

# THE SEA CANOEIST NEWSLETTER



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#### Next n/l deadline:18 May 2010

##### Coming in n/l No.146:

- paddling the South Island lakes
- Part II of the Canoe World of New Guinea & Melanesia
- Review of Nigel Foster's new book

**Thanks for your superb photos and wonderful stories for this newsletter.**

## EDITORIAL

### KASK FORUM 16 – 18 APRIL

Please register promptly for the Whangarei forum. Forms were mailed out with the last newsletter, but see also the KASK website for a downloadable form. With an emphasis for on-the-water instruction, a cast of superb speakers, and the Northland Club's ability to run grand social events, it should be a cracker weekend.

The KASK AGM will be held at 6 pm on Saturday 17 April. Any further nominations for the committee, motions, reports for presenting etc., please email to KASK administrator, Linda Ingram (KASK.admin@xtra.co.nz). Five committee nominations have been received to date.

The Sunday evening RV for the following social paddling week has been changed due to a road closure. Please advise Lynnis Burson via email if you are attending, with your contact details, so updates can be sent re what to bring and where to meet (lynnisburson@hotmail.com)

#### South Island Circumnavigation

Weather permitting, Max and Melz Grant will be back on the sea on Friday 26 March, re-starting from Picton. They are hoping to round Farewell Spit then paddle down the wild West Coast to Jackson Bay where they commenced their trip so many years ago. Max summarized their latest leg in an email: 'We did quite well on the east coast until we were hit by 35+ knot northerly winds just south of Cape Campbell, where we were forced to wait it out for 3 days, putting us well behind our schedule. We pulled out at Picton, as 35-40 knot northerly winds were forecast which we didn't fancy paddling into across the top of the sounds.' The two gripping photos of Melz on the opposite page show how difficult the surf breakouts can be on the exceedingly long stretch of gravel beach south of Banks Peninsula.

Their expedition website: <http://southislandcharityexpedition.blogspot.com/>

#### Coastbusters 2010

What would be your reaction when a tall strapping, Aussie paddler knocked on your door at 6.25am, the Sunday morning of CB2010 and said there had been a magnitude 9 earthquake in Chile and the scenario day at Sullivans Bay has been cancelled due to a tsunami warning? "Pull the other leg, Dave." Truly, it took a good 10 minutes of convincing from Crocodile Winky that he was not rattling chains or taking the proverbial. What a terrible choice for Master of Ceremonies, Paul Hayward, to make - cancel or go ahead? Given the uncertainty of the arrival timing and wave size, it was the correct decision to make. Reports from Ange Boyson, Jim Kakuk, Ruth Henderson and David Winkworth show the range of talented speakers who attended Coastbusters and the International Kayak Week, and how much enjoyment they gained from attending.

#### Shoulder Dislocations

An article in the latest *NSW Sea Kayaker* on whether to reduce or not reduce a shoulder dislocation appeared almost to the day when Steve Cooper popped his shoulder on the first day of the IKW. As Cordelia Chu dislocated her same shoulder twice in South Island surf this summer, Shaan Gresser's well-written article has practical advice of what to try if you are alone in a remote location to reduce a dislocated shoulder, what level of pain and disability to expect, the need to avoid high braces and also importantly what steps rescuers need to consider. Steve Cooper's 'Bugger!' file report adds the Kiwi male perspective and implies that blokes have lower pain tolerance than members of the opposite.

Paul Caffyn

## PHOTOGRAPH CREDITS

**Cover:** Sue Levett on Lake Pupuke, Coastbusters 2010, with a Greenland rolling demonstration. Photo: P. Caffyn

**Opposite page:** Melanie Grant attempting to break-out through viscous bumper bumpers guarding Rangitata Beach. Max Grant noted: They were taken on the morning we took off from the beach. What a shit of a beach that is, between Timaru and Banks Peninsula! Some of the landings & take offs were the worst I've ever struck. We got rolled; Melanie got reverse looped trying to get off, and we were always struggling not to get sucked back into the waves once we hit the beach. Photographs: John Bisset, Timaru Herald

## KASK

### President's Report March 2010 by John Hesseling

Summer is slowly coming to an end and we have just had our first frost in Taupo. It is now less than one month to the KASK forum in Whangarei and I hope to meet a few new paddlers up there. I did manage to attend the 2010 Coastbusters Symposium in Auckland earlier in the month and I must congratulate the organisers for a very well run event. It was a shame about the tsunami alert on the Sunday that meant that the 'on the water events' were cancelled.

Last week I attended a meeting of the National Pleasure Boat Safety Forum which was held in Auckland at the Viaduct Harbour, at the same time as the International Boat Show. Major topics discussed were an update on small boat fatalities since the last meeting, an update on proposed regulations requiring the compulsory carriage of two methods of communication for all water craft less than 6 metres long and the terms of reference, and membership of the forum. There was unanimous support from forum members for a regulation requiring the compulsory carrying of two forms of communication. The general consensus was that the rule should allow for users to utilise forms of communication suitable for the environment and conditions that they are in. I welcome any feedback on this proposed regulation (john.hesseling@bouldercni.co.nz)

As I mentioned in my last report Beverley Burnett has resigned from the KASK Committee for health reasons. I am pleased to report that Evan Pugh has agreed to return to the committee and his main role will be in organising the next KASK forum in Anakiwa in 2011 year. John Gumbley from Ngaruawahia has also agreed to join the Committee with responsibilities including liaison with Department of Conservation and assisting Paul Caffyn with funding applications.

The KASK Committee has just about finished writing all of the words for the 'Sit on Top' brochure but we are having difficulty in locating suitable photos to include. If you can help please contact Paul Caffyn: (kayakpc@xtra.co.nz).

### The Webmaster's Picks

from Sandy Ferguson

#### Magazines

Aside from the North American *Sea Kayaker*, there are two British magazines:

*Ocean Paddler*

<http://www.oceanpaddlermagazine.com/issue-index.html>

Their first two issues and Nos.11 - 13 are available on line, while No.19 is the latest issue in print. It is a 66pp glossy, devoted to sea kayaking, expedition reports, reviews and technical advice mainly devoted to paddling in UK or Europe.

*Canoe & Kayak UK*

<http://www.canoeandkayak.co.uk/>

This glossy touches all aspects of paddling in the UK, with usually one sea kayaking trip, and a coastal guide per issue. Vividly illustrated.

#### Websites

Have you thought of setting up a web page for your kayak club/network? Is it the cost that dissuades you? Or the difficulty of doing it? You can set one up free and easily by going to – <http://www.sportsground.co.nz>

Check whether your club is mentioned on the site by doing a search for "kayak". It is likely to be there if it actually exists. Then sign yourself up as the webmaster or get someone who is interested in doing it to do so. SportsGround will check that you are a likely candidate eg. check with the president or some such method, then send you an e-mail saying 'go for it' (or meaning that) and it is then up to you to enter the data you want others to see about your club. You can have more than one webmaster, the first in appears to have a chance to veto others. You can also have sub-webmasters who have access to just a page. This is usually for clubs with teams who might want to describe the winning game on their page. There is a default heading for the web page but you can replace that with a graphic. There is also a sub-heading and a label that goes on to the search

page. Have a look at:

[www.sportsground.co.nz/canterburyseakayak](http://www.sportsground.co.nz/canterburyseakayak) site or KASK's page. As KASK already has its own site, the KASK SportsGround page just says where to go to get to our main one. SportsGround have been running free training sessions around the country and there might still be one coming up in your region.

A British site that might be of interest: <http://www.kayarchy.co.uk/index.htm> Masses of information. If there is some you have a good reason for suggesting be changed or added to, contact Nicholas Waller (nicholasfromdevon@yahoo.co.uk).

For something different, as they say, the following videos all can be viewed full screen by clicking on the square icon on the bottom of the viewer towards the right hand side. However you will need to have JavaScript turned on and version 9.0.124 of Adobe's Flash Player. As well as the links below, a search of 'kayak' turns up some interesting film clips:

Fast Greenland kayaks and there appears to be a Klepper type kayak: <http://www.britishpathe.com/record.php?id=28785>

Pretty much the same video here but added scenes and funny narration: <http://www.britishpathe.com/record.php?id=9636>

Walrus and rolling: <http://www.britishpathe.com/record.php?id=72453>

German kayak rolling, quite nice kayak: <http://www.britishpathe.com/record.php?id=28909>

Labrador? kayak, coaming appears to be round: <http://www.britishpathe.com/record.php?id=10119>

A walrus hunt, exciting!: <http://www.britishpathe.com/record.php?id=49274>

Sandy Ferguson  
(kayakamf@gmail.com)



## SYMPOSIUMS

### Coastbusters 2010 Impressions of a 1st Timer by Ange Boyson

First word, WOW. Second word, Inspiring.

I arrived on Friday night, tense and excited. Who would I meet? What new things would I learn? So many amazing paddlers from all around the world, all with their own surreal stories.

We started off with a tale from Satoru Yahata from Japan, whose goal is to paddle from Australia to Japan. His photos of the places he's been and the people he's met along the way were wicked, and inspiring.

Saturday dawned, hot and sunny - perfect for listening to a presentation of being risk takers. Risk is life and life involves risk. The more risk you take the richer your life. Brilliant! Next we split up. We had four different presentations in each of the five sessions. WOW! Too much choice! From Tour International Danube, to paddling Canada; from camp cooking to wilderness first aid and so much more that it would be too much to list them all here. There was just too much choice! I wanted to split myself into four parts so I could go to them all! They were all really interesting and once again inspiring! I ended up going to Tour International Danube, Perfect Your Stroke, Food Fun Kayaking, Build Your Own Kayak, and Canada's BC Coast.

After all that, the day hasn't finished yet! We had a talk from the Tsunami Rangers. There was a lot of 'Geronimo', 'Contact' and 'Relax' said in an American accent! I have to say I've found my paddling heroes! Their stories were epic and inspiring! Next were the paddling demos on the lake. There was a slalom kayak, a river kayak and a sea kayak doing figure of eights forward and backwards around a pair of slalom poles. You would expect the river kayak and slalom kayak to do it easily because that's what they are designed to do,

turn, but the sea kayak. Wow, it was astonishing the way she managed to turn the kayak like that, and without a rudder! Then we had Sue and Steve demonstrating Greenland Rolling for us. They would contort their bodies into some impossible positions, capsize their boats and roll up from those positions. Wow, double wow! Have I mentioned inspiring? The Tsunami Rangers did their thing and there were some rescues demonstrated as well.

Next, dinner! So much food, all YUM! After dinner we had Paul Caffyn and Conrad Edwards talking about paddling Greenland - just looking at their photos made me feel cold!

