



Newsletter

**Dec
2015**

Before I launch into my next newsletter I feel it only fitting that I reflect on my predecessor, Alan Meyer, who due to health reasons has had to resign from the club. Alan has always been spoken of in the highest regard for his contributions to the club over a long period of time, and as such, I follow rather gingerly in his footsteps.

No matter how much you push the envelope it's still stationary!

I was not only delighted to receive a positive response to my inaugural newsletter but also made aware of what a wonderful club we have. Having been absent from actively kayaking for most of the year due to a variety of reasons, I decided to have lunch with the kayaking fraternity at Garvey Park. Being on the periphery, one is conscious of the unity that exists amongst a group of vary diverse and individualistic people.

On water Emergency Assistance:

Fremantle Sea Rescue [FSR] phone 9335 1332 – members are encouraged to record this number in their mobile phones – FSR are especially appropriate off shore!
The Committee has decided in future to register with the FSR before and sign-off only after any ocean paddle. This does not preclude contacting FSR at any time from anywhere on the water when assistance is required. '000' is of course a reliable alternative.

President's Piece

Hello everyone,
I would like to wish everyone a safe healthy and a joyous Xmas. May we continue to have fun in our kayaking particularly on Friday December 18 where we will dress up ourselves and our kayak if it is so wished.
Also wishing everyone a New Year of well being and happy kayaking in case I don't see some people before then.
warm regards
Rosemary

Rottnest Camp 2016

Remember – accommodation payment is required by 18 December 2015.
31 members have booked to date. However, a vacancy exists for a lounge spot and 2 days [Monday & Tuesday] in a very 'private' sleep-out with ensuite, when Linda is unable to use it - \$50 per day.
We are happy to consider friends who may like to join you and the fabulous Club members for this premier event!

Interested? contact Pam or Alan

Christmas Lunch

A highlight of the social calendar, I'm sorry I wasn't able to be there. Was everyone forewarned that I wasn't coming as there was a record attendance of 50 members and their partners, including new members Mary and Terry Scudders. Most of whom enjoyed a pre luncheon drink or two before partaking of Jetty's buffet which was plentiful, tasty and had an appealing variety of desserts. Only the oyster lovers were disappointed (didn't they work)?

David surprised everyone in his Santa suit to give the President's address. What a lovely idea!

Paddle awards

Bronze (100 paddles) – to someone who even suggested fraud and collusion to sabotage his paddle numbers - Kev Hall

Silver -for the first time no one!

Gold (300 paddles) - Graham BARRON, Siew I'm LIM, Leilani SCHIIBEN, Mary JOHNSON, Pam STEVENS and Alan REITH.

Some facts regarding paddle participation over the past year.

Only 19 members paddled more than 20 times in the past 12 months

23 members paddled only once or not at all.

Average attendance at a venue over the year was 22 with a maximum of 40.

The award for the Paddler of the year, who impressively paddled 43 times – 30% more than the second place getter at 31 was TERRY McCARTNEY.



Walpole Camp

One of the most picturesque kayaking destinations of the club, lived up to its well deserved reputation. Added to that was the revitalisation of the cabins and much loved barn of the Restpoint CV Park on the Walpole Inlet. A new attraction was a 'bouncy trampoline', enabling Terri Poole to show off her skills, a former trampoline champion!

Monday

Despite adverse weather conditions of wind, cold and drizzle, the over 45s were on the move. 4 paddled, 15 walked to 'TingleTree' from Coalmine Beach enjoying great views on route, 2 walked into town and 2 golfed.

Happy Hour (HH) a highlight of any day, included Blair's videos from club's past excursions etc, table tennis and, naturally too many snacks. Wood Duck award created its own entertainment.

Tuesday

Overcast but sunny day, enabling 34 paddlers to drive to Nornalup for a 13.7 km paddle (return) on the beautiful Frankland River exiting at Monastery Landing, by a variety of methods. 10 were game to climb out (using the Reith technique), then walked up to picnic tables for coffee and magnificent views of the river, to the tune of numerous birds in fine voice. Insert pictures of landing! Please.

In the afternoon 6 rode to Coalmine Beach on the tree lined and covered tracks of the Bibbulmun and Mundi Biddi tracks. Golfing participants increased in numbers to 3.

Alan was the proud recipient of the Wood Duck Award for falling in at Monastery Landing - a reward for devising a way for everybody else's safe landing/launching. Plenty of laughs!

