITCHES

by Neil Brenton

## COLLECT ALL YOUR GEAR AS LISTED BELOW

300 mm PVC 20 mm conduit  
700 mm PVC 25 mm conduit  
80 mm 25 mm clear PVC conduit or equivalent  
25 mm PVC end cap  
20 mm coupling (cut in half)  
2 x 25 mm couplings  
3 x male plain to screw male 25 mm adaptors  
3 x female plain to screw male 25 mm adaptors  
3 x Blue LEDs  
3 x White LEDs  
2 x Reed switches  
600mm of 3 different coloured cable: red, white & black  
2 x AAA single cell battery holders  
120mm x 10 mm PCB board  
20 mm diameter Magnet  
75 mm of 50 mm heat-shrink  
6 mm heat-shrink  
2 x 18 ohm Resistors  
250 mm of shock cord  
4.5 m of 2 mm blind cord or Spectra  
3 x Berkeley clips from [www.berkeleypoint.com](http://www.berkeleypoint.com)  
2 x stainless steel 1/4" washer  
1 1/4" (35 mm) machine screw to suit Sticky Pod  
1 Sticky Pod (available from [www.stickypod.com](http://www.stickypod.com))



### Step 1

Take the three pieces of wire. Strip one end on each. Tin with a soldering iron. Take the blue LEDs and twist all positives together in one direction and all the negatives in the other direction. This is so they fit inside the 25 mm clear conduit. Do the same to the white LEDs.



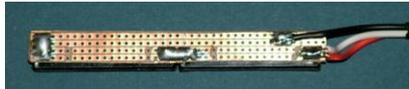
Solder both ends on the LEDs on both colours. Join the negatives together and solder. Trim down the leads of the positive. Now attach the resistors to the positive end of the LEDs and solder. Trim down the other end of the resistors.

Attach the red tinned wire to blue resistor end. Attach the black wire to the middle between the white and blue LEDs. Now attach the white wire to the positive of the white resistor. Place 75 mm of heat-shrink up the three cables and over the resistor at the white end and about 25 mm of heat shrink on the blue end resistor. Heat the shrink tube.

### Step 2



Take the battery holders and place through the PCB negative to -ve. We are trying to make 3 Volts. Solder the battery holders in place. Cut the tracks so none of the cells are shorted out. The positive and negative in the middle should stay joined together. Two tracks should be left for the negative return. See photo.



Once this is done, place 2 AAA batteries in the holders and test with a multi-meter for 3 Volts. If you can't read this check your solder joints for continuity.

Temporarily solder the red and white wire to the top (+) end of the battery pack. Connect the black to the negative end (-). The LEDs should all be on. If not check all polarity. If nothing works you may have got your LEDs the wrong way around. To check this just swap the red/white with black and see what happens - if LEDs come on you will need to fix the rotation of the LEDs. And repeat early step 1. If all is okay disconnect the battery.

### Step 3



The reed switches are very fragile so don't force the wire that come out of switches or they will break and fail. It is better to bend the wires.

Cut the red wire about 70 mm below the white wire, join near the end of the heat shrink. Solder in a reed switch. Attach the red wire again. Cut the white wire 180 mm below the first reed switch. Attach the battery temporarily and wave a magnet over the reed switch one at a time. The LED should come on. Now carefully tape the three wires together so they lay flat

Slide a piece of heat-shrink up over the reed switches and all the wire at once. Don't bend the reed joins. Once again, before you heat the shrink tube check the operation of the switches and LEDs. If all okay heat the shrink.

### Step 4

Take the 20 mm coupling. Cut in half and glue to the 20 mm conduit. Take the 25 mm coupling and glue over the top of the 20 mm coupling. Now take the clear conduit and glue into the 25 mm coupling. You should now have the head of the light.

Slide the LEDs and switches into the shaft from the top. You may find the LEDs go down too deep into the shaft. To fix, calculate where the skinny bit is and remove the LED's. Build up with self-amalgamating tape or electrical tape to stop the wiring sliding down too far.

### Step 5



Take a 25 mm coupling and drill a 19 mm hole in it to suit the Magnet. Place the coupling up the 20 mm conduit shaft. Place the magnet in the hole, then slide the 50 mm heat shrink over the coupling and magnet. Heat the shrink tube to hold the magnet in place. Once cool, the coupling should slide up and down the shaft. With the batteries connected test the position of the reeds and the light operation. Hopefully the reeds switched are not too high or low to activate the LEDs.



