

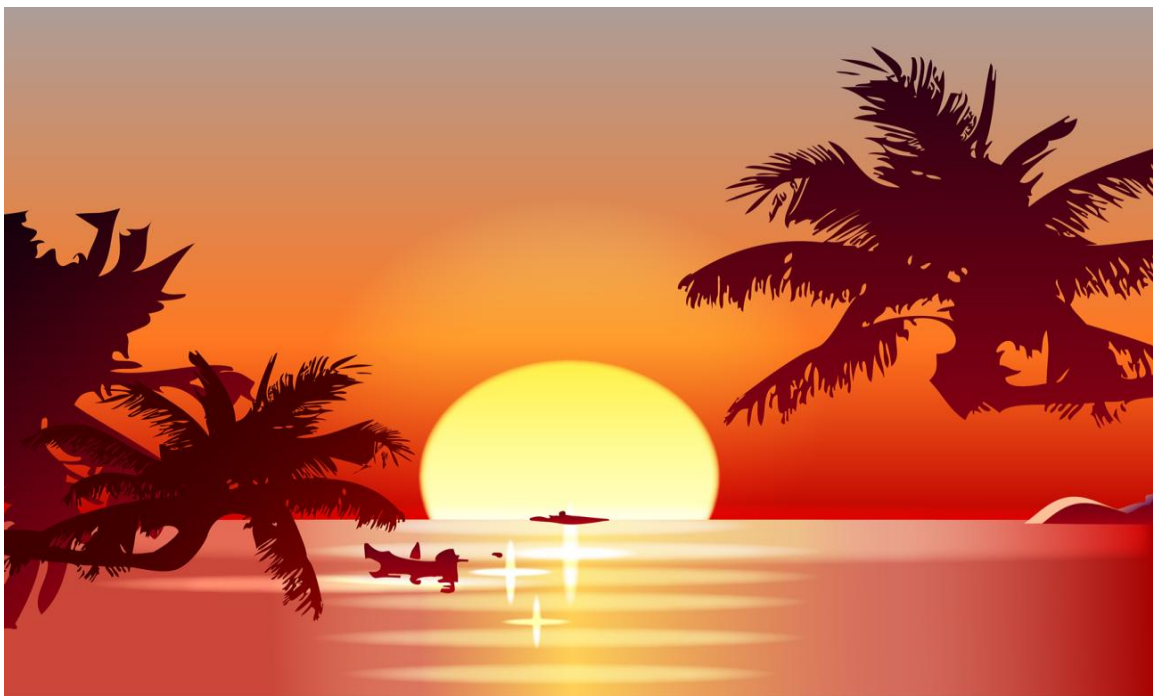


NEWSLETTER

JULY / AUGUST EDITION 2014

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OFFICE BEARERS
PRESIDENTS PEN
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A PERFECT DAY AHEAD

OFFICE BEARERS

PRESIDENT

LES CHIDGEY

9291 8626

chipenle@iinet.net.au

VICE PRESIDENT

DAVID JOHNSON

9295 4383

Davidmaryjohnson1@iinet.net.au

SECRETARY

SUE WALKER

9342 2854

0408897265

sweetsue@westnet.com.au

TREASURER

LYNDALL STEED

9332 7874

lyndallsteed@gmail.com

PROGRAMME OFFICER

BLAIR STEVENS

9448 4468

0407282382

tradelink@iinet.net.au

MEMBERSHIP OFFICER

SELINA MICHELL

0468958543

Selinam8@hotmail.com.au (still to be confirmed)