*Ange Boyson and Steve Levett  
demonstrating assisted rescues*



All these talkers on Friday and Saturday were really inspiring (I know I've said that a lot!) I learnt so much from them and all paddling is about is getting your 'a into gear', getting out there and believing in yourself! No matter if you want to do 10 km day trips, go rock gardening in some calm water or if you want some epic 10 month journey with some wild rock gardening (remember your Geronimo!) It's all about getting out there, meeting new people and having the time of your life!

I would like to thank everyone who organized, who spoke, who inspired and who took part in Coastbusters 2010. You all did a great job and I can't wait for 2012!



*Paul Hayward (Coastbusters MC) endeavouring to keep a very close eye on Tsunami Rangers, Jim Kakuk (face mask) and Eric Soares - just in case they trigger a tsunami with their radical bracing procedures on display at Lake Pupuke (photos: P. Caffyn).*

## Coastbusters 2010 'Perfect Your Stroke' Session by Ruth E. Henderson

Asked which Coastbusters session I gained the most from – I immediately said Conrad Edward's 'Perfect your Stroke' session. However before we even got onto strokes – it was boats, the emphasis being on a good connection between us and it!

Perched on a school desk with a kayak pedal arrangement as a prop, Conrad demonstrated his set up: legs together allowing for full hip movement; balls of his feet touching the cross bar allowing the rudder pedals to be operated by the toes only; heels together, feet almost together and almost vertical; with the distance set so he could just stretch out one leg at a time (see photo).

He explained that the seat should be comfy: one inch (25mm) higher than the heels thus avoiding any seat-edge pressure under the thighs; with the fit tight enough for hip control, but loose enough for hip rotation; the back rest should also allow for rotation and notably, was for resting not paddling!

That sorted, he then had us out of our seats walking in circles - before making us walk in a 'kayaking motion', to demonstrate that kayaking is a learned action, not a natural one.

The next illumination was that the arms are just to position the paddle for the next stroke! Most power comes between when the blade is embedded and then vertical, and is close to the boat. When the arms are straight, there is no power. The catch is most important; don't even think about the exit. On the push, position the paddle so that it is next to the first knuckle of the first finger.

Conrad's laminated stylised diagram will continue to remind us to:

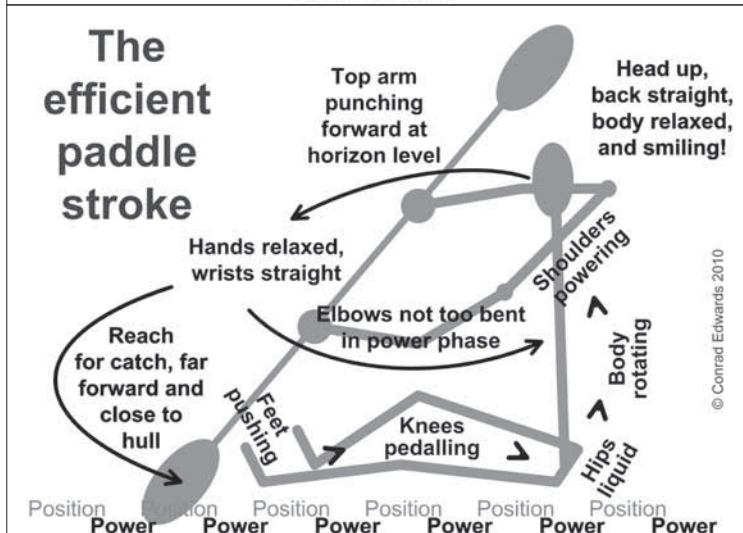
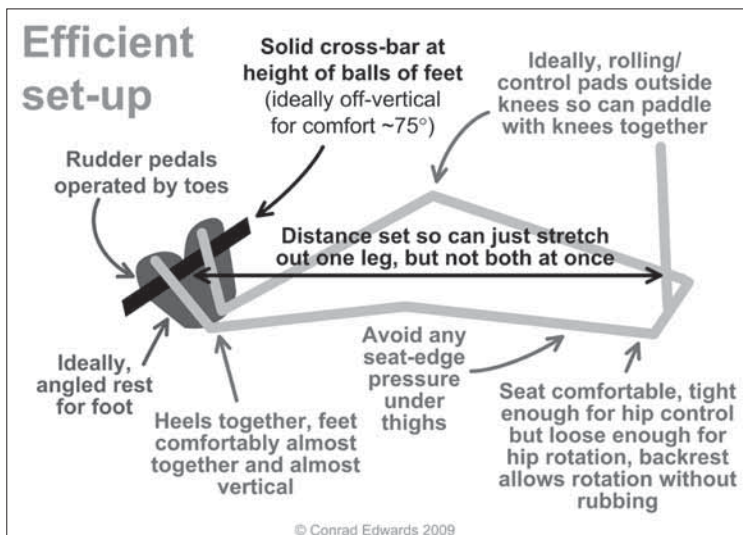
- reach for the catch, far forward and close to the hull
- to punch out at eye level
- to keep hands relaxed, wrists straight, elbows not too bent in the power phase.

Not forgetting that while this is happening the feet are pushing against the cross-bar the knees effectively pedalling, and with "liquid hips" (I

wish!) the body is rotating and the shoulders powering. All the while the head is up, the back straight, the body relaxed AND SMILING!



Conrad's set-up with the latest desktop design kayak. Photo; Ruth Henderson  
Diagrams below. courtesy of Conrad Edwards, from his presentation.





## COASTBUSTERS

*continued*

by **Jim Kakuk**

My 2nd Impression of New Zealand.

Returning after two years to the islands called Aotearoa felt a bit like coming home. It was two short years ago that Deb Volturno and I came here to do a presentation and travel. Now the people, sights, climate and locations are a familiar fabric in my travel wardrobe.

With me this time was Eric Soares, co-founder of the Tsunami Rangers, an ocean adventure kayaking team from the west coast of the States. Eric is the creative force behind the image of the team and is usually the main speaker at presentations. We were invited again by Paul Hayward to present at the Coastbusters symposium at the end of February. We arrived two weeks before the symposium and had some time to explore the ocean, which is what kayaking is all about.

After a quick commute flight to Kerikeri, Mark Hutson picked us up, and we immediately set off to the Cavalli Islands for a five-day trip. Joining us was Andrew, a local kayaker and friend of Mark's, and a great cook. The other kayakers included Australian Sasha Joura, and from Japan, Iwao Fujii and Satoru Yahata.

In less than one day we were kayaking on the other side of the Pacific Ocean with fellow small boat travelers. With our wakas in wonderland, we were displacing only a drop of water in the Pacific ocean but were collecting the memories of a lifetime.

After our five days on the Cavalli islands, I was the 'Lone Ranger' to join Gerry Maire and a dozen others leaving from Taupari Bay and touring around Cape Brett and into the Bay of Islands. Two years ago Mark took Deb and I on this sparkling coast route so I quickly settled into a familiar dream of this island fantasy, another stitch in time. Evenings were spent in conversations and travel stories. Days were rocking and fishing, boats on a journey.

## COASTBUSTERS

The symposium weekend was a busy confabulation of presentations with moments in-between for meeting new people and catching up with others. Friday started off with Satoru Yahata's amazing expedition from Japan to Australia.

Saturday sessions I enjoyed were Risk Assessment by Mark Jones, Paul Caffyn's Visualization lecture, Baja by Rick Wiebush, Tour the Danube with Max Scharnbock, Sicily with Paula Renouf, Canada with Yves Aquin and Patti Stevens, Antarctica by Lawrence Geoghegan, and the featured presentation on Greenland with Paul Caffyn and Conrad Edwards. Eric and I did a show on Kayaking Ocean Rock Gardens.

## IKW

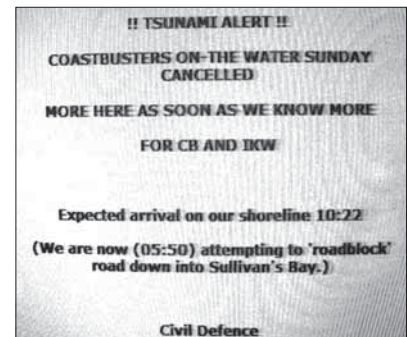
Sunday morning started with a Tsunami Alert that we were blamed for of course - Tsunami Rangers come here and look what happens! All in good sport of course, and we were to get our fair share of 'topping the tall poppy'. Later that day, IKW began at beautiful Martins Bay. Days were spent rocking and rolling down the coast, surfing and tumbling with the international travelers and our Kiwi hosts. It was five days of a natural progression of traveling as a water tribe with evenings full of slide shows that featured adventures from

around the world, good eats, and good conversation.

The most amazing and amusing IKW happening for Eric and me was Dave Winkworth's slide show and account of his kayaking trip from Karumba to Darwin (he should get an award). Along with everyone, we laughed uproariously (and nervously) at Dave's understated humor. "Watch out for them salties - yeah."

It was another great time in the glow and the thunder from down under. I look forward to my return to the Land of the Long White Cloud.

Eric and I thank our hosts Gerry Maire and Erica Law, and are grateful to the staff of Coastbusters and IKW for including us in the adventure.



*Jim Kakuk and Eric Soares were in so much trouble after the Coastbuster Sunday scenario day had to be cancelled due to a tsunami warning. Photo: John Kirk-Anderson*

*Jim Kakuk standing on a hill at Motukawanui, in the Cavalli Islands.*

*Photo: Eric Soares*



## COASTBUSTERS

(continued)

### An Australian View by David Winkworth

'Just returned home from New Zealand to the golden – truly golden – beaches on the south coast of NSW. I attended Coastbusters and the International Kayaking Week.

I had just the greatest time! Thank you very much to the organizers of both events. There is nothing like either show here in Australia, so for Australasia they must be unique! I can tell you that Lawrence Geoghegan (a fellow Aussie who also attended) and I have had a few chats about staging similar events here in Oz. We think it would be great to have cross-Tasman contingents at events in both countries. It could only be good for kayak design and training! Mind you, all Kiwis coming in would be searched for South Island sandflies!

#### COCKPIT COMFORT

At Coastbusters I presented a session which focused on comfort and fit in your kayak. It's a bit of pet peeve of mine I suppose because I think it's very difficult to buy a new boat that fits you perfectly right out of the shop. Most people have to do some cockpit customizing around the thighs, hips and bottom to achieve that perfect fit. At the session I presented, I called for a show of hands from all those attending

who had suffered the dreaded "dead legs" syndrome. There were quite a few hands raised I can tell you!

We did some roll tuition at the IKW and a few people in large cockpits just levered themselves out of their kayaks. Better fit required.

So why is it, that good fit and comfort are so vital? Well, simply so you can be safe at sea! When you lean your body, you need your kayak to lean with you. When you roll, you need your kayak to roll with you - and when you step ashore in the surging surf, you need your legs to work!

Good luck if you're having a go at cockpit customization! There is plenty of help and advice available from senior paddlers and I'm sure they won't think I'm dobbing them in if I suggest you seek their advice.

