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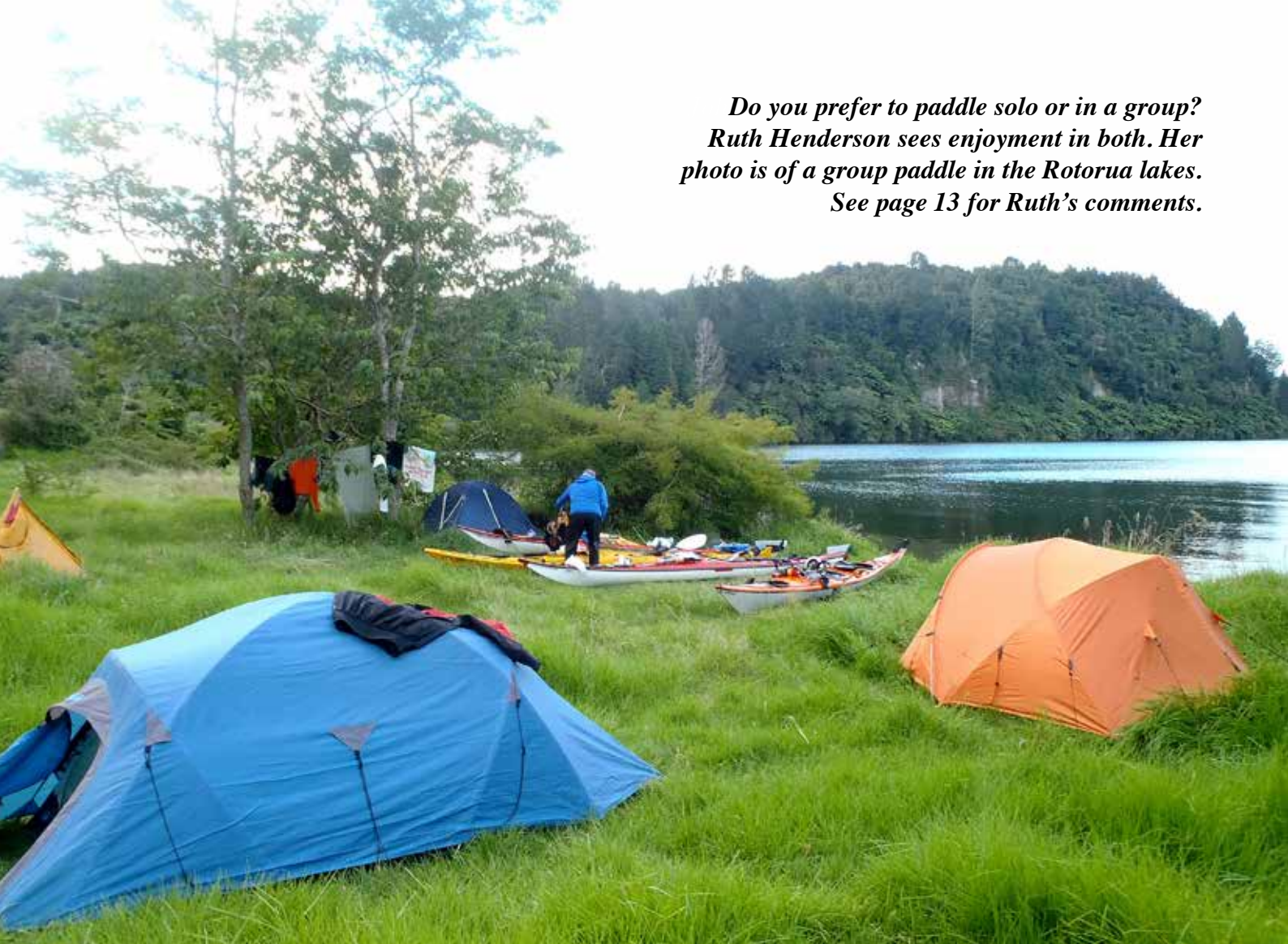
NEW ZEALAND SEA CANOEIST

The Journal of the Kiwi
Association of Sea Kayakers
(NZ) Inc - KASK



No. 185
October - November 2016

*Do you prefer to paddle solo or in a group?
Ruth Henderson sees enjoyment in both. Her
photo is of a group paddle in the Rotorua lakes.
See page 13 for Ruth's comments.*



*Tasmanian paddler Geoff Murray (in blue) with
Martin Rickard at the Watkin's memorial cross in
Lake Fjord, East Greenland. 3 August 2016.
(see note on page18)*



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Next deadline: 25 January 2017**EDITORIAL****North Island Paddlers****Lynn Paterson**www.redznzjourney.com

Lynn has been very patiently waiting for settled weather and seas to paddle the west coast of the North Island. She paddled out of New Plymouth Harbour on 10 October and reached Wai-iti, 40 kms to the north. After a long wait there, Lynn paddled to Kiritehere Beach (just south of Marokopa) on 23 October. From there she paddled to the Manu Bay boat ramp, just outside the Raglan Harbour entrance, on 31 October.

For nigh on three weeks now, Lynn has been reconnoitring the coast north to Sunset Beach south of the Waikato River mouth, and the Manukau Harbour entrance for landings where she won't be thrashed in big surf. As all previous North Island circumnavigators (myself, Tim Taylor, Simon Meek and Tara Mulvany) had a rough time paddling the west coast – the lack of sheltered lee landings, just big surf or very nasty harbour entrances – Lynn wants to be the first 'one who can say she enjoyed paddling up the west coast of the North Island'.

Lynn reached Kaipara Harbour on the evening of 24 November.

Fi and James

Young English couple James Corfe and Fiona Weatherall fly into Auckland on 29 November, for a paddle around the North Island. The young couple paddled around the South Island between 8 December 2014 and 24 February 2015, with Fi becoming the youngest woman to complete the trip, as she was a year or two younger than Tara Mulvany. Peter Sommerhalder has kindly agreed to pick them up from the airport and see them launch on Auckland's east coast, from where they will head south. Fiona advises the following links to follow their paddle:

www.intothesea.co.uk<https://www.facebook.com/Intothesea2/>**Fiordland Solo Paddler**

Te Waewae Bay to Milford

Dave Pratt advised on 18 November that he had just completed a solo paddle from, 'Te Waewae Bay to Milford. The trip took three weeks to the day. Did a bit of exploring and paddled the length of Dusky, Caswell and George Sounds. Also because I was stuck in Breaksea for five days, I had a good look around there as well. Really enjoyed myself and by the second to last day - a big one from the mouth of the George to Anita Bay in Milford - felt I was getting the hang of it.'

Paddling Solo, in a Group or Bi?

The 'point of view' essay on why I paddle solo was emailed to me. The author Denis Dwyer gave his okidoki for reproducing his words in the KASK magazine. I then sought responses from Kiwi and overseas paddlers as to whether they preferred to paddle solo, in a group or were 'bi'.

Sandy Robson

On 2 November, Western Australian paddler Sandy Robson finished her five-year paddle to Australia from Germany when she reached Saibai Island in Torres Strait. There the 48 year old was met by her father, the local island community, and two burly Australian Border Force officers. Sandy said she was inspired by the late 1930s voyage of German Oskar Speck, who was locked up on his arrival in Australia because World War II had broken out. Sandy's final stage around the coast of Papua New Guinea was the most challenging with a bout of malaria and a run in with local 'pirates'.

Taranaki Sea Bed Mining

Ian McKenzie wrote a submission on behalf of KASK in opposition to the proposed large scale sea bed mining off the South Taranaki Bight. Although the area is well offshore, and not frequented by paddlers, the disruption to the sea bed and its marine life would be considerable. See page 6 for Ian's summary.

COVER:

Michelle Ferreira cave exploring on the Western Bay side of Lake Taupo just north of Kuratau.

Photo: Susan Cade

Kayak Kalendar

18 - 19 Feb 2017 - Okains Bay Annual Training Weekend hosted by the Canterbury Sea Kayak Network



2017 will mark the 27th annual gathering of paddlers on Banks Peninsula, notes one of the organizers Ian McKenzie. The popularity of this training weekend seems to grow by the year. And best of all, says Sandy Ferguson, it's 'free' - there is no cost for the training and instruction, just a fee for camping at the bay and \$2 for a shower. In February 2016, Ian noted 55 kayaks on the beach Saturday morning with upwards of 79 paddlers attending.

The Canterbury network has a talented bunch of instructors, including Martin and Fiona Fraser, John Kirk-Anderson, David Welch, Doug Aitken and Ian McKenzie.

Most people head over Friday evening to be ready for a 9:00 am start on Saturday. The sessions finish after lunch on Sunday for those who have to head home. Sessions include a wide variety of paddling techniques or specific things paddlers want information on, and a range of sessions run in parallel. Sandy notes, 'If you know it all, a chance for you to pass on information, have a good yarn or do a coastal day trip.'

For more information see: <http://www.sporty.co.nz/canterburyseakayak/>

For any queries, contact Ian McKenzie:

(03) 355 0684 email: mckian@xtra.co.nz

KASK Kayak Fest 2017 Ponui Island, Hauraki Gulf 3 - 5 March 2017



More information about the on and off water program is available on the website

Apart from having fun, the focus of the weekend will be wet. Be ready to change not just your clothing but how you do things and what you can achieve.

We have only a few spaces left - register and pay now to secure your spot...

Visit the website for more information and to register: <http://news.kask.org.nz/kaskkayakfest2017/>

Questions...contact the Kayak Fest event team at: kayakfest@kask.co.nz

KASK

Safer Boating Week Wellington Wharf Jump 14 October

From the MNZ media advisory:
To highlight the tragedy of those who die in recreational boating accidents, the Safer Boating Forum* traditionally starts Safer Boating Week (14-21 October) with a wharf jump in Wellington. This year, for the first time, there were simultaneous jumps in Wellington and Auckland.

