



## EDITORIAL

### K.A.S.K.(N.Z.)inc.

This issue of Sea Canoeist is the last of the first year (six issues) that Paul and I have been producing it.

Next year with the formation of K.A.S.K.(N.Z.)inc/subscription to the newsletter and membership of KASK will be the same thing. So we've decided that all subscriptions will carry over to the KASK AGM in April, when the membership fee will be set. There will therefore be an extra issue in February and from then all membership will be for the Association's financial year ending on March 31.

After this issue Paul will carry on as sole editor while I concentrate on the secretarial issues. Letters to the editor and newsletter queries should be sent to Paul from now on, but I'll still be handling the database and purse-strings so membership fees should be sent to me (note new address).

The Forum and KASK AGM will be held in Wellington on 3rd and 4th April 1993, so keep that weekend free. Details follow later in this newsletter.

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Subscriptions are \$8.00 p.a. and should be made payable to K.A.S.K (N.Z.) c/- 133 Port Hills Rd CHRISTCHURCH

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A copy of the constitution submitted to the Registrar of Incorporated Societies is enclosed. Any changes will have to be notified in writing prior to the AGM, so if there is anything you think could be improved, please let us know.

Eric van Toor

## UNCLASSIFIED ADVERTISING

Jig for 'Resolution' Sea Touring Double (as demonstrated at the last Forum) available for loan to anyone who has the space to store it, preferably in Christchurch. Length: 6.5m, Width 630mm. 4 planks per side. High performance and has proven to be faster as well as more manoeuvrable than most other doubles on the market. Contact Eric van Toor.

## MEDICATIONS FOR FIRST AID KITS Part II

This article continues with details of the appropriate use of drugs to treat health problems likely to be encountered on Sea Kayaking trips, by Maxine Handford.

## Pain-Relieving Medications

Paracetamol is often included in First Aid kits as a pain-relieving medication because it is a relatively safe medication that can effectively reduce the symptoms of both pain and fever. Paracetamol is also an effective medication for treatment of headaches, particularly when combined with codeine, as in Panadeine tablets. However, it should be noted that paracetamol does not have anti-inflammatory properties and is therefore not effective in relieving pain arising from inflammation.

Soluble aspirin is one of the most effective medications available for the treatment of pain that has some inflammatory component. However, some individuals are hypersensitive to aspirin or may not be able to tolerate this drug. If tolerance of aspirin is due to effects on the stomach, some of the newer anti-inflammatory oral preparations e.g. diclofenac (Voltaren) may be better tolerated. Alternatively, topical anti-inflammatory gels may be used.

### Topical Anti-Inflammatory Gels

Several different anti-inflammatory gels for topical use are now available from retail pharmacies, e.g. Feldene Gel, Voltaren Emulgel, and Oruvail Gel. These gels are useful for

relieving pain and swelling of inflamed tendons and muscles. The active principle is absorbed through the skin and accumulates in the underlying tissue, from where it is released into the injured muscle or tendon. Since only minimal concentrations of drug reach the general circulation, the use of these gels reduces the likelihood of side-effects, such as gastrointestinal bleeding, that may occur after the use of oral anti-inflammatory medications.

### Antidiarrhoeal Preparations

In the management of acute diarrhoea, fluid and electrolyte replacements are the prime requirements, and the use of antidiarrhoeal preparations should be avoided, if possible. However, since it may sometimes be necessary to press on regardless, it may be useful to include an antidiarrhoeal preparation among medications in the First Aid kit. Diastop or Lomotil tablets may be obtained from retail pharmacies. These medications may cause drowsiness, particularly in children. They should not be used for more than 2 days or in the presence of high fever.

### Antibiotics

If a journey of several weeks' duration is being planned, it may be advisable to include a 5-day course of a broad spectrum

antibiotic in the First Aid kit, for treatment of bacterial infections. The most likely types of bacterial infections for which antibiotic cover may be required are respiratory tract infections or perhaps soft tissue infections, arising from trauma to a particular region of the body. Antibiotics are only available on prescription, and it is therefore necessary to contact a doctor to discuss this requirement.

### Antiseptic Preparations

A small plastic bottle of mild antiseptic, e.g. Savlon, may be carried in First Aid kits for cleaning wounds. It should also be noted that because the skin is constantly wet during sea kayaking trips, it may take a long time for small cuts to heal. The healing process can be promoted by keeping the affected areas as dry as possible. This may mean spending some time out of the water each day, so that the area has an opportunity to dry. In addition, it may be useful to include a small bottle of Compound Benzoin Tincture (Friar's Balsam) in the First Aid kit. This solution has antiseptic properties and also possesses some astringent properties which promote healing. It is available only from retail pharmacies.