Whenever I go to a sea kayaking function it's always great to wander around and look at the different boats. They say over here you can always tell a boat builder (ex-builder in my case) at kayak gatherings - they'll be sticking their heads in cockpits, feeling for daggy edges inside hatches and looking at coaming bondings etc. Yep, that's me - I do just that and no apologies either. It helps me build better boats!

Kayak builders do things differently. It's called variations on a theme and it makes the world an interesting place.

If we all paddled the same kayak we'd have nothing to argue about! However, there needs to be some standards for these themes. Not drawn-out written down ones - just accepted industry practice. So, here I'm going to serve up a few suggestions based on the boats I saw and paddled in NZ in the last few weeks. It's for both owners and manufacturers:

#### DECKLINES

These are really and truly for rescues, not decoration! If you have to get someone back in their kayak after a capsize, you need a good hold on their boat. Please, please, may we have decklines of a minimum 6mm diameter? Any narrower in rough conditions and it cuts the rescuer's hands. And what about anchoring the decklines every 600 to 800mm please? A deckline anchored at only the cockpit and the bow is useless for rescues.

#### DECK ELASTICS

The American manufacturers just love these! Beautiful shockcord diamond patterns right down the boat. Bloody useless! Please Mr Manufacturer, give us some "surf-secure" deck storage instead.

#### WATERTIGHT HATCHES

You'd think this would be an industry standard wouldn't you! I recently saw a kayak advertised with "water resistant hatches." There are lots of truly watertight hatch units on the market. If a manufacturer lists a boat



*Steve Levett on Lake Pupuke at Coastbusters, demonstrating his repertoire of Greenland bracing and rolling skills. Photo: Paul Caffyn*



as suitable for surf or ocean then 'water resistant' just doesn't cut the mustard.

### FOOTREST UNITS

There used to be an English footrest unit available called the "Failsafe" footrest. The aim was that if your feet ever went over and past the footrest – say in hitting the bottom in a forward endo in the surf – then the footrest would swing back so that you could release your feet - and thus your kayak wouldn't become your coffin. I saw a few footrest units in NZ that I wouldn't trust in the surf. They were soft and flexi too – not much good for a solid brace.

And while on footrests - I saw some really dodgy adjustment methods that jammed tight with NZ volcanic sand or couldn't be securely tightened. Uggh.

### DECK FITTINGS

Boat builders love deck saddles and big rudder line knobs. Well, that's OK - but why do they put them on the foredeck within the sweep range of the paddler's hands? It's asking to have grazed knuckles and ripped fingernails.

### RUDDERS

Rudders are OK as long as they deploy well AND get a grip on the water. A rudder sitting high on a stern horn with only 75mm of blade in the water isn't going to turn the kayak in a strong wind.

### WAXING & POLISHING

Do you ever wax polish your kayak? I was reading some online stuff the other day about the pros and cons of waxing the hull for more speed. The consensus was that waxing doesn't give you more speed as such, but the clean waxy surface stops dirt and scum sticking to the hull - and that stuff will slow you down! Here's a little story which may encourage you to wax: I built a kayak for a Victorian fellow a few years ago. When I'd finished the kayak, it received it's customary wax/polish. I wrapped it up and delivered it to him at a big sea kayaking weekend. He unwrapped it on the grass field and we carried it down to the beach for it's christening, placing it on the sand next to about 20 other kayaks which were pointed down the beach. As soon as we

put it down, it took off, straight down to the surf. I rest my case!

### NATIONAL MARITIME MUSEUM

While I was in Auckland, I spent a delightful day at the Maritime Museum. Look I could just get lost in those places – absolutely fascinating. The display on the *Orpheus* was first rate – it was a US Civil War era warship that went down on the Manakau bar. I can recommend that display to you! Also there is Paul Caffyn's *Isadora* and Colin Quincey's *Tasman Trespasser* ocean rowboat. If you get in there, have a look at his craft and then go downstairs and compare it with a late model ocean rowboat on display on the concourse. Like me, you may say he is one tough guy! No modern conveniences in '77 in ocean rowboats! Of course his son Shaun has just duplicated his father's feat but in reverse.

### SURFING AT IKW

There was some surf play at the IKW. Lots of paddlers had great fun. I just want to mention a few important points here for those learning to surf their sea kayak.

When your sea kayak broaches in front of a wave, it's usually impossible to pull it back and it's an ungraceful sideways ride to the beach. However, for boats with substantial keels, if you throw your weight back hard, it can cause the keel to grip and the bow to swing back towards the beach. Give it a try!

We saw a few spectacular "wrong uns" in the surf that day. This is when you stern rudder on the right for example, expecting your kayak to swing in that direction but the wave swings you left - leaving you with your paddle on the wrong side (down wave) of the kayak. A quick down-wave capsize usually results. The trick here is to forcefully dictate to the wave early, which way you want to go.

We had some discussion about coming in through the surf in loaded boats: generally, DO NOT expect a fully loaded sea kayak to surf like an empty one. The bow will invariably dive and you risk pitch-poling forward. The trick here is to look for small surf landings or broach very quickly on a wave and go in beam-on.

### 2010 KASK FORUM

The keynote speaker at the 2010 KASK Forum will be an Aussie again! Tina Rowley is one of Australia's best ocean kayakers, male OR female and has just completed a circumnavigation of Kangaroo Island in South Australia. She also has multiple Bass Strait Crossings (east AND west routes), to her credit. Tina is a senior instructor with the Victorian Sea Kayak Club and has been very involved with the club training program for many years. Not only all that, she's really nice!

See you at the Forum.  
Dave Winkworth

IKW Surfing Session at Tawharanui. Photo: Erica Law



## HEALTH

### To Reduce or Not To Reduce? (Shoulder Dislocations)

(reprinted from the *NSW Sea Kayaker* Issues 77-78)

by Shaan Gresser

'Here it comes, prepare to brace, starting to lean...the wave starts to break...crash! Arrhh! What went wrong? Why am I upside down in the surf? Try to roll up – but my left arm doesn't want to reach for the paddle. Time to wet exit – ouch, with one arm. It's shallow, only up to my waist. Ouch, my shoulder. Umm, something's not quite right.'

I'll never forget that feeling when I stood up after surfacing from under my kayak. Gravity instantly took hold and yanked at my left arm and shoulder. I instinctively grabbed hold with my right arm to support it. And then it happened – the pain – no not the physical, but the emotional. Somehow I knew that this was going to impact my life in a big way. I felt instant grief, knowing I had more than likely dislocated my shoulder. I was also nervous for my fellow paddlers and the impact that it was about to have on their day because we were on a remote beach. Not to mention that I was in the middle of my Sea Skills assessment, and it was the start of summer. Hmm, what have I done?

From my experience following the accident, a few key themes became apparent to me: the shared fear other kayakers have of this common accident; the lack of and varied knowledge about the subject and finally, and perhaps the most controversial, is the issue 'to reduce or not to reduce' the shoulder when it happens. By this, I mean whether to attempt to put the shoulder back into place as soon as possible or wait until the person is in professional medical care.

Hopefully by sharing my story and what I have learnt from the experience it will help alleviate some of the fear (not all – a little fear is a good thing!) by arming you with some useful knowledge. I also hope it may help the unfortunate few who may one day find themselves

in a similar situation. My story is also a typical example of what can happen, how easily it can happen and some of the decisions you might face on the day.

#### The Accident

On 7 December 2008 I nervously paddled off from Bonnie Vale (Bundeena) with my fellow Sea Skills aspirants Cathy Miller, Paul Layton and Alan Thurman with Sea Instructor and Assessor Stuart Trueman. Little did I know that what I should have been most anxious about that day, was making the return paddle.

We headed south along the Royal National Park coastline (New South Wales) to Marley Beach, approximately 10 km. Along the way Stuart had us demonstrate various skills such as rolling, various paddling strokes and self-rescue. We chose to land at Marley Beach and all landed without incident. As we took a little break, Stuart briefed us for the surf zone assessment task which involved us paddling in and out of the surf zone in pairs, demonstrating techniques to safely control the kayak – skills such as bracing, stern rudder and rolling.

Cathy and Alan were first up. They both made the job look pretty easy and it wasn't too long before they were back on the beach looking somewhat relieved. On the back of earlier training that I had been doing in the surf, I headed out feeling pretty good about the exercise.

Upside down and in my kayak is basically where I ended up next. To my frustration, it is difficult for me to explain how it actually happened, because I'm not entirely sure myself! More than likely there were several variables involved, but one thing was certain – the shoulder was exposed and enough force was applied to pull the arm from the shoulder joint anteriorly. I know what you're thinking, and you should be: keep those elbows in! This is wise advice and something to always remember and practise (i.e. limiting shoulder exposure by keeping the arms tucked in close to the body).

In addition to prior practice and training I had attended two surf-training sessions in the previous week, focusing on good bracing technique and the associated dangers...and yes, it still happened. Darwin's natural selection you may say!

The issue of what may make some of us more prone to this type of injury is important. However, an injury is usually the collusion of several variables – a combination of the paddler's physical susceptibility, experience and the external factors on the day.

In my case, it wasn't even large or powerful surf – in fact the surf that day was relatively small with an average wave period. However I did do something I would not normally do, that probably contributed to the accident.

I had already demonstrated several low and high braces as we made our way in and out of the surf zone. I remember thinking I should demonstrate at least one more high brace and I actually paddled into the breaking zone of the surf and waited for the next set. This meant that when the wave broke I was stationary. The consequence of doing this is twofold. Generally speaking, by moving with the wave you take on less of the energy and therefore impact of the wave at the point when it breaks. (Tip: Don't hang around in the crunch zone!) Basically, by moving with the wave, you take on its energy more gradually, allowing yourself time to respond with effective strokes. In my case, being stationary may have encouraged me to reach out further, over-compensating for the breaking wave. I don't remember doing this but it is likely.

The other variable, which probably contributed most, is the depth of the water. I was not aware of how shallow

*Ah, receiving an injection of morphine! Shaan in the middle of the three helicopter paramedics with Alan Thurman standing behind.*

*Photo: Cathy Miller.*





the water was until after I capsized. It is likely that the blade of my paddle connected with the bottom as I leaned and braced into the wave. The problem of doing something like this means that you create a dangerous lever, transferring all the pressure going onto your kayak from the breaking wave and onto your shoulder, possibly levering it out of place.

Surprisingly, in the actual moment I don't remember feeling any strain or pain on my shoulder. After I made my way onto the beach clutching my arm and crying out 'oh no' several times, it became clear to everyone that something was wrong. Paul apprehensively stuck his hand under my bag to check my shoulder. He flatly announced it was definitely dislocated. Sigh. Even though I knew deep down, I was still holding onto the hope it had only been strained.

Interestingly, it was only after Paul's announcement that I really began to feel the pain! I instantly felt light-headed and asked to sit down. I was helped up over the sand dune out of the wind. In the hour or so that followed, Stuart, Paul, Cathy and Alan leapt into rescue mode and expertly organised my evacuation and care. It seemed that everyone just fell into a natural roll on the day and it worked.