SAFETY OFFICER

TERRY McCARTNEY

tmcartney1@bigpond.com

SOCIAL OFFICERS

ALAN REITH

PAM STEVENS

9386 3372

0422033272

alan@reith.id.au

9448 4468

0488282382

Pamela2@iinet.net.au

WELFARE OFFICER

ANNE GARRITY

9386 3168

ngarrity@bigpond.net.au

PUBLICITY OFFICER

ALAN MEYER

933905536

0439996317

Alan321@ozemail.com.au

EQUIPMENT OFFICER

MARY JOHNSON

9295 4383

Davidmaryjohnson1@iinet.net.au

9339 5536

COMMITTEE

KEN LOW

SIEW IM LIM

NEVILLE GARRITY

PRESIDENTS PEN

Commenting on the recent paddles of the last few weeks attendances have been remarkably consistent, particularly as it was the winter months. We had minimal interference from rain or the extreme winds. We were fortunate enough to experience a bit of downstream current on that portion of the Avon Decent route that we tackle, one hour twenty upstream and 37 minutes on the return trip, fortunately there were no spills and need for rescues on the outing. We had good water depths on recent entries to the Helena River allowing easy entry among the snags and traps of the fallen trees. Also memorable was that morning when thick mist wrapped the upper swan in mysterious swathes.

Recently we were advised of the resignation of Neryl Stevenson , and that of Norm Heath, both whom told us of their pleasure from Club membership, but it was time to move on. Sad too was the passing of Wolf Schwarz. Some 16 members and partners joined Sandy and family members at the funeral service and commemoration of a life well lived. Also ,very sad was the sudden death of Ralph Herd, who was a club member for just a few days, we will remain in contact with his partner Pamela, hoping that one day she will return to paddle with us. On a happier note we are pleased to be able to offer friendship and support to our most recent members Denise Delpero and Brian Griffiths trusting that they will come to enjoy our weekly challenges on Perth waters as much as we do.

The spring program is about to be distributed, already an advance copy was leaked to the compilers of the car minder list and within hours most vacancies were filled. Thanks are due to our membership for their enthusiasm to serve our club in this manner.

The committee sessions scheduled for the next three months are usually the busiest of the year with effort towards preparation for the AGM in December. Our rules require that all committee members stand down at the AGM and a new committee is then elected by members. Prior to the AGM nomination papers are circulated to members by email and available at meetings, this is the chance for our membership to advocate for the new committee. Our club is called the Over 45's Social canoe Club but on average membership age is 67 +, often it is the older folk who end up elected, believe me at the upper decile after a paddle there's not too much left in the tank so to speak and the option of a NANA NAP is all too enticing, we really need the dynamism and enthusiasm of our "Youngsters" in our midst

See you all soon on the water

Les Chi

OF INTEREST

PROPOSED SAFETY RULES & RECOMMENDATIONS.

PADDLER

1. Must wear approved P.F.D. whenever on the water
2. Must have a whistle securely attached to paddler
3. If a skirt is worn, then the paddler must be able to either roll or exit kayak whilst submerged.

KAYAK

1. Must have sufficient buoyancy after immersion to stay afloat & support paddler.
2. Must have a tow rope, minimum 3 mtrs Long x 5 mm.. Securely attached to bow & easily accessible by paddler or rescuer. If kayak configuration allows, then a second tow rope may be attached to the stern
3. Must have a secured & accessible bailer, unless it is a sit on.

PRIOR TO PADDLE

1. The President or senior member present shall assess the conditions & decide if the programmed route needs to be altered for safety, also the composition of leaders & tail end charlies of the group.
2. No group shall consist of less than 4 members or more than 20.
3. It may also be necessary to alter the composition of groups for safety reasons.
4. A Briefing shall be given prior to embarkment of each group.

DURING PADDLE

1. The leader shall blow 2 whistles to go, then any paddler can use 1 whistle to stop.
2. In the event of a capsize or emergency, then 3 whistles shall be blown.
3. The closest paddlers shall assist if a paddler is in the water or distressed.
4. The immersed paddler, if possible shall hold onto his kayak until a rescue kayak is close to him.
5. Depending on the situation, if the paddler is unable to re-enter, then he should wrap his arms & legs around the bow of the rescue kayak.
6. The rescue kayak shall the head for the nearest safe landing place.
7. A second kayak shall take the empty kayak in tow.
8. Extra available kayaks shall follow & relieve as needed.
9. No member of a group shall pass the leader or fall behind tail end Charlie.
10. The group shall maintain its cohesiveness & follow the course & direction of the leader.

Compiled by the safety officer

David & Mary Johnson have travelled to Singapore to celebrate the arrival of their latest Grandson (This is grandchild No seven)

We welcome John & Julie back after a long spell enjoying the warmer weather of the Kimberly's.

