

NSW SEA KAYAKER

Newsletter of the NSW Sea Kayak Club Inc.

P.O. Box A1045 Sydney South, NSW 2000

Number 3

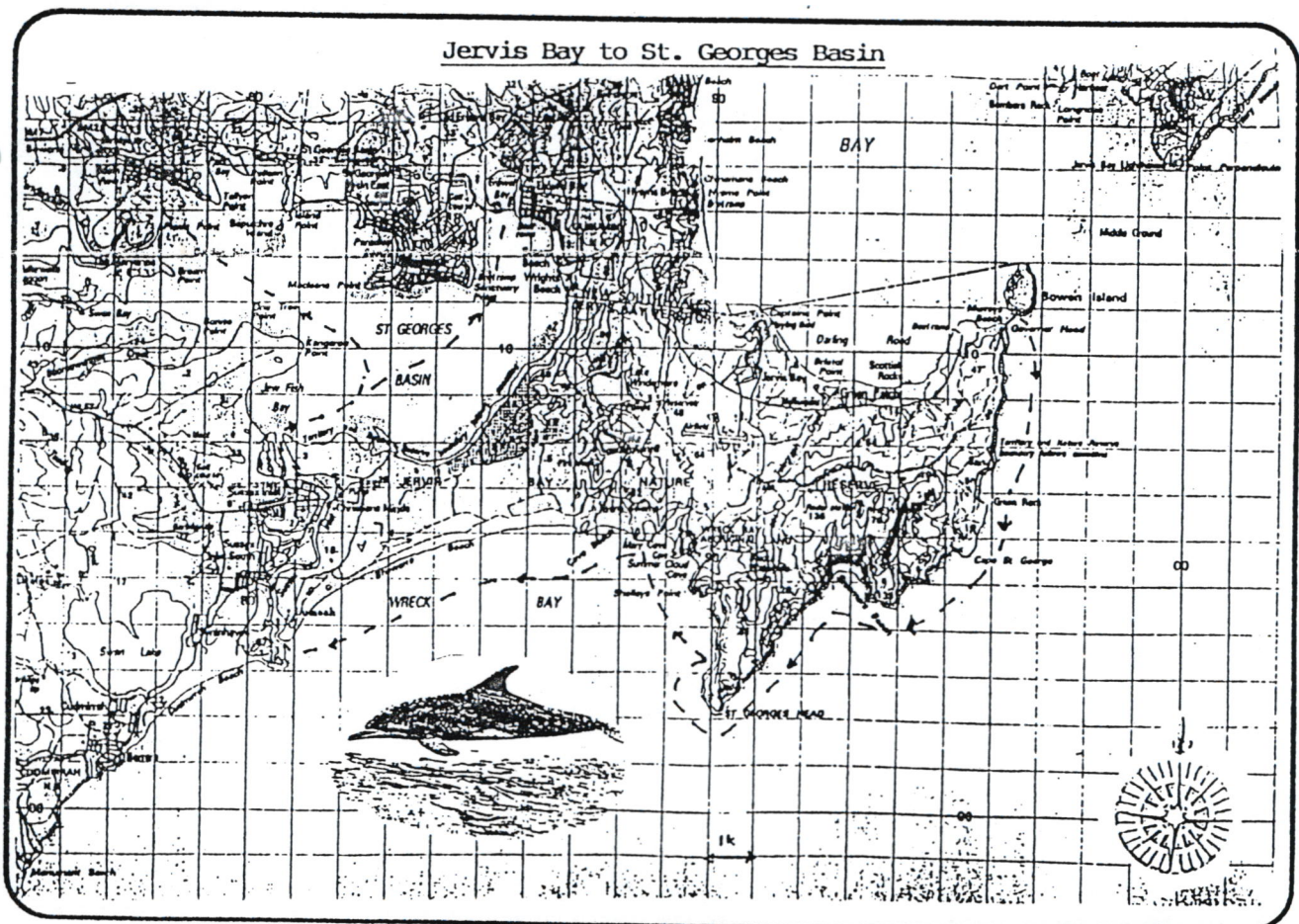
MAY 1990

PADDLE PROGRAM

- MAY 20TH - BALMORAL BEACH - TRAINING
next to Milsons Marine (southern end) -
Contact: Michael Richardson (02) 907 9766 (BH)
- JUNE 3RD - BALMORAL BEACH TO DAVIDSON (return)
Contact: John Bamerry (02) 955 8212
- JUNE 9TH - 11TH - BROKEN BAY WEEKEND CAMP
Contact: Ray & Shirley Abrahall (02) 528 9091
- JUNE 24TH - ULLADULLA
Contact: John Slattery (042) 261 833 (BH)
- JULY 8TH - BOTANY BAY CIRCUMNAVIGATION
Contact: Jeff Coldhill (02) 543 4863
- JULY 22ND - PALM BEACH TO BOXHEAD (return)
Contact: John Bamerry (02) 955 8212

* Contact the trip leader by 8 pm of the Wednesday prior to the trip.

Next Newsletter out end of July!!



JERVIS BAY TO ST GEORGES BASIN February 24th, 1990

The plan was to paddle south from Jervis Bay to Wreck Bay and then to St Georges Basin via Sussex Inlet:- a distance of approximately 30km. The trip promised an interesting mix of coast and lake paddling with the opportunity to view some magnificent, if forbidding coastal scenery.

Participants were Ken McDonald, Frank Brandon and Graham Mundy. After a preliminary briefing and check of essential safety equipment, we left our launching spot in Jervis Bay (Murrays Boatramp) at 9:30 AM and paddled easily out between Bowen Island and the bay's southern headland.

Our course would take us initially down the coast past a shoreline dominated by exposed sheer cliffs and magnificent sea caves. Although conditions at this stage were relatively mild with the wind less than 10 kph, the morning did not look promising. Overcast skies, the distant sound of thunder and reflected chop from the cliffs ensured that our appreciation of any scenery would be tempered by due caution.