Also for the first time, the first into the water jumped carrying - not wearing - their lifejackets. They held onto their lifejackets when they hit the water and then tried to put them on. This is surprisingly difficult to do.

The Jump by Sandy Winterton

This year's Safer Boating launch was timed to be just before Labour Weekend, the traditional start of the leisure boating season. I represented KASK at the publicity event to start the campaign. To raise awareness of basic boating rules including the need to wear a lifejacket, about 30 or so people from a wide assortment of organizations with an interest in water safety attended. Media were present and the main event got quite a bit of attention - a mass jump into

Wellington harbour from one of the city wharves. This Maritime NZ led initiative has the guys from the TV show 'Big Angry Fish' in a lead role to get the boating safety message out.

After the mandatory countdown, we leapt into the 12°C water, balmy compared to Wellington's mid-winter harbour temperature of about 9 degrees. I wore normal kayak gear including a high viz sunhat - something I always wear. Preparing for a trip in a double a while ago I was about to pack a flag, but realized I would already have one on my head. In a harbour with jetskis and fizz-boats, being seen is a prime consideration by my reckoning.

Several regional councils with harbours are implementing a 'no excuses' policy this year and they will prosecuting recreational boaties who are not following the rules. Unfortunately, in my view at least, the Wellington Harbourmaster's office is not listed as participating in the campaign but they have said they'd 'definitely be taking a similar approach where considered necessary'.

The lifejacket rules are not designed for kayaks and in many regions they leave loopholes when interpreted for our craft. Better for us all to leave no doubt - wear lifejackets or PFDs and set a good example to others.

* Safer Boating Forum

The Forum was established in 2000 to co-ordinate and implement recreational boating safety initiatives. It is made up of government agencies and local government, water safety and recreational boating organizations, and the marine industry. The Forum's work is aimed at reducing boating injuries and fatalities and improving boat safety behaviour. Maritime NZ chairs the Forum and members include Coastguard, Jet Boating NZ, Kiwi Association of Sea Kayakers, local and central government, NZ Fishing News, NZ Jet Sports Boating Association, NZ Marine Industry Association, NZ Underwater Association, Surf Life-saving NZ, Waka Ama NZ, Water Safety NZ, WaterSafe Auckland, White Water NZ, and Yachting NZ.



Wharf jump photos by Mark Coote

*Sandy Winterton in red paddling jacket, third from the right.
To the left of Sandy, Keith Manch CEO of MNZ, and to his right Nell Husband from the Wellington City Council.*



KASK

KASK Submission against Taranaki Sea Bed Mining by Ian McKenzie

Trans Tasman Resources Limited (TTR) wants to mine iron sand in the South Taranaki Bight for the next 35 years. It has applied for marine discharge consents to extract and process iron sand within 66 square kilometres (km²) of seabed and to extract and export up to 5 million tonnes of iron ore per year.

The application follows an unsuccessful 2013 application by TTR to mine iron sands from the seabed in the same location. That application was declined by the Decision Making Committee as being insufficient in terms of analysis of effects to the environment.

The Kiwi Association of Sea Kayakers represents kayakers (&

the interests of other paddle sports) and has as one of its constitutional aims the preservation of coastal waterways. The proposed mining is not coastal, however it potentially affects the marine environment in which we paddle.

The KASK submission supported that prepared by Kiwis Against Seabed Mining (KASM) <http://kasm.org.nz/seabed-mining/what-is-seabed-mining/>

We stated that the potential widespread effect of sediment plume on seabed and marine ecology is abhorrent to us. Sea level rise is already anticipated to have an impact on coastal erosion and so we must resist any potential addition to this erosion due to sea bed mining.

As a recreational body we do not have access to sufficient information to make a detailed submission however we do thoroughly support the information supplied by Kiwis

Against Seabed Mining and it forms part of our submission.

Kiwis Against Sea Bed Mining has prepared a very comprehensive information list which you can look at on their web site if you are interested <http://kasm.org.nz/take-action/ttrl-2016-submission/>

The details cover the marine environment, effects on marine mammals, the importance of protecting rare and vulnerable ecosystems and the habitats of threatened species, the lack of clarity about economic effects, international law, sediment plumes, heavy metals, coastal erosion, sea birds and fisheries

It also notes that since TTL is an international company, profits will be directly exported overseas, while the risk of a potential ecological collapse in NZ remains. Low royalty rates will not deliver sufficient economic benefits relative to economic losses resulting from the proposal.

SAFETY

MNZ Co-ordinate - No Excuses Summer Campaign

MNZ is targeting boaties this summer with lifejackets, weather, speed and communications messages.

The focus of the five day campaign of on the water activity, is to fine boaties who either do not carry or do not wear lifejackets (dependent on your council's bylaws) and those boaties who are travelling at an unsafe speed (not observing the 5 knot rule for example).

Eight councils are supporting the 'No Excuses' campaign. They are: Northland Regional Council, Waikato Regional Council, Hawkes Bay Regional Council, Tasman District Council, Marlborough District Council, Nelson City Council, Bay of Plenty Regional Council and Environment Canterbury.

Otago Coast Rescue 17 September 2016

Four Queenstown men are lucky to be alive after their kayaks overturned, and they were swept out to sea off the Otago Coast.

On 17 September, the men were fishing in Blueskin Bay estuary at Waitati when an ebbing tide dragged them out to sea. They were flipped out of their kayaks and swept seawards.

Of the four, only three had lifejackets and two had wetsuits.

One of the men swam against the tide for an hour to reach shore, where he found a campervan and was able to raise the alarm using the occupant's cellphone.

Another man swam to shore not realizing he had a broken leg. A third man reached the beach as emergency services arrived, while the fourth came ashore shortly after 8:00 pm.

Water temperature was about 10°C, and cloud cover prevented a helicopter from joining the search.

KASK Committee 2016 - 2017

Tim Muhundan	- President	email: tim@paddler.co.nz
Ian McKenzie	- Committee	email: mckian@xtra.co.nz
Sandy Ferguson	- Webmaster	email: kayakamf@gmail.com
Paul Caffyn	- Publications	email: kayakpc@xtra.co.nz
Lois Cowan	- Committee	email: loisc@paradise.net.nz
David Welch	- Committee	email: davidjwelch58@gmail.com
KASK Administrator (Karen Grant)		email: admin@kask.co.nz

TECHNICAL

Tootsie Troubles by Iona Bailey

I have had occasion recently to reflect on the problems we kayakers face with our feet. And feet are pretty vital to the enjoyment of any kayaking adventure, as we all know.

We need them to give us power for paddle strokes and operating the rudder. We need them to walk on when carrying our boats in and out of the water often on 'feet hostile' land. We need them to hike, explore and forage when we are not hiking. So its very important to tenderly care for these essential bits of our anatomy.

What can go wrong? Well plenty, actually. Here is a brief list:

1. TRENCH FOOT

(or in this context 'Paddlers' Foot Rot) The name came from the many soldiers in WW1 whose feet were immersed in cold, unclean water for very long periods. The condition causes the feet to become inflamed, swollen and painful. Infections, both bacterial and fungal can set in, when the feet look like they are 'rotting'.

In fact in the tropics this condition is called 'Jungle Rot'. I've known several kayakers on long distance trips who have and do, suffer from this affliction. The soldiers in WW1 learnt that keeping their feet clean, warm, moisturised (with whale oil in those days) and dry reduced the risk of trench foot.

My tips to prevent and treat kayakers' 'trench' foot:

- every evening wash feet in clean, fresh water. Dry well. Apply moisturiser
- in tropical climate elevate and expose the feet to dry air for as long as possible
- in cold climates wear dry warm socks and shoes/ boots in the evening
- apply anti-fungal creams if redness

or itch persists

- use antibiotics if feet remain inflamed, painful and swollen
- very seriously consider appropriate footwear during trip planning (See later).

2. CUTS & BLISTERS

Wearing paddling shoes all day will lead to blisters. Wearing a pair of socks will help prevent this. Keeping socks dry for this purpose is impossible, so beware of foot rot.

Cuts are common because most of us enjoy walking around bare foot at some stage in the day. Cuts take ages to heal when exposed to sea water every day, so the barefoot temptation needs some careful consideration. Like wearing sandals or shoes on shore. See later for some ideas about this.

My Tips for Treating Cuts & Blisters:

Treat ASAP. Clean wounds with clean as possible fresh water. Sea water may have bacteria that will infect wounds. Apply Steristrips to cuts. Do not derroof blisters unless you have to, and have the supplies to treat the infected mess that can be the result. Apply a non-stick dressing and cover the wounds with something that will stay stuck on in wa-

ter, which is practically impossible. I have tried many expensive medical tapes and dressings and they do not stay on. So to save money and bulk in your kit, use Duct tape. It will still come off each day, but you won't be counting the dollars!

If the wounds become inflamed and swollen, start taking an antibiotic. Discuss the best one for you with your GP.

3. SPRAINS

Ankle sprains are very common because we are carrying heavy boats over uneven ground. Take time and pick a path. Consider how you will manage this before you set out. With a group, when more people are available, then more care may be taken. Travelling solo however means using a trolley.