Letter from Neryl Stevenson

I have decided to resign from the canoe club due to ongoing problems with my

shoulder. I still paddle every now and then with my sons so have not given up completely. Of course if any canoe club members would like a leisurely paddle I would be absolutely delighted to hear from them. I really enjoyed the years I spent with the club – the paddling, the camps and most importantly the friendship. I wish you all the very best for the future Neryl.

The clubs response

Neryl, I am sorry to hear that you have decided to resign from the Over 45's Canoe Club, but thank you for letting me know. I will pass on the news to Selina our Membership officer and I will circulate it to our committee members and ask Alan Meyer to include a note in our next issue of the newsletter. Your cheerful and happy disposition will be missed. I do hope that your difficulty with the shoulder Improves and that you are able to enjoy some time on the water. I have happy memories of times spent together at camp, meeting with the white witch!

Kindest Regards
Les Chidgey

Letter from Terry McCartney

Dear members
It is with deep personal regret that I have resigned as your Safety Officer. I won't go into the details as to why my position had become untenable, except to say that the normal conventions, protocols & courtesy had been completely ignored.
With your approval, I will continue on the committee as a general member
Terry McCartney

VALE



It is with much sadness that we farewell one of our newer members Ralph Herd who recently passed away from a brain tumor.

NEW MEMBERS

The canoe club welcomes Anthony Brass into the fold, we trust you will enjoy your paddling with us.

SUBSCRIPTIONS

At the meeting held at Deep Water Point on the 1st August 2014 the committee agreed to have a Pro Rata joining fee for members joining late in the year, this has been considered before with a proposal put forward by Graham Barron and was approved unanimously, but was never entered into the By Laws.

At the next meeting, it will be proposed that the By-Laws be amended to read.

1.1 SUBSCRIPTION

Annual membership subscriptions is \$25

New members joining 1 January to 30 June pay full annual fee

New members joining 1 July to 31 October pay half annual fee.

New members joining 1 November to 31 December pay full fee which will cover them until the end of the following year.

I'm sure we are going to have a lot more discussion on this topic



HUMOUR

Most of our generation was **HOME SCHOOLED** in many ways

1. My mother taught me **religion**
"You'd better pray that will come out of the carpet"
2. **To appreciate a job well done.**
"If your going to kill each other, do it outside I just finished cleaning".
3. My father taught me about **time travel.**
"If you don't straighten up, I'm going to knock you into the middle of next week".
4. My father taught me **logic.**
"Because I said so, that's why".
5. My mother taught me more **logic.**
"If you fall out of that swing and break your neck, You're not going to the store with me"
6. My mother taught me **foresight.**

"Make sure you wear clean underwear, in case you're in an accident"

7. My father taught me **irony.**
"Keep crying, and I'll give you something to cry about"
8. My mother taught me about **osmosis**
"Shut your mouth and eat your supper"
9. My mother taught me about **contortionism.**
"Just look at that dirt on the back of your neck".
10. My mother taught me about **stamina.**
"You'll sit there until that spinach is gone".

(Another lot in the next edition)

GIRLIE WISDOM

1. A friend of mine confused her Valium with her birth control pills...she has 14 kids but doesn't really care
2. One of life's mysteries is how a 2 pound box of chocolates can make a woman gain 5 pounds.
3. My mind not only wanders, it sometimes leaves completely
4. The best way to forget your troubles is to wear tight shoes
5. The nice part about living in a small town is that when you don't know what your doing, someone else does
6. Just when I was getting used to yesterday, along comes today

7. The trouble with women is that they get all excited about nothing, then they marry him

House work was a woman's job

Jenny arrived home from work to find the children bathed, one load of laundry in the washer and another in the drier. Dinner was on the stove and the table was set. She was astonished.

It turns out Ralph had read an article that said.. 'Wives who work full time and had to do their own housework were too tired to have sex.

The night went very well. The next day she told her office staff all about it. We had a great dinner, Ralph even cleaned up the kitchen, he helped his kids do there homework, folded all the laundry and put it away.

"But what about afterward?, they asked.

"Oh that,... Ralph was too tired...

There's a lesson hear guys.

Dental appointment

A dentist pulls out a Novocain syringe with needle to give me a numbing shot.