Wednesday

Bright sunshine and a light breeze prompted the group to indulge in a variety of activities, 5 decided to fish, 10 left from the CV park, while 17 drove to Deep River, launching around 9am for a 12 km paddle to a private bridge, where most landed for the all important coffee break and then walked to the Bibbulmun swing bridge.

The afternoon was spent either playing tennis, walking, golf, internet or shopping, (including Rosemary's purchase of a slinky dress for Thursday's final dinner!)

Happy Hour or should it be renamed festival of food, entertainment provided by Blair's videos, followed by Club Sausage Sizzle.....and more food!



Thursday

Although a clear, warm day the forecast of fresh, SW & S winds, which can make Nornalup Inlet very rough, resulted in only 12 intrepid paddlers deciding to aim for the ocean inlet, regardless. There were light seas outbound, returning with significant tailing waves. Most walked over the dunes to the ocean where some went swimming.

'B' group paddled tentatively into Nornalup Inlet then decided to continue to Coalmine Beach, where they saw a friendly albino(?) sting ray, who came over to inspect their canoes.

By then it was time for a trip into the township for - what else - coffee.

Quick return via Walpole river. Andy, in an effort to amuse, tried to spook the council workers on the bridge, with a wind instrument that sounded like a paddle steamer.

In the afternoon, 10 adventurous souls drove to Mt. Franklin, climbed the steep last 600 metres, mostly steps, to be rewarded at the top with a fantastic view. Others enjoyed more leisurely pursuits such as golf and walking.

Happy hour lived up to its name, with laughs aplenty, as nominators for the Wood duck award, made no attempt to let the truth get in the way of a good story. Obviously, some amateur actors in the making. Despite a power outage, and probably more diners than they have had at one sitting, dinner at the Walpole Hotel was very good, with the club members providing their own entertainment. Apparently the delay in service was more than compensated by the sight of a very friendly, attractive, chic German backpacker waitress! Need I say more!

Friday

The official final day of camp had paddlers going in all directions, many departed camp early. With light winds and clear skies prevailing, about 9 paddlers repeated the 'Walpole Circuit' and some

had elected to stay another night.

Suffice to say that good organisation, the flexible attitude and disposition of participants can only result in a successful and enjoyable camp!

Safety Message from Rosemary

IT IS IMPORTANT THAT MEMBERS be at the pre paddle briefing before 9.10 am !
Those wishing to take part in stretching exercises pre paddle should be ready at 9 am.

ALSO, COULD EVERYONE REMEMBER TO REGISTER FOR THE PADDLE AS SOON AS THEY ARRIVE. THANKS.

Management of paddle groups in rough conditions - leaders should listen to the needs of the group, NOT split up if possible, NEVER have less than 3 paddlers alone, and in open water such as Applecross not less than 4.

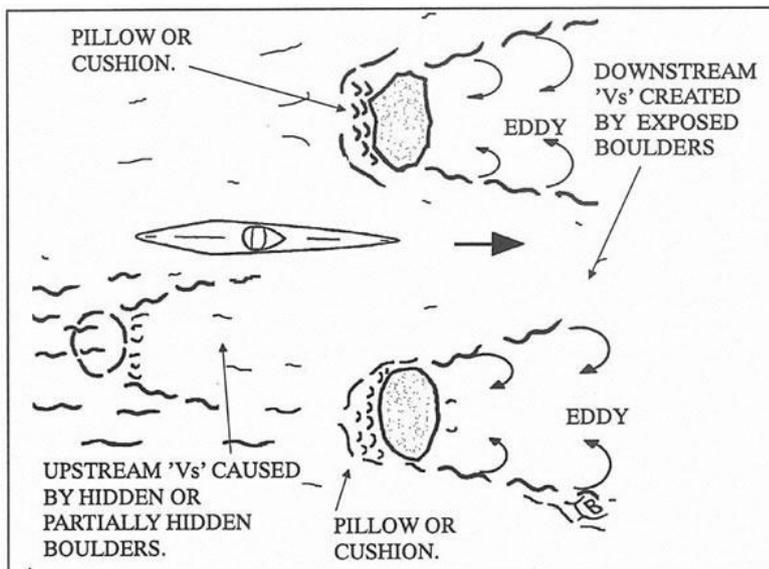
If A and B groups are too large , consider splitting into 2 groups before setting out.