### Step 6



Trim the 20 mm conduit just long enough to allow the sliding coupling to stop on the 25 mm plain to screw adaptor, once this is done glue the 20 mm cut coupling and the 25 mm coupling onto the end. Hot glue the cable in the centre of the conduit, make sure the LEDs and switches are still in the correct place.

### Step 7

The light is nearly complete. Take the 700 mm of 25 mm conduit. Cut about 200 mm off. This is the start of the battery holder. Glue a 25 mm Male plain to screw adaptors to one end and seal with hot glue. Let it set.



Carefully hold the battery holders and measure where the battery will finish up to the conduit. You may trim the length of 25 mm conduit to reduce any excess length. Glue a female plain to screw adaptor to the 25 mm conduit, permanently solder the battery unit to the wire and screw together. Ideally the over top of the light should be around 500 mm long but if end up longer is does not matter.

### Step 8

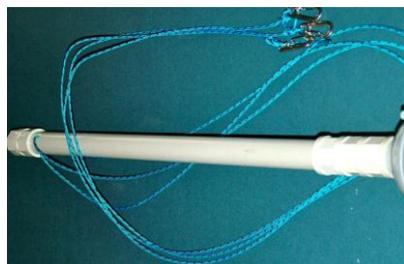
The base is a 'Sticky Pod' suction cap and has great suction to all kayaks.



Take the female to screw adaptor and cut a 5 mm ring of a piece of 25 mm conduit. Take a washer and file to fit inside the female section of the adaptor, all the way up to the thread. It needs to be firm. Glue the 25 mm ring behind the washer this in the female section. Allow to cure. Now push the adaptor on the Sticky Pod. Screw down with 1/4 stainless steel machine screw until firm.

### Step 9

Self-retracting string helps keep the tension on the shaft and reduces tangles when light is not in use.



Take the 500 mm of 25 mm conduit and glue a female plain tie screw adaptor to one end. Drill three holes at 60° apart just below the adaptor. Pass the three lengths of blind cord down the conduit to bring out the bottom. Tie on the shock cord with a tape knot or an overhand knot with the shock cord fed back through it.



Cut off excess tail on the cords; slide the knot just in the start of conduit. Now take the 1/4 washer and file to the same diameter as the conduit. Slide it on the shock cord. At about 150 mm from the first knot tie another overhand knot behind the washer. When you pull the blind cord from the hole end you should get stretch out the shock cord. You may move the washer knot up or down to get more or less effect on the blind cord. Once you are happy, cut the left over shock cord and glue a male plain to female adaptor on the bottom of the 25 mm conduit.

All that is left to do is attach the Berkley clip or plastic clips you have chosen to attach to your kayak. Now before you tighten your knots you need to think where the best place is to position the light on your kayak. We find behind the paddler is best as this does not inhibit/compromise your night vision.

Happy Paddling



Doug Farram, modelling Neil's night light at the end of one of the regular 'Red-Eye-Ricketts' 6am Saturday paddles on Port Phillip Bay

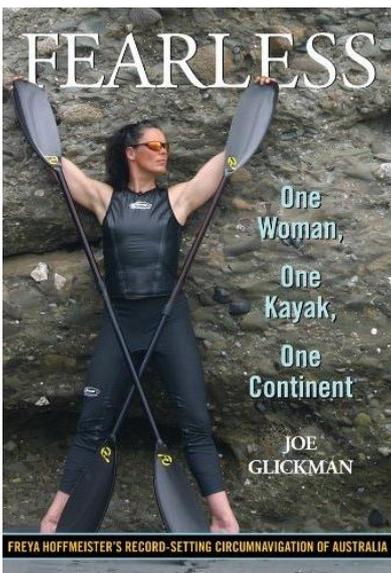
**SPOT THE PROBLEM,** Editor's selection



Bit of a mixed bag for this issue as Christmas approaches! Here on the NSW south coast we're getting typical unstable spring weather – lots of storms, humidity and winds which seem to have no pattern to them. It sure is a time to be extra careful with weather forecasts when venturing out onto the ocean.