"No way! No needles, I hate needles'

So the dentist starts to hook up the nitrous oxide and again I object. I can't do the gas thing either, the thought of the gas mask makes me feel like I'm suffocating.

The dentist then asks if I have any objection to taking a pill?

I have no objection with that, I'm fine with pills.

The dentist then returns and says; Here's a "Viagra Tablet"... Wow I said, I didn't know Viagra worked as a pain killer!

"IT doesn't, said the dentist, "But it's going to give you something to hold onto when I pull out your tooth".

VOTED THE BEST JOKE IN IRELAND

John O'Reilly hoisted his beer and said, "Here's to spending the rest of me life, between the legs of me wife"!

That won him the top prize at the pub for the best toast of the night

He went home and told his wife, Mary. "I won the prize for the best toast of the night"

She said "Aye, did ye now, and what was your toast?"

John said, "Here's to spending the rest of my life, sitting in church beside my wife.

"OH, that's very nice indeed John. Mary said.

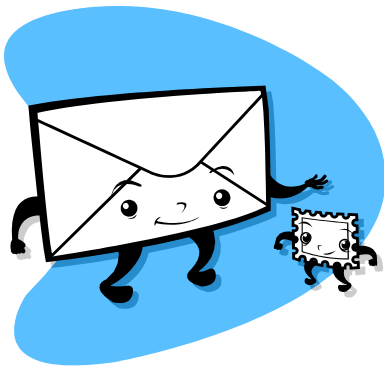
The next day, Mary ran into one of John's drinking buddies on the street corner. The man chuckled leeringly "John won the prize the other night at the pub with a toast about you Mary.

She said, "Aye, he told me, and I was a bit surprised myself. You know, he's only been in there twice in the last four years. "once I had to pull him by the ears to make him come, and the other time he fell asleep".

Thanks Sue for the input. I will keep it until the next edition



BATTERIES



POSTAGE STAMPS

All your old Batteries (Not Car) and Stamps, please don't throw them out. Alan Reith will collect them and forward them on to very good causes

Senior Recreation Council of WA Inc
A LiveLighter Event

Have A Go Day

Wednesday 12th November 2014

Burswood Park 8.30am to 3.00pm, Great Eastern Highway

Free Activities and Information day for over 45's

2014 REGISTRATIONS NOW OPEN

Featuring Activities, Clubs/Groups, Seniors & Commercial Agencies

For more information contact
Seniors Recreation Council of WA Inc.

08 9492 9772

www.srcwa.asn.au

Free tea, coffee & bottled water available all day
Food Vendors in attendance

Registrations are limited so, get in quick to secure a spot.

SPONSORS

"Be active everyday"

NEXT EDITION : SEPTEMBER /OCTOBER

Peel Paddling Carnival

Spring 1–30 September 2014

Invitation to experience the diversity of paddling in the
'Paddling Capital of Western Australia'



Most events are FREE unless otherwise stated. Bring a towel, change of clothes (in case you get a bit wet), drink bottle, snack, sunscreen and your sense of adventure! All events are subject to weather permitting. Children aged under 16 to be accompanied by an adult. Contact the event provider for any specific requirements including provision of insurance coverage. **Spectators are welcome at all events**

Seniors Paddle: Mandurah Waterways (with Mandurah Over 55s Canoe Club)

Date & Time: Monday 1 September. Meet 8:30am for 9am start.
Meet Point: Mandurah Western Foreshore, next to car park south side of Old Bridge.
Activity: Free social paddle. Join us on one of our regular paddles. Duration and distance will depend on each participant's ability. Own craft required.
Contact: Barry on 9582 1034 or Email: greydolphin55@gmail.com

Paddling Skills Workshop (with Kayak Training WA)

Date & Time: Saturday 6 September. Registration 9am for 9:30am start.
Meet Point: Keith Holmes Reserve. Adjacent to pedestrian bridge, Dolphin Quay.
Activity: Free 3 hour period of tuition & instruction for current paddlers to practice and learn some advanced paddling strokes and techniques. Own kayak and equipment required. Places are limited and booking is essential.
Contact: Paul on 0400 842 445 or Email: kayaktrainingwa@live.com.au