Safety

From the CDU Newsletter; I think the most important consideration for every Kayaker is what to do to avoid falling out of your kayak. Knowing where to paddle is important; here is tip #2:-

THE 'V' GUIDE (CHUTE)

There are downstream and upstream 'V' formations in rapid rivers. Downstream 'V' shapes form when a fast flow of water is compressed between narrowing shores, boulders or other obstructions. The 'slack' water behind the obstruction is called an eddy, and the line that forms the side of the 'V' is called an eddy line. When canoeing down rapids the 'V' (or 'tongue') acts as a guide, as it indicates a safer and deeper passage. The beginning of the 'V' is usually smooth, but it is often followed by waves, standing waves or stoppers. When a 'V' is pointing upstream, it is pointing to a rock that may be above the water or just submerged. Although you may not be able to see a rock, watch out for the 'V' indicators to avoid running into them. In more complex rapids, there may be many downstream and upstream 'Vs. Choose the best downstream 'V' sequence available to allow for the safest route. It is wise to check the route from the bank first and memorise the features.



Little Johnny was in the classroom bored to the back teeth on a Friday afternoon, and the teacher decided to have a game for the kids to get them thinking.

"Okay class. Now I'm going to say a famous quote, and the first person to tell me who said that quote, can have Monday off." said the teacher. "Who is credited with writing the phrase, 'To be or not to be, that is the question?'" asked the teacher.

Little Pham Lam Nguyen at the front of the class called out, 'Shakespeare'. 'Well done!' said the teacher, 'You can have Monday off.'

'No thank you Miss. I am of Vietnamese origin and it is in our culture to study as hard as we can, so I will be here on Monday studying hard.' said Little Pham Lam Nguyen.

'Well okay,' said the teacher.

The next quote is, "I had a dream!" Little Fri Sum Kat also at the front yelled out "I bereiva it was Martin Ruther King!" "Well done!" said the teacher. 'You can have Monday off?' "No thank you miss I am of Chinese ologin and we also do not take time offa school. Education is evelything to us, so I will be in on Monday studying hard too." said little Fri Sum Kat.

'Okay,' said the teacher. Then she heard a voice from the back of the classroom, "F#^*ing Asians!" "Who said that?" yelled the teacher in an angry tone. "Pauline Hanson!" yelled little Johnny.

"See ya Tuesday!!!!"

Rottnest Camp 2017

The Club has now booked this Camp. Dates for your diary - 3 to 8th April 2017.

Welcome new members

A big welcome to potential members Cherie & Tony Olsen who have joined next year's Rottnest Camp.

Remember, the Club welcomes new members provided they satisfy Club Bylaws including "no **beginner** can start their 1st paddle in 'A' group"

Family Day

On a perfect Spring Day with a 32 degree temperature 22 paddlers set off towards Fremantle on water that was calm as a millpond. The obligatory coffee stop was at the Zephyr Cafe. Back on shore 30 grandchildren took advantage, not only of wonderful weather but Pam's stand up board, which was in great demand. The sausage sizzle was as usual a great success and enjoyed by all.



Social – Theatre Night

"A Man of No Importance"

On the 21st November, 14 club members gathered in the foyer, to sample the sherry prior to the show. Most had already met for dinner at the Wembley Food Court, which was pronounced as tasty, multiple choice, reasonably priced, only lacking in ambiance. You get what you pay for! The musical dealt with a controversial subject which was only revealed at the very end; it was well performed and enjoyed.

Travel Evening

How does one begin to describe these evenings, interesting entertainment, a gathering of like minds, the popularity of which has grown from 26 last year to 41 this year, including members who one hasn't seen for months. - Julie Copson, John Love, and Brian Wishart's wife (first of many appearances we hope). Or is it the fantastic spread for which our club is famous. The lengths taken, including Jan, who after picking up the key had a flat tyre, then Graham collecting the key from Jan so that everything could proceed on time.

First on the travel agenda was **Anne and Neville's trip to Alaska.**

Even the name Alaska evokes images of spectacular pristine scenery, numerous wildlife, encounters with Grizzly Bears on hikes, where 'hey bear' was used to warn them off. Ann and Neville travelled in a small cruise ship up the inside passage, including naturally kayaking, amongst 'growlers' (small icebergs) the colour of which is the most magical arctic blue. Swimming! and Snorkelling was on offer, they accepted once, mostly kelp, emphasising that Alaska's beauty is above sea level.