Maxine Handford  
2.7.92

## LETTERS TO THE EDITOR

Dear Eric

Here as promised is a draft of 'responsible and sensitive behaviour' I have put together with friends in DoC.

It has a Southern NZ emphasis (frequent mention of seals and penguins) and will need some input from Northern NZ kayakers. Hope this of help. I think for the future it would be good to have a list of wildlife found around our shores, where they occur, their protection status and vulnerability, nesting times etc. It could be available to kayakers through KASK. This would take some time to complete and would have input from keen people from different areas in NZ. It is an idea that could be pursued at the next symposium. I would be happy to do part of the Southern area.

Hope this is of help. Please let me know if you want more assistance. Helen Clarke.

### **Guidelines for responsible and sensitive behaviour towards the environment and its wildlife by sea kayakers.**

1. Find out if there are vulnerable wildlife in the area you are planning to go. Your nearest Department of Conservation (D.O.C.) office has this information.  
2. Try not to approach too closely to wildlife and avoid surrounding any animal during viewing. Do not block an escape route, (especially important for seals and penguins). Under the wildlife act, it is an offence to kill, injure or harass any protected native wildlife.

3. Camp away from and do not walk through nest sites. With penguins, seals, sea lions, stay away from regular walking/haul out tracks as well (look for prints in the sand).

4. Sit quietly, preferably hide when viewing wildlife. You are more likely to get better viewing this way.  
5. Do not feed wildlife. This encourages tameness and dependency which is not in their overall interests.

6. Report disturbance, entanglements etc., to the nearest DoC office.

7. Take out all your rubbish and make a practice of collecting any you see that may be a danger to wildlife.

8. Use soaps and detergents away from the fresh water source. Dispose of soapy/waste water into the soil where it can be filtered before entering a water course.

9. Bury human waste well away from any fresh water course, track, campsite or hut.

10. Portable stoves are preferable for cooking. If you use a fire, use only dead wood, keep it small and ensure it is well extinguished before leaving.

11. Use tracks where they exist to avoid damaging vegetation.

12. Respect places of cultural and historical significance.

#### Note.

The Marine mammal protection act and the wildlife act cover wildlife protection if kayakers want more information.

DoC is interested in hearing of any unusual sightings of marine mammals or of breeding birds in remote locations.

## TRIP REPORT

### **MELTING OF THE ICE CURTAIN**

Three KASK paddlers, Bevan Walker, Nora Flight and Alan Woods, attended the Providenya Skin Boat Festival in August, the first Kiwi sea kayakers to dip their paddles in Russian waters. Bevan and Nora spent three and a half months overseas, and their all to brief trip report details the highlights of their experiences.

### **ALASKA BY COLLAPSIBLE**

Homecoming has its rituals. Being asked countless questions of how it all went. And in the process of describing three and a half months within the space of a morning tea break, as you're downing all your marmite sandwiches, and repeatedly doing such like for the next two weeks, one develops a few key phrases that sound enthusiastically original on every occasion for our Alaskan trip were:

'Brilliant scenery and wildlife better still'

'A great place to live but for the three months of summer only'

'A fantastic place to go with your kayak. One could spend a lifetime exploring sea, lakes and rivers'  
'Three and a half months was about the right length of time to make us tired of one adventure-filled paradise after another, and year for the work routine waiting at home'

We shall expand a tiny bit more:

Prince William Sound is huge and one could lose yourself in it for months. Being glacier-starved Kiwis, we found the inner part of Harriman and Col-

lege fiords the better part, with nights spent on beaches beside calving ice faces. We learnt about the movement of icebergs and that sharp edges of ice do indeed cut hypalon hulls of folding kayaks. Also the western side of the sound has black bears. We encountered some remnants of the oil spill, but only digging just below the surface on some beaches. Some days in the outer sound, we swam in sheltered crystal clear water. There were also many historical sites to visit.

However Bevan was missing the surf and open ocean feel, so the Homer trip evolved. This tourist-come fishing town, proclaiming itself the halibut capital of the world, is situated on the Kenai Peninsula below Anchorage. The peninsula has numerous tramping tracks, lakes, rivers and some good kayaking on its periphery. It tends to become fairly busy during summer weekends as half of Anchorage migrates this way, RVing (RV= recreation vehicle) and salmon fishing. On our way out to the open sea via kayak, we were diverted by the many beautiful coves, islands and fiords edging Kachemak Bay. Alaska Amber was on tap at the Halibut Cove Pub, which we could conveniently paddle right up and tie to. Several sand spits made for dramatic camp spots, the mountains and volcanoes set at a distance. Bevan had better fishing here. Many sea otters were seen amongst the kelp, sometimes so intent with eating or play, they were almost nudged by our kayak. The strength of the tidal currents surprised us around

Elizabeth Island, but it was good kayaking country with that rugged alone feeling.