My tips on treating sprains:

- elevate the foot. Apply the coldest water possible in a bag if you are able (a drink system works well).
- apply some compression if possible with some bit of clothing that is currently not essential. Take an anti inflammatory pill (if your GP says this safe for you).
- remember that anti inflammatory medications, like Ibuprofen, are not necessarily benign. They can cause



indigestion, especially if taken on an empty stomach. I have seen a case of kidney failure when this medication was taken when the athlete was dehydrated. People can be allergic to them. If in doubt, take Paracetamol.

4. DEGENERATIVE CONDITIONS

Well, we are all degenerating, some better than others. So, sooner or later, we all start to suffer from sore joints. If we indulge in 'happy hour' at the end of each paddling day especially if tasting the local delicious shellfish, then we are at risk of gout. Not to be recommended. So for anyone out there whose first toe joint seems to be swollen and tender, then get a gout test and know how to prevent it. Gout could lay you up in agony for several days on a trip.

My tips for the degenerates:

- talk to your quack about medication to prevent and treat the aches whilst you are kayaking
- keep your feet warm and dry as much as possible. See later for some tips about footwear
- at the end of the day a foot massage is amazing. Select your paddling mates carefully
- Tiger balm or something similar can be quite helpful, if your tent companion can stand the smell.

5. BIG FOOT

Or 'Putting your big foot in it'. This can take many forms and often attacks the unwary. The result may be catastrophic if you have a long trip ahead.

My tips for the big feet types:

- apologize at the trip planning stage and expose your weaknesses. Make it OK for your mates to give you honest feedback without retribution
- apologize and grovel intensely. do not expect (nor should you get) any support for your comments or behaviour.
- if you do not heed the above advice, then be prepared to be ejected from the trip.

MY FOOTWEAR ADVICE:

A. Cold climates

Welly boots have their supporters. But I have personally witnessed the

submerged welly boot at the start of a long trip in Alaska, where wet welly boots do not dry. Welly boots can be quite uncomfortable when kayaking. Big Wellies get stuck under the deck. Wellies rub the naked foot and can cause blisters.

Bare feet in Wellies get cold. Take wool insoles. You need a plan to deal with all those issues. Bare feet will become very cold, possibly frost bitten and, frankly, don't go there unless you were born to be an amphibian.

Crocs are an interesting option. Easy to get on and off when getting in and out of the boat, allow sand and water to drain, dry quickly and great for walking around the campsite. I suggest an insulated waterproof long sock in addition when it is cold, because otherwise your tootsies will freeze.

The best option is one of the (expensive) commercially available kayaking boots like mukluks. Your feet will stay warm and dry most of the time. I always carry dry warm socks and boots for the evening because it makes my feet feel warm and comfortable. The minimalists amongst us will not want that extra bulk; they are the 'Tootsie traitors'.

B. Tropics

It's important to protect the feet from coral cuts and poisonous reef fish when walking in the sea, so footwear is vital. Sandals or crocs will suit most folks. Neoprene paddling shoes tend to make the feet hot and sweaty, which is great for festering jungle rot. There are other commercially available (and often expensive) mesh type shoes. Generally these are probably OK, but the sand and other grit tends to get stuck inside, which is annoying when paddling. Tropical climates tend to rot everything after a while - choose carefully.

C. In Between

Most of us paddle in temperate climates where neoprene paddling shoes work well most of the year. Choose models that are firm around the ankle to prevent the entry of annoying sand and grit. Also check the soles. Its pretty annoying to have

those new expensive shoes ripped on the first sharp rock.

So, fellow tootsie lovers, I hope these pearls of wisdom, collected from many years of experience, will help you stay happy on your next adventure.

Iona Bailey. October 2016

Eric Soares. 12 January 2012:

Humans are not sea creatures and need to be protected when exposed to water, air and sun. Wear apparel that will keep you warm and safe in the water. If paddling in surf and rocks, don helmets and consider padding your body with armour.

Tootsie Suggestions by Paul Caffyn

I do like to paddle barefoot. In warm or tropical climes, barefoot is fine but with a stout soled sandal to wear after landing on coral reefs or coral sand beaches.

In the tropical coast of north Queensland, there are all sorts of nasty beasties for the unwary paddler when landing on a coral reef - the venomous cone shells, spines of the very poisonous stonefish and barbs of stingrays, not to mention cuts and abrasions from sharp coral. Neoprene booties offer marginal protection from sharp pointy things, but multi-day use without the ability to dry them out can lead to the foot rot as Iona mentions.

Even when barefoot for long days of tropical paddling, it is hard to keep the toes dry and footrot free. My tropical medical kit always includes a 'film container' full of *Mycota* foot powder, to dust between the toes each night, and prevent the onset of 'athlete's foot'.

For colder climes, where the wearing of a drysuit with inbuilt booties is mandatory, warm socks can be worn inside the drysuit, with zippered neoprene booties worn to protect the drysuit fabric. This combination allows landing, moving kayaks, setting up tents and cooking with dry feet before having to change into 'shore shoes' such as runners.

POINT OF VIEW

WHY I PADDLE SOLO

by Denis Dwyer

I am often asked, why I prefer going on long sea kayaking trips by myself. Concerns are usually stated in terms such as; "Aren't you scared to be alone, what if you get hurt, or what if you get lost?" Some people reference the dangers from bears or other wild animals, or just the basic human need for companionship. These are all legitimate questions particularly from those unfamiliar with solo wilderness travel.

Solo sea kayaking is not for everyone, particularly beginners. Those new to the sport should take advantage of the learning opportunities that can only be had by travelling with a group. Paddling clubs, outfitters, and experienced friends are all good sources of valuable knowledge that can only be obtained from those with many miles of water under their hulls. Before heading out solo, all paddlers should take the time to learn from others the techniques necessary for safe wilderness travel.

Modern technology has increased the safety of solo wilderness travel to a level that was impossible in the not so distant past. Cell phones, satellite phones, SPOT and DeLorme satellite messengers, EPIRB (Emergency Position Indicating Radio Beacon) and GPS devices such as the PLB (Personal Locator Beacon) produced by ACR Electronics all offer options for rescue assistance. Most of these devices are waterproof and can be used on and off the water while devices like cell phones can only be used while on shore. Cell phones can also not be depended on for communications while in the field due to their limited range.

Devices that communicate with satellites are the only ones that can be counted on in really remote areas. These products require some practice to use properly and paddlers should master their controls before leaving home. The last thing that you want

is to signal authorities for an emergency rescue when all is well. Doing this could result in an embarrassing and expensive rescue attempt.

Both solo and group travel has its pros and cons, but for me I'll take solo travel for long trips every time. I have been paddling since the early 1970s and have had wonderful experiences both paddling with groups and paddling solo. Paddling with friends on day or overnight trips is a typically enjoyable pursuit, but even close friends can begin to encounter friction after only a few days in the field.

On long trips you may begin to anxiously anticipate reaching the end just to get some space between you and your old friend. Those little personal quirks that were so easy to overlook back home while downing a few cold ones can become annoying idiosyncrasies after multiple days of hard paddling in the rain and cold. The distances between friends may not only play out figuratively on shore but literally during the day while on the water. To keep my friends close, I find it best to leave them back home and just fill them in on my exploits when I return from a trip.

The old adage about safety in numbers is often just an illusion providing only a false sense of security. More experienced paddlers may be comfortable paddling in rough conditions and may have a tendency to push less experienced paddlers into situations that they are not ready take on.

You would be much safer sitting out bad weather on shore alone and waiting for conditions to improve than to launch into a storm with a group of experienced paddlers. Just because your paddling partners are experienced doesn't mean that they will be there to help you in a time of need. Stronger paddlers may leave slower ones in their wakes with barely a glance over their shoulders to see how their companions are faring in rough conditions. They also may not have the skills or inclination to help a fellow paddler in distress. For that matter they may not even know you



Denis Dwyer

are in need of assistance because they have left you so far behind.

From the experienced paddler's point of view, they may be putting themselves into a dangerous situation just by having a less experienced paddler along on the trip. A paddler out of their boat and in the water in rough seas presents a situation that puts both the paddler in distress and the rescuer in danger. The longer the trip in both distance and time, the harder it is to keep everyone together in all weather conditions. The only way to avoid these situations is if all paddlers in a group understand and agree to certain conventions on staying together, rescues, and conditions for paddling. Or you can paddle solo.

Solo sea kayaking trips produce an amazing feeling of accomplishment at the end that is wholly different from that of a group trip. Whether paddling in a group or solo, there will be hundreds of decisions that have to be made every day. All of the decisions that you make on a solo trip are yours and yours alone. Make a correct decision and the trip continues on, make a bad decision and you are left to deal with the consequences. There is no one else to take the credit or blame, it's all yours for better or worse.

When I am paddling solo I can wake up at 4:00 am if I want to and start paddling at 6:00 am if that is con-

venient for me. I might even just decide to take the day off if the weather doesn't suit me. If I want to take a break from paddling during the day I can stop wherever and whenever I see fit. If I decide to paddle for eight hours straight without stopping I need no one's permission. Decide to change my route at the last minute - no problem and no questions asked.

Here are a few tips for anyone planning a solo sea kayaking adventure in a wilderness area:

- carry multiple communication devices with you at all times (even on shore) such as a VHF radio, a cell or satellite phone, an EPIRB, PLB, or SPOT GPS transmitter and know how to use each of them
- leave a copy of your float plan with someone that you can depend on to notify authorities in an emergency. Send an 'ALL OK' message after landing for the day using your SPOT or DeLorme satellite transmitter
- this message will include the GPS co-ordinates of your campsite

- if stuck on shore for multiple days send a SPOT or DeLorme message daily to let everyone following your trip know that you are OK

- allow plenty of time to complete the trip so that you won't feel compelled to launch in bad weather

- have plenty of food available to be able to sit out a storm on shore for a few days without feeling rushed to get going

- practice camping by yourself for a few nights in a familiar area before heading out into unknown wilderness

- have all your bear avoidance tactics practiced and implement them at every campsite

- have the equipment and skills necessary to re-enter your cockpit in rough water if your roll fails

- have a well stocked first aid kit along with the knowledge of how to use the contents

Paddlers who want to expand their travel options should consider giving solo paddling a try. Start off taking small short trips learning as you go, then gradually progress to longer trips in both distance and time in the field. By taking a few general precautions, an experienced sea kayaker can safely travel hundreds of miles while paddling solo.