By 10:30 AM, conditions had deteriorated; the water became increasingly confused, cloud cover had increased and the wind had picked up. Added to this, I became slightly sea-sick and requested that the rest of the group close in for support. Soon after, the black triangular fins of two sharks appeared and any thoughts of sick "tummies" were soon replaced by some very determined and cautious paddling. Passage around St Georges Head was made at 12:30 PM accompanied by a local thunder storm and, surprise, surprise, a drop in wind.

Soon after, the bows of our kayaks glided into touch the sands of a small beach on the northeastern side of Wreck Bay. A soggy and somewhat short lunch followed. The next course of our journey was to travel 11km in a southwesterly direction across the face of the bay to Sussex Inlet. The weather started to improve and by mid-point, the sun had appeared and we were able to enjoy a little bird-watching as albatross, terns, and mutton birds wheeled, hovered and floated around us. It was hard to believe that the bay had

such a fearsome reputation. One local historian cited that four shipwrecks had occurred during the late 19th and early 20th centuries, many with considerable loss of life.

Continuing en route to Sussex Inlet, we were able to indulge in a little shore-groping exploration of some small coves and beaches, such as Whiting and Summercloud, that dot the northeastern edge of Wreck Bay. With more time, we may well have indulged in some fishing, snorkelling and tidal-zone photography. Views from the bay were quite scenic with Pigeon House Mountain clearly visible on the horizon.

On our arrival at Sussex Inlet, we were greeted by a group of local children out canoeing and by a pod of dolphins. We watched in wonder as the dolphins moved gracefully towards us in gentle arcs, trailing bubbles luminescent with the colours of the sea and the sun. We still had some 12 km to cover.

Moving through a non-existent surf at the entrance to Sussex Inlet we encountered the ebb-tide which made paddling difficult. However, we made steady progress through the inlet, staying close to the banks to avoid the worst of the current. A brief stop for fruitcake and toilet (no reflection on the quality of the fruitcake) was made midway along the inlet and we reached the southern end of St Georges Basin at 4:30 PM.