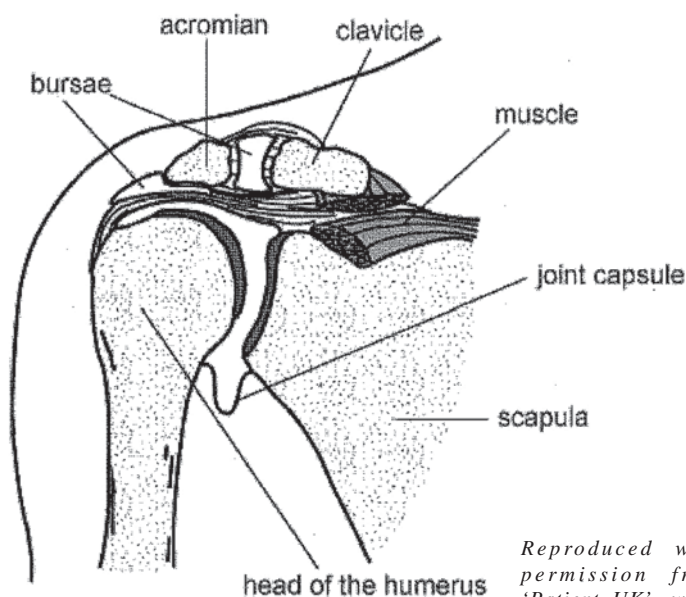
As there was no mobile reception on the beach, Paul ran up the nearby Marley headland to the north and managed to get a call out. As the strength of the reception wasn't great, it took a couple of attempts to get the details through. The only details received from the first call were about a sea kayaker being injured off of Royal National Park. This triggered a helicopter to be deployed as they assumed that I was still in the water. Also dispatched was an ambulance, which travelled along a fire trail above the headland.

*Paramedics helping Shaan to the rescue helicopter.*

*Photo: Cathy Miller.*



## Shoulder Joint (diagram)



*Reproduced with permission from 'Patient UK'. [www.patient.co.uk/diagram/Shoulder-Joint.htm](http://www.patient.co.uk/diagram/Shoulder-Joint.htm)*

### THE SHOULDER JOINT

*The two shoulder bones that form the ball and socket joint of the shoulder are the humerus and the scapula. The ball-shaped end of the humerus rests in a shallow cup called the glenoid fossa and is located on the scapula. The ball on the top of the humerus is covered with a layer of surface cartilage, and so is the inside of the shallow cup of the glenoid. Strong ligaments that are called the joint capsule connect the ball and socket. The joint capsule allows the humerus to move freely in the glenoid and helps to prevent the shoulder from slipping out of joint.*

Of course I was oblivious to the action going on around me. By now, the pain had really started to set in. Initially we thought I might have to walk to a road to get out. However, just sitting down took all my effort, with all my energy focused on not passing out. In terms of first aid, all that could really be done was trying to support my arm in a position that was most comfortable and trying to keep warm. There was never any discussion of reducing the shoulder.

### About the Dislocation Itself

Dislocations hurt. When the humerus is pulled out of the socket, cartilage, muscle, and other tissues are stretched and torn. I have read since my accident that 'The patient will experience significant pain and will often resist the smallest movement of any part of the arm'. Significant pain indeed! As time passes it gets worse because when the joint is dislocated, the muscles surrounding it are stretched and go into spasm. These muscle spasms cause a lot of pain and in my case I found it difficult to even sit upright because my neck

and shoulder muscles had contracted so much.

### What is a Dislocated Shoulder?

The shoulder joint is made of three bones that come together at one place. The arm bone (humerus), the shoulder blade (scapula), and the collarbone (clavicle) all meet up at the top of the shoulder. (See diagram above)

A shoulder dislocation occurs when there is an injury to the joint between the humerus and scapula. The joint between the humerus and scapula, also called the glenohumeral joint, is a ball-and-socket joint – the ball is on the top of the humerus, and this fits into a socket of the shoulder blade called the glenoid. This joint is incredible because it allows us to move our shoulder through an amazing arc of motion – no joint in the body allows more motion than the glenohumeral joint. Unfortunately, by allowing this wide range of motion, the shoulder is not as stable as other joints. Because of this, shoulder dislocations are not uncommon injuries.

## **How Does a Shoulder Dislocation Happen?**

A shoulder dislocation generally occurs after an injury such as a fall or a sports-related injury, such as the force of the water in an overextended paddle brace. About 95% of the time when the shoulder dislocates, the top of the humerus is sitting in front of the shoulder blade – an anterior dislocation. In less than 5% of cases, the top of the humerus is behind the shoulder blade – a posterior dislocation. Posterior dislocations are apparently seen after injuries such as electrocution or after a seizure.

## **Recognising a Dislocated Shoulder**

Paul confirmed my dislocated shoulder by feeling the deformity which was hidden under my bag. A lot of the time, you will observe the casualty trying to relieve the pain by supporting the weight of the injured arm with the other hand. As the majority of shoulders are dislocated anteriorly, the shoulder will appear 'squared off' since the humeral head has been moved out of its normal place in the glenoid cavity or socket. Often, it may be seen or felt as a bulge in front of the shoulder joint.

## **What Should You Do?**

Many would advise you to care for yourself or the casualty as best you can until professional help is available. This might include stabilising the affected arm with a sling. In many cases, and in my case, the casualty will find the most comfortable position possible for them.

Rarely however, will you have heard the advice to attempt to reduce the shoulder yourself. Most first aid practitioners would advise that you do not attempt to reduce a dislocated shoulder. However, as I discovered after my accident from talking to specialists in the field, there are many good reasons why you may want to consider having the knowledge and reducing a shoulder yourself. There is much interest and opposition to this notion and so it deserves some exploration.

## **To reduce or not to reduce?**

### **The Pros and Cons**

If you are close to medical attention you may not consider this option at all. Not because the procedure for reducing a shoulder is necessarily dangerous, but it can be stressful – for everyone involved

– and if you don't feel comfortable doing it or having someone else attempt it then that is enough.

However it is important to understand the consequences of reducing and not reducing the shoulder as soon as possible after dislocation. The strong opposition in the first aid community about attempting to reduce the shoulder is due to the possibility of further injury. There is concern that vascular or neurological damage may occur when the shoulder is reduced or not reduced correctly. There are circumstances where this risk is increased and reducing the shoulder could be an issue – even in professional care. These circumstances generally involve the situation where the shoulder has dislocated due to an impact – falling on the ground, car accident or something running into you. In these types of situations because there has been an impact involved there is the risk of fracture or multiple fractures.

For the sea kayaker however, the situation can be different. In the majority of cases, the dislocations that occur during sea kayaking and white water kayaking involve the force of the water only – operating on the paddle and the kayak and then onto your shoulder. This means that there is much reduced risk of fractures and therefore complications.

The actual known risks and injuries as a result of reducing the shoulder where complications are absent are very scarce. The only study looking at this issue reported that injury to the axillary artery following anterior shoulder dislocation was a very rare occurrence. In fact, in circumstances where fractures have occurred, the two common fractures, if present, do not hinder the relocation of the shoulder. They are the Hill-Sachs deformity, a compression fracture of the humeral head and a Bankart lesion, a chip fracture of the glenoid fossa (Wedro, 2009).

What is perhaps more important however, is the damage that may occur as a result of the actual dislocation, and furthermore, the damage that will continue to occur the longer it remains dislocated. In some situations it may become critical that the shoulder is reduced as soon as possible. For example, because the movement is so extreme,

nerves, blood vessels, muscles, tendons and ligaments are all stretched. Because of this there is going to be a degree of trauma that may affect the blood and nerve supply to the arm and hand. You might check this by asking if the arm/hand is numb or tingling. Looking for colour or lack of it can indicate a cut of oxygen supply. Under these circumstances and if far from help, you may want to consider reducing immediately to prevent long-term damage. In this situation, the damage that occurs as a result of dislocation and in particular the long-term damage from a sustained dislocation, is often far greater than the damage that may occur when it is reduced. The longer the shoulder remains dislocated, the greater the chance that there can be serious problems in the long-term. This is the fundamental reason why reducing the shoulder immediately should be considered. This point is strongly supported in the medical industry where I have had discussions with surgeons and specialists in the field (personal communications with Prof. George Murrell and Dr Michael Lee).

There are other important reasons why it is worth having the knowledge and considering reducing a dislocated shoulder immediately. As sea kayakers, we often find ourselves in remote or semi-remote locations.

Picture this: you are in the middle of your 10-day kayak adventure. Someone in your party has dislocated their shoulder on the way into a beach landing – not uncommon. You are far from medical support and there are no roads. You are unsure of how long it may be before help arrives. As time progresses their condition becomes weaker due to the trauma and stress of the dislocation. At this point you realise that not only are you managing the dislocation, you now have to manage the secondary issues. Dislocations are traumatic injuries and as such often have a large impact on the overall wellbeing of the casualty.

Reducing the shoulder immediately will also give you a better chance to transport the casualty by kayak if need be. Once reduced the shoulder would be weakened but would give the ability to safely, and with far less pain, tow a kayaker if necessary. And finally, if you are alone, you will be in a far better position to



cope with and effect your rescue if you are able to reduce your own shoulder.

These scenarios highlight the bigger issue and why it is valuable to have the option to decide what to do right from the start.

### Shoulder Reduction

So how do you go about reducing a dislocated shoulder? First and foremost; as described earlier, the muscles will go into spasm soon after the dislocation. This means that if you are going to attempt to reduce it in situ it has to be done immediately following the injury. Even Hippocrates over 2000 years ago wrote that the shoulder dislocation should be reduced immediately or as soon as possible. Essentially the muscles around the shoulder have to be relaxed to allow the humeral head to slide back in. This is why medical practitioners use some form of muscle relaxant and painkiller before the shoulder is reduced back in the hospital. In my case it was morphine, and plenty of it! As time goes by the chances of easy reduction will diminish.

Basically there are numerous methods of reduction for an anterior shoulder dislocation. The key to the most successful and useful techniques is that they are simple and most importantly *do not require force*. After having a chat with a few people about my shoulder, not only did it become obvious just how little we know about this issue but generally people assumed that there is much difficulty and force involved in reducing the shoulder.

Indeed there are traditional techniques that use force. For example you may be thinking of an image of someone holding their foot on the casualty as they pull their arm – this was actually the method recommended by Hippocrates (traction-countertraction technique). These traditional reduction methods can involve strong force with potential injury. You won't see this happening much nowadays as there are other options. In fact, my own shoulder was reduced without anyone touching it. I had the assistance of plenty of morphine and good instruction from the hospital staff and I was stunned just how easily it popped back in!