In the summers of 2007 and 2008 I solo paddled the 2,092 kilometre (1,300 mile) Inside Passage from San Juan Island, Washington to Skagway, Alaska.

In 2012 I set off again from Bellingham, Washington and solo paddled the Inside Passage for a second time ending in Skagway, Alaska. For more information on solo sea kayaking see my book, *Alone in the Passage - An Explorer's Guide to Sea Kayaking the Inside Passage*.

You can also visit my website at: <http://denisdwyer.blogspot.com/>

Denis Dwyer

Paddling Solo, in a Group or 'Bi' (both)?

From Iona Bailey:

Well, the short answer is - Yes!

In my early kayaking days, I kayaked with groups, because I was inexperienced and reckoned this would be a safer option for me. It probably was safer. I learnt a lot and met some wonderful people. As time went by, my skills, knowledge and experience expanded; I began to appreciate that there are some significant issues when kayaking with a group affecting both safety and enjoyment.

I encountered people who did not share my vision for a particular trip, who did not appreciate their own weaknesses and who at times put the group in danger and/or caused me and/or group members to feel unhappy.

I began to choose my companions carefully, choosing people who are good communicators, honest about their capabilities, with common or

shared goals and fun to be with. I still kayak occasionally with club groups, but always approach every trip as if I am solo and I do not rely on other people to lead or keep me safe. I do occasionally kayak solo, and consider that I am safest in that situation because my planning lends itself to a very risk-averse approach.



Iona Bailey

From Justine Curgenvén:

Funny, I never thought of myself as 'bi' - I didn't know I was that liberal but I guess I just learnt something! I really enjoyed paddling around Vancouver Island by myself, although as a general rule I prefer good company. I guess the last two big trips I did before Vancouver island were with people who were slower than me.

I had to look after Sarah Outen in the Aleutian islands and she was slower. I had to adjust my pace, which I found hard for 67 on-water days. Then I joined Sandy Robson in Indonesia for six weeks. It was a privilege to be able to join her, but again she was slower than me, and we very much did things her way. That was always the deal before I joined her, but I found myself really looking forward to going solo so that I could do exactly what I wanted, when I wanted at the pace that I wanted!

Justine Curgenven



I loved the first two weeks solo on Vancouver Island for this reason. I had a good mix of days by myself, days when I met people, and stayed with people. The sense of achievement is better on your own.

The experience heightened in some way - I spend more time taking in my environment and felt more in tune with it. I was aware of every bird sound when on the land, every non-regular noise alerted me to possible bears. On the water I enjoyed the broad scenery and the small details of lichen on rocks. I also found I 'got on with it' more by myself when I may have moaned to a partner!

I landed at 8:00 pm one evening after a 75 km long day. It was dark and raining and I was cold. It was low tide on a long beach with many sharp rocks and I hadn't put my tent up yet. I would definitely have complained to a companion but I just got on with it and it was fine!

By the end of the trip around Vancouver Island, I was open to the idea of company again. I'm a social person over all and I like to share things with friends. It is tricky to find people to go with when you've done a lot of trips in fairly technical waters. You move at a decent pace, and you want someone you get on well with and have compatible goals too - but I think in future I'd rather go a bit slower with someone I like a lot, than go alone and do exactly what I want when I want - but it will depend. I can see myself doing mostly trips with other people in the future

but probably doing the occasional solo adventure if I want to do it and don't have a suitable companion!

From: Dennis Hynes:

I don't have any fixed preference for solo versus group paddling. Horses for courses really. Although, I am not a great fan of paddling in large groups, these tend to become a social talk fest held while sitting in kayaks, with a lot of sitting around waiting for stragglers

I enjoy exploring on my own. I like to check out bodies of water on maps, find somewhere to put in and then meander along the coast, or out to nearby islands, nosing up into every nook and cranny to see how far I can get, often returning to the open with the kayak covered in twigs and greenery. Finding hidden grottos, waterfalls, swimming holes, caves, tunnels, getting up close and personal with the wild life (much harder to do in a group). I often abandon the kayak and wade as far as I can up side streams, scale rock faces, climb to nearby promontories etc. Being on my own means I have no deadlines and don't have others waiting for me (or vice versa) while I explore. It is wonderfully peaceful and at one with nature. And then I can take club groups back to discover the treasures for themselves.

For expedition type trips I prefer small groups, 3 - 4 with similar pad-

dling strengths and trip objectives. Greater flexibility finding camping spots, knowing each other's strengths and weaknesses, no waiting about for stragglers, collaborative decision-making as well as having confidence in the others for rescue if things turn to custard. Plus having colleagues to share the experiences with.

I also enjoy club day trips for their social interaction, comparing experiences with other paddlers, doing my bit to organize and lead trips and show other club members some of the treasures I have discovered, discovering treasures that other club members have found, and checking out their new gear.

So, all in all, I am happy out there paddling, whether it be solo or in groups depending on the circumstances and objectives of the trip.

From Tara Mulvany:

Norway was great, one of the best trips I have done. Incredible scenery, great wild camping, great sailing, and really friendly, welcoming people. The weather, although wet a lot of the time, was generally in my favour with tail winds and on the whole I was averaging somewhere like 9+ paddle days for every day off- quite different from past trips.

This was one of the factors that made it so enjoyable, keeping the momentum going and not being stuck all the



Dennis Hynes with camera case pod on the foredeck



Tara celebrating the finish of her solo paddle around the coast of Norway

time. The whole coast was awesome, from the wild, barren landscapes of Finnmark in the north, the white sand beaches and rugged mountains of western Senja, to the beauty of the Lofoten Islands, then 1,000 kms of island hopping and ship dodging - even the final stretch from Lindesnes (southernmost point) to Oslo was pretty. No boring 'in-between' bits - which NZ has stretches of. And - lots and lots of sailing! My final day I sailed 100 kms to Oslo in 30 knot winds!

I'm not against going with other people, but it's not so easy to find someone suitable. I'd rather go alone than with someone who wasn't compatible. Going alone is easy, stress free and this trip logistically was easy, as I already had my kayak and gear in northern Norway from last year.

From Babs Lindman:

If I prefer to paddle in a group, solo or if I am 'bi'?

Paddling solo? Many times and especially during longer journeys I have been paddling solo. The reason is mainly that it was the easiest way to do the paddling; my other paddling mates did not have the time being away for longer periods (job, family, lack of vacation days), they found the journey too hard or they did not like to spend more than one week in a tent.

Paddling with a friend or more? Lovely. To share good memories. That is definitely the best way. If I can choose to say so.



Babs Lindman



Bab's sometimes lake companions

Bi? Well, when it comes to paddling I am definitely bi. Sometimes I think I am alone but am not. For the moment my home lake is a beautiful lake in Rwanda only an hour of driving from the capital Kigali. According to everybody I spoke with, they were sure I would be the only one on/in the lake (no hippos, no crocs). But lately, it has turned out that I have to share the lake with four hippos. So, even if I thought I was paddling solo, I did have some other fellows in the lake as some kind of company.

(Babs, who soloed around the South Island in 2007/08, is currently working for the Swedish Embassy at Kigali in Uganda. She assures me she is not a spy, but the head of admin and consular cases).

From Lynn Paterson:

Solo paddling, I am a person who enjoys solo and for me this journey was always just going to be me.

There are times when it is nice to have company and it is great to have a fellow paddler or be in a group for a time, we are all different.



Lynn Paterson at Jackson Bay



Evan Pugh

From: Evan Pugh:

I am very fortunate to get lots of time off, lots of time out paddling. I also have plenty of paddle buddies who are semi-retired to call on. On day trips or week long trips it is neat to be accompanied by friends to share the journey on the water and around camp. Camaraderie is a great thing.

I also love to paddle solo, having the freedom to go at my own pace and chop and change my destination if desired.

Paddling solo and with a group, I enjoy both.

From: Margot & Peter Symes

For us it is a choice of with a group or just the two of us in our double, let's call it 'solo-double' - if this to you is blasphemy, then tough. Doubles don't have to be divorce-boats - with one steering and one navigating, you can practise the gentle art of compromise. Anyway, we are definitely 'Bi' and enjoy the best of both worlds.

Logistics: not a very touchy-feely topic, but if it means getting out in your kayak or not, to us it is important. With solo-double we can just go anyway when no-one else is available. If the weather/tides look good, we can seize the day with the required notice being only as long as it takes to fill a thermos. This applies when overseas as well. You may have to book a boat in advance and the few paddlers you know there might not be in a position to commit themselves. So, it's paddle on your own or take a bus tour. Also, if you



Peter and Margot Syms

are going on an 'expedition' paddle, large or small: on your own you have to have done the research and planning as there might not be anyone to ask - where can we camp/what is that bird/why are we going backwards in this current. Of course, you can plan a group expedition and take friends, and that is satisfying too (but a bit embarrassing if you all go backwards in the current).

Company: with solo-double there is more peace and quiet while paddling. When the other paddler is someone you live with, there is often companionable silence (or they/you can be told to shut up). Then, there will be the atmosphere to concentrate wholly on your surroundings, what is being revealed around the next corner, or the bird song.