Have-a-Go Stand Up Paddle (with Mandurah Stand Up Paddle Hire)

Date & Time: **Session 1:** Saturday 6 September. Available 9am – 2pm.
Session 2: Sunday 7 September. Available 9am – 2pm.
Session 3: Saturday 13 September. Available 9am – 2pm.
Session 4: Sunday 14 September. Available 9am – 2pm.
Meet Point: Keith Holmes Reserve. Adjacent to pedestrian bridge, Dolphin Quay.
Activity: Try Stand Up Paddle (SUP) on professional SUP boards for all ages. Free instruction and assistance for beginners. All equipment provided. Calm weather dependent. Dress for wet environment. Great fun!
Cost: \$15 for ½ hour, \$25 for 1 hour. Family/seniors discount.
Contact: George or Jan on 0477 070 305 to book a time or just turn up. Internet: www.mandurahsup.com.au Also on Facebook.

Flat Water Paddle: South Yunderup (hosted by Satterley Austin Lakes and Kayaks 4-U)

Date & Time: Sunday 7 September. 9:30 – 11:30am.
Meet Point: Sandy Cove Beach, South Yunderup Road, South Yunderup.
Activity: Free recreation paddle for all skill levels. Craft, paddles & PFDs supplied. Dress to suit weather. Places limited, pre-book essential by Wed 5 Sept.
Contact: Paul on 0419 885710 or Email: info@kayaks4u.com.au

Seniors Paddle: Murray River (with Mandurah Over 55s Canoe Club)

Date & Time: Monday 8 September. Meet 8:30am for 9am start.
Meet Point: Boat ramp, Ravenswood Rd, Murray Bend.
Activity: Free social paddle. Join us on one of our regular paddles. Duration & distance will depend on each participant's ability. Own craft required.
Contact: Janet on 9586 2526 or Email: greydolphin55@gmail.com

Social Paddle: Mandurah Estuary (with Mandurah Murray Vietnam Veterans Group)

Date & Time: Thursday 11 September. Meet 9am for 9:30am start.
Meet Point: Mandurah Western Foreshore, Halls Park beach.
Activity: Free leisurely & enjoyable paddle 5-7 km. Own craft, PFD, paddle & spray deck required. Bring morning tea to share afterwards. Vietnam Veterans & Ex Defence personnel come and see how our club functions.
Contact: Terry on 9535 7764 or Email: tersuz@inet.net.au Web: www.mmvvq.asn.au

Social Paddle: Mandurah Canals & Ocean Marina (with Mandurah Paddling Club)

Date & Time: Sunday 14 September, 9am – 12noon.
Meet Point: Mary Street Marina, Mary Street, Halls Head.
Activity: Free social paddle around the canals and Mandurah Ocean Marina. Participants will require their own kayak and PFD. Dress accordingly.
Contact: Paul to register on 0400 842 445 or Email: pastynchips@bigpond.com

Kayak Surf Session: Point Peron (hosted by Yak Shack)

Date & Time: Sunday 14 September, 10am – 12noon.
Meet Point: Main car park at north end of Point Peron.
Activity: Free opportunity to experience the exhilaration of kayak surfing. Suitable for all skill levels. Minimum age 16yrs. Craft, paddles, helmets & PFDs supplied or bring your own. Dress to suit weather conditions. Book your place by Wed 7 Sept.
Contact: Stuart at Yak Shack on 9527 1489 or Email: info@yakshack.com.au

Nanga Challenge (with Ascot Kayak Club)

Date & Time: Saturday 20 September.
Registrations 7:30 - 8:30am; Briefing 8:45am; Start time 9am.
Meet Point: Event HQ, Baden Powell campground, Lane Pool Reserve, Dwellingup.
Activity: Multi sport event with focus on fun & challenge. 10.5km paddle, 21km mountain bike ride, 9.6km cross country run. Great for paddlers new to adventure racing or for the regular racer but participants must be competent paddling in moving water & grade 1-2 rapids. Own equipment required. Camping available.
Cost: Iron man / woman \$100, Pairs \$150, Teams \$250 (Early Bird discounts apply). Entry fee includes: Lunch, Nanga Shirt & Camping.
Contact: Info & registrations online at www.ascotcanoe.org.au Grant on 0417 945 577 or Email: nangachallenge@gmail.com