Rosemary's Adventures in Central America

I have it on the best authority that Rosemary's adventures began on touchdown in Central America, where with her usual flair for adapting to any situation and immediately befriending the the locals, turned a negative into something positive. Her objectives were diverse and humanitarian, from helping a turtle project in Costa Rica, patrolling to discourage poaching, to teaching English and meditation in impoverished Guatemala to adults and children. Fortunately she had time for a few leisure activities such as kayaking, horse riding and walking on Lake Atitlan.

Terri and Ric's European holiday.

As usual not for the faint hearted or for those not in peak condition. This talk was delivered in the typical dry humour for which Ric is well known. Starting with a walk along the Welsh/English border to cycling through stunning scenery in Italy, Slovenia and Croatia, including its coastal islands and a visit to Postania Cave system in Slovenia, 350 million years old, and one of the largest in the world. Took the wrong train in Croatia then drove to the correct destination. Before returning home, spent some time in Amsterdam.

Blair on New Zealand trip.

Highlights of the beautiful scenic South Island. Professionally presented video by Blair complete with good music covering their exciting adventures on the Dart River Jet Boat and kayak trip. Also walking on Franz Josef and Fox Glaciers is a unique experience for sandgropers. Topped off with a visit to a difficult to access cave. Undoubtedly a fun trip with a great group and perfect weather throughout.

Rosemary thanked the organisers of the Travel night, and as usual many hands made light work of cleaning up.

Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too.

Stamps

Don't bin your 'snail mail' envelopes; if they have the quaint appellations called stamps, please bring them to paddling where Alan will be pleased to collect them.

The Uniting Church generates cash from the sales to fund an aircraft and 3 mini buses for the disadvantaged in the Pilbara & Kimberley.

With internet communications replacing even Christmas Cards there has been a dramatic reduction in collections.

Foray into Fitzgerald National Park - Rosemary

Like the 16 green bottles on the wall, we had 16 starters for this trip and one by one they dropped off to 9! So sorry for those who couldn't make it through unforeseen circumstances but there is always next year.

After an intrepid trip down for myself and Gary with bikes threatening the whole way down to drop

off and at one point we looked like trying to decide whose bike we would discard, we eventually made it with bikes roped and bandaged to the bike rack!

We crawled in to find a happy gathering in the cabin, who were Anne and Kevin, Sue Walker, Maxine and Peter Miller and Julie and John. They were in the midst of making decisions on what the programme would be the next day vis a vis some adverse forecast weather conditions (high winds up to 35 kmh!).

What won the vote for the day was to paddle the inlet at Bremer Bay and then adjourn to the sports club to watch the Eagles final of the AFL. Well that was another story! The paddle in the morning was pleasant hugging the shores on the inlet with sunshine and blue skies.

The day was topped off with a delicious three course catered for dinner in the old Quaalup Homestead with the lovely Karen and her husband looking after us well.

The following day was a small paddle up the Gardner river going downstream and part-way upstream heading back into gale force winds, felt like we had paddled that morning.

In the afternoon we enjoyed a trip in the 4-wheel drives to Point Anne to walk out on the headland to view the whales, which did not appear unfortunately, and ended the afternoon with a couple of us going swimming in the pristine waters off the beach. John maintained he saw a whale breach momentarily, I am afraid we will just have to believe him!

The final day was spent bushwalking through the Park admiring the myriads of diverse species of wildflowers including the Royal Hakea dotted throughout the park looking majestic as they stood up and over the low-lying bushland with the glow of the sunset shining through them resembling golden lamps.

We enjoyed a 'last supper' together indulging in many different international dishes and lively conversation which was enjoyed by all each night of the trip.

Look forward to running another similar trip next year folks but at a slightly different time to ensure a viewing of the whales!

Health

Detect and Prevent Aneurysms – Medical authorities define an aneurysm as the abnormal enlargement of an artery caused by a weakness in the arterial wall. This serious condition affects women over age 50. see :- <http://steptohealth.com/detect-prevent-aneurysms/>

May I take this opportunity to wish all the members and their families a very happy and most importantly healthy festive season, from the pen of

Sandy Schwarz
Publicity Officer

ps – members stories, photos etc gratefully accepted!