At times, we have found on guided trips that incessant chatter can be rather annoying. Also, you can go at your own pace. However, humans are basically social animals, and with a group there is a certain joy and comfort in being among people who have much the same outlook on life and the environment as you. After a time spent with people of mixed outlooks (during the working week for example) where one must be a bit 'PC' or not too outspoken, to be able to relax and call a spade a spade (aka a jet skier a low-life, or watching old-growth eels a privilege, or the pope a catholic). Of course, a group provides a chance to catch up on friends' news - providing incessant chatter to annoy someone else. And,

the companionship around a campfire after a day's paddling leaves a work team-building event for dead. (from the Nelson region, Margot and Peter are regular contributors to the KASK magazine).

Carpe Diem* by Laraine Hughes

I am a cussedly independent sod. Someone who needs a fair amount of space, likes to do things on their own in their own time, doesn't need to chat incessantly - the freedom of doing what I want, when I want, without the need to take anyone else's needs into consideration.

The joy of deciding on a lovely day to just buzz off for a paddle; check the tide, check the weather forecast, check the boat and gear and we're off. Meandering wherever my will tells me to go along a coastline, or checking out the changes of scenery up a river. Food for the soul.

But I never would have been able to do that if I hadn't spent a LOT of time paddling with others. Others who encouraged me to build my skills and experience. A pro-active club like BASK that encourages members to build their skills with regular training sessions where those with accumulated experience and knowledge share that with others. There is always something to learn.

I really enjoy paddling on group trips most of the time - as with all such outdoor activities, a group of like-minded people with a common interest get together to *Just Do It*. All sorts of personalities - some you jell with strongly and call your friends. There is also a strong motivational pull to get out there when some other kind person has organised yet another trip to yet another interesting place.

But I do tend to avoid really big groups; the more personalities there are, the more opportunity there is for things to get fragmented. Someone wants to go somewhere not on the original plan, stronger paddlers want to take off at their own speed, someone decides that a different



Laraine Hughes

way home is better and leads half the group off in that direction - a trip leader's nightmare.

Kayaking for me is about exploring places in our beautiful country that I couldn't get to any other way, and most of that exploration has been done with the help of people who want company and want to share the experience of kayaking beautiful places. I shall be eternally grateful for their continuing enthusiasm.

But every now and then I just need to seize the moment - on my own.

* From [Horace](#), *Odes* I.xi.8: *Carpe diem, quam minimum credula postero*, meaning "seize the day while trusting little on what tomorrow might bring."

Solo or Multiple or Quadruple? From: Ruth E. Henderson

Weekly I paddle solo by necessity, in a group of whoever signs up for a Yakity Yak club trip once a month, and in a hand-picked team of four by choice - not often enough.

To elaborate:

As I live on Kawau Island, which has no inter-connecting roads and is 10 kms by sea from Sandspit and 65 kms by road north of Auckland, kayaking is one option of getting from A to B. To get about the island I either kayak or walk. To get to Sandspit to the car (stored with my number



Ruth Henderson

two Southern Skua kayak on the roof), I can paddle or I can catch a ferry or water taxi. To link up with North Shore kayaking friends who are camping at Motuora Island, or picnicking at the Beehive, or to meet overnight visitors launching from Martins Bay, I have to paddle solo - no problem, no worries except sometimes when the homeward journey is a day or so later and the wind is up. But I can always choose to stay on - or leave my number one kayak at Sandspit and catch a boat with a big motor, home.

On slightly longer trips such as to Whangaparaoa Peninsula then onto say, the Yakity Yak Christmas party at Dacre Cottage, a necessity for me is a leg-stretch and 'wee' stop en-route. Then I find I dither a bit and am at a disadvantage physically.

Decisions, decisions, is it worth dragging the kayak up the beach, pulling it out of reach of the tide - or do I put it on wheels or do I just stand in the water for a bit? Can I handle that surf or will it be less around the next corner? Solo is not my first choice!

Kayaking with a club, especially with people you do not know yet, is essential for the future. People I used to paddle with ten years ago - have either moved to the South Island, taken up surfing or SUP-ing, got new partners who prefer mountain biking, or are recovering from hip or knee replacements. So, club membership, leadership and

participation for me is mandatory, if I want to continue to have play-mates.

My favourite is to paddle with three friends, people that I've paddled with a lot. Four is enough to help each other and small enough for relatively inconspicuous (stealth) camping. Friends, who are the life and soul of the party, good for a giggle or an adventure, may not get selected!

For a progressive multi-day trip the essential characteristics I seek are kindness and consideration, team-players who don't hesitate to help, to work together. Sure, they'll also be experienced paddlers, used to camping in the wild, able to take whatever is thrown their way without too much mumbling and grumbling; versatile, adaptable and reliable. And

not shy of telling me it's time for a 'snickers bar'.

These team-mates are probably not into solo paddling. A good friend of mine, Greg Dunning, is. He has done some epic solo paddles such as paddling from the source of the Mississippi River at Lake Itasca, 3790 kms to the Gulf of Mexico. This is his take on the joys of solo paddling:

'He who travels alone can leave when he is ready. He who travels with another must wait until that other is ready. It is about feeling the fear and doing it anyway. It is about knowing that there will be challenges and that you will have to deal with them yourself. Every day is different. Your needs are reduced to the basics - food, shelter, water (and in a perfect world - toilets and somewhere to charge electronics).'

Rotorua Lakes circumnavigation team – from left, Peter Beadle, Shelley Stuart, Ruth Henderson, Richard Saysel



Overseas Reports

Hinchinbrook Island South of Cairns Over the ditch on the East Coast of West Island by Lynnis Burson

A simply delightful little seven day paddle of 100 kms.

Our buddy Michael Winch with the support of his partner Diana Galbraith did an excellent job of organizing the trip from flight bookings, car hire, accommodation, menu planning, kayak hire, equipment and all things that make the smooth running of any trip successful.

We were a group of five with four women (Diana, Lynnis, Liz and Shirley) and Michael, who had done this trip 10 years previously and had wanted to share the adventure with us all. Two double *Sea Bears*, which each weighed 60 kgs empty and one single kayak, were hired from Coral Sea Kayaking, based at South Mission Beach, 150 kms by road south of Cairns. The company drove us with all our gear down to Lucinda where we stayed the night ready to start our trip the next day.

Day 1: 29 August 2016 - this was a short paddle (only 9 kms) from Lucinda, across the channel to Hinchinbrook Island and up the coast to our campsite at Mulligan Bay. Michael had allowed time for gear sorting and familiarizing ourselves with the boats. We were struggling with heavy kayaks as we were carrying 110 litres of fresh water and food for eight days between us. At 10:30 am we were on the water and the aft paddlers experimented with boat control.

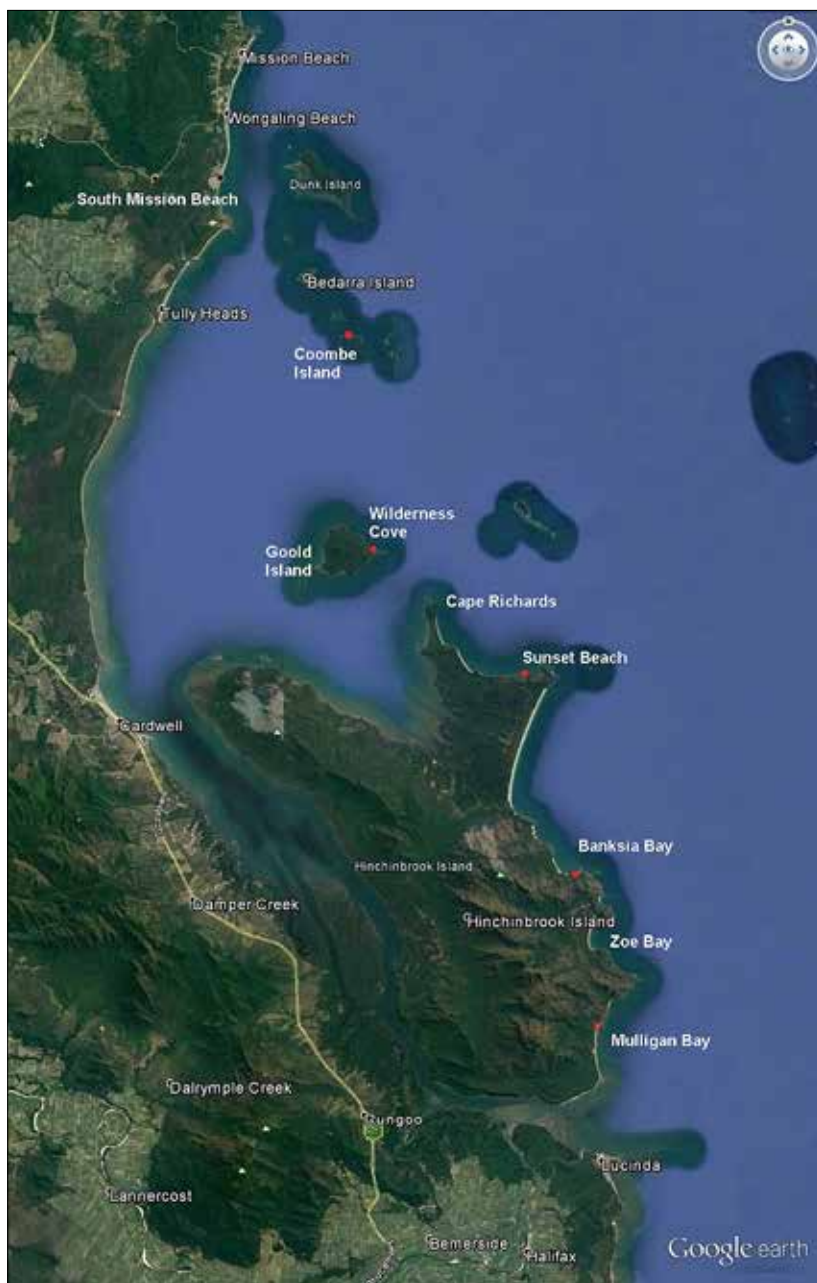
Within no time, we had arrived at the estuary next to the Mulligan Bay campsite. The three boats broached slightly, just enough to wet us all as we crossed the bar into the estuary. A sheltered spot was found for lunch as the south-east trade winds had kicked in and the incredibly fine sand was flying everywhere.