For those of you looking for a late late Christmas present..I see that Freya Hoffmeister's book...or more correctly a book ("FEARLESS") about Freya and her Aussie circumnavigation is due out soon. With a photo of Freya by Paul Caffyn on the cover and written by Joe Glickman, it will be available in paperback from Amazon if you can't find it at your local bookshop. I was looking over the book details on the Amazon website the other day and was just struck by the advertising hype:

"FEARLESS..one woman..one kayak..one continent."



It goes on: "the 9,420 mile trip through huge, shark infested seas... "hair-raising encounters with crocs and great white sharks" (eh? 'don't remember that!)... "this Teutonic force of nature."

I suppose hype is pretty much part of our world now. Politicians do it, spin doctors do it,..even sea kayaking magazines do it!

"FEARLESS" will be released in January. 'Might be a good read!

Continuing with a "goodies" theme, it seems Justine Curgenvan lives by the motto "when you're on a good thing...!"

She is bringing out a THIS IS THE SEA DVD No. 5 next year...and why not? Her last 4 offerings have been full of really interesting sea kayaking stories without preaching messages about the effect of campfires on global warming and such-like! With her frequent overseas filming trips, she must have so much material. It should be good I reckon.



During a recent day paddle, a friend mentioned to me that his cockpit was taking on lots of water. We decided to investigate the cause. After looking for holes in the hull and split seams etc, we examined his spray skirt. By holding it up against the sun and giving the fabric a good stretch we could see daylight through it!

Neo skirts do wear out! 'Problem is you often can't see it happening because of the nylon knit facing, bonded to each side of the neoprene.

A sprayskirt manufacturer once gave me a tip for making skirts last longer. It was this: if your skirt is wet with salt water, DO NOT hang it out to dry in the sun. Salt crystals form as the water evaporates and actually cut the fabric. If on a multi day trip, rinse your skirt at the end of each day and store it wet in the cockpit out of the sun.

Issue 84 of NSW Sea Kayaker, the magazine of the NSW Sea Kayak Club, carries a feature article about three experienced club members who decided to do a day paddle/sail up the coast from Sydney Harbour to Broken Bay, a distance of about 40 km. The plan was to have a good sail in front of strengthening offshore winds.

Outside Sydney Heads they became a little separated and encountered a yacht race heading south. The swell and winds increased, gusting to 27 knots by lunchtime.

One of the trio – Andrew – capsized under sail, failed to roll up and exited his kayak into the cold winter ocean. He

could not see his friends who were ahead of him and they couldn't see him...let alone paddle back against the winds. They all carried radios but had no sked arranged. All radios were switched off.

Andrew tried multiple cowboy re-entries, re-enter and rolls...and they all failed. A thin man, he had been in the water for over half an hour and was rapidly losing manual dexterity and his cognitive processes.

Luckily for him, one of the race yachts passed close by and saw his raised paddle. They picked him up, abandoned their race and began Andrew's long re-warming process. His kayak was not picked up and was lost. His friends soon became concerned at not seeing him and checked in with an onshore friend and were told the news.

Well, that is an outline of what happened. The article, with contributions by all three paddlers cover the day in fine detail and goes on to detail the PLAN they all now say they should have had. Chillingly, Andrew had an operating Go Pro helmet cam which recorded every agonizing minute for him. We might get to see the footage at next year's Rock 'n Roll Weekend! Keep a lookout for the magazine when it comes online on the club website – it's well written and worth a read.



Many years ago I used to do an Instructor session called **YGYITYGYO** which stood for: You Got Yourself Into This, You Get Yourself Out!

Pretty self-explanatory really, it centered on self-reliance on the ocean and the understanding that co-paddlers may not see you in difficulty, and even if they do, they may be, in some conditions, powerless to assist. And this was the situation in which Andrew found himself – he needed a quick roll and he'd be on his way again...but his roll, his primary self rescue method failed as did all his other self-rescue attempts. That, for Andrew must have been really scary.

Now, for many years Andrew has been the NSWSKC Rolling Champion with a repertoire of about 20 rolls. So what went wrong?

Possibly this: Rolling competitions are held on flat water in low volume Greenland-style boats and this day Andrew was paddling a high volume touring kayak with a deck-mounted sail – quite a different craft indeed!

This incident does highlight the need for sea kayakers to think about nasty ocean situations all alone and to practise and keep practising their self rescue procedures.

YGYITYGYO is the word!

---

Last weekend I travelled to the Hunter Valley north of Sydney and stopped off at Gosford to visit the kayak shops there....just for a browse you understand!