Possibly the largest issue to be faced when considering a shoulder reduction is the stress of it all. The casualty will probably be feeling quite distressed – perhaps an understatement! The hardest part may well be getting the person or yourself to relax as much as it will be possible.

There is no one particular technique that appears to stand out above others. There is much published material from different practitioners outlining why they prefer a certain technique. They also overlap quite a bit and thus can be modified to suit the situation. For example, a few can be modified for self-reduction. The most successful methods tend to follow the natural movement of the arm, as ultimately the shoulder will 'want' to pop back in if applied earlier enough.

### Reduction examples

**NB:** *In the interest of minimising the chance of confusion or misinterpretation, this article should not be considered as a guide for the various descriptions for the different reduction techniques.*

I want to give a few examples of the type of manoeuvres that are possible with the primary aim of emphasising their benign nature.

One example is called the Milch technique. The injured person sits, stands, or lies flat on their back. They then slowly reach, using the hand of their dislocated shoulder, behind their head and try to touch the opposite shoulder. Somewhere on the very slow, steady reaching, the shoulder will align itself and pop back into place. This action has been described as a pitcher's 'wind up' before a pitch using the affected side. Taking their time, the casualty slowly reaches upward and backwards as if they were going to pitch a baseball. If the 'wind up' is slow enough, with plenty of rest if needed, the shoulder will pop back into place. This manoeuvre can be done solo or with assistance. It is said that if you are assisting, cup the victim's elbow, giving it support and guiding their arm through the manoeuvre. Your other hand can be placed on their shoulder to apply support to the joint as it goes through the motion. Those who describe this technique emphasise the lack of force involved.

Another technique is the external rotation method. This method begins by stabilising the elbow against the torso with one hand. With the elbow flexed at 90°, the forearm is gradually allowed to move laterally (away from the body?) to the extent that muscle relaxation allows. Force is never used. The shoulder will likely reduce before the forearm reaches out to the side. With a slight modification, this technique can also be attempted solo. Beginning with elbows at their sides, sitting or lying down, the casualty raises both hands toward their head and slowly attempts to place both hands behind their head. The unaffected arm can be used to assist the affected arm. If the hands-behind-head position can be achieved, the shoulder will likely reduce. This is very similar to the Milch technique and again is simple, quick, easy to remember and involves no force. Experts emphasise that the key to any of the techniques is the timing – they will only work in the period immediately following the dislocation or at a later time with the assistance of a muscle relaxant such as morphine.

And my shoulder? After the morphine had fully taken effect, I was sat on the edge of a bed and asked to lean over and allow my arms to dangle towards the floor whilst I was supported from behind. In the process, my shoulder slipped straight back in. No one was touching or pulling either arm or shoulder. A similar result may be gained by going on all fours and allowing the affected arm to dangle as described above.

### Prevention and Susceptibility

The topic of prevention and susceptibility could involve a whole article in itself. Prevention includes topics such as safe paddling techniques and awareness as taught by club instructors, practice, personal fitness and risk management. Susceptibility includes areas such as physical susceptibility to shoulder dislocation including shoulder mobility. No detail is provided regarding these related topics as they can hopefully be explored in a future workshop.

### Epilogue

I remember the overwhelming sense of relief when I heard the faint sound of the helicopter coming over the headland. Although it was barely over an hour, it had felt an eternity as the pain just

seemed to increase with every minute. I was in the emergency ward in St George Hospital within minutes of taking off. I remember the fleeting glances below of the coastline we had paddled that morning – difficult to enjoy the view given the overwhelming pain at the time!

Almost 12 months on and after doctor's appointments, scans, physio and active release therapy I can say that I'm about as good as new. I do regular strengthening and stretching exercises to maintain the physical integrity of both shoulders.

Four months after the accident I successfully re-attempted the Sea Skills qualification – this time enjoying the paddle back with no helicopter assistance!

#### References:

Wedro, B.C (2009) *Dislocated Shoulder*.  
Source: [www.medicinenet.com/script/main/art.asp?articlekey=100331](http://www.medicinenet.com/script/main/art.asp?articlekey=100331)

#### Shaan Gresser - Author Profile

I've been kayaking for around 5-6 years now but only seriously for the past two. I grew up in the suburbs of Sydney so Dad had us out and around the water whenever he had the chance. I think I had my first 'kayak' at around 7yrs old!

After spending a few years working abroad I returned to Sydney around eight years ago where it was only a matter of time that I would end up



kayaking. Sydney and its surrounds have endless opportunities for all levels of sea kayaking. I joined the NSW Sea Kayak Club around two years ago, which was really the catalyst that has me out paddling most weeks along the coastline of NSW. I am very keen on touring and would say that has been the driving force behind the regular skills training and participation in club events that I do. As my skills and experience progress I find that I'm already thinking about the next trip – a passion that will keep me busy for some time to come I think!

When I'm off the water, I am mostly an armchair ecologist working for the NSW Department of Environment and Climate Change where I work in the challenging world of threatened species conservation and forestry related impacts here in NSW. Interestingly I spend less time in the forests lately as I'm out on the water as much as I can – no logging trucks there!

Shaan Gresser

## THE 'BUGGER!' FILE

### Steve Cooper's Dislocation

On the very first day of the International Kayak Week, following Coastbusters, Aucklander Steve Cooper with another paddler was paddling through a narrow gap in a reef when a surge sucked out and left the two kayaks almost high and dry, but Steve (who I understand) was left underneath the lady paddler, must have braced with his arm against the rocky sea bed which resulted in a droopy shoulder and subsequent out-of-boat experience. Dave Winkworth and Natasha Romoff slowly moved Steve the 300 m or so to the beach, where he was ultimately ambulated and transported to hospital. I forwarded Steve the article by Shaan which appeared, almost to the day of Steve's dislocation, in the *NSW Sea Kayaker* magazine, and I have pulled together a series of Steve's emails. I just hope his good lady does not have access to his plain brown envelope copy of the KASK newsletter - otherwise he will be in such BIG trouble.

### from: Steve Cooper

I think we should learn what we can from every situation. A light hearted look at the incident with a few clear thoughts at the end is a good idea to get people thinking about it. The article (by Shaan) you sent seems to advocate quick relocation in most cases - I'm still not completely convinced and the single line about 'if you don't feel comfortable, then that's enough' puts enough of the case for letting the pro's do it.

This was my third shoulder dislocation:

- the first was my right shoulder in the North Sea about six years ago. A long and painful wait to get the emergency services to me and apparently relocated the good old-fashioned forceful way (foot in the armpit etc).

- the second dislocation was in a pool about 4 years ago, left shoulder and I relocated that myself whilst still in the pool. The benefit of this was seeing the ashen/green faces

of fellow clubbies on hearing the pop as it went back in echo around the pool, it still hurt but I think it recovered much better/faster than the first one.

- third event this one, and it crossed my mind whilst still in the water that I should try to get it back but there was too much action in the water around me (rocks and swell etc) by the time I was getting back to the beach it was too late in my view and the comfort/discomfort level told me to stabilize not mess about. Reduction at the hospital was the so-called gentle approach to manipulating whilst I sucked on the gas and relaxed. Without the gas and the experience of the manipulators, I'm not convinced it would have gone back in so easily.

To my mind even if it goes pretty much straight back in, there is still a recovery/rebuild time measured in weeks before you can/should use the arm effectively so, after the first 20



minute window, assuming you are within hours rather than days access to professional medical help, then let the professionals do it. Sure the risk of causing additional problems may be small but why take that risk to save an hour or two's extra discomfort. A week and a half down the track from this dislocation, and I feel that recovery is already ahead of the first one and at least on track with the second one so if you miss the initial 20 minute window, 2 hours or 5 hours before reduction probably doesn't make a big difference to long term recovery (I'm prepared to be corrected on this one I'm only talking from my very limited experience)

My overall view is that we did the right thing to leave it to the pros; I'm a bit disappointed it took so long once in A&E but priorities are absolute in that environment. Include in the piece a big thanks from me to the team on the beach etc. I'm a bit blurry about who was with me on the beach but do remember the big Crocodile Winky towing me in, Natasha comforting, Charlie providing fancy dress and of course Diane putting up with my ramblings all the way in the ambulance and in A&E, until she who must be obeyed arrived.

*Steve Cooper - is he grimacing or grinning? - being comforted on the beach by Natasha Romoff, after dislocating his shoulder. Sunbathers in the background oblivious to his discomfort. (so many potential captions here!)*

*Photo: John Kirk-Anderson*



On the beach there was a fair bit of debate about whether to reduce my shoulder or not. I think had I read this ahead of time, I may have been more inclined to let them try but the key is, if you're going to do it, do it early first 30 minutes and I suspect it was probably close to 30 minutes before I was on the beach. I guess I did show 'some apprehension' about them practicing doctors and nurses on me.

(My adult image of that game may still take place on a beach but people are rarely bald with big dropping moustaches and tend to have a higher proportion of nurses than doctors)

We did keep checking for numbness and pins and needles so still had circulation. I was also surprised the hospital took so long to get to me. I'm guessing it was after 9.30 pm before they started the reduction process, having 'checked in' at 5.30 pm, 2 ½ hours after the incident. Of course that allowed me to enjoy the Entenox for longer - there's always a bonus.

Shaan sounds more gutsy in a considered way to me and it is clear that she has the advantage of being a woman and so the pain she gets, is at a much lower level than that I suffered as a man.

Apart from making my toes curl at Shaan's account, it brings out to me that there is no one single correct answer re to reduce or not. To me, you should do it if you can do it pretty much straightaway and in doing so, can improve the extraction from the situation. Even when you do reduce, your arm is still of limited strength value (but much more value than whilst still out when it's a total liability) for a period of time (measured in weeks not hours). The sooner you reduce then the less distress to surrounding soft tissue and so the faster the recovery provided the reduction is similarly "softly" reduced.

I'm now two weeks into recovery and have reasonably full movement of the shoulder and could easily fool myself into kayaking and would probably get away with it. I know I don't have the strength back yet and whilst I can get most of the movement it's not 'good movement' and uses the wrong muscles, so exposing the joint more than needed. To my mind, it is better to be patient and build the correct muscle usage to minimize the chances of re-dislocating.

Besides, she who must be obeyed can inflict far more pain and discomfort than a dislocated shoulder - better to work up to the granting of the leave-pass for the KASK forum and purchase of new craft than a quick paddle sneaked in early.

After Coastbusters, I had strengthened my toolset with 'Visualization' as promoted by a very eminent kayaker and also the philosophy of 'I will do it' promoted by some 'gung ho' American paddler. On seeing a wave larger than I fancied starting to break just behind me, when picking a line through some rocks, I chose the visualization tool to good effect.

It was only slightly inaccurate - I did visualize my kayak capsized with myself in the water but missing the rocks. The bit I didn't see was the dislocated shoulder. Had I known of this shortcoming in the visualization tool, then I may have selected the alternate, 'I will do it' tool, who knows what outcome this tool would have had?