The afternoon was spent hiking part of the Thorsborne Trail and taking a fresh water swim for those that went to the picturesque water hole at Mulligan Falls. Notices onshore were warning against swimming in the sea because of crocodiles. Although we had set up a shelter, sand was being blown into every nook and cranny, driving us into our tents relatively early that evening. The anticipated dropping of the predominantly south-east trade winds did not happen, and all night we listened to the sand being driven into everything.

Day 2: 30 August - the sand storm continued next morning. How Liz managed to present us with a sand free breakfast was amazing. Some

yachties who were moored in the estuary told us there was a two hour wind-free window from 8:30 until 10:30 am, so we scampered and were on the water at 8:40 am. That was the last we saw of any significant wind all week. Seas stayed under 0.5 metres and were often flat calm.

After 9.5 kms paddled, we entered our second estuary at Zoe Bay, where we tied our boats on a dropping tide to the mangroves before heading up to the falls and another delightful swim in the emerald water hole (magic). This season had a plentiful rainfall and we found no shortage of water throughout the trip. Our boats were well and truly beached on our





*The Kiwi paddling team on Hinchinbrook Island.
From left: Diana, Shirley, Michael, Liz, and Lynnis*

return and we had to walk them down a shallow rivulet back to the sea. Although tides are only metres high, there are vast spans of sand to cross at low water.

Days 3 & 4: 31 August - 1 September
Our first stop was an exciting surf landing at Nina Bay where we thought we could get fresh water (it turned out to be saline). A short distance later, we stopped at Blacksand Beach where all but myself walked up to Nina Peak that offered lovely views. We all commented on how clean and free of flotsam the Coral Sea was, however previous visitors had found enough bits and pieces to create seating and in some cases a table at most of our stopping places, all very welcome.

a lovely place to laze. A small stream formed a pool so out came the wash-



Magical Zoe Falls on Hinchinbrook Island.

ing. Mosquitoes and sandflies had a party and some of us were feeling well and truly eaten alive. Antihistamines and creams were lavishly administered. At evening we were serenaded by the many ugly cane toads that chorused around the waterway. We filled our containers with water as there is no fresh water available north of Sunset Beach.

Day 5: 2 September. Around Cape Richard, at the top of Hinchinbrook, and a lunch stop at the beautiful Orchid Bay where once stood a resort but a cyclone, then a fire had left only ruins. How we enjoyed our swim in that warm sparkling clean ocean. Shirley found a fresh coconut on the beach and soon all were enjoying the milk. On to Goold Island for the night. Here the coarse coral sand made wearing shoes compulsory. The night sky was spectacular.



Ramsay Bay from Nina Peak

Day 6: 3 September. An open 14 km crossing to Coolah Island in the Family Islands was quickly executed in flat calm conditions. Lush coconut palms fringed the beach and we were surprised by the variety of fish seen when snorkelling including an impressive pair of large angel fish. This area isn't noted for its snorkelling, and visibility was murky. On to our last campsite just 3 kms further on at Coombe Island. Wow - a proper BBQ table, a grassy campsite, pawpaw laden trees with fruit on the ground, what more could we ask for?

Day 7: 4 September. To Dunk Island, for our last walk, in light boats as we'd used most of the water and food. We found that group catering worked well for us. After lunch, we went over to South Mission Beach, where David and his mate arrived with a tractor and all our gear was transported back to Coral Sea Kayaking Headquarters. We all enjoyed a very welcome shower before loading our hired car and heading north for our next week of land touring.

See also Michael Winch's photos on page 23



*Paddling off Little Ramsay Bay, Hinchinbrook; Liz and Lynnis (orange hat).
Photo Michael Winch*

Overseas Reports

Stormy Seas & Sea Eagles From the Edge of Russia by Tara Mulvany

From Tara Mulvany's blog:
tarasjourneys.com
Posted: 25 June 2016

Bleak, barren, and beautiful. It's hard to sum up the past few weeks and paint a picture of the landscapes that I have travelled through.

Headland after headland, one fjord crossing and then the next - the wild and windswept northern coast of Norway has not disappointed. Day after day I've been soaking wet, cold, tired and sometimes hungry, but it has been awesome. Here is a little insight into my journey so far.

After catching the Hurtigruten for 36 hours to its eastern most, and turn around port of Kirkenes, I found myself huddling behind a small building, trying to get some shelter from gale force winds. Two giant bags were beside me, and I'd weighed down my beautiful kayak with another big bag so it wouldn't get blown away. Waves were smashing onto the rocky sea wall, sea spray blew in the wind, and my colder than usual toes turned pink.

I'd considered starting my journey from Kirkenes - but it just didn't feel right - I had to begin at the border, and the true beginning of Norway's coast, at a place called Grense Jakobselv. The question then was how to get myself, and my kayak there. Fortunately, the legendary James Baxter came to the rescue, and that was in the form of a tall friendly Norwegian called Ole. A few years back James skied the length of Norway in winter, and then paddled back down the coast - and Ole was a friend of his. He agreed to drive me and my kayak the 40 or so kilometres to the border so I could start where Norway did.

We skirted lakes and drove through small patches of forest, which Ole

told me were the western most roaming grounds of the Siberian tiger. It wasn't reassuring that I was going to be camping not far away! As we neared the end of the road, a small river separated us from Russia. Two young soldiers huddled under a tarp marked a border well guarded, and we continued on, crossing over paddocks before the road met the sea in a small sandy bay. Whitecaps covered the ocean and gusts of wind blew raindrops sideways across the windscreen.

Ole told me about a guy he knew, who in the 1980s, as a 15 year old, had been kayaking close by. The wind came up and he was blown slightly out to sea, then a current pushed him into Russian waters. He spent three days in a Russian jail before they let him go.

I could see the yellow buoy off the river, marking the separation between countries, and I really didn't want to get blown past it. But, despite the wind blowing in that direction, I was eager to get going and make a start, even if it was only a few kilometres. So in the gale I packed my boat, faffing a bit with a huge pile of gear and then eventually failing and strapping my drybag backpack to the deck. Ole waited until I was ready, took some pictures of me (I wonder if he thought they might be the last

photos of me) and then helped push my boat off the beach. I wobbled, paddled, turned and waved goodbye before paddling out into rough water and the wind.

It wasn't an ideal start, I was feeling a little uneasy about being back in such a narrow boat, and quickly realized that this was actually the roughest conditions I'd ever paddled the boat in. I cut across the bay, working slowly into the wind and towards a headland not far away. If I could get around it, and keep my distance out to sea, it was only a few kilometres of exposed water before I could tuck back into a small inlet. The sky was grey and waves smashed on the rocks, and the tops of waves occasionally surged, sending a small amount of tumbling whitewash towards me. I wasn't relaxed but I wasn't uncomfortable, so I pushed on, happily making calm waters a few hours later. I pulled up outside a small wooden hut that belonged to a friend of Ole's.

I love huts. Especially unlocked ones beside the ocean, and this one became my home for the next day, as the winds continued to blow. Sea eagles danced in the wind, the feathers on their ginormous wings flapping wildly. They were the first of many of these incredible creatures that I would see in the weeks ahead.

Tara Mulvany - the barefoot kid - celebrating her solo paddle around the coast of Norway from the Russian border to the Swedish border



Tara Mulvany Around Norway

The following story is a post from Tara Mulvany's Facebook

14 August - Tansøy, Norway

A few days ago, I was stuck on a small island while gale force winds raged for close to three days. I survived one night in my tent before I pulled her down, worried for her safety, and went in search of a more sheltered spot to re-pitch.

And that's when I met a super kind, quiet man called Arnstein. He welcomed me inside and I spent the next two days in the warmth of his cottage, watching the Olympics and listening to stories of his life at sea and on the island. He had lived on the island for 75 years. He told me about how his father had spent his life there, his grandfather, and his great grandfather too! And he didn't know before that.

We talked about the places I had landed further up the coast, and when I mentioned a beautiful sandy bay called Vetvika his eyes lit up. It turns out his grandmother was from Vetvika! He'd never been there, so I showed him photos of the pure white sand beach, the steep mountains, and the old boat house nestled amongst the rocks.



Arnstein with his friendly sheep



The beautiful bay called Vetvika, where Arnstein's grandmother was born

When I'd camped there, I was welcomed into an old homestead by a kind couple, Einar and Maarit who were there on holiday. Over steaming mugs of tea and under candle light, I'd listened to stories of the family who once lived there. Einar's grandfather had built the place more than a hundred years ago, and raised a family there. The walls were covered in old family pictures, and museum like relics sat on wooden shelves.

As Arnstein and I talked, it dawned on me - I had been inside the very house that Arnstein's grandmother was born, and grew up in. I couldn't help but smile, as I showed him pictures of the house, and the old telephone that hung on the wall.