There are three big sea kayak shops there, all within one kilometre of each other. It's a competitive world up there. There were a huge range of brands from all over the world and what struck me was the large number of thermo-formed kayaks on display. I remember former VSKC member Frank Bakker doing a survey in about 1990 for Wild magazine

of all the sea kayaks available in Australia. There were five!

..And here's a tricky little thing I found at the Gosford shops: I was playing around with a "Kajak Sport" hatch lid on one of the kayaks. The lid, when on the kayak, finished absolutely flush with the deck and there was just no way a paddler could get their fingertips under the edge to remove the lid. Fortunately, the manufacturer provided a small molded-in projection for levering off the lid. Now this lid fitted into a recess around most of the hatch so that the top of the lid is flush with the deck. The lid needed to be fitted with the projection next to the gunwhale for easy removal. When I'd finished playing, I replaced the lid...with the projection firmly stuck in the bloody recess!.....and not enough clearance for me to get my fingers in there! No way could I get that lid off again!...just something that an owner would need to watch.

Notice the increasing number of kayaks being made in China these days? It's a way for kayak manufacturers to hold down labour costs I suppose...but one day Chinese labour costs are going to

match ours...and..no more cheap boats then!

'Saw one of these "made in China" kayaks on the weekend. Beautifully finished and flawlessly gelcoated, the hull was of foam-core sandwich construction. Now, I stayed away from that type of construction in the kayaks I used to build, simply because the thin outer skin would not withstand repeated hard landings, eventually letting water soak into the foam core.

Yesterday I heard from a north coast friend who repairs kayaks, that one of these foam-core kayaks had been brought into his shop for repair with the hull "dinged" (thumb-print type depressions) just like a surfboard! Watch out!

---

**Lastly, "Winky's Weekend will be held next year on Twofold Bay near Eden. Dates are 21<sup>st</sup> / 22<sup>nd</sup> April. It's a fortnight after Easter. Details in the New Year.**

Enjoy your Summer paddling!

## ESSENTIALS OF SEA SURVIVAL book review by James Bate

Authors: Frank Golden, MD, PhD, and Michael Tipton, PhD

Publishers: Human Kinetics  
ISBN:10:0-7360-0215-4

This publication of 300 pages is by two academics who have written about their area of research, with the aim of informing the non-academics amongst us, of the threats to survival when lost at sea.

While this is not a trashy airport novel that doesn't require the brain to be engaged, it is by no means heavy going. It is worthwhile background for any leader of on water adventures, whether coastal or blue water.

There is a mix of background information leading into discussions of the various aspects of being in a survival situation at sea, either in the water or on a craft of some sort. Many real world examples are given to demonstrate concepts or exceptions to theories. Topics covered include, Short Term Immersion, Drowning and Near Drowning, Hypothermia and Survival Time in Cold Water.

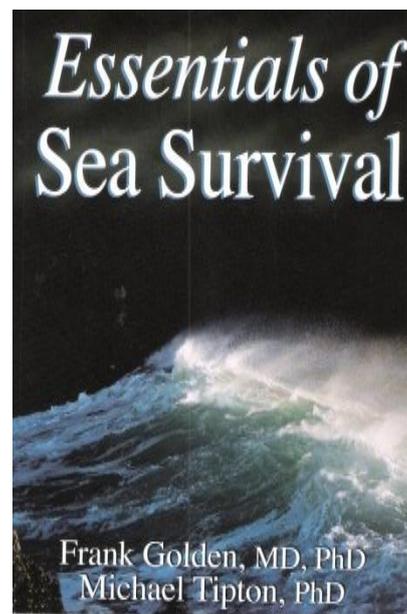
The waters of the Victorian coast is considered temperate to cold depending on the time of year. Even at the warmest our local sea surface temperature might reach

21 C. This is still 16 C below body temperature. Coupled with the knowledge that we lose heat to the water at 25 times the rate as compared to a dry environment, this is something we need to plan for when heading out.

When discussing immersion in cool to cold water the authors recommended the following; "Appreciate that you will quickly lose the ability to use your hands. You should therefore complete any essential survival actions that require manual dexterity and strength soon after immersion" ..... "Thus cooling of peripheral nerves and muscle can quickly cause a level of dysfunction equivalent to peripheral paralysis. Very soon after immersion, cold can impair the ability to undertake certain activities, some of them critical to survival."