In hindsight, the kayak trip with the most potential for dramatics in scenery, weather and sea conditions, which we didn't allow enough time for, was into the Kenai Fiords. The fishing town of Seward, made for a picturesque departure point. We went only to outer Resurrection Bay, but saw Stella sea lions, experienced proper ocean swells and surf, and kayaked into a lagoon created by the retreating Bear Glacier. Camping on a moraine island, smack in front of the expansive terminal face, was an essential Alaskan experience achieved. Here we kayaked amongst mountains, in contrast to Kachemak Bay.

Alaska has plenty of sea-kayakable rivers also, at least the ruddered double feathercraft named 'Windstar Aotearoa' managed two of these well. These river trips put us into a different realm of fun; certainly doing 230kms in four days on the Noatak River was such. Flowing 4 to 8 knots at times, there are no rapids. The river is huge and braided extensively in places. Being well above the Arctic Circle, it is considered one of Alaska's classic wilderness trips, experiencing the lonely emptiness of rolling tundra horizons. Grizzly bears were seen every day. Visiting an Eskimo village beside the Noatak River was worthwhile. Traditional methods of food preparation are still important, as are fur-lined clothes. A very modern

school, fluorescent coloured clothing, all terrain motorbikes and an overflowing rubbish dump, were tell-tale signs of a wealthy society. The children as always were very curious and eager to help with the dismantling of the kayak.

We also kayaked the canyon section of the Kenai River. Again big volumed, with flooded grade 2-3 rapids, which were fairly exciting. The river reminded us of a highway to the back door of Alaska, with lots of quaint and flash cabins, camps amongst the Tiaga forest, and the picket line fences of the salmon fisher people. The echoed call of a loon across the grey smoothness of the early morning river, left an indelible memory.

Participating in the Providenya skin boat festival was an interesting 12 day cultural experience. The organizers were disappointed in the lack of interest from European paddlers, but there were still 18 of us, most of whom were from the USA and 10 of these were Army personnel. We kayaked for only two days before the weather created a surf that wouldn't allow us to leave the beach at an Eskimo village. What a disappointment this was, as we had paddled spectacular cliffs dripping with birdlife, arches and beautiful beaches. Archeological sites abound and crowded walrus beaches. Even the villages were interesting for a day. The one we were marooned at had a blue fox farm of 5,000, a fleet of umiaks for fishing and a walrus processing factory. The

up the surrounds. The people, both white Russian and Eskimo, were extremely interested in us and often there were open invitations to their small apartments for the best of their scant food, tea or vodka.

The festival was unique and most probable won't happen again. The organizers hoped to develop an interest in the Siberian coastline for guided kayaking or umiak trips in the future. These would be an attractive adventure trip, but people like myself and Bevan, it seems a pity that private independent expeditions without a guide are so difficult to get permission to do, at this stage.

To kayak around a tropical island was the purpose of our stopover in Hawaii, on the way home. So to the pineappled slopes of Lanai we flew, and due to a lack of beaches, circumnavigated it in two days. Trade winds, coral reefs, coconut palms and a tropical rainstorm, with issuing red waterfalls from the volcanic slopes, made this a fitting finish to this year's kayak expedition.

Nora Flight & Bevan Walker

## NEWS FROM AROUND THE COAST

### The Auckland Scene - by Vincent Maire

Brian Lodge of Topsports in Christchurch is coming to Auckland to run a weekend workshop for sea kayak operators and guides. The workshop has evolved from two similar events he has organized in the South Island. In June, Brian and a number of tour operators met in Picton to discuss

training and operating standards and in October, he spent two days at Abel Tasman running a workshop. The South Island workshops were very successful and tour operators there expressed interest in having input from their northern colleagues with a view to setting national training standards. The first day of the workshop focuses on risk management and day two looks at what is involved in guiding.

The Auckland workshop is being run as a result of increasing demand from new operators entering the industry, both in Auckland and the Bay of Islands. Dates for the workshop have yet to be decided but are likely to be late November or early December. If anyone is interested in attending, they should contact Brian on (03) 379-2036.

### TWO SEA KAYAK RACES FOR 1993

Two new events for sea kayaks are planned for 1993. The first one will take place on Sunday March 7 and is part of the annual Ports of Auckland Festival. This festival has been in existence for some years and centers on two days of dragon boat racing and attracts many thousands of spectators and participants.

The objective of the event is to promote sea kayaking and the Auckland Canoe Centre has undertaken to manage the promotional aspect of the event. Festival organizers are providing space for a static display of sea kayaks and there will be an opportunity for a commentator to tell the large audience about sea kayaking.