Although some of us had hoped to try sailing across the basin, the lack of any appreciable wind prevented this. Some 3 km into the basin, the party split with Ken heading home to Basin View and Frank and myself paddling on to Old Erowal Bay on the northern side of the basin - a final car ride - shower and a hot meal!!

BREAKFAST AT SHARK ISLAND - January 7th, 1990

The call was for 7:30 AM at Mrs Macquaries Chair; who should be late but the trip leader. Hence, a delayed departure. The morning was slightly overcast and the Harbour looked great. The only other people around were a handful of dedicated runners and cyclists. Gary paddled across from Clifton Gardens and Frank from Rose Bay. All in all, there were 10 of us, that is:-

Charlie Wilcox	Estuary
Peter Ingleby	Estuary
Frank Brandon	Estuary
Anthony McCarthy	Greenlander
Grahame Mundy	Greenlander
Gary Burnham	Greenlander
Des and Perc Carter	Greenlander
Shirley and Ray Abraham	Tasman's

We headed for Garden Island and across Rushcutters Bay towards Clark Island. There was much conversation amongst the group, particularly when I was informed that the island is surrounded by rocky landings with no beach access. Several members were not keen on a few additional scratches to their Gel Coates so we compromised with the Club's first circumnavigation of Clark Island (except Perc, with Des keeping an eye on him and the tucker) and then headed off for Shark Island. The island has an area of 1 hectare which vaguely looks like a shark. It was officially gazetted a Recreation Reserve in 1879 and, in the early 1900's, a

walkway that still exists today, was constructed around the island.

4

We had the island to ourselves as it was far too early for motor boats to be out. What a pleasant location for breakfast; elevated above the water and looking across to Manly.

Breakfast over, we headed for Clifton Gardens so that Peter could inspect it for our Picnic Day. We then proceeded to Watsons Bay and then Chowder Bay, having fun in the wash from the ferries. Gary departed and the rest of us took off for Bradleys Head. We crossed to Garden Island and, by this stage, there was plenty of boat traffic in the Harbour creating a good wash; Frank said his "Goodbyes" and was last sighted chasing a ferry on its' way to Rose Bay.

Arriving back at Mrs Macquaries Point at midday, the tide was down exposing plenty of weed which made for an easy landing. An enjoyable morning, being the best part of the day and an afternoon free for other things.

PICNIC DAY REPORT - 14th January, 1990

The first Picnic Day of the Club was held at the Royal National Park. The event was not marred by the inclement weather and was a great success as all present had a relaxed, pleasant day. Half paddled and half motored across and most sampled the various kayaks present for comparison.

Overall, the company and goodwill were great and shared by all.

GUNNAMATTA BAY - KURNELL 4th March, 1990

By 8 AM, we numbered 6, the expected tally, so 3 cars were despatched to Kurnell to return the six kayaks and survivors at the end of the journey.

Participants were as follows:-

Bruce Lee	Greenlander
Jeff Coldhill	Greenlander
Aussie	Greenlander
Frank Brandon	Estuary
Peter Ingleby	Estuary
Charlie Wilcox	Estuary

We launched and paddled out of Gunnamatta Bay at a leisurely pace into the entrance of Port Hacking. Here, at Glaisher Point, Bruce decided to go through a breaking wave which he did successfully. However, his hat rode the wave just about to shore before he retrieved it!

Further on, near Rock Islet, I could see terns diving on what I knew would be a taylor school. I slipped away from the group, trawled a line, landing a taylor and rejoined the group. The fish wasn't big enough to keep and no-one else actually saw it, but I kid you not!

Heading on to our planned stop at Boat Harbour, we decided to go inside the Merries Reef as it was low tide and the entrance looked rough. We landed at the northern end of Bate Bay at about 10 AM. We had covered about 11 km and

were at the halfway mark. It was hot and sunny with a nice 8-10 knot northeasterly breeze with moderate seas.

At 11 AM, having lunched and sunbaked, we portaged over a stretch of sand to Boat Hrabour. The harbour entrance was calm, not as rough as we had previously thought. Anyhow, the portage was good exercise!