One of the chapters focuses on survival time in cold water. The authors note that predicting survival times in immersion victims is not a precise science as there are many environmental, physical and psychological variables that come into play. But the available research indicates that at 15 C, the 50% survival time is about 6 hours. This is the survival time of 50% of the individuals involved, with the other 50% not surviving. If the water is

down to 10 C, which is common in winter here, 50% survival time is reduced to two hours. Food for thought!



I sourced this book through Fishpond.com.au, as I wasn't able to source it locally.

# EASTER ROLLING COMPETITION jointly sponsored by the VSKC and East Coast Kayaking



**Keep Friday the 13<sup>th</sup> April 2012 free in your diary. because whether participating or spectating. this is going to be a terrific evening.**

**COMPETITION RULES:** Competitors must nominate one roll only from each of the four categories. Competitors may use paddle(s) of their choice. Only one attempt per category-choice will be allowed. Where indicated, additional points will be awarded for rolls performed on both sides. (We have adapted the international Greenland rolling score sheet, cf. [http://www.qajaqusa.org/QK/rolling\\_scoresheet.htm](http://www.qajaqusa.org/QK/rolling_scoresheet.htm))

Layback finishing rolls		DEGREE OF DIFFICULTY	left side	right side	TOTAL SCORE
1	Standard roll (2 hands)	1			
2	Re-entry and roll (2 hands)	2			
3	Butterfly roll (1 hand)	3			
4	Shotgun roll (1 hand)	3			
5	Crook of arm roll (1 hand)	3			
6	Side sculling for 10 seconds (2 hands)	4			
7	Balanced brace (1 hand)	5			
8	Norsak or chopping board roll (1 hand)	6			
9	Hand roll (no hands on paddle)	7			

Forward finishing rolls		DEGREE OF DIFFICULTY	left side	right side	TOTAL SCORE
1	Storm roll (2 hands)	3			
2	Chest sculling for 10 seconds (2 hands)	4			
3	Backward sweep roll (2 hands)	5			
4	Norsak or chopping board roll (1 hand)	6			
5	Hand roll (no hands on paddle)	8			

Speed rolls <small>10 seconds from hitting water</small>		DEGREE OF DIFFICULTY	left side	right side	TOTAL SCORE
1	Standard roll	3/roll			
2	Storm roll	5/roll			
3	Hand roll	7/roll			

Novelty self-rescues		DEGREE OF DIFFICULTY	left side	right side	TOTAL SCORE
1	Tandem kayak roll (with a mate)	3			
2	Broken paddle roll (ie. half blade)	4			
3	Stand-up paddle (cowboy entry start, over 10m)	6			

The winner will receive a Greenland paddle valued at \$350 donated by DriftWOOD designs

## Cheri Perry and Turner Wilson



Our two expert guest judges will also demonstrate a variety of international competition Greenland rolls.

Find out more about Cheri & Turner on their web site:

<http://kayakways.net/>

## PADDLING WITH SEA KAYAKING CORNWELL, UK by Jeannine Strohbeck

If you had have told me three years ago in October 2011 you will be Kayaking in Falmouth, Cornwall, I would have said 'Really? Three years ago, it certainly wasn't on my list of things to do. I would never have dreamed of being so bold and adventurous, and setting off to the other side of the world on my own. Let alone kayaking in Falmouth.



I remember how much courage I had to muster to do the Sea Starter Course, and when I first drove down to Wilson's Prom to join the VSKC. Yet, I have discovered the hardest part is the initial decision. Once the decision is made generally everything falls into place.

I had a wonderful and refreshing time kayaking in Falmouth! It certainly will be one of the highlights of my trip. Why? It was because I felt a strong sense of belonging to a global community of Kayakers even though I was on the other side of the world. I met people from many different parts of the globe of different ages, yet we connected because we all had a common passion.

This reminded me of the same passion of the people I met and have come to

know at the Victorian Sea Kayaking Club. The instructors were just as eager to teach me to roll my kayak as people in the VSKC, only the people in the VSKC don't get paid. This brought to mind all the kind and down to earth people I have met at the club who are always been ever so willing to pass on their encouragement, knowledge and skills.

Meeting Jeff Allan at 'Sea Kayaking Cornwall' and visiting his shop certainly was inspiring. Jeff's shop reminded me of an expedition. Four men who were enrolled in a six week course lived in cramped living conditions upstairs.