## TRAINING

### Wellington Network

by Sandy Winterton

Waitangi Day 2010 dawned bright and clear in Wellington and a bunch of enthusiastic network members gathered at Hataitai beach in Evans Bay for a weekend of skills training with instructor John Kirk-Anderson. The Wellington Sea Kayak network had been hoping to get John to run a technique and leadership session for some time, but clashing dates and injuries to members had prevented anything before Christmas as originally intended. Late January suddenly saw the planets line up with John having a spare weekend and a suitable number of people keen to attend.

John had flown up on Friday evening, and by 9.00 am on Saturday he looked so much at one with his borrowed plastic *Looksha*, that no-one would have suspected that it was not his own boat. The 10 trainees had a mix of experience and a variety of kayaks. Network stalwarts were present to add to their learning and help out; one couple who attended the network meeting for the first time just a couple of days previously jumped at the chance to attend, and some prospective members also took the opportunity to benefit from John's expert instruction.

During the land-based introduction on the need to grip and control the boat, John soon had everyone mentally at ease, but suddenly aware of their lack of pelvic flexibility. While old hands were simply impressed at John's ability to raise one knee and bum cheek at a time, as he controlled his imaginary kayak, the uninitiated looked a tad perplexed at his level of buttock control.

Once the on-water sessions started, students practised gripping the boats, railing using newly discovered muscles, weight distribution and paddle placement during steering strokes. The little beach grew busier, and in the fierce sun, a family of Russian tourists' set of winter white pot bellies, began to gleam like

oiled pink piglets despite the liberal application of SPF50.

Two laggard members with a double joined the afternoon session. We covered the forward stroke in all its glory and the group proceeded with rotating torsos further along the bay to investigate bracing strokes and T rescues. Some particularly wanted to brush up on this and the warmth and sheltered waters of Greta Point were ideal for those practising rescues for the first time. The double team managed to get themselves back in unaided but a rudder pin on one of the singles normally held in place by gravity went for a swim when the kayak was inverted for a rescue. Quick thinking Dave Fisher took a GPS mark to look for the missing component later.

To wind up the day, we had a brief session in the Kupe Canoe Club's boatshed, where John recapped what we had covered, and as we headed home, every junction and bend saw homeward bound drivers and passengers alike raising a knee, clenching a buttock and railing around the corners.

Sunday morning greeted us with the pre-arranged change in weather, booked to allow us to try out yesterday's skills in more testing conditions. We warmed up with rudderless steering practice and the local fishing fraternity seemed rather bemused by a bunch of mad kayakers going round in circles. We nosed out into the chin high waves from a 12 knot wind to experience weathercocking and how to deal with it. To reinforce in the minds of the anglers and passing seafarers, that kayakers are indeed gaga, we split into pairs and capsized to test our rescues in the chop. Everyone did very well, and were glad to have practised in the sort of conditions most likely to result in a capsized.

Diane Morgan was John's assistant for the weekend and did a sterling job as sweeper downwind of the group, shepherding anyone who drifted down towards the airport. Back at the bay we practised variations on the T rescue using slings, and then progressed to paddle float self rescue while some

tried the 're-entry and roll with paddle float' technique. Sadly this resulted in a two piece carbon paddle breaking at the joint. Ouch! Any expensive tool made for a particular purpose ought to withstand all the functions for which it can reasonably be expected to encounter. It is a serious safety concern and a sad reflection on the manufacturer that the joint failed and broke while being used for a roll with float. Another person attending has a similar paddle with the same Quiklok joint that deforms when used for rolling resulting in a shaft bent at the joint.

In the sheltered bay, a lesson was learned about checking that neoprene hatch covers are secure under their protective hard covers. One paddler found out about this the hard way, but fortunately it became evident only metres from the beach. Better to learn from a full rear storage compartment in this environment than at sea or with a week's supplies on board.

After a late lunch, John did a session back in the boatshed, covering equipment and the need to store the most urgent stuff nearest to hand. Paddles were also discussed including the Greenland style and those with cranked shafts.

It was perfect weather with a calm first day to learn on and testing sea conditions to practise in on Sunday. The group had a good mix of experience and John, as always, imparted his expertise clearly and with his down-to-earth and good humoured approach. We appreciated his vast knowledge and experience and felt privileged to have had him to ourselves for the weekend.

Thanks to Diane Morgan and David Fisher for organising and accommodating John, and to Sue Cade for her part in the planning. Thanks in particular to John Kirk-Anderson for giving up his time to come to Wellington. The weekend was deemed a great success. Much was learned and most importantly, people left armed with skills that will improve their own safety and that of others out on the water.  
Sandy Winterton



## THE 'BUGGER!' FILE

### Crossing the Firth of Thames by Peter Sommerhalder

Our plan to paddle from Auckland to Opito Bay became reality in mid November last year. Both of us have paddled across to Coromandel Peninsula before. However this crossing taught us some lessons. Joe Scott-Woods was in his *Puffin*, and I was paddling a *Beachcomber*.

We launched from Kawakawa Bay after 11 am. We chose this starting point, because paddling from Orere Point to Waikawau is a similar distance to a crossing from the eastern end of Waiheke Island to Te Kouma Harbour. However should the conditions for a safe crossing in single kayaks be unsuitable, we had the option of driving around to Thames and launch from there. Ten knot southwesterly winds (increasing to 20 kn and changing to northerlies for the evening) and a high tide at 12.30 pm looked in our favour to paddle across this afternoon. We were aware however that the deteriorating conditions would prevent us from crossing the next day.

After two hours we landed for a late lunch on the northern tip of Ponui Island. We watched the sea conditions carefully. Some white caps in the early afternoon had disappeared. By 2.30 pm we were back in our boats heading for the direction of Coromandel Harbour and lodged a trip report with Coastguard.

Sea conditions were as predicted by the weather forecast and we managed well for the first one and a half hours. There was little other traffic. We estimated it would take us about four hours to get to Coromandel township, and if conditions allowed we would head to the camping ground in Papaaroha before dark. After 2.5 hours steady paddling, the swells became bigger, with white caps appearing all around us, and dark rain clouds became visible over Waiheke, behind us. The wind changed to a northerly, creating a wind against tide situation, as per weather

forecast. By now we were over half way and committed, handling the swell comfortably.

The group of islands off the 'entrance of Coromandel Harbour' ever so slowly grew bigger. We kept paddling, keeping close to each other, with drink and nibbles on the go. I noticed more and more cold water sloshing inside my cockpit because of a badly leaking spraydeck. With the kayaks loaded for six days food and camping gear, this did not affect the stability, but my calf muscles and wet bottom were getting colder.

With daylight fading and after five hours paddling, we made it to one of the islands guarding the entrance to what we perceived was Coromandel Harbour. We found a rocky inlet good enough to land, pumped out the swamped cockpits of both kayaks and changed into dry clothes. We were both shivering and initially had difficulties to stand upright on our legs. It was now 8 pm, and we knew we only had about 15 minutes of daylight left. We felt much warmer in the dry clothes and decided to head for the mainland as quick as possible. Chances of finding a suitable spot for camping on the bush-clad and rocky cliffs of this island in the dark were virtually nil.

Within minutes of pushing off, it was dark. We deferred calling Coastguard for later, as we had not reached our final destination yet and wanted to make use of every minute of remaining daylight. There were amazingly few lights shining from the peninsula for guidance. A cluster indicated what we thought was Coromandel township. After a while those disappeared completely behind Whanganui Island. Amongst the scarce dots of light was one brighter spot. We headed for that one and it became our guiding star of Bethlehem.

We both were pleasantly surprised how the warmth returned to our bodies with the change of clothes. The swells increased in size and noise. Pine forests and steep cliffs appeared as giant black shadows on our right, indicating that we were heading for shore and safety. Our head-torches were packed with our gear inside the

hatches, useless for now. We stayed very close to each other, careful not get separated in the dark. Then came the moment when I could no longer see the ghostly shadow of my mate Joe. Presuming he must have slowed behind me, I stopped paddling to give him a chance to catch up. Joe did not appear between the black waves with whitecaps on top. Then I started to paddle in a circle, yelling Joe's name in all directions. Still – silence! What to do next? Should I use my VHF radio asking for help? Letting go off the paddle with one hand to operate the radio was an impossible task. Also the noise of the waves would make it difficult for me to hear replies to my request. Is this situation serious enough (life threatening) to activate my EPIRB?

I gave it another chance, trying to keep calm. Then I blew my whistle, hard. Next I hear Joe's voice from ahead. Immensely relieved, I paddled up to him. "Did you hear my whistle?" "No," he said, "I just could not see you any longer."

We carried on in the pitch dark towards the still shining light. This whole frightening episode lasted probably for only two minutes – two long agonising minutes. Rain was falling on and off. We carried on. Another single light on a lamp post appeared, raising our hopes to be close to Papaaroha camp. Clunk, this was the hull of a large yacht anchored straight in front of us with its white mast light above our heads. We turned towards the brighter light again. We now could recognise it as a lit-up rangeslider door. Soon afterwards we slid into a sheltered sandy bay and climbed up wooden steps to the house with the bright light on. We were safely on shore.

A man watching TV opened the rangeslider, obviously a bit surprised finding two dripping wet and cold paddlers in his back yard. When we asked him how far it was to Papaaroha camp, he said there was a camp ground next door and that it would be 15km by road back to Papaaroha. The time was 11.15 pm, three hours since we left the island.

Heading for the brightest light we

could see, had taken us much further north than the anticipated 6 km to Coromandel Harbour. We had made landfall at Otautu Bay, on the entrance to Colville Bay. An attempt to contact Coastguard on the radio from the shore proved unsuccessful. Our hosts, Merv and Jackie Goudie, let us use their phone to contact our families and to relay a message to Coastguard that we had arrived safely on the other side of the Firth of Thames. While putting up our tents in the garden, we were offered a welcome hot chocolate and a huge plate of baked beans and fried eggs each. Apparently we were not the first strangers landing on their property, and Merv and Jackie knew exactly how to 'treat' us.

Next morning we moved into the Otautu Bay camping ground for a rest day. Only then it dawned to us how different our crossing was from our plans. We were close to being hypothermic, but felt we coped with the situation without panicking – just!