We left Boat Harbour for Botany Bay without incident except for Charlie suffering from a rudder failure off Cape Baily which caused him to "up-rudder" and paddle on regardless. We arrived at Kurnell at 12:40 PM to complete a relaxing paddle.

PETER INGLEBY

LONG REEF - MANLY 1st April, 1990

The weatherman was playing an "April Fool's Joke" on the bunch of six eager paddlers who turned up for the trip from Fishermans Beach to Manly and return. The forecast was for northwesterly breezes in the morning followed by a southerly change in the afternoon to be accompanied by thunder storms. However, the wind was a slight offshore breeze, the seas were quite smooth with about a 1 metre swell rolling in; beautiful conditions for a Sunday paddle. Come starting time, 5 of us turned up, a few minutes after, one Ken McDonald emerged from the sea.

The plan (which was, by the way, set to take advantage of the forthcoming southerly) was to do our sight-seeing on the way to Manly and take a direct route on the return assisted by the wind. We set off around the rock platforms that make up Long Reef and bounced over a few "sucky" swells.

Around the southern side of Long Reef, we deviated towards the Long Reef Bombora. Bruce Lee attempted another famed surfing feat on a spilling bombora break; we were watching with eager anticipation to see a Greenlander and occupant attempt a pirouette but, to no avail.

We set course to Manly and paralleled South and North Steyne Beaches. Coming in to Shelley Beach, a few little waves added the extra push for some hungry mouths. Peter Meredith, on his first paddle with the club, gave Gary Burnham's Greenlander a test run around Shelley Beach. After an hour, all fed and all fed up (at being land-bound), we cast off for the return trip. We all bounced over a few unbroken waves on the tip of the headland but Ken and Bruce decided to U-turn and catch a few waves in the opposite direction.

Ken was eagerly waiting for the wind assistance from the southerly so he could do a bit of sailing but the wind had dropped to an almost non-existent puff. Frank Brandon took off at his usual mighty pace and we all made a direct line for Long Reef headland. Not suprisingly, we were coasting along faster than the yachts and Gary and Ken popped over to chat with the sloppy-sailed vessel. Coming around the headland, the peace of the ocean was disturbed by two horrible, noisy, smelly jet skis who were carving up our waves.

All in all, a good day for a paddle!

JOHN BAMBERRY

HONEYMOON BAY Weekend of the 28-29 October, 1989

Present were 15 boats plus their paddlers

Saturday: Reasonably rough seas to Point Perpendicular and due to due to hazardous landing conditions, we decided to return to Honeymoon Bay for the night.

Sunday: To Bowen Island. During this trip, 3 of our members, namely, Shirley Abrahall, John Slattery and Bruce Lee, qualified for their B.O.C.E. Sea Proficiency Award. Many thanks to John Wilde who is a Senior Instructor and Examiner with the B.O.C.E.

Note: Sea Proficiency Award details are included elsewhere in this newsletter.

JERVIS BAY - 17th - 18th March, 1990

HONEYMOON BAY TRAINING/SAFETY WEEKEND

Honeymoon Bay proved to be an ideal location for this occasion. The turnout for the weekend was great:- eleven boats on the water was a good size of group for this type of event. I hadn't been to Honeymoon Bay before but was really impressed - wonderful place!

Saturday morning was mild and sunny and a quick paddle down to the "Docks" was a good warm-up. Then the work began. As the northeasterly freshened in the afternoon, the group practised rolls and re-enters in the shelter of the bay, and a group rescue in a sharp chop further out.

Don't empty kayaks drift fast! Aren't swimmers in PFD's slow!

Sunday morning wasn't so pretty as the southerly change came through during breakfast - but such dedication to duty! With the option of a pleasure paddle or the chance to get cold and wet, the latter was chosen unanimously (I had my doubts).

Now purposely throwing yourself in the water on a grey day may not be fun but everybody learnt a lot and left with plenty of ideas that will undoubtedly make for safer paddling at sea as a result of their efforts.

Safety weekends should be a regular feature of the club calender and recommended for both novice and experienced paddlers alike (you never know when you may need to help a novice).

MICHAEL RICHARDSON

P.S. Try to make the safety day on May 20th - see calender.