There was also a poster of Jeff on the wall, paddling next to a massive glacier and an article about how he had circumnavigated Ireland in record time. It gave me a taste for adventure.

I must say it was calming to be by the sea and on the water again. I guess this is

what I enjoyed so much about Falmouth. It was the sense of peace I felt, and sense of being at home. I am certainly eager and looking forward to jumping into my kayak and improving my skills when I return!

*Jeannine left Australian shores on the 3rd of April 2011. Her first stop was Nepal, where she spent two weeks trekking in the Himalayas; her second stop was India where she volunteered in an informal slum school situated on a garbage dump; her next stop was Germany where she spent quality time with family as well as having many adventures, including living and travelling with the circus. Currently Jeannine is in the UK supplying teaching in a number of Primary schools situated in deprived areas in London. She will be heading to Germany for Christmas, and on the 8<sup>th</sup> of January will be heading to Canada.*

*To learn more about Jeannine's adventures, check out her blog: [j-strohbeck.weebly.com](http://j-strohbeck.weebly.com) (Ed)*



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**XP18 Spyder**

*Freedom in thought, freedom in action*  
 The XP18 Spyder is the brainchild of award-winning design engineer Magnus De Brito. As an avid surf ski paddler, his open cockpit touring kayak is a revelation for paddlers around the globe.

*Identical to the proven decked XP18 in all aspects but the cockpit and rudder system, the XP18 Spyder enjoys all its characteristics. It's fast and stable while highly manoeuvrable. A lean, mean, touring machine. The XP18 Spyder has exceptional glide, consuming mile after mile with little effort.*

**Bourbon Orca**  
**The ultimate surfski machine**

*When riding a surfski, even the most experienced paddler can become frustrated with the constant bracing in the rough.*

*The Point 65 Bourbon Orca changes everything. Here is a lightning fast ski that is designed for maximum speed when the conditions get real. Designed to outrun most anything while keeping it's rider safe in the saddle through the most fearful of chop, surf, wake - you name it. Seeing your buddy or competitor disappear while you are bracing your way through the bumps is a thing of the past. It's the combination of speed AND stability that makes the Bourbon Orca truly unique.*

**XP18 Sea Kayak**

POINT 65°N  
 Kayak Center

**FitnessLifestyle.com.au**

VISIT OUR WEB SITE FOR FULL DETAILS & SPECS

**QUALITY TESTED PRODUCTS FOR KAYAKERS**

Tel. 1300 668 335 Mob. 0418 106 656  
 Email. sales@fitnesslifestyle.com.au

**FPA Fitness Paddlers Australia**

[www.fitnesspaddlers.com.au](http://www.fitnesspaddlers.com.au)

**FITNESS PADDLERS AUSTRALIA :**

We run 'Regular Time Trials' held at least each fortnight in a variety of locations. This allow paddlers to test themselves against their own clock times, the elements and other paddlers in a friendly and spirited environment.

We operate a 'Computer Timing & Race Management System' that allows for On Line Entries, Handicapping and Scratch Events as well as full results to be administered.

Our On-Line Results and Registration Procedures makes it easy to get involved. Wether you are an event organiser, club or competitor - 'FPA' can help.

**Fitness Paddlers Australia offers paddlers :**

- Regular Time Trials
- Race Events
- Social Paddles
- Manufacturer's Days
- Hire Skis and Gear
- Guest coaches and Technique Info

We also offer clubs, groups or individuals the tools and support to run a 'Fitness Paddlers Australia Group' in their local area. Start one today !!

For more information visit our web site :  
**Registration is FREE - Members Receive Sponsor Discounts**

Tel. 1300 668 335 Mob. 0418 106 656  
 Email. fpa@fitnesslifestyle.com.au

**UPCOMING TIME TRIAL EVENTS**

<b><u>Beaumaris Bay (Melb.)</u></b>	<b><u>Geelong - Corio Bay</u></b>
24th September, 2011	1st October, 2011
8th October, 2011	15th October, 2011
22nd October, 2011	29th October, 2011
5th November, 2011	12th November, 2011
19th November, 2011	26th November, 2011
3rd December, 2011	10th December, 2011