Two days later, as I paddled away from Tansøy, I turned and waved goodbye one last time to my new friend. He stood on the beach with the sheep and waved back. So very grateful for these awesome encounters and the kindness of strangers.



The old telephone on the wall

East Greenland - note re the photo on the base of page 2.

Tasmanian paddler Geoff Murray recently returned from his 3rd paddling trip to East Greenland. This time he was part of a small group that kayaked up to Lake Fjord or Tugtulk; there are two arms to this fjord, one with a calving glacier where Gino Watkins went missing on 20 August 1932, while seal hunting from his kayak, and the other where the base camp for the 1932-33 Gino-led expedition was based. The big Aussie John Rymill took over leadership after Gino went missing. Conrad Edwards and I reached there and camped overnight in 2007. We drank a toast with New Zealand whisky with local ice to the memory of Gino and his legacy of skinny boat paddling that he left.



Map of Geoff's paddling route with the square symbol marking the site of the base of the 1932-33 Gino Watkins led expedition.

Technical

Andrew's Handy Hints by Andrew McMullen Silicone Spray

I once worked in a factory in which the factory manager forbade silicone spray to be used anywhere on the premises. Up until six months ago I had never owned (or even touched) a can of silicone spray.

Things changed when I recently bought a brand new kayak and sat and read the mini mountain of documentation it arrived with. Silicone spray was not just mentioned, but actively praised! My conversion had begun.

So, if you own kayak gear that is supposed to interact up close and personal with other bits of kayak gear, then silicone spray could be your friend:

- Rubber hatch covers hard to move on a cold morning?
- Split paddle stiff even after sand and salt water are removed?
- Clips on rear hatches hard to get moving?
- Long forgotten zip on your PFD needs bringing back to life?
- Foot peg adjustments are refusing to adjust?
- Has your rudder started to be disobedient?
- Dry boxes with stiff clips?
- 'O' ring seals on strobe lights lacking lubrication? etc.

Products such as 'CRC 808 Silicone' will cost you about \$8 at Bunnings. Apply the spray at home once a month to gear that is clean and dry. A can will last a long time!

I suspect that Silicone is not the best product to lubricate wheel bearings of kayak trolleys that are doing a lot of hard work. Likewise, there are better products for long term protec-

tion of metal parts. Finally, do not use Silicone spray anywhere that you plan to stick a block of foam, Velcro or sealant as any contact glue (such as Ados) will not stick where Silicone has been sprayed. The factory manager learned this the hard way!

Andrew McMullen is a Tauranga paddler; his handy hints are reprinted from *The BASK Bulletin* No.47 November 2016. BASK is the Bay Association of Sea Kayakers.

'ArmorAll' – from Evan Pugh

I use *ArmorAll* on my rubber hatches outsides and silicone on the insides, helps them slide on easier.

I think *ArmorAll* protects hence I use on the outsides, but the Silicone 808 leaves it a bit more slippery on the insides allowing an easier fit as some rubber covers are hard to put on, day hatches especially while you are on the water.

Secure and Label For Safety! by Tamsin Venn

from *Atlantic Coastal Kayaker*
October 2016

At the 28 September MNZ-hosted Safer Boating Forum, the thorny issue of registration for recreational vessels resurfaced, but the general feeling of the forum members that it was not going to happen in the immediate future. I made the comment for paddlecraft users that it is a name and contact number that is vital in the cockpit for instances when a kayak is blown away or drifts.

From Memorial Day to mid-August, the US Coast Guard First District command centre in Boston has executed about 80 calls involving unmanned and adrift paddle craft cases totalling nearly 200 hours of searching for possible people in the water. This costs money and risks lives.

Local authorities also respond to these cases. For example, the New Bedford Harbourmaster is a part of the Buzzards Bay Marine Task Force, one of many local authorities called upon to assist with emergencies on the water. Often, as many

as seven agencies will gear up and launch from New Bedford alone. During a single day, the Coast Guard and local authorities responded to a total of 18 cases where someone was possibly in distress on the water. Eight were un-manned and adrift boats, and there were not any reports of missing people.

Contact information on a paddlecraft can help search and rescue responders determine if a true emergency exists and save tax payers thousands of dollars in unnecessary searches because a single phone call can determine if there is someone in distress or not.

A typical Coast Guard search and rescue case can involve a helicopter and two or more station boats. Those assets together cost more than \$24,000 of tax dollars per hour, not including the salary of the crews or the people behind the scenes. "The Coast Guard expends countless air and surface hours searching for possible persons in the water that may have accompanied the adrift, unmanned paddle craft," said Lt. Alexander Cropley from Sector South-eastern New England. "With limited

assets available, it is often difficult to prioritize cases." "Help us prioritize your case," said Cmdr. Kevin King, deputy chief of incident management for the First Coast Guard District. "Your name and phone numbers are important details the Coast Guard needs to know."

It is also important for people to remember to ensure their paddlecraft are secured. Merely setting a paddlecraft on a rack or dock does not mean it is secure. Strong winds can blow a paddlecraft into the water, and the owner would never know. This could launch an unnecessary and costly search.

The Coast Guard recommends owners place their name and two contact numbers on their craft, make sure the correct safety equipment is on board, file a float plan, and wear a PFD.

The Coast Guard will always answer the call, but it's important to consider the Coast Guard lives risked every day and the dollars spent to conduct these searches. Simply putting contact information on paddlecraft has the potential to conserve tax-payer money and save lives.

BOOKS

BOOK REVIEW

Title: *Sea Kayaking*

Subtitle: *A Guide for Sea Canoeists*

Author: Philip Woodhouse

Published: 2013

Publisher: Balboa Press

Website: www.balboapress.com.au

Contents: 365 pages; well illustrated with diagrams and figures

Cover: softcover

Size: A4, 210 x 280 mms

Price: NZ \$42.04 (free postage)

ISBN: 978 1 4525 0848 1

Availability: Book Depository (GB)

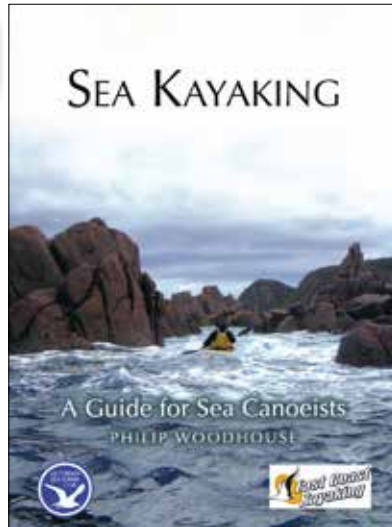
Review: Paul Caffyn

Sea Kayaking is a comprehensive sea kayaking manual for those who paddle open waters in the Southern Hemisphere. Philip Woodhouse, Australian paddler and Royal Australian Air Force veteran, shares his years of experience, technical training, and military teaching skills.

What began as a personal reference was soon developed as a training manual, and recommended by the Victorian Sea Kayak Club to its members. *Sea Kayaking* covers boat design, kit requirements, paddling skills, health and well-being, meteorology, the ocean environment, navigation, communications, conservation and minimal-impact camping, conservation, seamanship, electrical bilge pumps, solar panels, light sources, boat repairs, leadership, risk management, basic safety and survival strategies, as well as a brief overview about the history and various types of sea kayaking.

There is also a comprehensive glossary to assist the reader in understanding the terms and concepts discussed in the main text.

Woodhouse's work differs from most manuals about sea kayaking in that it is written from the perspective of someone who paddles in the Southern Hemisphere. As such, the major differences between the two hemispheres, weather patterns, navigation, laws, and terminology,

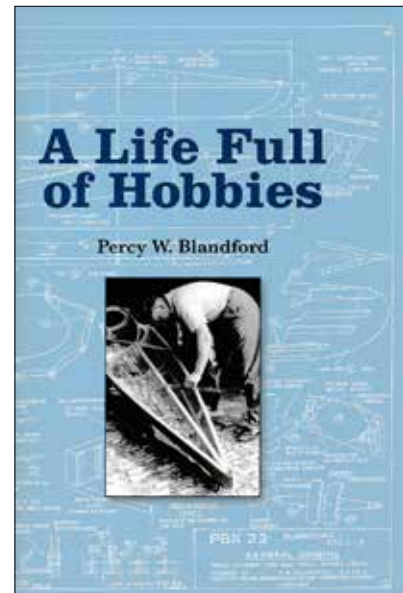


are discussed, as well as compared to their Northern Hemisphere counterparts. In the end, paddling skills are paddling skills, hypothermia is hypothermia, and 25 knot winds are 25 knot winds. A 3 m tidal range can still produce a long haul across mud flats when the tide is out, and landing through 2 m surf is still scary (though a lot of fun), no matter where you paddle.

Although there are numerous figures and tables, the absence of photos lets down some of the important sections like the sea kayak skills, which includes strokes and rescues. Text can describe a rescue, but a photos or good explanatory diagrams are necessary to fully explain how they are put into place. But at 365 pages already I can see why Philip had to keep the figures to half column width and not include photos.

The bibliography consists of 14 pages, mostly website links that Philip accessed along with a few of the classic sea kayak titles. Appendix 8 lists paddlers, historical and modern, who have achieved significant paddles. A glossary and index round out the text.

Philip still refers to our modern sea kayaks as canoes, and there are a few niggly spelling errors (straight instead of strait), but if there was a book that slightly outshines the KASK Handbook, then this is it. It is available from UK's Book Depository and also appears occasionally as a TradeMe listing.