Flat Water Rafting for Seniors 55+yrs: Murray River (hosted by Dwellingup Adventures)

Date & Time: Saturday 20 September, 12noon to 4.30pm.
Meet Point: Dwellingup Adventures, corner of Mannin & Newton Streets.
Activity: Gentle drift rafting down a beautiful stretch of the forest lined banks of the Murray River, Dwellingup. Each raft carries up to 9 persons plus a river guide. Bus from Dwellingup Adventures to the river and return. Snacks & hot water for at the river provided. Finish with hot soup & sausage sizzle at Dwellingup. Full safety wear provided. Max 18 participants. Bookings essential.
Cost: \$5.00 per person.
Contact: Dwellingup Adventures on 9538 1127 or Email: dwqpadv@westnet.com.au

Community Come 'n' Try Kayaking (hosted by Kayaks 4-U)

Date & Time: **Session 1:** Saturday 20 September, 9am – 12noon
Session 2: Sunday 21 September, 9am – 12noon.
Meet Point: Kayaks 4-U, Mandurah Western Foreshore, Hall Park beach.
Activity: Free opportunity to try kayaking or to try out and compare various makes of craft and paddles. All gear supplied, dress accordingly.
Contact: Wayne or Paul at Kayaks 4-U on 0419 885 710 or info@kayaks4u.com.au

Hobie Kayak Demo Day (with Getaway Outdoors Mandurah)

Date & Time: **Session 1:** Saturday 20 September, 9am – 12noon.
Session 2: Sunday 21 September, 9am – 12noon.
Location: Mandurah Western Foreshore, Halls Park beach.
Activity: Free try and/or demo of the Hobie Fishing Kayak – a kayak with foot pedals allows you to use your legs rather than your arms. Ideal for fishing, taking long distance paddling or for people with limited upper body strength. All equipment provided. Wear shorts if you want to have a try.
Contact: Getaways Outdoors on 9581 8877 or mandurah.getawayoutdoors.com.au

Come 'n' Try Dragon Boating (with Mandurah Dragon Boat Club)

Date & Time: **Session 1:** Saturday 20 September. Meet 10am.
Session 2: Saturday 27 September. Meet 10am.
Location: Mandurah Western Foreshore, Halls Park beach
Activity: Free fun try out of dragon boating, a fantastic water sport for fitness & oppo for state, national & international participation. Ages 12+ yrs and all paddling levels welcome. Boat, paddles and instruction provided.
Contact: Marieke at mar1264@hotmail.com or Web: www.mandurahdragonboatclub.com.au

Social Paddle: Ravenswood Waterways (with Mandurah Murray V. Veterans Group)

Date & Time: Thursday 25 September. Meet: 9am for 9:30am start
Meet Point: MMVVG Club House on western bank of Murray River, Pinjarra Rd. Raven (opposite Ravenswood Hotel)
Activity: Free leisurely & enjoyable paddle 5-7 km. Own craft, PFD, paddle & spray required. Bring coffee & cake to share at free sausage sizzle afterwards. V. Veterans & Ex Defence personnel come & see how our club functions
Contact: Terry on 9535 7764 or Email: tersuz@inet.net.au Web: www.mmvvq.asn.au

Paddle Tour: Delta Islands of the Murray River (with Canoe Trail of Mandurah and Pinjarra)

Date & Time: Tuesday 30 September. Meet 9am for 9:30am start
Meet Point: Canoe Launch Site, 30m downstream from boat ramp, corner of Riverside Furnissdale Road, Furnissdale
Activity: Free 12 km casual paced paddle of the delta islands including walk tour of Island (Coopers Mill). BYO morning tea and lunch. Prior paddling experience essential. Minimum age 16yrs. Own craft & equipment required
Contact: Barry on 9586 9504 or www.canoetrailfriendsofmandurahandpinjarra.myclub.org.au

Peel Paddling Carnival is coordinated by Canoe Trail Friends of M & Pinjarra in partnership with the following event providers and sup



More Carnival details at www.peelpaddlingcarnival.myclub.org.au