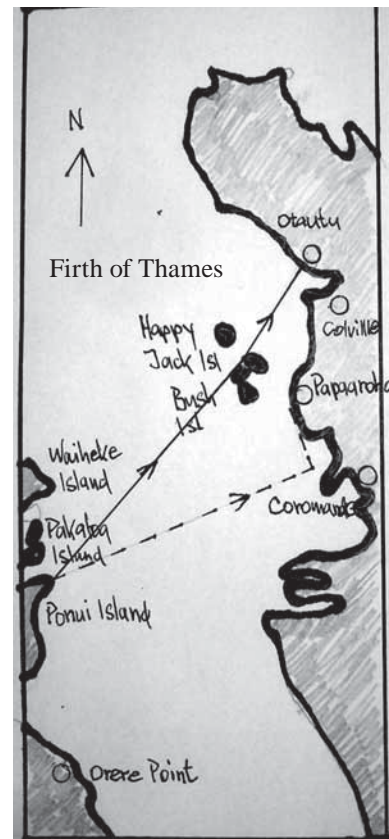
There are lessons in this story, which became apparent in hindsight. Coastguard appreciated our phone call that night, as they apparently had tried to call us on the radio. Paddling conditions in the dark made it impossible for me to listen

to or operate my hand-held radio. A call for assistance on the radio when we were separated could have made things worse, as we were nowhere near Coromandel Harbour at that time. Activating the EPIRB would have given our rescuers an accurate position.

Three days later we made it to Opito Bay, enjoying every moment. We had to deal with very strong south-westerlies, whipping up white caps every afternoon by a strong offshore wind. Despite my remark to Joe, "never again," I had the opportunity to do another crossing from Scully Reef to Deadmans Point (Te Kouma Harbour) with Rona and Gerard two months later. Conditions were near perfect, and we never got lost while paddling for just over three hours.

Two things I learned on hindsight (besides the points made in the story) are:

- 1) Attempt any crossings early in the day, with as much daylight as possible ahead of you.
- 2) Carefully match the landscape you are heading for with your map. A compass bearing during daylight hours would have set us on the correct course.



——— Route paddled  
----- Route planned

(reprinted from the Auckland Canoe Club newsletter, March 2010)

## High Tides - Red-Alert Dates and Carefree Dates for 2010

*Dates averaged across New Zealand – check tide forecasts for specific locations*

**Red-alert Dates (highest high tides)**  
[actual perigee]

**28 March–4 April [28 Mar]**

**27–30 April [25 Apr]**

**14–17 June [16 Jun]**

**11–16 July [13 Jul]**

**9–16 August [11 Aug]**

**7–14 September [8 Sept]**

**6–12 October [6 Oct]**

**4–9 November [4 Nov]**

**23–28 December [26 Dec]**

**Carefree Dates (lowest high tides)**  
[actual apogee]

**7–9 April [9 Apr]**

**6–9 May [7 May]**

**5–7 June [4 Jun]**

**17–19 September [21 Sept]**

**16–18 October [19 Oct]**

**15–17 November [15 Nov]**

**15–17 December [13 Dec]**

In 2010, the Moon's closest perigee occurs on 30 January and coincides with a Full Moon.

For the year 2010, "red-alert" dates cluster around very high tides (perigean-spring tides) that peak 1–2 days after New or Full Moon when Moon is in its perigee and "carefree" dates cluster around lower high tides after First or Third Quarter when Moon is close to its apogee.

**Source:** <http://www.niwa.co.nz/our-science/coasts/research-projects/all/physical-hazards-affecting-coastal-margins-and-the-continental-shelf/news/coastal#red>



## DVD REVIEW

### *Sea Kayak with Gordon Brown* *An instructional journey along the magnificent coast of Skye Vol 1*

Review: John Kirk-Anderson

There have been many DVD's released recently covering sea kayak skills, and this entry into the market takes a slightly different approach by combining the instruction with a trip along the Isle of Skye, north-west Scotland.

First, a disclaimer: The DVD's author/instructor, Gordon Brown, is a friend and I have spent time with him at his business on Skye, Skyak Adventures, while qualifying as an instructor. I have also paddled in the area used in the DVD, and even recognised one small headland used for several lessons on turning strokes.

The DVD is divided into two separate areas, the journey and coaching sessions. These can be watched separately or as a complete movie, with the coaching being introduced as the subjects fit into the trip.

The trip is a four-day paddle from Elgol, with a stunning view towards the Cuillins, a range of mountains (hills by our standards, but hey) famous for their climbing, finishing at Loch Pooltiel. Along the way the paddlers pass several interesting areas, including the island of Soay, the Old Norse name sounding better than the translation; Sheep Island. Sea caves provide an area to explore, and an acoustic theatre for Gordon's surprisingly good singing voice. Remarkably flat seas allow for close travel to the cliffs, and even a picnic lunch on MacLeod's Maidens, three sea stacks, normally battered by waves.

This is a stunning piece of coast and is shown in very good light. I didn't recognise it as it wasn't lashed by wind and waves as it was when I paddled it. The midges were familiar, and a highlight of the DVD was watching a paddler getting dressed while dancing a Highland jig to avoid their bites. The gumboots she was wearing added to the moment.

The coaching portion is divided into several lessons; Body positioning, edging and leaning, forward paddling, turning, paddling in tide races and rock hopping.

These sessions follow a familiar path, with Gordon explaining and demonstrating the strokes, shot from several angles. A camera mounted on a mast fitted to the kayak allows a high-angle view of many of the skills demonstrated.

A camera inside the cockpit (!) does a slow motion tour up past Gordon's gumboots and traverses areas not normally seen to highlight where the lower body contacts the hull. I confess that I was half expecting to see a sporran strategically placed to preserve some modesty.

Gordon has a quiet Scots voice that purrs along with dry humour, explaining well what he is doing, and why. The filming was done by Simon Willis, who also provides the voice over, and his BBC-style tones made me smile at the contrast.

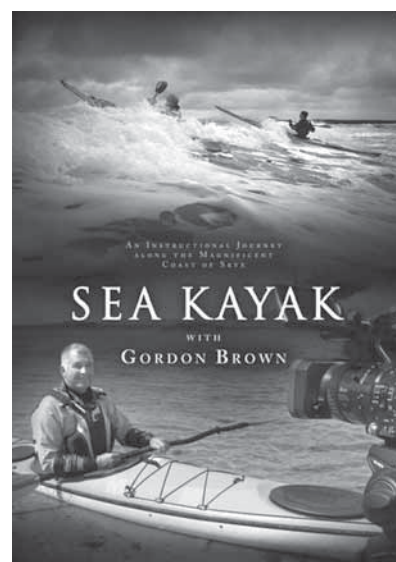
It was good to see a coaching video shot in moving water, which is more difficult than it looks, as the out-takes at the end prove. Many instructional DVDs are shot on the beach or on flat water, which allows more control but loses what handling kayaks is all about. Gordon is an outstanding paddler, holding the UK's highest qualifications for coaching on both the sea and white water.

The idea of a journey as a coaching session is one that is becoming popular in the UK, with much instruction conducted in that manner. Modelling this DVD on that approach may be to catch those already familiar with this style, or as a point of difference from other instructional DVDs.

However, I'm not sure that it works on a DVD, where paddlers have the option to view an action, mimic it while sitting on the lounge floor, and then rewinding to look again. With that rewind capability and given Gordon's skill in a kayak, it may have been better to use the space to provide more detail on the strokes, possibly using overlaid graphics to emphasize key points.

This is the first volume, and later releases will no doubt cover other areas.

John Kirk-Anderson



Simon Willis filming Gordon Brown for the DVD  
(photo supplied)



## BOOK REVIEW

**Title:** *In Irish Waterways*

**Author:** Edward O'Regan

**Published:** 2005

**Publisher:** Curragh Press

**Cover:** limpbound

**Size:** A5

**Price:** NZ\$39.99

**ISBN:** 1-85607-915-5

**Availability:** [www.mightyape.co.nz](http://www.mightyape.co.nz)

**Review:** Alan Bye

I read a few pages at a time to savour it. Two young Irishmen in search of adventure circa 1939 bought a folding canoe, bathtub cockpit, tough fabric skin, to voyage Irish waterways, rivers, canals and lakes. Once they encountered the seashore where a small wave broached, rolled and spilled them, their tent, blankets, food and clothes into a flat calm calf-deep sea.

The writer has a keen eye for nature, flora, fauna and their habits. The land and water have habit too, namely weather, weirs and lurking submerged stumps. In the many descriptions of their journeys the writer has a fine command of the English language; it's a pleasure to read him. I dip in anywhere and find:

North of the plundered shrines, in a quiet field stand the remains of Nun's church, built by Devorgilla, wife of O'Rourke, Prince of Brehon, in the second part of the twelfth century. She was the unfortunate woman who was the direct cause of the coming to Ireland of the Normans, who, invited to battle stayed for seven hundred and fifty years and changed the history and the language, the conditions and almost the religion of the people.

News to me but it explains a lot. Devorgilla had an ongoing mini war with her neighbours and needed military power. The Irish tribes were like the original inhabitants of Aotearoa marauding their neighbours to enliven the weary times. The Celts and Saxons (Sais) were similar. Old saying "Do unto others before they do it to you." This observation is not PC but outlines chronic historical fact.

The skipper decently offered us a tow and we assented readily. So we left the lock with Minny forlornly following at the end of her painter behind the chugging barge. Down in the tiny galley it was very snug and warm. We were treated to steaming mugs of tea and enormous slices of bread and jam.

They landed on an uninhabited islet where wild life was free of man but subject to hawks and weasels. They rescued a rabbit from a protesting stoat and kindly wrung its neck to have it for the pot that night. The land was wick with hares. One took a particular interest in them and they chased it for the pot but it was far too fast. In the next day or two they had many merry chases but in the end gave up.

The Almost Human Hare was sitting dejectedly in front of the tent when we arrived. We ignored him and set about dinner, while he nibbled his grass from a little distance, sitting

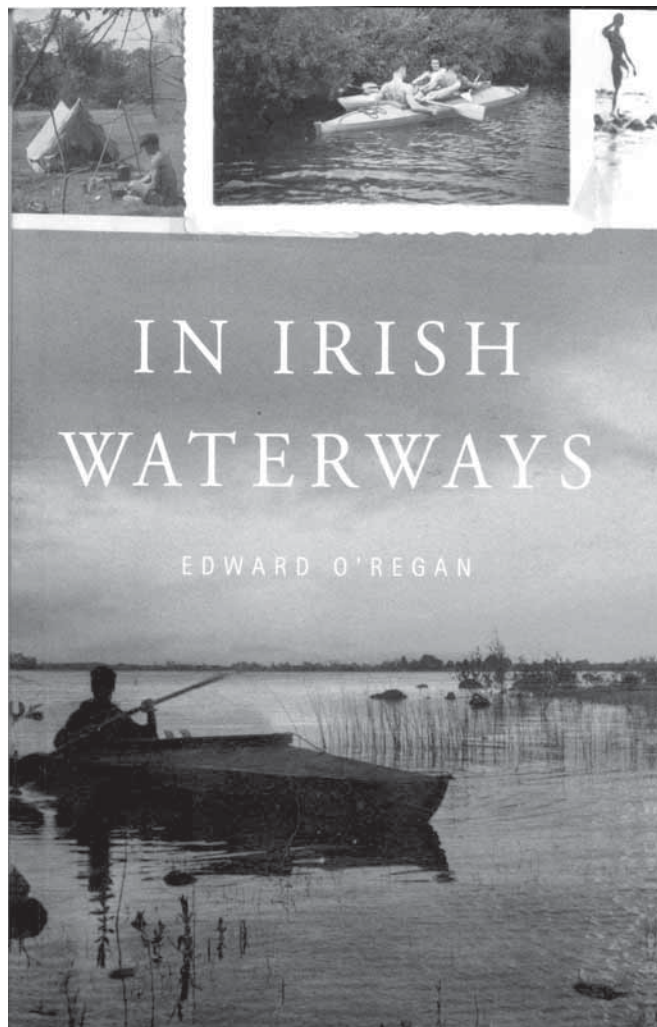
up occasionally on his hind legs to see how things were getting on.