The second event is likely to be held late in March and involves a weekend race around Waiheke Island. The race will only be open to approved craft and will comply with the same safety guidelines as the Norwegian Arctic race. The race will have safety craft in attendance. Race organizer is Dave Robertson who says he will be releasing more details about this event in the near future.

### OPERATORS AND INTERESTING TRIPS

Making an impact on the canoe/kayak scene in Auckland is Ian Fergusson with his strategically based marine centre at Okahu Bay. Ian now has 60 hire canoes of all types in his fleet including a Tofino, Sea Bear Double and four Southern Lights, all of which will be used for adventure tours around the Gulf. In addition he is running sea kayaking coaching modules and conducting training courses for Coast to Coast triathletes. Ian intends to make his centre a focal point for kayaking in Auckland and is using Topsport in Christchurch as his model of a successfully run kayak centre.

Tim Smith of Lanes Cove Farm, Opuia in the Bay of Islands, spent time this winter meeting and talking with sea kayak operators in Seattle. He reports (as does everyone else who goes to North America) that the sport and the industry are booming and he made some useful contacts for bringing American sea kayakers to New Zealand. Tim recently expanded his fleet of 6 puffins with 4 Tofinos and is gearing up for the coming season.

The arrival of a brochure from Friendly Island Kayak company at my local canoe club sparked a lot of interest in travelling to Tonga next year. Sea kayaking is done in the Vavau Group, in northern Tonga and all boats and equipment are supplied. At his stage, Gerry Maire of the North Shore Canoe (Club?) is planning to take a group up there in May and anyone wanting to join him should contact him at (09) 486 7444 evenings. An invitation has been extended to the Friendly Island Kayak Co to attend Coastbusters and give a presentation on the joys of kayaking South Pacific atolls. Information on sea kayaking in Tonga can be obtained from Friendly Islands Kayak Company, PO Box 142, Waitati, Otago. (03) 482 1202.

Coastbusters has been postponed till March 1993, dates to be advised.

#### FINAL COMMENTS

Sea kayaking in Auckland seems to be alive and well and there is always something to write about in this column. However, I don't know everyone and certainly don't get to hear all that is going on, so if you have something you want to say about sea kayaking in Auckland, either send it direct to Paul or ring me and I will write it up. All credits will be mentioned. (09) 478 8309 evenings, or (09) 480 2715 work, (09) 480 5719 fax.

And finally when is The Sea Canoeist Newsletter going to feature columns entitled, The Wellington Scene, The Canterbury Scene, The Hawkes Bay Scene, The Otago Scene etc.

### ----- Caffyn's Corner

There has been a surprising amount of newspaper publicity relating to sea kayaking in the past two months, from what I have seen and been sent in the South Island newspapers. The *Nelson Evening Mail*, 19 September, carried a half page article by former NEM reporter Marie Taylor on a trip to paddle around D'Urville Island, with excellent colour photographs. The Abel Tasman sea kayak tours featured several times with one day of a photograph showing a long line of southern light doubles in tow behind the local water taxi.

In late October, the *Christchurch Press* published a great team photo of a team of policemen setting out from Kaikoura to paddle down to Christchurch. The aim of the trip was to raise funds for the special needs library, and the large team was to be supported by the naval reserve vessel *Kiwi*. Unfortunately, this trip attracted negative publicity for sea kayaking with a photo of a broken in half tofino on the front page of the *Press*, and a report of knee surgery for one of policeman injured when the kayak was smashed by a freak wave. The accident apparently happened when the 'kayak was caught on the crest of an unusually high wave and was then smashed down into the sea.'

The police team did continue the paddle, and a small item in the *Press* (24/11/92) noted the team completed the Kaikoura to Christchurch paddle in five days and raised \$12,000.

Former North Islander and KASK member Glyn

Dickson hit the features page of the *Press* on December 8 with a story of his paddle around Banks Peninsula, with three colourpics, including one stunning shot from inside a cave at the entrance to Port Levy.

### ----- News from KASK Committee Member David Herrington in Dannevirke

There hasn't been much happening around this area. Several one day trips were cancelled because of the weather.

Six members of the Ruahine White Water Club (Sea Division) went on a 6 day venture around D'Urville Island in August. It coincided with Christchurch being snowed in. Fortunately D'Urville is sheltered somewhat from the southerly so nothing more than a few frosty mornings to start the paddle and some moderate seas to keep everyone on shore for a couple of half days. There were some fantastic fine days and a paddle out and around Stephens Island included in the trip. We met interesting people and saw some wonderful places. A great experience for everybody.

I have been in contact with some people in the Wellington and Napier area so hope to be able to provide a bit more next time especially with the prospects of some better weather.

P.S. a French Pass was a special point of interest. b.I could provide a full account of the trip if anyone is interested. (RD 8, Dannevirke).