NSW SEA KAYAK CLUB INC. COMMITTEE MEETING - 25/4/90

Venue: Rodd Point Reserve, Iron Cove.

Meeting opened 3:30 PM

Attendance: J. Coldhill, G. Mundy, J. Bamberry, R. Abrahall, S. Abrahall, J. Dean, J. Slattery, G. Groves, M. Richardson. D. Shepherd (visitor).

Apologies: P. Carter, M. & M. Longhurst

Minutes of previous meeting read and adapted.

Moved: J. Slattery; Seconded: M. Richardson

Matters arising from minutes:

- * "Paddle Power" magazine release noted and acknowledged.
- * Public liability Policy with Lownes and Lambert completed.
- * Registration of Club name with Corporate Affairs Commission to be completed. Original documentation was misplaced by Corporate Affairs and has to be re-submitted.

Correspondance:

Inwards: World Expeditions - Peter Carter

Outwards: Bob Smith
 Tony La Page
 Australian Canoe Federation
 Peter Meredith
 Maatsuyker Canoe Club

Tasmanian Sea Canoeing Club

Reports:

PRESIDENTS REPORT

Welcome to those new members who have recently joined our club bringing the membership total to 32. We are now in a good position financially as can be seen from the treasurers report included with this newsletter.

The prime reason for forming the NSW Sea Kayak Club Inc. was to provide a focal point for canoeists who want to paddle on the ocean with like minded individuals. The coming months will again provide many opportunities for club members to meet on the water and for prospective members to see what sea kayaking is all about.

But these trips are merely a fraction of the possible venues and times available. Shift workers or those who work in the retail trade may not be able to get away on the advertised outings, so the calendar of events has been set out with alternate weekends left free for club members to contact other paddlers in their area (see list included with this newsletter) and organize trips to suit both experience and free time.

On the subject of trip organization, it has been a common occurrence on club outings that the group has become too spread out and in some cases a few paddlers have left the group to pursue their own "trip", leaving the rest of the party to continue on the advertised route. All very well in calm conditions, but if the weather deteriorates to the extent that some weaker/ less experienced paddlers get into difficulties the safety of the group may be at risk by the lack of experienced paddlers available for support.

Every paddler has a responsibility to the group on the water.

The following points may help you determine your contribution to group safety:-

- As the trip leader is ultimately responsible for the safety of the group you should inform him/her of your intentions before setting out and once underway you must obey instructions.
- You may be required to help in a rescue so you should have the appropriate safety equipment, in good working order and know how to use it (at least a tow rope, with provision for towing or being towed, and deck lines for a swimmer or rescuer to grab on to).
- Stay with the group by "buddying up" with other paddlers.
- Keep your boat in good condition with adequate fixed bouancy, and have at least two proven methods of bailing (eg. pump and sponge)

- Wear a PFD (it is much easier to find a floating body)

Enjoy your paddling over the coming months but
remember safety, should be the number one priority.

TREASURER'S REPORT

NSW SEA KAYAK CLUB INC. FINANCIAL REPORT - 25.4.90

Income	\$
Membership fees (30 members)	1200.00
Bank interest	4.25

	1204.25
Expenditure	
Postage, stationery, PO box charges	67.00
Renewal of PO Box - 12 months April	60.00
Public liability insurance	334.50
Bank charges	0.92

	462.42
Balance at bank (25.4.90)	741.83
Outstanding payments	
Envelopes	9.45
Postage (60 newsletters)	49.20

	58.65

Shirley Abrahall
Hon. Treasurer

Treasurer's Report read and adapted.
Moved: J. Dean; Seconded: G. Mundy.

General Business:

- 1) Club promotional brochures to be provided for distribution by the NSWCA - action: Ray Abrahall
- 2) Membership forms to be up-dated - action: Ken McDonald, Perc Carter.
- 3) Meeting minutes to financial members only.
- 4) Members contact list to be circulated with the minutes. Newsletter to Roscoe Canoes of Brisbane.
- 5) Annual club trip and social evening discussed.