Percy Blandford's new autobiography, although it has a cover photo with of one of his many PBK kayak designs, this 312 page A5 size softcover has only two chapters on paddling. The first is on his introduction to kayaking and a second on his canoe and boat design story. Other chapters cover his 101 year life, from early days with the Scouting movement to later travels around the world.

There are many well known paddlers who as youths had their first kayaking experience with building and/or paddling a PBK kayak; for instance noted authors Alan Byde (*Living Canoeing*), John Dowd (*Sea Kayaking*) and George Dyson (*Baidarka*).

Just recently, I was able to find a home at the Shantytown Museum for two PBK 10s that were built by a Greymouth GP back in the 50s. One in mint condition, the other with paint peeling off the canvas.



HUMOUR

Caught Short

This is something that happened at an assisted living centre. The people who live there have small apartments but they all eat at a central cafeteria. One morning one of the residents didn't show up for breakfast so my wife went upstairs and knocked on his door to see if everything was OK.

She could hear him through the door and he said that he was running late and would be down shortly so she went back to the dining area. An hour later he still hadn't arrived so she went back up towards his room and she found him on the stairs.

He was coming down the stairs but was having a hell of a time. He had a death grip on the hand rail and seemed to have trouble getting his legs to work right. She told him she was going to call an ambulance but he told her no, he wasn't in any pain and just wanted to have his breakfast. So she helped him the rest of the way down the stairs and he had his breakfast. When he tried to return to his room he was completely unable to get up even the first step so they called an ambulance for him.

A couple hours later she called the hospital to see how he was doing. The receptionist there said he was fine. He just had both of his legs in one leg of his boxer shorts.

Saint George and the Dragon

A homeless chap was travelling down a country lane, tired and hungry when he came across a Pub called the 'George and the Dragon.' Although it's late and the Pub was closed, he knocked on the door. The innkeeper's wife stuck her head out a window.

"Could I have some food?" he asks. The woman glances at his shabby clothes and obviously poor condition and sternly says, "No!" "Any chance of a pint of ale then?" "No!" she says again. "Could I at least sleep in your barn?" "No!" By this time, she was fairly shouting.

The down and out chap says, "OK Then might I please....?"

"What now?" the woman interrupts impatiently.

"Might I please have a word with George?"

Dinner and Redhead

A man was dining alone in a fancy restaurant and there was a gorgeous redhead sitting at the next table. He had been checking her out since he sat down, but lacked the nerve to talk with her. Suddenly she sneezed, and her glass eye came flying out of its socket towards the man.

He reflexively reached out, grabbed it out of the air, and handed it back. "Oh my, I am so sorry," the woman said, as she popped her eye back in place. "Let me buy your dinner to make it up to you."

They enjoyed a wonderful dinner together, and afterwards they went to the theatre followed by drinks. They talked, they laughed, she shared her deepest dreams and he shared his. She listened to him with interest. After paying for everything, she asked him if he would like to come to her place for a nightcap and stay for breakfast. They had a wonderful, wonderful time. The next morning, she cooked a gourmet meal with all the trimmings.

The guy was amazed. Everything had been so incredible! "You know," he said, "You are the perfect woman. Are you this nice to every guy you meet?"

"No," she replies, "You just happened to catch my eye."

Spanish Computer

A Spanish language teacher was explaining to her class that in Spanish, unlike English, nouns are designated as either masculine or feminine. 'House' for instance, is feminine, 'la casa.'

'Pencil,' however, is masculine 'el lapiz.' A student asked, "What gender is 'Computer'?"

Instead of giving the answer, the teacher divided the class into two groups, male and female, and asked them to decide for themselves

whether 'Computer' should be a masculine or a feminine noun. Each group was asked to give four reasons for its recommendation.

The men's group decided that 'Computer' should definitely be of the feminine gender (la computadora), because:

1. no one but their creator understands their internal logic
2. the native language they use to communicate with other computers is incomprehensible to everyone else
3. even the smallest mistakes are stored in long-term memory for possible later retrieval
4. as soon as you make a commitment to one, you find yourself spending half your paycheck to buy accessories for it.

The women's group, however, concluded that computers should be masculine ('el computador'), because:

1. in order to do anything with them, you have to turn them on
2. they have a lot of data but still can't think for themselves
3. they are supposed to help you solve problems, but half the time they ARE the problem
4. as soon as you commit to one, you realize that if you had waited a little longer, you could have got a better model.

The women won.

Grocery Store Confusion

When I was at the cashier ready to pay for my groceries, the young girl said "Strip down, facing me."

Making a mental note to complain to my Member of Parliament about security running amok, I did as she instructed.

When the hysterical shrieking and alarms had all subsided, I found out that she was referring to my credit card.

I have now been asked to shop elsewhere in the future.

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 magazine.

The New Zealand Sea Canoeist is published bimonthly as the official journal of the Kiwi Association of Sea Kayakers (N.Z.) Inc.

Articles, trip reports, book reviews, equipment reviews, new techniques, letters 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 magazine.

Send to:

**Paul Caffyn,
1843C Coast Rd,
RD 1, Runanga 7873, West Coast
Ph: 03 731 1806
Email: kayakpc@xtra.co.nz**

KASK Annual Subscription

\$35 single membership.

\$40 family membership.

\$35 overseas (PDF email magazine)

A subscription form can be downloaded from the KASK website. Cheques should be made out to: Kiwi Association Sea Kayakers & mailed to:

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

Payment can be made by direct credit (preferred) to:

03 1706 0010205 00

with your name and/or KASK membership number for reference.

Correspondence - Queries

and Change of Address to:

**Karen Grant, KASK Administrator
PO Box 23, Runanga 7841
West Coast
or email Karen at:
admin@kask.org.nz**

4th Ed. KASK HANDBOOK

NOW OUT OF PRINT

A 5th edition of the KASK Handbook is planned. It is a mammoth compilation on all aspects of sea kayaking in New Zealand, by many of the most experienced paddlers in the Universe.

SEA KAYAKING NETWORK ADDRESSES

NORTH ISLAND

NORTHLAND Canoe Club

PO Box 755, Whangarei Northland
Carola Carstens, 42 Isola Street,
Raumanga, Whangarei
Ph: (09) 430 2707
email: scrollan@xnet.co.nz

AUCKLAND Canoe Club

PO Box 9271,
Newmarket, Auckland
email: secretary@aucklandcanoeclub.org.nz

HAURAKI Kayak Group

PO Box 46-146, Herne Bay, Auckland
email: kayak@hkg.org.nz
www.hkg.org.nz

WAIKATO KASK Contact

Evan Pugh, RD2, Putaruru 3482
email: evanlindap@gmail.com
Ph: 07 883 6898
www.sportsground.co.nz/bayseakayak

RUAHINE Whitewater Club

c/o Melanie Grant, 5 Waitapere Court,
Ashhurst, 4810.
P: (06) 326 8667.

BAY OF PLENTY - KASK Contact

Iona Bailey, Tauranga
Ph: 07 576 1492
email: bailhut@kinect.co.nz

BASK Bay Assn. of Sea Kayakers

Bevan Grant
bevanandbern@kinect.co.nz
07 576 8885
www.sportsground.co.nz/bayseakayak

ROTORUA Kayak Club

7 Mahana Place, Rotorua
Ph: 027 292 3138
email: Woolhouse.Clark@xtra.co.nz

GISBORNE Sea Kayakers Club

John Humphris, 3 Matthews Rd, Gisborne
Ph: 06 868 4657
email: thetrolls@xtra.co.nz

WELLINGTON Sea Kayak Network

John Andrews
(04) 472 8281
(021) 454 096
john.andrews@forsythbarr.co.nz
<https://www.facebook.com/WellSeaKayak/>

SOUTH ISLAND

NELSON Canoe Club

www.nelsonkayakers.co.nz
Diane Winter
Ph: (03) 548 2026
dwinter@xtra.co.nz

CANTERBURY Sea Kayak Network

Ian McKenzie
Ph 03 355 0684
Cell 027 220 7251
Email: mckian@xtra.co.nz
www.sportsground.co.nz/canterburyseakayak

OTAGO Canoe and Kayak Club

Lesley Pijpker
email: lesley.pijpker@gmail.com
Ph: 027 7270811

SOUTHLAND Sea Kayak Network

Stan Mulvany
03 215 7263
email: eiger@xtra.co.nz
www.sskn.uniformnz.co.nz

YAKITY YAK Clubs

www.yakityyak.co.nz
email: info@yakityyak.co.nz

NZOIA Outdoor Instructors Assn

www.nzoia.org.nz

Coastguard Boating Education

P: (0800) 40 80 90 (09) 361 4700
E: info@boatingeducation.org.nz
W: www.boatingeducation.org.nz

New Zealand Search & Rescue

www.nzsar.org.nz
www.adventuresmart.org.nz
www.beacons.org.nz

Maritime New Zealand

www.maritime.govt.nz

**KASK Website
Kask.org.nz**



The kayaks ready to launch from Blacksand Beach, on Hinchinbrook Island after a tiki tour up Nina Peak. See story on page 15. Photo: Michael Winch



Shirley off the east coast of Hinchinbrook Island. Mulligan Bay in the distance. Photo: Michael Winch

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*It is not hard to see why Tara Mulvany enjoyed paddling around the coast of Norway. See page 17 for her story.
Photo: Tara Mulvany*

KASK MEMBERSHIP POLICY

Current membership fees are:

- \$35 for ordinary membership
- for new members \$35
- \$40 for family or joint membership
- \$35 for overseas membership (PDF newsletter only);
- the KASK memberships 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 on confirming renewals from existing members from July to October; and promoting new KASK memberships from November to February