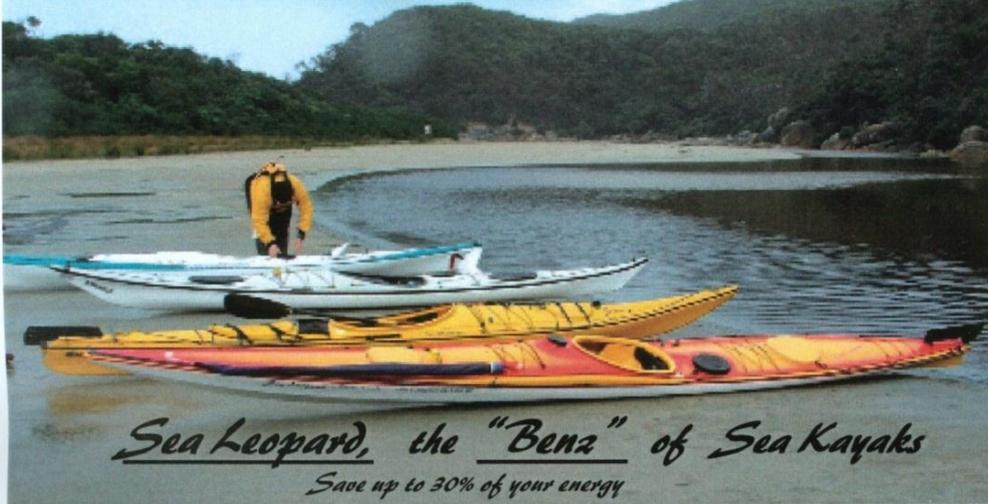
**WINTER SERIES (All events from July to Dec 2011)**  
**2 x Prizes of \$500.00**

**Run to a 'Handicap System' and 'Scratch System' so all paddlers have an opportunity to share the prize pool**

Surf Skis	Outrigger Canoes	Sea Kayaks
Plastics	Standup Paddle Boards	Canoes



New Generation Sea Leopard Sea Kayaks



*Sea Leopard, the "Benz" of Sea Kayaks*  
*Save up to 30% of your energy*

**KT-1** /Marathon/sprint kayaks,  
**Dean 16** Estuary kayak

**Paddling Accessories**



- Sharkskin Exposure protection Wear

- Euro floating sunglasses, polarized



- Carbon Paddles



- Waterproof Bum Bags

- Ultra Trek PFDs



- Dry Bags

- Navigation Lights

- Paddle leash's

- Mirage Thigh Braces

*Rafta Kayaks Bob Mitchell,*

*Mob: 0418366922*

[mitch@raftakayaks.com.au](mailto:mitch@raftakayaks.com.au)

<http://raftakayaks.com.au/>

**Uniden Voyager Waterproof VHF Marine Radio**

Ideal for all boating and marine applications, the Voyager is a 5 Watt Waterproof VHF Marine Radio with Metal Alloy Casing. Equipped with a table-top drop-in charger allowing you to conveniently charge your unit and spare battery at the same time, this compact two-way radio is certified to meet the world standard JIS7 waterproof level.



**SPOT Connect has just been approved for use in Australia**



Connected by 3G network



Simply pair your smartphone with SPOT Connect, and get connected to a global satellite network that lets you send messages and GPS coordinates from virtually anywhere on the planet.

Update Twitter and Facebook.

Send email and text messages.

Request non-emergency help from professional service providers.

And in the case of a critical emergency, send an SOS message requesting emergency assistance.



The SPOT satellite GPS Messenger provides a vital line of communication with friends and family when you want it, and emergency assistance when you need it. Using 100% satellite technology, SPOT works virtually anywhere in the world, even where cell phones don't - all with the push of a button.

**SPECS**

Height: 3.7" (9.4 cm)

Width: 2.6" (6.6 cm)

Thickness: 1" (2.5 cm)

Weight: 5.2 oz (147.4g)

Operating Temp: -30C to 60C (-22F to 140F)

Operating Altitude: -100m to +6,500m (-328ft to +21,320ft)

Humidity Rated: MIL-STD-810F, 507.3, 95% to 100% cond.

Vibration Rated: Per SAE J1455

Battery Type: 3 AAA Energizer™ Lithium Ultimate 8X

VSKC Member Discount \_ Quote your Membership Number.

**FitnessLifestyle.com.au**

QUALITY TESTED PRODUCTS FOR KAYAKERS

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Email. [sales@fitnesslifestyle.com.au](mailto:sales@fitnesslifestyle.com.au)

# We are the vskc



My grandpa says, you're never too young or old to paddle with 'sticks!' (3 year old Arieta)