- 6) Personal Sea Survival Course MSB or TAFE - action:?????? 7) Trip program for May, June and July was prepared for publishing in the Newsletter.
- 8) A proposal of a resuscitation or first aid night was forwarded.

Meeting closed: 4:15 PM.

*****DISCLAIMER*****

None of the office bearers or any of the Executive Committee or a trip leader or any other member of the club shall be legally responsible in the event of any person dying or suffering injury or loss while engaged in any activities of the Club, and no action shall lie against any one or more of them, nor against the Club funds or property on account of the negligence or otherwise of any one or more of them.

INAUGURAL COMMITTEE 1989/1990

President	Perc Carter	(02)	523	6157
Vice President	Ken McDonald	(02)	520	5349
Secretary	Ray Abrahall	(02)	528	9091
Treasurer	Shirley Abrahall	(02)	528	9091
Trip Programmer	John Slattery	(042)	261	833 (BH)
Editor	John Bamberry	(02)	955	8212
Social Convenor	Peter Ingleby	(02)	32	2069
Editorial)	Ken McDonald	(02)	520	5349
Committee)	Michael Richardson	..	(02)	907	9766 (BH)
Program)	Ken McDonald	(02)	520	5349
Committee)	Michael Richardson	..	(02)	907	9766 (BH)

AUSTRALIAN CANOE FEDERATION
BOARD OF CANOE EDUCATION

AWARD SCHEME

- c) Emergency food.
- d) Matches
- e) Torch.
- f) Compass.
- g) Fresh water.
- h) Emergency space blanket.

It is important to note that items may be added or altered to suit local conditions.

III(c) SEA PROFICIENCY AWARD — KAYAK ONLY

The purpose of this test is to ensure that the candidates have sufficient knowledge and skill to enable them to take their kayaks to sea under a competent leader.

The test must be taken at sea, under moderate conditions. Allowance will be made by the examiners if conditions are rough, but the kayak skills must be performed in a competent manner. For reasons of safety, four kayaks will participate. The test will not be taken in a flat calm.

The candidates will:

1. Present themselves suitably equipped for the test.
2. Present for inspection the following items, which must be both suitable and serviceable:
 - a) Kayak, paddle and spray cover.
 - b) Practical deckline system.
 - c) Positive buoyancy in kayak.
 - d) Life jacket or buoyancy vest to I.C.F. standards.
 - e) Repair kit and simple first aid kit.
 - f) Rudder and steering gear if fitted. It is recommended that the kayak be fitted with rudder and steering gear, but it is not essential.
 - g) Waterproof container/s.
 - h) Sponge.

3. Pack waterproof container/s with the necessary items for 1 day tour and stow it/them in the kayak for the duration of the test.

In addition to those items listed at 2. above, the following will be included:

- a) Spare clothing
- b) Packed lunch

4. Demonstrate:

- a) Launching and embarking. Then paddle at least 50 metres offshore into deep water, i.e., well out of their depth.
- b) Efficient paddling technique, forwards and backwards
- c) Turning the kayak 360° in both directions by using sweep strokes. If the kayak is fitted with a rudder, whilst paddling evenly on both sides, turn the kayak again in both directions, this time steering with the rudder only.
- d) Emergency stops, forwards and backwards.
- e) Drawing the kayak sideways in both directions.
- f) Support strokes.
- g) Paddle brace, high and low, on left and right sides.
- h) Stern rudder.

5. Demonstrate:

- a) Bringing the kayak alongside a jetty or another kayak
- b) Bringing the kayak into a beach forwards, sideways and backwards in small surf.

6. Perform capsizing drill, followed by a deep water rescue with partners. Take charge of a rescue and then act as a capsized patient

7. Prove that they can swim. Then swim 100 metres in canoeing clothing and buoyancy aid. Swim under a kayak and surface on the other side

8. Answer questions on:

- a) Practical experience, giving firm evidence of having taken part in at least 3 one-day expeditions at sea.
- b) Safety precautions applying particularly to the kayak at sea
- c) The general effects of tide, current and wind.
- d) Local rescue services.
- e) Local waters and conditions
- f) Elementary chart reading.