There is so much more in the book observed by a kindly man. I've known Irish hospitality, real, hearty, humorous. I asked Michie with whom we stayed on Inishere, Aran, what he thought of Irish jokes of the Thick Mick variety. Pause, a slow smile: "*Ach, weel, it gives the English something to laugh about.*"

The Irish have their own "Kerry Man" in-jokes, their rich humour a minefield.

Take care not to be self important when with the Irish, they are swifter than a stooping falcon when nailing their prey, witty, accurate. This book refreshed my memory of happy times in 1969. I've seen the sun go down on Galway Bay, seen starfields in the clarity that Atlantic skies afford.

Alan Bye





## HUMOUR

### **Celibacy**

Celibacy can be a choice in life, or a condition imposed by circumstances. While attending a Marriage Guidance Weekend, Gary and his wife, Sue, listened to the instructor declare, "It is essential that husbands and wives know the things that are important to each other."

He then addressed the men, "Can you name and describe your wife's favorite flower?"

Grry leaned over, touched Sue's arm gently, and whispered, "Edmond's self-raising, isn't it?" And thus began Gary's life of celibacy.

### **Australian Lawyer's Education**

The son of a cocky from outback Queensland goes off to study Law at university. Not half way through the semester he has blown all of his money on the high city life. He calls home. "Dad, you won't believe what modern education is developing. They actually have a program here in Brisbane Uni that will teach a dog how to talk."

"Bloody amazing!" his Dad says. "Could we get Ol' Blue into the program?"

"No worries, just send him down here with \$2,000," the young jackaroo says, "I'll get him into the course."

So father sends down the dog and \$2,000. About two-thirds through the semester, the money again runs out. The boy calls home. "So how's Ol' Blue doing, son?" his father wants to know.

"Awesome Dad! He'd talk ya bloody head off. But you just won't believe this. He's such a brilliant talker, they'd like him to have a go in the reading class!"

"Read?" exclaims his father. "No kidding! Jeez, I knew he was smart. Can you get Ol' Blue into that program?"

"Just send \$4,500. He's as good as in." As quick as the money arrives, it is spent. At the end of the term the young bloke realises he has a big problem. When he goes home for the holidays, his father will find out the dog can neither talk nor read. So on the way home he stops and shoots the dog. When he arrives home his father is all excited. "Where's Ol' Blue? I just can't wait to talk with him and

see him read something!"

"Dad," the boy says, "It all had a bad outcome. Yesterday morning, just before we left to drive home, Ol' Blue was in the living room reading the Wall Street Journal. Out of nowhere he turned to me and asked, "So, is your dad still having his wicked way with that little redheaded barmaid from the pub?" The father groans and whispers, "I'll have to shoot that bastard before he blabs to your Mother!"

"I already did, Dad!"

"Good boy!" The kid went on to be a successful lawyer.

### **Prayers Answered**

The pastor asked if anyone in the congregation would like to express Praise for answered prayers.

A lady stood and walked to the podium. She said, "I have a Praise. Two months ago, my husband, Tom, had a terrible bicycle wreck and his scrotum was completely crushed. The pain was excruciating and the doctors didn't know if they could help him."

You could hear a muffled gasp from the men in the congregation as they imagined the pain that poor Tom must have experienced.

"Tom was unable to hold me or the children," she went on, "and every move caused him terrible pain.

We prayed as the doctors performed a delicate operation, and it turned out they were able to piece together the crushed remnants of Tom's scrotum, and wrap wire around it to hold it in place."

Again, the men in the congregation were unnerved and squirmed uncomfortably as they imagined the horrible surgery performed on Tom.

"Now," she announced in a quavering voice, "thank the Lord, Tom is out of the hospital and the doctors say that with time, his scrotum should recover completely."

All the men sighed with relief. The pastor rose and tentatively asked if anyone else had something to say. A man stood up and walked slowly to the podium. He said, "I'm Tom."

The entire congregation held its breath. "I just want to tell my wife that the word is sternum."

### **Speeding**

Sitting on the side of the highway waiting to catch speeding drivers, a

Police Officer sees a car puttering along at 22 kph. He says to himself, "This driver is just as dangerous as a speedster!" So he turns on his lights and pulls the driver over. Approaching the car, he notices that there are five old ladies - two in the front seats and three in the back - wide-eyed and white as ghosts. The driver, obviously confused, says to him, "Officer, I don't understand, I was doing exactly the speed limit! What seems to be the problem?"

"Ma'am," the officer replies, "you weren't speeding, but you should know that driving slower than the speed limit can also be a danger to other drivers." "Slower than the speed limit? No sir, I was doing the speed limit exactly. Twenty-two kilometres an hour!" the old woman says a bit proudly.

The Police officer, trying to contain a chuckle explains to her that 22 was the highway number, not the speed limit. A bit embarrassed, the woman grinned and thanked the officer for pointing out her error. "But before I let you go, Ma'am, I have to ask - is everyone in this car OK? These women seem awfully shaken and they haven't made a peep this whole time?"

"Oh, they'll be all right in a minute officer. We just got off Highway 189."

### **Why men wear earrings?**

A man is at work one day when he notices that his co-worker is wearing an earring. The man knows his co-worker to be a normally conservative fellow, and is curious about his sudden change in 'fashion sense.' Finally, he walks up to his co-worker and says, "I didn't know you were into earrings." "Don't make such a big deal, it's only an earring," he replies sheepishly. "How long have you been wearing one?" "Ever since my wife found it in my truck."

### **Locked Out**

Finding a woman sobbing that she had locked her keys in her car, a passing soldier assures her that he can help. She looks on amazed as he removes his trousers, rolls them into a tight ball and rubs them against the car door. Magically it opens.

"That's so clever," the woman gasps. "How did you do it?"

"Easy," replies the soldier. "These are my khakis."

## KASK

**KASK, the Kiwi Association of Sea Kayakers (N.Z.) Inc., a network of New Zealand sea kayakers, has the objectives of:**

1. promoting and encouraging the sport of sea kayaking
2. promoting safety standards
3. developing techniques & equipment
4. dealing with issues of coastal access and protection
5. organizing an annual sea kayak forum
6. publishing a bimonthly newsletter.

**The Sea Canoeist Newsletter is published bimonthly as the official newsletter of the Kiwi Association of Sea Kayakers (N.Z.) Inc.**

Articles, trips reports, book reviews, equipment reviews, new techniques, letter to the editor, and moments when the word 'Bugger!' was said singularly or often {referred to by some as incidents} are sought to enliven the pages of the newsletter.

Send in a plain brown envelope, or via cybermail to:

**Editor: Paul Caffyn,  
RD 1, Runanga. 7873  
West Coast .N.Z.  
Ph/Fax: (03) 7311 806  
Email: kayakpc@xtra.co.nz**

### **KASK Annual Subscription**

\$35 single membership  
(\$105 for 3 years; \$175 for 5 years)  
\$40 family membership.  
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West Coast**

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KASK Administrator  
PO Box 23, Runanga. 7841  
West Coast**

**or email Linda at:  
KASK.admin@xtra.co.nz**

### **4th. Ed. KASK HANDBOOK**

Updated to March 2008

For trade orders of this mother of all sea kayaking handbooks, contact Paul Caffyn, RD 1, Runanga, 7873, West Coast. Ph/fax: (03)7311806  
e-mail: kayakpc@xtra.co.nz  
Shop RRP: \$34.90  
Price to KASK members only, including p&p, \$22.50  
Make cheques out to KASK (NZ) Inc. and mail to KASK Administrator:  
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New members: gratis

The fourth edition of the KASK Handbook, is a mammoth compilation on all aspects of sea kayaking in New Zealand, by many of the most experienced paddlers in the Universe. Following a brief introduction, the handbook is divided into six sections:

- Kayak, Paddle & Equipment
- Techniques & Equipment
- The Elements
- Trips and Expeditions
- Places to Go - Resources

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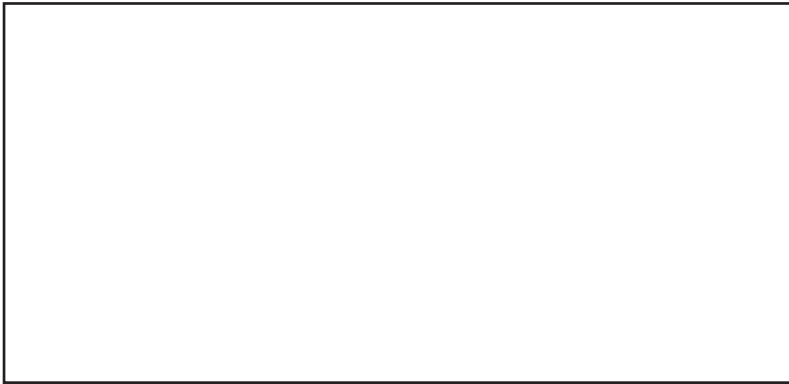
*Jim Kakuk and Mark Hutson off Motukawanui Island, in the Cavalli Islands. Photo: Eric Soares*



*At Coastbusters, on Lake Pupuke, Eric Soares endeavoured to unbalance fellow Tsunami Ranger Jim Kakuk with violent rocking motions to the kayak stern. Photo: Paul Caffyn*



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*Evan Pugh (left) and John Gumbley cruising on Lake Pukaki against a magnificent backdrop of Mt Cook and the Southern Alps. Photo: John Hesseling. (Full report and more photos in the next newsletter)*

### KASK MEMBERSHIP POLICY

Current membership fees are:

- \$35 for ordinary membership
- \$40 for family or joint membership
- \$35 for overseas membership (PDF newsletter)
- new members receive a free copy of the handbook
- members should endeavour to renew by 1 August
- the KASK financial year runs 1 August to 31 July the following year
- a subscription due notice and up to two reminders are sent out with the newsletters between June and October
- if a membership renewal is not received by 30 September, membership lapses
- new members who join between 1 June and 31 July automatically get their membership credited to the following year, receiving a 14 month membership
- the KASK committee puts its emphasis confirming renewals from existing members from July to October; and promoting new KASK memberships from November to February.

